



UNNAT BHARAT ABHIYAN

THASSIM BEEVI ABDUL KADER COLLEGE FOR WOMEN, KILALARAI

PROGRESS REPORT

UBA Coordinator's Name: Ms.B. Seeni Rahfu Nisha

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Phone Number: 9489052386

Sr. No.	DATE OF THE ACTIVITY	ADOPTED VILLAGES	TALUKA(Block)	DISTRICT
1	15.08.2025	Chinna Mayakulam	Kilakarai	Ramanathapuram
2	15.08.2025	Velanoor	Thiruppullani	Ramanathapuram
3	15.08.2025	Idambadal	Kadaladi	Ramanathapuram
4	15.08.2025	Ervadi	Ervadi	Ramanathapuram
5	15.08.2025	Kanjirangudi	Ramanathapuram	Ramanathapuram
6	18.08.2025	Ervadi	Ervadi	Ramanathapuram
7	26.08.2025	Ervadi	Ervadi	Ramanathapuram
8	15.09.2025	Velanoor	Thiruppullani	Ramanathapuram
9	15.09.2025	Ervadi	Ervadi	Ramanathapuram
10	15.09.2025	Idambadal	Kadaladi	Ramanathapuram
11	15.09.2025	Kanjirangudi	Ramanathapuram	Ramanathapuram
12	06.10.2025	Velanoor	Thiruppullani	Ramanathapuram
13	06.10.2025	Idambadal	Kadaladi	Ramanathapuram
14	11.10.2025	Velanoor	Thiruppullani	Ramanathapuram
15	11.10.2025	Ervadi	Ervadi	Ramanathapuram
16	11.10.2025	Idampadal	Kadaladi	Ramanathapuram



17	11.10.2025	Chinna Mayakulam	Kilakarai	Ramanathapuram
18	11.10.2025	Kanjirangudi	Ramanathapuram	Ramanathapuram
19	15.10.2025	Chinna Mayakulam	Kilakarai	Ramanathapuram
20	24.10.2025	Velanoor	Thiruppulani	Ramanathapuram
21	24.10.2025	Chinna Mayakulam	Kilakarai	Ramanathapuram
22	24.10.2025	Idampadal	Kadaladi	Ramanathapuram
23	24.10.2025	Kanjirangudi	Ramanathapuram	Ramanathapuram

List of Activities:

ACTIVITY 1: (15.08.2025) (Chinna Mayakulam)

Title of the Activity: Awareness about Plastic Usage, Women's Higher Education and Employment.

Need of the Activity:

The activity was organized in response to increasing environmental pollution caused by excessive plastic usage and the limited awareness among rural communities regarding sustainable alternatives. At the same time, many women in villages face challenges in accessing higher education and employment opportunities due to social and economic barriers. Therefore, the programme aimed to promote environmental responsibility while encouraging women's empowerment through education, skill development, and economic participation for overall community progress.

Brief Description:

The programme educated villagers about reducing plastic usage, adopting eco-friendly practices, and encouraging women to pursue higher education and employment for social and economic development. The need for conducting this activity arises from the growing importance of promoting environmental consciousness, gender equality, and economic empowerment in today's society. Excessive plastic usage poses severe threats to the



Breastfeeding plays a vital role in ensuring the health and well-being of both mother and child; however, lack of awareness, social misconceptions, and insufficient guidance often prevent mothers from practicing it effectively. This activity was needed to educate women about proper breastfeeding practices, maternal nutrition, and child health benefits, thereby contributing to improved infant development, reduced health risks, and stronger family health outcomes.

Brief Description:

The session highlighted the importance of breastfeeding, maternal nutrition, infant health benefits, and community support systems to ensure healthier mothers and children. An Awareness Programme on Breastfeeding is crucial for several reasons, as it addresses both immediate and long-term health concerns, social challenges, and misconceptions about breastfeeding. By focusing on education, community engagement, and supportive policies, the program hopes to ensure that every mother has the knowledge and support she needs to make informed decisions about breastfeeding, leading to healthier babies and mothers, reduced healthcare costs, and long-term societal benefits.





ACTIVITY 3: 15.08.2025 (Ervadi)

Title of the Activity: Awareness Programme on Sustainable Energy: Promoting Clean and Renewable Energy Solutions for Rural Development and Encouraging a Greener, Healthier Future.

Need of the Activity:

Rural communities often depend heavily on conventional energy sources that contribute to environmental degradation, health issues, and financial burden. The need for the activity arose from the necessity to introduce villagers to renewable energy options such as solar and biogas systems, encouraging sustainable energy consumption, reducing pollution, and supporting long-term rural development and self-reliance.



Brief Description: Villagers were introduced to solar power, biogas, wind energy, and energy-efficient technologies. Government schemes and sustainable energy practices were also discussed. The awareness campaign's goal was to raise awareness in rural areas of the value of sustainable and clean energy while emphasizing the advantages of using renewable resources on a daily basis. The participants were given a thorough explanation of the benefits of solar power, biogas, wind energy, and energy-efficient cookstoves in terms of enhancing health, lowering expenses, reducing smoke pollution, and promoting agricultural activities. Villagers were urged to investigate government programs, embrace environmentally friendly technology, and actively maintain energy-saving devices like solar panels and battery storage. Participants were also encouraged to raise awareness among their neighbors and families in order to support long-term rural development and guarantee the development of a more sustainable and independent community.



ACTIVITY 4: 15.08.2025 (Idambadal)

Title of the Activity: Awareness programme on Health drink to increase the Immunity daily, Nutritional care guide required for Adolescent girls, and Degradation of waste

Need of the Activity:

Many rural households lack adequate knowledge regarding balanced nutrition, immunity enhancement, and proper waste management practices. This activity was essential to create awareness about healthy dietary habits for adolescent girls, preventive healthcare through nutrition, and environmentally responsible waste disposal methods, thereby improving both individual health and community sanitation.



Brief Description:

The awareness programme to promote greenery in the village is highly beneficial as it educates the community about the importance of trees and plants in maintaining a healthy environment at the end of the programme, the Agricultural Officer joined the session and explained various issues related to the management of agricultural land.



ACTIVITY 5: (15.08.2025) (Velanoor)

Title of the Activity: Grama Sabha Meeting on sustainable rural development

Need of the Activity:

Active participation in local governance is crucial for strengthening democratic values and ensuring sustainable rural development. The activity was necessary to



encourage community involvement, raise awareness about village development issues, and provide students with practical exposure to grassroots governance, civic responsibility, and participatory decision-making processes.

Brief Description:

“UBA activities in Velanoor Grama Sabha are essential for participation, awareness, capacity building, and sustainable rural development.” Awareness on water conservation, sanitation, and entrepreneurship; key issues (borewell, ration card app) highlighted. Gained practical exposure to rural governance; improved leadership, communication, and social responsibility. Encourages self-employment, sustainable development, and stronger participatory governance.



THASSIM BEEVI ABDUL KADER COLLEGE FOR WOMEN
 Affiliated to Anna University, Chennai
 Approved by MAEC with 'A' Grade (CCEA) & UGC
 Academic Year: 2024-25 (Odd Semester)

UNNATH BHARATH ABIYAAN
 PG and Research Department of Commerce
 Student name List - Grama Sabha Meet - 1
 Date: 15.8.25

S.No	Registration Number	Name	Date	Class
1.	24BCC0016	H. Harshini	15.8.25	II nd Bcom CA
2.	24BCC0002	M.A. biranya	15.8.25	II nd Bcom CA
3.	24BCC0009	V. Balu	15.8.25	II nd Bcom CA
4.	24BCC0039	Souadkhiya	15.8.25	II nd Bcom CA
5.	24BCC0013	N. Rasmi	15.8.25	II nd Bcom CA
6.	24BCC0053	K. Anona	15.8.25	II nd Bcom CA
7.	24BCC0012	H. FASEENA	15.8.25	II nd Bcom - A
8.	24FIN0001	R. OVIVA	15.8.25	II nd Bcom Fintech
9.	24BBA0012	Jayambu Musalia	15.8.25	II nd BBA
10.	24BBA0011	Taru Zitha - H	15.8.25	II nd BBA
11.	24BBA0009	Fazlin Nuh M	15.8.25	II nd BBA
12.	24BBA0003	A1. Faduna. M	15.8.25	II nd BBA
13.	24BBA0022	SITRI Nusruda S	15.8.25	II nd BBA
14.	24BBA0010	Haafila. A	15.8.25	II nd BBA
15.	24BBA0017	Noorul Nisim S	15.8.25	II nd BBA
16.	24BBA0019	Noorul Jaithika A	15.8.25	II nd BBA
17.	24BBA0023	Sayed ali Fatima Raihana A	15.8.25	II nd BBA
18.	24BBA0007	Fareeha Zaigah F	15.8.25	II nd BBA
19.	24BBA0008	Fathima Nehmat	15.8.25	II nd BBA
20.	24BBA0016	Maseena - B	15.8.25	II nd BBA
21.	24BBA0015	Masijam Sayaka S	15.8.25	II nd BBA
22.	24BBA0006	S. Dhajun Aysing	15.8.25	II nd BBA



ACTIVITY 6: (18.8.2025) (Ervadi)

Title of the Activity: Increasing Understanding of the Risks of Drug Use, Encouraging Healthy Lifestyles, and Enabling People to Make Informed Decisions to Avoid Addiction and Maintain General Well-Being.

Need of the Activity:

Increasing exposure of young individuals to substance abuse and unhealthy lifestyle influences highlights the importance of preventive awareness programmes. This activity was conducted to educate students about the harmful physical, psychological, and social consequences of drug use while promoting healthy decision-making, self-discipline, and positive behavioral practices.

Brief Description:

The Anti-Drugging and Substance Abuse Awareness Program for School Students is crucial because it teaches young people about the negative impacts of drug use and the value of making safe, healthful decisions. It empowers students to abstain from drugs by fostering the development of life skills like self-control, decision-making, and peer resistance. Students educated school children about harmful effects of drug use and promoted healthy lifestyle choices and decision-making skills.





ACTIVITY 7 (26.08.2025) (Ervadi)

Title of the Activity

“Personal hygiene, proper hand washing, and healthy eating ”

Need of the Activity:

Poor hygiene practices and unhealthy eating habits remain significant causes of illness among school children and rural populations. The activity was required to instill awareness about personal hygiene, proper handwashing techniques, and balanced nutrition, thereby preventing communicable diseases and encouraging lifelong healthy habits.

Brief Description:

The students performed a brief speech that highlighted the negative effects of bad eating and hygiene practices in an effort to make the event more interactive and interesting. A fun quiz that checked the audience's understanding of the topics discussed. Participants eagerly participated and enjoyed the activities. Along with improving student awareness of health issues, it allowed student volunteers an opportunity to improve their leadership, communication, and collaboration abilities. The event demonstrated the effectiveness of student initiative in making positive change, and the organization's actions were impressive. This kind of regular program can make a big difference in creating a healthier school and community.



Activity 8 (15.09.2025) (Velanoor)

Title of the activity

Awareness programme on Rural Energy Programme

Need of the Activity:

Limited availability and utilization of renewable energy resources in rural areas create challenges related to energy access and environmental sustainability. The activity was needed to assess village energy requirements, promote awareness about renewable energy solutions, and encourage the adoption of sustainable energy systems to improve living standards and economic development.



Brief Description:

The programme enhanced students' understanding of rural energy challenges and the importance of sustainable energy sources. Solar panels are currently used only for powering street lights. No biogas system is available in the village. Villagers have requested the installation of solar street lights to support their local economy and daily needs. The UBA team will take steps to arrange the setup of a biogas system in Velanoor



ACTIVITY 9 (15.09.2025) (Ervadi)

Title of the Activity

“Save Water, Secure Future”

Need of the Activity:

Water scarcity has become a growing concern due to climate change, population growth, and excessive consumption. The activity was necessary to sensitize students and villagers about the importance of water conservation and sustainable usage practices to ensure long-term water security and environmental protection.

Brief Description:



Since water is necessary to all life, keeping it clean has become a major worldwide priority as an outcome of population growth, urbanization, and climate change. Understanding the significance of this issue, on August 10, 2025, students from BCA,IT,CS created an awareness program titled “Save Water, Secure Future” . The initiative's primary objective was to increase college students' understanding of the importance of water preservation and to motivate them to implement sustainable water practices both on campus and in their daily lives.



ACTIVITY 10 (15.09.2025) (Idampadal)

Title of the Activity

“Conserve Water, Improve Groundwater and Reduce Freshwater Use through Harvesting, Reuse, Mulching and Tree Planting”

Need of the Activity:

Depleting groundwater levels and increasing pressure on freshwater resources demand immediate community awareness and action. This activity aimed to educate villagers on rainwater harvesting, water reuse, and tree planting practices that support ecological balance and ensure sustainable management of natural resources.

Brief Description:

The importance of adopting sustainable water management practices, planting trees, and conserving soil moisture was highlighted as essential steps to ensure the availability of clean water and improve the health of the environment. The message **“Every drop counts, and every tree planted is an investment in the future”** was shared with the villagers, emphasizing that even small efforts contribute to long-term environmental sustainability.



Villagers were motivated to integrate these practices into their daily lives, fostering a sense of shared responsibility for natural resources.



ACTIVITY 11 (15.09.2025) (Kanjirangkudi)

Title of the Activity: Awareness campaigns on reducing kerosene/diesel usage and sessions on energy conservation.

Need of the Activity:

The continued dependence on kerosene and diesel in rural households contributes to environmental pollution, health hazards, and economic strain. The activity was conducted to



create awareness about energy conservation and promote cleaner, renewable energy alternatives that support healthier living conditions and environmental sustainability.

Brief Description:

The use of kerosene and diesel for household and agricultural purposes not only increases financial burden but also contributes to environmental pollution, greenhouse gas emissions, and health hazards due to indoor smoke and fumes. Many rural and semi-urban communities still rely on these fuels because of lack of awareness and limited access to alternative energy sources. Awareness campaigns on reducing kerosene/diesel usage and promoting energy conservation are essential to educate people on the harmful impacts of fossil fuel dependency, highlight the economic benefits of switching to renewable or energy-efficient practices, and encourage sustainable habits. Such initiatives help reduce carbon footprint, conserve natural resources, and promote healthier living conditions while ensuring long-term energy security.



ACTIVITY 12: 6.10.2025 (VELANOOR)

Title of the Activity: Education Basic Amenities

Need of the Activity:



Many students from rural backgrounds lack awareness about scholarship opportunities, educational support systems, and gender equality in education. The activity was required to motivate students to continue their education, promote equal opportunities for all genders, and strengthen access to educational resources for inclusive development.

Brief Description:

Highlighting scholarships helps students recognize the opportunities available to continue their education without financial constraints. The drama on gender equality was aimed at sensitizing students towards respecting and promoting equal rights and opportunities for all genders, thereby fostering a more inclusive and supportive school culture. They also discussed the availability of scholarships for underprivileged students and how such support can improve access to education. Furthermore, students presented or participated in a drama focused on promoting gender equality, aiming to raise awareness about the importance of equal rights and opportunities for all genders within the school environment and society at large.



Participated Student Name list:

S.No	Name	Class
1.	ABINAYAR	II B.COM (CA)
2.	JOTHTESWARI.S	II B.COM (CA)



3.	BALASOUNDARIYA.V	II B.COM (CA)
4.	AYISATH RASFA.A	II B.COM (CA)
5.	YAKSHANA.M	II B.COM (CA)
6.	MUTHU LAKSHIMI.P	II B.COM (CA)
7.	K. GUNA DEVI	II B.COM
8.	D.JANNATHUR RAIHANA PARVEEN	II B.COM
9.	RASMI FARHANA.M	II B.COM (CA)
10.	ABINAYA.M	II B.COM (CA)
11.	HAMSUL REENA.H	II B.COM (CA)
12.	FASEEHA.H	II B.COM (CA)
13.	NISMA ASMI.M	II B.COM (CA)
14.	JESILA.M	II B.COM (CA)
15.	R. OVIYA	II.B.COM FINTECH
16.	A. SEYED RABIYATH YUSRA	II.B.COM FINTECH
17.	M.MUBINA BANU	II.B.COM
18.	J. SAFRIN AYISHA	II B.COM
19.	A. AFRIN FATHIMA	II B.COM
20.	SITHI NUSRUDA.S	II BBA
21.	FASEEHATH RAIQAH.F. A	II BBA



22.	B. MASEENA	II BBA
23.	MARIYAM KADHEEJA H	II BCOM

ACTIVITY 13: 6.10.2025 (Idampadal)

Title of the Activity:

“Educating Villagers on Safe Drinking Water, Simple Household Purification Methods, Waste Management and Awareness on E-learning Resources and Internet Access.”

Need of the Activity:

Rural communities often face challenges related to safe drinking water, proper waste management, and access to digital learning resources. This activity was necessary to improve awareness of household water purification methods, environmental sanitation, and digital literacy, enabling villagers to adopt healthier practices and benefit from modern educational opportunities.

Brief Description:

Rural communities often face challenges related to access to safe drinking water, effective waste management, and digital literacy. There is a growing need to educate villagers on sustainable practices that promote health, hygiene and access to modern learning resources.

Safe Water Awareness: Interactive sessions and live demonstrations on affordable water purification methods such as boiling, sand and cloth filtration, solar disinfection, and a traditional method using a heated brick and coconut oil to purify rainwater.

Waste Management Education: Hands-on training on waste segregation (biodegradable vs non-biodegradable), preparation of organic compost from kitchen waste, and importance of recycling and preventing open dumping.

Digital Literacy Promotion: Introduction to e-learning platforms and internet-based educational resources. Villagers were guided on how to use government-supported digital initiatives for education, agriculture, and community development.



Previous Activities: We have previously organized Awareness programme on Health drink to increase the Immunity daily, Nutritional care guide required for Adolescent girls, and Degradation of waste.

Expectations of the Village People: Following the awareness programme, feedback was collected from the villagers. They expressed keen interest in receiving training on tailoring, solar energy systems, medical camps additionally.



ACTIVITY 14: (11.10.2025) (Velanoor)

Title of the Activity: Attended the Grama Sabha Meeting.

Need of the Activity:

Community engagement through Grama Sabha meetings is essential for identifying local developmental needs and strengthening collaborative planning. The activity was conducted to enhance civic awareness, encourage community participation, and integrate institutional initiatives with village development strategies.

Brief Description:

The UBA team from the PG and Research Department of Commerce at Thassim Beevi Abdul Kader College for Women actively participated in the Grama Sabha Meeting held on



11.10.2025 at Velanoor village, Thiruppulani block. Students from II B.Com (CA) and II BBA were accompanied by two faculty members during the program.

Participated Student Name list:

S.No	Name	Class
24.	Nalira Barvin	II Bcom CA
25.	Syed Ali Fathima	II BBA

Beneficiaries:

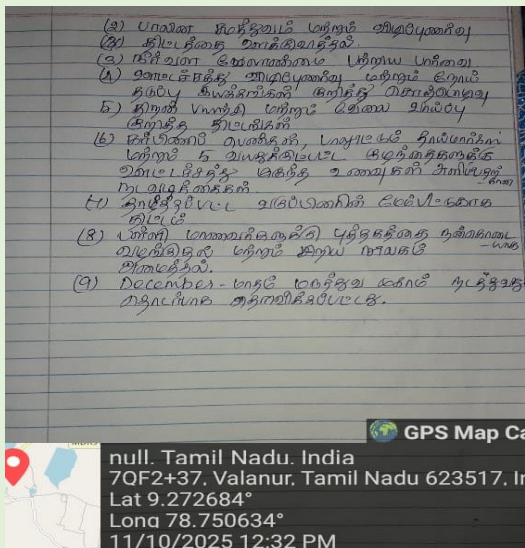
Total Beneficiaries: 22

- 18 villagers from Velanoor
- 2 students
- 2 faculty members





During the Grama Sabha meeting, our college's UBA action plan was attached to their resolution.



ACTIVITY 15: (11.10.2025) (Ervadi)

Title of the Activity: Awareness Programme on Higher Education System: To educate residents of the positive aspects and importance of higher education, they delivered an in-depth explanation of the courses, scholarships, and career opportunities that are available.

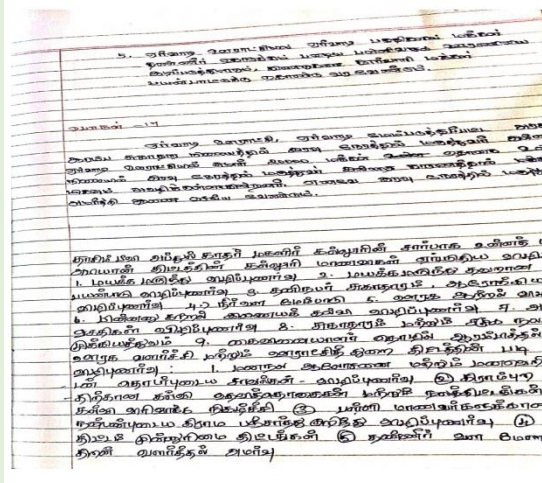
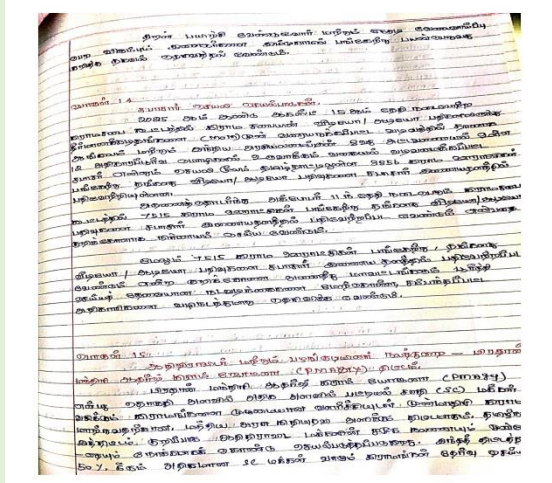
Need of the Activity:

Many rural students discontinue education after school due to financial constraints and lack of information about higher education opportunities. The activity was needed to create awareness about available courses, scholarships, and career pathways, motivating students to pursue higher studies and improve their socio-economic prospects.

Brief Description:



To address a major absence of awareness among village communities regarding the value and accessibility of higher education, because of financial constraints, social pressure and lack of knowledge regarding available opportunities, students sometimes discontinue their studies after high school across many rural areas.



ACTIVITY 16: (24.10.2025) Idambadal

Title of the Activity: “ Awareness on Community Health and Social Welfare”

Need of the Activity:

Limited awareness regarding nutrition, vaccination, and preventive healthcare affects the overall health status of rural populations. The activity was essential to promote health education, women empowerment, and disease prevention practices, ensuring improved family health and community wellbeing.

Brief Description:

Students held interactive sessions on balanced diets, nutrition for women and children, and the importance of micronutrients for good health. Villagers learned how to prepare low-cost, nutritious meals using ingredients available locally. Charts and posters were displayed to



enhance understanding. Students promoted awareness about vaccinations, especially for HPV (Human Papillomavirus) and Rubella. They highlighted the importance of these vaccines in preventing cervical cancer and protecting maternal and child health. Villagers were encouraged to take part in government vaccination programs to ensure complete immunization coverage.



ACTIVITY 17 (11.10.2025) Chinna Mayakulam

Title of the activity:

The Grama Sabha meeting on exchanging ideas for sustainable growth

Need of the Activity:

Regular interaction between educational institutions and local communities helps identify developmental priorities and encourages collaborative problem-solving. The activity aimed to strengthen community participation, address local concerns, and promote sustainable village development.

Brief Description:

The UBA team of the Department of English from Thassim Beevi Abdul Kader College for Women actively participated in the Grama Sabha Meeting held at Mayakulam, Keelakarai. Students from II B.A. English and II B.Sc. Psychology attended the meeting along with faculty member. During the session, the villagers discussed various issues concerning the development of the community, such as infrastructure needs, employment opportunities, and welfare schemes. The Grama Sabha served as a platform for both the villagers and college representatives to exchange ideas for sustainable growth.



ACTIVITY 19: 15.10.2025 (Chinna Mayakulam)

Title of the Activity:

An Awareness to mayacualm panchayat people to know about good and proper hygiene

Need of the Activity:

Poor sanitation and hygiene practices contribute significantly to the spread of diseases in rural communities. The activity was conducted to promote awareness about personal hygiene, environmental cleanliness, and preventive health measures necessary for maintaining a healthy society.

Brief Description:

An awareness programme has been conducted for the mayagulam panchayat people on the topic “Importance of hygiene” to mainly focus on children and women, and through this programme we conveyed the message of preventing the spread of diseases, enhancing overall health, environmental sustainability and economic benefits and aware them about proper hygiene and sanitation among the village people.



ACTIVITY 20: (24.10.2025) Velanoor

Title of the Activity:

Basic Amenities: Digital Education, Health & Nutrition and Infrastructure

Need of the Activity:



Improving quality of life in rural areas requires access to basic amenities, digital education, health awareness, and infrastructure development. The activity addressed these needs by encouraging community awareness and participation in sustainable development initiatives.

Brief Description:

The UBA team from the PG and Research Department of Commerce at Thassim Beevi Abdul Kader College for Women actively participated in the Grama Sabha Meeting held on 24.10.2025 at Velanoor village, Thiruppulani block. Students from II Bcom B. Com (CA) and II BBA, B. Com (FT), B. Com (Honours) were accompanied by two

Developmental activities in Velanoor should focus on basic amenities, digital education, health and nutrition, and infrastructure to enhance the overall quality of life in the village. Improving basic amenities such as clean water, sanitation, waste management, and lighting is essential for a healthy living environment. Digital education initiatives are required to equip students and youth with technological skills and access to modern learning tools. Health and nutrition awareness programs are necessary to promote hygiene, healthy food habits, and regular medical check-ups. Strengthening infrastructure, including roads, public facilities, and community resources, will support smooth functioning, better connectivity, and sustainable village development.

Beneficiaries: Students :28, Staff :2, Office Employees :4





ACTIVITY 21 (24.10.2025) (Chinna Mayagulam)

Title of the Activity: First Aid, Solar Power Energy and Electricity usage Awareness Programme on 24.10.2025

Need of the Activity:

Rural communities often lack knowledge about emergency first aid practices and efficient energy usage. The activity was required to educate villagers on basic life-saving techniques, safe electricity practices, and the benefits of renewable energy adoption for sustainable living.

Brief Description:

The activity was organized to create awareness among village people about essential life skills and sustainable living practices that improve their quality of life. The topics, First Aid, Solar Power Energy, and Electricity Usage were chosen to address the immediate and long-term needs of rural communities. On October 24th 2025, the CSS students of II BA English and II B Sc Psychology conducted a awareness program at Chinna mayagulam, on the topic “First Aid, Solar Power Energy and Electricity Usage” as a part of community outreach initiative at the village to educate the residents.





THASSIM BEEVI ABDUL KADER COLLEGE FOR WOMEN
 A Minority Institution Sponsored by Seethakathi Trust, Chennai.
 Recognized by DBT under Star College Scheme, Ministry of Science and Technology, Govt of India.
 An Autonomous Institution Affiliated to Alagappa University, Karaikudi.
 Accredited by NAAC with "A" Grade [CGPA: 3.16]; ISO 9001:2015 Certified Institution.
 Recognized by UGC under 2(F); 12 (B), Kilakarai – 623517, Ramanathapuram District
 Academic year 2025-26

PG & Research Department of Commerce
UNNAT BHARAT ABHIYAN
 Participant Student Name list

Date :24.10.2025

Basic Amenities: Digital Education, Infrastructure and & Other Amenities Health and social Welfare

S.No	Name	Class	Sign
1.	ABINAYA.R		Abi - R
2.	JOTHTESWARI.S	II B.COM (CA)	J.J.S
3.	BALASOUNDARIYA.V	II B.COM (CA)	V. Balas
4.	AYISATH RASFA.A	II B.COM (CA)	A. Rasfa
5.	YAKSHANA.M	II B.COM (CA)	ab
6.	MUTHU LAKSHIMI.P	II B.COM (CA)	P. Muthu
7.	K. GUNA DEVI	II B.COM	K. Guna
8.	D.JANNATHUR RAIHANA PARVEEN	II B.COM	ab
9.	RASMI FARHANA.M	II B.COM (CA)	M. Rasmi
10.	ABINAYA.M	II B.COM (CA)	M. Abinaya
11.	HAMSUL KEENA.H	II B.COM (CA)	H. Hamsul
12.	FASEEHA.H	II B.COM (CA)	H. Faseeha
13.	NISMA ASMI.M	II B.COM (CA)	M. Nisma
14.	JESILA.M	II B.COM (CA)	M. Jesila
15.	R. OVIYA	II B.COM FINTECH	R. Oviya
16.	A. SEYED RABIYATH YUSRA	II B.COM FINTECH	ab
17.	M.MUBINA BANU	II B.COM	ab
18.	J. SAFRIN AYISHA	II B.COM	J. Safrin
19.	A. AFRIN FATHIMA	II B.COM	A. Afrin
20.	SITHI NUSRUDA.S	II BBA	ab

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ACTIVITY 22: 11.10.2025 (Idambadal)

Title of the Activity: "Community Health and Social Welfare: Nutrition Awareness, Antimicrobial Resistance Awareness, Vaccination Drives and Women Empowerment Workshops."

Need of the Activity:

Growing health challenges such as malnutrition, vaccine hesitancy, and lack of hygiene awareness necessitated community-based health education programmes. The activity aimed to empower villagers, especially women, with knowledge to maintain better health and wellbeing.

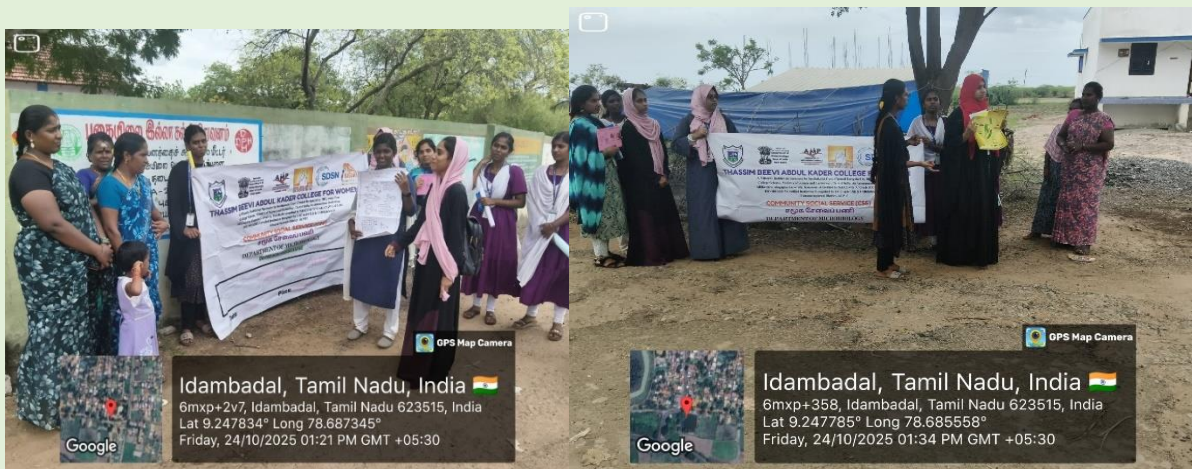
Brief Description:

The program was organized to improve community health awareness and empower rural people, especially women, through knowledge about nutrition, disease prevention, vaccination and hygiene. It aimed to tackle important health issues like malnutrition, antimicrobial



resistance and vaccine hesitancy while encouraging women to participate in better family and community well-being. This initiative helps villagers adopt healthy lifestyles and become more independent in managing their health and hygiene practices.

Students held interactive sessions on balanced diets, nutrition for women and children, and the importance of micronutrients for good health. Villagers learned how to prepare low-cost, nutritious meals using ingredients available locally. Charts and posters were displayed to enhance understanding.



ACTIVITY 23 : 24.10.2025 (Kanjirangudi)

Title of the Activity: Awareness on Mental health and wellbeing for Women and Elderly people for a healthier lifestyle.

Need of the Activity:

Increasing stress, emotional challenges, and stigma surrounding mental health highlight the importance of awareness programmes in rural communities. The activity was conducted to promote mental wellbeing, encourage open discussions on emotional health, and help individuals adopt positive coping strategies for a healthier lifestyle.

Brief Description:

Awareness on mental health and well-being is essential to promote a balanced and healthy lifestyle. In today's fast-paced world, increasing stress, anxiety, and emotional challenges affect both physical and mental health. Many individuals lack proper understanding of mental



well-being and hesitate to seek help due to stigma or lack of awareness. There is a growing need to create awareness about mental health, reduce stigma, and promote positive mental well-being practices for a healthier lifestyle **Impact:** The awareness program helps participants understand the importance of emotional stability and stress management. As a result, individuals become more mindful, confident, and capable of maintaining a balanced and healthy lifestyle both mentally and physically. **Action:** Participants will be educated on recognizing early signs of mental distress, adopting healthy coping mechanisms, and supporting peers.









