



**PRIST**  
DEEMED TO BE  
**UNIVERSITY**  
NAAC ACCREDITED  
THANJAVUR- 613 403 - TAMIL NADU



**EXTENSION AND OUTREACH PROGRAMMES**

**CONDUCTED THROUGH**

**NATIONAL SERVICE SCHEME**

**PONNAIYAH RAMAJAYAM INSTITUTE OF SCIENCE & TECHNOLOGY  
(PRIST) DEEMED UNIVERSITY**

**LIST OF ACTIVITIES**

**ACADEMIC YEAR**

**2021-2022**

**NSS REGULAR ACTIVITY DETAILS**

<b>S.NO</b>	<b>PROGRAMME</b>	<b>DATE</b>
1	WORLD NO TOBACCO DAY ACTIVITY	31 <sup>st</sup> May 2021
2	CELEBRATED INTERNATIONAL DAY OF YOGA	21 <sup>st</sup> June 2021
3	VACCINATION AWARENESS PROGRAMME	6 <sup>th</sup> Sep 2021
4	COVID-19 AWARENESS PROGRAMME	22 <sup>st</sup> Sep 2021
5	TREE PLANTATION PROGRAM	24 <sup>th</sup> Sep 2021
6	HEALTH AWARENESS PROGRAMME TO SCHOOL STUDENTS	14 <sup>th</sup> Oct 2021
7	BOOK DONATION TO VILLAGE SCHOOL	21 <sup>th</sup> Oct 2021
8	NATIONAL UNITY DAY PLEDGE TAKING	31 <sup>th</sup> Oct 2021
9	PUBLIC ENVIRONMENTAL AWARENESS	21 <sup>th</sup> Nov 2021
10	WORLD AIDS AWARENESS DAY	1 <sup>st</sup> Dec 2021
11	NATIONAL YOUTH DAY	12 <sup>th</sup> Jan 2022
12	CREATE THE VOTER AWARENESS TO PUBLIC	23 <sup>rd</sup> Feb 2022
13	HEALTH AWARENESS PROGRAMME FOR SCHOOL STUDENTS	09 <sup>th</sup> March 2022
14	WORLD TB DAY MARCH-24	22 <sup>nd</sup> March 2022

15	TREE PLANTATION	31st March 22
16	SWATCH BHARAT- CAMPUS CLEANING	31st March 22
17	WOMENEMPOWERMENT PROGRAM	15 <sup>th</sup> April 2022
18	HEALTH CAMP FORVILLAGE PEOPLEAFTERCOVID-19	28 <sup>th</sup> April 2022
19	ENTREPRENEURSHIP DEVELOPMENT PROGRAM	29 <sup>th</sup> April 2022
20	POND CLEANING ACTIVITY AT MUNNAYAMPATTY	30 <sup>th</sup> April 2022

## World No Tobacco Day activity

**Duration in days:** One day

**Date:** 31/05/2021

**Name of the event:** World No Tobacco Day

**Organized by:** NSS

**Venue:** Students home place

**Number of participant-:** 105

**Objective:** Human Health

### Details:

Tobacco causes 8 million deaths every year. Quitting can be challenging, especially with the added social and economic stress that have come as a result of the pandemic, but there are a lot of reasons to quit. Worldwide around 780 million people say they want to quit, but only 30% of them have access to the tools that can help them do so. The benefits of quitting tobacco are almost immediate. After just 20 minutes of quitting smoking, your heart rate drops. Within 12 hours, the carbon monoxide level in your blood drops to normal. Within 2-12 weeks, your circulation improves and lung function increases. Within 1-9 months, coughing and shortness of breath decrease. Within 5-15 years, your stroke risk is reduced to that of a non-smoker. Within 10 years, your lung cancer death rate is about half that of a smoker. Within 15 years, your risk of heart disease is that of a non-smoker. Students of every class had taken No Tobacco pledge with students in their online classes.

**Outcome of the program:** 105 students participated in this activity.

### Glimpses:



**Students have pledged to be tobacco-free through an online campaign**

## **CELEBRATED INTERNATIONAL DAY OF YOGA ON 21.06.2021**

PRIST Deemed to be University NSS Cell Celebrated International Day of Yoga in the institution through online in “Google Meet” App on 21<sup>st</sup> June 2021. In this programme, Yoga demonstration given to the faculty members, staff, students and Public, around 235 participants are participated this event. The Welcome address was delivered by Dr.S.Sukumar, NSS Coordinator. On this occasion, Prof.S.Poornachandran, Sky Yoga, Thanjavur was the chief guest of this function. In his address, he gave lecture on topic of “Yoga as a Life- Safe Guard Medicine”. He also emphasized the importance of yoga in day today life for strengthen our mental health and physical fitness, and how to increase the body flexibility and reduces stress and also given Yoga Training.



**Prof.S.Poornachandran gave lecture on topic of “Yoga as a Life- Safe Guard Medicine”**



**Yoga practices - Respiration**

## VACCINATION AWARENESS PROGRAMME on 06.09.2021

PRIST NSS Cell organized National vaccination day awareness program on 06.09.2021 at Sengippatti and contributed actively for successful implementation of COVID-19 vaccine rollout activities such as mobilization and community engagement, dissemination of the message about benefit of vaccine and building confidence among the community regarding vaccine safety through by various mediums like social media, door to door awareness, public announcement, wall painting, posters etc. 150 NSS volunteers from encouraged people to adopt COVID-19 appropriate behavior and worked on environment building of vaccine acceptability throughout the country. For successful implementation of this nationwide campaign,



Vaccination awareness created by our volunteers





PONNAIYAH RAMAJAYAM INSTITUTE OF SCIENCE AND TECHNOLOGY  
**PRIST UNIVERSITY**  
Under Section 3 of UGC Act.1956  
THANJAVUR 613 403. TAMIL NADU. INDIA



**Vaccination for everyone**

**ABOVE**

**18 YEARS**

**OF AGE**


**Free vaccine to all 18+ citizens at Govt. vaccination centers**

Walk in both Government and private vaccination centers

**For more details visit [cowin.gov.in](https://www.cowin.gov.in)**

**Together let us defeat covid19,  
Get yourself vaccinated as per your turn**

 **1075 toll free**  
(National helpline number one  
ministry of health and family welfare)

 **18046110007**  
Helpline number of NIMHANS for  
Psychological support

## COVID-19 AWARENESS PROGRAMME on 22.09.21

The Faculty and Students of PRIST Deemed to be University NSS Cell participated in awareness campaign on prevention of COVID – 19 on 22.09.21. Distributed Pamphlets, demonstrated hand washing technique, health talk regarding COVID -19. Total Population Covered and handouts distributed is about 1550. Total areas covered are around 25 kms. Total Places covered are Thirumalaisamuthiram, Munnaiyampatti, Ayyasamipatti, Vallam puthur, Kuruvadipatti.



Latitude: 10.754497252243242: Longitude: 79.04310066990205

**Create awareness among villagers**



## Celebration of NSS Day

### (75th Independence Year Celebration, AZADI KA AMRIT MAHOTSAV)

The NSS units of PRIST Deemed to be University celebrated NSS Day in grand manner by organizing a tree plantation program on 24/09/2021 at adopted village Kuruvadipatti, Vallam. Totally 100 NSS students volunteers of PRIST NSS Cell actively participated in this tree plantation program 180 trees planted in the presence of chief guests by the students and with few professors of different departments



Event Name: Dental camp

Place: Kuruvadipatti

Date of the Event: 24.09.2021

Map: Latitude: 10.754497252243242

Longitude: 79.04310066990205

**Tree plantation program**

## HEALTH AWARENESS PROGRAMME TO SCHOOL STUDENTS.

DATE: 14/10/2021

TIME 10.00 am To 11.30 am

VENUE: Government model school Vallam

TOTAL STUDENTS 154

The PRIST Deemed to be University NSS Cell to create awareness among school children about World Food Day and importance of Healthy diet was organized on 14.10.2021 in the school campus. Health awareness talk regarding Healthy diet and ill effects of skipping breakfast was given for 20 minutes to students using PowerPoint by Senior Resident and Assistant Professor, Department of Chemistry and Life Science. All the students participated in the programme were acknowledged with e- certificate. The students were advised to share the information to their family members and neighbors. Dr.Abirami participated as the chief guest.



Event Name: Health awareness programme

Place: Government model school Vallam

Date of the Event: 14.10.2021

Latitude:10.712509495477;Longitude:79.06491499845

**Create awareness among school children**

## OCTOBER 2021- BOOK DONATION (WORLD STUDENTS' DAY) ON 21.10.2021

National Service Scheme of PRIST Deemed to be University. Owing to the Occasion of World Students' day which is celebrated as a tribute to Dr AP Abdl Kalam, our NSS Cell decided to donate APJ's books to the Government School Vallam. In this connection our programme officers donate 50 numbers of books to the Headmaster Government Higher Secondary School Vallam.



Event Name: Book donation day  
Date of the Event: 21.10.2021

Place: Government model school Vallam  
Latitude:10.712509495477;Longitude:79.06491499845

**Donate the books to the Headmaster**

## 31- OCTOBER 2021-NATIONAL UNITY DAY

National Service Scheme of PRIST Deemed to be University, Vallam –Thanjavur, observed the National Unity Day commemorating the birth anniversary of Sardar Vallabhbhai Patel. Several Programmes were conducted to imply the significance of the occasion. All NSS volunteers took Part in the oath taking ceremony for the unity of the nation.

### “ NATIONAL UNITY DAY”



Event Name: National Unity Day

Place: PRIST Deemed to be University

Date of the Event: 31.10.2021

Map: Latitude 10.72102°: Longitude: 79.04313°

**Volunteers took pledge**



## **PUBLIC ENVIRONMENTAL AWARENESS ON 21.11.21**

Public Environmental Awareness and Other Activities Awareness is the basic tool for protection of the environment. The Public Environmental Awareness programme aims at creating awareness amongst general public and different segments of the society for minimizing and controlling pollution. Campaign activities are planned and executed under this plan scheme. These include:

- Anti-Littering and Anti Plastic Bag Campaign including waste minimization and management.
- Anti-Fire Crackers Campaign on the occasion of Diwali festival.
- Prohibiting burning of leaves campaign.
- All other environmental & pollution control related issue.

The PRIST Deemed to be University NSS Cell creates awareness by adopting Villages Thirumalaisamuthiram, Munnaiyampatti, Ayyasamipatti, Vallam puthur, Kuruvadipatti.

### **“ENVIRONMENT AWARENESS PROGRAMME”**



Event Name: Environmental Awareness

Place: Vallam Puthur

Date of the Event: 21.11.2021

Map: Latitude 10.733270784860999  
Longitude 79.04587113299789

**Volunteers collecting Plastic Bags**

## **WORLD AIDS AWARENESS DAY**

Duration in days: One day Date: 01/12/2021

Name of the event: World AIDS Awareness Day

Organized by: NSS Venue: adopted village (Kuruvadipatti)

Number of participant- Male: 50 Female: 50 Total: 100

Objective: To create awareness

### **Details:**

HIV remains a major public health issue that affects millions of people worldwide.

Although the world has made significant progress in recent decades, important global targets for 2020 were not met. Division, disparity and disregard for human rights are among the failures that allowed HIV to become and remain a global health crisis. Now, COVID-19 is exacerbating inequities and disruptions to services, making the lives of many people living with HIV more challenging. The theme of World AIDS Day 2021 is “End inequalities. End AIDS”. With a special focus on reaching people left behind, WHO and its partners are highlighting the growing inequalities in access to essential HIV services.

# 5 HIV FACTS

## 1 People on effective HIV treatment can't pass it on

Effective treatment for HIV suppresses the virus to such low levels that it can't harm you and you can't pass it on.

## 2 HIV can't be passed on through day-to-day contact

HIV can't be passed on through things like touching, kissing, sharing cutlery or glasses.

HIV can be passed on through sex without a condom but only if a person is not on effective treatment. It can also be passed on through sharing needles and during pregnancy (but in the UK this is extremely rare because we have great treatment).

## 3 HIV can affect anyone

Some groups of people are affected by HIV more than others, but it can be passed on to anyone.

## 4 People living with HIV can live long and healthy lives

There isn't a cure for HIV, but there is excellent treatment. If you are diagnosed in good time and take your medication, you can have as long and healthy a life as everyone else.

## 5 There are many ways to prevent HIV

- Getting regularly tested for HIV if you are sexually active
- Taking PrEP or PEP (tablets which prevent HIV either before or just after you've been exposed to it)
- Using condoms
- Never sharing needles
- Taking your medication if you are living with HIV



[www.nat.org.uk](http://www.nat.org.uk)

Awareness pamphlet

## NATIONAL YOUTH DAY

**Duration in days:** One Day

**Date:** 12/01/2022

**Name of the event:** National Youth Day

**Organized by:** NSS

**Venue:** PRIST – Vallam

**Number of participant-:150**

**Objective:** Examine of knowledge of students towards our manifestation.

**Details:** - The PRIST Deemed to be University NSS Cell had organized Quiz on Swami Vivekananda on occasion of their birth anniversary and National Youth Day. For this activity more than 150 students participated. The activity was coordinated by Student's coordinator S.Kannan and Dr.T.Veeramani the Quiz was conducted to test the knowledge about the great supremacies.

**Outcome of the program:** Students has been participated in this quiz.

### “NATIONAL YOUTH DAY”



Event Name: International Yoga Day

Place: PRIST Deemed to be University

Date of the Event: 12.01.2022

Map: Latitude 10.72102°: Longitude 79.04313°

**Students has been Participated in the Quiz**



## CREATE THE VOTER AWARENESS 23.02.2022

PRIST Deemed To Be University NSS Cell Along With Collector Office Which create the Voter Awareness Short Film Advertisement With Sophisticated Electronic Vehicle On 100% Turnout In Urban Local Government General Elections As Per Tamilnadu State Election Commission Order on 23.02.2022



Event Name: Voter Awareness programme Place: District Collector Office

Date of the Event: 23.02.2022 Map: Latitude:10.73380915231033;Longitude:79.09246587807353

**District Collector Commence The Voter Awareness Short Film Advertisement**

## HEALTH AWARENESS PROGRAMME FOR SCHOOL STUDENTS AT BUDHALUR

NSS Programme Officer educated and created awareness about a very important disease that has been declared as a Pandemic by WHO- Corona virus disease (COVID 19) among the 125 NSS volunteers and NSS Programme Officers of our University. Awareness programme was conducted on 09.03.2022. Awareness was created regarding risk factors, high risk areas, symptoms, signs, diagnosis, treatment, complications, and most importantly the methods of prevention and precautions to be taken to safeguard oneself. The myths created on social media were also busted. They were made aware about the importance of using masks, the people at high risk who require the use of masks and that not everybody needs to wear a mask. They were also told that panic will not help in any way, but being aware of the problem, taking up the responsibility of creating awareness to peers and other family members to tackle the situation, approaching the healthcare providers and hospitals in case of any suspicion, is the key to control such a pandemic. Hand hygiene and its importance were also discussed. The programme continued till around 3:45 pm, followed by questions and answers session for the student volunteers and teachers/POs to clarify any doubts. The students enthusiastically participated in this discussion and asked their queries which were answered.



**Students practice on respiration**

Event Name: Health awareness programme

Date of the Event: 09.03.2022



**Demo for proper Hand cleaning**

Place: GHSS Budhalur

Map: Latitude: 10.79660329952686;  
Longitude: 78.97906390291327

## WORLD TB DAY MARCH ON 22.03.2022

The community Health Nursing Department with NSS CELL from PRIST University was created TB awareness program to the public through skit, puppet show in Munnaiyampayyi village. 120 students was participated in this programme. The program was felicitated by Dr. Joymarryja cquelinebmo, Thanjavur, Dr. Punithavathi Head, Mr. A. G. Kannan Field publicity officer, Mr. R. RAjkumar, Field TB awareness nodel officer Buthalur & NSS Coordinator PRIST University.



Event Name: World TB day

Place: Munnaiyampatti

Date of the Event: 22.03.2022

Map: Latitude 10.72102°: Longitude 79.04313°

**The PRIST NSS Cell organized a TB awareness program for the public**



## **TREE PLANTATION ON 31.03.2022**

On 31st March, 2022, PRIST University successfully completed the event of Tree Plantation under the National Service Scheme at School campus Munnaiyampatti. Trees are the foremost source for producing the oxygen in environment, they helps to reduce the level of CO<sub>2</sub>. As we all know that the whole world is facing the problem of global warming and to recover from such problem planting the trees is become one of the most important aspects today. The event was began with the welcoming of guest Honorable, Dean Dr L.Chinappa,. PRIST University Welcome speech has been given by the Programme Officer Dr.T.Veeramani at that time Dean Advice to volunteers to think differently for the Society to make positive changes and to make improvement.

### **“TREE PLANTATION”**



Event Name: Tree plantation programme

Place: Government School Munnaiyampatti

Date of the Event: 31.03.2022

Map: Latitude 10.72102°: Longitude 79.04313°

**Saplings are ready for planting**



## SWATCH BHARAT-CAMPUS CLEANING ON 31.03.2022

Swachh Bharat was observed in the month of at the Along with the NSS volunteers, service minded faculty members and staffs of the university, participated in the inaugural ceremony and pledged to take part in the cleanliness campaign.

The NSS volunteers gathered to clean the surroundings of the individual buildings in the campus. 105 NSS volunteers enthusiastically collected plastic wastes, tea cups, weeds, and dry leaves spread over the surrounding areas. The volunteers gathered all the waste and trash bags to the place where the university arranged for the removal of collected wastes. The whole cleaning drive was quite inspiring and motivating for the NSS team members.



Event Name: Swachh Bharat

Place: PRIST Deemed to be University

Date of the Event: 31.03.2022

Map: Latitude 10.72102° or 10° 43' 16" north

Longitude 79.04313° or 79° 2' 35" east

**Campus cleanliness drive conducted by NSS volunteers**

## WOMEN EMPOWERMENT PROGRAM ON 15.04.2022

PRIST NSS Cell Organized Women empowerment programme at Kuruvadipatti Village on 15<sup>th</sup> April 2022. 50 NSS volunteers and staff members along with 25 women's from nearby village are got Tailoring training from our University.

### “ WOMEN EMPOWER PROGRAMME”



Event Name: Women empowerment programme

Place: Kuruvadipatti

Date of the Event: 15.04.2022

Map: Latitude: 10.754497252243242

Longitude: 79.04310066990205

**While Women's are engaged training**

## HEALTH CAMP FOR VILLAGE PEOPLE AFTER COVID-19 ON 28.04.2022

NSS wing organized the Health camp for COVID-19 awareness program on 28<sup>th</sup> April 2022 at Munnayampatti. Health screening inspection was engaged in village peoples including children. The doctors of Meenatchi hospital Thanjavur accepted the request made by NSS Unit of our University and deputed a team of staff members and 120 student including doctors in a mobile van in to the village.



Latitude 10.72102°: Longitude 79.04313°

Event Name: Health camp

Place: Munaiyampatti

Date of the Event: 28.04.2022

Map: Latitude 10.72102°: Longitude 79.04313°

**The doctor is screening the health of the villagers**



## **ENTREPRENEURSHIP DEVELOPMENT PROGRAM ON 29.04.2022**

In the present era of cut throat competition limited job opportunities are available and hence this is high time to think about alternative options of jobs. An individual can become self-assured by giving his/her efforts in the direction of Entrepreneurship. They play a vital role in the country's economic growth and also create employment opportunities for others.

With this noble perspective in mind PRIST NSS Cell has organized an Entrepreneurship Development Program on 29.04.2022 at Coir Board Thanjavur. Interested village people from adopted villages like Munnayampatti, Kuruvadipatti have participated in the Entrepreneurship Development Program. They have shown their enthusiasm and active participation during the program. All experts have delivered contents in an interesting way.

### **“ENTREPRENEURSHIP DEVELOPMENT PROGRAMME”**



Event Name: Entrepreneurship Development Program      Place: Coir Board Thanjavur

Date of the Event: 29.04.2022      Map: Latitude:10.733281993966063:Longitude:79.0765981

**Experts have delivered contents in an interesting way**



## **POND CLEANING ACTIVITY AT MUNNAYAMPATTY 30.04.2022**

As part of cleaning activity of The PRIST Deemed to be University NSS Cell, 50 volunteer cleaned the Village pond located at Munnaiyam patty. The pond was out grown with weeds and unwanted plants by our volunteers.



Event Name: Pond cleaning

Place: Munnaiyampatti

Date of the Event: 30.04.2022

Map: Latitude 10.72102°: Longitude 79.04313°

**Volunteers remove unwanted plants**