



**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR**

Academic Year	2019-2020
Title	Yoga awareness programme
Date	26.06.2019
Mode	Offline
Venue	P. U. Middle, School, Begepalli
Students participants	10
Staff participants	02
Coordinators	Dr.D.BHUVANA & Dr.S.GEETHA

**Objective:**

To introduce students and staff to the benefits of yoga for physical and mental well-being, and to encourage the adoption of yoga practices as a part of a healthy lifestyle.

**Report:**

On 26.06.2019, a Yoga Awareness Programme was conducted at P. U. Middle School, Begepalli, with 10 students and 2 staff members in attendance. The objective was to raise awareness about the benefits of yoga and its potential impact on overall health. Success was evidenced by active participation and engagement during the session, with attendees expressing interest in learning more about yoga techniques and incorporating them into their daily routines. Feedback from participants indicated improved awareness of yoga's positive effects on physical and mental health, suggesting the program effectively achieved its objectives.



**ST.JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN HOSUR  
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**ATTENDANCE**

S.NO	REGISTER NO	NAME	DEPARTMENT
1	19UBX1253	Winifredjohn peter. J	I- BBA
2	19UBX1236	Sakunthala. M	I- BBA
3	19UND1235	Arunthavanayaki	I- BSC Nutrition
4	19UND1218	Renuka Parameshwari.R	I- BSC Nutrition
5	19UCHE3237	Monika.G	I- BSc Chemistry
6	19UCHE3225	Hajra Maffica.N	I- BSc Chemistry
7	19UCHE3255	Swetha.C	I- BSc Chemistry
8	19UMA3021	Vishalakshi.M	I-BSc Maths
9	19UMA3004	Evanjalinmaria.S	I-BSc Maths
10	19UMA3017	Sivabharathi.G	I-BSc Maths

*O. B. J.*  
*O. B. J.*

**SIGNATURE OF THE NSS OFFICERS**

**NSS PROGRAMME OFFICER**  
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**SIPCOT, HOSUR - 635 126**  
Krishnagiri Dist.

*S. Arockiarani*

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## ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

Academic Year	2019-2020
Title	Promoting Village Cleaning Awareness
Date	27.06.2019
Mode	Offline
Venue	Begepalli
Students participants	10
Staff participants	02
Coordinators	Dr.D.BHUVANA & Dr.S.GEETHA

### Objective:

To raise awareness among students and staff about the importance of maintaining cleanliness in the village of Begepalli, promoting community involvement in efforts to enhance hygiene and sanitation.

### Report:

On 27.06.2019, a Village Cleaning Awareness programme was conducted in Begepalli, with 10 students and 2 staff members participating. The objective was to instill a sense of responsibility towards village cleanliness. Success was evident through active participation in cleaning activities, including waste collection and disposal. Additionally, participants engaged in discussions about the significance of maintaining a clean environment for community health. Improved cleanliness and a heightened sense of environmental consciousness among attendees indicate the program's success in promoting village cleaning awareness.



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**ATTENDANCE**

S.NO	REGISTER NO	NAME	DEPARTMENT
1	19UBX1217	Kemalatha. K	I- BBA
2	19UBX1249	Tulasishree. R	I- BBA
3	19UND1218	Anitha.S	I- BSc Nutrition
4	19UCH3240	Nithya.N	I- BSc Chemistry
5	19UBX1199	Ashwini. R	I- BBA
6	19UBX1237	Sangeetha. N	I- BBA
7	19UBX1219	Meenakshi. S	I- BBA
8	19UCH3233	Madhumithira.P	I -BSc Chemistry
9	19UCH3253	Swathi.S	I- BSc Chemistry
10	19UCH3228	Kavya.R	I- BSc Chemistry

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## ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

Academic Year	2019-2020
Title	Malaria Awareness Programme
Date	02.10.2019
Mode	Offline
Venue	P. U. Middle, School Begepalli
Students participants	10
Staff participants	02
Coordinators	Dr.D.BHUVANA & Dr.S.GEETHA

### Objectives:

- To create Malaria Awareness Programme at P. U. Middle, School Begepalli.

### Report:

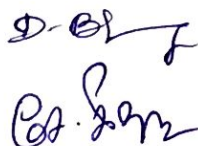
The Malaria Awareness Programme held offline at P. U. Middle School, Begepalli on 02.10.2019, engaged 10 student participants. Success was evidenced by their heightened awareness of malaria transmission, symptoms, and preventive measures. Post-program evaluation revealed improved understanding of mosquito breeding sites, proper use of bed nets, and recognition of malaria symptoms. Participants demonstrated enthusiasm in disseminating knowledge to peers and family members, suggesting a ripple effect within the community. Overall, the program effectively empowered students with vital information to combat malaria, fostering a proactive approach towards prevention and control.



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**ATTENDANCE**

S.NO	REGISTER NO	NAME	DEPARTMENT
1	19UMA3019	Sushma.V	I-BSc Maths
2	19UMA3000	Anbarasi.N	I-BSc Maths
3	19UMA3005	Jothi.V	I-BSc Maths
4	19UMA3006	Kusumanjali.S	I-BSc Maths
5	19UMA3011	Nancy Maria.A	I-BSc Maths
6	19UCHE3237	Monika.G	I-BSc Chemistry
7	19UCHE3225	Hajra Maffica.N	I-BSc Chemistry
8	19UCHE3240	Nithiya.N	I-BSc Chemistry
9	19UCHE3255	Swetha.C	I-BSc Chemistry
10	19UND1227	Mahalakshmi.A	I-BSc Nutrition



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**ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR**

Academic Year	2019-2020
Title	Awareness about Manjapai
Date	31.10.2019
Mode	Offline
Venue	Begepalli
Students participants	10
Staff participants	02
Coordinators	Dr.D.BHUVANA & Dr.S.GEETHA

**Objective:**

To raise awareness among students and staff about the benefits of using cloth bags (Manja pai) as an eco-friendly alternative to plastic bags, aiming to promote sustainable practices and reduce environmental impact.

**Report:**

On 31.10.2019, an Awareness Programme about Cloth Bags (Manja pai) was conducted at Begepalli, with 10 students and 2 staff members participating. The objective was to educate attendees about the harmful effects of plastic bags and the advantages of using cloth bags. Success was evident as participants actively engaged in discussions, demonstrating increased awareness of the environmental benefits of cloth bags. Furthermore, participants expressed willingness to switch to cloth bags, reflecting the program's effectiveness in promoting eco-friendly habits and reducing plastic usage in the community.



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**ATENDANCE**

S.NO	REGISTER NO	NAME	DEPARTMENT
1	19UBT1641	Kirthika.V	I-BSc BIOTECH
2	19UBT1641	Hindu Priya.V	I-BSc BIOTECH
3	19UBT1641	Usha.M	I-BSc BIOTECH
4	18UBX1262	Preethi. R	II- BBA
5	18UBX1255	Monika. S.J	II- BBA
6	18UBX1273	Shraya. K	II- BBA
7	19UND1243	Indhumathi.K	I-BSc NUTRITION
8	19UND1247	Vinotha.N	I-BSc NUTRITION
9	19UND1219	Arunthavanayaki.E	I-BSc NUTRITION
10	19UND1235	RenukaParameshwari.R	I-BSc NUTRITION

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## ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

Academic Year	2019-2020
Title	Awareness about the Usage of Plastics
Date	16.12.2019
Mode	Offline
Venue	Begepalli
Students participants	10
Staff participants	02
Coordinators	Dr.D.BHUVANA & Dr.S.GEETHA

### Objective:

To raise awareness among students and staff about the detrimental effects of plastic usage on the environment, and to promote the adoption of sustainable alternatives to reduce plastic consumption.

### Report:

On 16.12.2019, a session on the awareness of plastic usage was conducted in Begepalli, with participation from 10 students and 2 staff members. The objective was to educate attendees about the environmental consequences of plastic pollution and to encourage the adoption of eco-friendly practices. Success was evidenced by active engagement during discussions, heightened awareness regarding plastic waste management, and pledges made by participants to reduce their plastic usage. The program effectively instilled a sense of responsibility towards environmental conservation, indicating its success in promoting sustainable habits among attendees.



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**ATTENDANCE**

S.NO	REGISTER NO	NAME	DEPARTMENT
1	19UBT1640	Kirthika. D	I-B.Sc BIOTECH
2	19UBT1639	Hindu Priya. V	I-B.Sc BIOTECH
3	19UBT1661	Usha. M	I-B.Sc BIOTECH
4	19UBT1641	Kirthika.V	I-B.Sc BIOTECH
5	19UMA3019	Sushma.V	I-B.Sc MATHS
6	19UMA3000	Anbarasi.N	I-B.Sc MATHS
7	19UMA3005	Jothi.V	I-B.Sc MATHS
8	19UMA3006	Kusmanjali.S	I-B.Sc MATHS
9	19UMA3011	Nancy Maria.A	I-B.Sc MATHS
10	19UMA3003	Durga Shree.N	I-B.Sc MATHS

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## ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

Academic Year	2019-2020
Title	Dengue Awareness Programme
Date	22.01.2020
Mode	Offline
Venue	P. U. Middle, School Begepalli
Students participants	10
Staff participants	02
Coordinators	Dr.D.BHUVANA & Dr.S.GEETHA

### Objective:

To educate students and staff about the prevention, symptoms, and treatment of dengue fever, aiming to mitigate the spread of the disease and promote community health and safety.

### Report:

On 22.01.2020, a Dengue Awareness Programme was held at P. U. Middle School, Begepalli, with 10 students and 2 staff members in attendance. The objective was to disseminate crucial information about dengue fever. Success was evident through increased understanding among participants about dengue prevention methods, symptoms, and the importance of early medical intervention. Additionally, participants demonstrated a commitment to implementing preventive measures in their homes and communities. The program effectively empowered individuals with knowledge to combat dengue, contributing to the overall health and well-being of the community.



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**ATTENDANCE**

S.NO	REGISTER NO	NAME	DEPARTMENT
1	19UBT1648	Pavithra. M	I-B.Sc Biotech
2	19UBT1655	ShifaAnjum. S	I-B.Sc Biotech
3	19UBT1638	Hemavathi. K	I-B.Sc Biotech
4	19UCH3236	Megha.S	I-BSc Chemistry
5	19UCH3241	Pavithra.N	I-BSc Chemistry
6	19UCH3248	Sowmiya.D	I-BSc Chemistry
7	19UMA3021	Vishalakshi.M	I-BSc Maths
8	19UMA3004	EvanjalinMaria.S	I-BSc Maths
9	19UMA3017	Sivabharathi.G	I-BSc Maths
10	19UMA3009	Mala.B	I-BSc Maths

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