



**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
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PROGRAMME REPORT ON

NATIONAL NSS DAY-EMPOWERING YOUTH WITH LIFE SKILLS THROUGH NSS

Resource Person

Dr.J.Punitha

Organized by

CS- PMIST



**PERIYAR MANIAMMAI INSTITUTE OF
SCIENCE & TECHNOLOGY**

Periyar Nagar, Vallam, Thanjavur - 613403
Tamil Nadu, INDIA

**National Service Scheme
Unit - VIII**

Special Lecture	Experts / Guest Speaker	Beneficiaries
<p>Empowering Youth With Life Skills Through NSS</p> <p>Date / Period: 24-09-2025 Time: 11.30 a.m. to 1.00 p.m.</p> <p>Report / Summary / Key points discussed:</p> <p>A special programme was organized to mark National NSS Day. The session began with a talk by the Dean, Dr. D. Maghesh Kumar, who highlighted the importance of student involvement in social service and nation-building.</p> <p>Dr. J. Punitha, Counsellor from Raja Mirasudar Hospital, Thanjavur, delivered an engaging session on life skills education. She shared simple and practical tips on self-improvement, stress management, emotional controls. Students asked various questions and received helpful answers with real-life examples. The event helped students build confidence and to develop the important life skills</p>	<p>Dr.J. Punitha.</p> <p>Counsellor, Raja Mirasudar Hospital, Thanjavur</p> <p>Mobile: 6381771691</p>	<p>Students & Faculty</p> <p>280</p>



Honour the chief guest by Dean(FCSA)



Delivered the Lecture by Chief Guest



**PERIYAR
MANIAMMAI**
INSTITUTE OF SCIENCE & TECHNOLOGY
Established in 1971
1984 Government Recognition



NATIONAL SERVICE SCHEME

**National NSS Day
Celebrating & Organizing
Guest Lecture on**

EMPOWERING YOUTH WITH LIFE SKILLS THROUGH NSS



Resource Person

Dr. J. Punitha
Counsellor.

Raja Misasudar Hospital, Thanjavur

- Date : 24.09.2025
- Time : 11.30 to 13.00
- Venue : Einstein Hall

Co ordinator

Dr.V.Sathya, AP (SG)
NSS Programme Officer

Convenor

Dr.T. BHAGYARAJ, AP
NSS Programme Coordinator

Participants Name List

Periyar Nagar, Valluvar Thangavur - 613 403, Tamil Nadu, India
 Phone: +91 - 4362 - 264600 Fax: +91 - 4362 - 264601
 Email: heades@pnu.edu Web: www.pnu.edu



NATIONAL SERVICE SCHEME

Guest Lecture on

EMPOWERING YOUTH WITH LIFE SKILLS THROUGH NSS

Date : 24.09.2025, 11:30 to 13:00

Venue : Einstein Hall

Class : ~~B~~ B.Sc Computer Science "A"

S.No	Register Number	Student Name	Student Signature
1.	125012169709	M. Tamil Selvan	M. S. S.
2.	125012169660	S. Adhithan	S. Adhithan
3.	125012169703	P. Santhosh	P. Santhosh
4.	125612169717	Kum. Tajed Abamed	K. Tajed
5.	125012169694	K. NITHISH	K. Nithish
6.	125012169696	V. Praveen	V. Praveen
7.	125012169697		
7.	125012179187	B. Rebul	B. Rebul
8.	125012169711	R. Vignayakumaran	R. Vignayakumaran
9.	125012169671	T. Deepakraj	T. Deepakraj
10.	125012169682	R. Jeevan	R. Jeevan
11.	125012169692	R. Manimaran	R. Manimaran
12.	125012169659	A. Abhishek	A. Abhishek
13.	125012169708	R. Tamilkumaran	R. Tamilkumaran
14.	125012169685	S. Kathirvell	S. Kathirvell
15.	125012169658	A. Adhavan	A. Adhavan
16.	125012169669	Aswin Aswin	Aswin
17.	125012169667	M. Prish	M. Prish
18.	125012169674	m. Dharmaraj	m. Dharmaraj
19.	125012169691	K. Lireshwaran	K. Lireshwaran
20.	125012169670	R. Balaraman	R. Balaraman
21.	1250121696201	R. Sathishkumar	R. Sathishkumar
22.	124011173016	S. Harishma	S. Harishma
23.	124011173013	R. Harini	R. Harini
24.	124011173069	M. Abarna Devi	M. Abarna Devi



NATIONAL SERVICE SCHEME

Guest Lecture on

EMPOWERING YOUTH WITH LIFE SKILLS THROUGH NSS

Date : 24.09.2025, 11:30 to 13:00

Venue : Einstein Hall

Class : I B.Sc Computer Science with Specialization in Cyber Security

S.No	Register Number	Student Name	Student Signature
1)	125012179101	S. Mohamed Javedan	S. Jeyaraj
2)	125012179106	D. Ganesh. Kumar	D. Ganesh
3)	125012179109	S. Hari Krishnan	S. Hari
4)	125012179116	K. K. Shriya	K. K. Shriya
5)	125012179119	R. Makaranna	R. Makaranna
6)	125012179107	S. Giridharan	S. Giridharan
7)	125012179097	S. Akash	S. Akash
8)	125012179145	S. Saijith	S. Saijith
9)	125012179120	E. Piravachandran	E. Piravachandran
10)	125012179113	S. Jayanthan	S. Jayanthan
11)	125012179108	S. Harisharan Sattan	S. Harisharan
12)	125012179150	S. Venudevan	S. Venudevan
13)	125012179112	N. Jay Akash	N. Jay Akash
14)	125012179094	M. Abhinav	M. Abhinav
15)	125012179120	Mohamed Faris. M	Mohamed Faris
16)	125012179098	Akhilesh. R	Akhilesh
17)	125012179131	Prasanna. K.	Prasanna
18)	125012179134	Prem. R	Prem
19)	125012179143	D. T. Sanjay Kumar	D. T. Sanjay
20)	125012179124	A. Mukilan	A. Mukilan
21)	125012179093	N. Abdul Rahman	N. Abdul Rahman
22)	125012179114	S. Seevapriyan	S. Seevapriyan
23)	125012179135	R. Pugalochan	R. Pugalochan
24)	125012179149	S. Veera Shanmuga Velan	S. Veera
25)	125012179128	S. Parthasarathy	S. Parthasarathy
26)	125012179122	S. Mohamed Shaheeh	S. Mohamed Shaheeh
27)	125012179117	P. Madhavan	P. Madhavan



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Date : 24.09.2025, 11:30 to 13:00

Venue : Einstein Hall

S.No	Register Number	Student Name	Student Signature
1	125012157264	A. RAMANATHAN	A. Ramanathan
2	125012157263	K. Velkanya Kumar	K. Velkanya
3	125012157257	G. Gokulakrishnan	G. Gokulakrishnan
4	125012157253	S. Mohamed Arsatu	S. Mohamed Arsatu
5	125012157254	S. Mohamed Fashith	S. Mohamed Fashith
6	125012157262	K. Salathielvel	K. Salathielvel
7	125012157258	S. Sridhar Mohanraj Amar	S. Sridhar Mohanraj Amar
8	125012157252	M. Malavizhyan	M. Malavizhyan
9	125012157251	P. Arjun	P. Arjun
10	125012167255	Nithin Ingersol	Nithin
11	126012157256	P. Arjun	P. Arjun
12	125012157261	A. Vijay	A. Vijay
13	125011157250	S. AISWARYA	S. Arjun
14	125011157259	S. Varsha	S. Varsha
15	12301217107	III BSC (CY) Lakshmi Lakshmi S.	S. Arjun
16	125011169773	I B. SC (CS) S. Venkatesh	S. Arjun
17	125012169694	B. SC (CS) I / K. Anitha	K. Anitha
18	125012169774	B. SC (CS) I / K. Anitha	K. Anitha
19	125012169617	B. SC (CYBER) Muralidharan P	Muralidharan P
20	125012167622	B. SC (CYBER) Mohamed Shaban	Mohamed Shaban
21	125012167117	B. SC (CYBER) Meryappan	Meryappan
22	1240121731107	BSC (AI) S.V. Vijay	S.V. Vijay
23	124012173105	BSC (AI) K. Seetha	K. Seetha
24	124012173112	BSC (AI) R. Theerthan	R. Theerthan
25	124012173119	BSC (AI) D. Vishwan	D. Vishwan



NATIONAL SERVICE SCHEME

Guest Lecture on

EMPOWERING YOUTH WITH LIFE SKILLS THROUGH NSS

Date : 24.09.2025, 11:30 to 13:00

Venue : Einstein Hall

Class : I B.Sc Computer Science - "B" Section.

S.No	Register Number	Student Name	Student Signature
1.	125012169718	S. Abdulmajid	S. Abdulmajid
2.		S. Yuvaraj	S. Yuvaraj
3.	125012169745	B. NANDHAKISHORE	B. Nandhakishore
4.	125012169753	R. RATHISH	R. Rathish
5.	125012169757	R. SABAREKUSAN	R. Sabarekusan
6.	125012169739	Nithan, L	Nithan
7.	125012169728	Haziprakash, V	Haziprakash
8.	125012169736	Melaiarasan	Melaiarasan
9.	125012169727	Dhanush, S	S. Dhanush
10.	125012169758	Sam nannal	Sam nannal
11.	125012169740	mohammed ushal	mohammed ushal
12.	125012169733	v.Keerthi	v.Keerthi
13.	125012169771	R.Thennaman	R.Thennaman
14.	125012169768	S. Srikanth	S. Srikanth
15.	125012169774	M. Vijay	Vijay
16.	125012169744	S. Muthaiyan	S. Muthaiyan
17.	125012169725	v. Binodh Kumar	v. Binodh Kumar
18.	125012169748	NIVAS, N	N. Nivas
19.	125012169762	S. Santhosh	S. Santhosh
20.	125012169755	A.S. Rishish	A.S. Rishish
21.	125012169769	P. Subash	P. Subash
22.	125012169776	S. Vishal	S. Vishal
23.	125012169759	B. Srinivasan	B. Srinivasan
24.	125012169726	E. Deva dhasan	E. Deva dhasan
25.	125012169770	K. Srujan	K. Srujan



NATIONAL SERVICE SCHEME

Guest Lecture on

EMPOWERING YOUTH WITH LIFE SKILLS THROUGH NSS

Date : 24.09.2025, 11:30 to 13:00

Venue : Einstein Hall

Class : I B.Sc Computer Science with Specialization in Artificial Intelligence

S.No	Register Number	Student Name	Student Signature
1)	125012173157	V. REX ABOCKIYUSUJ	V. REX ABOCKIYUSUJ
2)	125012173150	K. Mohamed Asmath	K. Mohamed Asmath
3)	125012173152	K. Mohammed Ibrahim	K. Mohammed Ibrahim
4)	125012173167	P. S. YUSUFIYAN	P. S. YUSUFIYAN
5)	125012173148	K. Mahaswaran	K. Mahaswaran
6)	125012173163	K. SUSEUDHAN	K. SUSEUDHAN
7)	125012173149	E. Michael Anthony	E. Michael Anthony
8)	125012173161	G. Seetha Raman	G. Seetha Raman
9)	125012173122	A. Abdal Halim	A. Abdal Halim
10)	125012173135	J. Ganah Kumar	J. Ganah Kumar
11)	125012173172	A. Suresh	A. Suresh
12)	125012173169	A. Joseph Infant	A. Joseph Infant
13)	125012173124	A. AGUSTIN	A. AGUSTIN
14)	125012173123	S. Abdul Rahman	S. Abdul Rahman
15)	125012173142	M. Karim	M. Karim
16)	125012173132	K. V. Chandru	K. V. Chandru
17)	125012173134	M. Dhilipkannan	M. Dhilipkannan
18)	125012173155	U. Nithish	U. Nithish
19)	125012173131	S. Bharatha Sumrith	S. Bharatha Sumrith
20)	125012173130	G. Bharathasudhan	G. Bharathasudhan
21)	125012173129	Balo Aditya	Balo Aditya
22)	125011173140	S. S. Kaniethka	S. S. Kaniethka
23)	125011173153	V. S. Nirmaladevi	V. S. Nirmaladevi
24)	125011173145	K. Kulkarni	K. Kulkarni
25)	125011173156	D. Nivetha	D. Nivetha
26)	125011173159	B. Sarah	B. Sarah
27)	125012169748	M. NIVAS	M. NIVAS



NATIONAL SERVICE SCHEME

Guest Lecture on

EMPOWERING YOUTH WITH LIFE SKILLS THROUGH NSS

Date : 24.09.2025, 11:30 to 13:00

Venue : Einstein Hall

Class : I M.Sc Computer Science

S.No	Register Number	Student Name	Student Signature
1.	125012365101	C. Sudharsan	C. S. ds
2.	125012365083	ASwinraj	Aswinraj
3.	125012365089	L. J. Jaganathan	L. J. Jaganathan
4.	125012365090	N. Karthika	N. Karthika
5.	125012365091	E. A. Laxmi Jerald	E. A. Laxmi Jerald
6.	125012365102	S. Tejun Nisha	S. Tejun Nisha
7.	125011365099	A. Divinithi	A. Divinithi
8.	125011365092	B. Lavanya	B. Lavanya
9.	125011365103	A. Anuradha	A. Anuradha
10.	125011365095	Nithya Sri S	Nithya Sri S
11.	125011365098	S. Srinithi	S. Srinithi
12.	125011365087	R. Harini	R. Harini
13.	125011365084	R. S. Atchaya	R. S. Atchaya
14.	125011365093	R. Mahalakshmi	R. Mahalakshmi
15.	125011365100	N. Subhalakshmi	N. Subhalakshmi
16.	125011365086	J. Gopika devi	J. Gopika devi
17.	125011365089	G. Janani	G. Janani
18.	125011365096	S. priya dharshini	S. priya dharshini
19.	124012173075	K. A. Harish	K. A. Harish
20.	124012173077	B. Hariswaran	B. Hariswaran
21.	124012173078	K. Jagadheesha	K. Jagadheesha
22.	124012173080	R. Lakshmi Narayan	R. Lakshmi Narayan
23.	124012172121	Yasasvi sarafathi	Yasasvi sarafathi
24.	124012173120	S. Vishvika	S. Vishvika
25.	124012173119	D. Vishvika	D. Vishvika



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Date : 24.09.2025, 11:30 to 13:00

Venue : Einstein Hall

Class : I B.Sc Computer Science - "A" Section.

S.No	Register Number	Student Name	Student Signature
1.	125012169693	A. Mohamed Tharik	A. Tharik
2.	125012169664	A. Anubhavan	A. Anubhavan
3.	125012169662	V. Akash	V. Akash
4.	125012169672	S. Dhaneesh	S. Dhaneesh
5.	125012169666	T. Arthavan	T. Arthavan
6.	125012169698	K. Rajul	K. Rajul
7.	125012169673	R. Dhaneesh Bala	R. Dhaneesh
8.	125012169661	AKASH .D	AKASH .D
9.	125012169716	S. Vishwa	S. Vishwa
10.	125012169707	C. Sujil	C. Sujil
11.	125012169699	B. Rajuram	B. Rajuram
12.	125012169681	M. Imam Aji	M. Imam Aji
13.	125012169690	K. Kumar	K. Kumar
14.	125012169684	K.S. Kalyaperumal	K.S. Kalyaperumal
15.	125012169663	G. Akiyan	G. Akiyan
16.	125012169714	A. Veeramani	A. Veeramani
17.	125012169715	K. Vishal	K. Vishal
18.	125012169704	K. Bandhosh	K. Bandhosh
19.	125012169689	S. Kishan	S. Kishan
20.	125012169695	N. Pavithraan	N. Pavithraan
21.	125012169688	S. Kishore	S. Kishore
22.	125011169679	M. Anini	M. Anini
23.	125011169720	V. Abinaya.	V. Abinaya.
24.	125011169665	R. Anjana	R. Anjana
25.	125011169702	Pr. Savelkija	Pr. Savelkija



NATIONAL SERVICE SCHEME

Guest Lecture on

EMPOWERING YOUTH WITH LIFE SKILLS THROUGH NSS

Date : 24.09.2025, 11:30 to 13:00

Venue : Einstein Hall

Class : III B.Sc Computer Science with Specialization in Artificial Intelligence

S.No	Register Number	Student Name	Student Signature
1	123012179026	Surendran . P	P. Surendra
2	123012179027	Thiravida BEE Shomas	B. Thiravida
3	123012179003	Adhikaram . M	M. Adhikaram
4	123012179010	Kamal Prayan . S	S. Kamal Prayan
5	123012179025	Sriharson P	P. Sriharson
6	123012179020	Sachin Prathem .	S. Sachin Prathem
7	123012179028	Vijay Prathem . K	K. Vijay Prathem
8	125012169696	BSC(CS) V. Praveen	V. Praveen
9	125012169765	B.SC (CS)'B' S. Shikabudula	S. Shikabudula
10	125012169712	BSC(CS)'A' M. Vasan	M. Vasan
11	125012169710	B.SC (CS)'A' V. Thiruvengudh	V. Thiruvengudh
12	124012173091	B.SC (AI) II S. Mohan	S. Mohan
13	124012173093	B.SC (AI) II K. Naveen Raja	K. Naveen Raja
14	124012173065	B. SC (AI) II P. Ajay Prasad	P. Ajay Prasad
15	124012173087	BSC (AI) - II A. Mohan Prasad	A. Mohan Prasad
16	124012173061	BSC (AI) - II M. Abdul Muzath	M. Abdul Muzath
17	124012173085	U T. Meenal Ahamad	T. Meenal Ahamad
18	124012173083	U S. Madhan Prasad	S. Madhan Prasad
19	124012173063	U SK. Abishale	SK. Abishale
20	124012173062	" M. Abdul Wahed	M. Abdul Wahed
21	124012173081	" JK. Logesh	J.K. Logesh
22	124012173064	" Ahamad Aahil	A. Ahamad Aahil
23	124012173088	" Mohamed Barik	M. Mohamed Barik
24	124012173089	" Sulaiman	S. Sulaiman



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Date: 24.09.2025, 11:30 to 13:00

Venue: Einstein Hall

Class: **I B.Sc Computer Science - "B" Section.**

S.No	Register Number	Student Name	Student Signature
1.	125012169723	Akilan . M	<i>Akilan</i>
2.	125012169726	E. Dova dharshan	<i>E. Dova</i>
3.	125012169752	B. RAHUL VJAY	<i>B. Rahul</i>
4.	125012169737	S. Manesh.	<i>S. Manesh</i>
5.	125012169784	R. Jeyaraj	<i>R. Jeyaraj</i>
6.	125012169770	V. SURESH	<i>V. Suresh</i>
7.)	125012169764	Ramesh	<i>Ramesh</i>
8.)	125012169732	S. Karunakaran	<i>S. Karunakaran</i>
9.)	125012169723	R. Mulesh	<i>R. Mulesh</i>
10.)	125012169729	Illyalamarathi	<i>Illyalamarathi</i>
11.)	125012169766	D. Sivarajam	<i>D. Sivarajam</i>
12.	124011173110	Suga bharathi . N	<i>S. Bharathi</i>
13.	124011173109	G. Subasri	<i>G. Subasri</i>
14.	124011173106	A. Shalini	<i>A. Shalini</i>
15.	124011173107	Shreethika	<i>Shreethika</i>
16.	124011173108	Southernya	<i>Southernya</i>
17.	124011173104	SARATHI	<i>S. Sarathi</i>
18.	124011173102	T.R. Santhiya	<i>T.R. Santhiya</i>
19.	124011173100	S. Sameena Jasmine	<i>S. Sameena</i>
20.	124011173101	S. Sameena Jasmin	<i>S. Sameena</i>
21.	124011173098	R. Rinal Rifaya	<i>R. Rinal</i>
22.	124011173092	M. Nandhika	<i>M. Nandhika</i>
23.	124011173095	C. Priyadharsini	<i>Priya</i>
24.	124011173094	G. Nishmitha Sri	<i>G. Nishmitha</i>
25.	124011173084	K. Jadhav	<i>K. Jadhav</i>



NATIONAL SERVICE SCHEME

Guest Lecture on

EMPOWERING YOUTH WITH LIFE SKILLS THROUGH NSS

Date : 24.09.2025, 11:30 to 13:00

Venue : Einstein Hall

Class : III B.Sc Computer Science with Specialization in Cyber Security

S.No	Register Number	Student Name	Student Signature
1	123012179012	Mani Raj. V	[Signature]
2	123012179013	H. Mohamed Haris	[Signature]
3	123012179008	H. Hameed Ahmed	[Signature]
4	123012179014	A. Mohamed Sahid	[Signature]
5	123012179005	K. Banath	[Signature]
6	123012179023	M. S. Karthan	[Signature]
7	123012179015	A. Mohamed Taha	[Signature]
8	123012179012	III AT	
9	123012173016	Kamil Dheer. A	[Signature]
10	123012173017	Mugesh. R	[Signature]
11	123012173010	Mani Krishnan. P	[Signature]
12	123012173044	Zulaiman. M	[Signature]
13	123012173083	Azeed Dheer. S	[Signature]
14	123012173031	Aadarson. S	[Signature]
15	123012173043	Akshath	[Signature]
16	123012173056	Subash. S	[Signature]
17	123012173038	Hari Prasanth. V.	[Signature]
18	123012173059	Vishwa. P	[Signature]
19	123012173078	Ujjwal. A	[Signature]
20	123012173061	Sunya. S	[Signature]
21	123012173049	Nirav. V	[Signature]
22	123012173037	Hariharan. K	[Signature]
23	122012193010	H. Jagan Venkatesh	[Signature]
24	123012173046	M. Mohammed Smith	[Signature]
25	123012173035	A.W. Ananth. Anand	[Signature]

S.No	Register Number	Student Name	Student Signature
26	12501279127	P. Lalitha	P. Lalitha
27	12501279144	J. Lakshmi	J. Lakshmi
28	12501279136	M. Divya Yashodhara	M. Divya
29	12501279126	M. Nandhini	M. Nandhini
30	12501279140	S. Samatha	S. Samatha
31	12501279139	R. Rangana	R. Rangana
32	12501279123	A. Anitha	A. Anitha
33	12501279111	A. Indira Parvathi	A. Indira Parvathi
34	12501279138	P. Priya	P. Priya
35	12501279102	J. Anitha	J. Anitha
36	12501279151	G. Anitha	G. Anitha
37	12501279142	K. Prashanth Kumar B.Sc (CS)	K. Prashanth
38	12501279156	S. Rajalakshmi B.Sc (CS)	S. Rajalakshmi
39	12501279121	S. Anitha B.Sc (CS)	S. Anitha
40	12501279104	M. S. Anitha B.Sc (CS)	M. S. Anitha
41	12501279119	S. Anitha B.Sc (CS)	S. Anitha
42	12501279105	P. Anitha B.Sc (CS)	P. Anitha
43	12501279120	S. Anitha B.Sc (CS)	S. Anitha
44	12501279100	M. Anitha B.Sc (CS)	M. Anitha
45	12501279138	S. Anitha B.Sc (CS)	S. Anitha
46	12501279157	M. Anitha B.Sc (CS)	M. Anitha
47	12501279135	P. Anitha B.Sc (CS)	P. Anitha
48	12401279111	J. Anitha B.Sc (AI)	J. Anitha
49	12401279113	S. Anitha B.Sc (AI)	S. Anitha
50	12401279114	J. Anitha B.Sc (AI)	J. Anitha
51	12401279120	V. Anitha B.Sc (AI)	V. Anitha
52	12401279121	M. Anitha B.Sc (AI)	M. Anitha
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