

#### **UNNAT BHARAT ABHIYAN**

# INSTITUTE/ORGANIZATION NAME: TRINITY COLLEGE FOR WOMEN, NAMAKKAL $-637\ 002$ , TAMIL NADU STATE



College Code C - 9496

#### PROGRESS REPORT

Three Months Report

From 01st July 2024 to 30th September 2024

UBA Coordinator's Name : Mrs. S. HEMALATHA

Email : <a href="mailto:hemarajaasn10812@gmail.com">hemarajaasn10812@gmail.com</a>, <a href="principal">pritcwnkl22@gmail.com</a>, <a href="principal">pritcwnkl22@gmail.com</a>,

Phone Number : 83444-78701

Sr.	NAME OF THE UBA	Name of the Block	DISTRICT
No	ADOPTED VILLAGES		
1	Vagurampatti	Namakkal	
2	Aniyapuram		
3	Parali	Namakkal	
4	Tholur	Mohanur	
5	Pettapalayam		

#### EVENTS OF UNNAT BHARAT ABHIYAN CELL (C-9496)

S.	Date	Name of the events/programmes organized under the UBA Cell	
No			
01	12.07.2024	Observation of world paper day	
02	25.07.2024	Yoga and Meditation Programme for Self Help Group Women on and off Parali village,	
		Mohanur Block, Namakkal District.	
03	01.08.2024	Handloom Saree Exhibition Cum Sale	
04	07.08.2024	Observation of International Breastfeed Week	
05	13.08.2024	Programme on "Usage of Natural Products"	
06	15.08.2024	Independence Day Celebrations	
07	15.08.2024	UBA volunteers, village representatives and Coordinator of UBA, participation in the	
		GramaSabha Meet	
08	21.08.2024	Free Plantation Drive	
09	21.08.2024	Free Eye Medical Camp	
	&		
	22.08.2024		
10	23.08.2024	Distribution of Albendozole Tablets	
11	16.09.2024	Observation of world ozone day	
12	20.09.2024	Free Medical Camp	

#### 1. Observation of World Paper Bag Day

On July 12, 2024, the Eco Green Club, in association with the Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, conducted an awareness program. Dr. S. Revathy, Assistant Professor in Mathematics, Trinity College for Women, Namakkal, was the resource person. Plastic bags create pollution. A paper bag is the solution. Paper bags are environment-friendly and biodegradable, she denoted. She encouraged all the students to use paper bags instead of plastic bags. Mrs. V. Indirakumari, Coordinator, Eco Green Club and Mrs. S. Hemalatha, Coordinator, Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal made arrangements. Dr N.Subalakshmi, Assistant Professor in Tamil, Mrs. K. Saranya, Assistant Professor in Physics and Ms. K.L. Priyadharshini, Assistant Professor in Chemistry also took part. More than 100 students attended.



# Trinity College For Women (Arts and Science)



NAMAKKAL - 637002, TAMILNADU, INDIA www.trinitycollegenkl.edu.in



## **Eco Green Club**

In association with the Unnat Bharat Abhiyan Cell(C9496) of Trinity College For Women, Namakkal Celebrates "World Paper Bag Day"

உலக காகிதப் பை தினக்கொண்டாட்டம்

"Use the Paper Bags and skip the Plastic Bags'

''காகிதப்பைகளை பயன்படுத்துவோம்-நெகிழிப்பைகளை புறக்கணிப்போம்''.

Date: 12.07.2024 Venue: ICT Half-Science Block

Resource Person



Time: 2pm



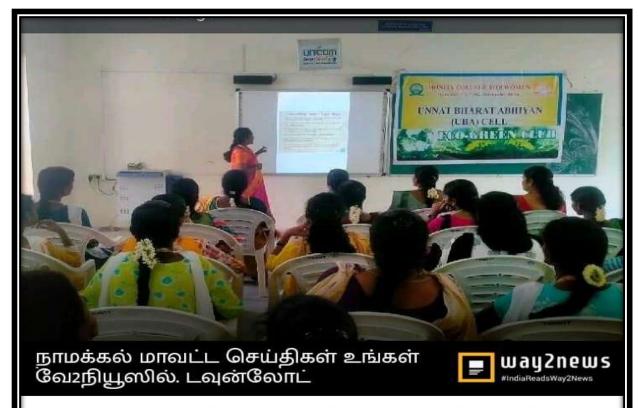




Dr.S.Revathy,
Assistant Professor in Mathematics,
Trinity College For Women,
(Arts and Science)

Namakkal - 637002.

All are warmly Invited



### டிரினிடி கல்லூரியில் நெகிழிப்பை தினம் கொண்டாட்டம்

நாமக்கல் - டிரினிடி மகளிர் கலை மற்றும் அறிவியல் கல்லூரியின் சுற்றுச்சூழல் பாதுகாப்பு மையமானது, கல்லூரியின் உன்னத் பாரத் அபியான் அமைப்பின் பங்களிப்போடு உலக காகிதப் பை தின கொண்டாட்ட நிகழ்ச்சியினை இன்று கல்லூரி வளாகத்தில் நடத்தியது. இதில் கல்லூரியின் கணிதவியல் துறை உதவிப் பேராசிரியை எஸ். ரேவதி கலந்து கொண்டு மாணவிகளிடம் நெகிழிப் பைகள் சுற்றுப்புறச் சூழலுக்கு மிகப்பெரிய எதிரி என கூறினார்

Way2News -Namakkal Dt -12/07/2024



#### 2. Yoga Meditation Programme for Women of SH

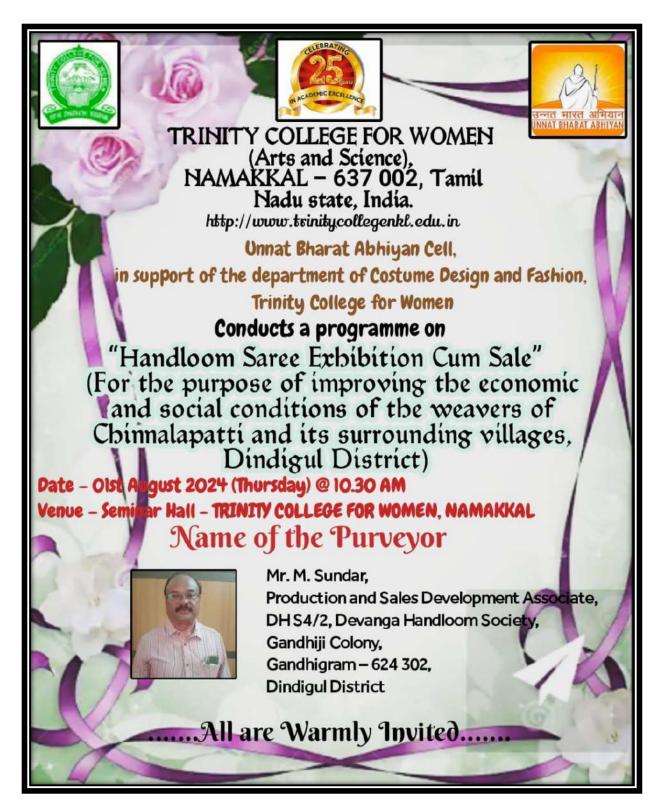
On behalf of the Unnat Bharat Abhiyan Cell, in association with the Yoga and Meditation Club, Trinity College for Women, Namakkal, a yoga event titled "Yoga and Meditation Programme for Self-Help Group Women in and around Parali village, Mohanur Block, Namakkal District" was held on July 25, 2024. It was conducted in the venue of Parali village (one of the UBA-adopted villages of the college), Mohanur Block, Namakkal District.

Dr. A. Latha, Assistant Professor in Tamil & Representative of the UBA-adopted village of Parali, and the adjacent Mrs. V. Gayathri, Assistant Professor in Computer Science, Trinity College for Women, Namakkal were the resource persons.

They gave various simple yoga poses like Mountain Pose (Tadasana), Tree Pose (Vrksasana), Downward-Facing Dog (AdhoMukhaSvanasana), Upward-Facing Dog (UrdhvaMukhaSvanasana), Child Pose (Balasna), Savasana (Corpse Post), etc.

Women self-help groups belonging to Melparali, Kilparali, Othaiyur, Kambathurpatti, Malumchampatti, Ganganipatti, Nallayampatti, and Kadakkalapudur in Parali sub - villages have actively taken part.





#### 3. Handloom Saree Exhibition cum sale

On account of National Handloom Day (07<sup>th</sup> August), the Unnat Bharat Abhiyan Cell and Entrepreneurship Development Cell, in support of the department of Costume Design and Fashion, Trinity College for Women, Namakkal organized a one day programme titled "Handloom Saree Exhibition cum Sale" on 01<sup>st</sup> August 2024 in the seminar hall of the College.

This programme has been organized for enhancing livelihood and standard of living of Handloom Weavers in and around Chinnalapatti Semi-Urban, Dindigul District. Mr. M. Sundar, Production and Sales Development Associate, DHS4/2, Devanga Handloom Society, Gandhiji Colony, Gandhigram, Dindigul District was the purveyor.

Owing to the upliftment of weavers of Chinnalapatti and its neighbouring villages this programme was held.

Apart from Mrs.ArunaSelvaraj, Executive Director, Dr. M. R. Lakshiminarayanan, and many faculty members and students have eagerly bought their handloom saree at a concessional rate.













TRINITY COLLEGE FOR WOMEN, NAMAKKAL -637002

(PERMANENTLY AFFILIATED TO PERIVAR UNIVERSITY, SALEM.

2f & 12b STATUS GRANTED BY UGC NEW DELHI

AND NAAC ACCREDITED BY A+)

OBSERVANCE OF WORLD BREASTFEEDING WEEK -2024

DEPARTMENT OF NUTRITION AND DIETETICS
IN ASSOCIATION WITH THE

UNNAT BHARAT ABHIYAN CELL & TRINITY WOMEN'S FORUM

CLOSING THE GAP:

BREASTFEEDING SUPPORT FOR ALL

**RESOURCE PERSON** 



Mrs.B.LAKSHMI
VILLAGE HEALTH NURSE(VHN)
PRIMARY HEALTH CENTRE,
VAGURAMPATTI,
NAMAKKAL.

DATE:07.08.2024

TIME: 02:00 to 03:00 PM

**VENUE: SEMINAR HALL** 

#### WITH THE BLESSINGS OF

Er.K.NALLUSAMY, CHAIRMAN
Er.S SELVARAJ, SECRETARY
Mrs.ARUNA SELVARAJ, EXECUTIVE DIRECTOR
Dr M.R.LAKSHIMINARAYANAN, PRINCIPAL
Dr.ARASUPARAMESWARAN, CO-ORDINATOR SILVER JUBILEE CELEBRATION COMMITTEE
Mr.N.S.SENTHIL KUMAR, ADMINISTRATIVE OFFICER

4. Observation of International Breastfeeding Week

The Department of Nutrition and Dietetics, in cooperation with the Unnat Bharat Abhiyan Cell and Trinity Women's Forum, Trinity College for Women, Namakkal observed a world breastfeeding week (August 1 to August 7). In this regard, an awareness programme was held on 07th August 2024 on the college premises.

Mrs. S. Rajamani, Health Supervisor, Konur Primary Health Centre, Konur, Paramathi Via, Namakkal was the special invitee.

She stressed the significance of breastfeeding milk for newly born children.

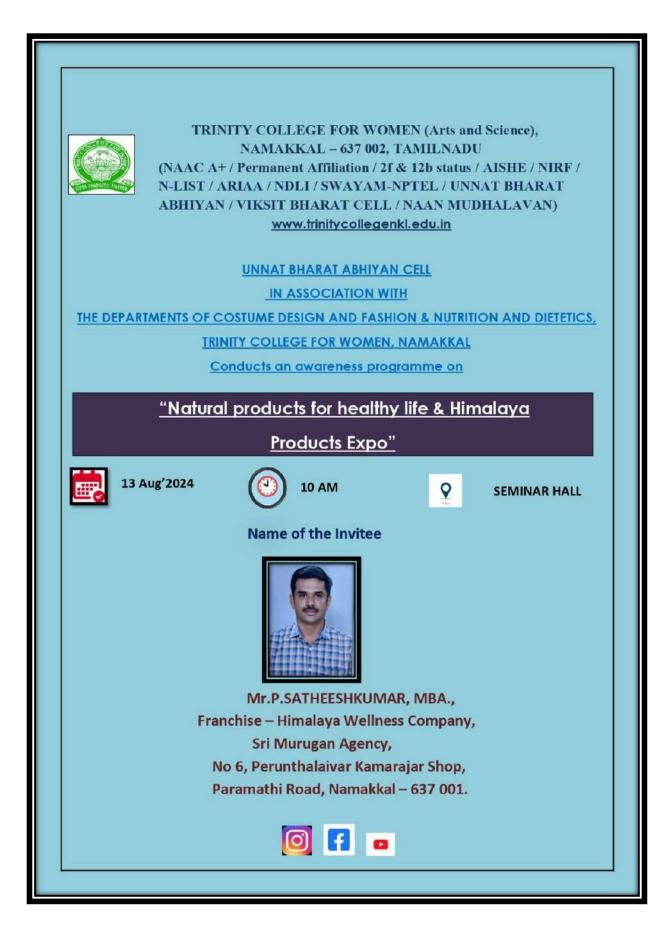
Mrs. B. Lakshmi, Village Health Nurse, Vagurampatti, (Under the control of Konur Primary Health Centre), Namakkal District was the resource person.

She delivered the topic "Closing the Gap: Breastfeeding support for all". She highlighted the need for support and help for women in the health services. Also, she stressed educating women to overcome the challenges of breastfeeding during delivery time. Breast milk is rich in vitamins, minerals and nutrients as well as other ingredients that help your baby grow healthy and strong, she noted.

Mrs. S. Punitha, Women Health Volunteer and Mrs. S. Kavya, Mid-Level Health Provider, Vagurampatti Primary Health Centre, Namakkal were also present on that occasion.

Dr. M.R. Lakshiminarayanan, Principal, Dr.Arasuparameswaran, Coordinator, Silver Jubilee Celebrations, Mrs. V. Archana, Director of Physical Education, Ms. P. Sri Renugadevi&Mrs. R. Vanitha, Faculty of Nutrition and Dietetics, the faculty of Chemistry Ms. M. Rineesha and Ms. K.L. Priyadharshini attended that programme. All the participants took a pledge on the importance of breastfeeding. More than 200 students took part.





5. Awareness programme on "Usage of natural products"

The Unnat Bharat Abhiyan Cell, in support of the departments of Costume Design & Fashion and Nutrition & Dietetics, Trinity College for Women, Namakkal conducted an awareness programme titled "Natural products for healthy life and Himalaya Products Expo" on 13th August 2024.

Mr. P. Satheeshkumar, Franchise – Himalaya Wellness Company, Sri Murugan Agency, 6, PerunthalaivarKamarajar Shop, Paramathi Road, Namakkal, was the special invitee. He highlighted the significance of natural products for our healthy life. The various Himalaya natural products like pharmaceuticals, personal care, baby care, wellness, animal health, nutrition, sanitizer, toothpaste, face powder, soaps, health care, hair oil and other organic products were exhibited. Mrs.ArunaSelvaraj, Executive Director, Dr. M.R. Lakshiminarayanan, Principal, Dr.Arasuprameswaran, Coordinator, Silver Jubilee Celebrations, the various department heads, faculty members and students of Trinity College for Women, Namakkal participated and they purchased the natural products for their own use.



6. Independence Day Celebrations

The Trinity College for Women, Namakkal proudly celebrated our country's 78th Independence Day on the morning of 15th August 2024 (Thursday).

Dr. M.R. Lakshiminarayanan, Principal, Welcomed the gathering.

Er. K. Nallusamy, Chairman, presided over the programme. He stated the great achievements and accomplishments of the nation from the time of winning independence from the colonial role.

. Er. S. Selvaraj, Secretary, hoisted the national flag. He unfurled the tricolour flag and delivered the felicitation address. Mrs.ArunaSelvaraj, Executive Director, highlighted the significance of freedom of India and she remembered the India's achievements for the past 8 decades

The special invitee Lieutenant Colonel Dr. K. Rameshkumar, The Managing Director of Thangam Hospitals and Cancer Centre, Namakkal, Dr. R. Kulandaivel highlighted India's development from the independence to to till date.

The Chairman Er. K. Nallusamy, gave away prizes and certificates to the prize winning students on that occasion Dr.Arasuparameswaran, Coordinator, Silver Jubilee Celebrations Committee proposed the vote of thanks. Mr.N.S.Senthilkumar, Administrative Officer and Mrs. V. Archana, Physical Director of the College made the preliminary arrangement works.

All the faculty members and the volunteers of the National Service Scheme, Youth Red Cross, Red Ribbon Club and Unnat Bharat Abhiyan Cell were also taken part.



#### 7.GramaSabha Meet

The Government of India and the Government of Tamil Nadu has announced to conduct the GramaSabha Meet on the important days of January 26th (Republic Day of India), March 22 (World Water Day), May 1st (International Labour Day), 15th August (Independence Day of India), October 2nd (Gandhi Jayanthi) and November 1st (Local Governance Day) in the various villages of Tamil Nadu state.

In this regard, the volunteers, coordinator and the representatives of the Unnat Bharat Abhiyan Scheme adopted villages (Vagurampatti, Aniyapuram, Parali, Tholur and Pettapalayam in Namakkal District) participated in the GramaSabha Meet on 15th August 2024. Twelve topics were discussed in the GramaSabha Meet, especially submission of income and expenditure report, supply of good drinking water, tax payment through the net banking, payment fee for building plan and layout permission through the online, Mahatma Gandhi National Rural Employment Guarantee Scheme, Swachch Bharat Abhiyan, JalJeevan Mission, etc.,

The presidents of UBA adopted the villages of the College Mr. S. Murugesan (Aniyapuram), Mr. A. Raja Rahman (Vagurampatti), Mrs. A. Arukkani (Parali), Mrs. K. Kuppayee (Pettapalayam) and Mr. S. Navaladi (Tholur) conducted the meeting.

On behalf of Trinity College for Women, Namakkal, apart from student participants, the incharges of UBA Adopted villages Mrs. D. Prabha (Tholur), Mr. S. Priya (Aniyapuram), Dr. A. Latha (Parali), Dr. S. Revathy (Vagurampatti) and Dr. R. Navamani (Pettapalayam) and the coordinator of Unnat Bharat Abhiyan Cell, Mrs. S. Hemalatha took part in that occasion.

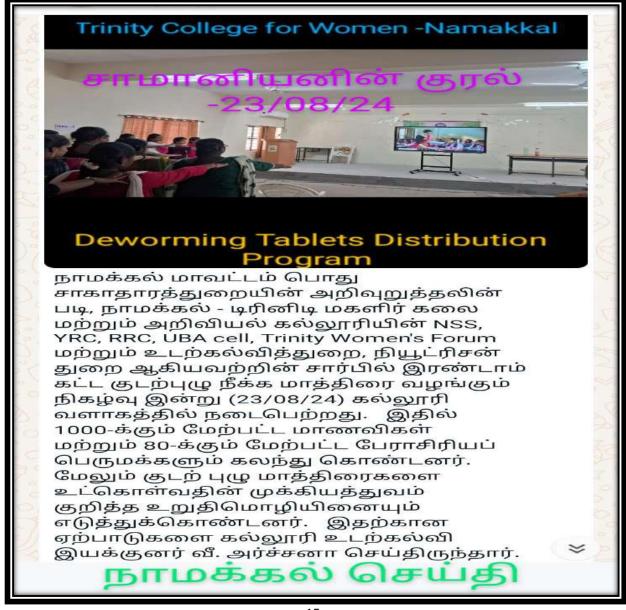


#### 8. Distribution of Albendazole tablets

Under the auspices of the National Service Scheme, Youth Red Cross, Red Ribbon Club, Trinity Women's Forum and Unnat Bharat Abhiyan Call, in association with the department of Physical Education, Trinity College for Women, Namakkal, in collaboration with the Primary Health Centre, Konur, Namakkal District, distributed the second phase Albendazole tablets to the students of the College on 23rd August 2024.

Mrs. Aruna Selvaraj, Executive Director of the College inaugurated the programme.

Mrs. V. Archana, Director of Physical Education of the College explained the needs and wants of Albendazole tablets for our good health. Mrs. A. Amudha and Mrs. B. Lakshmi, Village Health Nurses, Primary Health Centre, Vagurampatti, Namakkal also took part. Dr. M.R. Lakshiminarayanan, Principal and Dr.Arasuparameswaran, Coordinator – Silver Jubilee Celebrations Committee were also present.



#### 9. Free Eye Medical Camp

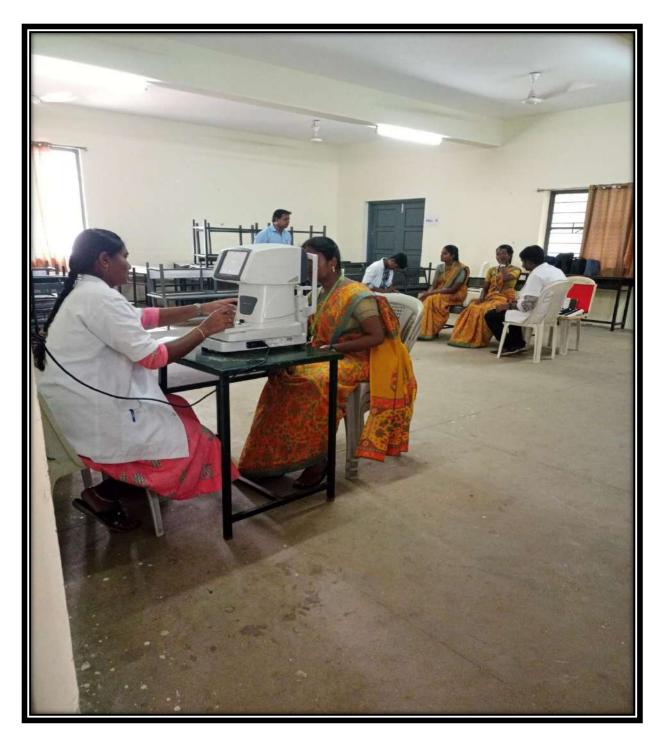
A free eye medical camp was organized by the National Service Scheme, Youth Red Cross, Red Ribbon Club, Trinity Women's Forum and Unnat Bharat Abhiyan Call, Trinity College for Women, Namakkal on 21<sup>st</sup> and 22<sup>nd</sup> August 2024. All the staff members and students were involved in checking their vision. In Total, nearly 500 students participated in that camp. The foundation eye screening test like visual acuity, refraction, cataract screening, ophthalmoscopy, etc., were held on that occasion.

Mrs. ArunaSelvaraj, Executive Director of the College inaugurated the camp. Dr. M.R. Lakshiminarayanan, Principal, welcomed the gathering. Dr.Arasuparameswaran, Coordinator, Silver Jubilee Celebrations Committee offered the felicitation address.

Mr. V. Vijayakumar, Assistant Manager, DRT, Mr. S. Logeswaran, Camp Coordinator (BD), Mr. K. Dhanush, Mr. S. Sangeeth, Ms. G. Kavipriya, Optometrists, Ms. R. Subitha, Opticals and Ms. K. Jeeva, Technician, Dr Agarwal's Eye Hospital, 138/3, Ground Floor, LMR Shopping Arcade, Opp – MGM Theatre, Salem Main Road, Namakkal also took part in that occasion.

The coordinators/programme officers of NSS, YRC, RRC, Trinity Women's Forum and the UBA Cell made arrangements. The President, Mrs. K. Suganya and the Secretary, Ms. S. Anugraha, The Inner Wheel Club, Namakkal also present.

Dr. S. Kalaivani, RRC Programme Officer, Trinity College for Women, Namakkal proposed the vote of thanks. More than 500 students benefited through this medical camp



10. Tree Plantation Drive

Service to humanity is service to God. Loving nature is loving god. The Coordinator of UBA Cell Mrs. S. Hemalatha and the volunteers of the UBA Cell, Trinity College for Women, Namakkal, and planted trees during the tree plantation drive in the UBA adopted village of Vagurampatti and its surrounding places on 21.08.24. Mr. P. Raghunath, District Coordinator, National Green Corps, Namakkal District, Namakkal was the special invitee. He emphasized the need for tree planting for our environmental protection.

# Trinity College for Women, Namakkal C9496



# Tree plantation program 21/8/24

நாமக்கல் - டிரினிடி மகளிர் கலை மற்றும் அறிவியல் கல்லூரியின் உன்னத் பாரத் அபியான் அமைப்பின் சார்பில் தேர்ந்தெடுக்கப்பட்ட கிராமமான வகுரம்பட்டி மற்றும் அதன் சுற்று வட்டாரப் பகுதியில் மரம் நடும் விழா இன்று (21.08.24) நடைபெற்றது. இதனை இவ்வமைப்பின் ஒருங்கிணைப்பாளர் எஸ். ஹேமலதா மற்றும் கல்லூரி மாணவியர் புங்கம் மற்றும் இலுப்பை மரங்களை நட்டனர்.

சாமானியனின் குரல் நாமக்கல் செய்தி 22-8-24

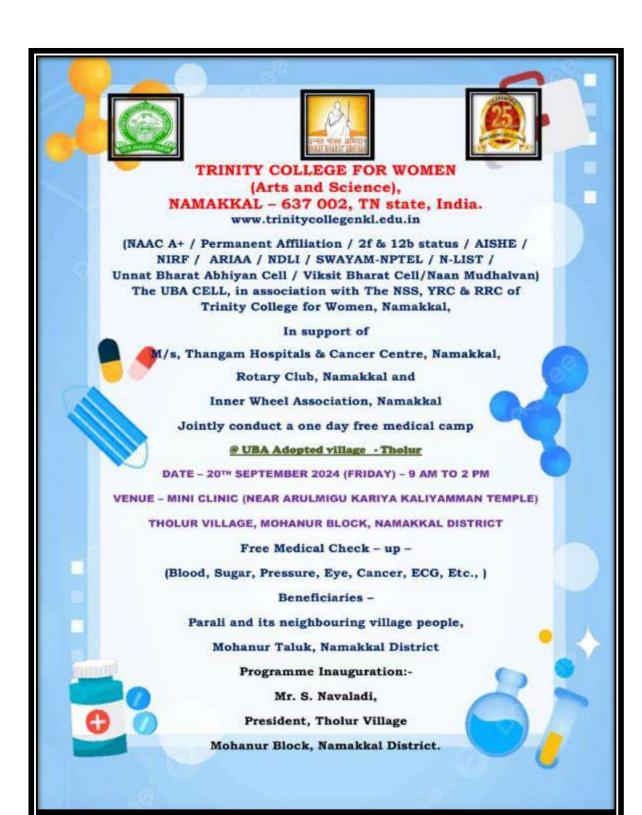


#### 11. Observation of world ozone day

On account of international ozone day (16<sup>th</sup> September), The Eco Green Club and Unnat Bharat Abhiyan Cell, in association with the department of Chemistry, Trinity College for Women, Namakkal conducted an awareness programme on "Ozone Layer Depletion, Climate Changes and Global Warming" on 19<sup>th</sup> September 2024 in the College campus. In this regard, essay writing, painting, Tamil speech and English speech competition (Both the languages of Tamil and English) were held. This event has been organized for the purpose of students knowing about the significance of protection of our environment.

ALL ARE WARMLY INVITED





#### 12. Free Medical Camp at UBA adopted village

The UBA Cell, in association with the National Service Scheme, Youth Red Cross, and Red Ribbon Club of Trinity College for Women, Namakkal, in support of Thangam Hospitals and Cancer Centre, Namakkal, Indian Medical Association, Namakkal, Inner Wheel Club, Namakkal and Rotary Club, Namakkal jointly conducted a one day free medical camp on 20th September 2024 (Friday). It was held in the UBA adopted village of Tholur, Mohanur Block, Namakkal District. Mr. P. Balasubramaniam, Vice-President, Tholur village inaugurated the medical camp. Dr.M.R. Lakshiminarayanan, Principal, presided over the programme. Dr.Arasuparameswaran, Coordinator, Silver Jubilee Celebrations Committee offered the felicitation address. Various General medical check-ups like blood, sugar, eye, pressure, ECG, etc., were held. Dr. R. Sathiya, Medical Practitioner, Mrs. T. Selvakumari, Public Relations Officer and staff members of Thangam Hospitals and Cancer Centre, Namakkal took part. This programme was compiled by Dr. R. Navamani, Vice-Principal of the college. Mrs. S. Priya, Assistant Professor in Computer Science & UBA Representative of Aniyapuram village proposed the vote of thanks. Mrs. D. Prabha, Assistant Professor in Computer Science & UBA village representative of Tholur made arrangements. Nearly 100 people in and around Tholur village benefited through that medical camp.









The UBA Cell, in association with the NSS, RRC & YRC, Trinity College for Women, Namakkal, in support of Thangam Hospitals and Cancer Centre, Namakkal, Inner Wheel Club, Namakkal, Rotary Club, Namakkal and Indian Medical Association, Namakkal chapter jointly organised a one day free medical camp on 20/09/24 (Friday). It was held in the college UBA adopted village of Tholur, Mohanur Taluk Namakkal District. Mr P Balasubramaniam, Vice President, Tholur village inaugurated the camp. Dr M R Lakshiminarayanan, Principal, presided over the program. Dr Arasuparameswaran, coordinator, silver jubilee celebration committee of the College offered the felicitation address. Various medical check ups like General, ECG, blood, sugar, pressure, eye, etc., were held. Dr R Sathiya, medical practitioner, Thangam Hospitals and Cancer centre, Namakkal and the team members were given counselling to the people of Tholur and its surrounding places. This program was compiled by Dr R Navamani, Vice Principal of the College. Mrs S Priya, AP CS & UBA representative of Aniyapuram village proposed the vote of thanks. Mrs R Selvakumari, PRO of the hospital and Mrs D Prabha, AP/CS & UBA representative of Tholur village made arrangements. Nearly 100 people benefitted through that medical camp.

# Samaniyanin Kurat 22/09/2024 Word Count: 2215 Namakkal Dt News