

## **EXTENSION ACTIVITIES**

### **NATIONAL SERVICE SCHEME**

**National Service Scheme** is a Government-sponsored public service program conducted by the Ministry of Youth Affairs and Sports of the Government of India. The National Service scheme of Emerald Heights College for Women was started in the year 1997 with one unit. At present we have two units with 200 volunteers who actively participate in social activities every year.

The Motto of the National Service Scheme is: **“NOT ME BUT YOU”**

This reflects the essence of democratic living and upholds the need for selfless service. It underlines that the welfare of an individual is ultimately dependent on the welfare of society on the whole. The National Service Scheme is aimed to develop the personality of NSS volunteers through community service. The NSS undertakes regular activities for 120 hours and Annual Special Camp for 120 hours. The special camps are held annually, funded by the Government of India, and are organized in rural villages.

The NSS Units of the college are actively involved in community services. This helps volunteers to develop a sense of social and civic responsibilities, spirit of good citizenship, gain skill in mobilizing community participation, acquire leadership qualities, practice national integration and social harmony. The volunteers are involved in activities such as cleaning, environmental awareness, health awareness, social issues and sanitation etc.

The NSS Unit comprises of two Programme Officers and 200 volunteers (100 per unit)

#### **NSS ADVISORY COMMITTEE**

Dr. K. Sujatha: Principal

Dr.M.C.Nisha: NSS Programme Officer

Dr. A. Rosilda Manju: NSS Programme Officer

## **YOUTH RED CROSS**

The Youth Red Cross is a constituent of the Indian Red Cross Society and it is a movement organized at the initial stages for students between 18 to 25 years of age. The Mission of the Indian Red Cross is to inspire, encourage and initiate at all times all forms of humanitarian activities so that human suffering can be minimized and even prevented and thus contribute to creating the more congenial climate for peace.

### **OBJECTIVES**

- To conduct social and health awareness programmes.
- To encourage the students to extend their humanitarian services to the society.
- To offer First Aid Training to all the YRC volunteers.
- To develop leadership quality among the students.
- To understand and accept civic and human responsibilities.
- To develop tolerance and coexistence in the communities.
- To develop organizational skills, charitable services and civil leadership.
- To foster better friendly relationship without any discrimination.

## **RED RIBBON CLUB**

Red Ribbon Club is a movement started by the Government of India in schools and colleges through which students will spread awareness over HIV / AIDS. It envisages instilling charity mind among all the students to extend their help towards developing healthy life styles, donating blood to the needy and so on.

### **OBJECTIVES**

- To prepare youth as peer educators/ agents of change by developing their skills on leadership, advocacy, communication and team building.
- To serve as forums for students to participate in the fight against HIV/AIDS.
- To promote voluntary blood donation among youth.
- To counsel the students regarding the various preventive measures for the proper maintenance of their health.

### **YRC/RRC Advisory committee**

Dr. K. Sujatha: Principal

Dr. M. Swarnalatha, YRC/ RRC Programme Officer

# **YUVATHI CLUB**

LEADERSHIP, DEVELOPMENT AND INNOVATIVE INITIATIVES FOR YOUNG ASPIRING MINDS

Yuvathi Club was started on **December 2021**

## **AIMS OF THE CLUB**

- To involve students in leadership, personal development and nation building activities.
- To create social awareness, environmental and social responsibility.
- To promote innovative thinking.
- To enhance awareness in interdisciplinary approach.
- To promote fitness and health of students in daily life.
- Aims at the holistic development of the students.

## **FUNCTIONS OF THE CLUB**

- To educate the students through guest speakers.
- To conduct programmes on various themes.

## **ORGANIZERS**

1. Dr.M.C.Nisha, Assistant Professor of Botany
2. Dr. B.Vimala, Librarian