



GOVERNMENT OF PUDUCHERRY

BHARATHIDASAN GOVT.COLLEGE FOR WOMEN (AUTONOMOUS) PUDUCHERRY

REPORT on NSS SPECIAL CAMP- March 17th to 23rd 2023

“HEALTH AND HYGIENE GREEN INDIA, DIGITAL WORLD“

**NSS
SPECIAL CAMP**

UNIT I & UNIT 2



NAME OF THE INSTITUTION WITH FULL ADDRESS	BHARATHIDASAN GOVT.COLLEGE FOR WOMEN, PUDUCHERRY-3.												
NAME OF THE PRINCIPAL	Dr. V. RAJI SUGUMAR												
PHONE NO.	0413-2213504												
NAME OF THE PROGRAMME OFFICER	1. Dr. S.T. AROKKIYA MARY 2. Dr. B. RAJALAKSHMI												
PHONE NO.	9047035097, 9442255396												
DATE OF THE CAMP	17.03.2023 to 23.03.2023												
PLACE OF THE CAMP	BHARATHIDASAN GOVT.COLLEGE FOR WOMEN, PUDUCHERRY-3.												
DISTANCE FROM THE INSTITUTION	-												
BUS ROUTE FROM INSTITUTION TO THE CAMP SITE	-												
NO. OF PARTICIPANTS	<table border="1"> <thead> <tr> <th colspan="2">STUDENTS</th> <th>TEACHERS</th> <th>TOTAL</th> </tr> <tr> <th>Unit-1</th> <th>Unit-2</th> <th>Female</th> <th>Female</th> </tr> </thead> <tbody> <tr> <td>50</td> <td>50</td> <td>2</td> <td>102</td> </tr> </tbody> </table>	STUDENTS		TEACHERS	TOTAL	Unit-1	Unit-2	Female	Female	50	50	2	102
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THEME OF THE SPECIAL CAMP	HEALTH AND HYGIENE GREEN INDIA, DIGITAL WORLD												

PROGRAMME SCHEDULE

DAY	DATE	SESSION	PROGRAM
DAY 1	17.03.2023	FORENOON	INAUGURATION Dr. V. RAJI SUGUMAR, PRINCIPAL, BGCW, PUDUCHERRY BIOPYRAMID TECHNOLOGY TO IMPROVE MEMORY AND CONCENTRATION Dr. M. VARADARAJAN, FOUNDER, LOVE HOME ORPHANAGE MR.D. ANANDAN FOUNDER & PRESIDENT – DHANASUNDARAMBAL CHARITABLE SOCEITY
		AFTERNOON	AWARENESS ON SIDDHA MEDICINE Dr. S. INDHIRA.M. D(SIDDHA) SIDDHA NODAL OFFICER, DIRECTORATE OF INDIAN SYSTEMS OF MEDICINE & HOMOEOPATHY, GOVT.OF PUDUCHERRY.
DAY 2	18.03.2023	FORENOON	FIELD TRIP TO BOTANICAL GARDEN, MUSEUM, ARIKAMEDU Mr. A. ARIVAN & TEAM DIRECTOR-PUDUVAI MUSEUM, PUDUCHERRY
DAY 3	19.03.2023	FORENOON	DECOMPOST PIT-MAKING- BGCW CAMPUS VRS. KARAN FOUNDER FUTURE FOLIAGE SOCIAL ENVIRONMENT PROTECTION & MULTI SPORTS TRAINING ACADEMY PUDUCHERRY
		AFTERNOON	AWARENESS ON CYBER THREATS AND SECURITY OF DIGITAL WORLD Mr. ARAVINTHAN FOUNDER/CEO CYBERHUB, PONDICHERRY
DAY 4	20.03.2023	FORENOON	YOGA IN DAILY LIFE Dr. JJI THOMAS DIRECTOR OF PHYSICAL EDUCATION, CO-OPERATIVE COLLEGE OF EDUCATION, PONDICHERRY Selvi. KIRUTHIGA. G - STUDENT BGCW
		AFTERNOON	AWARENESS ON – KNOW ABOUT YOUR HAIRAND SKIN PRABA'S VCARE HEALTH CLINIC - PUDUCHERRY
DAY 5	21.03.2023	FORENOON	EYE CHECK-UP RTN Dr. VANAJA VAITHIANATHAN DISTRICT CHAIR COMMUNITY SERVICE - MEDICAL & PROJECT ORANGE, FOUNDER, MEDICAL DIRECTOR & CHIEF OPHTHALMIC SURGEON, JOTHI EYE CARE CENTRE, PUDUCHERRY.
		AFTERNOON	TRANING ON SELF-DEFENSE TECHNIQUES MASTER P. CHITTIBABU, 5TH DAN BLACK BELT GENERAL SECRETARY PUDUCHERRY TAEKWONDO SPORTS ASSOCIATION
DAY 6	22.03.2023	FORENOON	L.P G SAFETY CLINIC THILAKAVATHI VELU RETD TR NATIONAL AWARDEE TR. PRESIDENT OF OULGARATE COMMUNE MAGILA CONSUMER GROUP.
		AFTERNOON	AWARENESS ON BREAST CANCER-INDIA TURNS PINK Mrs. BELLA & TEAM
DAY 7	23.03.2023	FORENOON	ADOLESCENT HEALTH AND NUTRITION Mrs. S. CHITRA, ASSISTANT PROFESSOR MOTHER THERESA INSTITUTE OF HEALTH SCIENCES, PONDICHERRY
		AFTERNOON	VALEDICTORY FUNCTION Dr. V. RAJI SUGUMAR, PRINCIPAL, BGCW, PUDUCHERRY Mrs. ARULARASI. P, NSS PROGRAMME CO-ORDINATOR (COLLEGES)

The special camp was organized in the Bharathidasan Govt. College, Puducherry Campus focusing on the theme “Health and Hygiene. Green India, Digital world.

DAY 1, 17.03.2023 Morning session: The reception committee volunteers gave a warm welcome to the guests of the day. The Inaugural ceremony of the special camp took place about 100 volunteers from Unit 1 & 2 participated the camp. The stage committee volunteers took incharge of the dias arrangements. The camp started with the lighting of the Kuthu Vilaku. The NSS program officer of BGCW – Dr.S.T.Arokkiya Mary gave a warm welcome to the gathering. The Principal of our College - BGCW Dr. Raji Sugumar headed the program, the State NSS officer, Dr. D. Sathish Kumar of Indira Gandhi College attended the inaugural ceremony and gave the students a brief talk about the importance of special camp NSS, Mrs. P.Arularasi the NSS program Co-ordinator for Colleges gave the students a brief talk about the NSS and its benefits. The compering committee volunteers welcomed all the dignaties on/off the dias.

The awareness of the BioPyramid technology to improve memory and concentration was conducted. Dr. M.Varadarajan, founder, love home orphanage and Mr.D.Anandan founder & president Dhanasundarambal charitable society gave a brief talk about the importance of Bio-pyramid technology. The session was very useful. Dr.B. Rajalakshmi, the NSS programmer officer of BGCW gave the vote of thanks in the inaugural ceremony. The HOD of Economics Dr. Mercelline and faculty member Dr. Uma Rani addressed the inaugural function.



Afternoon Session: After the lunch (sambar rice with potato curry) provided by our Hotpan catering of our canteen the session continued. The food committee volunteers did their work in distributing lunch. The awareness on Siddha medicine took place. Dr. S. Indhira.M.D, Siddha nodal officer, Directorate of Indian systems of medicine & homoeopathy, Govt. of Puducherry. Gave a brief talked about the Siddha medicine system (the traditional medicine), the diet and lifestyle which play a major role in health and in curing diseases. Dr. Gayathri and Dr. Shahul Hammed Professor in Corporate Secretaryship witnessed the session.



DAY 2, 18.03.2023

Morning session: On the part of NSS activity, one day educational field trip to Botanical Garden was carried out. The co-ordinator Mr. A. Arivan Founder and curator of Puduvai museum (National heritage Trust) and explained about the Historical events which was happened in Arikamedu, Ariyankuppam and also explained how the botanical gardens devote their resources to the study and conservation of plants, as well as making the world's plant species diversity known to the public and its importance to play a central role in meeting human needs and providing well-being.



Afternoon session: After the lunch (vegetable fried rice with Gobi Manchurian) provided by our Hotpan catering of our canteen the field work continued. The Volunteers did some cleaning work in the Botanical Garden.



DAY 3, 19/03/2023 Sunday

Morning session: As a part of the camp activity a Decompose pit-making in the campus was carried out. The pit was made to make manures and fertile compounds by dumping decaying biodegradable items. Mr.V.Karan Founder of Future Foliage Social Environment Protection & Multi Sports Training Academy Puducherry helped the volunteers in making of the decompose pit. The team also trained the students with traditional games like Logori, Racket etc. The cleaning of the campus also was done.



Afternoon Session: After the lunch (vegetable Biryani rice with boiled egg and raitha) provided by our Hotpan catering of our canteen the afternoon session continued. The Road safety awareness camp was conducted at BGCW. Pudumai Balakrishnan who delivered the guest lecture urging the students to follow traffic rules to avoid road accidents.

The resource person delivered a detailed lecture about the road accidents and its impact. He gave away prizes and certificates to the students of the college Ms.Nandhini and Ms.Priyadarshini won the quiz competitions. Students also took the road safety pledge on the occasion.



The second part of the session on Awareness on Cyber Threats and Security of Digital World took place. Mr. Aravinthan Founder/CEO of Cyber Hub, Pondicherry gave a lecture on the cyberthreats. The students learnt about the different Cyber Security Threats, their types, and the best practices to follow in order to protect systems and networks.



DAY 4, 20/03/2023 Monday

Morning session: A session on the importance of Yoga in our daily life was given by Dr. Jiji Thomas Director of Physical Education, Co-operative college of education, Pondicherry and Selvi.Kiruthiga, student of our college BGCW trained the students with the slow movements and deep breathing which increase blood flow and warm up muscles. The emphasized that those who regularly practice yoga not only report lower levels of stress and anxiety also subsequently improved academic performance and not only that, yoga helps them to deal with their stress and bring back some peace of mind.





Afternoon Session: After the lunch provided by our Hotpan catering of our canteen the afternoon session continued. An Awareness On – Know About Your Hair & Skin Session was carried out by Praba's Vcare Health Clinic – Puducherry. Dr. Narmada, trained specialist in trichology and skin care from Vcare group of Companies addressed the tailored requirements of dry, oily, flaky, aging and combination skin. She also gave a brief remedy on the various modes of treatment to cure freckles, fine lines, acne, scars, dark spots, hyperpigmentation and so forth. A free-hair and skin checkup by their team members Mrs. Clara and Mrs. Sandhya was given for the volunteers.



DAY 5, 21/03/2023 Tuesday

Morning session: On the Fifth day, Eye check-up by the team of Jothi Eye Care centre, Puducherry was conducted. The team was headed by Dr.Sharmila and Mrs. Kiruthiga and others checked the volunteers Eye check-up.



Afternoon Session: After the lunch (Tomato rice with raitha) provided by our Hotpan catering of our canteen the afternoon session continued. A training on Self-Defense Techniques was conducted by Master P. Chittibabu, 5th Dan Black Belt General Secretary Puducherry Taekwondo Sports Association. He and his subordinate Mr. Chittibabu demonstrated the various self-defense tactics, a way of protecting oneself from any form of physical harm. Being trained in these techniques helps give the learner be alert and gives them the necessary skillset to defend themselves from any kind of bullying or other forms of physical harm. Students also participated and performed practically the self defence techniques. Mrs.Saipriya Professor in Comp. Science witnessed the program.





As a part of the Camp, Competitions like Solo-Singing, Solo-Dancing, Poster-making on the topic “Single use Plastic”, Debate on the topic “Social Media Boon or bane” was conducted for the volunteers for their keen participation, leadership qualities, team-building, communication etc., Volunteers actively took part in the competition and got certificates. The judges for the competitions held are Dr.Veera Mohan HOD of Botany , Dr. Vimalavathy Professor in Botany and Dr. Thilaha Dharmaraj Professor in Corporate department. Other Faculty members from Computer Science Dr.Rengasamy, Mr. Sundararajan and Dr.Kamal Raj witnessed the competitions.



DAY 6, 22/03/2023 Wednesday

Morning session: A session on L.P G Safety Clinic by Madam Thilakavathi Velu Retd Tr National Awardee Tr.President Of Oulgarate Commune Magia Consumer Group was conducted.

Madam and her team gave interactive and practical session covering the safe use, handling, storage and transportation of LPG gases. She also gave prizes for 30 volunteers who interactively took part in the training. The home -made snacks healthy kozhukattai was sponsored by the Magia Consumer group on that day.



Afternoon Session: After the lunch (Vegetable pulao with gobi Manchurian) provided by our Hotpan catering of our canteen the afternoon session continued. India turns Pink (Breast cancer awareness) camp was conducted. The speaker Mrs. Bella Marie Jose Delphin and her team carried the session. She was a pink Ambassador of Puducherry and Head Quarter (India turns Pink) she created an awareness of breast cancer and also trained for self-breast

examination. Mrs. Nithya Professor in French and Former NSS program officer of our college witnessed the session.



DAY 7, 23/03/2023 Thursday

Morning session: A session on Adolescent Health and Nutrition by Mrs. S. Chitra, Assistant Professor, Mother Theresa Institute of Health Sciences, Pondicherry was conducted.

She delivered a lecture on Dietary behaviors in adolescence which contributes to nutrition-related problems that have consequences for long-term health. She gave a valuable information about importance of women's Health.



Afternoon Session: After the lunch (Puliyodarai and potato chips) provided by our Hotpan catering of our canteen the afternoon session continued. The Valedictory function took place. Our Principal Dr. V.Raji Sugumar and The state NSS officer Dr. Sathish and the chief guest Dr. S. Chandra addressed the function. The Cultural performances of the NSS volunteers and also Valedictory function was held. Our Principal Dr.V.Raji Sugumar, Chief Guest Dr.S.Chandra Retd. Professor in Mathematics, BGCW, and Dr.Sathish Kumar SNO, Puducherry headed the Valedictory function. The sponsors for the Certificate were done by our Students Divya Jain of BCS Dept and Moksha of Computer Science. The certificates for prize winners and cultural events were distributed. Many volunteers came forward to give their performance in the competitions as well as in the cultural programs. The discipline committee members took care

of the discipline throughout the program. All the committee members of the camp did their work with full enthusiasm.



The report of the Special Camp was read by NSS Program Officer BGCW Dr. S.T. Arokkiya Mary, Feedback from students were taken, and finally Dr. B. Rajalakshmi NSS program officer of BGCW delivered a Vote of thanks. The Special camp was successfully conducted.

Thank you.