



UNNAT BHARAT ABHIYAN

INSTITUTE/ORGANIZATION NAME: TRINITY COLLEGE FOR WOMEN,
NAMAKKAL – 637 002, TAMIL NADU STATE



College Code C 9496

PROGRESS REPORT

Annual Report

01.04.2023 to 30.04.2024

UBA Coordinator's Name :Mrs. S. HEMALATHA

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Sr. No	ADOPTED VILLAGES	TALUKA (Block)	DISTRICT
1	Vagurampatti	Namakkal	Namakkal
2	Aniyapuram	Mohanur	
3	Parali		
4	Tholur		
5	Pettapalayam		

EVENTS OF UNNAT BHARAT ABHIYAN CELL

S. No	Date	Name of the events/programmes organized under the UBA Cell
01	03.04.23	A health awareness programme for the benefit of Anganwadi School Children" For the benefits of school students of Mohanur Panchayat Primary School, Pettapalayam and Kirayur village, Mohanur Taluk, Namakkal District.
02	03.04.23	A programme on "Let's show to live – At a glance" (வாழ்ந்துகாட்டுவோம்திட்டம்குறித்தஒருகண்ணோட்டம்)
03	01.05.23	Grama Sabha Meeting - In view of the International Workers Day/May Day, Our faculty and students participated in the UBA Adopted villages of Vagurampatti, Aniyapuram, Parali, Tholur and Pettapalayam

04	04.05.23	Free Medical Camp at Parali (UBA adopted village)
05	10.05.23	Kudos to Mrs. S. Nallammal, Aniyapuram, Namakkal, who benefitted through the UBA medical camp.
06	16.05.23	On behalf of Unnat Bharat Abhiyan Cell, Pledge on “Lifestyle for the Environment” was held on 16 th May 2023.
07	26.05.23	Awareness programme entitled “Why it’s important to protect our environment?” on 26th May 2023.
08	30.05.23	E-quiz programme related to UBA for faculty and students from 30.05.2023 to 30.06.2023.
09	26.06.23	Human Chain event (26.06.2023) -Human Chain – Awareness Programme on “Anti-Drugs”
10	24.07.23	Discussion meeting of Unnat Bharat Abhiyan Scheme
11	26.07.23	Tree Plantation event
12	28.07.20	Observation of world nature conservation day
13	04.08.20	Observation of world breast week @ College campus
14	05.07.23	Tree Plantation Programme
15	14.08.23	Programme on Yuva Samwad India @ 2047
16	15.08.23	Independence Day – Participation in Grama Sabha Meet
17	29.08.23	Stress Management programme of employees of Salem Cooperative Sugar Mills Ltd., Pettapalayam village (UBA Adopted village), Mohanur Taluk, Namakkal District
18	02.10.23	Gandhi Jayanthi – Grama Sabha Meeting
19	03.10.23	Door to Door Campaign - Awareness Programme on Rainy Season Diseases Like Malaria, Dengue, Typhoid, etc.
20	04.10.23	Inauguration Programme - 3 months free tailoring programme for rural women in and around Aniyapuram village, Namakkal
21	25.10.23	Programme on “Maati Mera Desh (My Soil, My Country)”.
22	03.11.23	Observance of vigilance awareness week – Taking Pledge
23	06.11.23	Diwali Festival – Display and trade of affordable prices – handloom saris
24	07.11.23	Tree Plantation Programme
25	25 & 26.11.23	Workshop on “Rural Development”
26	05.12.23	Celebration of World Soil Day
27	09.12.23	Observation of International Anti-Corruption Pledge
28	21.12.23	Programme on “Meri Maati Mera Desh” campaign, an idea to observe India’s soil and valour,
29	28.12.23	Programme on “Vegetable Home Gardening”
30	29.12.23	Valedictory Programme - 3 months free tailoring programme for rural women in and around Aniyapuram village, Namakkal
31	23.01.24	Commemoration of Parakhram Diwas – Birth anniversary of Netaji Subash Chandra Bose
32	26.01.24	Republic Day Celebrations
33	26.01.24	Republic Day – Grama Sabha Meet
34	30.01.24	Taking pledge on Anti-Leptosy
35	03.02.24	Success Meet of Vegetable Home Gardening
36	03.02.24	Distribution of Natural Vegetable Seeds
37	08.02.24	An awareness program on “We can achieve in sericulture entrepreneurship”
38	09.02.24	Dole out of Deworming Tablets
39	12.02.24	Observation of International Pulse Day
40	27.02.24	Awareness Programme on “HPV Vaccine”
41	01.03.24	An awareness programme on “Eating habits among College students and its association with BMI”

42	22.03.24	Celebration of world water day
43	27.03.24	Our College UBA Cell coordinator participation in the technical in-house-regional workshop cum orientation program, held at VIA, Pollachi.

Health Awareness Programme for school children

Unnat Bharat Abhiyan Cell of Trinity College for Women, Namakkal and in support of Alumni Forum of the College conducted a health awareness programme for the benefit of Anganwadi School children" (அங்கன்வாடி பள்ளிக்

குழந்தைகளுக்கான சுகாதார விழிப்புணர்வுநிகழ்வு) on 03rd April 2023 (Monday) at 10.30 AM. This programme is to be held at the premises of Mohanur Panchayat Primary School, Pettapalayam and Kirayur village, Mohanur Taluk, Namakkal District.

In this regard, Mrs. R. Navamani, Representative of UBA Adopted village of Pettapalayam & HOD and Assistant Professor in Computer Science, Trinity College for Women was the resource person.

Under nutrition is a major public health problem in India. Our Country needs energetic people for a healthy society, she said. Apart from that she highlighted on moral science, parenting roles, good touch and bad touch and do's and don'ts to the Anganwadi children in and around Pettapalayam village.

Mrs M. Chandra & Mrs. A. Amutha, Anganwadi Teachers of Mohanur Panchayat Union Elementary School, Pettapalayam, Dr. A. Latha, Mrs. S. Priya and Mrs. D. Prabha Representatives of UBA Adopted villages of Parali, Aniyapuram and Tholur respectively also pointed out the significance of maintaining our health and the eating of nutritional food.

Being a part of Azadi Ka Amrit Mahotsav (75th year of India's celebration), that programme was organized for the sake of anganwadi school children.



Vaazhnthu Kaattuvom Awareness Programme:-

The Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal conducted a programme on “Let’s show to live – At a glance” (வாழ்ந்துகாட்டுவோம் திட்டம் குறித்த ஒரு கண்ணோட்டம்) on 03rd April 2023. It was held in the chamber of Principal.

This programme was organized for the benefit of coordinator and the representatives of UBA (Unnat Bharat Abhiyan) adopted villages of Vagurampatti, Aniyapuram, Parali, Tholur and Pettapalayam in Namakkal district. (உன்னத பாரத அபியான்திட்டத்தின் ஒருங்கிணைப்பாளர் மற்றும் தேர்ந்தெடுக்கப்பட்ட (வகுரம்பட்டி, அணியாபுரம், பரளி, தோளூர் மற்றும் பேட்டப்பாளையம்) கிராமங்களின் பிரதிநிதிகள் செயல்படுத்தும் பணிக்காக).

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

Thiru. R. Sengottuvel, Block Team Leader (BTL), Vaazhnthu Kaattuvom Project , Sathyamangalam Block, Erode District was the special invitee.

Vaazhnthu Kattuvom – The Tamil Nadu Rural Transformation Project (TNRTP) under the department of Rural Development and Panchayat Raj targets poverty alleviation to grow a business ecosystem to nurture skills and strengthen the entrepreneurial capabilities among Self Help Groups in the state. This vaazhnthu kattuvom scheme is being implemented with the funding of the World Bank. It was started to promote rural enterprises and raise the income of people of villages. This project is carried out with the main aim of poverty alleviation, he denoted.

The following UBA cell of right hand women took part in that programme.

1. Mrs. S. Hemalatha, Coordinator – UBA Cell
2. Mrs. V. Gokila, Representative of UBA – Vagurampatti village
3. Mrs. S. Priya, Representative of UBA – Aniyapuram village
4. Dr. A. Latha, Representative of UBA – Parali village
5. Mrs. D. Prabha, Representative of UBA – Tholur village
6. Mrs. R. Navamani, Representative of UBA – Pettapalayam village

Dr. Arasuparameswaran, Director – Academic delivered the vote of thanks.



Grama Sabha Meeting in UBA adopted villages

In view of the International Workers Day/May Day, Grama Sabha Meeting was held on 01.05.2023 in various villages of Namakkal District in Tamil Nadu state. On this subject, representatives of Unnat Bharat Abhiyan Cell and a few students of our College (Trinity

College for Women, Namakkal) have taken part in the adopted villages of Namakkal District, like Pettapalayam, Tholur, Parali, Aniyapuram and Vagurampatti.

Mrs. Shreya P. Singh, District Collector of Namakkal was the chief guest of the Grama Sabha Meet of Pettapalayam village in Mohanur Block, Namakkal district. The various issues were discussed viz, distribution of drinking water, Village Panchayat Development Plan, All villages Anna Renaissance Scheme (**அனைத்து கிராம அண்ணா மறுமலர்ச்சி திட்டம்**), Mahatma Gandhi National Rural Employment Guarantee Scheme, Prime Minister Rural Housing Scheme, Prime Minister's Awas Yojana Gramin, Jal Jeevan mission, Swachh Bharat Abhiyan, Solid waste management, Plastic waste management, etc.,

The following village presidents took part in that grama sabha meet

S.No	Date of Grama Sabha	Name of the village	Name of the Block	Name of the District	Name of the Representative of Grama Sabha Meet
01	01 st May 23	Pettapalayam	Mohanur	Namakkal	Mrs. K. Kuppayee, President of Pettapalayam village
02	01 st May 23	Tholur	Mohanur	Namakkal	Mr. S. Navaladi, President of Tholur Village
03	01 st May 23	Parali	Mohanur	Namakkal	Mrs. A. Arukkani, President of Parali village
04	01 st May 23	Aniyapuram	Mohanur	Namakkal	Mrs. S. Murugesan, President of Aniyapuram village
05	01 st May 23	Vagurampatti	Namakkal	Namakkal	Mr. A. Rajarahman, President of Vagurampatti village

On behalf of Unnat Bharat Abhiyan Cell of Trinity College for Women, Namakkal, the representatives of adopted villages, Mrs. R. Navamani (Pettapalayam), Mrs. S. Priya (Aniyapuram), Dr. A. Latha (Parali), Mrs. D. Prabha (Tholur), Mrs. V.Gokila (Vagurampatti) and Mrs. S. Hemalatha, Coordinator of the Cell, attended that Grama Sabha.



Free Medical Camp at Parali (UBA adopted village)

The Unnat Bharat Abhiyan Cell in association with the National Service Scheme, Youth Red Cross, Red Ribbon Club and Institution's Innovation Cell of Trinity College for Women, Namakkal, Thangam Hospitals and Cancer Centre, Namakkal, Rotary Club, Namakkal, Inner Wheel Club, Namakkal and Women Empowerment Standing Committee, Indian Medical Association, Tamil Nadu state Branch jointly organized a free medical camp in the UBA adopted village of Parali (Mohanur Panchayat Union, Valayapatti Via, Namakkal District) on 04.05.2023.

It was held in the Panchayat Union Office, Parali village, Mohanur Block, Namakkal District.

The various medical check-ups like blood, eye, sugar, pressure, cancer, ECG, etc., were held for the benefit of Parali village people and the people in the surrounding areas also.

Mrs. Aruna Selvaraj, Executive Director of the College, inaugurated the medical camp. Dr. M. Malliga Kulandaivel, President, Women Empowerment Standing Committee, Indian Medical Association, Tamil Nadu state Branch presided over the camp.

Mrs. A. Arukkani, President, Parali Panchayat, Dr. B. Dineshkumar & Dr. K. Hema, Medical Practitioners, Thangam Hospitals and Cancer Centre, Namakkal, Mr. S. Ravi, Eye Optometrist, Erumapatti, Namakkal District, Mr. M. Udhayakumar, Health Inspector, Alampatti Primary Health Centre, Valayapatti Via, Namakkal District, Dr. A. Latha, representative of UBA adopted village of Parali, Mrs. V. Gayathri, Adjacent, UBA Cell of the College also took part in that free medical camp. More than 100 people of Kizhparali, Melparali, Kambathurpatti, Othaiyur, Othaiyurpudur, Kadakkalapudur, Malumachampatti, Nalliyampatti, Thottipatti, Alampatti and Arur villages participated in that camp.



Kudos to Mrs. S. Nallammal, Aniyapuram, Namakkal, who benefitted through the medical camp.

On behalf of Unnat Bharat Abhiyan Cell – Trinity College for Women, Namakkal, a free medical camp was held on 24th March 2023 in the adopted village of Aniyapuram, Mohanur Block, Namakkal District. The various free medical check-ups like general medicine, height, weight, dye, dental, body mass index, haemoglobin, blood sugar, blood pressure, ENT, breath examinations, ECG were held on that day.

In continuation with, Mrs. N. Nallammal (Age of 60), of Aniyapuram village benefitted through this free medical camp. Dr. V. Shivakumar, Eye Specialist, Latha Eye Hospital, 63A Thuraiyur Road, Namakkal checked her eyes and the hospital donated spectacles to her.

In this regard, Mrs. S.Priya, representative of UBA adopted the village of Aniyapuram, Mr. S. Murugesan, President and Mr. P.Velkumar, Clerk, Aniyapuram

Panchayat distributed her spectacles to her and conveyed their greetings to the eye doctors of Latha Eye Hospital and communicated best wishes to Mrs. N. Nallammal on 10th May 2023.



Pledge on “Lifestyle for the Environment”

Some of the students and faculty gathered at the portico of Trinity College for Women, Namakkal on 16th May 2023 and took a pledge: “My environment – My responsibility is promised their duty to safeguard the environment and eliminate garbage from the face of the earth. They pledged to reuse and recycle things that they use.

On behalf of Unnat Bharat Cell of Trinity College for Women, this pledge event was held. Mrs. S. Hemalatha, Coordinator of UBA Cell made arrangements.

Safeguard of environmental awareness programme

The Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal conducted an awareness programme entitled “Why it’s important to protect our environment?” on 26th May 2023. It was held in the UBA adopted village of Vagurampatti, Namakkal Block and Namakkal District. The main aim of this programme was to create awareness of the present situation and to make students contribute to the safeguard of the environment. Mr. M. Thillai Sivakumar, Environmentalist/Secretary, Pasumai Namakkal / Director – Rathina Sabapathi Environmental Rural Development Organization, Namakkal was the special invitee. He explained the various sub topics of pollution such as global warming, the need

for tree plantation, the benefits of non-use of plastics and fertilizers. Apart from that, he also spoke about the importance of using public toilets instead of open toilets and the significance of maintaining sanitation in villages. Dr. Arasuparameswaran, Director – Academic of the College, denoted the shortcomings of plastic usage and deforestation. Mrs. V. Gokila, representative of UBA's adopted village of Vagurampatti, made the arrangements.



E-Quiz Programme related to Unnat Bharat Abhiyan

The Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal conducted an e-quiz programme related to UBA for faculty and students from 30.05.2023 to 30.06.2023. Many teaching staff and students are interested in taking part in this e-quiz event on Unnat Bharat Abhiyan.

Quiz Questions

1. What is the full form of UBA?
(a) Unity Bharat Abhiyan (b) Uttar Bharat Abhiyan
© United Bharat Abhiyan (d) Unnat Bharat Abhiyan
2. When was UBA launched in India?
(a) 2014 (b) 2004 (c) 2006 (d) 2016
3. At present, who is the National Coordinator of UBA?
(a) Prof. Virendra Kumar Vijay (b) Prof. Chandrakumar Jain

(b) Prof. Ramprasad Gupta (d) Prof. Prabas Krishna Kanth

4. Which is the coordinating Institute of UBA?

- (a) IIT – Kharagpur (b) IIT – Delhi (c) IIT – Kanpur
(d) IIT – Hyderabad

5. Which is the Regional Coordinating Institute for Trinity College for Women, Namakkal?

- (a) Bharathiar University, Coimbatore (b) Periyar University, Salem
© Anna University, Chennai (d) Tamil Nadu Agricultural University, Coimbatore

6. How many villages adopted by Trinity College for Women, Namakkal under UBA?

- (a) 4 (b) 5 (c) 7 (d) 6

7. What are the UBA adopted villages of Trinity College for Women, Namakkal?

- (a) Valayapatti – Arasanatham – Oduvandur – Andapuram - Vallipuram
(b) Veesanam – Agrahara Manapalli – Ladduvadi – Sarkar Vazhavandi – Palapatti
(c) Ernapuram – Karaikurichi – Elur – Ariyur – Komaripalayam
(d) Vagurampatti – Aniyapuram – Parali – Tholur – Pettapalayam

8. What is the full form of VDP?

- (a) Village Development Plan (b) Village Development Process (c) Village
Development Procedure (d) Village Development Promotion

9. What is SEG stand for?

- (a) Success Economic Group (b) Special Esteemed Group (c) Service Eminent
Group (d) Subject Expert Group

10. UBA comes under which Central Government Ministry?

- (a) Ministry of Commerce & Industry (b) Ministry of Labour and Employment (c)
Ministry of Education (d) Ministry of Social Justice and Empowerment



Human Chain event (26.06.2023)

More than 200 students formed a human chain to create awareness about anti-drugs at Namakkal town and Vagurampatti village on Monday (26.06.2023). Owing to international day against drug abuse and illicit trafficking, this event was organized by the Anti – Drug Club, National Service Scheme and Unnat Bharat Abhiyan of Trinity College for Women and with the support of the department of Police, Namakkal district.

Dr. Arasuparameswaran, Director – Academic, The NSS Programme Officer Mrs. S Jayamathi, The coordinator of UBA Cell Mrs. S. Hemalatha, The Adjacent of Anti-Drug Club Mrs. K. Amutha and Mrs. M. Nandhini, Assistant Professor in Mathematics took part in that human chain management.

Both the central government and state government are making every attempt to prevent adolescents from using drugs through the various media. Drug abuse affects not only the individual concerned, but also the family and the whole society. We must all take an undertaking to create a drug-free society, Mrs. A. Kanageswari, Additional Superintendent of Police, Namakkal District spoke.



Discussion Meeting of Unnat Bharat Abhiyan (24th July 2023)

On behalf of the Unnat Bharat Abhiyan Cell of Trinity College for Women, a discussion meeting was held on July 24, 2023, in the chamber of the Chairman/Secretary/Executive Director related to the various activities to be done in the adopted villages under the Unnat Bharat Abhiyan Cell of our College. Mrs. Aruna Selvaraj, Executive Director, presided over the meeting. Dr. M.R. Lakshiminarayanan, Principal, welcomed the gathering. The members of the UBA village representatives, Dr. A. Latha (Parali), Mrs. S. Priya (Aniyapuram), and the faculty of the college, Mrs. S. Usharani, Mrs. K. Mekala, and Dr. S. Jeyanthi, attended that meeting.

The main aim of the discussion at the meeting is to determine how to implement the various social services for the UBA adopted villages like Vagurampatti, Parali, Aniyapuram, Tholur and Pettapalayam in Namakkal District during the months of August & September. Especially, it is decided to execute the people's welfare works such as the availability of the various Central and State Government public welfare schemes, training of online banking transactions through Android mobile phones, free general medical camps, free eye camps, breastfeeding awareness programmes for the married women of these UBA adopted villages, plastic awareness, environmental protection awareness, water management, and so on.



Tree Plantation event through the UBA Cell

The Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal organized a tree plantation event in Aniyapuram (UBA adopted village), Namakkal in which 20 students and three assistant professors, Mrs. S. Priya, AP in Computer Science, Mrs. S. Jayamathi, AP in Tamil and Mrs. S. Hemalatha, AP in Tamil at our college participated. It was held on 26th July 2023. Mrs. K. Nirmala, Village Administrative Officer, Aniyapuram was the special invitee. Plant saplings not only provide clean air but also give hygiene for our next generation also. Each and every student should plant at least one plant sapling for our society's health, she said.



Observation of World Nature Conservation Day under “Unnat Bharat Abhiyan Cell”

Under the Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, conducted an awareness event on July 28, 2023. Owing to World Nature Conservation Day

(உலக இயற்கை வளம் பாதுகாப்பு நாள்), this programme was held on the College campus. On this subject, Ms. S.P. Pavithra, III, B.A., English, of our College delivered the topic of Environmental Protection: What Can We Do?" (சுற்றுப்புறச்சூழல்பாதுகாப்பு - நாம்என்னசெய்யவேண்டும்?), and Ms. V. Sharmila, III, B.A., English, of our College delivered the topic of Global Warming: There is a warning to us? (உலகவெப்பமயமாதல்இதுநமக்குஒருஎச்சரிக்கை) and Ms. B. Bharathi, III B.A., English of our institution, enunciated the heading "Plastic pollutes our water" (நெகிழிநீரைமாசுபடுத்துகிறது). This programme was conducted by Mrs. S. Hemalatha, Coordinator, Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal. More than 200 students took part in that awareness programme.



Observation of world breast week

Due to World Breast Week (August 1 to August 7), the service clubs of the National Service Scheme, Youth Red Cross, Red Ribbon Club, Trinity Women's Forum, and Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, conducted a programme entitled "Why is breast milk so important for healthy babies?" on August 4, 2023 (Friday) at 10 a.m. On this subject, Dr. M. Malliga Kulandaivel, Director, Thangam Hospitals and Cancer Centre, Namakkal, and President, Women's Doctor's Wing, West Zone, was the special invitee. A new-born baby depends only on breastfeeding; it is essential for breastfeeding mothers to pay more attention to their healthy foods and drinks, she said. There is no spoiling of beauty for mothers because of breastfeeding their babies. It is

important for babies for immunity power, she denoted. Mrs. Aruna Selvaraj, Executive Director, Dr. M.R. Lakshiminarayanan, Principal, Dr. Arasuparameswaran, Director – Academic, The NSS Programme Officers Dr. M. Sasikala & Mrs. S. Jayamathi, The Coordinators of Trinity Women's Forum Mrs. N. Thangamani & Dr. N. Santhi, The RRC Programme Officer Mrs. V. Gokila, The YRC Programme Officer Mrs. V. Kalaivani, the coordinator of Unnat Bharat Abhiyan Cell Mrs. S. Hemalatha and also all the final year students took part.



Tree Plantation Programme under the service clubs of NSS, Eco Green Club and Unnat Bharat Abhiyan Cell

More than 200 trees of 10 varieties were planted by The Chairman Er. K. Nallusamy, The Principal Dr. M.R. Lakshiminarayanan, The NSS Programme Officer Mrs. S. Jayamathi, The Coordinator of Eco Green Club Mrs. G. Kanangi, The Coordinator of Unnat Bharat Abhiyan Cell Mrs. S. Hemalatha, The Administrative Officer Mr. N.S. Senthilkumar, and the volunteers of these service clubs of Trinity College for Women, Namakkal on August 5, 2023, in the village of Avalnaickenpatti, Puduchathram Block, Namakkal District.

They planted various tree saplings like neem, mahogany, baby, mandarai, gooseberry, danri, tree of heaven, jasmine, guava, and sandalwood.

The following students of our college enthusiastically took part and planted the tree saplings:

S.No	Name of the student	Year and Degree
01	Ms. S. Priyanka	II B.A., Tamil
02	Ms. A. Jasmine	II B.A., Tamil
03	Ms. V. Sharmila	III B.A., Tamil
04	Ms. V. Anitha	III B.A., Tamil
05	Ms. R. Pooja	III B.Sc., Physics
06	Ms. K. Suvathi	II B.Sc., Chemistry
07	Ms. A.C.Sneha	II B.Sc., Chemistry
08	Ms. B.K. Sowmithaa	II B.Sc., Chemistry
09	Ms. K. Brindha	II B.A., English
10	Ms. P. Akalya	III B.A., English
11	Ms. V.K. Dheepthika	III B.A., English
12	Ms. R. Madhumitha	III B.Com.,
13	Ms. M. Priyadharshini	III B.Com.,
14	Ms. S. Elakkiya	III B.Com.,
15	Ms. R. Sripondevi	III B.Com.,
16	Ms. S. Dharanya	III B.Com., CA
17	Ms. B. Bharani	III B.Com., CA
18	Ms. J. Rajashree	III B.Com., CA

All are greeted.



Observation of World Breastfeeding Week at Kolli Hills

Owing to international breastfeeding week (Aug 1–8, 2023), the department of Nutrition and dietetics, in association with the Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, and with the support of Thangam Hospitals and Cancer Centre, Namakkal, conducted a one-day awareness programme entitled "Why breast milk is important for children?" on August 7, 2023, in the premises of the Primary Health Centre, Solakkadu, Kolli Hills, Namakkal District.

Dr. M. Malliga Kulandaivel, President, Women Empowerment Standing Committee, Indian Medical Association, Tamil Nadu state, and the Director of Thangam Hospitals and Cancer Centre, Namakkal, Mrs. Aruna Selvaraj, President, Inner Wheel Club, Namakkal, and The Executive Director, Trinity College for Women, Namakkal, and Mrs. Padmavathi Jagadeesan, Member, Inner Wheel Club, Namakkal, and Director, SJLT Group of Companies, Namakkal, were talked among the people of Solakkottai, nearby villages in Kolli Hills. Breastfeeding is essential for healthy babies. A new-born baby gets immunity from breast milk. It does not diminish the beauty of a breastfeeding mother; they stressed the significance of breastfeeding milk.



Yuva Samvaad, India & 2047

Nehru Yuva Kendra, Namakkal, Government of India (Ministry of Youth Affairs & Sports), Rathinasabapathi Environmental Rural Development Organisation—Non-Governmental Organisation (RERO-NGO), Namakkal, Unnat Bharat Abhiyan Cell, and National Service Scheme of Trinity College for Women, Namakkal, jointly organised a programme on "YUVA SAMVAAD—INDIA @ 2047" on August 14, 2023 (Monday) on the campus of the College.

Dr. M.R. Lakshiminarayanan, Principal, Trinity College for Women, presided over the programme.

Mr. Pasumai M. Thillai Sivakumar, Green Champion Awardee (2023), Government of Tamil Nadu and District Advisory Committee, Nehru Yuva Kendra Youth Sangathan, was the special invitee. He highlighted the aim of Panchpran of Amrit Kaal (Five Fundamentals of Hope for a Better Future), like the goals of developing India, the elimination of any trace of the colonial mindset, honour and pride in our roots, the development of unity, and a sense of duty among citizens.

Mrs. M. Priya, Project Director and Joint Director, Women Development District Management Unit, Namakkal District; Mr. Saran V. Gopal, District Youth Officer, Nehru Yuva Kendra, Namakkal; Dr. B. Valluvan, Accounts and Programme Assistants, Nehru Yuva Kendra, Namakkal; Mr. P. Manikandan, Public Relation Officer, Rashtriya Uchchatar Shiksha Abhiyan (RUSA), Madurai Kamaraj University, Madurai; Er. K. Nallusamy, Chairman; Er. S. Selvaraj, Secretary; Mrs. Aruna Selvaraj, Executive Director; and Dr. Arasuparameswaran, Director, Academic of the College, conveyed their best wishes to all the participants.

On behalf of Nehru Yuvakendra, Namakkal, an appreciation shield has been given to the NSS Programme Officers Dr. M. Sasikala, Mrs. S. Jayamathi, and the Unnat Bharat Abhiyan Cell Coordinator Mrs. S. Hemalatha, the village representatives of UBA Mrs. R. Navamani (Pettapalayam), Mrs. V. Gokila (Vagurampatti), Dr. A. Latha (Parali), Mrs. S. Priya (Aniyapuram), and Mrs. D. Prabha (Tholur).

Besides that, the Executive Director, Mrs. Aruna Selvaraj, the Principal, Dr. M.R. Lakshiminarayanan, and the Director-Academic, Mr. Arasuparameswaran, have been awarded for their recognition in their fields.

In addition, the following students of our college have been congratulated for their fantastic talk related to "YUVA SAMVAAD: India @ 2047, and certificates and medals were also given to them.

S.NO	Name, Year and Degree of the Student
01	Ms. B. Bharathi, III B.A., Tamil
02	Ms. M. Sandhiya, II B.A., English
03	Ms. S.P. Sri Sakthi Samaya Sangari, II B.A., English
04	Ms. R. Madhusoothana, I B.Com.,
05	Ms. T. Prathiksha, I B.Sc., Physics.



Representatives & Students of Trinity College for Women, Namakkal - participation in the Grama Sabha Meetings on 15.08.2023

On the occasion of Independence Day Celebrations (15.08.2023), Grama Sabha meetings were held in many villages in India. Grama Sabha Meetings were held in the UBA-adopted villages of the college like Vagurampatti, Parali, Aniyapuram, Tholur, and Pettapalayam on August 15, 2023.

Under the leadership of the presidents of the villages, this meeting was organised. The presidents of the villages read out the annual reports of their villages.

The following points were discussed in that meeting:

1. Drinking water supplies should be regular.
2. Street lights should be functioning without interruption.
3. Drainage facilities are needed for all the important places.
4. Additional bus facilities are required for the convenience of local people.
5. Some of the roads have been damaged due to the recent rain. It should be rectified as early as possible.
6. Medicine shortages are highly prevalent in primary health centres. Additional medicines should be procured for the sake of patients in government hospitals.
7. The working hours of libraries are very short. Library hours should be extended by an additional hour.

8. Grama Sabha meetings should be conducted at least once every two months.

The Presidents, Mr. A. Raja Rahman (Vagurampatti village), Mrs. K. Kuppayee (Pettapalayam), Mr. S. Navaladi (Tholur), Mrs. A. Arukkani (Parali), and Mr. S. Murugesan (Aniyapuram), and the ward members of the Village Panchayat took part.

In this regard, under the auspices of the Unnat Bharat Abhiyan Cell of Trinity College for Women, Namakkal (C-9496), Mrs. R. Navamani (UBA representative of Pettapalayam), Dr. A. Latha (UBA representative of Parali), Mrs. V. Gokila (UBA representative of Vagurampatti), Mrs. S. Hemalatha (Coordinator of UBA, representative incharge of Aniyapuram), and Mrs. D. Prabha (UBA representative of Tholur), along with 5 students each in those villages, took part in the above-said villages.



Stress Management Programme through the UBA Cell

The Unnat Bharat Abhiyan Cell of Trinity College for Women, Namakkal, organised a programme with the title "Stress Management for Employees of the Salem Cooperative Sugar Mills Ltd., Pettapalayam village, Mohanur, Namakkal District" on August 29, 2023. Mrs. K.R. Mallika, Managing Director, The Salem Cooperative Sugar Mills Ltd., Mohanur, Namakkal District, presided over the program. Dr. Arasuparameswaran, Director, Academic, Trinity College for Women, Namakkal, was the special invitee.

He spoke about the importance of managing stress during troubled times. Worry and disquietude are with each and every one. Without anxiety, we could not survive in this world. You should remove your worries and strengthen your mind, he stated.

Mrs. R. Navamani, UBA village representative of Pettapalayam, arranged the program. Mr. Aravindan, Labour Welfare Officer, SCSML, and Mrs. D. Prabha, Representative of UBA, adopted the village of Tholur, and more than 50 employees of the sugar mills benefited through this programme.



Grama Sabha Meeting on October 2, 2023

The Grama Sabha meeting in the village panchayat was held across India on October 2, 2023 (the birth anniversary of Mahatma Gandhiji) under the theme "Everything for everyone."

It aims for inclusive, accountable, and people-centric local administration. On this subject, UBA adopted village representatives (Vagurampatti, Aniyapuram, Parali, Tholur, and Pettapalayam in Namakkal District) along with the few students of the college who attended that Grama Sabha Meeting on 2nd October 2023. The presidents of the villages highlighted the various welfare schemes of Governments (both central and state governments). Also, they elucidated awareness to prevent dengue, rainwater harvesting, and precautionary measures for the north-east monsoon.

On behalf of the Unnat Bharat Abhiyan Cell of Trinity College for Women, Namakkal, Mrs. R. Navamani (UBA Representative of Pettapalayam village), Mrs. S. Priya (UBA Representative of Aniyapuram village), Mrs. V. Gokila (UBA Representative of Vagurampatti village), Dr. A. Latha (UBA Representative of Parali village), Mrs. D. Prabha (UBA Representative of Tholur village), and Mrs. S. Hemalatha, Coordinator, UBA Cell, interacted with the concerned presidents of the village.



Event on “Unnat Bharat Abhiyan Cell”

On behalf of the Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal has organised a one-day event entitled “Door to Door Campaign: Awareness Programme on Rainy Season Diseases Like Malaria, Dengue, Typhoid, etc.” on October 3, 2023, in the adopted village (Aniyapuram) of UBA of our College.

Mrs. S. Hemalatha, Coordinator, Unnat Bharat Abhiyan Cell, and the two students of Trinity College for Women (Ms. P. Sarathi, III B.Com., and Ms. M. Dharshini, III B.Com., CA) have explained the various rainy season diseases such as dengue, malaria, typhoid, hepatitis, diarrhoea, and Leptospirosis to the people of Aniyapuram and Chinnapethampatti villages in Mohanur Block, Namakkal District. Also, they addressed the villagers of these places and shared their views related to the prevention of diseases in the situation of climate change.



Inauguration Programme on “3 months free tailoring programme for rural women in and around Aniyapuram village, Namakkal” under the auspices of Unnat Bharat Abhiyan Cell

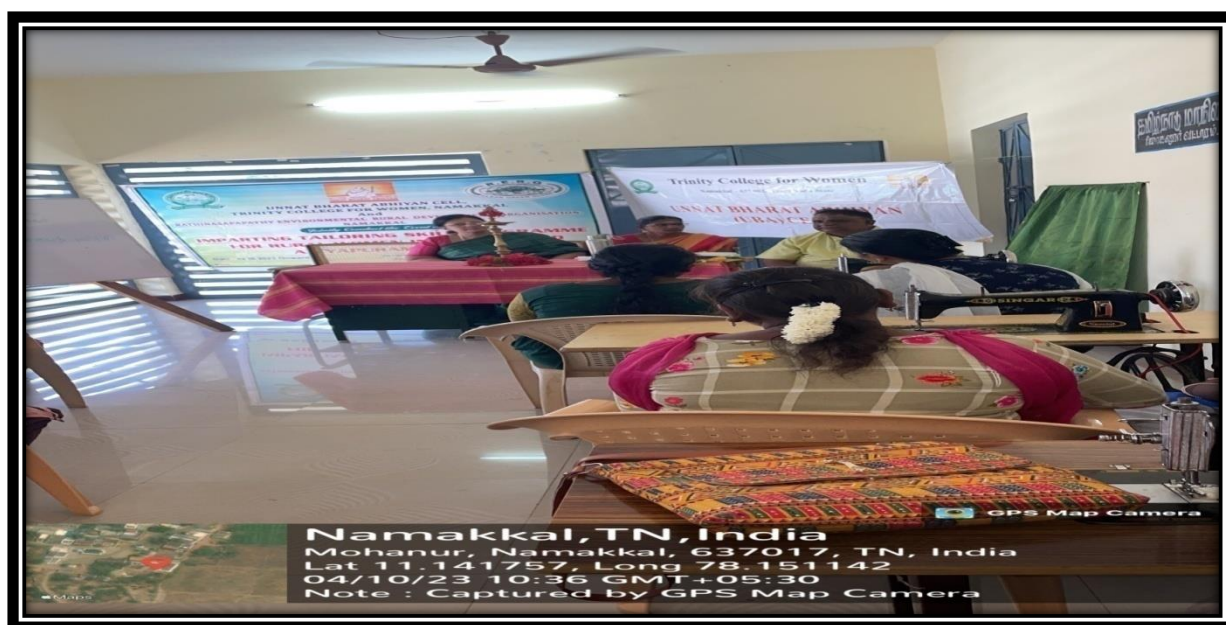
The Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, and Rathinasabapathy Environmental Rural Development Organisation, Namakkal, are going to jointly conduct the 3-month event on “Imparting tailoring skill programmes for rural women in and around Aniyapuram Village” from October 4, 2023, to December 31, 2023, in Aniyapuram, Mohanur Taluk, Namakkal District. The training period is three months. On this subject, an inauguration function was held on October 4, 2023, at the Village Panchayat Office, Aniyapuram.

Er. K. Nallusamy, Chairman; Mrs. Aruna Selvaraj, Executive Director; Dr. M.R. Lakshiminarayanan, Principal; Mr. M. Thillai Sivakumar, Director, Rathinasabapathy Environmental Rural Development Organisation, Namakkal; Mr. S. Murugesan, President, Mrs. S. Dhanalakshmi, Vice-President, Mr. P. Velmurugan, Secretary, Mr. N. Sudhakar, Ward Member, Aniyapuram Village; and the UBA representatives of the College, Mrs. R. Navamani (Pettapalayam), Mrs. S. Priya (Aniyapuram), Dr. A. Latha (Parali), Mrs. V. Gokila (Vagurampatti), Mrs. D. Prabha (Tholur), Mrs. S. Hemalatha, Coordinator of UBA Cell, Mrs. V. Gayathri, AP in Computer Science, Mrs. K. Nirmala, Village Administrative Officer, Aniyapuram, The trainer, Mrs. R. Deepika, the staff of RERDO, Mr. K. Pravin, and some of the students of the college participated in this inauguration ceremony.

There is no possibility of getting agricultural-related work for rural women all day. This tailoring training will be helpful for rural women's empowerment. If they have a single machine in their home, their livelihood is highly improved, Er. K. Nallusamy, Chairman, pointed out.

Agriculture-related functions are not available for all 365 days in a year. Due to their increased family income, tailoring training will be given to the rural women in and around Aniyapuram village. Five sewing machines have been allotted, as have tailoring experts who have also been appointed. This training will be helpful to them, and their livelihood will also increase, as Mr. M. Thillai Sivakumar denoted.

More than 25 women in the villages around Aniyapuram, like Aniyapurampudur, Parali, and Chinnapethampatti, have actively taken part.



Programme on “Meri Maati Mera Desh” (my soil, my country)

As a part of Azadi Ka Amrit Mahotsav (75th India’s independence day celebrations), Nehru Yuva Kendra (Ministry of Youth Affairs and Sports, Government of India), Namakkal, India Post, Namakkal division, and the National Service Scheme, Youth Red Cross, Red Ribbon Club, and Unnat Bharat Abhiyan Cell of Trinity College for Women, Namakkal jointly conducted the programme entitled “Block Level Meri Maati Mera Desh (Maati Ka Namaan Veeronka Vandan/Amlesh Yatra): Building of clay and salutation to the

brave on 25th October 2023 in the college premises. The main aim of the programme is Meri Maati Mera Desh (my soil, my country). It also includes honouring freedom fighters, who protect the nation and families of brave or freedom fighters. All the participants were taking the Panch Pran pledge with a fistful of soil. All the volunteers from NSS, YRC, RRC, and UBA Cell had collected their clay (soil) and put it in the pot.

Mr. G. Panneerselvam, Office of the Superintendent of Police, Namakkal Division and Mr. R.S. Arun, Multi-Tasking Staff (MTS), Nehru Yuvakendra, Namakkal were the special invitees. They highlighted the role of our freedom fighters for our India's independence.

Dr. Arasuparameswaran, Director, Academic, The NSS Programme Officers Dr. M. Sasikala, Mrs. S. Jayamathi, the Coordinator of RRC, Mrs. V. Gokila, the Coordinator of YRC, Mrs. V. Kalaivani, and the Coordinator of UBA Cell, Mrs. S. Hemalatha, also spoke on that occasion. More than 300 students at Trinity College for Women took part.



Observation of Vigilance Awareness Week: 30.10.23 to 05.11.23

On behalf of Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal observed vigilance awareness week (30th October 2023 to 5th November 2023). The volunteers of the UBA cell were taking a vigilance awareness week pledge on November 3, 2023, on the premises of the science block at Trinity College for Women.

The theme of observing Vigilance Awareness Week 2023 was "say no corruption committed to the nation."

The programme started with the integrity pledge taken by the volunteers of Unnat Bharat Abhiyan under the guidance of Mrs. S. Hemalatha, Coordinator. Mrs. S. Hemalatha elaborated on the different corrupt practices one resorts to in daily life. Also, she stated that promoting corruption is a sin. We need a corruption-free society. Apart from that, she pointed out the advantages of an anti-corruption society.



Display and trade of affordable prices - Handloom saris under UBA cell

Under the auspices of Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal conducted an event entitled ““Display and Trade of Affordable Price - Handloom Saris for the benefit of females in the UBA adopted villages (Vagurampatti, Aniyapuram, Parali, Tholur, and Pettapalayam)”

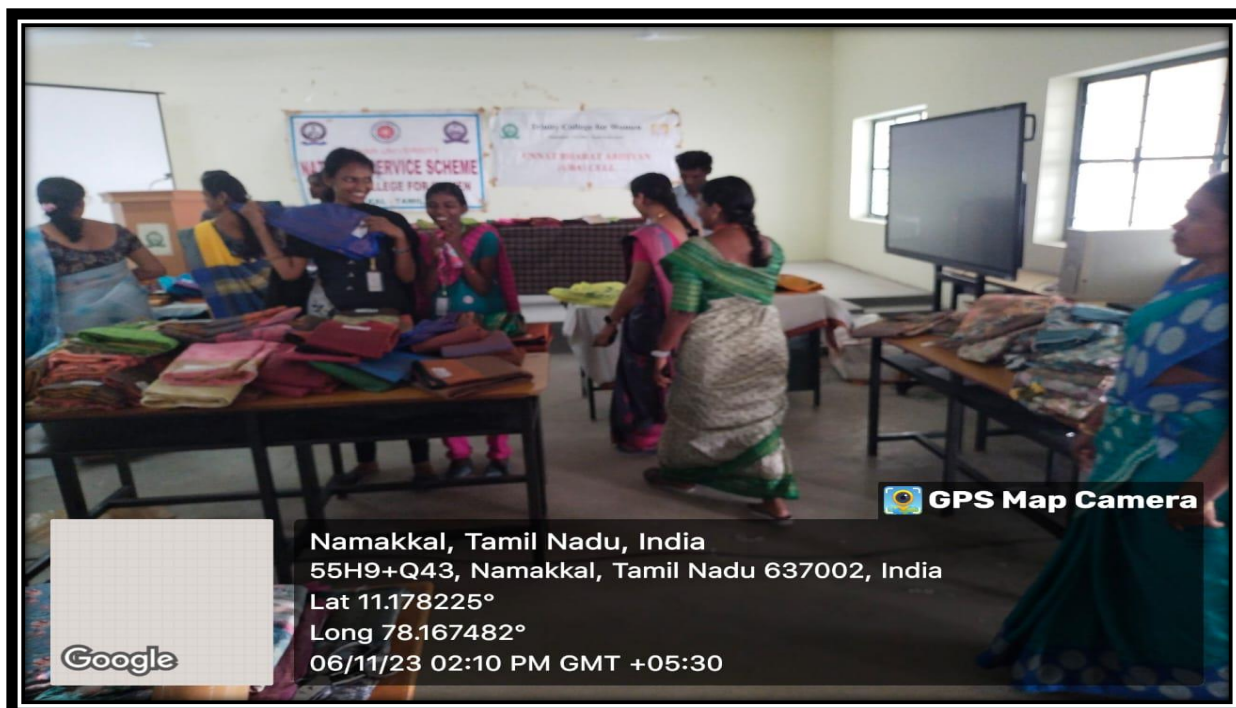
(உன்னதபாரதஅபியான்அமைப்பின்சார்பில்தேர்ந்தெடுக்கப்பட்டகிராமங்களை(வகுரம்பட்டி, அணியாபுரம், பரளி, தோளூர் மற்றும்பேட்டப்பாளையம்)

சார்ந்தமகளிர்க்கானமலிவுவிலைகைத்தறிசேலைகள்கண்காட்சிமற்றும்விற்பனைநிகழ்வு)on November 6, 2023, on the college campus. In this regard, various handloom sarees manufactured in the places of Elampillai, Vanavasi and

Jalakantapuram (Salem), Chinnalapatti (Dindigul), Arni (Thiruvannamalai), Jedarpalayam (Namakkal), Pochampalli (Krishnagiri), Kumbakonam and Thirubhuvanam (Thanjavur), Karaikudi-Chettinad (Sivagangai), Tenkasi, etc., were exhibited at that event. Many women from various places in and around Namakkal took part, and they purchased handloom saris at a discounted price.

This programme was organized by Mrs. S. Hemalatha, Coordinator of UBA.

The UBA adopted village's representatives Mrs. R. Navamani (Pettapalayam), Mrs. V. Gokila (Vagurampatti), Dr. A. Latha (Parali), Mrs. S. Priya (Aniyapuram) and Mrs. D. Prabha (Tholur) also took part.



Tree Plantation Programme

Under the auspices of Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, and M/s. Thangam Hospitals and Cancer Centre, Namakkal jointly conducted the “Tree Plantation Programme” on the campus of the college on November 7, 2023. The main aim of tree planting is to save our environment and beautify our lives. Trees are valuable gifts of nature. They are also known as the best friends of our society. Each and every student at our college is planting at least one tree in your house. It is the best service to our society, as the principal, Dr. M.R. Lakshiminarayanan, pointed out. Mrs. S. Hemalatha, Coordinator of UBA Cell and Mrs. V. Gokila, Representative of UBA adopted village of Vagurampatti also took part.



Workshop on “Rural Development”

On behalf of the Rural Development and Panchayat Raj Department, Government of Tamil Nadu, State Institute of Rural Development and Panchayat Raj, Tamil Nadu State conducted a two-day event titled “Stakeholder consultative workshop on providing hand-holding support to village panchayats in preparation of village panchayat development plan,” held at SIRDPR premises, Maraimalai Nagar, Chengalpattu District, on November 25th and 26th, 2023.

The details of resource persons

Name and designation of the resource person	Title of the topic delivered
Mr. P. Selvarajan, Director - SIRDPR	The overall highlight of the programme
Dr. G. Palanidurai, Professor (Retd), Gandhigram Rural University, Dindigul	Opening remarks of the programme
Mr. K. Ramamurthy, Former Director – SIRDPR	A brief introduction to the VPDR programme
Mr. A. Arputharaj	Preparation of the GRDP for 2024–25
Mr. Kirubhakaran, Faculty of SIRDPR	Localization of SDGs and achieving them through GRDP
Mr. Venugopal, Assistant Director – Retd	29 subjects devolved to the panchayats as per the constitution
Dr. Deepamala, Founder, Research and Action Centre for Local Democracy	Preparation of the Grama Panchayat Development Plan: Experiences

Dr. Ravichandran, RC (UBA), Gandhigram	Unnat Bharat Abhiyan: The Role of Educational Institutions
Mr. Sundaresan, National Consultant	Expected roles and functions of the participating institutions in the VPDP

The twin objectives of the panchayat raj, as envisaged by the Indian constitution, are local economic development and social justice. Village growth is our country's growth. Each and every higher educational institution as well as non-governmental organisations should take the necessary steps to implement the village panchayat development plan, focusing on the localization of sustainable development goals, as the resource persons pointed out.

On behalf of Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, Mr. M. Thillai Sivakumar, External Member of Internal Quality Assurance Cell & Director, Rathinasabapathi Environmental Rural Development Organisation—Non-Governmental Organisation (RERO-NGO), Namakkal, has participated and he presented the UBA activities of the College for the past 2 years through the PowerPoint presentation.

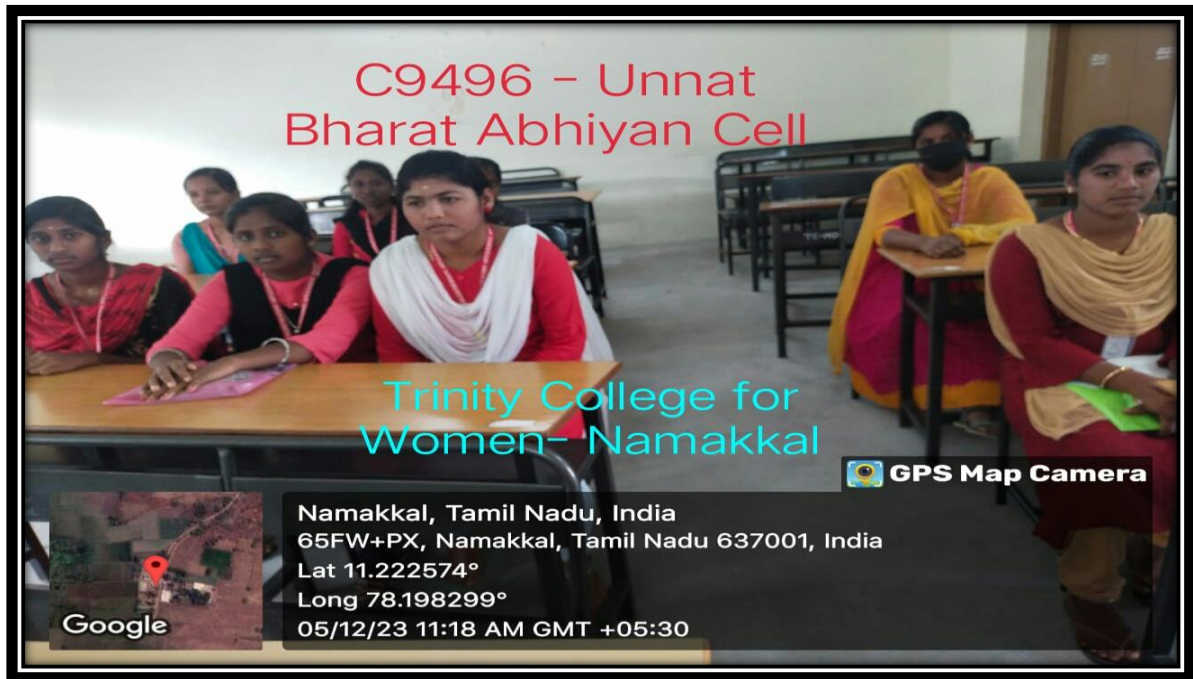


Celebration of world soil day

Owing to the observation of World Soil Day (December 5, 2023), Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, conducted an awareness programme on that day. Ms. T. Kasthuri, second-year M.A., Tamil, Trinity College for Women, Namakkal, delivered the topic entitled “Soil Conservation and Water Conservation

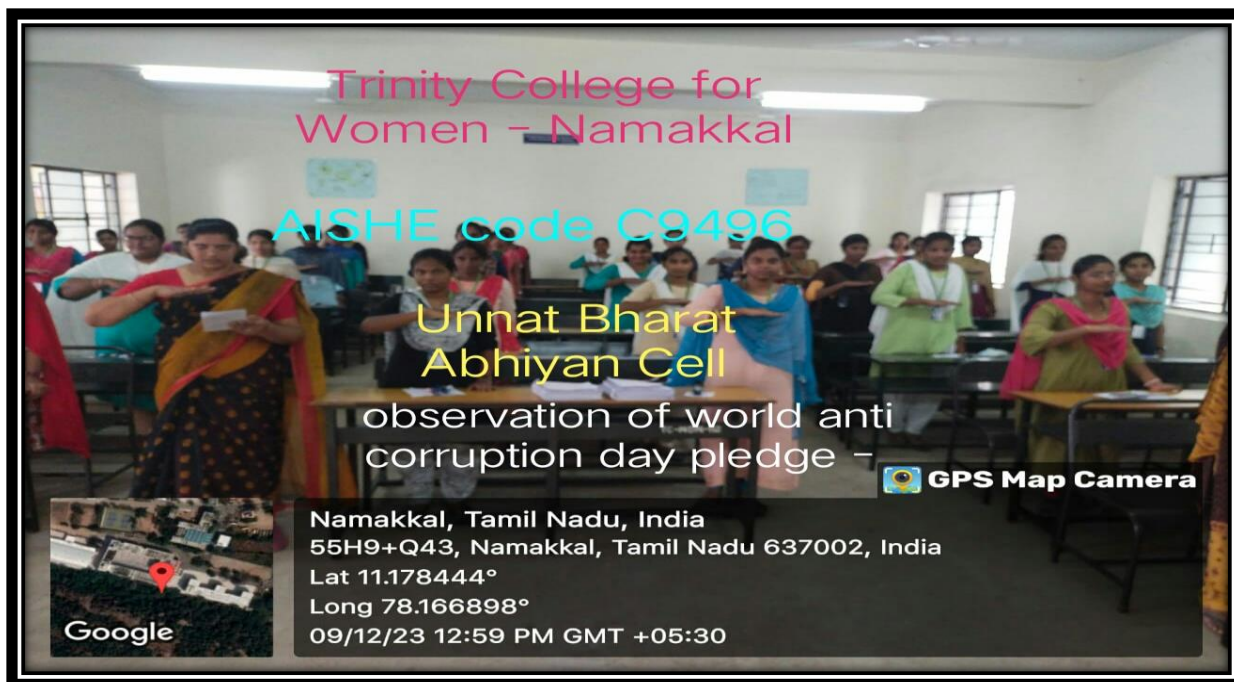
(மண்பாதுகாப்பு & நீர்ப்பாதுகாப்பு Ms. C. Selvamani, second-year M.A., Tamil, Trinity College for Women, Namakkal, presented the topic titled "Save Soil, Save Livelihood." மண்ணைகாப்போம்

வாழ்வாதாரத்தைகாப்போம்.....On account of the usage of fertilisers, chemicals, and pesticides in our cultivable land, the soil is barren. We have to switch over to organic farming. This organic farming gives us healthy food and a wealthy life, they highlighted



Observation of the International Anti-Corruption Day pledge

On behalf of the Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, observed "International Anti-Corruption Day" on December 9, 2023, to raise awareness on the significance of a corruption-free society. Students of the college administered the pledge with the theme "corruption-free India for a developed nation." Mrs. S. Hemalatha, Coordinator of UBA Cell and Assistant Professor in Tamil, Trinity College for Women, Namakkal, made arrangements.



Meri Maati Mera Desh Programme

As part of the Azadi Ka Amrit Mahotsav, under the auspices of Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, and Nehru Yuvakendra, Namakkal jointly celebrated the “Meri Maati Mera Desh” campaign, an idea to observe India’s soil and valour, at the college campus on December 21, 2023.

The event commenced with a welcome speech by the principal, Dr. M.R. Lakshiminarayanan.

The Director, Academic Dr. Arasuparameswaran, briefed the students about the significance of the event and the role of the young minds in this endeavour.

All faculty and students of the college enthusiastically participated in the event.

In addition, on behalf of Nehru Yuvakendra, 50 T-shirts (containing the words “Meri Maati Mera Desh”) were distributed to the participants. Apart from that, a tree plantation programme was held on that occasion. More than 20 tree saplings were planted on the college campus. Mr. R.S. Arun, Multi-Tasking Staff, and Mr. S. Karthik, National Youth Volunteer, Sendamangalam, Namakkal district, also took part.

The overall proceedings of the event were conducted by Mrs. V. Archana, Director of Physical Education at the College.



Programme on “Vegetable Home Gardening”

Under the auspices of Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, and Rathinasabapathi Environmental Rural Development Organisation (RERO), Namakkal, jointly conducted an event entitled “Vegetable Home Gardening Promotion for Rural Women in and around Aniyapuram Village” on December 28, 2023. It was held in the UBA-adopted village of Aniyapuram, Mohanur Taluk, Namakkal District.

Er. K. Nallusamy, Chairman of Trinity College for Women, Namakkal, inaugurated the programme. Vegetables are essentials in our day-to-day lives. Due to the production of vegetables in our home, we get pure, fresh vegetables. Apart from that, our health is also improved and strengthened. We save our money, it is eco-friendly, and we obtain healthy food, he said.

Mrs. Aruna Selvaraj, Executive Director, the Principal Dr. M.R. Lakshiminarayanan, The Director - Academic Dr. Arasuparameswaran, Mr. M. Thillai Sivakumar, Director, Rathinasabapathy Environmental Rural Development Organisation, Namakkal; Mrs. R. Navamani (UBA village representative of Pettapalayam village), Mrs. S. Priya (UBA village representative of Aniyapuram), Mrs. V.Gokila, (UBA village representative of Vagurampatti), Mrs. D. Prabha, (UBA village representative of Tholur), Mrs. V. Gayathri (UBA village representative (Adjacent) of Parali village), Mrs. S. Hemalatha, Coordinator. UBA, Mrs. P. Suganthi, Development Officer, Mrs. P. Poojitha, Community Facilitator, ICICI Foundation for Inclusive Growth, Aniyapuram. Namakkal, Mrs. K. Mekala, AP in

Computer Science of the College, Mr. P. Velmurugan, Secretary, Aniyapuram village; and Mr. N. Sudhakar, Ward Member (2), Aniyapuram, were also present on that occasion.

This programme was held with the objective of producing vegetables for the Aniyapuram people's homes' empty spaces and terrace roofs. The vegetable seeds, such as lady's finger, pumpkin, tomato, coriander, garden bear, brinjal, bottle gourd, bitter gourd, snake guard, sabre beans, etc.,

More than 150 vegetable seed pockets were distributed to the people of Aniyapuram and its surroundings with the help of the ICICI Foundation for Inclusive Growth, Aniyapuram village, Namakkal.



Valedictory programme on “Imparting tailoring skill programme for rural women in and around Aniyapuram village”

The Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, and Rathinasabapathy Environmental Rural Development Organisation, Namakkal, jointly conducted the 3-month free tailoring programme entitled “Imparting tailoring skill programme for rural women in and around Aniyapuram village” from October 4, 2023, to December 29, 2023.

On this subject, a valedictory function was held on December 29, 2023, in the community hall of Aniyapuram village, Mohanur Taluk, Namakkal District.

Dr. M.R. Lakshiminarayanan, principal of the college, welcomed the gathering. Mrs. Aruna Selvaraj, Executive Director, and Dr. Arasuparameswaran, Director, Academics of the College, delivered the felicitation address.

Er. K. Nallusamy, Chairman, Trinity College for Women, Namakkal, presided over the programme. This 3-month free tailoring course will be helpful for women's empowerment. All the beneficiaries who participated in that programme are asked to not waste this tailoring training programme. You should continue to implement in your home and increase your family income, he advised.

Mr. M. Thillai Sivakumar, Director, Rathinasabapathy Environmental Rural Development Organisation, Namakkal, said in his address, It is highly appreciated that all the participants did not take any unwanted leave during the period of these 3 months. They actively took part in that training programme. He denoted more than 30 women from Aniyapuram and its neighbouring areas of Tholur, Chinnapethampatti, Aniyapuram Pudur, ACT Nagar, and NPS Nagar participated in that 12 weeks programme.

Mrs. P. Suganthi, Development Officer, and Mrs. P. Poojitha, Community Facilitator, ICICI Foundation for Inclusive Growth, Aniyapuram village, Namakkal, Mr. P. Velmurugan, Secretary of Aniyapuram village; Mr. N. Sudhakar, Ward Member (2), Aniyapuram village; Mrs. K. Mekala, AP in Computer Science, The UBA adopted village representatives of the college Mrs. R. Navamani (Pettapalayam), Mrs. S. Priya (Aniyapuram), Mrs. V. Gokila (Vagurampatti), Mrs. D. Prabha (Tholur), Mrs. V. Gayathri (Adjacent to the UBA-adopted village of Parali), and Mrs. R. Deepika, Tailoring Trainer, Aniyapuram, also attended that programme.

Mrs. S. Hemalatha, Coordinator of UBA, Trinity College for Women, Namakkal proposed the vote of thanks.

The following programme beneficiaries have shared their views in that feedback session.

Mrs. A. Rajeswari, Aniyapuram Pudur, Aniyapuram village

On the first day, when I joined the three-month free tailoring training course, I did not know about sewing. At the end of the day, I stitched the various clothes like chudithar, nightie, blouse, and petticoat. I would like to express my special thanks to Trinity College for Women, Namakkal, and RERA, Namakkal.

Mrs. M. Vennila, Chinnapethampatti, Aniyapuram village

As a result of this 3-month training course, I learned that handicrafts are essential for women's development. This 90-day training programme gives me full satisfaction.

Mrs. R. Jeevitha, NPS Nagar, Aniyapuram village

After sending my husband to work and my children to school, I am going to take up sewing work for our family's additional income. This 3-month free tailoring course was very helpful to our family. I convey my gratitude to the college and the RERO.

Mrs. E. Manjula, ACT Nagar, Aniyapuram village

Now, tailors charge Rs. 10 to Rs. 15 to stitch a small piece of cloth. A thought arose in my mind about why we should buy a sewing machine at home. This training helped me to accomplish that. I pass on my special thanks to all the organizers.



Celebration of the birth anniversary of Netaji

The Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, conducted a seminar to commemorate the 127th birth anniversary of Netaji Subhash Chandra Bose and Azadi Ka Amrit Mahotsav on January 23, 2024.

Mr. S. Vijay, TC 2, Rangapahar Military Station, Dimapur District, Nagaland State, India (native of Seerampalayam village, Melsolankuppam Post, Adamangalam, Kalasapakkam Taluk, Thiruvannamalai District) was the guest of honor. He delivered the topic of "Bharat: Netaji's point of view." (நேதாஜிபார்வையில்பாரதம்). He talked spontaneously about the importance of celebrating Parkram Diwas (the day of valor). Also, he spoke about the life history, ideologies, and achievements of Netaji Subhash Chandra Bose.

Dr. M.R. Lakshiminarayanan, principal, presided over the program, and he introduced the chief guest. Dr. Arasupameswaran, Director- Academic, welcomed the gathering. Mrs.

S. Hemalatha, Coordinator, Unnat Bharat Abhiyan Cell, Trinity College for Women, proposed the vote of thanks. Many students have actively taken part.

Republic Day Celebration at Trinity College for Women, Namakkal

The Trinity College for Women, Namakkal, celebrated India's 75th Republic Day on 26th January 2024 with gaiety and patriotic fervour.

The national flag was hoisted by Dr. R. Kulandaivel, President, Trinity Academy Matric Higher Secondary School, Namakkal.

Er. K. Nallusamy, Chairman of the College, presided over the program and spoke on the significance of Republic Day celebrations, the day on which the Constitution of India came into force, and said our country is a republic where the public has the mighty and dominant power to elect its own leader.

Mr. S. Selvaraj, Secretary, Mrs. Aruna Selvaraj, Executive Director, Dr. M.R. Lakshiminarayanan, Principal, Dr. Arasuparameswaran, Director-Academic, Mr. N.S. Senthilkumar, Administrative Officer, The National Service Scheme Programme Officers Dr. M. Sasikala and Mrs. S. Jayamathi, the coordinator of Red Ribbon Club, Mrs. V. Gokila, the coordinator of Unnat Bharat Abhiyan Cell, Mrs. S. Hemalatha, the village representatives of UBA Cell, Mrs. R. Navamani (Pettapalayam), Mrs. S. Priya (Aniyapuram), Mrs. V. Gokila (Vagurampatti), Mrs. D. Prabha (Tholur), and Dr. A. Latha (Parali), the faculty of the College, and the volunteers of NSS, YRC, RRC, and UBA Cell have actively taken part.

Faculty and students participation in the Republic Day-Grama Sabha Meeting

The Republic Day Grama Sabha Meeting was held on January 26, 2024, in various villages in and around various states and union territories of India.

On this subject, on behalf of Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, UBA adopted village representatives, a coordinator, and some of the students took part in the Grama Sabha Meet on January 26, 2024.

Agenda of the Grama Sabha Meeting

1. Discussion of expenditure of the general fund for village panchayat administration
2. Submission of the auditing report of the village panchayat
3. Awareness program on prevention and control of mosquito bites from dengue fever

4. Exchange of views on people's plan campaign (2024–25) regarding rural development scheme
5. Awareness on Swachh Bharat Abhiyan: Clean India Campaign
6. Discussion on the Jal Jeevan Scheme (Scheme of Drinking Water).

Details of the main participants in that Grama Sabha Meeting

S.No	Name of the UBA Adopted Village of Trinity College for Women, Namakkal	Participation of Name of the UBA Representative of the College	Presided over by
01	Vagurampatti – Namakkal Block- Namakkal Dt	Mrs. V. Gokila, AP in Mathematics, Trinity College for Women, Namakkal	Mr. A. Raja Rahman, President, Vagurampatti village
02	Tholur – Mohanur Block- Namakkal Dt	Mrs. D. Prabha, AP in Computer Science, Trinity College for Women, Namakkal	Mrs. S. Navaladi President, Tholur Village
03	Parali – Mohanur Block- Namakkal Dt	Dr. A. Latha, AP in Tamil, Trinity College for Women, Namakkal	Mrs. A. Arukkani, President, Parali Village
04	Pettapalayam – Mohanur Block- Namakkal Dt	Mrs. R. Navamani, AP & HOD of UG CS, Trinity College for Women, Namakkal	Mrs. K. Kuppayee, President, Pettapalayam village
05	Aniyapuram – Mohanur Block- Namakkal Dt	Mrs. S. Priya, AP in Computer Science & Mrs. S. Hemalatha, AP in Tamil, Trinity College for Women, Namakkal	Mr. S. Murugesan, President, Aniyapuram Village

All the participants and students of the above-mentioned Grama Sabha meeting are greeted.



Anti-Leprosy Awareness Pledge

The Unnat Bharat Abhiyan Cell, National Service Scheme, Red Ribbon Club, and Youth Red Cross, Trinity College for Women, Namakkal, organized a “Leprosy Awareness Campaign—2024—Anti-Leprosy Awareness Pledge” on January 30, 2024, at the College Campus. The NSS Programme Officer, Dr. M. Sasikala, Mrs. V. Gokila, RRC Programme Officer; Mrs. V. Kalaivani, YRC Programme Officer; and Mrs. S. Hemalatha, Coordinator, UBA Cell, along with the volunteers of these clubs, took part. Mrs. V. Gokila and the participants read out the anti-leprosy pledge.

Mrs. S. Jayamathi, NSS Programme Officer (Unit 2), said leprosy is treatable and curable, and discrimination and stigma should be avoided

Program on “Success Meet”

On behalf of Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, Rathinasabapathi Environmental Rural Development Organization (RERO), Namakkal, and ICICI Foundation for Inclusive Growth, Aniyapuram, Namakkal jointly conducted the event titled “Vegetable Home Gardening Promotion for Rural Women in and Around Aniyapuram Village” on December 28, 2023.

On that day, pockets of organic vegetable seeds were distributed to the housewives of the villages of Aniyapuram, Aniyapuram Pudur, Tholur, Chinnapethampatti, and its neighbouring villages.

In this connection, a success meet of the program was held on February 3, 2024, in the venue of Aniyapuram.

The beneficiaries, Mrs. P. Kasthuri, Aniyapuram village, and Mrs. S. Induja, Chinnapethampatti, shared their views on the success of vegetable gardening on their house premises. Especially, they grow vegetables and green leaves like brinjal, cabbage, cauliflower, coriander, etc.

The above-mentioned beneficiaries have conveyed their gratitude to the organizations of Unnat Bharat Abhiyan Cell, Trinity College for Women, Rathinasabapathi Environmental Rural Development Organization (RERO), Namakkal, and the ICICI Foundation for Inclusive Growth, Aniyapuram, Namakkal.

Mr. M. Thillai Sivakumar, Director, Rathinasabapathy Environmental Rural Development Organization, Paramathi Road, Namakkal; Mrs. S. Priya, Village Representative of UBA Cell, Aniyapuram village; and Mrs. S. Hemalatha, Coordinator of UBA Cell, Trinity College for Women, Namakkal, took part in that occasion.

Program on “Distribution of Natural Vegetable Seeds”

Under the auspices of the Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal conducted a program entitled “Natural Vegetable Seed Distribution” on February 3, 2024, in the UBA-adopted village of Vagurampatti, Namakkal Block.

The various natural vegetable seeds such as cucumber, capsicum, brinjal, coriander, cherry, spinach, tomatto, ladyfinger, lettuce, broccoli, okra, cauliflower, cabbage, radish, bitter gourd, bottle gourd, etc.

Mr. M. Thillai Sivakumar, Director, Rathinasabapathy Environmental Rural Development Organization, Paramathi Road, Namakkal, and Mrs. V. Gokila, UBA Cell of Vagurampatti village, Trinity College for Women, Namakkal, also took part.



Entrepreneurship Program on “Sericulture”

Owing to the 100th birth anniversary of the former chief minister of Tamil Nadu state, Dr Kalaingar M. Karunanithi, the department of sericulture, Namakkal district, Periyar University, IEDP-HUB, Salem, the postgraduate research department of Commerce, Entrepreneurship Development Cell, Unnat Bharat Abhiyan Cell, and the Institutions Innovation Council, Trinity College for Women, Namakkal conducted a one-day awareness program entitled “We can achieve in sericulture entrepreneurship” on February 8, 2024, on the college campus.

Mrs. Aruna Selvaraj, Executive Director of the College, presided over the program. Dr. M.R. Lakshiminarayanan, principal of the college, welcomed the gathering. Dr. Arasuparameswaran, Director, Academics, of the College, offered his felicitation address.

Dr. N. Dhahira Beevi, Scientist-D, Regional Sericulture Research Centre, Salem, and Mr. A. Palaniswamy, Assistant Director, Department of Sericulture, Namakkal, were the subject experts.

In India, silk production is one of the oldest and, till now, most profitable businesses. From the 15th century onward, Indians have been producing silk. India is the second-largest producer of silk in the world after China. There is no need for big places to produce silk. There are plenty of silk markets available in our country for the benefit of silk manufacturers. I think so. The majority of students' backgrounds are agrarian. The Government of Tamil Nadu has given more financial assistance to silk manufacturers; they have to utilize it, Dr. N. Dhahira Beevi denoted.

To encourage farmers to do entrepreneurship in sericulture, create new entrepreneurs in sericulture, produce silk products to international standards, and achieve self-reliance in this sector are the objectives of the department of sericulture. Mr. A. Palnisamy spoke.

Also, they highlighted the various government subsidiaries to the farmers through the Department of Sericulture as well as the financial institutions in Tamil Nadu.

More than 250 students as well as farmers from various places in the villages of Vagurampatti, Lathuvadi, Aniyapuram, and its neighboring areas actively took part.

The Assistant Inspectors of Sericulture, Mr.T. Shanthi and Mrs. A. Sofia Begam, and the Junior Inspectors of Sericulture, Mr.R. Jayalakshmi, Mrs. V. Sathya, and Mrs. S. Amutha, were also present.

On the authority of the department of sericulture in Namakkal district, a silk process exhibition was held on the college campus. All the staff of the sericulture department have explained the stages of silk production, like egg, larva, pupa/cocoon, and adult.

Dr. M. Sasiskala, Assistant Professor and Head, The Postgraduate and Research Department of Commerce; Mrs. G. Nithya, Coordinator, Entrepreneurship Development Cell; Dr. S. Devi, Coordinator, Citizen Consumer Club; Mrs. A. Vijayasarithi, Coordinator, Institutions Innovation Council; Mrs. S. Hemalatha, Coordinator, Unnat Bharat Abhiyan Cell; and the faculty of Commerce, Mrs. M. Rajapadmavathi, Mrs. G. Kokila, Mrs. A. Rajeswari, Ms. L. Keerthi, Ms. P. Madhupriya, and Ms. P. Dhanushiya also took part.

On behalf of the department of sericulture, participation certificates were given to all the participants. More than 250 students as well as farmers from Vaguramapatti, Ladhuvadi, Aniyapuram, and its neighboring villages also attended that program.



Distribution of deworming tablets

Under the auspices of the Physical Education department, in association with the National Service Scheme, Youth Red Cross, Red Ribbon Club, and Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal jointly conducted the “Albendazole 400 mg-deworming tablets distribution program” on February 9, 2024, on the college campus. Owing

to National Deworming Day, this program was held. Mrs. V. Archana, Director of Physical Education, Trinity College for Women, Namakkal, made arrangements.

These deworming tablets were supplied by the primary health center in Konur, Namakkal. More than 1000 students benefited from this program.



Observation of International Pulse Day

On account of world pulse day, Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal (C9496) conducted an awareness programme on 10th February 2024 in the College campus. On this subject, Mrs. R. Rupa, Assistant Professor and Head, Department of Nutrition and Dietetics, Trinity College for Women, Namakkal delivered in the topic titled “The role of pulses in ameliorating human health : A Review”.

She gave an address focused on the incredible nutritional advantages of pulses. Finally, she finished by urging students to cultivate pulses at home in their own gardens.

More than 100 students benefited from this program.



Awareness Program on the HPV Vaccine - February 27, 2024

Trinity Women’s Forum, National Service Scheme, Youth Red Cross, Red Ribbon Club, and Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, in support of Thangam Hospitals and Cancer Centre, Namakkal jointly conducted an awareness program on “Merits of HPV (Human Papilloma Viruses) vaccine” on February 27, 2024, in the premises of Trinity Auditorium. Dr. Aruna Prabhu, Surgical Oncologist, Thangam Hospital and Cancer Centre, Namakkal was the special invitee. This HPV vaccine protects us against mouth, throat, head and neck cancers caused by Human Papilloma Viruses, she pointed out.

Mrs. Aruna Selvaraj, Executive Director, Dr. M.R. Lakshiminarayanan, Principal, Dr. Arasuparameswaran, Director – Academic, UBA Representatives Mrs. R. Navamani (Pettapalayam), Mrs. S. Priya (Aniyapuram), Dr. A. Latha (Parali), Mrs. V. Gokila (Vagurampatti), Mrs. D. Prabha (Tholur), Mrs. S. Hemalatha, UBA Coordinator, the NSS Programme Officers Dr. M. Sasikala and Mrs. S. Jayamathi, The YRC Programme Officer Mrs. V. Kalaivani, the coordinators of Trinity Women’s Forum Dr. N. Santhi, Mrs. N. Thangamani and Mr. N.S. Senthilkumar, Administrative Officer, also took part in that occasion.



Awareness Programme on “Eating Habits”

The Department of Nutrition and Dietetics, in association with the Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal conducted an awareness programme on “Eating habits among College students and its association with BMI (Body Mass Index)” on 01st March 2024 in the College campus. Ms. P. Apurva, Community Nutritionist, Kandhapuri, Reddipatti, Namakkal was the resource person. The aim of the event was to emphasize the significance of good nutrition and proper diet to remain healthy and free from chronic malnutrition. Ms. P. Apurva, had an interactive session with our students and sensitized them on the significance of a nutritious and balanced diet, the role of nutrition in development and growth, and strengthening in their academics. Mrs. R. Rupa, Assistant Professor and Head, Department of Nutrition and Dietetics, Trinity College for Women, Namakkal welcomed the gathering. Mrs. V. Sowmiya, Assistant Professor in Nutrition & Dietetics of the College proposed the vote of thanks. Mrs. S. Hemalatha, Coordinator, Unnat Bharat Abhiyan Cell of the College was also present. More than 200 students benefited through this programme.

Celebration of world water day

On account of World Water Day, Eco Green Club and Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal, organized an awareness program entitled “World without water, the world cannot sustain” on March 22, 2023. Mrs. R. Navamani, Assistant Professor and Head, Department of Computer Science (UG), Trinity College for Women,

Namakkal, was the resource person. She highlighted the need for strengthening the significance of fresh water and waste water reuse and recycling from our homes, industries, villages, towns, cities, and agriculture flows and assisted in safeguarding the environment. More than 100 students benefited through this programme.



UBA Coordinator of Trinity College for Women (C-9496), Namakkal – Mrs. S. Hemalatha, Participation in the Orientation Program

On behalf of the Unnat Bharat Abhiyan Cell, Tamil Nadu Agricultural University, Directorate of Agricultural Development, Coimbatore, conducted a technical in-house-regional workshop cum orientation program (Unnat Bharat Abhiyan 2.0) on March 27, 2024. It was held on the premises of the Vanavaroyar Institute of Agriculture (VIA), Pollachi, Coimbatore District.

Dr. N. Kempuchetty, Director, Vanavarayar Institute of Agriculture, Pollachi, inaugurated the program.

The detailed topics and resource persons were as follows:

S.No	Name of the topic	Name, Designation, and Address of the Resource Person
01	Organic farming for rural environmental sustainability	Dr. E. Somasundaram, Director, Agri Business Development (ABD) and Coordinator, Regional Coordinating Institute (RCI), Unnat Bharat

		Abhiyan Cell, UBA, Department of Agri Business Development (DABD), Tamil Nadu Agricultural University, Coimbatore
02	Entrepreneurship and start-ups promotion for rural youth	Mr. A.V. Gnanasambandan, ED & CEO, ABIS, TBI, Tamil Nadu Agricultural University, Coimbatore
03	Basic amenities and livelihood opportunities for rural villages	Dr. C. Muralidharan, Prof. (HRM), Tamil Nadu Agricultural University, Coimbatore
04	Recent pest and disease outbreaks in Tamil Nadu and Conclusive Remarks	Dr. K. Prabakar, Principal, Vanavarayar Institute of Agriculture, Pollachi

Dr. R. Ravikumar, Associate Professor and Coordinator of the UBA Cell, Vanavarayar Institute of Agriculture, Pollachi, proposed the vote of thanks.

On behalf of Trinity College for Women (C-9496), Namakkal, Mrs. S. Hemalatha, Coordinator of UBA and Assistant Professor in Tamil, has actively participated.

This orientation program was very helpful for all the participants. As one of the participants, I gathered more information related to rural entrepreneurship, the upliftment of rural people's livelihoods, and the various schemes of the government, Mrs. S. Hemalatha, Coordinator, Unnat Bharat Abhiyan Cell, Trinity College for Women, Namakkal (C-9496), happily said.



