

NATIONAL SERVICE SCHEME (N.S.S.)

Programme Co-ordinator: Dr. M. Umadevi

National Service Scheme is come under the Ministry of Youth Affairs & Sports Govt. of India. It was launched in Gandhiji's Birth Centenary Year 1969 on 24th Sep. National Service Scheme in our University was started in the year 1988. 28 NSS units are functioning under our University in which one is Self Financing Unit. 2800 NSS Volunteers are actively participating in NSS. The objective of NSS programme is personality development through community service. The following awareness programs are conducted in addition to special camping program.

HEALTH EDUCATION & HEALTH AWARENESS PROGRAMMES

There is a saying, "prevention is better than cure." Health Awareness and Education Programs such as Anti-Diabetes day, World AIDS day, World Health day, Anti-Tobacco day and programs on Dental Health Awareness and other related health topics are regularly organized in our College Campus and other public places in and around Kodaikanal. Booklets on health awareness are planned to print and to distribute it to people in remote areas who otherwise do not have access to general health education.

- ❖ First Aid Training Program
- ❖ Eye Checkup
- ❖ Playing Movie regarding Health Awareness
- ❖ Blood Donation Camp
- ❖ General Health Camp
- ❖ Diabetic Diagnosis Camp
- ❖ Gynecologist Lecture

ROAD SAFETY PROGRAM

Best-practice road safety strategies focus upon the prevention of serious injury and death crashes in spite of human fallibility.

- ❖ Video Awareness Program
- ❖ Workshop
- ❖ To Practice the Road Symbols

DEMO/DRILL DISASTER MANAGEMENT

All communities are vulnerable to disasters, both natural and man-made. The University NSS Volunteers have planned to design by experts from throughout the City to increase

knowledge of disaster management, with the aim of reducing this vulnerability and improving disaster responsiveness, stimulating, enjoyable and useful.

- ✦ Demo for first aid & fire accident program
- ❖ Practices
- ❖ Guest Lectures

SOFT SKILL DEVELOPMENT PROGRAM FOR VOLUNTEERS

Personal and professional effectiveness training is the best strategy to prosper and succeed in this era of technological advancements. Individuals and organizations must be prepared to develop and utilize new skills in order to keep up with the times. Soft skills represent a fundamental attribute that today's knowledge based economy is demanding of its employers, employees and businesses.

- ✦ Spoken English & Hindi Classes
- ❖ Workshop on Stress Management
- ❖ Computer Literacy Programs
- ❖ Resume Writing
- ❖ Tips and Tricks to face Interview
- ❖ Team Work & Group Discussion