3.4.3 Number of extension and outreach Programmes conducted by the institution through NSS/NCC/ Red Cross/ YRC etc., (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc.) and/or those organised in collaboration with industry, community and NGOs during the year & 3.4.4 Number of students participating in extension activities at 3.4.3. above during

s.no	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
1	Lung Cancer Awareness Program	Division of Cancer Research, Regional Cancer Centre, Trivandrum, Kerala	YRC,NSS and RRC	01.08.2023	80
2	Meendum Manjappai & Right To Information Act	Tamilnadu Pollution Control Board YRC,NSS and RR		13.10.2023	120
3	National Unity Day	As a part of Rashtriya Ekta Divas	YRC,NSS and RRC	31.10.2023	55
4	Blood Donation Camp	In association with HDFC Bank Ltd, Ganga hospital service branch and Blood Bank, Shanthi Social Services, Coimbatore  YRC,NSS		03.11.2023	141
5	Pollution free Diwali Awareness Program	Tamilnadu Pollution Control Board	YRC,NSS and RRC	9.11.2023	70
6	Eye Camp	In association with Vasan Eye Care, Kuniyamuthur, Coimbatore	YRC,NSS and RRC	8.12.2023	175
7	Food Donation Program	At Udhavum Karangal, Premier Mills, Coimbatore	YRC,NSS and RRC	28.12.2023	4
8	Food Donation Program	At Karunai illam, Karamadai	YRC,NSS and RRC	30.12.2023	5
9	Voting Awareness Rally	As a part of Mera Pehla Vote - Desh Ke Liye	YRC,NSS and RRC	06.03.2024	150
10	Consumer Rights Program	Principal, various department HoD, Teaching Faculties, ,volunteers and Students	YRC,NSS and RRC	15.03.2024	65
11	Campus Cleaning Program	Swacch Bharat Mission	YRC,NSS and RRC	16.03.2024	45
12	Voting Campaign	In association with Taluk Office, Coimbatore South	YRC,NSS and RRC	27.03.2024	55
13	Voting Awareness Quiz Program	As a part of Mera Pehla Vote - Desh Ke Liye	YRC,NSS and RRC	5.03.2024	60
14	International Yoga day Celebration	JSS Institute of Naturopathy & yogic Science, Coimbatore.	YRC,NSS and RRC	21.06.2024	200



#### International Yoga Day

The 10TH International Yoga Day was celebrated in JCT College of Engineering and Technology on 21.06.2024. The programme was started by 11.00 am in JCT seminar hall. Welcome address was given by the Principal Dr.S.Manoharan and also he explains this year theme of yoga day. Chief guest of the programme Dr.J.S.SharmilaAsst.prof / MO (JSS institute of Naturopathy Navakkarai – Coimbatore). The chief guest insisted about the importance of yoga -8 Limbs of yoga (Way of life), She insisted on various topics like Yoga and society, Yoga in Education, Gyama and Niama, About the Asanas and how it helps in everyday life, Five senses, In future, Yoga in workplace, reduces stress, and improves the productivity, also reduces the prevalence of life style and the cost of effectiveness. Dr.R.Lakshmimahendran Department of Fasting and Diet Therapy (JSS institute of Naturopathy - Navakkarai -Coimbatore). She taught nearly 10 asana with the help of our student. Our principal Dr.S.Manoharanhonour the chief guest from J.S.S. Institute of Naturopathy. At the end of the programme principal thank to the yoga team for their valuable time to share with our students in this special day.

It is informed that ,June 21, 2024 was celebrated as the "JAMBU DWEEP PRAGADANAM", on this auspicious day of pride for the nation, especially for the brothers and sisters of Tamilnadu and a glorious day in the history of our national freedom movement. On this day the Great Marudhu brothers of Sivagangai put into action visionary strategic documents. The brave warriors had conceived and operationalized a blue print of strategic unity of native Rulers of Bharat against the powerful colonial forces, ensuring battles had shaken the British establishment. The British along with their might and eventually

succeeded in foiling the dream of Independence, the indomitable Maruthu Brothers were martyred. Their grand vision for a united strong Bharat and their martyrdoms in Pursuit of it remains a deep source of inspiration for us. (Ore Bharatham, Unnatha Bharatham of their dream").





### **Voting Awareness Quiz Program**

As a part of Mera Pehla Vote - Desh Ke Liye – Voting Campaign, a quiz was organized for the volunteers on 05.03.2024, Tuesday at the campus premises. Dr.P.Lakshmana Kumar, NSS Programme Officer organized the quiz.





## Voting Campaign

As a part of Mera Pehla Vote - Desh Ke Liye – Voting Campaign, an awareness program on voting was organized at Pichanur village in association with Taluk Office, Coimbatore South on 27.03.2024, Wednesday. Totally, 30 girls and 25 boys volunteers participated in the event along with the team from Taluk Office, Coimbatore South.





### Campus Cleaning Program

As a part of Swacch Bharat Mission, a Campus Cleaning Program was organized with the I and II year NSS volunteers at the campus premises on 16.03.2024, Saturday. Dr.P.Lakshmana Kumar, NSS Programme Officer welcomed the volunteers and instructed the volunteers to remove single use plastics and other unwanted items from the campus premises. Totally, 18 boys and 27 girls volunteers participated in the event.





## **Consumer Rights**

An awareness program on "Consumer Rights" was organized at the campus premises on 15.03.2024, Friday. Dr.P. Lakshmana Kumar, NSS Programme Officer welcomed the volunteers and emphasized the importance of Consumer Rights to the volunteers. Totally, 30 boys and 35 girls volunteers participated in the event.







# **Voting Awareness Rally**

As a part of Mera Pehla Vote - Desh Ke Liye – Voting Campaign, a rally was organized by the volunteers on 06.03.2024, Wednesday at Pichanur village. Dr.P.Lakshmana Kumar, NSS Programme Officer and Mr.P.Muthu Kumar, NSS Programme Officer organized the rally.





#### **Food Donation**

The NSS unit donated lunch for the inmates at Karunai illam, Karamadai, Coimbatore on 30.12.2023, Saturday. Totally, Rs.5,000 was sponsored for the lunch for the inmates. Five boys volunteers participated in the event.

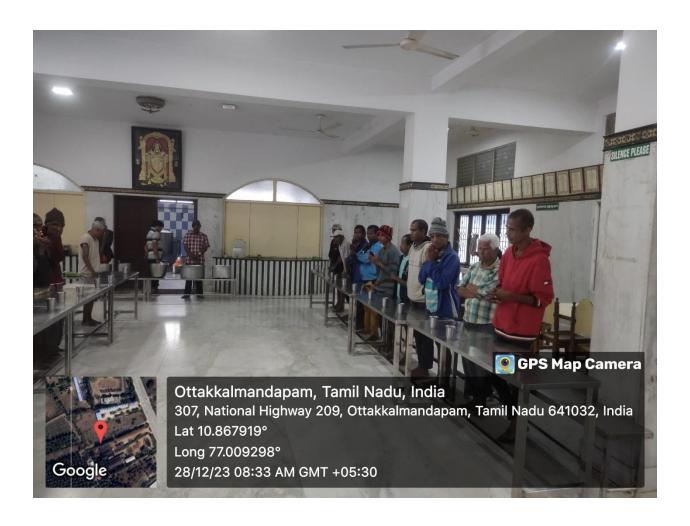




#### **Food Donation**

The NSS unit donated breakfast for the inmates at Udhavum Karangal, Premier Mills, Coimbatore on 28.12.2023, Thursday. Totally, Rs.6,000 was sponsored for the breakfast. Two boys volunteers participated in the event.





# **Free Eye Camp**

A free Eye Camp was organized by the NSS unit in association with Vasan Eye Care, Kuniyamuthur, Coimbatore on 08.12.2023, Friday. All the Staff members and students were involved in checking their vision. Totally, 175 participated in the camp.



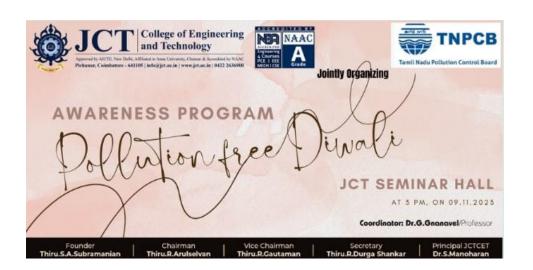


### **Diwali Awareness Programme**

To create awareness and to install sense of responsibility a Diwali awareness programme was organized jointly with Tamilnadu Pollution Control Board and JCT College of Engineering and Technology at JCT seminar hall on November 9, 2023. More than 50 students participated in the event.







#### **Blood Donation Camp**

A Blood Donation Camp was organized by the NSS unit in association with HDFC Bank Ltd, Ganga hospital service branch and Blood Bank, Shanthi Social Services, Coimbatore on 3rd November 2023, Tuesday. Dr.P.Lakshmana Kumar, NSS Programme Officer welcomed the gathering. Totally, 189 students were screened for donation of blood, out of which 141 students donated the blood. Appreciation Certificates were given to the donors by Shanthi Social Services team at the end of the event





### **National Unity Day**

As a part of Rashtriya Ekta Divas, National Unity Day was celebrated at the campus premises on 31st October 2023, Tuesday between 3.30 p.m. and 4.30 p.m. Dr.P.Lakshmana Kumar, NSS Programme Officer welcomed the volunteers and emphasized the importance of Unity among Diversity across the country. Totally, 25 boys and 30 girls volunteers participated in the event.



#### Meendum Manjappai & "Right To Information Act

On October 13,2023, Department of Biotechnology and Biochemical Engineering conducted "Association Inaugural function". In this junction, "Tamilnadu Pollution Control Board- Coimbatore" Assistant Engineers Mr.Vigneshkumar and Ms.Pricilla given an awareness program on "Meendum Manjappai" & "Right To Information Act" and Professor from Kumaraguru College of Technology given a "Overview of Biotech research in India and abroad". Principal Dr.S.Manoharan felicitated and department head Dr. P.Muthusamy explain about the Association activities finally Dr.G.Gnanavel read the Annual Report of 2022-2023. Association "President" introduced the Office Bearers of the Association and the Oath Taking ceremony was conducted.





#### **Lung Cancer Awareness Program**

The purpose of this webinar is to raise awareness about lung cancer, how it is treated, and how it can be diagnosed in various ways. The speaker was Dr.C. Guruvayoorappan, Associate Professor from the Division of Cancer Research, Regional Cancer Centre, Trivandrum, Kerala. He spoke about what lung cancer is, the stages of lung cancer, and how it is caused by various forms and diagnoses of lung cancer. He also focused on the therapy of lung cancer and gave an overall view of his research project based on lung Metastasis. The webinar was amazing, and the third and fourth years had a good resource person about lung cancer awareness. They have learned a lot of useful tips on how to research metastasis and how it is caused. He also guided student's careers based on Oncology research.

