

NATIONAL CADET CORPS (NCC)

INTERNATIONAL YOGA DAY (21.06.22)

The International Yoga Day was organized at ADM College for women (Nagapattinam), on 21st June 2022. A total of 30 cadets participated in the event. Dr.R.Anbuselvi, Principal inaugurated and addressed the gathering and insisted to practice yoga to create a holistic approach to health and well-being. All the cadets were actively participated and exhibited their yoga skills in the event.



NATIONAL SERVICE SCHEME (NSS)

National Flag at Every Home

A.D.M. COLLEGE FOR WOMEN (Autonomous)

Nagapattinam

Affiliated to Bharathidasan University, Tiruchirapalli

(Nationally Accredited with "A" Grade by NAAC- 3 Cycle)

National Service Scheme

National Flag at Every Home

Venue: Orathur Village, Nagapattinam

Chief Guest

Dr.R.Anbuselvi,

Pririncipal (i/c)

A.D.M College for Women (Autonomous),

Nagapattinam.

Date: 12.08.2022

TIME: 10.00 a.m to 4.00 p.m

NSS Programme Officers

PRINCIPAL

Mrs. P.Kavitha (Unit I)

Dr.R.Anbuselvi.

Mrs.D.Savithiri (Unit II)

MINUTES

On 12.8.2022, the NSS programme officer Dr S.Rajeshwari took 94 NSS volunteers to the adopted village named Orathur along with our college Principal Dr R.Anbuselvi to create awareness among the village people regarding flag hoisting at every home. The NSS team reached the village at 10:30 a.m. First of all, our principal gave our national flag to the M.L.A of the village in Chidambaranur Middle School and gave a talk about patriotism. The NSS Volunteers splitted into groups and instructed to give the flags to every village people. The programme officer explained about the importance of hoisting flag at every individuals house to show their patriotism. The people in the village enthusiastically received national flags and hoisted it in their houses. The volunteers felt very proud in doing this activity.



Dr.S.Rajeswari, NSS Programme Officer (Unit II) along with the NSS Volunteers at Orathur Village

**NATIONAL SERVICE SCHEME (NSS)
OBSERVANCE OF SADBHAVANA DIWAS**



**A.D.M COLLEGE FOR WOMEN (AUTONOMOUS)
NAGAPATTINAM**

NATIONAL SERVICE SCHEME (NSS)

ACTIVITY : Observance of Sadbhavana Diwas

DATE : 18.08.2022

**PLACE: A.D.M College for Women (Autonomous),
Nagapattinam**

**CHEIF GUEST: Dr. R. Anbuselvi,
The Principal,
A.D.M College for Women (Autonomous),
Nagapattinam.**

ALL ARE CORDIALLY INVITED!!!

**Dr.S.Rajeswari, Assistant Professor of Tamil
NSS PROGRAMME OFFICER (UNIT II)**

**Dr. R.Anbuselvi
PRINCIPAL**

MINUTES

The **Sadbhavana** (means having good feelings for others) Diwas or Harmony Day is celebrated to commemorate the birth anniversary of the earlier Prime Minister of India named Rajiv Gandhi. Having good feelings for others was the only the mission of the government of Rajiv Gandhi. It is celebrated every year on 20th August. The theme of Sadbhavana is to Promote and encourage the national integration, peace, national integrity, love, affection and communal harmony among the Indian people of all the religions. In connection with the aforesaid programme, the NSS Programme officers of Unit I & Unit II made necessary arrangements to administer the Sadbhavana Diwas Pledge to all the NSS Volunteers, teaching and non-teaching staff members of the college, and students. First of all, Dr.R. Anbuselvi, Principal of our college had taken the pledge along with all the teaching and non-teaching staff members and then the NSS Programme officer Dr.S.Rajeswari of Unit II administered the pledge along with the NSS volunteers. Totally 194 members were participated in the event. Participants of all age groups participated in the event with great enthusiasm. The Pledge is given as follows:

SADBHAVANA DAY PLEDGE

“I take this solemn pledge that I will work for the emotional oneness and harmony of all the people of India regardless of caste, region, religion or language. I further pledge that I shall resolve all differences among us through dialogue and constitutional means without resorting to violence.”



Pledge taken by Dr.R.Anbuselvi, Principal of our college and NSS Programme officer Dr.S. Rajeswari along with Teaching and NonTeaching Staff members of our college



NSS Programme officer Dr. S. Rajeswari administered the pledge to the NSS volunteers

NATIONAL SERVICE SCHEME (NSS)

Rally on Drug Abuse Awareness Programme



A.D.M COLLEGE FOR WOMEN (AUTONOMOUS) NAGAPATTINAM

NATIONAL SERVICE SCHEME (NSS)

ACTIVITY : Rally on Drug Abuse Awareness Programme

DATE : 18.08.2022

PLACE : From the College Campus to New Bus Stand,
Nagapattinam

CHIEF GUEST : **Mr.K.Mani,**
Head and Home Guard,
Regional Co-ordinator
Nagapattinam.

ALL ARE CORDIALLY INVITED!!!

Dr.S.Rajeswari, Assistant Professor of Tamil **Dr. R. Anbuselvi**

NSS PROGRAMME OFFICER (UNIT II)

PRINCIPAL

MINUTES

The NSS volunteers of A.D.M College for Women (Autonomous), Nagapattinam participated in the “Rally on Drug Abuse Awareness Programme” on 18.08.2022. This awareness rally was co-ordinated by the NSS Programme officer of Unit II, A.D.M College for Women (Autonomous), Nagapattinam. Mr.K.Mani, Head and Home Guard, Regional Co-ordinator inaugurated this rally. The rally started at College Campus around 11 am and ended at Nagapattinam New Bus Stand around 1 pm. In this rally, the students raised the slogans to create awareness among the public not to touch drugs in their life and also to take the pledge against drug usage. The NSS volunteers eagerly participated in the rally. The NSS programme officers explained the volunteers and public about the harmful effects and the risks associated with using alcohol and other drugs. They stressed the importance of awareness campaigns about drug abuse among students and insisted the students convey this information to their parents, relatives and nearby places. Effective drug education is important because young people are faced with many influences to use both licit and illicit drugs. Education can play a counter balancing role in shaping a normative culture of safety, moderation, and informed decision making. The students shouted that “Avoid Drugs and Save Human Life” during the rally.





NSS Volunteers at Drug Abuse Awareness Rally



NATIONAL SERVICE SCHEME (NSS)
Weed Eradication and Temple Cleaning Services



A.D.M COLLEGE FOR WOMEN (AUTONOMOUS)
NAGAPATTINAM

NATIONAL SERVICE SCHEME (NSS)

ACTIVITY : Weed Eradication and Temple Cleaning Services

DATE : 26.08.2022

PLACE : Shri Kayahorana Swami Neelayathatchi Amman
Temple, Nagapattinam

1. Mrs. M. PRABAVATHY,
Assistant Professor of Mathematics

2. Dr. S. RAJESWARI, Assistant Professor of Tamil

NSS PROGRAMME OFFICERS (UNIT I & UNIT II)

Dr.R.ANBUSELVI
PRINCIPAL

MINUTES

On account of the Ganesh Chaturthi, the NSS Units (Unit I & Unit II) of our college conducted a Temple cleaning services on 26 August 2022 under the guidance of NSS Programme officers at Shri Kayahorana Swami Neelayathatchi Amman Temple, Nagapattinam. All the NSS Volunteers were engaged in this cleaning Programme. The NSS Programme officers divided the NSS Volunteers into several groups. Each group members were allocated with a particular area for cleaning. It was a celebration time of Lord Ganesha and 1008 Kuthuvilakku Pooja festival was planned to conduct in the evening on that day at the temple. Therefore the volunteers are asked to prepare 1100 pooja gifts such as packing of Kumkum, coconut, agarbatis, turmeric thread, betel leaf etc. which is planned to issue to the devotees during the vilakku pooja event. Also, the volunteers washed the villaku and vessels at the temples. Some volunteers put 1008 rangolis in the temple premises as per the request by the team. After completing the works, the pooja team served delicious lunch to all the volunteers and the food was enjoyed by the volunteers. After the lunch, the volunteers packed thousand boxes of Kesari to provide it to the devotees. The volunteers and Programme officers felt very blessed in doing this activity.



The NSS Programme officers of Unit I & Unit II along with the Volunteers



RED RIBBON CLUB

**44th Chess Olympiad - re-initiated the Nagai Chess Olympiad torch from
Madurai district at Vedaranyam Upu Satyagraha Stupi**

A.D.M COLLEGE FOR WOMEN

(AUTONOMOUS)

NAGAPATTINAM

RED RIBBON CLUB

**Activity: 44th Chess Olympiad - re-initiated the Nagai Chess
Olympiad torch from Madurai district at Vedaranyam Upu Satyagraha
Stupi**

DATE : 26.7.2022

PLACE : District Collector Office, Nagapattinam

Dr. R. Veera

Dr. N. Punitha Lakshmi

Dr.R. Anbuselvi

Coordinator

Coordinator

Principal (i/c)

MINUTES

In view of the 44th Chess Olympiad being held in Mamallapuram, Nagapattinam Collector Dr. Arun Tamburaj received and re-initiated the Nagai Chess Olympiad torch from Madurai district at Vedaranyam Upu Satyagraha Stupi. In it, the students of A.D.M College for Women participated on 26.7.2022 and created awareness about Chess Olympiad.

Ms. Brinda, second year student of B.A History, gave the Chess Olympiad torch to the District Collector and other RRC students waved the flag in their hands and gave an enthusiastic welcome to the rally.



RED RIBBON CLUB

எய்ட்ஸ் விழிப்புணர்வுக்கு பெரிதும் காரணம் குடும்பமே சமூகமே

 <p>அ.கு.ம. மணிச் செட்டி(முன்னாட்சி), நாண்பட்டிளம் செஞ்செஞ்சு சங்கம் (RED RIBBON CLUB)</p>  <p>எய்ட்ஸ் விழிப்புணர்வு விவர அரங்கம் மற்றும் செஞ்செஞ்சு சங்கம் இயக்கப்போட்டிகள்</p> <p>நாள் : 03.08.2022 இடம் : செட்டி சாலை நேரம் : 3.00 மணி தலைப்பு: எய்ட்ஸ் விழிப்புணர்வுக்கு பெரிதும் காரணம் குடும்பமே சமூகமே </p> <p>விவர அரங்கம் :</p> <p>தலைவர்: Mr.K.Selthivel, District supervisor (TANSCAS),Nagapattinam. சமூகம்: Mr.N.Senthil Kumar Counsellor(CTC) குடும்பம்: R.Bala Abinmi III B.Sc Chemistry A.D.M.C</p> <p>முனைவர்.ப.புலிமேட்டி முனைவர்.ஆ.சி.ர. குடும்பம்</p> <p>முனைவர்.ஆர்.அன்புமேட்டி குடும்பம்</p>	<p>நிபந்தி நிரல்</p> <p>நிபந்திநாள் வாழ்த்து</p> <p>வரவேற்புரை : முனைவர்.ப.புலிமேட்டி நிபந்திநாள் உதவிச் செயலினை, செஞ்செஞ்சு சங்கம் குடும்பம்மேலும்.</p> <p>தலைவர்ப்புரை : முனைவர்.ஆர்.அன்புமேட்டி முனைவர், அ.கு.ம. மணிச் செட்டி(முன்னாட்சி), நாண்பட்டிளம்</p> <p>விவர அரங்கம் : எய்ட்ஸ் விழிப்புணர்வுக்கு பெரிதும் காரணம் குடும்பமே சமூகமே </p> <p>குடும்பம் இயக்கம் போட்டிகள் : சேல், எட்டுரை, குடும்பம் போட்டிகள்</p> <p>நன்றிப்புரை : செஞ்செஞ்சு சங்கம் மணி</p> <p>நாட்டுப்பாடல்.</p>
--	---

MINUTES

RRC conducted Debate and sing a song of confidence on 03.08.2022 at ADM College for Women (Autonomous), Nagapattinam, for students on AIDS Awareness.

Judge:

Mr. K. Sakthivel,
Supervisor,
Tamil Nadu AIDS Control Society,
Nagapattinam

Participants

குடும்பமே

Selvi. Bala Abirami, III UG Chemistry

சமூகமே

Mr. N. Senthil Kumar,
AIDS Awareness Consultant,
Nagapattinam



RED RIBBON CLUB
YOUTH RED CROSS ORIENTATION PROGRAMME

A.D.M.College for Women (Autonomous) Nagapattinam



**Youth Red Cross
Organises**



Orientation Programme

Resource Person
Dr. G.V.Pandian
YRC.District Organiser&HOD Of Chemistry,
T.B.M.L.College, Porayar

Date :10.09.2022
Time: 2.00P.M to 4.00 P.M
Venue:Hall No:9,10

Dr.R.Jamuna Devi
G.Dharani
Programme Officers

Dr.R.Anbuselvi
Principal i/c

All are Cordially Invited

Greetings
15/9/2022

MINUTES

Youth Red Cross unit of A. D. M. College for women Organised Orientation programme for the YRC volunteers On 10.9.2022. The Programme started with Tamilthai valthu welcome address was given by Dr.R.Jamuna Devi, Assistant Professor of Commerce /YRC Programme officer Dr.G.V Pandian HOD of Chemistry / YRC District Organiser ,TBML College Porayar was the resource person. He enlightened the volunteers about the origin of Red Cross organization,structure, mission, seven fundamental principles, Disaster management and emergency preparedness. He explained the difference between accident and disaster. He motivated the volunteers to render Service to the society wherever needed . R. Dharani Assistant Professor of Bio-Chemistry / YRC Programme officer proposed the vote of thanks .The programme came to an end with the National Anthem.

