

**3.6. 3** Number of extension and outreach programs conducted by the institution through NSS/NCC/Red Cross/YRC etc. during the last five years (including Government initiated programs such as Swachh Bharat, Aids Awareness, Gender Issue, etc. and those organised in collaboration with industry, community and NGOs)

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#### NSS UNIT-V Organised Awarness Programme on Road Safety to the Student Volunteers



NSS Report ROAD SAFETY AWARENESS

Resource Person of the event was Mrs.R.Bhuvaneswari Divisional Engineer, Highways Road Safety, Trichy and

Felicitation Address was delivered by Mrs.G.Pramella Assistant Divisional Engineer, Highways Road Safety, Trichy and Mr.S.Ganesan Assistant Divisional Engineer, Highways Road Safety, Trichy

on 18-08-202 at Le Corbusier HALL Welcome address was delivered by Ar.V.S.Kavitha Dean FAP and Vote of thanks was delivered by Er.R.Latha. 200 students participated and gained knowledge

Event coordinator Student coordinator Er.R.Latha Maran.E Nandhagopal.R



### ROAD SAFETY AWARENESS PROGRAMME

#### **Resource Person**



Mrs.R.Bhuvaneswari Divisional Engineer, Highways Road Saftey, Trichy

Felicitation Adress

Mrs.G.Prameela Assistant Divisional Engineer, Highways Road Saftey, Trichy

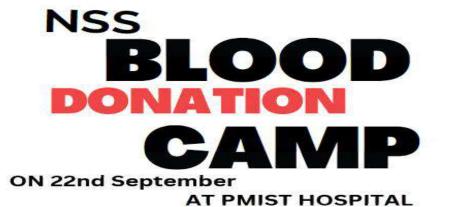
Mr .S.Ganesan Assistant Engineer, Highways Road Saftey, Trichy

Date: 18-08-2023 | 2687269090 | Venue: Le Corbusier Hall - PMIST

Organized by Ms.R.Latha- NSS PO Unit - 5- Architecture Department

Dool Dr.M. CHANDRAKUMAR PETER NSS-PROGRAMME COORDINATOR Periyar Maniammai Institute of Science & Technology (Deemed to be University) Vallam Thanjavur, Tamilnadu-613 403.









Event coordinator Student coordinator Er.R.Latha D.Divya Bharathi B.Prathap



Dave U Dr.M.CHANDRAKUMAR PETER NSS-PROGRAMME COORDINATOR Pertyar Maniammai Institute of Science I Technology (Deemed to be University) Vallam, Thanjavur, Tamilnadu-613 403.

Topic of the Programme Rural Camp - Programme 1			Safe and Unsafe touch
Date	30.10.2023	<b>Resource Persons</b>	<b>Resource Person</b> Ms. J. Rathipriya, Psychiatric counsellor, Aram Hospital,Trichy

The Students of Government Middle School, Rettimangudi, Trichy participate and the resource person J. Rathipriya, Psychiatric counsellor, Aram hospital, Trichy spoke about the Safe and unsafe touch.



Ms.J. Rathipriya, Psychiatric counsellor, Aram hospital, Trichy addressing the students

SRO D Head

Department of Social Work, Ferivar Maniammai Institute of Science and Technology, Vallam, Thanjavur - 613 403.

	L	of the Programme mp - Programme 2	Child Safety and Protection
Date	30.10.2023	<b>Resource Persons</b>	Ms. B. Sumathi, Inspector of Police, Siruganur

On 30<sup>th</sup> October 2023, Rural Camp of Department of Social Work was inaugurated by Dr. S. Velusami, Vice-Chancellor PMIST, Dr.S. Parameswaran, Assistant Professor& Head of the department of social work, Dr. A. Anand Jerard Sebastine, Associate Professor, Department of Social Work, Mr.A. Gregory, Director, Voice trust, and President Rettimangudi Panchyat participated and facilitated the Inauguration of the rural camp. The resource person Ms. B. Sumathi, Inspector of Police, Siruganur addressed on the various problems faced by the Children and spoke on the laws that protect the children.





Dr. S. Velusami, Vice-Chancellor PMIST inaugurated the Rural camp at Rettimangudi Village, Trichy.

Head

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Т	opic of the Pr	Awareness on Online	
Rural Camp - Programme 3			Addiction
Date	31.10.2023	<b>Resource Person</b>	Mr.P.Ravikumar , President,Natchellai Tamil Perayam , Trichy

Mr. P. Ravikumar, President of Natchellai Tamil Pearayam, Trichy, gave awareness about Online Addiction and its ill effects on the younger generation. The students of the Government higher secondary school,Peruvalappur, participated in the event.



Mr.P. Ravikumar, President, Natchellai Tamil Pearayam, Trichy addressing the students of Government Higher Secondary School, Peruvalappur.

Hear

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Topic of the Programme			Participatory Rural
Rural Camp - Programme 4			Appraisal
Date	31.10.2023	<b>Resource Person</b>	R.Kavitha,CAPART trainer, Voice Trust, Trichy.

R. Kavitha, CAPART trainer, Voice Trust, Trichy, gave orientation to the MSW students about the Participatory Rural Appraisal (PRA). The Irungalur village people from various category participated in ranking their needs and learned to address the issue with available resources.



Irungalur Village people and MSW Students during the Participatory Rural Appraisal.

Head, Department of Social Work, Ferivar Maniammai Institute of Science and Technology, Vallam, Thanjavur - 613 403.

Topic of the ProgrammeRural Camp - Programme 5			Women Empowerment & Community Development
Date	31.10.2023	<b>Resource Person</b>	Mr.T. J. Rosario Prem, Panchyath counsellor, Irungalur.

Mr.T. J. Rosario Prem, Panchyath counsellor, Irungalur spoke on the role of Women Empowerment and Community Development at the village. The various government schemes available for village development was highlighted.



Mr.T. J. Rosario Prem, Panchyat counsellor gave special address on Women empowerment

S. BRAHES Head

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Topic of the Programme         Rural Camp - Programme 6			Tree Plantation and Cleaning Work
Date	01.11.2023	<b>Resource Persons</b>	M. Ithalsa,S P G S T John's Primary School.

Cleaning work and plantation of tree saplings for S. P. G. St. John's elementary school, Irungular was carried out with the participation of Teachers and Students. In this event more than 50 saplings were planted. The program is organized by social work students, PMIST.



Social Work Students and faculty planted tree saplings at S. P. G. St. John's elementary school, Irungular

S. BRA TE Head

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Topic of the Programme         Rural Camp - Programme 7			Green Walk - The Noble Earth is in your hands
Date	01.11.2023	<b>Resource Persons</b>	T. J. Rosario Prem, Coordinator, Irungular

The Social Work students participated in the Green walk to Miyavakki forest. T. J. Rosario Prem, Coordinator, Irungular explained about the efforts made to create this forest. Social Work Students, PMIST learnt about the importance of conserving the nature.



The Social Work Student visit to the Miyavakki forest and interaction with the resource person

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Т	opic of the Pr	Human Rights - Awareness	
Rural Camp - Programme 8			on Legal provisions for Women and Child
Date	01.11.2023	<b>Resource Persons</b>	K. Sabarinathan, Advocate, Trichy

The human right awareness program was conducted at the Puraththakkudi village. In the program K. Sabarinathan, Advocate, Trichy spoke about the importance of human rights and laws. He also mentioned the legal provisions that safeguard the women and child. The people of the village participated in several cultural activities conducted during the programme.



K. Sabarinathan, Advocate, Trichy and Dr.S.Gnananraj, Assistant Professor, Department of Social Work, PMIST spoke about Human Rights.

D.S. KARA Head

Department of Social Work, Periyar Maniammai Institute of Science and Technology, Vailam, Thanjavur - 613 403.

Topic of the Programme			Field visit to Forest Tree Seed
Rural Camp - Programme 9			Laboratory Centre
Date	02.11.2023	<b>Resource Persons</b>	Uma Shankar, Seeds Coordinator, Forest Department.

The Social Work students visited forest tree seed center, Mr. Uma Shankar, Seeds Coordinator, Forest Department explained about the tree seeds and social work students visited the seed lab.



The resource person interacted with the social work students about the different types of seeds and the methods of planting.

Head

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	Fopic of the Pro Iral Camp - Pro	Awareness on "Reduce – Recycle – Reuse	
Date	06.09.2023	<b>Resource Persons</b>	Mr.T.Ravi, Forest ranger, Trichy

The Students and Head Master of P. K. Agaram Government middle school participate in the program. Mr.T. Ravi, Forest ranger, Trichy explained about the necessity of reusing, recycling and reducing the plastics.



*Mr.T. Ravi, Forest Ranger, Trichy addressing the students of Government middle school at P. K. Agaram* 

F Head

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		Happy Learning and Joyful Life	
Date	06.09.2023	<b>Resource Person</b>	Mr. P. Dhinesh kumar, Psychiatric Counsellor, Q MED hospital, Trichy

Mr.P. Dhinesh kumar, Psychiatric Counsellor, Q MED hospital, Trichy spoke about the relevance of learning for Joyful life at Siruganur Friendship children's home, The students participate in the various events conducted by the Social Work students.



Mr.P. Dhinesh kumar, Psychiatric counsellor, Q MED hospital, Trichy distributed Prizes for the Children of Friendship children's home.

Head

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1 0			Awareness Rally on Let's Take	
Rura	al Camp - Prog	gramme 12	Care of Mental Health	
Date	03.11.2023	<b>Resource Persons</b>	Mr.J. Karan Louis, project director and community mental health worker, ATHMA hospital, Trichy	

Topic of the Programme			Awareness on Mental Health
Rural Camp - Programme 13			and Psychological Wellbeing
Date	03.11.2023	Resource Persons	J. Karan Louis, project director and community mental health worker, ATHMA hospital, Trichy.

M. R. Palayam Government Higher Secondary school students Jointly with Department of Social Work, PMIST participated in the Awareness rally on Mental Health. Mr. J. Karan Louis, Project Director and community Mental Health Worker, ATHMA hospital, Trichy explained about the importance of mental health and participated in the rally program.



*M. R. Palayam Government Higher Secondary school students during the Awarness rally on Mental Health* 

Hea

Department of Social Work, Perivar Maniammai Institute of Science and Technology, Vallam, Thanjavur - 613 403.

M. R. Palayam Government Higher Secondary School students, Assistant Head Master and teachers participated in the program on Psychology and Wellbeing. Mr.J. Karan Louis, Project Director and

Community Mental Health Worker, ATHMA Hospital, Trichy spoke about the mental health strategies that everyone should follow for psychological wellbeing.



Mr.J. Karan Louis, Project Director and Community Mental Health Worker, ATHMA Hospital, Trichy addressing the students of Government Higher Secondary School ,M. R. Palayam

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<b>Topic of the Programme</b>			Awareness on Alcohol	
Rural Camp - Programme 14			Addiction and Rehabilitation	
Date	03.11.2023	<b>Resource Person</b>	Mr.M. Bharathi Mohan, Project director, De-addiction and Rehabilitation Centre, Kajamalai Ladies association, Trichy	

The awareness on Alcohol addiction and Rehabilitation was conducted at Sanamangalam village Ms.G. Janet Preethi, Administrator, Voice Trust, Dr. Balakumar Pitchai, Director of research training and publications, PMIST, Dr. Kumaran, Director of IPR, PMIST, Dr. S. Parameswaran, Head and Assistant Professor, Department of Social Work, PMIST participated in this program. Mr.M. Bharathi Mohan, Project director, De-addiction and Rehabilitation Centre, Kajamalai Ladies association, Trichy delivered the special address.



Mr.M. Bharathi Mohan, Project director, De-addiction and Rehabilitation Centre, Kajamalai Ladies association, Trichy addressing the people of M.R.Palayam

### பெரியார் மணியம்மை நிகர்நிலை பல்கலைக்கழக சமூகப்பணித்துறை மாணவர்களின் பெரியார் புரா கிராமங்களில் 5 நாள் முகாம் – 2023

Santan amatana aparata ang aparata ang aparat Bigaratan ng atan fagang ntana kanda ang agarata ang atan kanatan ang kana ang agarata ang atag patan kanatan bi 300,000 gal 00,0000 anat atag patan kanatan bata ang ata

நடிக்கப்வித்துற மனைவன்ற கொல்வுகையில் தலைப்பி குட்டியார்கும்பில் பற்சாயிரு அறு தலைபில் கெட்டயார்கும்பில் பற்சாயிரு அறுகை குடில் பாஸ் 600 வான்த நடை கிருத்துறை குழக்க முன்ற 600 வான்து நடை கிருத்து அதுகைகளுக்கான உரில் வான்கு அதி இதிக்கும்பி காட்டியாரு அறைக்கு அறிக்கும்பில் பற்பனத்து காட்டிய பிருத்து குறிதுகழி வாடு பற்பனத்து காட்டிய கிருத்துற் வான் தடி ஆம்பான் குடில் தல்லை கிருத்துற் கிருத்து அவர் கட்டங்கள் இதி குறிதுற்கு பற்பு கிருக்கும்பில் குறைக்கு கிருத்துற்கிறும் கிருப்பில் பிருக்குமைற்ற கேற்று கேடுக்கும்பில் காட்டிய பிருபாரில் கருது காடுக்கும்பில் கிருப்பில் குறைகளுக்கால காடுக்கும்பில் கிருப்பில் கிருப்பு பிருக்குமைற்ற புன்ற குற்குற்கான செய்து பிரைப்பு பரப்பரில் கருத்து புன்ற குற்குற்கான செய்து பிரைப்பு பரப்பரில் கருது



பெருக்குவதில் முக்கியத்து தாது புதிப்பினார். இந் வில் முடியில் வருக்கியார்த்தாறு மாலாபர்களில் வி புண்டியுநிலுக்கிறைப் நிலுக்கில் பய்தேற குழந வருக்கு புரிக்களும் வதுக்கப்பட்டன. (Artise conflict accord (பெய்லா) வைக்குவினா)

21- புல் பயன் பல்த தலைப்பை பிட்டியிலும் அன்ற குறைப்பில் குறைப்பில் பிட்டியில் குறைப்பில் கூற்றவைக் ஆறினாட்டில் குறு பாலில் முல் பிழ்துவர் வேல் நிலை நிலை நிலைக்கு விரு கிட்டியில் நடல் கிறு வலைப்பிற்றவையை நட குறிவாற் கிலை நிலை நிலை நிலை பிழுவை இல்லால் கிலல் குறிப்பில் சிட்டியா ஆற் குறிவாற் கிலல் நிலை கிறுவில் கல்லால் சிறுவில் காட்டில் தேரில் கிறிவில் கல்லால் சிறுவில் கிலை அறிதாகில் பழைப்பில் கல்லால் சிறுவில் கால் கிறில் கிறிப்பில் கல்லால் சிறுவில் கால் கிறில் கிறிப்பில் கல்லால் சிறுவில் கிலை கிறிதான் பிழுறுவில் கல்லால் சிறுவில் கால் கிறில் கிறிப்பில் கிறுவில் கிலல் கிலை கிறிவான் பிறு குறிப்பில் கிறுவில் கிலை கிறிவான் பிறு கிறுவில் கல்லால் சிறுவில் கிலை கிறிவான் பிறு கிலைக்கில் கிறுவில் கிலை கிறுவில் கிறு கிறுக்கு கிறுவில் கிலை கிறுவில் கிலல் கிறுவில் கிலல் கிறு கிறுவில் கிலல் கிறுவில் கிறுவில் கிறுவில் கிறு கிறுவில் கிறு கிறு கிறுவில் கிறு

இதனா தொடர்து பல்ரியை பெற்றோ? மற்ற தலைப்பேடு, பார்து ஆற்றிகளைப் பாற்றை எப்பட்டிர், த்தில் வரியுர்வு எளியார்களுக்குக் 1946 வரிவது நடத்தப்படன் இப்பை இயில்து இதுவது கழக்குப்பான் ஆர்வதைப்படல் இப்பது இதுவது இற்றிலுப்பான் ஆர்வதைப்படல் இப்புத்து இது ரம்து பெற்று இப்பான் வேண்டும் வா விசுக்கோ இது ரம்து பெற்பப்படல் அற்றாகள் வைத்தினைப்பாற

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போட் கருமாக்கு கோம் என்ற தமாப்பில் தன்களுக்க மில் மல்லை த. ஆரமத்தின் அதுகிலனான 530 மனிதன் தாட்டு ந்து இந்தியுதலில் மருல் பணித்தனர் உதலிப் போரிதிய முனைவர் ஆன்றானத் அரேவுகையை அந்த வாற் இழிந்து பில் வரைப்பி மன்ற தலைவர் பெல் தம் எற்ற தாலையை அதுவர் இரும்றைற் தாலைவர் பெல் தம் எற்ற சாலைய வதிதார் இரும்றைற் தாலைவர் பெல்



ற்றுகையாக சேப்பட வேள் டுக்கப்பாத புக்கடுத் மூனர், இருந்து பின் இறுகில் ஆரைப்பாத்து வைநிலும் பில் வல்து வோன்ட குறுவது கூறுக்கு வநிலும் பில் வல்து வோன்ட குறுவது கூறுக்கு பறுவகள் வைத்து வோன்ட பா பறுவகள் வைத்து வோன்டபார்.

இன்பால் தம்பும் புத்தால்குட ஆதரமனாரில் எமல்கள் பலிப்புலியிற்றாட்டுத்து இநில் ம் வாழ்தலாற்றி வநல வேணையாப்பு திட்டத்தில எநில்றி பல்லை வைத்திலால், என்று திடுவருகில் எம்ல் அதிலட்டன் பழிறியானர் சுவிறா திடுவருகில குழிலார், இதில்தில் வாரைக்கு கிரைவர்களை கூறு சிலாதிற்சினைவர் அற்று சின்படைய நிறையார் பூர் அதிலு விரைப்படு திருவுகிலில் கழகுப்பிரப்பட்ட பெல்லா பற்றல் பலையரிகள் வைத்து வால்ட்டிய

spekami panir

பை மல்கையில் குறியாக பிடியாக பிடுக்கையில் என்ற கைப்பில் இலயாக பிடியாக இலையில் குறைக்கள் கைபில் இலயாக பிடியாக இருக்கள் குறைக்கள் குற்றுக்கு குறியாக பிடியாக குறைக்கள் குற்றுக்கு கிடியாக இருக்கு கிடியாக கான்ற நடித்து துமக்கி என்றது. குறைக்கு கான்ற காத்து துமக்கி என்றது. குறைக் கான்ற காத்து துமக்கி என்றது. குறைக் கான்ற காத்து துமக்கி என்றது. குறைக் கான்ற காத்து துமக்கி என்றது. கிடை கான்ற காத்து துமக்கி குறை கிடுத்து கிடை கிறைக்கு கிறைக்கு கிறுக்கு கிறுக்கு கிறைக்கு கிறைக்கு கிறுக்கு கிறுக்கு கிறைக்கு கிறைக்கு கிறுக்கு கிறுக்கு கிறைக்கு கிறைக்கு கிறுக்கு கிறுக்கு கிறைக்கு கிறைக்கு கிறைக்கு கிறுக்கு கிறுக்கு கிறுக்கு கிறுக்கு கிறைக்கு கிறுக்கு கிறைக்கு கிறைக்கு கிறுக்கு கிறுக்கு கிறுக்கு கிறுக்கு கிறுக்கு கிறை

இன்பட்ட நக்குடி அருவகுர் மல்பற்பல் குறைக்குப்பன்றனை அந்திக்கும் கருப்பன் கற்று ஆக்கும் கருப்பத் இந்த அப்பன்றன் கற்று ஆக்கும் கருப்பத் இந்த அப்பன்றன் கற்று கருப்பத் இந்த அப்பன்றன் ஆக்கும் அப்பத் பிருவனத் இந்திக் ஆக்கும் ஆக்கும் அப்பத் வருப்பத்தில் உருப்பது இந்த பில் கிக்கும் எழுந்ததுக்கும் பற்று இந்த பில் கிக்கும் எழுந்ததுக்கும் பற்று கருப்பு வருப்புக்கும் வருப்பது கருப்புக்கும் குற்று கருப்புக்கும் இருப்புக்கும் வருப்புக்கும் கருப்புக்கும் கருப்புக்கும் குற்று கருப்புக்கும் குற்று கருப்புக்கும் குற்று கருப்புக்கும் வருப்புக்கும் குற்று கருப்புக்கும் கருப்புக்கும் குறைக்கும் குறுப்புக்கும் கருப்புக்கும் கருப்புக்கும் கருப்புக்கும் குறுப்புக்கும் கருப்புக்கும் கருப்புக்கு

ருன்றல் நிகழ்படி இருக்கழர் பஞ்சையுக்கில் 6 கைல் முட்டனரில் அமைக்கப்படுற்றை வாழு விட்டி மட்ட ஆறிக்கப்புல் நிலுக்கப்பன்[ஆறை மாவாலிகள் மலைப் பயனத்தை (மற்றொண்டனா, இத்திருக்கில் இருங்களு) வாறுட்சி அறுப்பிரனாய்பை தொண்டுவைதோல் ஆறும் வாடு அமைப்பு முன்றானை பற்ற விளக்கினா.

காப்ப் (மாறாலை மற்று வாலையா) கூற்துவாம் ஆருகில் உரசு முதிலே உரசு மற்ற யார் ஆலாம் ஆருகில் உரசு ஆரங்கத்தில் கட்ட மார் ஆலாம் ஆருகில் உரசு ஆரிய பிர கல்போர் பிரசு மாரைக் ஆரையார்க் அதில் பிருகியார் இயல்போலிற்கு அப்பக்கி வார். சி தெற்னார் இயல்போலிற்கு அப்பக்கி வார். சி தெற்னார் இயல்போலிற்கு அப்பக்கி வார். சி தெற்





மறைவ ஆசியாகள் அற்று பில் கலத்துகொண்டல் இந நிலும்பில் கருடையனி துறை பானாமர் கல் மருந்து (2004) மேற்பட்ட பன்னி மானாமர்கள் போனியில் கலத்து கொள்

. കുഞ്ഞയില്ലെ പ്രിച്ച 20 വാരിചാരിം പ്രവേഷനം പ്രവേഷം പ്രത്യോയി നേഷം നിര്വ്വാണം. ഇപ്പാലെ നെല്ലാനും പ്രത്യാം പാര്ഷ്യാനം ചെയ് പ്രാംത്സം പ്രത്യാം പാര്ഷ്യാനം പ്രത്യാം പ്രാംത്സം പ്രവേഷം പ്രവേഷം പ്രത്യാം പ്രിച്ചേര്. പ്രവേഷന് പ്രവേഷം പ്രത്യാം പ്രിച്ചേര്. പ്രവേഷന് പ്രവേഷം പ്രത്യാം പാര്പ്പിം പ്രത്യി പ്രവേഷം പ്രവേഷം പ്രവേഷം നിര്ത്തം പാര്പാം പ്രവേഷം പ്രവേഷം

> கப்பரசாபின் தினைபு விழாயாக அற்சம் அறுவைசத்திற்கு அ



வாங்குமா. பெற்று பெர்வர் வார்ப்பை பிசைய குழந்தின் ஆரம்கி நியன்று முனைம் தான் நான தலைப்பதாலில் வக்கப்படி பரு போசு ஆனா காட்டில் விடையை முதி விழிப்பாட்டு இன்றை காட்டில் விடையை முதி விழிப்பாட்டு இன்றை காட்டில் விடைய முதி விழிப்பாடி இன்றை காட்டில் பிடைய முற்று விழிப்பில் குற்று குற்றும் குற்றும்பில் பிறு விழிப்பில் கான் பால் நிலாம விழித்து இன்றை கொண்டு மெற்று நிலாம விழித்து பிலைப்பில் நாதி வால குறுவின்றி விழிப்பாறி நான் திறுவில் பிறு விழிப்பாறு துறிப்பில் விழிப்பாறி நான் இருப்பாடு குறுவின்று விழிப்பாறி விலைப்பாறு இன் குறுவின்று விழிப்பாறி வால குறுவின்றில் விழிப்பாறு இன் துறிப்புல் விழிப்பு விலைப்பில் குறுவேன தேன் விழிப்பாறு கான் பிறைப்பாறு இன துறிப்புல் விருக்குப்பான நிலை பெறுவன துறிப்புல் குறிப்பாறு கான பேறுப்பாற் தேன் விழிப்பாறு கான் குறுவின் குறுவில் தன் குறிபால் விழிப்புறை கான் கான் கான் திறைப்பாறு விழிப்புறைக்கும் விறுவில் குறிவன திலைபாலும் வருகியன் குறுவின் குறு விலை திலைபாலுக்கும் விருவனது வருவில் குறிவன திலைபாலும் வருகிலை குறுவின் குறுப்பாறு தல்லால் பிழுத்துகில் தைவனதிதல் விழிப்புறு பின்று தல்லால் பிழிப்பாறுக்கும் விருவின் குறுவேன திலைபாலுகிலால் குறுவி குறுவின் குறுவின் குறுவின தல்லால் பிறுக்கும் விருவனது வருவிலுக்கும் கைக்கும் கல்லாப்புறு விருவனது விருவனுக்குறிப்பாறுக்கும் கைக்கா திலைப்பிலாறு விறுப்பாறுக்கும் விருவனுக்கும் கைக்கும் தல்லால் துறிப்பி சலுக்கும் விருவனுக்கும் கைக்கும் தல்லால் பிறுவன் கல்லாறுக்குற்றுக்குற்பாறுக்குமை குறுவிக்கும் விறுக்குற்றுக்குற்றுக்குற்றுக்கும் கைக்கா தல்லாப்பாறுக்கு கல்லால் கல்லான கான் குறுவன கல்லான குறுக்கும் விறுக்கும் கைக்கும் கைக்கும் கல்லா

றுதல் கல்வதனம் கழகப்பள நுகட்பன் தன் பெரசிய முனைக்கு ஆர்மாற்கு மற்றக் கதல் பொசிய முனைக்கு ஆர்மாறு மற்றக் கதல் பொசிய தன்பிருமையாக வாச்சியப்படுக்கும் முனைக் தன் பிரும்ப் பாண்க வாச்சியப்படும் புகைப்பார்த்தார தல்வர் கப்பியப்படிய ஆரியாற் மற்றம் கற்கப் பாரித்தார தல்வர் கப்பியப்படிய ஆரியாற்கைய வரித்தார்

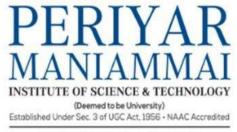
-Migata (9.11.2993

Consolidated Rural Camp report (30.10.2023 to 03.11.2023) published in Viduthalai Daily News Paper dated 16/11/2023

Head, D.S. BRAHBENAON

Department of Social Work, Ferivar Maniammai Institute of Science and Technology, Vallam, Thanjavur - 613 403.





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## CYBER SECURITY AWARENESS PROGRAMME FOR VOLUNTEERS

## Organized by

NSS Unit – VII

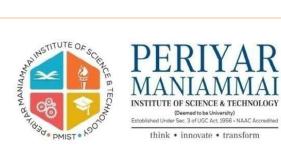
#### (DEPARTMENT OF MANAGEMENT STUDIES)



### **TABLE OF CONTENTS:**

S.NO	CONTENT
1.	Program schedule
2.	Report of the program
3.	Geotagged photo
4.	Brochure
5.	Attendance

#### 1. PROGRAM SCHEDULE



DAY : <b>08.01.2024</b>	Venue: RICHARD DAWKINS HALL
	PMIST

### PROGRAM SCHEDULE

Welcome Address	:	Ms.Varsha
		NSS volunteer (Unit VII)
Special Guest	:	Dr.VARUN KAPOOR, IPS
		ADGP -CYBER
		CRIME, MATHYAPRADESH, INDIA.
Program	:	'Fundamentals of CYBER CRIME'
Vote of Thanks	:	Mr.Mohammed Asharaff BBA II
		NSS volunteer (UNIT VII)
Coordinator : Ms. K.Pannee	erselvam(Unit VII)	NSS Programme Officer

Convener : Mr.M.Chandrakumar Peter ,NSS Coordinator

#### NSS OFFICE PMIST

Periyar Nagar, Vallam, Thanjavur - 613 403, Tamil Nadu, India Phone: +91 - 4362 - 264600 Fax: +91- 4362 - 264660 Email: nss@pmu.edu Web: www. pmu.edu



Name of the Event : Fundamentals of CYBER CRIME' Date:08.01.2024

#### Venue : VALLUVARHALL

The NSS Unit VII Organized a Program on 8<sup>th</sup> January 2024 "Fundamentals of CYBER CRIME" at VALLUVAR hall, PMIST Campus, The main objective of the program is to create awareness about the CYBER CRIME among the Volunteers.

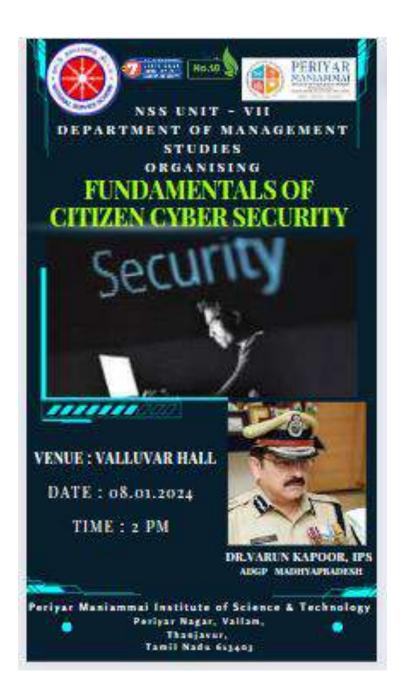
Dr.VARUN KAPOOR, IPS has given special address to the volunteers and he has given special speech about the, cybercrime and 120 NSS Volunteers from Unit VII was actively participated in this programme. Finally, NSS volunteer Mr.Mohammed asharaff (BBA II) proposed the Vote of Thanks.

#### 2. PHOTOS



Dr.VARUN KAPOOR, IPS delivered special address to the NSS volunteers

INVITATION



### 3. ATTENDANCE

## **NSS Volunteers Unit VII**

Programme Name: "Fundamentals of CYBER CRIME"

Date: 08.01.2024.

S.No         Name Of The Volunteer         36         S.Yogiya
--

1	R Bhuvaneshwaran	37	Neranjan C
2	M.Mohamed Ajmal	38	Madhan .B
3	Saranya.K	39	Sathiyaseelan
4	S. Manikandan	40	V Jayaprabha
5	Mohamed Rishwan	41	S.Kaviya
6	Mohamed Jaffer Shathik.K	42	S.Rajagopalan
7	S Sabeer Ahamad	43	Kribigopika
8	Akash R	44	Kiran Sundar
9	S Sabeer Ahamad	45	Roshini.S
10	Veerakumar	46	S.Rajagopalan
11	Dharun K	47	Praveen.S
12	Vaishnavi	48	Veerammal.N
13	Naveena	49	S.Mohamed Adhil
14	Mathankumar.S	50	Poorvaragavan.S
15	Shefana Banu. T	51	Akalya
16	R.Keerthana	52	Shanmugaraj R
17	Manikandan.R	53	Jayabalan U
18	P.Varsha	54	S.Ashraff
19	Rajesh.R	55	Vimal Raj.V
20	Sambasivam.K	56	Praveen. G
21	S Abdul Latheef	57	Ashika.D
22	M Habeeb Rahman	58	Madhan .B
23	Rosario	59	Udhayan. M
24	R Anbuchelvan	60	Sarumathi RA
25	Jegadeesan		$\bigcirc$ 1
26	Mohamed Sameer. M		W page
27	Mathan Raj		ALL DESTRIP
28	M Vetri Sanjai		Dr. M. CHANDRAKUMAR PETER NSS-PROGRAMME COORDINATOR
29	Varsha S.D		Periyar Maniammai institute of Science & Technology (Deemed to be University)
30	Venkatesan.S		Vallam, Thanjavur, Tamilnadu-613 403.
31	Mohamed Ibrahim F		
32	Nivetha. G		
33	Mugesh.K		
34	S.Ashraff		
35	Sanjay.S		

Name of the Event	Republic day competition for school students	
Organized by:	Department of Computer Science and Applications and in	
	Association with Center of Rural Development	
Date:	23-01-2023	
Venue:	Aadi Dravidar Welfare Primary School, Sennampatti,	
	Thanjavur.	
No. of Participants	30	

#### **Description of the Event / Activities / Competitions:**

The Department of Computer Science and Applications and in Association with Centre of Rural Development organized an Extension Activity on "**Republic Day Celebration in Aadi Dravidar Welfare Primary School, Sennampatti, Thanjavur**" on 23-01-2023. This Activity was Inaugurated by school Headmistress Mrs.M.Selestrin and Assistant Headmaster Mr.G.Stalin.

"The programme was to celebrate the Republic day & many games are conducted to the school students on the occasion".

Ms.A.Selvapriya, Assistant Professor/CSA, Ms.R.Sivaranjani, Assistant Professor/CSA and Dr.V.Srithar Assistant Professor (SG)/CSA coordinated the Extension Activity.

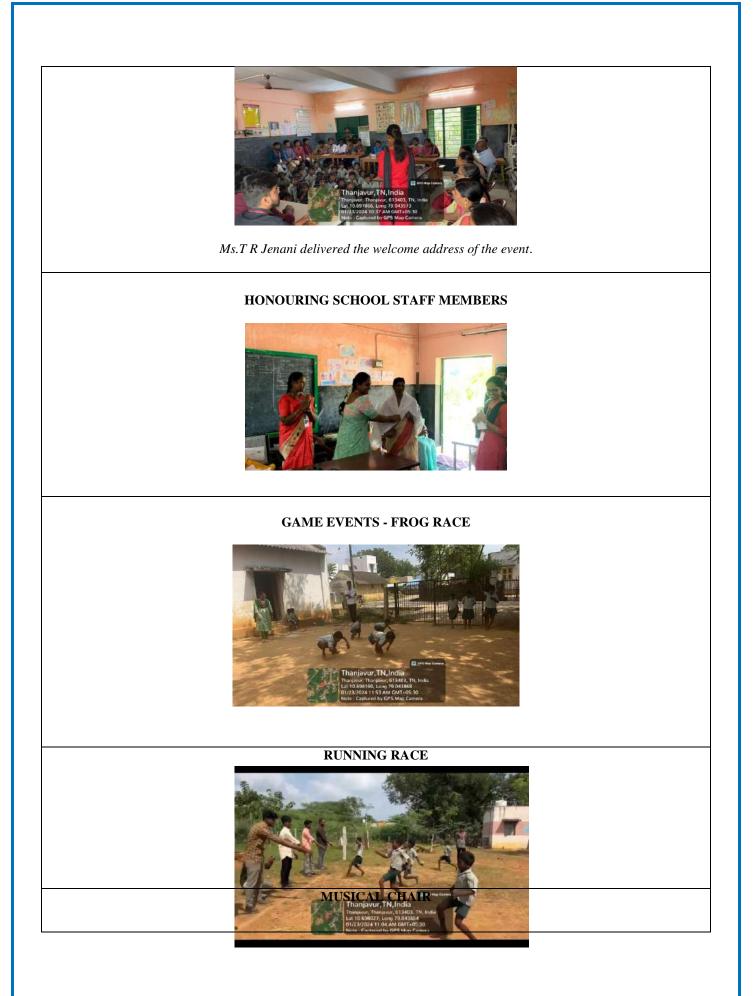
Ms.T.R.Jenani of I MCA C, delivered the welcome address and Dr.V.Srithar Assistant Professor (SG)/CSA honored the school staff members.

Ms.R.Sivaranjani, Assistant Professor/CSA gave the instructions ,rules for the games and proposed the vote of thanks.Totally 30 students participated in this activity.



Mr.G.Stalin, Assistant Head Master addressing the gathering during the Inaugural session.

#### WELCOME ADDRESS





RHYMES



THIRUKURAL RECITATION



Our students conducted various games and events for the school students.

#### Brochure



### **Program Schedule**



### Student Name List

DEPARTMENT OF COMPUTER SCIENCE AND APPLICATIONS Phone: +91 - 4362 - 264600 Fax +91- 4362 - 264600



#### REPUBLIC DAY COMPETITION FOR SCHOOL STUDENTS PLACE: AADI DRAVIDAR WELFARE PRIMARY SCHOOL SENNAMPATTI, THANJAVUR DATE: 23.01.2024

S.NO	REG.NO	NAME	CLASS	
1.	123012453390	NIYAZ AHMED		
2.	123012453372	KABILESHWARAN V		
3.	3. 123012453420 KOSALA RAMAN			
4.				
5.	123012453398	RAM KUMAR V		
6.	123012453358	ABDUL AJEES		
7.	123012453411	SRINIVASAN T		
8.	123012453400	RANJITH		
9.	123012453416	VIGNESH S V	I MCA C	
10.	123012453401	RANJITH KUMAR		
11.	123012453364	DHARUN KUMAR		
12.	123012453407	SANTHOSH P		
13.	12301145371	JENANI T R		
14.	12301145373	KANMANI G S		
15.	12301145414	VAITHEESWARI S		
16.	123012453238	AAKASH P		
17.	123012453242	ARASU S		
18.	123012453250	DEVA S		
19.	123012453251	DHANA LAKSHMI V		
20.	123012453256	HARI HARAN R		
21.	123012453264	KARTHIKEYAN P		
22.	123012453265	KARTHIKEYAN S		
23.	123012453271	MOHAMED FASITH R	I MCA A	
24.	123012453272	MOHAMED RIYAZ M		
25.	123012453281	RAMYA R		
26.	123012453291	SWATHIR G		
27.	123012453295	VASIFKHAN A		
28.	123012453297	YUVARAJ B		
29.	123012453421	RAGUL K		
30.	123012453267	LOKESHWARAN S	-	

Ø HOD(CSA)

Dr. D. RUBY M.C.A., M.Phil, Ph.D Associate Professor Department of Computer Science and Applications Periyar Mantanama Institute of Science and Technology Vallam, Thanjavur - 613 403. DEPARTMENT OF COMPUTER SCIENCE AND APPLICATIONS Promer view Terror Tamil Nadu, India Phone: +91 - 4362 - 254500 Fax: +91- 4362 -264660

an.



#### REPUBLIC DAY COMPETITION FOR SCHOOL STUDENTS

PLACE:AADI DRAVIDAR WELFARE PRIMARY SCHOOL,SENNAMPATTI,THANJAVUR DATE:23.01.2024

S.NO	REG.NO	NAME	CLASS	SIGNATURE
1.	123012453390	NIYAZ AHMED		Ninderty.
2.	123012453372	KABILESHWARAN V		1. Land
3.	123012453420	KOSALA RAMAN		BENER
4.	123012453412	SURYA K	-	riens
5.	123012453398	RAM KUMAR V		Vilant
6.	123012453358	ABDUL AJEES		Vitan t
7.	123012453411	SRINIVASAN T		Solwindy.
8.	123012453400	RANJITH		Britz .
9.	123012453416	VIGNESH S V	I MCA C	Vignsha.
10.	123012453401	RANJITH KUMAR	_	KiRa les
11.	123012453364	DHARUN KUMAR	_	Do Hong.
12.	123012453407	SANTHOSH P	-	20101
13.	12301145371	JENANI T R	-	Lenar R
14.	12301145373	KANMANI G S		-0
15.	12301145414	VAITHEESWARI S		Kannahl
16.	123012453238	AAKASHP		Varthease Q. Q.
17.	123012453242	ARASUS	_	A
18.	123012453250	DEVA S	-	d'Arasa
19.	123012453251	DHANA LAKSHMI V		- Alexandre
20.	123012453256	HARI HARAN R	-	P. Change
21.	123012453264	KARTHIKEYAN P		P. Ki.
22.	123012453265	KATHIRESAN S	20	8 Jull
23.	123012453271	MOHAMED FASITH R	I MCA A	
24.	123012453272	MOHAMED RIYAZ M		Ronalf
25.	123012453281	RAMYAR	_	Rand.
26.	123012453291	SWATHI R G		and the second se
27.	123012453295	VASIFKHAN A	a second	R.G. Gr.
28.	123012453297	YUVARAJ B		· Argan 1
29.	123012453421	RAGUL K		Yui
30.	123012453267	LOKESHWARAN S		Seal.

HOD(CSA)

Dr. D. RUBY M.C.A., M.Phil., Ph.D. Associate Professor Department of Computer Science and Applications Periyar Maniammai Institute of Science and Technology Vallam, Thanjavur - 613 403.

### Certificate



# DEPARTMENT OF COMPUTER SCIENCE AND APPLICATIONS CERTIFICATE OF PARTICIPATION

This is to certify that Mr./Ms./ Deva.S

has participated in "**Republicday Celebration in Aadi Dravidar Welfare Primary School, Sennampatti.**" organized by the Department of Computer Science and Applications on 23.01.2024.



De HOD/CSA



Dr. D. RUBY M.C.A., M.Phil, Ph.D Associate Professor Department of Computer Science and Applications Perjar Mariammal Institute of Science and Technology Vallam, Thanjavur - 613 403.

Topic / Nature of Work	National Voters Day Awareness Rally
Date (if applicable)	25.01.2024
Guided by	Mr. R. Udhaya sankar, Programme Officer (Unit II)
Participants: Batch/ Year/ Semester/Section	80 NSS Volunteers from different units

**Description**: As per the request letter received from the Assistant Electoral Registration Officer, Thanjavur, it is proposed to conduct a rally from the Railway Station to the Old Bus Stand, Thanjavur, to create public awareness on the morning of National Voters' Day, 25.01.2024.



Rally to create the awareness of voters

Dr. M. CHANDRAKUMAR PETER NSS PROGRAMME COORDINATOR Periyar Maniammai Institute of Science & Technology [Deemed to be University] Vallam. Thanjavur, Tamünadu-613 403.

Name of the Event	Republic Day Celebration & Sports
Organized by:	Department of Computer Science and Applications
Date:	26-01-2024
Venue:	Aadi Dravidar Welfare Primary School, Sennampatti, Vallam
No. of Participants	10

**Description of the Event/Activities/Competitions:** 

The Department of Computer Science and Applications organized an Extension Activity "Republic Day Celebration Sports Prize distribution" on 26-01-2024. This Activity aims to initiate awareness about Republic Day and to motivate the students to identify and explore their activity. Mr.P.Karthik, Assistant Professor, Department of CSA, and 10 students where participated in this occasion. The school Headmistress Mrs.M.Selestrin hoisted the National Flag. Republic Day's special address was given by Mr.P.Karthik, Assistant Professor, Department of CSA, about Dr.APJ.Abdul kalam'achievements in his life, Felicitation address was given by Mr.G.Stalin Teacher who delivered the speech on "India Constitution", Our I–MCA Student Yuvaraj B talked about the"Clean & Healthiness"to the School students with a story. Finally, prizes were distributed to the winners and to motivate all students a small gift box (Pencil, Eraser, Sharpener Kit) was distributed to participate in the event.



Headmistress Mrs.M.Selestrin hoisted the National Flag



Special Address by Mr. Karthik P



D. O HOD/CSA

Dr. D. RUBY M.C.A., M.Phil., Ph.D. Associate Professor Department of Computer Science and Applications Perjary Minamani Institute of Science and Technology Vallam, Thanjavur - 613 403.

#### DEPARTMENTOF MATHEMATICS

Periyar Nagar, Vallam, Thanjavur-613 403, Tamil Nādu, India Phone: +91-4362-264600Fax: +91-4362-264600 Email:







#### DEPARTMENT OF MATHEMATICS

#### JOINTLY WITH

## PERIYAR PURA CENTRE FOR RURAL DEVELOPMENT PERIYAR MANIAMMAI INSTITUTE OF SCIENCE & TECHNOLOGY 75<sup>th</sup> REPUBLIC DAY - EXTENSION ACTIVITY -ON VEDIC MATHEMATICS

Date: 24/01/2024

Venue: Bon Secours Primary and Nursery School, Thatchankurichi

Time: 2.00 Pm – 3.30 Pm

The Department of Mathematics and Periyar Maniammai Mathematics Association of Periyar Maniammai Institute of Science and Technology jointly with Periyar PURA Center for Rural Development conducted a one-day Extension activity "75th Republic Day Extension Activity On Vedic Mathematics" at Bon Secours Primary School, Thatchankurichi on January 24.01.2024.

The program was inaugurated by 2.00 pm with the school Headmistress Miss. Josephine and Dr. S. Dilip Jose, Assistant Professor, and Dr.P.N.Sudha Assistant Professor of Department of Mathematics. Ms.U.Syamala Devi I year M.Sc. Mathematics gave welcome address.K.Shanmuga Priya, P.Arunmozhi, U.Kathiravan, S.Ajay Kishore B.Sc. Mathematics II Year they spoke on "GOOD TOUCH BAD TOUCH". The 3rd to 5th standard students participated in the Drawing and Puzzles Competition. After that, the Prize was distributed to the winners. Followed by the students of the Department of Mathematics organized many outdoor games such as Musical Chair, Water Filling, Stone Collecting, and Paper Cup Arrange. The valedictory address was given by P.Divyamanohari I Year, M.Sc. Mathematics.

## National Service Scheme

Periyar Nagar, Vallam Thanjavur - 613 403, Tamil Nadu, India Phone: +91 - 4362 - 264600Fax: +91- 4362 - 264660 Email: nss@pmu.edu Web: www.pmu.edu





### ATTENDANCE NSS Volunteers Unit III

### Programme Name: "NSS SPECIAL CAMP 2024"

			Date: 10.02	2.2024 - 16.0	2.2024				
S. No	Register No	Name of the Volunteer	10-02-24	12-02-24	12-02-24	13-02-24	14-02-24	15-02-24	16-02-24
1	123012171128	ARAVIND R	Dawind	shawind	Anaurind	Anavind	traind	Agraind	Assuind
2	123012171169	SANJAY S	Samuel	Acredos	Survey	- Consider	Sugar.	Caut 10	Jainin,
3	123012171166	RAJ KANNAN K	6. Pojk	K. Reije	K. Paik	Y. 8014	Ke. Rajk	K. Rafter	Kipaity
4	123012171148	LEO TAMILMARAN J	téo	100	teo	Teo	teo	teo	Feo
5	123012171143	KALIYAPERUMAL B	Kabo	Katop	Kathe	Rela	sector	Fallyw	ketty
6	123012171132	DHARUNKUMAR D	Dhaun	Dhaun	Charun		Thaun	Dhaun	Thata
7	123012171144	KARTHIKEYAN B	Walk	Hach	vail	years	Kan	your	hav
8	123012153786	NARESH A'	Naresh	Naresh	Nogesh	haseh	Negesh	Naresh	Naieth
9	123012153793	PRASATH G	pragath		prefath		projati	prefath	Drafath
10	123012153765	DHANUSHKUMAR M	Bhanken		bhagle	phanet	Thank	shant	Dhanu
11	123011171131	DAISY PRIYA A	pousy pruja.	Dousy pringe	porsy prive	Densillander	Drug prigh	Dessigning	parageninge
12	123011171168	SAMYUKTHA R	Spennet	Same	Sampuff	Shopkith	Sunjuge	Dampkel	Dart
13	123011171136	GOWRI DURGA G	Travelage	Growindigh	Benjuduga	Chourdogs	manidaga	kaciduga	haviduge
14	123011171176	SRI VARSHINI A	Stivarshim	Snivenham		and and a second se	STI VAIshi		STI Vanshin
15	123011171142	JAYASHREE T	T. Toyshree	TJayathing	T. Jay Show	TyJayasline	T. Jay Sho	T. Jayostoc	T. Jaynston
16	123011171146	KIRUTHIKA S	Histophine	Rinthipe	Rintha	- Rinflike	Lututhi	purthips	Rundlik

B. Balarather NSS Programme Officer Unit-III

NSS Programme Co-Ordinator

000

Dr. M. CHANDRAKUMAR PETER NSS PROGRAMME COORDINATOR Periyar Maniammai Institute of Science & Technology (Deemed to be University) Vallam. Thanjavur, Tamilnadu-613 403.



## PARTICIPANTS: 96 PRIZE WINNERS: 18





Awareness Program by P.Arunmozhi, K.Shanmuga Priya, U.Kathiravan, S.Ajay Kishore, II-BSc about "Good touch; Bad touch"

## **Competitions: Indoor & Outdoor Games**

**Outdoor games:** 



## **Musical Chair:**



## Water Filling:



## **Stone Collecting:**



## Paper Cup Arrange:



## **Drawing:**



## **Puzzles:**





#### Attendance list

### The Program was organized by two faculties and Students 36 members

S.No	Name of the Faculty	Signature
1	Dr. S. Dilip Jose Assistant Professor	Present
2	Dr. P.N. Sudha Assistant Professor	Present

#### I B.Sc.(2023-2026Batch) Attendance

S.No	Reg.No	Name of the student	Attendance
1.	123011164085	ABINAYA M	Present
2.	123012164086	AVINESH S	Present
3.	123012164089	DURAI MURUGAN C	Present

### II B.Sc.(2022-2025Batch) Attendance

S.No	Reg.No	Name of the student	Attendance
1.	122012164080	AJAY KISHORE S	Present
2.	122011164070	ARUNMOZHIP	Present
3.	122011164071	GUNASEELAN M	Present
4.	122011164072	KATHIRAVANU	Present
5	122012164083	LOGESH S	Present
6	122011164074	NALANKUMARP	Present
7	122012164084	NISHANTH T	Absent
8	122011164081	NOORUL AFRA A	Present
9	122011164075	PARTHIBANSK	Present
10	122011164076	SHANMUGAPRIYA K	Present
11	122011164077	SUVETHA D	Present

12	122011164079	VINITH S	Present
13	122011164078	THARMASAMARTHINI A	Present

### IIIB.Sc.(2021-2024Batch) Attendance

S.No	Reg.No	Name of the student	Attendance
1.	121011164062	JANANISRIJ	Absent
3.	121011164064	NIVETHAVK	Present
4.	121011164065	PRADEEPAR	Present
5.	121012164066	PRASANTHB	Present
6.	121012164067	SRINATHV	Present
7.	121012164068	KARAN K	Present
8.	121011164069	KEERTHIGA K	Present
9	121012164063	JOEJERINT	Absent

### IM.Sc.(2023-2025Batch) Attendance

S.No	Reg.No	Name of the student	Attendance
1	123011359072	BHAVADHARANI M	Present
2	123011359073	KEERTHANA M	Present
3	123011359074	KEERTHANA M	Present
4	123011359075	SYAMALA DEVI U	Present
5	123012359077	ASMA A	Present
6	123011359078	KIRUTHIKADEVI S	Present
7	123011359079	SUBASHINI V	Present
8	123011359080	SUBHASRI M	Present
9	123011359081	AYESHA UMMA HANI L	Absent
10	123011359082	DEVADHARANI K	Present

11	122011359083	DIVYA MAANOAHARIIM	Absent	Pı	resent	
12	123011359084	GOPIHA N		Pı	resent	

### II M.Sc.(2022-2024Batch) Attendance

S.No	Reg.No	Name of the student	Attendance
1	122011359058	ALIES PRINCY.G	Absent
2	122011359059	ANU.S	Present
3	122011359062	JANANI M	Absent
4	122011359063	KAMALESHWARI K	Absent
5	122012359064	MANOJ M	Present
6	122011359065	MERCY PRIYAV	Absent
7	122011359066	MONISHA M	Absent
8	122011359067	NIVETHA S	Absent
9	122011359069	SHYAMALA DEVI V	Absent
10	122011359070	SUDHESHNA G	Absent
11	122011359061	GAYATHRGAMYATHRI M	Absent

P.N. atte. S. Rutiplese

S. om

Professor & Head Department of Mathematics Periyar Maniammai Institute of Science & Technology Periyar Nagar, Vallam, Thanjavur-613 403. .

**Co-ordinator** 





# THIRUVALLUVAR DAY CELEBRATION" BY ECE PERIYAR COMMUNITY RADIO

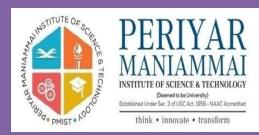




### TABLE OF CONTENTS:

CONTENT
Program schedule
Report of the program
Geotagged photo
Brochure
Feedback
Attendance

**1. PROGRAM SCHEDULE** 



## DAY : 31.01.2024 Venue : Panchayat Middle School, Pillayarpatti, Thanjavur PROGRAM SCHEDULE

Welcome Address	:	Ms. P. Yazhisai II ECE
Inaugral Address	:	Dr. C. Narmadha, Asso Prof &
		Head
Special Address	:	Mr. T.Vengatesan
		(President of
		thirumalaisamudram)
Program	:	Thiruvalluvar day
Vote of Thanks	:	Ms. S. Kanmani II ECE
Convenor : Dr. C. Narmadha, As: Coordinator : Mr. S. Arunmurugan Ms. H. Hajitha Banu, AP/ECE		

#### **Department of Electronics and**

#### **Communication Engineering**

Periyar Nagar, Vallam Thanjavur - 613 403, Tamil Nadu, India Phone: +91 - 4362 - 264600Fax: +91- 4362 - 264660 Email: <u>headece@pmu.edu</u> Web: www. pmu.edu





Name of the Event : Thiruvalluvar day by ECE Periyar Community Radio

Date: 31.01.2024

Venue : Panchayath Middle School,

Thirumalaisamudram

The Department of Electronics and Communication Engineering & Periyar Community Radio organized a Program on the eve of "Thiruvalluvar day". The main objective of the program is to propagate the importance of Thirukural. Ms. P. Yazhisai, student of II Year / ECE gave the welcome address and Dr. C. Narmadha, Associate Professor, HOD/ECE introduced the guest to the students.

The Chief Guest Mr. Vengatesan, President, Thirumalaisamudram gave the special address

Around 100 Students of Panchayat middle school and 46 students of Periyar Maniammai Institute of Science and Technology, Vallam participated in this program and got benefitted through this program. Finally, Ms. S. Kanmani, student of II Year / ECE proposed the Vote of Thanks.

#### **3. PHOTOS:**













Dade

Dr. M. CHANDRAKUMAR PETER NSS PROGRAMME COORDINATOR Pertyar Maniammai Institute of Science & Technology (Deemed to be University) Vallam, Thanjavur, Tamilnadu-613 403.



PCR Deputy Director

Topic of the Programme			Strengthening a Psychological Wellness for Parents and Teachers of Children with Disabilities
Date	01.02.2024	Resource Persons	Dr.V.Asathvanathi, M.Sc., Specialized in LGBT counseling, Flower Medicine & Foot Reflexology, Thanjavur.

**Objectives:** 

- 1. To promote mental health and wellbeing.
- 2. To provide group therapy to be self-aware.

Periyar Maniammai Institute of Science & Technology, Department of Social Work, conducted a Community Organization Programme with the title of "Strengthening a Psychological Wellness for Parents and Teachers of Children with Disabilities" at Siragugal Special School For ID, Thanjavur on 01.02.2024. The presidential address was given by Mr. K. Saravanakumar, Director of Siragugal Special School for Intellectual Disability (ID), Thanjavur. Dr. V. Asath Vanathi gave a Special address. In his session, he explained how to improve a Positive Mental Attitude among Parents and Teachers, with his various live examples. After that, he provided "Group Therapy" to inform parents on their current situations. The programme was organized by Department of Social Work, Ms. M. Ashwatharini, II-MSW, under the guidance of Dr. S. Gnanaraj, Assistant Professor, PMIST. More than 60 students participated and benefited.



Special Address was delivered by Mr. K. Saravanakumar, Director, Siragugal Special School for ID



## Community Organization Programme "Strengthening a Psychological Wellness For Parents And Teachers of Children With Disabilities"

Date: 01.02.2024 Time: 11:00AM Venue: Siragugal Special School, Membalam, Thanjavur.

Welcome Address

Presidential Address:

Special Address:

Felicitation Address :

Vote of Thanks :

Ms.M. ASHWATHARINI II-MSW, Department of Social Work, PMIST, Thanjavur.

Mr. K. SARAVANAKUMAR M.Sc., (PSY)., MS (PSY)., Director Of Siragugal Special School For ID, Thanjavur.

Dr. V. ASATH VANATHI ( PSYCHOLOGIST), Specialized in LGBT counseling , Flower Medicine & Foot Reflexology, Thanjavur.

Ms. K. REVATHY BOT.,MSc.,(PSY).,B.Ed.,(Spl. Ed.), Project Director, Siragugal Special School For ID, Thanjavur.

Ms.R. NANCY PRIYA, Developmental Educator, Siragugal Special School, Thanjavur.

### Programme Organized by Department of Social Work, PMIST Jointly with Siragugal Special School For ID, Thanjavur.

### Faculty Advisor

Dr. S. GNANARAJ, Assistant Professor,

Department of Social Work, PMIST, Thanjavur.

### Organized by Ms. M. ASHWATHARINI, II-MSW,

Department of Social Work, PMIST, Thanjavur.

			abilities
	DEPARTMENT OF S	SOCIAL WOR	RK, PMIST
	Jointly Siragugal Special Sch		hanjavur
Date: 01.0			ial school, Membalam, Thanjavur.
	ATTEN	NDANCE	
S.NO	NAME	AGE	SIGNATURE
1.	A. Mary.	40	N.Hy.
2.	) Habibamma	32	I leebbring
3.	D.HemalaTha	30	D. Hepalatha
4.	R ARUNA	37	R. kut
51	S. Iswanya	30	S.Rya
6.	& Jayalalithy	- 44	R. Jayalalotha
7	S. Pansirani	38.	s Asig
8.	S Laksbripniya	35	S. Lack miprovya
9.	G. RIVIDHYA	.33	howards
16.	B.R. Hireshwaran	30	K. Vaisming

S.NO	NAME	AGE	SIGNATURE
30.	M. Rajkwaj	52.	M. Rajosun
31.	S. Sonortha	37	S. Same

S.NO	NAME	AGE	SIGNATURE
A9.	S. SARMILA	38	S. Sm
50	R. Venniles	34	R. Nenit
51	N. bayathizi	43	N. leayathere
52.	R. ABINAYA	30	Red Room
53.	P.S. S. S. Dong TI Door	46	P. J. & Smooth
54.	J. Frem Michalus Samsen	31	+
55	M. Jalter Sadig	44	(m) I
56.	N. Jahia	38	Lehin
57.	R. Kavipriya	25	Referiprija.
58.	V. Dlakiya	32	VII
59.	B. Sowmiya	23	S. 8. 1°.
60	V. Abirami	23	V. Abiangh
61.	337002157	60	
62.	R. Kairtha	25	R. Wat .
63.	M. Achwathaoini	21	MARP.
64.	V. Mercy Infanta k. Niranjana	30	Athent .
65	k. Niranjana	26	OKAmat.

Shi

Head, Department of Social Work. Penyar Maniammai Institute of Science and Technology. Vallam, Thanjavur - 613 403.



Community Organization Programme Strengthening a Psychological Wellness for Parents and Teachers of Children with Disabilities

ORGANIZED BY

DEPARTMENT OF SOCIAL WORK, PMIST Jointly with

Siragugal Special School For ID, Thanjavur

Date: 01.02.2024

Time: 11:00AM

## FEEDBACK

Venue: Siragugal Special school, Membalam, Thanjavur,

Dear Ashwathanini,

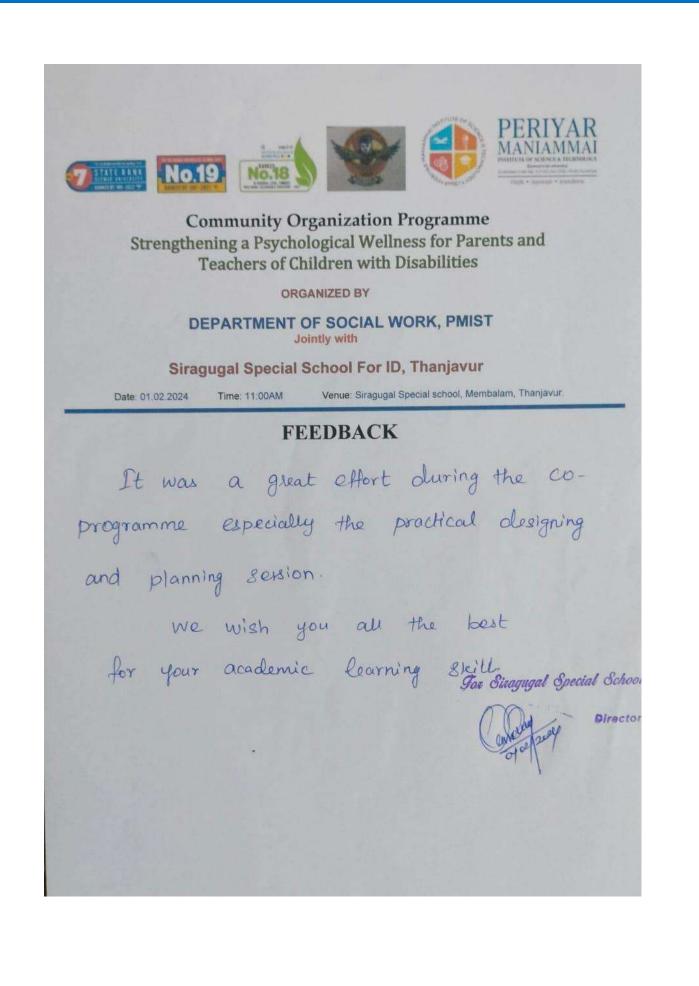
I really appriciate your work during your fieldwork pailod, you have organissed the C-O Programme in a well mannered way and your active participation was impressed. And you Co-ordinate well with our sixaguead Team Manbers.

we wish you All the best.

Jatty 04/02/2024

Dr. K.REVATHY, BOT., M.Sc.(Psy)., PGDNGO., Consultant Senior Occupational Therapist cum Psychologist, Singagal Behab Centre, THANLAYUE-613 001

MANIAMM **Community Organization Programme** Strengthening a Psychological Wellness for Parents and **Teachers of Children with Disabilities** ORGANIZED BY DEPARTMENT OF SOCIAL WORK, PMIST Jointly with Siragugal Special School For ID, Thanjavur Venue: Siragugal Special school, Membalam, Thanjavur Date: 01.02.2024 Time: 11:00AM FEEDBACK really Congratulate Ms. M. Astronthanini Department of Social Work AMIST. who has Organized Community accomment Program On Strengthing a Psychological William for Parents and Teachers of children with disabilities, it is more helps to parcent and teachers for strengthening a psychological wellow themselfs as well as children , the new thinking may get into positive way of approach towards day - to - day - life. Again a wish and thank and who worked behind for the success of the programs Ms. M. Ashwatharini it was an immense pleasure to be an resource person for this progr Dr. v. Asoth Varathi



No.19 **Community Organization Programme** Strengthening a Psychological Wellness for Parents and **Teachers of Children with Disabilities** ORGANIZED BY **DEPARTMENT OF SOCIAL WORK, PMIST** Jointly with Siragugal Special School For ID, Thanjavur Venue: Siragugal Special school, Membalam, Thanjavur. Date: 01.02.2024 Time: 11:00AM FEEDBACK First of all i would like to thank and express my gratitude for this wonderful session. It was really an eye opener and helped us share thoughts with like minded people. He motivated us to stay positive and build a better future. Thank You! Prem Sumson.



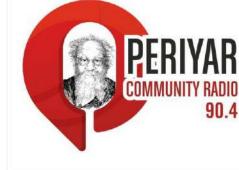
Head D. S. BRAHESWARN

Department of Social Work, Ferivar Maniammal Institute of Science and Technology, Vallam, Thanjavur - 613 403.



# "TUBERCULOSIS MEDICAL CAMP" BY NSS AND ECE PERIYAR COMMUNITY RADIO





**TABLE OF CONTENTS :** 

S.NO	CONTENT
1.	Program schedule
2.	Report of the program
3.	Geotagged photo
4.	Brochure
5.	Feedback
6.	Attendance

**1. PROGRAM SCHEDULE** 





DAY:03.02.2024	Venue : Pan	chayat Middle School,
	Thi	rumalaisamudram
	PROGRA	M SCHEDULE
Welcome Address	:	Dr. C. Narmadha, Asso Prof & Head
Presidential Address	:	Dr. S. Velusami, Vice Chancellor, PMIST
Special Address	:	Dr. T. Mathavi, District Tuberculosis Center, Thanjavur
Program	:	NSS Program On Tuberculosis Medical Camp
Vote of Thanks	:	Mr. T. Venkatesh, Panjayath President, Thirumalaisamudram
Coordinator	: Mr	. S. Arunmurugan, AP/ECE,
	Ms	. H. Hajitha Banu, AP/ECE
Convenor	: Dr.	C. Narmadha, Asso Prof & Head

### **Department of Electronics and Communication**

#### Engineering

Periyar Nagar, Vallam Thanjavur - 613 403, Tamil Nadu, India Phone: +91 - 4362 - 264600Fax: +91- 4362 - 264660 Email: <u>headece@pmu.edu</u> Web: www. pmu.edu





Name of the Event : Tuberculosis Medical Camp by NSS and Department of ECE, Periyar Community Radio

Date: 03.02.2024

Venue : Panchayat Middle School,

Thirumalaisamudram

The Department of Electronics and Communication Engineering & Periyar Community Radio and NSS jointly organized a Program on "Tuberculosis Medical Camp". The main objective of the program is to give demo on some rescue techniques to future generation. Dr. C. Narmadha,(Asso Prof & Head / ECE) gave the welcome address. And Dr. S. Velusami (Vice Chancellor of PMIST) Shared Knowledge to peoples who participated camp he said good health is the greatest fortune and health is the only way to happiness in the World.

The resource person Dr. T. Mathavi, District Tuberculosis Center, Thanjavur, TamilNadu Shared lot of preventions and precautions and Government Schemes for patients, that are beneficial to all peoples.

Around 100 Peoples of Thirumalaisamudram participated and 11 students of Periyar Maniammai Institute of Science and Technology, Vallam were involved in this program as NSS volunteers and got benefitted through this program. Finally, Mr. T. Vengatesh, President of Thirumalaisamudram proposed the Vote of Thanks.

### **3. PHOTOS:**



Tuberculosis Medical Camp by NSS and Department of ECE, Periyar Community Radio at Thirumalaisamudram

#### **4.BROCHURE:**



#### 5. FEEDBACK:

The people of Thirumalaisamudram shared their feedback. The village president shared his gratitude to Periyar Maniammai Deemed to be University and Periyar community radio.

#### 6. ATTENDANCE:

	Dar	Tuberendosis Diagnostic Camp - 05.02.2024 Time - 10.00 a.m - 1.00 yat Union Middle School: Thironna	p.m
		List of Students	
stra	Student Name	Rep. No	Year
1	123012025010	HARHARAN P	1 year
	123012035300	GNANAUDHAYAN S	lycar
	121012025014	MORAMED SAMEEN U	1 year
-	\$23412025020	PRAVEZINRAJS	I year
3.	123012025022	RAAKESHD	l year
ō.,	123012025013	MAGESHERJ	lycar
	1220120131096	MORAMMADJAFFIRJ	Il year
.5	1220120131093	MORAMMED IDRISHS	
-	1220120131078	ESWARAN'S	ll year
	121012062412		11 year
	1220120131077	MOHAMMED NAFLES, K.S. DINESIUS	14 year
		DINESILS	II year



PCR Deputy Director

Dr. M. CHANDRAKUMAR PETER NSS PROGRAMME COORDINATOR Periyar Maniammai Institute of Science & Technology (Deemed to be University) Vallam, Thanjavur, Tamünadu-613 403.

Тор	ic of the Progra	mme	Domestic Violence
Date	05.02.2024	Resource Persons	Mr. Rengaraj District Secretary - TNPWAA, Advocate– Trichy

#### **Objectives of the Programme**

- To create awareness about domestic violence among women.
- To educate them about basic law and women rights.
- To make sure women come to know about free legal advice center.

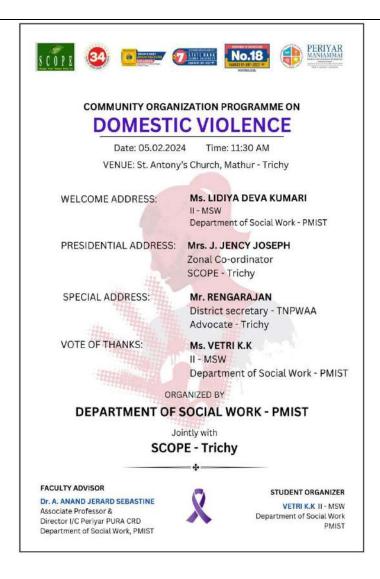
#### Activity of the Programme

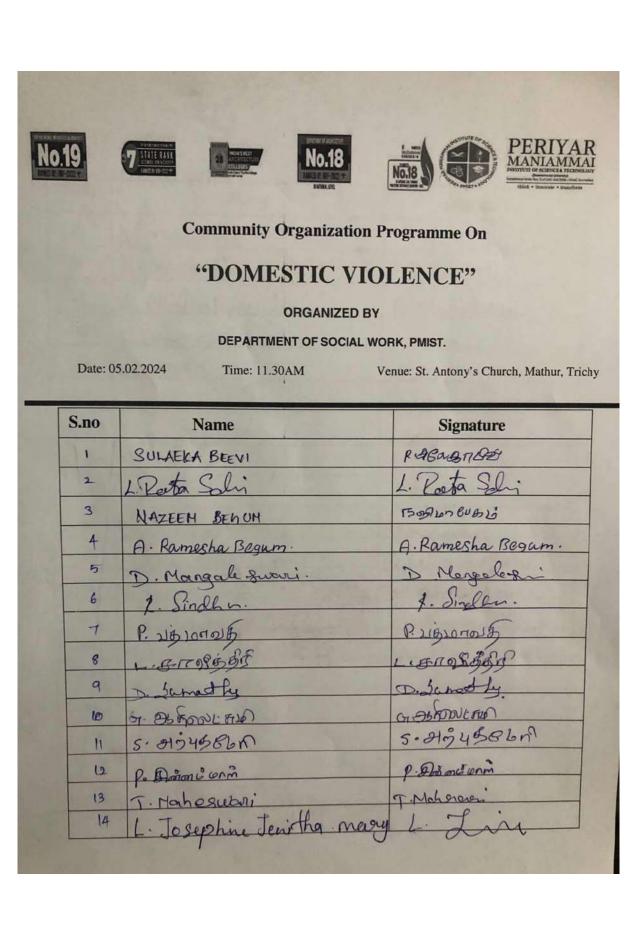
Department of social work, PMIST jointly with SCOPE Trust - Trichy organized a community organization programme in St.Antony's Church-Mathur, Trichy. It was an awareness programme on the topic – Domestic Violence. Ms. Lidiya Deva Kumari, II-MSW Student officially welcomed the gathering. Presidential address was delivered by Mrs. Jency Joseph, Zonal Cordiantor, SCOPE- Trichy. The special address was delivered by Mr. Rengaraj, District Secretary – TNPWAA & Advocate. In his speech he explained Domestic Violence and relating Laws. Also in his speech he explained Free Legal Advice Centre, Aim & purpose of it and how to access it. The women who attended shared their grievances related to domestic violence. During the questionnaire session the women asked few questions and clarified their legal doubts. Finally vote of thanks was rendered by Ms. Vetri K.K. – II MSW student. More than 55 women took part in this event. This event gained success with the great support and guidance by Dr. A. Anand Jerard Sebastine Associate Professor & Director i/c Periyar PURA CRD, Department of Social Work, PMIST.





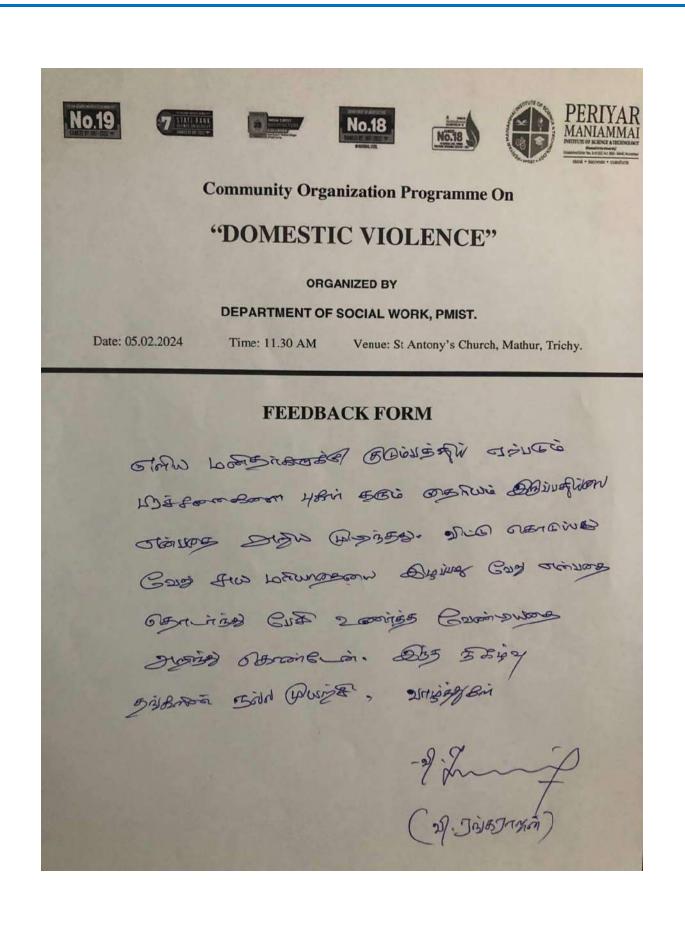
*Mr. Rengaraj, District Secretary – TNPWAA & Advocate addressing to the women on Domestic Violence and relating Laws* 

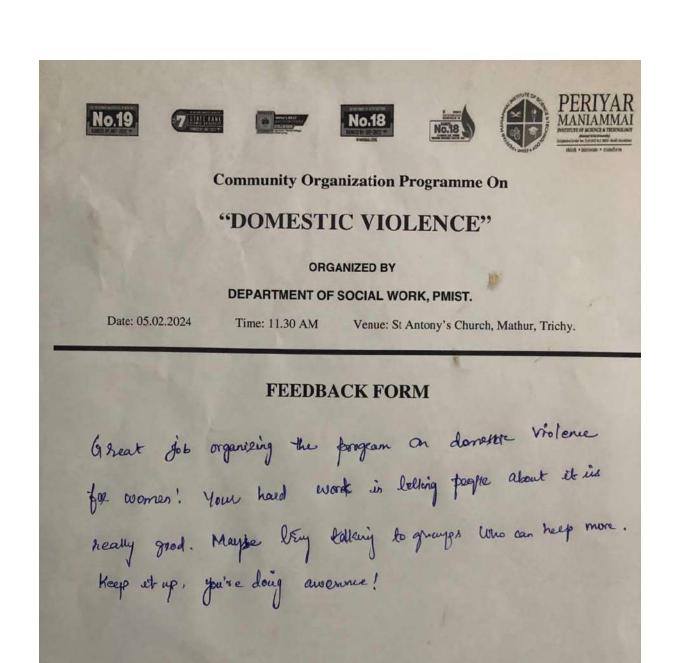




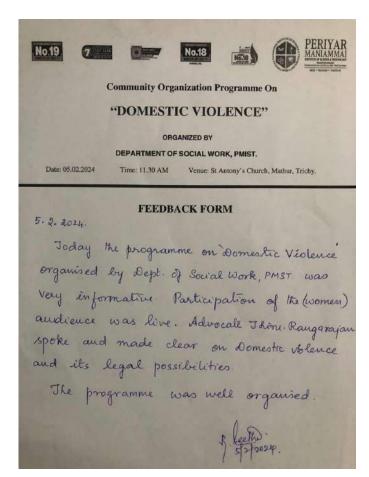
S.no	Name	Signature
15	A. Pranila	A Pranile
16	K. Gomathi	K. Gomathi.
17	B-Mahalakshmi	B. Malalaken
18	Detregan	Diffegan
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22	R.H. Pen	1P.21 @ 2 17
23	R.BONDON K.DIGI	R:Bosourpib
24	丁西は黄西にあるか	Darage
25	S. Marie Broch	S. Obar Dis Orden
26	G. Drait-486/2010-	G7.12720142620700
27	C. Nathiyanosi	c. Nathiyarasi
28	S. Mcharaj Nisla Begun	S. Metoraj Nisla Bag
29	K. Asarphisha	K. Asifiels
80	S Erecto Sheeln	Steel
31	N. Thennoli	14. Tranchi
32	R. Sasikala	R. Sassin
33	F. Josphin Mary	F. Lugzlig

5.no	Name	Signature
34	T. Bromatag	TR.
35	I sorgudth:	I-South:
36	3. Jansi Rani	S. Jan Run
31	S. Materia S. Maherwari	5. pplesien
38	15 MookByee	R. Mooky ee
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A0	M. 29 BWDnoch	M. ODBWD . M
41	RMMBARLAND	RANDONBLO
42	S.S.C.	S. Ecco
43	J. Shahitha Begam	3 - Shapitha Began
44	Bleeton 211)	BLe & David 21M
45	J. Mercy Rani	Two
46	Leening Prinkilla	hpkille.
47	A Operlas mont	
48	B- Con Usionon	
49	Lidiya Deva Kumari. S	BON
50	Vetri. K.K	Sfi.b.t
51	Rengooraj.	Re
52		R





Zonal coundinator, Scope.



பெரியார் மணியம்மை அறிவியல் மற்றும் தொழில்நுட்ப நிறுவனத்தின் சார்பில் தீருச்சியில் குடும்ப வன்முறை தடுப்பு விழிப்புணர்வு நீகழ்ச்சி



இதுகே, இடி7- பெலியார் மனர் மடந்தது. இரண்டாம் ஆண்டு கனார். இதில் துழுவகாலன் ஆலோகையை மடியத்தைபற்றி மல்லை அற்னிலல் மற்றும் எற்று மனித்துறை மானாலி தொழில்றுட்பத்துறை மற்றுக்கு கைக்கு கைக்கு குறைப்பிட்டு குறைப்பிட்ட கேல்லானர். மற்றும் குற்றில்றுட்பத்துறை மற்றுக்கு கைக்கு கைக்கு குற்கு கைக்கு கைக்கு குற்கு கைக்கு குற்கு கேல்லா பற்ற ஸ்கோப் அறக்கட்டனை சார் இந்த திகழ்கில் எடுத்துறை மானாலி ஸ்கோப் அறக்கட்டனை சார் இந்த திகழ்கில் எல்லா. விர் இப்பிடி கைரும் எடுத்துறை குறைப்பிடால் குற்றிப் வன்முறை தடுப்பு அறக்க டலைசிலால் விர் குற்கால் கில இப்பால் என்முறை பற்ற கழில் மன் முறை திற்கு குற்கிலால் மற்கு பற்று குற்கில்லைப்பானர் தெனி வந்து அக்கு கட்டங்கை பற்று அறைப்பு குற்கிலால் மற்கு குற்கில்லைப்பானர் தெனி வந்துக்கு கட்டங்கை பற்றும் கருக்கு குற்கால மத்து கில மிக வழுசியைக் குறைக்குவமை கரை கழ்ப்

Head, D.S. BRAHBEWAGN

Department of Social Work, Perivar Maniammai Institute of Science and Technology, Vallam, Thanjavur - 613 403.





# **NSS SPECIAL CAMP-2024**

# (10.02.2024 - 16.02.2024)

# UNIT – VII

# (THACHANKURICHI, KOMAPURAM, AACHAMPATTI,

# KURUMPOONDI, SAVERIYARPATTI)

(DEPARTMENT OF MANAGEMENT STUDIES)



# **TABLE OF CONTENTS:**

NSS SPECIAL CAMP (2023-2024)

# Activities done in the Special Camp

# **Health Camps**

- General Medical Camp
- Eye camp
- Ear camp

# Awareness programmes

- Swachh Bharat Abhiyan
- Solid Waste management
- First Aid Training
- Cyber Crime

# Rally on

- Drug Abuse and De-addiction
- Road Safety and Preventing Accidents

# **Training Programme on**

- Handicrafts making
- Painting
- Drawing

# Activities

- Cultural Events
- Competitions (Sports)

# DAY:1 PROGRAM SCHEDULE





DATE : 10.02.2024	Venue : THACHANKURICHI	
PROGRAM SC	HEDULE	
Welcome Address :	K.Panneerselvam	
Special Guest :	NSS Programme Officer(Unit VII)Mr. ArokiyasamiPresident Thachankurichi Panchayat	
	Fr.Paulraj Mangala Matha Church –Thachankurichi	
	Dr.Balakumar Pichai Director Research- PMIST.	
Program :	'Inauguration and special speech about NSS Special Camp'	
Number Of Volunteers	180	
Vote of Thanks :	Mr.Mohammed Ibrahim .F NSS Volunteer Unit-VII	
Coordinator : Ms. K.Panneerselvam(Unit VII) NSS Programme Officer	Convenor : Mr.M.Chandrakumar Peter NSS Coordinator	

# DAY: 2 PROGRAM SCHEDULE





DATE : 11.02.2024 **Venue : KOMAPURAM PROGRAM SCHEDULE** Welcome Address Dr.Backiyaraj : NSS Programme Officer (Unit V) Dr..Narendra Prasath **Special Guest** : -Associate Professor- PMIST. **Program** 'Cleaning at Thachankurichi Primary : School' **Number Of Volunteers** 180 Vote of Thanks Mr.Sanjay : Nss Volunteer Unit -VII **Coordinator** : Ms. K.Panneerselvam(**Unit** VII) NSS Programme Officer Convenor : Mr.M.Chandrakumar Peter **NSS Coordinator** 

# **DAY:3 PROGRAM SCHEDULE**





DATE : <b>12.02.2024</b>		Venue : Thachankurichi & Saveriyarpatti		
	PROGRAM S	CHEDULE		
Welcome Address	:	Mr.Mohammed Ifrahim		
		NSS volunteer Unit -VII		
Special Guest	:	Mr.Durai Manickam		
		Fire Safety Officer –Fisrt Aid Trainer		
Program	:	'First Aid Training Bon secours girls Higher		
	·	Secondary School Thachankurichi'		
Number Of Volunteers		180		
Number Of Beneficiaries		250 Students		
Vote of Thanks	:	Mr.Praveen		
		NSS volunteer Unit -VII		

### DAY: 4 PROGRAM SCHEDULE





DATE : 13.02.2024		Venue : THACHANKURICHI
	PROGRAM	SCHEDULE
Welcome Address	:	K.Anand
		NSS Programme Officer(Unit IV)
Special Guest	:	Dr.Anushya AP/Education- PMIST.
		Dr.Latha AP/Civil -PMIST
Program	:	'Special Drug awareness to the Volunteers'
Number Of Volunteers		180
Vote of Thanks	:	Miss.Yogiya
		NSS Volunteer Unit -VII
Coordinator : Ms. K.Panneers	selvam(Unit VII)	
NSS Programme Officer		
Convenor : Mr.M.Chandra	akumar Peter	
NSS Coordinator		

# DAY: 5 PROGRAM SCHEDULE





DATE : <b>14.02.2024</b>		Venue : Aachampatti		
PROGRAM SCHEDULE				
Welcome Address	:	Dr.Vidhyalakshmi NSS Programme Officer( V )		
Special Guest	:	Dr.Lenin AP/Language Dr.Dhilip Jose AP/Maths		
Program	:	'Education Wall Painting'		
Number Of Volunteers		180		
Vote of Thanks	:	Miss.Varsha NSS Volunteer Unit VII		
		Convenor : Mr.M.Chandrakumar Peter NSS Coordinator		

# **DAY:6 PROGRAM SCHEDULE**





DATE : <b>15.02.2024</b>	Venue : KURUMPOONDI
DATE . 13.02.2024	venue . KOKOWI OONDI
PROGRAM	SCHEDULE
Welcome Address :	Mr.Balarethinam NSS Programme Officer(Unit III)
Special Guest :	Dr.Agarwal Eye Hospital Dr's Mr.Gurunathan President
Program :	'EYE CAMP'@ Kurumpoondi Primary School
Number Of Volunteers	180
Number Of Beneficiaries	200 People
Vote of Thanks :	Mr.Agmal NSS Volunteer Unit-VII
Coordinator : Ms. K.Panneerselvam(Unit VII) NSS Programme Officer	Convenor : Mr.M.Chandrakumar Peter NSS Coordinator

# DAY:7 PROGRAM SCHEDULE



# PROGRAM SCHEDULE

Welcome Address :	K.Panneerselvam
	NSS Programme Officer(Unit VII)
Special Guest :	Mr.Arokiyasami
	President Thachankurichi Panchayath.
	Fr. Paul raj
	Mangala Matha Church – Thachankurichi
	Dr.Senthamizh selvan
	Associate Professor -PMIST
Program :	'Valediction and General Medical Camp , EYE Camp, Ear Camp'
Number Of Volunteers	180
Number Of Beneficiaries	300 People
Vote of Thanks :	Dr.Backiyaraj
	NSS Programme Officer(Unit VI)
Coordinator : Ms. K.Panneerselvam(Unit	
VII) NSS Programme Officer	
Convenor : Mr.M.Chandrakumar Peter	
NSS Coordinator	

# **GEOTAGGED PHOTO**





# ATTENDANCE

# NSS Volunteers Unit VII

# Programme Name: "NSS SPECIAL CAMP 2024"

# Date: 10.02.2024 - 16.02.2024

S.No	Name Of The Volunteer	36	S.Yogiya
1	R Bhuvaneshwaran	37	Neranjan C
2	M.Mohamed Ajmal	38	Madhan .B
3	Saranya.K	39	Sathiyaseelan
4	S. Manikandan	40	V Jayaprabha
5	Mohamed Rishwan	41	S.Kaviya
6	Mohamed Jaffer Shathik.K	42	S.Rajagopalan
7	S Sabeer Ahamad	43	Kribigopika
8	Akash R	44	Kiran Sundar
9	S Sabeer Ahamad	45	Roshini.S
10	Veerakumar	46	S.Rajagopalan
11	Dharun K	47	Praveen.S
12	Vaishnavi	48	Veerammal.N
13	Naveena	49	S.Mohamed Adhil
14	Mathankumar.S	50	Poorvaragavan.S
15	Shefana Banu. T	51	Akalya
16	R.Keerthana	52	Shanmugaraj R
17	Manikandan.R	53	Jayabalan U
18	P.Varsha	54	S.Ashraff
19	Rajesh.R	55	Vimal Raj.V
20	Sambasivam.K	56	Praveen. G
21	S Abdul Latheef	57	Ashika.D
22	M Habeeb Rahman	58	Madhan .B

23	Rosario	59	Udhayan. M
24	R Anbuchelvan	60	Sarumathi RA
25	Jegadeesan		
26	Mohamed Sameer. M		
27	Mathan Raj	-	
28	M Vetri Sanjai		
29	Varsha S.D		
30	Venkatesan.S	-	
31	Mohamed Ibrahim F	-	
32	Nivetha. G		
33	Mugesh.K		
34	S.Ashraff	1	
35	Sanjay.S		

S.No	Name Of The Volunteer	41	R Bhuvaneshwaran	
1	S.Rajagopalan	42	M.Mohamed Ajmal	
2	Kribigopika	43	Saranya.K	
3	Kiran Sundar	44	S. Manikandan	
4	Roshini.S	45	Mohamed Rishwan	
5	S.Rajagopalan	46	Mohamed Jaffer Shathik.K	
6	Praveen.S	47	S Sabeer Ahamad	
7	Veerammal.N	48	Akash R	
8	S.Mohamed Adhil	49	S Sabeer Ahamad	
9	Poorvaragavan.S	50	Veerakumar	
10	Akalya	51	Dharun K	
11	Shanmugaraj R	52	Jayabalan U	
12	Vaishnavi	53	S.Ashraff	
13	Naveena	54	Vimal Raj.V	
14	Mathankumar.S	55	Praveen. G	
15	Shefana Banu. T	56	Ashika.D	
16	R.Keerthana	57	Madhan .B	
17	Manikandan.R	58	Udhayan. M	
18	P.Varsha	59	Sarumathi Ra	
19	Rajesh.R	60	G.Praveen	
20	Sambasivam.K	61	S.Ashraff	
21	S Abdul Latheef	61	Jaya Veeran S	
22	M Habeeb Rahman	62	Safeeya.J	
23	Rosario	63	Abdul Kalam S	
24	R Anbuchelvan	64	Ahamed Yusufkhan A	
25	Jegadeesan	65	Akash S	
26	Mohamed Sameer. M	66	Ananthakrishnan S	
27	Mathan Raj	67	Bhuvaneshwaran R	
28	M Vetri Sanjai	68	Gokul B	
29	Varsha S.D	69	Gowthaman M	
30	Venkatesan.S	70	Guhaneswaran S	
31	Mohamed Ibrahim F	71	Hariharasudhan M	

32	Nivetha. G	72	Jameel Ahamed S
33	Mugesh.K	73	Jaya Prabha V
34	S.Ashraff	74	Jayakumar R
35	Sanjay.S	75	Jeeva A M
36	S.Yogiya	76	Kaviya S
37	Neranjan C	77	Loganathan R
38	Madhan .B	78	Mathankumar R
39	Sathiyaseelan	79	Mohamed Asfaq I
40	V Jayaprabha	80	Mohamed Haris M
81	R.Sarvathkan		
82	S.Kaviya		
83	Periyasamy		
84	Periyasamy		
85	Laxman M		
86	M.Aarthy		
	Sudharshini E		
88	R. Amarnath		
89	E Mercy		
90	Annamalai.R		
91	B.Arjun		
92	A.Shameera Fabnas		
93	Aakash G		
94	Veeramanikandan.G		
95	Mukesh		
96	R Abdul Salam		
97	P Thennarasu		
98	P.Abarna		
99	N.Abarna		

W page Dr. M. CHANDRAKUMAR PETER NSS-PROGRAMME COORDINATOR Periyar Maniammai Institute of Science & Technology (Deemed to be University) Vallem Thanjavur, Tamiinadu-613 403

	Topic of th	Stress Busters: Building a Stronger Community, One Breath at a Time	
Date	19.02.2024	<b>Resource Persons</b>	Mr. J. KARAN LOUIS Project Director, Community Mental Health Worker, Athma Hospital, Trichy.

## **Objectives of the programme**

• Provide comprehensive education on stress, its impact on physical and mental health, and the importance of stress management techniques.

## Activity of the Programme

Department of Social Work, PMIST in collaboration with Mind Club, ATHMA Hospital, Trichy conducted community organization programme on Stress Busters: Building a Stronger Community, One Breath at a Time at Mannai Narayanasamy College of Physiotherapy, Mathur on 19.02.2023. The Special address was given by Mr. J. karan Louis, Project Director, Community Mental Health Worker, Athma Hospital, Trichy. He explained stress management techniques and motivated the students to work overall wellbeing of community.













# Mental Health Awareness Programme "Stress busters: Building a Stronger Community, One Breath at a Time"

DATE: 19/02/2024

TIME: 11.15Am VENUE: Mannai Narayanasamy College of Physiotherapy, Mathur.

Welcome Address Ms. HAZEL Z. K., II MSW, Department of Social Work, PMIST, Thanjavur.

Presidential Address Prof Mr. P. SATHIYA SEELAN, MPT (Neuro) Principal, Mannai Narayanasamy College of Physiotherapy, Kumbakonam highways Mathur, Thanjavur. Introductory Address Dr. S. GNANARAJ Assistant Professor, Department of Social Work, PMIST, Thanjavur.

Special Address Mr. J. KARAN LOUIS Project Director, Community Mental Health Worker, Athma Hospital, Trichy.

Vote of Thanks Ms. S. LIDIYA DEVA KUMARI II MSW,

Department of Social Work, PMIST, Thanjavur.

Programme Organized by Department of Social Work & Mind Club, PMIST. Jointly With Mannai Narayanasamy College of Physiotherapy, Mathur. & Athma Hospital, Trichy.

Faculty Advisor Dr. S. GNANARAJ Assistant Professor, Department of Social Work, PMIST, Thanjavur.

## Organized By Ms. S. LIDIYA DEVA KUMARI II MSW, Department of Social Work, PMIST, Thanjavur.

# **Participants List**

### DEPARTMENT OF SOCIAL WORK

Petryai Nagar, Vallam Thanjavur, 613.403, Tamil Nadu, IndiaPhone, +91.4362.26464 Fax, +91.4362.264660 Email: headsocialwork@pmu.edu.Web.www.pmu.edu



## "Stress Busters: Building a stronger Community, One Breath at a Time"

DATE: 19.02.2024

TIME: 11.15Am VENUE: Mannai Narayanasamy College of Physiotherapy, Mathur.

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14	F. NACHIVA FARVEEN	Ind	Farrontajar 22 @ gmail	FNDLA.

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16	Santhuja . P	Ist	psanthiya 174 @gmail.com	10 M 10 M
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Feedback

Head D.S. BRAHBOWARN Department of Social Work, Perivar Maniammal Institute of Science and Technology, Vallam, Thanjavur - 613 403.

Topic of the Programme			Happy learning and Joyful life for the Children
Date	03.03.2024	Resource Persons	Mrs. S.Vimala, Assistant Professor Department of Social Work Rajahs College, Thiruvaiyaru Thanjavur.

## **Objectives:**

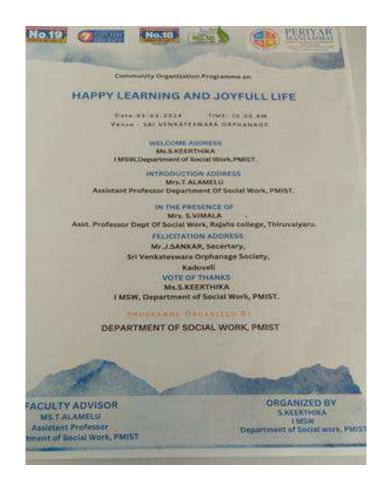
- To inspire children to embrace fun and interactive learning methods for better educational engagement.
- To promote emotional well-being and happiness for a joyful life.

## **Activities:**

The Department of Social Work, PMIST, organized an Awareness Program on Happy Learning and Joyful Life for the children of Sri Venkateshwara Orphanage, Kaduveli, Thanjavur. The program aimed to encourage the children to adopt engaging and enjoyable learning methods while fostering emotional well-being for a happier life. Mrs. S. Vimala, the resource person, led the session with enthusiasm and creativity. She introduced interactive techniques like storytelling, games, and group activities to demonstrate how learning can be fun and impactful. The session also focused on developing positive thinking and building selfconfidence to face life's challenges with joy. The children actively participated in activities and expressed their excitement and appreciation for the program.



*Mrs. S. Vimala, Assistant Professor from the Department of Social Work, Rajah's College, Thiruvaiyaru, Thanjavur, served as the resource person and delivered the keynote address.* 



Invitation for Awareness Program on Happy learning and joyful life for the Children

Торіс	c of the Progra	Positive Mental Health and	
Date	08.03.2024	Resource Persons	nMirsoSal Winnala, httitute of Science and Technology. hadissistant®Professor Department of Social Work Rajahs College, Thiruvaiyaru Thanjavur.

# **Objective:**

- To promote awareness about the importance of positive mental health and strategies to maintain emotional well-being.
- To equip participants with practical tools to build resilience and cope effectively with stress and challenges.

## Activities:

The Department of Social Work, PMIST, conducted an Awareness Program on Positive Mental Health and Wellbeing for the students of Kalaimagal Matriculation Higher Secondary School, Thanjavur. The session was led by Mrs. S. Vimala, an experienced Assistant Professor from the Department of Social Work, Rajah's College. She addressed the importance of mental health and shared practical strategies to maintain emotional well-being. The program included discussions on stress management, building resilience, and fostering a positive outlook on life. Interactive activities were conducted to engage the students, encouraging them to express their thoughts and learn coping mechanisms for handling academic and personal challenges. The program created a supportive and encouraging atmosphere for students to prioritize their mental health.



Mrs. D.Jeevitha of I MSW welcomed the gathering.



Mrs. S. Vimala, Assistant Professor, Department of Social Work, Rajah's College, Thiruvaiyaru, Thanjavur delivered the keynote address.

ACCREDITATIONS & RANKINGS No.19 WILLIAM NO.18



#### SEMINAR ON

#### POSITIVE MENTAL HEALTH AND WELLBEING

Date: 08/03/2024 Time : 2.00 PM

Venue : Kalaimagal Higher Secondary School.Vallam.

#### Welcome address

Ms.D.JEEVITHA I-MSW, Department of social work, PMIST Introductory address

#### Mrs.T.ALAMELU

Assistant professor , Department of socialwork, PMIST.

Presidential address

#### Mr.M.VINOTHKUMAR

Principal Kalaimagal matriculation Hr, Sec, School, Vallam Special address

Mrs.S.VIMALA Assistant Professor, Department of Social Work, Rajha's College, Thiruvaiyaru.

#### Vote of thanks

Ms.A.KOUSHIKA, I-MSW, Department of social work, PMIST.

Programme Organized by

DEPARTMENT OF SOCIAL WORK, PMIST.

#### FACULTY ADVISOR

Mrs.T.ALAMELU Assistant professor, Department of social work.PMIST.

D.Jeevitha I - MSW ,Department of social work,PMIST.

ORGANIZED BY

Head, S. BRAND

Department of Social Work, Feriyar Maniammai Institute of Science and Technology. Vallam, Thanjavur - 613 403.

Topic of	the Programn	ne	Seminar on "Child Care and Protection"
Date	08.03.2024	Resource Persons	<ol> <li>Resource persons:         <ol> <li>Ms.D.K. Sheeba Helen Counsellor District Child Protection Unit Thanjavur.</li> <li>Mr.K. Dhanapal Counsellor Child Line-1098 District Child Protection Unit Thanjavur</li> <li>Dr.S. Gnanaraj Assistant professor Department of Social Work PMIST</li> </ol> </li> </ol>

### **Objective:**

- To raise awareness about the rights and welfare of children and the importance of child protection.
- To educate participants on effective strategies and legal frameworks for ensuring child care and safety.

### **Activities:**

The Department of Social Work, in collaboration with the District Child Protection Unit, organized a seminar on "Child Care and Protection" at Hidhayath Matriculation School, Vallam, Thanjavur. The seminar aimed to educate students and participants about child rights, child protection, and the importance of creating a safe environment for children. The resource persons, Ms. D.K. Sheeba Helen, Mr. K. Dhanapal, and Dr. S. Gnanaraj, shared their valuable insights on various aspects of child care, child abuse prevention, and legal provisions for child protection. The session included discussions on the roles of the District Child Protection Unit, Child Line-1098, and the importance of community involvement in safeguarding children's well-being. Participants actively engaged in the discussions, learning practical strategies for protecting children and ensuring their overall welfare. The seminar concluded with a vote of thanks and a call to action for greater involvement in child protection efforts.





*Ms.* D.K. Sheeba Helen, Counsellor, District Child Protection Unit, Thanjavur, delivered the keynote address



CHILD CARE AND PROTECTION

Date : 08.03.2024 | Time: 02.00 PM Venue: Hidhayath Matriculation School, Vallam, Thanjavur

> Welcome Address Ms. I.K. ANAGHA I - MSW, Department of Social Work, PMIST Introductory Address

Ms. G. MALATHI RAVICHANDRAN M.ed., Principal, Hidhayath Matriculation School, Vallam, Thanjavur Presidential Address

Mr.A.S.A.BASHA B.Sc., Correspondent, Hidhayath Matriculation School, Vallam, Thanjavur

Special Address
Mr. K. DHANAPAL
Ms. D.K. SHEBA HELAN
Counsellor, Child helpline 1098,
District Child Protection Unit,
District Child Protection Unit,
Thanjavur.

Keynote Address Dr. S. GNANARAJ

Assistant Professor, Department of Social Work, PMIST Vote of Thanks MS.VIPINA VIJAYAN

I - MSW, Department of Social Work, PMIST.

Faculty Advisor Programme Organizer
Dr. S. CNANARAJ
Assistant Professor, Department of Social Work, PMIST
I: MSW, Department of Social Work, PMIST.

Organized by DEPARTMENT OF SOCIAL WORK, PMIST å DISTRICT CHILD PROTECTION UNIT, DEPARTMENT OF SOCIAL DEFENCE, THANJAVUR

Head, BRANEOWARD

Department of Social Work, Ferivar Maniammai Institute of Science and Technology. Vallam, Thanjavur - 613 403.

			"Empowering	Women	in
Topic of the Programme			Entrepreneurship"		
			Dr. AP. Aruna,		
Date	09.03.2024	Resource	Chief Executive Officer,		
Date	09.03.2024	Persons	Periyar Technology Bus	siness	
			incubator(TBI),PMIST		

### **Objective:**

- To raise awareness about the importance of women's participation in entrepreneurship and provide insights into opportunities for women in business in rural areas.
- To equip women with practical knowledge, skills, and resources that can help them start and sustain successful entrepreneurial ventures in their local communities.

### Activities:

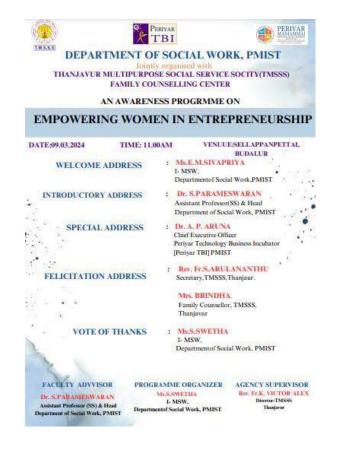
The Department of Social Work, PMIST, in collaboration with the Thanjavur Multipurpose Social Service Society, organized an awareness programme on "Empowering Women in Entrepreneurship" at Sellappanpetai, Budhalur Taluk (PURA Village). The primary aim of this programme was to empower women in rural areas by equipping them with the necessary knowledge and resources to pursue entrepreneurial opportunities.

Dr. A.P. Aruna, Chief Executive Officer of Periyar Technology Business Incubator (TBI), PMIST, served as the resource person for the event. Dr. Aruna provided valuable insights into the entrepreneurial ecosystem, emphasizing the importance of innovation, planning, and financial literacy in launching and sustaining successful businesses. She also discussed various government schemes and support systems available for women entrepreneurs, particularly in rural areas.

The event saw enthusiastic participation from the women in the community, who actively engaged in discussions and sought guidance on how to overcome challenges in entrepreneurship. Dr. Aruna's session was followed by an interactive Q&A, where she addressed various queries and provided personalized advice to the attendees. The programme was well-received, with participants expressing their gratitude for the insights shared and showing a keen interest in pursuing entrepreneurial ventures.



Dr. A.P. Aruna, Chief Executive Officer of Periyar Technology Business Incubator (TBI), PMIST delivered the keynote address on empowering women in entrepreneurship



D.S. BRANEWAG Head,

Department of Social Work, Ferivar Maniammai Institute of Science and Technology, Vallam, Thanjavur - 613 403.

Topic of the Programme			"Healthy Habits for Happy Mind"
Date	12.03.2024	Resource Persons	<ul> <li>Resource Person:</li> <li>1. Mrs. A. Jayanthi Johnson, Pre-marital and family Counsellor, Diocesan Pastoral Centre, Thanjavur.</li> <li>2. Mr.K.Dhanapal Counselor, Child helpline 1098, District Child Protection Unit, Thanjavur.</li> </ul>

### **Objective:**

- To promote healthy mental habits among students.
- To equip students, build emotional resilience, fostering a positive and happy mindset.

#### **Activities:**

The primary goal of the programme was to create awareness among students about the significance of healthy habits in maintaining mental well-being. The session aimed to educate students on managing stress, developing emotional resilience, and adopting a healthy lifestyle to ensure a happy and balanced mind.

The event commenced with a warm welcome from the organizing team, followed by an introduction of the guest speakers. Mrs. A. Jayanthi Johnson shared insights on the connection between physical health and mental well-being, stressing the importance of balanced nutrition, regular physical activity, and sufficient rest for maintaining a healthy mind. She also introduced mindfulness and stress-relief techniques that students could incorporate into their daily routines.

Mr. K. Dhanapal addressed the emotional and psychological challenges that students face and discussed practical ways to build emotional resilience. He emphasized the significance of communication, seeking help when needed, and forming positive relationships as vital

aspects of maintaining a happy and healthy mind. He also provided a detailed explanation of the role of Child Helpline 1098 and how students can reach out for support in times of need.

The students were actively engaged throughout the session and expressed interest in adopting the healthy habits shared by the speakers.



Mr. K. Dhanapal Counselor, Child helpline and Mrs. A. Jayanthi Johnson, Premarital and family Counsellor the resource persons, shared insights on the emotional and psychological challenges that students face.



#### **Awareness Programme on**

### **HEALTHY HABITS FOR HAPPY MIND**

#### Date : 12.03.2024 | Time: 10.00 AM

Venue: Swami Dayananda Nurysury and Primary School, Pillaiyarpatti, Thanjavur

#### Welcome Address Ms.VIPINA VIJAYAN

I - MSW, Department of Social Work, PMIST

#### Introductory Address

Dr. S. PARAMESWARAN Assistant Professor (SS) & Head, Department of Social Work, PMIST

#### **Presidential Address**

Ms.K.SAVITHRI Principal, Swami Dayananda Nursery and Primary School, Pillaiyarpatti, Thanjavur

#### **Special Address**

Mr. K. DHANAPAL Counsellor, Child helpline - 1098,

Ms. A. JAYANTHI JOHNSON Pre Marital & Family Counsellor, District Child Protection Unit, Thanjavur. Diocesan Pastoral Centre, Thanjavur.

#### Vote of Thanks Ms. R.KOUSHIKA

I - MSW, Department of Social Work, PMIST.

Faculty Advisor Dr. S. PARAMESWARAN Assistant Professor (SS) & Head. Department of Social Work, PMIST

Programme Organizer Ms. R.KOUSIKA

Organized by

#### DEPARTMENT OF SOCIAL WORK, PMIST 8

DISTRICT CHILD PROTECTION UNIT, DEPARTMENT OF SOCIAL DEFENCE,

THANJAVUR

Head, Dr.S. BRANBOURS

Department of Social Work, Ferivar Maniammai Institute of Science and Technology. Vallam, Thanjavur - 613 403.

<b>Topic of the Programme</b>			"Nurturing Mental Well-being for Good
			Living"
			Resource Person:
Data	13.03.2024	Resource	Sr. S. Mary Dayana,
Date		Persons	Research Scholar,
			Department of Social Work, PMIST.

### **Objective:**

- To raise awareness about the importance of nurturing mental well-being
- To provide practical strategies for managing stress

### Activities:

The Department of Social Work, PMIST, in collaboration with SEED Trust, Ayyampettai, Thanjavur, organized an awareness programme on "Nurturing Mental Wellbeing for Good Living" at Raja's College of Sanskrit and Tamil Studies, Thiruvaiyaru, Thanjavur. The session aimed to educate students on the importance of mental well-being and its role in leading a balanced and fulfilling life.

**Sr. S. Mary Dayana**, a Research Scholar from the Department of Social Work, PMIST, served as the resource person for the event. She highlighted the significance of adopting healthy lifestyle habits, such as regular exercise, balanced nutrition, proper sleep, and mindfulness, in nurturing mental well-being. Sr. Dayana also discussed stress management techniques, emotional resilience, and the importance of building positive relationships for overall mental health. The session was well-received by the students, who actively participated and expressed interest in implementing the strategies discussed for maintaining their mental well-being. The programme successfully provided students with the knowledge and skills to nurture their mental health. The collaboration between the Department of Social Work, PMIST, and SEED Trust, Ayyampettai, Thanjavur, played a vital role in the success of this awareness session.



Sr. S. Mary Dayana, Research Scholar from the Department of Social Work, PMIST delivered the keynote address.



Dr. S. Parameswaran, Head of the Department of Social Work, PMIST, delivered the welcome address.



Invitation for the Programme on "Nurturing Mental Well-being for Good Living" at Raja's College of Sanskrit and Tamil Studies, Thiruvaiyaru, Thanjavur

Head, S. BRAN BOURS Department of Social Work. Ferivar Maniammai Institute of Science and Technology.

Vallam, Thanjavur - 613 403.

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Topic of the Programme			Child Care and Protection
Date	20.03.2024	Resource Persons	Resource Person:Ms.Cathrine Rani, Superviser,Child Help line(1098)District Child Protection Unit, Thanjavur.Mr.T.Thiyagarajan, Case Worker,Child Help line(1098)District Child Protection Unit, 

### **Objectives:**

- To educate students about their rights and the role of the community in safeguarding children's well-being.
- To raise awareness about various child protection laws and resources available.

### Activities:

The Department of Social Work, PMIST, organized an awareness program on Child Care and Protection for the students of Fr. Antony Matric Higher Secondary School, Thanjavur. The objective of the program was to educate students about their rights, the importance of child care, and the various child protection laws that ensure their safety and well-being. The resource persons shared their expertise on child protection, discussing the role of the Child Helpline in providing support to children in distress and the services available through the District Child Protection Unit. They also provided valuable information on how students can contribute to child welfare and protect their peers from harm.

The students actively engaged in the session, learning about their rights, the importance of reporting abuse, and available support systems. The awareness program was highly beneficial in empowering students with the knowledge to protect themselves and others.



*Mr. T. Thiyagarajan, Case Worker, Child Helpline (1098), District Child Protection Unit, Thanjavur, and Mr. F. Jai Edilbert, Secretary, SHED India, Thanjavur, delivering the keynote address.* 



Invitation for programme on Child Care and Protection for the Students of Fr.Antony Matric Higher Secondary School, Thanjavur.

Head, D.S. BRANE

Department of Social Work, Ferivar Maniammai Institute of Science and Technology. Vallam, Thanjavur - 613 403.

Topic of the Programme			Seminar on "Mental Health for School Students"
Date	26.03.2024	Resource Persons	<b>Resource Person:</b> Ms.R.Anbumathi Counsellor Trainee, PMIST, Thanjavur.

#### **Objective:**

- To raise awareness among school students about the importance of mental health and its impact on overall well-being.
- To enhance emotional resilience, and promoting positive mental health practices among students.

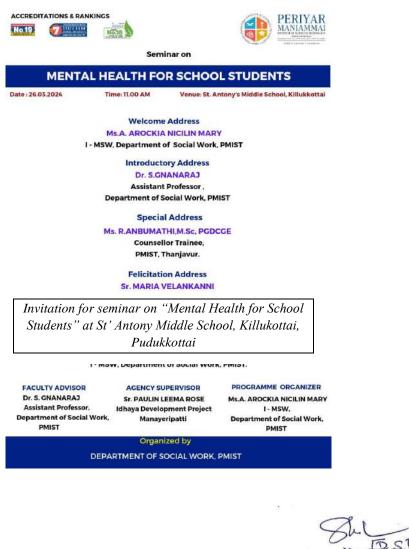
#### Activities:

The Department of Social Work, PMIST, organized a seminar on "Mental Health for School Students" at St. Antony Middle School, Killukottai, Pudukkottai. The seminar aimed to raise awareness about the importance of mental health among school students and provide them with effective strategies for maintaining emotional well-being. The resource person for the session was Ms. R. Anbumathi, Counsellor Trainee from PMIST, Thanjavur. Ms. Anbumathi engaged the students with insightful discussions on recognizing and managing stress, developing emotional resilience, and adopting positive mental health practices. She emphasized the importance of open communication, seeking support when needed, and maintaining a balanced lifestyle to promote mental well-being.





Ms. R. Anbumathi, Counsellor Trainee, PMIST delivered the keynote address.



Head, Department of Social Work, Ferivar Maniammai Institute of Science and Technology. Vallam, Thanjavur - 613 403.

Т	opic of the Pr	Awareness programme on "Psychosocial Support for Elderly People" at Arivu Oldage Home, Trichy	
Date	30.03.2024	<b>Resource Persons</b>	Resource Person:Ms. M.C.MalathiAssistant Professor in Sociology,Faculty of Medical and Health Science, SRM – IST Institute of Science & Technology, Trichy.

#### **Objective:**

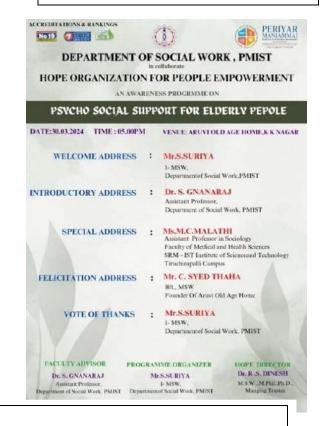
- To raise awareness about the importance of psychosocial support in enhancing the wellbeing and quality of life for elderly people.
- To educate caregivers and the community on strategies to provide emotional and psychological support for the elderly, fostering a supportive environment for healthy aging.

#### **Activities:**

The Department of Social Work, PMIST, in collaboration with Hope Organization for People Empowerment, organized an awareness programme **on** "Psychosocial Support for Elderly People" **at** Arivu Old Age Home, Trichy. The programme aimed to raise awareness about the importance of providing psychosocial support to the elderly and enhancing their quality of life. The resource person for the session was Ms. M.C. Malathi, Assistant Professor in Sociology, Faculty of Medical and Health Science, SRM – IST Institute of Science & Technology, Trichy. She shared valuable insights on the significance of emotional and psychological support for elderly individuals, emphasizing the need for community-based care and interventions. She discussed various approaches for improving the mental well-being of elderly people, including active social engagement, creating supportive environments, and providing necessary mental health services. The session was informative and engaging, with participants gaining practical knowledge on how to support the elderly in their community, ensuring their mental health and overall well-being.



*Mr. S. Surya of I-MSW gave the welcome address.* 



Invitation for organize awareness programme on "Psychosocial Support for Elderly People" at Arivu Oldage Home, Trichy



Ms. M.C. Malathi, Assistant Professor in Sociology, Faculty of Medical and Health Sciences, SRM – IST Institute of Science & Technology, Trichy, delivered the keynote address.

Head D. S. BRANEOUNA

Department of Social Work, Ferivar Maniammai Institute of Science and Technology, Vallam, Thanjavur - 613 403.

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# AWARENESS PROGRAMME ON STRESS MANAGEMENT FOR ADOLESCENCE

**Resource Person** 

Mrs.T.Alamelu Assistant Professor Department of Social Work PMIST

#### Organized by

# DEPARTMENT OF MATHEMATICS

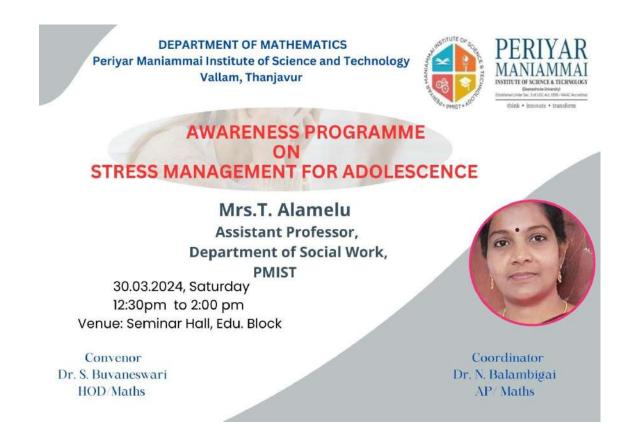
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1	Objective of the Programme
2	Invitation
3	Programme Schedule
4	Attendance Report
5	List of Participants
6	Programme Report
7	Certificate Copy
8	Geotagged Photos of the Event
9	Feedback Form
10	Outcome of the Programme

#### CONTENTS

# AWARENESS PROGRAMME ON STRESS MANAGEMENT FOR ADOLESCENCE

#### **Objective of the Programme:**

In daily life stress is the main problem for adolescence. Due to stress they are affected physically and mentally. So this programme is arranged to create awareness about stress and its consequences and train the students how to manage stress in our daily life.



#### **Department of Mathematics**

Periyar Nagar, Vallam Thanjavur - 613 403, Tamil Nadu, IndiaPhone: +91 7358053699 Fax: +91- 4362 - 264660

Email: headmaths@pmu.edu Web: www. pmu.edu





#### "AWARENESS PROGRAMME ON STRESS MANAGEMENT FOR ADOLESCENCE"

#### 30.03.2024 from 12:30 pm- 2:00 pm in Seminar Hall, Education block

PROGRAMME SCHEDULE 30.03.2024

Invocation Song Welcome Address	<ul> <li>Ms. K.Shanmuga Priya,</li> <li>II B.Sc Maths</li> <li>Periyar Maniammai Institute of Science &amp; Technology, Vallam, Thanjavur</li> </ul>
Presidential Address	: Dr.S.Buvaneswari Head & Associate Professor Department of Mathematics Periyar Maniammai Institute of Science & Technology, Vallam, Thanjavur
Introduction of Chief Guest	: Mr.Arunmozhi II B.Sc Maths Periyar Maniammai Institute of Science & Technology, Vallam, Thanjavur
Invited Talk	: Stress Management for Adolescence Mrs.T.Alamelu Assistant Professor Department of Social Work PMIST, Thanjavur
Vote of thanks	: Ms. V.K.Nivetha III B.Sc Maths Periyar Maniammai Institute of Science & Technology, Vallam, Thanjavur

# Attendance Report

				No. of Concession, Name
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		AWARENESS PROGI	RAMME	
	CTDECC	ON MANAGEMENT FOR A	DOLESCENCE	
		MANAGEMENTFORA		
DATE: 30.3.2024			TIME:	12:30 pm -2:00pm
S.No. Re	gister Number	Name	Class	Signature
	3012164086	8. Aninesh	I-B.Sc Maths	Arily-
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	2011164070	k Shanmugaptiga	J.B.S. Math	Konf. i
	1011164064	Vk Nivetha	III - B.Sc Maths	VILLE
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# "AWARENESS PROGRAMME ON STRESS MANAGEMENT FOR ADOLESCENCE"

#### 30.03.2024 from 12:30 pm- 2:00 pm in Seminar Hall, Education block

#### Organized by

Department of Mathematics

#### <u>Report</u>

An Awareness programme has been organized by Department of Mathematics on 30.03.2024 from 12.30 pm to 2:00 pm in Periyar Maniammai Institute of Science & Technology (PMIST), Deemed to be University, Vallam, Thanjavur headed by Dr.S.Buvaneswari, Head and Associate Professor of Mathematics for the benefit of Maths students to create awareness on stress management.

Ms. K.Shanmuga Priya, Student of II B.Sc Maths, has welcomed the gathering our Resource Person Mrs.T.Alamelu, has given invited talk about "Stress Management for Adolescence"

Important points from the Resource person delivered the below-mentioned topics:

- Various types of Stress
- Consequences of Stress
- Managing the Stress in our daily life

Finally, Ms. V.K.Nivetha, Student of III B.Sc Maths has delivered vote of thanks for this event. Around 26 students from our Department got benefited in this programme.





Ms.T.Alamelu delivering a special address among students

CE B TECHNOLO	A Contract of Science & Technology (Deemed to be University) Established Under Sec. 3 of UGC Act. 1956 • NAAC Accredited
	NSTITUTE OF SCIENCE AND TECHNOLOGY, of Mathematics
Name * Short answer text	
Register Number * Short answer text	
	Aste Professor & Head Department of Mathematics Periver Manamai Institute of Science & Technology Peniver Nagar, Vallem, Thanjavur-613 403.



# NSS Unit – VII and Thanjavur Corporation and E2W Education Chennai Jointly Organised ELECTION AWARENESS RALLY AT THANAJAVUR (DEPARTMENT OF MANAGEMENT STUDIES)



#### TABLE OF CONTENTS:

S.NO	CONTENT
1.	Program schedule
2.	Report of the program
3.	Geotagged photo
4.	Brochure
5.	Attendance

#### 1. PROGRAM SCHEDULE





DAY : 02.04.2024

#### Venue: RAILWAY JUNCTION GATE (OPP SACRED HEART SCHOOL) THANJAVUR.

**PROGRAM SCHEDULE** 

Welcome Address	:	K.Panneerselvam
		NSS Programme Officer(Unit VII)
Special Guest	:	Mr.Deepak Jacob, IAS
		District Copllector Thanjavur.
		T.Thiyagarajan
		District Revenue Officer, Thanjavur.
Program	:	'ELECTION AWARENESS RALLY'
Vote of Thanks	:	Mr.Jothibasu ,General Manager
		E2W Education Chennai
Coordinator : Ms. K.Panneerselvam(U	J <b>nit</b>	
VII) NSS Programme Officer		
Convenor : Mr.M.Chandrakumar	Peter	
NSS Coordinator		

#### NSS OFFICE PMIST

Periyar Nagar, Vallam, Thanjavur - 613 403, Tamil Nadu, India Phone: +91 - 4362 - 264600 Fax: +91- 4362 - 264660 Email: nss@pmu.edu Web: www. pmu.edu



Name of the Event : "ELECTION AWARENESS RALLY"

Date\_02.04.2024:

Venue : Railway Junction Thanjavur

NSS Unit – VII And Thanjavur Corporation And E2W Education Chennai Joinly Organiseda Program "ELECTION AWARENESS RALLY" on 2<sup>nd</sup> April 2024 at **Thanjavur Railway Junction (Opposite Sacred Heart School ) to Ganthiji Business Building,** The main objective of the program is to create awareness about the ELECTION for among the Voters in Thanjavur Constituency.

Mr.Deepak Jacob, IAS District Copllector Thanjavur.and T.Thiyagarajan District Revenue Officer, Thanjavur.both has started the rally with Flag waving to the voters and public and he has given special speech about the, election awreness and 100% voting for the upcoming election 2024. and 200 NSS Volunteers from Unit VII was actively participated in this programme. Finally, Mr.Jothibasu General Manager ,E2W Education Chennai proposed the Vote of Thanks.

**3. PHOTOS** 





தேர்தலில் 100% வாக்குப்பதிவை வலியுறுத்தி

# தஞ்சாவூரில் விழிப்புணர்வு பேரணி



🕨 100% வாக்குப்பதிவை வலியுறுத்தி தஞ்சாவூரில் நடைபெற்ற விழிப்புணர்வு பேரணியில் திரளான மாணவ, மாணவிகள் பங்கேற்றனர். உள்படம்: பேரணியை மாவட்ட வருவாய் அலுவலர் தியாகராஜன் கொடியசைத்து துவக்கி வைத்தார்.

# டிஆர்ஏ துவக்கி வைத்தார்

தஞ்சாவூர், ஏப்.3: நாடா ளுமன்ற தேர்தலில் 100% வாக்குப்பதிவை வலியு றுத்தி தஞ்சாவூரில் ஆயி ரக்கணக்கான மாணவ, மாணவிகள் பேரணியை மாவட்ட வருவாய் அலுவ லர் தியாகராஜன் துவக்கிடபுள்யுஸ்டெடி அமைப்பு வைத்தார்.

நாடாளுமன்ற தேர்தல் வரும் ஏப்ரல் மாதத்தில் நடைபெற உள்ளது.இந்த தேர்தலில் முதல் தலை முறை வாக்காளர்கள் உள்ளிட்டு அனைவரும் நாட்டின் ஜனநாயகத்தை அலுவலர் தியாகராஜன் பாதுகாத்திடவும், தங்கள் தலைமை வகித்து துவக்கி

வாக்காளர் கடமையை நிறைவேற்றிட அனைவ ரும் வாக்களிக்க வேண் டும். இந்த தேர்தலில் 100% வாக்குப்பதிவை அளித்திட வேண்டும் என்பதை வலியுறுத்தி இ2 சார்பில் பேரணி நடை தஞ்சாவூர் ரயில் நிலை யத்திலிருந்து ஆயிர க்கண க் கான மாணவ, மாணவி கள் மற்றும் இளைஞர்கள் பங்கேற்ற பேரணியை தஞ் சாவூர் மாவட்ட வருவாய்

வைத்தார். தஞ்சாவூர் வரு வாய் கோட்டாட்சியர் இலக்கியா,வைரபாலா தியாகராஜன் முன்னிலை வடித்தனர். பேரணி ரயில் நிலையம் பின்புறம் துவங்கி மேரிஸ் கார்னர், ரயிலடி வழியாக அத்துப்பாலம் காந்திஜி வணிக வளாகம் அருகில் வந்து நிறைவ டைந்தது. நிகழ்வில் 100% வாக்குப்பதிவு ஜனநாயக இந்தியாவின் 18வது பெற்றது. நேற்று காலை கடமை என்பதை வலியு றுத்தி புட்பால் உலக சாத னையாளர் குமரவேல் உரையாற்றினார். முடி வில் இ2டபுள் யு ஸ்டெடி நிறுவனத்தின் முதுநிலை மேலாளர் பொறியாளர் ஜோதிபாசு கதிர்வேல் நன்றி கூறினார்.







## **5. ATTENDANCE**

#### **NSS Volunteers Unit VII**

# **Programme Name:** "ELECTION AWARENESS RALLY"

## Date: 02.04.2024.

S.No	Name Of The Volunteer	36	S.Yogiya
1	R Bhuvaneshwaran	37	Neranjan C
2	M.Mohamed Ajmal	38	Madhan .B
3	Saranya.K	39	Sathiyaseelan
4	S. Manikandan	40	V Jayaprabha
5	Mohamed Rishwan	41	S.Kaviya
6	Mohamed Jaffer Shathik.K	42	S.Rajagopalan
7	S Sabeer Ahamad	43	Kribigopika
8	Akash R	44	Kiran Sundar
9	S Sabeer Ahamad	45	Roshini.S
10	Veerakumar	46	S.Rajagopalan
11	Dharun K	47	Praveen.S
12	Vaishnavi	48	Veerammal.N
13	Naveena	49	S.Mohamed Adhil
14	Mathankumar.S	50	Poorvaragavan.S
15	Shefana Banu. T	51	Akalya
16	R.Keerthana	52	Shanmugaraj R
17	Manikandan.R	53	Jayabalan U
18	P.Varsha	54	S.Ashraff
19	Rajesh.R	55	Vimal Raj.V
20	Sambasivam.K	56	Praveen. G
21	S Abdul Latheef	57	Ashika.D
22	M Habeeb Rahman	58	Madhan .B
23	Rosario	59	Udhayan. M
24	R Anbuchelvan	60	Sarumathi RA
25	Jegadeesan		1
26	Mohamed Sameer. M		
27	Mathan Raj		

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28	M Vetri Sanjai		
29	Varsha S.D		
30	Venkatesan.S		
31	Mohamed Ibrahim F		
32	Nivetha. G		
33	Mugesh.K		
34	S.Ashraff		
35	Sanjay.S		
S.No	Name Of The Volunteer	42	R Bhuvaneshwaran
1	S.Rajagopalan	43	M.Mohamed Ajmal
2	Kribigopika	44	Saranya.K
3	Kiran Sundar	45	S. Manikandan
4	Roshini.S	46	Mohamed Rishwan
5	S.Rajagopalan	47	Mohamed Jaffer Shathik.K
6	Praveen.S	48	S Sabeer Ahamad
7	Veerammal.N	49	Akash R
8	S.Mohamed Adhil	50	S Sabeer Ahamad
9	Poorvaragavan.S	51	Veerakumar
10	Akalya	52	Dharun K
11	Shanmugaraj R	53	Jayabalan U
12	Vaishnavi	54	S.Ashraff
13	Naveena	55	Vimal Raj.V
14	Mathankumar.S	56	Praveen. G
15	Shefana Banu. T	57	Ashika.D
16	R.Keerthana	58	Madhan .B
17	Manikandan.R	59	Udhayan. M
18	P.Varsha	60	Sarumathi Ra
19	Rajesh.R	61	G.Praveen
20	Sambasivam.K	62	S.Ashraff
21	S Abdul Latheef	63	Jaya Veeran S
22	M Habeeb Rahman	64	Safeeya.J

23	Rosario	65	Abdul Kalam S
24	R Anbuchelvan	66	Ahamed Yusufkhan A
25	Jegadeesan	67	Akash S
26	Mohamed Sameer. M	68	Ananthakrishnan S
27	Mathan Raj	69	Bhuvaneshwaran R
28	M Vetri Sanjai	70	Gokul B
29	Varsha S.D	71	Gowthaman M
30	Venkatesan.S	72	Guhaneswaran S
31	Mohamed Ibrahim F	73	Hariharasudhan M
32	Nivetha. G	74	Jameel Ahamed S
33	Mugesh.K	75	Jaya Prabha V
34	S.Ashraff	76	Jayakumar R
35	Sanjay.S	77	Jeeva A M
36	S.Yogiya	78	Kaviya S
37	Neranjan C	79	Loganathan R
38	Madhan .B	80	Mathankumar R
39	Sathiyaseelan	81	Mohamed Asfaq I
40	V Jayaprabha	82	Mohamed Haris M
41	S.Kaviya	83	R.Sarvathkan
84	Periyasamy		
85	Periyasamy		
86	Laxman M		
87	M.Aarthy		
88	Sudharshini E		
89	R. Amarnath		
90	E Mercy		
91	Annamalai.R		
92	B.Arjun		
93	A.Shameera Fabnas		
94	Aakash G		
95	Veeramanikandan.G		
96	Mukesh		
		125	

97	R Abdul Salam
98	P Thennarasu
99	P.Abarna
100	N.Abarna
101	Sanjay S
102	T. Dhivyan
103	Ram Kumar S
104	Kanishka Sri
105	G.Venkatesh
106	Sameem Ahamed M
107	Nithiya Devi G
108	Ruthi
109	Emimal Jebasheela

Dave U

Dr. M. CHANDRAKUMAR PETER NSS-PROGRAMME COORDINATOR Periyar Maniammai Institute of Science & Technology (Deemed to be University) Vallam. Thanjavur, Tamilnadu-613 403.



# NSS Unit – VII and Tamil Nadu Tourism Development and Thanjavur City Corporation Jointly Organized

# INTERNATIONAL YOGA DAY AT THANAJAVUR (DEPARTMENT OF MANAGEMENT STUDIES)



TABLE OF CONTENTS:

S.NO	CONTENT		
1.	Program schedule		
2.	Report of the program		
3.	Geotagged photo		
4.	Brochure		
5.	Attendance		

#### 1. PROGRAM SCHEDULE





DAY : 21.06.2024

#### Venue : BETHANNAN AUDITORIUM (BIG TEMPLE CAMPUS) THANJAVUR.

PROGRAM SCHEDULE

Welcome Address	:	S.Muthukumar
		PRO – Thanjavur Collector office
Special Guest	:	
		Mr.M.Sivakumar
		CEO Thanjavur Tourism Development.
Program	:	'INTERNATIONAL YOGA DAY'
Vote of Thanks	:	Mr.Yoganand, Yoga Trainer
		Thanjavur

 Coordinator : Ms. K.Panneerselvam(Unit

 VII) NSS Programme Officer

 Convenor : Mr.M.Chandrakumar Peter

 NSS Coordinator

#### NSS OFFICE PMIST

 Periyar Nagar, Vallam, Thanjavur - 613 403, Tamil Nadu, India

 Phone: +91 - 4362 - 264600

 Email: nss@pmu.edu

 Web: www. pmu.edu





#### Name of the Event : "INTERNATIONAL YOGA DAY"

Date:21.06.2024:

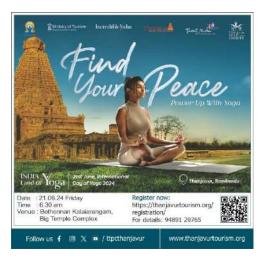
Venue: Bethannan Auditorium Big Temple Campus, Thanjavur

NSS Unit – Vii And TamilNadu Tourism Development And Thanjavur City Corporation Jointly Organised International Yoga Day At Thanajavuron 21<sup>st</sup> June 2024 at Bethannan Auditorium Big temple campus in **Thanjavur**, The main objective of the program is to create awareness about the YOGA and Meditation among the NSS Volunteers.

Mr.M.SIVAKUMAR CEO, TamilNadu Tourism Development ,Thanjavur started the YOGA session with 850 NSS Volunteers fromvarious Universities and colleges participated the event and PMIST- NSS Unit VII was actively participated in this programme with 58 NSS Volunteers. Finally, Mr.Yoganand , Yoga Trainer Thanajvur ,proposed the Vote of Thanks.

#### **3. PHOTO**





#### **5. ATTENDANCE**

# NSS Volunteers Unit VII

# Programme Name:"INTERNATIONAL YOGA DAY"

Date: 21.06.2024.

S.No	Name Of The Volunteer	36	S.Yogiya
1	R Bhuvaneshwaran	37	Neranjan C
2	M.Mohamed Ajmal	38	Madhan .B
3	Saranya.K	39	Sathiyaseelan
4	S. Manikandan	40	V Jayaprabha
5	Mohamed Rishwan	41	S.Kaviya
6	Mohamed Jaffer Shathik.K	42	S.Rajagopalan
7	S Sabeer Ahamad	43	Kribigopika
8	Akash R	44	Kiran Sundar
9	S Sabeer Ahamad	45	Roshini.S
10	Veerakumar	46	S.Rajagopalan
11	Dharun K	47	Praveen.S
12	Mohammed Ifrahim.F	48	Veerammal.N
13	Naveena	49	S.Mohamed Adhil
14	Mathankumar.S	50	Poorvaragavan.S
15	Shefana Banu. T	51	Akalya
16	R.Keerthana	52	Shanmugaraj R
17	Manikandan.R	53	Jayabalan U
18	P.Varsha	54	S.Ashraff
19	Rajesh.R	55	Vimal Raj.V

20	Sambasivam.K	56	Praveen. G
21	S Abdul Latheef	57	Ashika.D
22	M Habeeb Rahman	58	Madhan .B

Ú Dado Dr. M. CHANDRAKUMAR PETER NSS PROGRAMME COORDINATOR Periyar Maniammai Institute of Science & Technology (Deemed to be University) Vallam Thanjavur, Tamilinadu-613 403.