


## NSS &amp; YRC UNITS/ACTIVITY PLAN

Academic Year 2023-2024

Semester: ODD &amp; EVEN

S.No	Date	Programme	Chief Guest / Expert	Organization
1	21/6/2023	INTERNATIONAL YOGA DAY	Mr. Gowthaman Yoga Master	SAEC
2	JULY 2023	ROAD SAFETY AWARENESS PROGRAMME	Assistant Commissioner for Traffic and rules	SAEC
3	AUGUST 2023	DRUG FREE TAMILNADU AWARENESS CAMPAIGN	S.A. ENGINEERING COLLEGE	SAEC
4	SEPTEMBER 2023	12DAYS YOGA ORIENTATION PROGRAMME	Mr. Gowthaman Yoga Master	SAEC
5	OCTOBER 2023	SWACHH BHARAT - SCHOOL CLEANING PROGRAMME	S.A. ENGINEERING COLLEGE	SAEC/GOVT. SCHOOL
6	OCTOBER 2023	AWARENESS CAMPAIGN ON VOTERS RIGHTS	S.A. ENGINEERING COLLEGE	SAEC
7	NOVEMBER 2023	AWARENESS PROGRAMME ON ANTI CORRUPTION	Mr. P. Mahendran, Superintendent of police, Vigilance and Anti- Corruption	SAEC
8	JANUARY 2023	AWARENESS ON CLEAN INDIA	S.A. ENGINEERING COLLEGE	SAEC
9	FEBRUARY 2023	BLOOD DONATION CAMP	Lion.V.N. GUNASEKHAR LIONS CLUB	LIONS CLUB AMBATTUR
10	MARCH 2023	FIRE SAFETY & RESCUE PROGRAMME	Avadi Fire safety and Rescue Team	FIRE SAFETY OFFICE, AVADI
11	MARCH 2023	MEDICAL CAMP	Thiru. D. Dasarathan Secretary	FORTIS HOSPITAL VADAPALANI

  
NSS COORDINATOR

  
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**S.A. ENGINEERING COLLEGE, CHENNAI-77**  
**(An Autonomous Institution, Affiliated to Anna University)**

**NATIONAL SERVICE SCHEME COMMITTEE (NSS)**

**CONSOLIDATED LIST OF ACTIVITIES 2023-2024 (ODD SEM)**

S.No	DATE	NAME OF THE PROGRAMME
1	19/6/23- 21/6/23	INTERNATIONAL YOGA DAY
2	31/07/2023	ROAD SAFETY AWARENESS PROGRAMME
3	11/08/2023	DRUG FREE TAMILNADU AWARENESS CAMPAIGN
4	11/08/2023	OATH WITH TAMILNADU CHIEF MINISTER "DRUG AWARENESS"
5	15/09/2023	SOCIAL JUSTICE DAY
6	15/09/2023	TOBACCO FREE CAMPUS CAMPAIGN
7	24/09/2023	PCOS AWARENESS WALKATHON
8	27/09/23-17/10/23	12DAYS YOGA ORIENTATION PROGRAMME
9	1/10/2023	SWACHH BHARAT - SCHOOL CLEANING PROGRAMME
10	25/10/2023	AWARENESS CAMPAIGN ON VOTERS RIGHTS
11	1/11/2023	AWARENESS PROGRAMME ON ANTI CORRUPTION
12	17/11/2023	SARDAR UNITY TRINITY QUIZ- SAMARTH BHARAT
13	11/12/2023	VIKSIT BHARAT @ 2047

  
NSS COORDINATOR

  
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# S.A.ENGINEERING COLLEGE

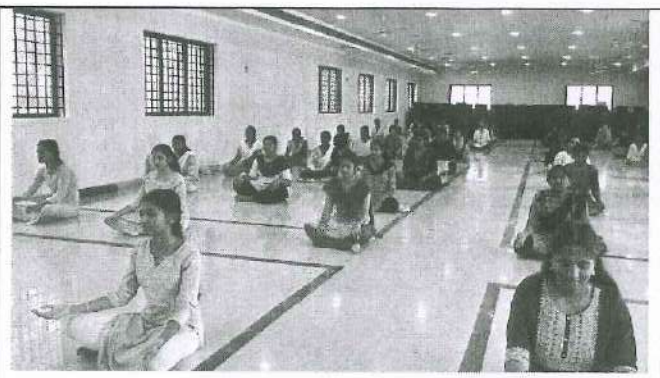
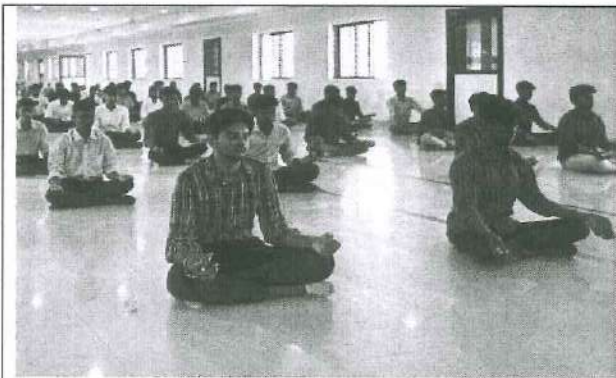
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## NATIONAL SERVICE SCHEME (NSS)

### Report on International Yoga Day Celebration – 19.06.23 to 21.06.2023

The NSS Unit of S.A. Engineering College had conducted International Yoga Day which is observed on June 19 to 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system. It was conducted by the Instructor Mr. Gowthaman who is a professional Yoga coach attended by many prominent Professors, and Students with great enthusiasm. The event began with a brief introduction on Yoga Day by the Principal Dr. S Ramachandran and by welcoming the guest and Instructor. Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, importance of these were explained simultaneously. The program was organized for four days in which all the first year students with the strength of 930 have taken part in two sessions. The celebration concluded with the speech by the NSS Coordinator Mr. Dhanasekar who encouraged students to practice regular yoga to remain fit and improve concentration.





*S. P. Das*  
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## NATIONAL SERVICE SCHEME (NSS)


### Report on Road Safety Awareness Program – 31.07.23

The NSS Unit of S.A. Engineering College organized a session on Road Safety Awareness as part of the Road Safety week by the Directorate of Transport, Government of Tamil Nadu, in association with the Tamil Nadu Police Safety Precautions Department.

The session was given by several officers from police department; including the Assistant Commissioner for Traffic and rules have been explained in the talk in his session said "Awareness on the road is very important for your safety and safety of others". He discussed the statistics of various types of road accidents in Tamil Nadu and explained the reasons that lead to these accidents. He further gave examples of various types of traffic violations and the penalties associated with them. Mr. Commissioner urged the audience to come to the help of road accident victims and stated that those who come forward are protected through the Good Samaritan Law.



  
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## NATIONAL SERVICE SCHEME (NSS)

### Report on Drug Free Tamil Nadu Awareness Campaign – 11.08.23

The NSS Unit of S.A. Engineering College participated "Awareness campaigns on drug-free Tamil Nadu" on 11th August 2023, at the college premises. More than 75 students along with the Principal and Head of various departments along with the NSS coordinator participated in the Campaigns. The college management has arranged an exclusive Walk for a Cause event to showcase Tamil Nadu's solidarity on the global mission to address drug challenges in alignment with the policy of the Government of Tamil Nadu and the United Nations Office on Drugs and Crime (UNODC). The key objectives of the event involve raising awareness through a walkathon to create awareness of the dangers of drug abuse and its impact on students, families and the education community. Through information booths and awareness sessions, they intend to educate participants about the preventive measures, coping strategies and available resources for individuals struggling with drug addiction. This event will provide an opportunity for community members to come together for a common cause, fostering unity and collective action. The walkathon will also serve as a platform to advocate for stronger drug abuse prevention policies and resources at the local, state and national levels.



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## NATIONAL SERVICE SCHEME (NSS)

### Report on Social Justice Day – 15.09.23

The NSS Unit of S.A. Engineering College had conducted World Day of Social Justice was commemorated by the Centre for Dalit and Subaltern Studies (CDSS) on 15th September 2023. A Special Lecture on the theme of the year 'Achieving Social Justice through Formal Employment' was organised for the faculty, non-teaching staff, and students of S.A Engineering College. Principal Dr S Ramachandran delivered the talk on the above theme. The program was started at 10:30 a.m. and concluded at 12:30 p.m. on 15th September 2023. The participants from various departments took an active part during the lecture. A set of questions pertaining to the theme of the day were asked by the participants and a healthy interaction has been witnessed during the lecture. Students have also taken an oath on the theme of Social Justice as prescribed by the state of Tamil Nadu.



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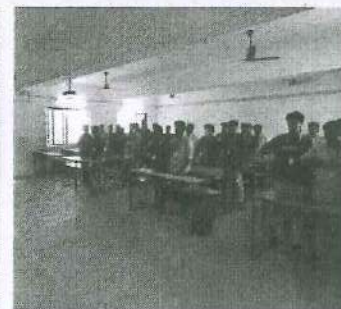
NSS UNIT OF SAEC

Organizes

### “SOCIAL JUSTICE DAY”



15/09/2023  
@11.00am





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NSS UNIT OF SAEC

Organizes


## "SOCIAL JUSTICE DAY"



15/09/2023  
@11.00am



  
COORDINATOR

  
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## NATIONAL SERVICE SCHEME (NSS)

### Report on Tobacco Free Campus – 15.09.23

The NSS Unit of S.A. Engineering College had conducted awareness program on creating Tobacco Free campus Tobacco use is a serious public health challenge in several regions of the world. It has assumed the dimension of an epidemic resulting in enormous disability, disease and death. Principal Dr S Ramachandran delivered the talk on the above theme to the students of S.A Engineering College. The total number of premature deaths caused by tobacco during the twentieth century has been estimated at about 100 million and, if current trends of tobacco use continue during the twenty-first century, the death toll is projected to go up to one billion. The cause was explained clearly to the student and they have also taken an oath on the theme of Social Justice as prescribed by the state of Tamil Nadu.





*S. D. S.*  
COORDINATOR

*S. R.*  
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## NATIONAL SERVICE SCHEME (NSS)

### Report on Polycystic Ovary Syndrome (PCOS) Awareness Walkathon – 24.09.23

The NSS Unit of S.A. Engineering College in association with Kauvery Hospital, Chennai shines a Spotlight on PCOS Awareness on 24<sup>th</sup> September 2023 by conducting a walkathon from Kauvery Hospital Chrompet to GST Road Tambaram. 50 students from S.A. Engineering have participated and created awareness on Polycystic Ovarian Syndrome Commonly known by the acronym PCOS, it's also called Metabolic Reproductive Syndrome. Women with PCOS usually have insulin resistance (Adequate Insulin levels are present, but they cannot act properly). Symptoms include irregular menstrual cycles with or without excessive hair growth on the face, body and a tendency to form acne. Treatment focuses on diet modification with exercise and sometimes progesterone therapy to bring about periods. Students were given a clear lecture by the team of doctors from Kauvery hospital on the above mentioned cause and the same has to be propagated among the other students of S.A. Engineering College.





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## NSS UNIT OF SAEC, KAUVERY HOSPITAL

&

EXNORA ORGANIZED

### "PCOS AWARENESS WALKATHON"



**Venue:**  
**Kauvery Hospital**

**24.09.2023**  
**@5.45am**

  
**COORDINATOR**

  
**PRINCIPAL**  
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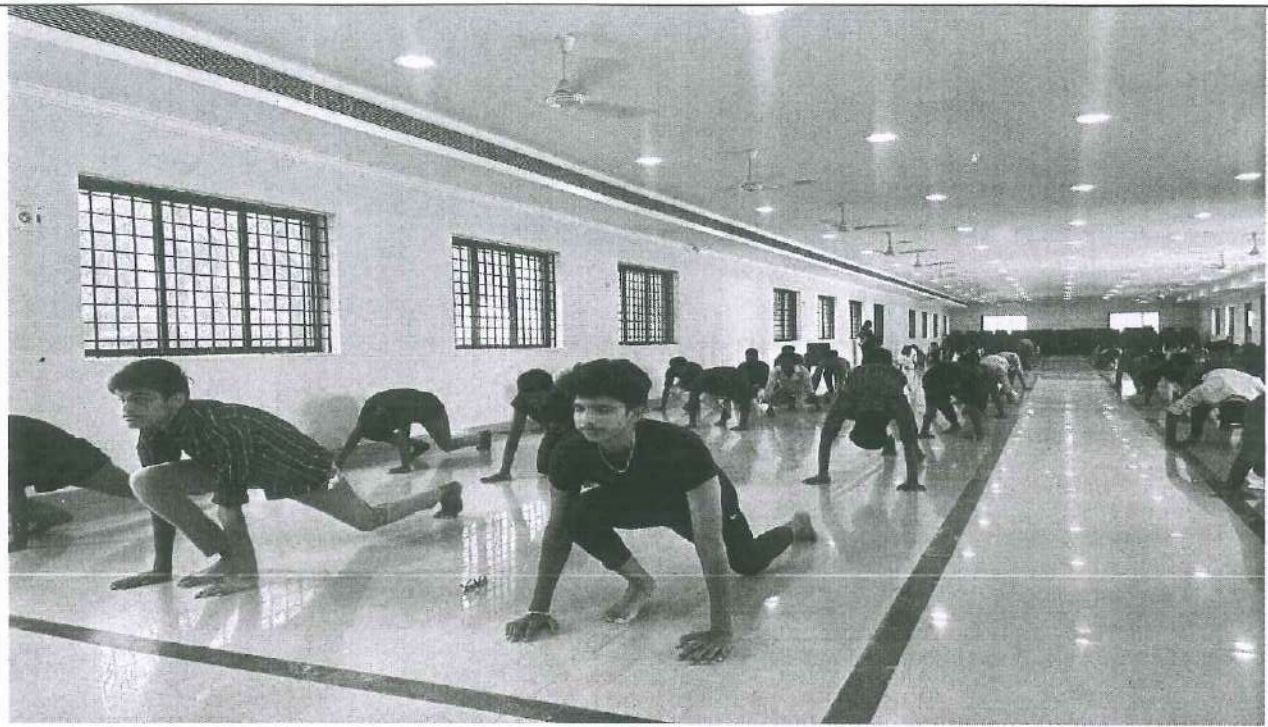
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## NATIONAL SERVICE SCHEME (NSS)

### Report on Yoga Orientation Program – 19.12.23 to 27.12.2023

The NSS Unit of S.A. Engineering College had conducted International Yoga Orientation Program which is observed on December 19 to 27 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. It was conducted by the Instructor Mr. Gowthaman who is a professional Yoga coach attended by many prominent Professors, and Students with great enthusiasm. The event began with a brief introduction on Yoga Day by the Principal Dr. S Ramachandran and by welcoming the guest and Instructor. Teacher explained various asanas and its benefits to students. Students from each class had demonstrated Surya Namaskar and various yogasan and breathing exercises showing the strength of Yoga and the flexibility attained on doing it. The day started with prayers and shlokas followed by the exercises and demonstrations. The program was organized for twelve days in which all the first year students with the strength of 930 have taken part in two sessions. The celebration concluded with the speech by the NSS Coordinator Mr. Dhanasekar who encouraged students to practice regular yoga to remain fit and improve concentration.





  
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## NATIONAL SERVICE SCHEME (NSS)

### Report on School Cleaning Programme – 1.10.23

The NSS Unit of S.A. Engineering College has organized school cleaning programme on 1.10.23, as directed by the state and the centre this year on 2nd of Oct 2018, the whole nation is celebrating 150th birth anniversary of the Father of Nation Mahatma Gandhi. From now this very day will become symbolic of Cleanliness Drive in the country. This year other countries like the Netherlands (four cities ) celebrated this day in their own way. On 2nd October 2016, Gandhi Jayanti, the Swachh Bharat Swasth Bharat Mission will be of 2 year old. It means two years have passed since our Prime Minister Sh Narendra Modi had started Clean India Mission on this day. S.A Engineering College has took a team of 40 NSS volunteers to the near Government School at Seneerkuppan Village in order to showcase their support to maintain cleanliness of the school premises the volunteers have spent more than four hour inside the school campus and involved in cleaning of the entire campus in and around.





*S. D. S.*  
COORDINATOR

*S. R.*  
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## NATIONAL SERVICE SCHEME (NSS)

### Report on Awareness Campaign on Voter's Rights – 19.12.23

A unit of NSS from S.A Engineering College, organized Voter Awareness Camp on 19.12.2023.Total of 40 students have participated in this programme. The college runs the programme on Voter Awareness Programme in college. The youth is a backbone of India. The development of country the students perform very important role. Principal Dr S Ramachandran, and CoE Dr. T Senthil Kumar have delivered the lecture on importance of democracy constitutional responsibility. On account of this awareness campaign drawing competition was conducted for the students in which 40 students have participated and exhibited their drawing skills, a panel of judges were appointed to select the best three pictures and the winners were given cash prize respectively.

First prize – Manishaa Sri – 1<sup>st</sup> year CSE

Second prize – R Srinidhi – 1<sup>st</sup> year AIDS

Third prize – Monish Kumar – 1<sup>st</sup> year CYBER





**S.A. ENGINEERING COLLEGE, CHENNAI-77**  
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**DEPARTMENT OF HUMANITIES AND SCIENCE**

**Awareness Campaign on My Vote My Right**

*A Drawing Competition was conducted on 25.10.23 more than 40 students participated and the final three were selected for First, Second, and Third Places*



**First**

044 26801999



**Second**

[www.saec.ac.in](http://www.saec.ac.in)



**Third**

[saec@saec.ac.in](mailto:saec@saec.ac.in)

**COORDINATOR**

**PRINCIPAL**

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**PRINCIPAL**

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## NATIONAL SERVICE SCHEME (NSS)

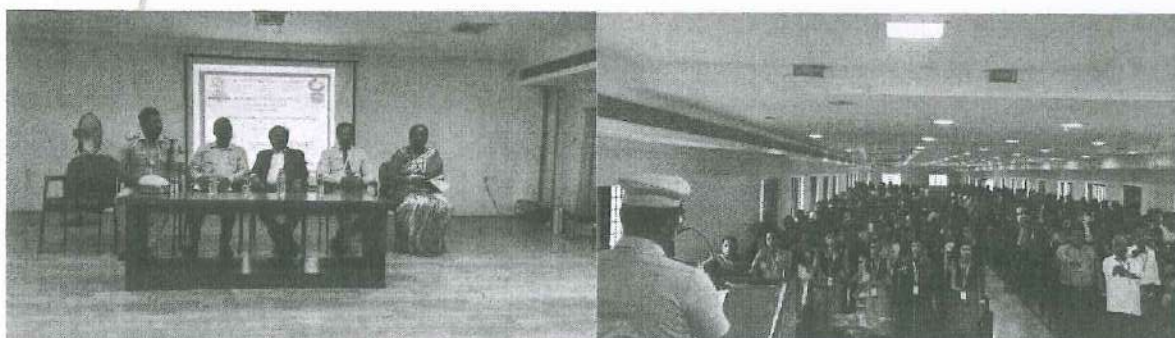
### Report on Awareness Program on Anti-Corruption – 1.11.23

On 1 st November 2023, Department of Management Studies and NSS unit of S.A.Engineering College organized an Awareness Program on Anti-Corruption. Dr. G. H. Kerinab Beenu, Professor/HOD, Department of Management Studies, welcomed the gathering. Dr. S. Ramachandran, Principal, inaugurated the event stating that it is indispensable for the students to gather knowledge about the guidelines and processes involved in making complaints about corruption and not to sell their votes.

The Chief Guest, Dr. S. Gowri, Former Vice Chancellor, Madras University shared his personal experience in the other country and asserted that honesty will always bring happiness. He stated that children are accountable in making the corruption free nation.

The Second Chief Guest, Mr. P. Mahendran, Superintendent of police, Vigilance and Anti-Corruption, shared how black money will destroy the growth of the country and insisted that every individual has to fight against corruption to make our country corruption-free.

The Third Chief Guest, Mr. F. Joy Dayal, DSp, Vigilance and Anti-Corruption administered the students to take pledge against corruption. This was followed by the vote of thanks by Mrs. G. Sri Nidhya, Associate Professor in English, Department of Humanities and Science.





  
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## NATIONAL SERVICE SCHEME (NSS)

### Report on Sardar Unity Trinity Quiz – 17.11.23

The NSS Unit of S.A. Engineering College in association with Union Government of India organized Quiz Competition on 17.11.2023 to commemorate Sardar Vallabhbhai Patel, known as the 'Iron Man of India', led to the peaceful integration of the princely Indian States into the Indian Union and the political unification of India. A nationwide Quiz, "Sardar Unity Trinity Quiz" is being hosted on My Gov platform to celebrate the life, ideals, and accomplishments of Sardar Vallabhbhai Patel. The aim of the quiz is to introduce the youth and citizens of India to the social values, ideologies, ethics, and morals associated with Sardar Patel, while highlighting the achievements and vision of the Government of India. The quiz is available in multiple regional languages including English and Hindi. 20 Students from S.A. Engineering college have participated and have won prizes for their contribution.



*S. Devaraj*  
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*(Signature)*  
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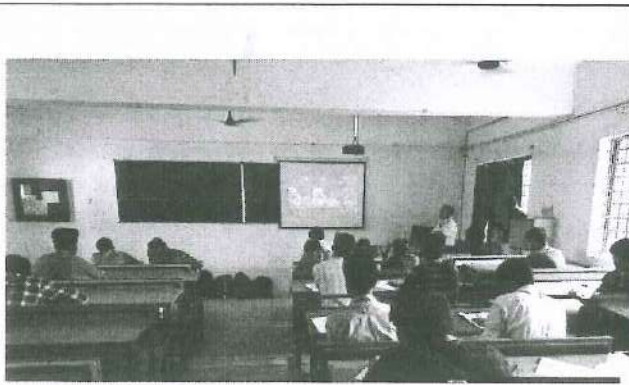
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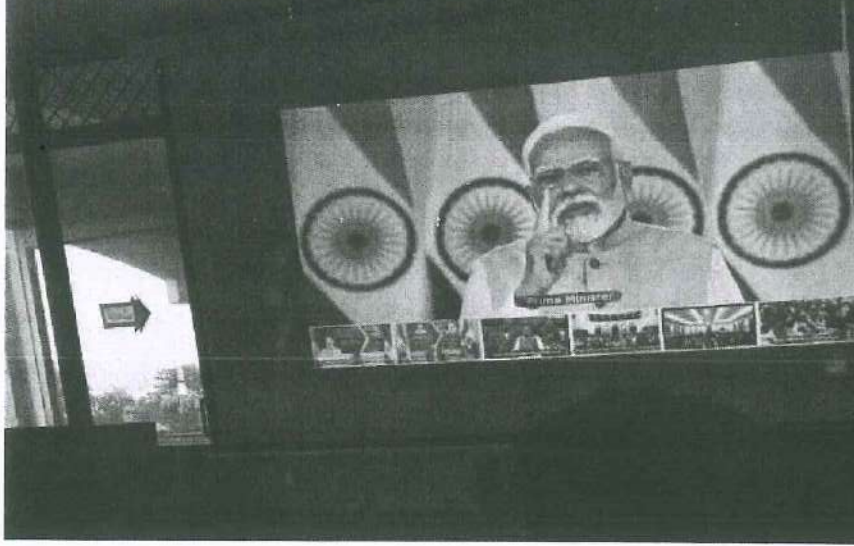
## NATIONAL SERVICE SCHEME (NSS)

### Report on Viksit Bharath – 11.12.23

The NSS Unit of S.A. Engineering College had initiated to promote Viksit Bharat@2047 is the vision of Government of India to make India a developed nation by 2047, the 100th year of its independence. The vision encompasses various aspects of development, including economic growth, social progress, environmental sustainability, and good governance. The entire speech of our Prime Minister Mr. Narendra Modi was played to the students and made them to watch and listen his speech, the arrangements has been made the heads of various departments as directed by the Principal and all the students were benefited out his speech which were later received from in the form of feedbacks.



MAPPLS



*S. Dhanya*  
COORDINATOR

*[Signature]*  
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**S.A. ENGINEERING COLLEGE, CHENNAI-77**  
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**NATIONAL SERVICE SCHEME COMMITTEE (NSS)**  
**CONSOLIDATED LIST OF ACTIVITIES 2023-2024 (EVEN SEM)**

S.No	DATE	NAME OF THE PROGRAMME
1	25-01-2024	VOTERS AWARENESS CAMPAIGN
2	30-01-2024	MARTYRS DAY & PLEDGE AGAINST UNTOUCHABILITY
3	05-03-2024	MERA PAHLA VOTE DESH KE LIYE
4	16-03-2024	PERSONALITY DEVELOPMENT PROGRAM
5	18-03-2024	BLOOD DONATION CAMP & HEALTH CAMP

  
NSS COORDINATOR

  
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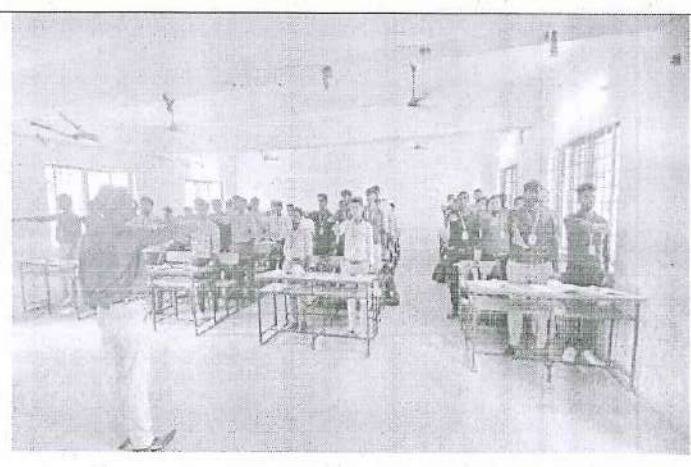
## NATIONAL SERVICE SCHEME (NSS)

### Report on Voters Awareness Campaign - 25.01.24

S.A. Engineering College has Organized various competitions for voter awareness at the campus in which Volunteers are also aware the society through various activities like posters, Slogans etc. The College organised various Voter Awareness Campaigns under the guidance of the NSS Team unit with the aim to increase voter percentage in the state and also to make the young voters aware of their basic right plus duty. First time Voters were shown step by step how to use the E.V.M (Electronic Voting Machine). Students enthusiastically participated in generating awareness of the public in exercising their vote through rallies. The students have also taken oaths on the day as the prescribed script was given by the government itself.

Objectives of awareness campaign:

- To creating awareness among the people/public/voter regarding the importance of the three tier local electoral system
- To enhance people's participation in the voting system
- To create awareness to select effective people centric leaders
- To ensure smooth implementation/execution of our planned activities
- To get pre-election commitment from contesting candidates



  
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## NATIONAL SERVICE SCHEME (NSS)

### Report on Martyrs Day & Pledge against Untouchability - 30.01.24

As directed by the Ministry of Home Affairs S.A. Engineering College has Organized Martyrs day, for paying homage to the Martyrs', who laid down their lives in the struggle for India's Freedom, silence is being observed for two minutes from 11.00 A.M to 11.02 A.M. on 30th January and a pledge will be administered against untouchability. This day is remembered as the day when three brave freedom fighters, namely Bhagat Singh, Shivaram Rajguru, and Sukhdev Thapar, were hanged by the British. Also, January 30th is observed as Martyr's Day or Shahid Diwas in the memory of Mahatma Gandhi. Two minutes of silence were kept there in the memory of the freedom fighters, and other martyrs throughout the country. Several bhajans, or religious prayers, are also sung. Students have also taken oath on the same day against the act of untouchability the severity of the same is also been explained by the Princiapal Dr. S Ramachandran to the students.



*S. D. S.*  
COORDINATOR

*(Signature)*  
PRINCIPAL  
PRINCIPAL  
S.A. Engineering College (Autonomous)  
Poonamallee-Avadi Main Road,  
Veeraragavapuram,  
Thiruverkadu, Chennai-600 077

# S.A.ENGINEERING COLLEGE

(An Autonomous Institution, NBA Accredited & ISO 9001:2015 Certified Institution)

Poonamallee- Avadi Main Road, Thiruverkadu, Chennai-600 077

## NATIONAL SERVICE SCHEME (NSS)

### Report on Mera Pahla Vote Desh Ke Liye - 05.03.24

As directed by the Ministry of Education (MoE) in collaboration with the Ministry of Youth Affairs proposes to launch a campaign on "Mera Pahla Vote Desh ke Liye" from 28th February, 2024 to 6th March, 2024. S.A. Engineering College has Organized various competitions for voter awareness at the campus in which Volunteers are also aware the society through various activities like posters, Slogans etc. The College organised various Voter Awareness Campaigns under the guidance of the NSS Team unit with the aim to increase voter percentage in the state and also to make the young voters aware of their basic right plus duty on 25<sup>th</sup> March 2024. MoE has designed various activities in consultation with the Election Commission of India to propagate Electoral Literacy amongst youth. This campaign is conducted in all the department of our college. Various activities to be conducted for the students and the students have actively participated in all the events. One of the primary events of the program is oath taking which is to ensure 100% of votes to be casted from the students' community of S.A. Engineering College. On the same day college principal has addressed the students proclaiming the importance of casting votes and values of fundamental duties and fundamental rights.



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# S.A.ENGINEERING COLLEGE

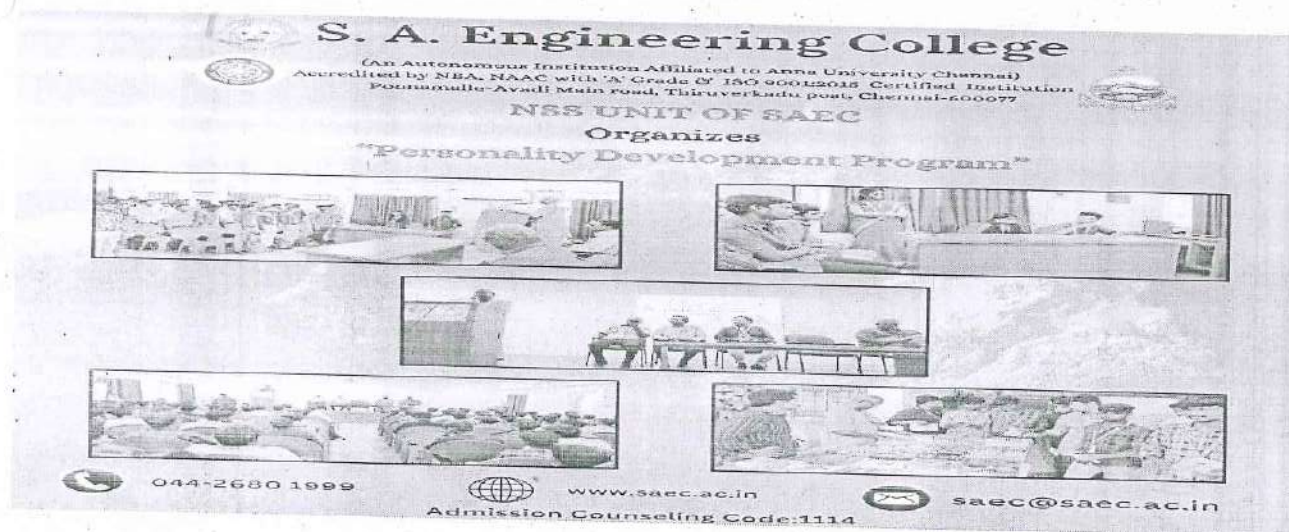
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## NATIONAL SERVICE SCHEME (NSS)

### Report on Personality Development Program - 16.03.24

For the welfare of students' community the college management of S.A. Engineering college in association with the unit of NSS Team organized a personality development program. Swamy Brahmanadha from Sri Ramakrishan Math, Mylapore was invited as a presenter who gave immense presentation of the students' community. The programme also aimed to teach participants to work with various professionals, people and groups to understand the meaning of life and work in the present context; to enhance their communication skills and interpersonal skills in order to function in professional and social settings effectively; to enrich the academic language skills (writing and presentation skills) for academic writing and presentations; to understand effective planning, time management and implementation for setting goals and achieving both personal and professional goals; to learn to evaluate oneself for further growth, personally and professionally. Human personality influences and impacts the functioning of an individual and organizations. The fact that humans are social is determined by individual as well as collective contexts. Understanding one's own personality and nurturing it well enables one to be a fine human being and an effective professional. Humans need to learn how to cope with the problems and face the hardships while shaping our careers to become professionals and contributing citizens.



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**NSS UNIT OF SAEC**  
**Organizes**  
**"Personality Development Program"**

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## NATIONAL SERVICE SCHEME

Report on "Blood Donation Camp & Health Camp" on 18-03-2024

On 18<sup>th</sup> March 2024, a unit of NSS SA Engineering College in association with the Lions Club of Bharath Chennai organized a blood donation camp. The camp took place in the IT auditorium of the college campus. Officials from the Lions club graced the occasion which was outset by the Principal Dr. S. Ramchandran and facilitated by the NSS Coordinator Mr Dhanasekar Staff and students across all the branches have volunteered themselves to donate their blood. The blood collected from this camp was given to the Lions club blood bank in order to serve humanity on medical grounds. Refreshments had been arranged for those who donated their blood to the camp. To watch over the entire process a team of doctors and nurses was arranged by the club in order to monitor the medical condition of the donors. More than 120 volunteers donated their blood at this event. After the completion of the event, the Principal thanked and appreciated everyone present on campus.

On 18<sup>th</sup> March 2024, a unit of NSS SA Engineering College in association with the Hycare Hospital and Appasamy Eye clinic, Chennai jointly ventured by Lions Club of Bharath organized a Health campaign for all the staff members to spread awareness about health check-ups and maintaining a healthy life. The campaign took place in the Physics Laboratory of the college campus. Officials from the Lions club graced the occasion which was outset by the Principal Dr. S. Ramchandran and facilitated by the NSS Coordinator Mr Dhanasekar.

The medical team consists of a doctor from general medicine, an ophthalmologist, a Lab technician, and a couple of nurses to assist with the entire process. The following tests are being taken in the camp for all the staff members who were presented there. (Blood Sugar, Blood Pressure, General Eye check-up, and ECG), Nearly 120 staff members have availed of this service, the tests reports are duly evaluated by the doctor who gave necessary

advice and suggestions for the maintenance of good health. After the completion of the event, the Principal thanked and appreciated everyone present on campus.



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**NSS UNIT OF SAEC**

**Organizes**

**"BLOOD DONATION AND HEALTH CAMP"**



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