

The Tamilnadu state NSS cell directorate of collegiate education and National College (Tiruchirapalli)

Organised an international workshop on Empowering youth through NSS for global goals on February 14th 2020. The program was started with grand inauguration at 10:00am. 8 students of 2nd year and Dr. Vijaysankar from Sri Jayandra Saraswati Ayurveda College attend the international workshop. We were enlightened with the speeches of Dr.T. Sentilkumar , Superintendent of Police Railways, Tiruchirappalli followed by skill development speech by Mr. T. Muthumanikam, president Trichy district paper merchants association. MR. Lokesh Jey, the founder of the sight medias spoke on the importance of media in the growth of a nation and how the future generations, the youth should use it in such a way to get the most possible knowledge and wisdom out of the social network. Later, Dr. Jothiday anand and Dr. Khriereizhunuodzuvichu gave an inspiring speech on the importance of empowering youth to achieve Global goals .The session ended by 5:30 pm, we come back to college as an inspired youth.



SRI JAYENDRA SARASWATI AYURVEDA COLLEGE AND HOSPITAL

NSS UNIT III NAZARATHPET, CHENNAI 600123 NSS Report -2020

CAMPUS CLEANING PROGRAMME





NSS has always stood up to its strong spirit of serving people keeping in mind the policy of “NOT ME BUT US”. In March, from 11-03-2020 to 14-03-2020, our college conducted a clean and green program as a part of NSS activity to bring awareness among students about instilling the idea of cleanliness and social welfare in students. It was guided by Dr. Vijayshankar, Asst. Professor, and Department of AGADA TANTRA. As a part of this programme, all the students participated ardently. On each day of the programme, one batch volunteered and worked for the maintenance of sanctity of the campus.

SRI JAYENDRA SARASWATI AYURVEDA COLLEGE AND HOSPITAL
NSS UNIT III
NAZARATHPET, CHENNAI 600123

NSS Report – 2021-2022

REPORT ON INTERNATIONAL DAY OF YOGA - 2021

On the occasion of 7th International day of Yoga, Department of *Swasthavritta* and NSS Unit III of Sri Jayendra Saraswathi Ayurveda College and hospital, Department of *Ayurveda* of Sri Chandrashekarendra Saraswathi Viswa Mahavidyalaya, celebrated 7th international day of yoga on 21st June 2021 from 6.30 am to 7.30 am, coordinated by Dr. Guruprasad. K, HOD and Associate professor, Dept of *Swasthavritta*, Dr.Kurisol Muthu, Assistant professor, Dept of *Swasthavritta* and Dr. Vijay Shankar. M. R., NSS program officer.

On this occasion online yoga demonstration has been delivered through Google meet and YouTube live. Through Google meet more than 70 students and in-house staff and other staffs attended and participated in the yoga demonstration. Through Youtube live, more than 200 viewers watched the live demonstration. Yogaasanas were demonstrated by Dr. Guruprasad. K, Associate Professor, Dept of *Swasthavritta*, and was assisted by Junior Doctors Dr. Phalgun and Dr. Ragini.

We have followed protocol given by *Ayush* Ministry for the practice of *yoga* and demonstration programme, which includes *Chalanakriya* or loosening practices, Standing *Asanas* includes *Thadasana*, *Pada Hasthasana*, *ArdhaChakrasana*, *Trikonasana* and *Vrikshasana*. Sitting posture *Asanas* includes *Vakrasana*, *Vajrasana*, *Ushtrasana*, *Shashankasana* and *Bhadrasana*. Prone posture *Asanas* includes *Makarasana*, *Bhujangasana* and *Shalabhasana*. Supine posture *Asanas* includes *Setubhandasana*, *PavanaMukthasana* and *Shavasana*. *Pranayama* practices include *Nadishodhana Pranayama*, *Kapalabhati kriya* and *BhramariPranayama*, finally *yoga* demonstration was ended with *Dhyana*.

The Programme was concluded by vote of thanks delivered by Dr. Kurisol Muthu, Assistant professor, Dept. of *Swasthavritta*, Sri Jayendra Saraswathi Ayurveda College and hospital. Program was well organised by NSS unit III of SCSVMV. We thank the EC committee and the MC committee members for providing the opportunity to conduct this program and to make this occasion successfully.





REPORT ON 75th INDEPENDENCE YEAR

AZADI KA AMRIT MAHOTSAV CELEBRATIONS (2021)

On the occasion of 75th independence year the NSS unit III of Sri Jayendra Saraswati Ayurveda College and Hospital, Department of Ayurveda of Sri Chandrashekarendra Saraswati Viswa Mahavidyalaya organised an event on September 24, 2021 from 10:30 AM to 12:30 PM, coordinated by Dr. Deepak Raja, Assistant professor, Dept of Kriya Shareera and Dr. Vijay Shankar M R, Asst. Professor Dept. of Agada Tantra and NSS program officer.

The event began at 10:30 AM with 60 students (first years) to clean the herbal garden of SJSACH. Mr. Ramakrishnan, Finance Advisor of SCSVMV, was the chief guest for this occasion who shortly arrived for the event. The chief guest was accompanied by Dr. CR Das, principal and Mr. Sankarnarayanan, Administrative Officer. The trees were planted in their presence by the students and with few professors of different departments.

There were 5 trees which were planted, namely Sandalwood tree (சந்தனம்/Cantāṇam) (*Santalum paniculatum*), Cannonball tree (நாகலிங்கம்/Nagalingam)(*Couroupitaguianensis*), Mango tree (மாமரம்/Māmaram) (*Magnifera indica*), Jand tree (வன்னிமரம்/VanniMaram) (*Prosopis cineraria*), Champak tree (செண்பகம்/ Champakam)(*Micheliachampaca*); all of these trees have a significance in our culture, heritage and also in the ancient science of Ayurveda and acts as a cure for variety of diseases. According to our culture mango is considered as a sign of prosperity, the smell of sandalwood signifies serenity, champaka is considered sacred to kama deva (the lord of love), the flower of cannonball tree is in shape of a shiva lingam with a snake around it and jand tree signifies good will. The trees were planted while chanting the mahamritunjaya mantra and praying to lord shiva.

All the 60 students were later divided into 5 groups with a leader or supervisor (them being Shailender for sandalwood, Srikrishnan for cannonball tree, Adhanya for champak tree, Awshetty for Jand tree and Nandita for Mango tree). Each group took the oath and became the parents of the tree for 5 years from now onwards and took responsibility for their proper growth. The students also decided to pass these responsibilities to their juniors.

The event was successfully completed by Dr. Vijay Shankar. M. R., NSS program officer, SJSACH with vote of thanks. All the students felt energetic after this event and were contented with their new tree children and the refreshments which were provided.

For this beautiful remarkable day and opportunity we would like to thank the NSS unit III of SCSVMV, the Chief Guest, the Principal of SJSACH, the Administrative officer of SJSACH, the staff who accompanied EC committee, MC committee, the NSS coordinator and SCSVMV University.



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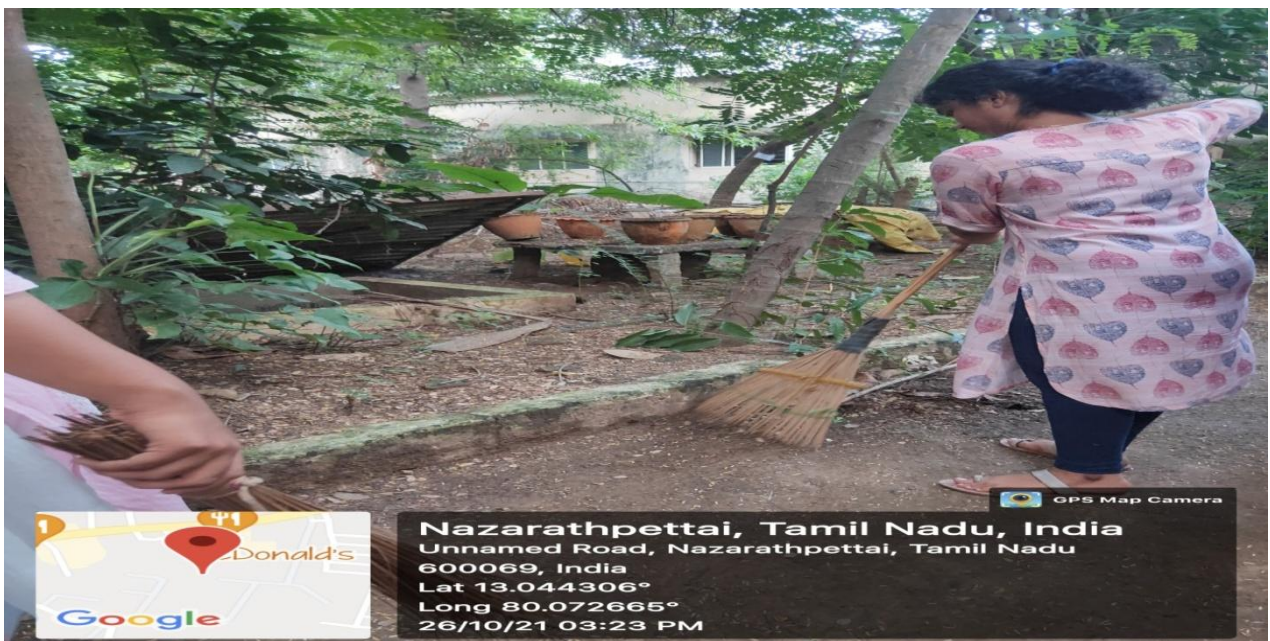


REPORT ON HERBAL GARDEN CLEANING

Date 26/10/2021

On October 26 2021, the NSS UNIT III of Sri Jayendra Saraswati Ayurveda College and Hospital, Department of Ayurveda of Sri Chandrashekarendra Saraswati ViswaMahavidyalaya cleaned the pathway of SJS Ayurveda college Herbal Garden between 03.00 to 4.00 pm coordinated by Dr. Vijay Shankar M R , Asst professor Dept. of Agada Tantra and NSS program officer.

All 20 students were divided into Two groups and cleaned whole garden with full energy and enthusiasm. The event was successfully completed by Dr. Vijay Shankar M R, NSS program officer, SJSACH. We would like to thank the NSS Volunteers, MC Committee, EC Committee, NSS unit III of SJSACH, Principal of SJSACH, The NSS Co-ordinator of SJSACH and SCSVMV.



Date - 08/10/2021

REPORT ON VACCINATION CAMP (2021)

On October 8 2021 , the NSS UNIT III of Sri Jayendra Saraswati Ayurveda College and Hospital , Department of Ayurveda of Sri Chandrashekarendra Saraswati Viswa Mahavidyalaya conducted a Vaccination Camp between 10.30 am to 1.00 pm coordinated by NSS program officer, Dr. Vijay Shankar M .R , Asst professor Dept. of Agada Tantra .

The Camp began at 10.30am and around 30 people were vaccinated. It was very useful and beneficial to us. Covishield and Covaxin were easily accessible in this pandemic situation in our camp.This Camp was successfully completed. This Camp was helpful to prevent people from the spread COVID 19. We would like to thank NSS unit III of SJSACH, EC Committee, MC Committee, Principal of SJSACH , The NSS Co-ordinator of SJSACH and SCSVMV.



HERBAL GARDEN CLEANING PROGRAM

Date 21/01/2022

National Service Scheme is an educational program with primary focus on the development of personality of students through community service. The NSS unit -3 of Sri Jayendra Saraswathi Ayurveda College and hospital has 50 student volunteers. The activities and programme of NSS unit of SJSACH aims at the overall development of the students. A brief outline of the activities conducted on 21st and 22nd of January 2022 is given below:

CAMPUS (HERBAL GARDEN) CLEANING PROGRAM

As a part of AZADI KA MAHOTSAV, The herbal garden of college was needed to be cleaned due to the calamities of monsoon. Due to heavy thunderstorms, trees in garden fell down abruptly which lead to obstruction of the path because of it students and staff members were not able to use it .so the students volunteers under the guidance of Programme officer Dr.Vijayshankar M R and their Class mentor Dr.Deepak Raja took the initiative to clean the garden. The officers gave proper things to students with which they can easily clean the premises

All the volunteers enthusiastically and actively took part. There was unity and coordination among the volunteers which made the work more easy and complete quickly. Volunteers were divided into groups one group of volunteers cut down the trees into small logs carried those logs away so that they can clean the path .And other group swiped and cleaned they removed all the dry leaves and other leaves and made it completely clean. In this manner in 2 days the herbal garden was cleaned so that everyone can happily use it. After completing the task all the students were given some refreshments. Student felt happy and content after completing the work. On 22nd January 2022 the program of cleaning of herbal garden of college was successfully completed with flying colors.





REPORT ON VACCINATION CAMP

On February 3 2022, the NSS UNIT III of Sri Jayendra Saraswati Ayurveda College and Hospital, Department of Ayurveda of Sri Chandrashekarendra Saraswati Viswa Mahavidyalaya conducted a Vaccination Camp between 9.00am to 1.00 pm coordinated by College Principal Prof. Dr. Chitta Ranjan Das and NSS program officer Dr.Vijay Shankar M R , Asst professor Dept. of Agada Tantra.

The Camp began at 9.00 am and around 57 people were vaccinated. It was very useful and beneficial to us. Covishield and Covaxin were easily accessible in this pandemic situation in our camp. This Camp was successfully completed. This Camp was helpful to prevent from COVID 19. We would like to thank NSS unit III of SJSACH, EC Committee, MC Committee, Principal of SJSACH , The NSS Co-ordinator of SJSACH and SCSVMV



WORLD BICYCLE DAY 2022

The management, staffs and students of Sri Jayendra Saraswathi Ayurveda College, Nazarathpet, Chennai in coordination with Ministry of Youth Affairs and sports GOI under the banner of “Azadi Ki Amruta Mahotsav” had conducted a bicycle rally on 07.06.2022 as a part of World Bicycle Day. There were 52 riders and 20 volunteers in total comprising the staffs and students of SJSACH. The rally started from SJSACH campus at 8:15 AM and the flag off programme for the rally was done by the Principal I/C of SJSACH, Prof Dr Chittaranjan Das. The route for the rally was SJSACH campus > DRR Nagar > Thyagi Chokkalingam street > Agarmelsannidhi street > Meppur end near chemparampakkam lake > Meppur bus stand > Left to Agarmel > Agarmel Junction > Agarmel Nazarathpet main road kamraj salai > Varadharajapuram junction > SJSACH campus. The rally was escorted by the police officials of Nazarathpettai Police station headed by the Sub Inspector of Police Mr Srinivasan. The rally was safely reached back to the campus by 9:30 AM. The event was successfully completed with coordination of Dr Vijay Shankar MR, NSS programme officer, SJSACH. The refreshment items and breakfast for all the riders and volunteers were provided after reaching back to the campus.

For making this cycle rally a great success, we would like to extend our sincere gratitude to the honourable Vice chancellor of SCSVMV, EC Committee, MC committee, Principal of SJSACH, Administrative office of SJSACH, NSS coordinator of SCSVMV, Police officials of Nazarathpettai Police Station, Staffs and Students of SJSACH.









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SWACHH BHARAT SWACHH CAMPUS

NSS unit-III, Dept. of Ayurveda, SCSVMV and Green cell of SJSACH organized a two day mission on SWACHH BHARAT SWACHH CAMPUS, within the premises of SJSACH on 23 September 2022 and 24 September 2022 from 2:00 pm -4:00 pm on both the days

-DAY 1-

PLASTIC REMOVAL

- The staffs along with 1st professional students inaugurated the event.
- The students cleaned up the street to Kadamba vanam behind the college block,SJSACH .
- The students were actively involved in picking up rag glass pieces, plastic bottles, covers etc.
- Measures like gloves and caps were provided to all for safety and hygiene.
- Refreshments were given to all at the end of the rally.
- On day 1, around 30 bags of plastics were collected from the campus.

-DAY2-

CLEARING THE HERBAL GARDEN

- The staffs along with 2nd professional students carried up the event.
- The students cleaned up the herbal garden - KADAMBA VANAM, SJSACH.
- The students were actively involved in plucking up unnecessary plants, grass, dried leaves etc .over the whole area of the garden.
- The students cleaned up the area completely by wearing off any plastics, waste materials etc. from the garden.
- All safety measures were provided.
- Refreshments were provided at the end of the day to all.

On a concise note, all the involved staffs and students of SJSACH took incredible interest and gained great experience by participating in the SWACHH BHARAT SWACHH CAMPUS rally, a little step towards SWACHH BHARAT.

Students of 1st professional (Chakrapani batch) and 2 nd Professional (Hareetha batch) ,BAMS took active part in the mission. The cleaning process was facilitated by the helpers and workers of SJSACH.

The coordinators, on behalf of all the volunteers would like to thank --The principal -Dr.Chittaranjan Das, The Administrative officer - Mr.Sankaranarayanan , The management committee and The EC committee for letting the NSS unit 3 ,SJSACH to involve in such a healthy act ,perform a service activity and for being a guiding light to all the participants.

Thank you!

Dr.Vijayshankar



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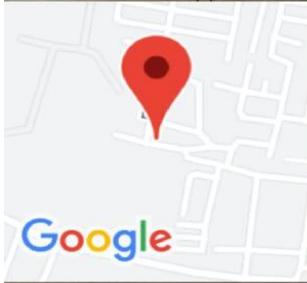
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NATIONAL NUTRITION WEEK 2022

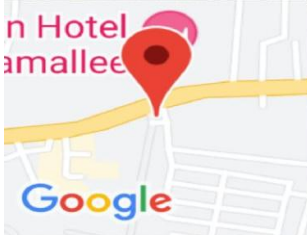
POSHAKA 2022

On the eve of National Nutrition Week 2022, the NSS unit III of SCSVMV and Department of Kaumarabhritya of SJSAC&H jointly conducted a “cook without fire ”competition– “POSHAKA” on 22.09.22 at SJSACH campus. The competition was mainly focussed on the preparation of different varieties of nutritious weaning food products for babies. The participants were from 3rd year BAMS students of SJSACH. There were 33 participants in total who were divided in to 10 teams. Each teams were having 3-4 members. The Competition was started at 9:30 AM in the third year UG class room. The duration of the competition was 1 hour. Three teams were selected as the winning teams in the 1st , 2nd and 3rd position. The judges of the competition were Dr Remya R Nath from Panchakarma department, Dr Amrutha B S from Prasuti tantra and striroga department and Dr Sreelakshmi K from Rasa shastra and Bhaishajya Kalpana Department. All the members of winning teams were felicitated with medals and certificates and others were provided with participation certificates. The programme was graced by the presence of Principal I/C Dr Chittaranjan Das and Vice Principal Dr B S Praveen. The event helped the students to know in detail about the different varieties of nutritious weaning food suppliments.The programme coordinators were Dr A A N Udaykumar from Kaumarabhritya department , Dr Vijayshankar MR from Agada tantra department and Dr Anoop A S from Kaumarabhritya department. The refreshment items were sponsored by the NSS unit III of SCSVMV.The programme received high appreciation and positive feedbacks from all the students and staffs

For making this event a grant success, we would like to extend our sincere gratitude to the honourable vice chancellor of SCSVMV, EC committee, MC Committee, Principal I/C of SJSACH, Vice Principal of SJSACH Administrative officer of SJSACH, NSS coordinator of SCSVMV,staffs and students of SJSACH.



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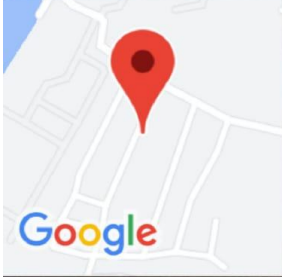


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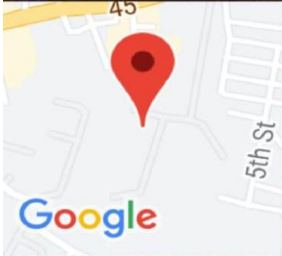






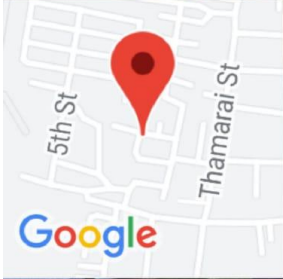
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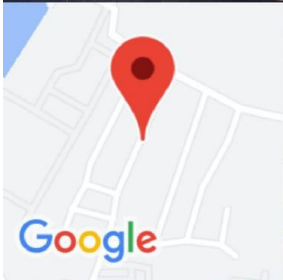


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75 YEAR OF INDEPENDENCE

AZADI KA AMRIT MAHOTSAV CELEBRATIONS

Independence day celebration, is a day where all the citizens pay tribute to the nation and the freedom fighters of India. The day of India's Independence is a day of pride, love and respect towards our nation.

75 years of Independence- Azadi Ka Amrit Mahotsav was celebrated in Sri Jayendra Saraswati Ayurveda College and Hospital, Nazarathpet on 15th August 2022. The institution celebrated the 85 years of independence as a two day celebration. Azadi ka Amrit Mahotsav celebrations started on 13th Aug 2022 with various competitions, that were held to evoke patriotism and sense of unity amongst the students.

The main heroic event of the celebration was the “CHESS TOURNAMENT” in which participants from all the academic professions starting from the 1st till the 4th profession participated. The tournament had a highly sportive environment, where all the participants were highly determined, concentrating on their coins and the opponents’ moves. Through a series of matches, the final match was held between Aishwarya.J of 2nd profession and V. V. S. Subramaniam of 4th profession. The final was extremely heated up as both the players did not want to lose or give up. After breathtaking finals, Aishwarya.J of 2nd profession won the first position. The second and third positions were bagged by V. V. S. Subramaniam of 4th profession and S. Suresh Kumar of 1st profession respectively.

Apart from the chess tournament, various other events like connexions, debate, table tennis (boys & girls), carrom (mixed doubles) were also held. All the students participated in all the events with full enthusiasm and bagged prizes.

Another add on to the celebration was the national flag distribution. Our Principal Dr. Chittaranjan Das sir distributed the flag to everyone. After collecting the flag, everybody pledged that they would hoist the flag with utmost respect and also as per the guidelines provided by the government of India.

The main event- 76th Independence day, commemorating the 75 years of Independence was celebrated with pride and patriotism in the college premises on 15th August 2022. The program started at 9 am, with the welcoming of our guest of honour, Dr. K. Vasudeva Reddy sir (Prof., Dept. Of Shalya tantra, SJSACH), followed by our Principal, Administrative officer and Members of the MC committee. Our guest of honour, hoisted the flag at 9:15 am. During the flag hoisting, all the students sang “ VANDE MAATHARAM...” with utmost sincerity and patriotism. After the flag hoisting, the gathering was welcomed by a welcome address delivered by Kavya Sankaranarayanan from 4th profession. Then, our guest of honour, Dr. K. Vasudeva Reddy sir delivered the presidential address, in which he addressed the youth gathering on how we are the future of our nation and we should be responsible for our behaviour and what we do to make our country proud. Youth of our country can make a name at the world level and can be the makers of this country.

The chief guest's speech was followed by student programmes which consisted of speeches in Tamil, Telugu, Hindu and English. There was also 2 group songs one from first professional and the other from the fourth professional students. The cultural events were truly scintillating and filled the hearts of the audience with pride. Our Principal's address followed the cultural events. Following the address, there took place the prize distribution ceremony, in which the prize winners of the competitions that were held, were awarded with certificates.

To show case pride and patriotism the students marched a rally with pride in their hearts, National flag in their hands and slogans like "VANDE MAATHARAM ", " BHARATH MATA KI JAI" etc were voiced as a mass.

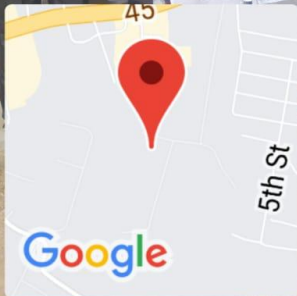
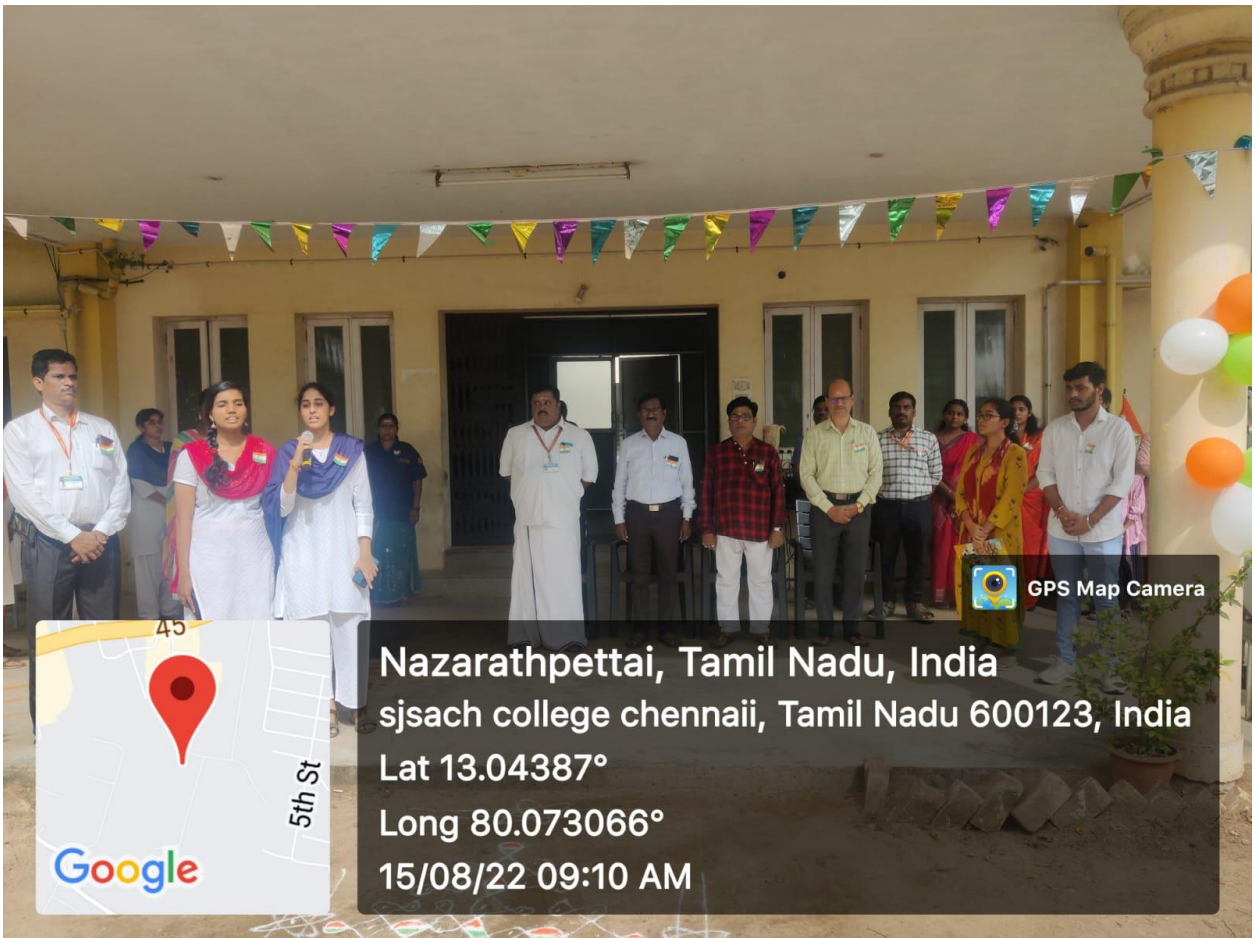
The program came to an end with vote of thanks delivered by Arthi Thanusha of fourth professional, followed by the National Anthem. Sweets were distributed to everyone at the end of the programme.

We all pledged that " NATION FIRST, ALWAYS FIRST".

JAI HIND!







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sjsach college chennai, Tamil Nadu 600123, India
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EYE CAMP – WORLD SIGHT DAY

World sight day was commemorated in Sri Jayendra Saraswati Ayurveda College and Hospital on 13th October 2022. World sight day is a reminder to love your eyes. With this year's theme being "LOVE YOUR EYES", an awareness programme and an one day free Eye camp was organised in the institution, jointly by the NSS- UNIT III of Sri Chandrashekarendra Saraswati Viswa Mahavidyalaya, Dept. Of Shalaky Tantra of Sri Jayendra Saraswati Ayurveda College and Hospital and Sankara eye hospital, Pammal.

The day started with an awareness event as a formal event consisting of lighting of lamp by Dr. Kalyan Kumar (Senior optometrist, Sankara eye hospital, Pammal), Dr. Pradeep Kumar Moharana sir, Dr.Suwendu Rout sir, Dr. Swathi mam and Dr.Indusree mam followed by welcome address delivered by S. Akshaya, an awareness talk on the importance of eyes and tips to protect them by G. Sri Vidya, Vote of Thanks by S. Preethi and overall anchoring by Kavya Shankaranarayanan of Final year. The staff speech was given by Dr. Pradeep Kumar Moharana sir, where he highlighted the importance of eyes and the value that has been attributed to it in ayurveda. After, the formal awareness event, the one day free eye camp was started, where the highly equipped and skilled team from Sankara eye hospital, headed by Dr. Kalyan Kumar_ Senior optometrist along with the intern and final year volunteers from Sri Jayendra Saraswati Ayurveda College and Hospital, checked the eyes of nearly 150 patients within the stipulated camp duration from 10am-2pm.

The doctors provided valuable advice and referrals to the patients. The senior doctor also explained the final year students about the various conditions that bother the eye like Cataract, Pterygium, Glaucoma etc with utmost love and patience. With the message "LOVE YOUR EYES " the camp was closed.

I would like to extend my heart felt gratitude to the Sankara eye hospital, Parmalat team, Dr. Chittaranjan Das sir principal of Sri Jayendra Saraswati Ayurveda College and Hospital, Jr. Administrative officer Mr. Shankaranarayanan, MC Committee members for their support. I would also like to extend my gratitude to Dr. Radhika Menon, Asst. Professor Dept. Of Shalakyatantra for her dedicated effort and support in conducting the event. Last but not the least I would like thank all the students and Nss student volunteers for their support and contribution and making this event a worth befitting one.







National Service Scheme unit - 3 Shri Jayendra Saraswathi Ayurveda College and Hospital Nazzarathpet Chennai-600123 and Shri Chandrashekharendra Saraswathi Vishwa Mahavidhyalaya (university) Enathur, Kanchipuram

Clean India Campaign 2:0 Report

A clean India campaign was organized by NSS unit iii of Shri Jayendra Saraswathi Ayurveda college.40 students participated under the Observance of NSS programme officer Dr. Vijay Shankar M R in Tirumazhisai on 21st October 2022. Clean India campaign 2.0 is the most significant and small step towards the Contribution of the students to create an awareness among the people regarding cleanliness and its benefits. Students were started cleaning the streets at 10 am and completed by 1 pm. The cleaned streets were- Athukaal street, muthuraja street 1, Muthuraja street 2, Muthuraja street 3, Poondhottam street, Thachu street, Preyampathu School street ward no.8, under the guidance of vice chairman Mr.J.Mahadeven of Tirumazhisai town. Almost 25 kg of garbage were collected by the students. The refreshment was provided to the students and they felt happy after the successful completion of cleaning.I would like to extend my heartfelt gratitude to our Principal Dr.ChittaRanjan Das, Jr. Administrative officer Mr. Shankaranarayanan for their support. I would also like to thank our lab assistant Mr Balan and all my students for their support and contribution in making this event to a proud success.








Thirumazhisai, Tamil Nadu, India
 3335+X9R, Ramachandra Nagar,
 Thirumazhisai, Tamil Nadu 600124, India  85° E
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Awareness session against DRUG ABUSE

A campaign session was organised jointly by the Nazarathpet police station and Sri Jayendra Saraswati Ayurveda College and Hospital on DRUG ABUSE on 13th December 2022 to spread awareness and to eradicate drug abuse among youth.

In the premises of Sri Jayendra Saraswati Ayurveda College and Hospital, the students of the Ayurveda College were engaged in an awareness programme by the Nazarathpet police officers on drug abuse. The talk on drug abuse was given by Mrs. Rani, Sub-inspector of police, Nazarathpet. The students were given heightened awareness. At the end of the session, the students took the message that drugs is a dirty business to their mind and hearts and pledged to spread message against drug abuse far and wide.

In this campaign, the students of Sri Jayendra Saraswati Ayurveda College and Hospital will continue to spread the message of awareness and will motivate the youth in different age groups to stay away from drugs.



NSS CAMP – 2023

NATIONAL SERVICE SCHEME UNIT III OF SCSVMV

SPECIAL CAMP REPORT

DAY – 1

INAUGURATION / MEDICAL AWARENESS CAMP

Inaugural Function was held at Nazarathpettai Panchayat Office on 08.02.2023 at 10:00 am. We auspiciously started the program with prayer and lighting the lamp. Our beloved principal Dr. Chittaranjan Das sir, Dr. Vijay Shankar (Asst. prof. in Agada Tantra/ NSS Coordinator, Dr. Lakshmi Jayakrishnan (Asst. prof. in Rachana Shareera), Dr. Bindu (Asst prof. in Swasthavritha), Mr. Balan (Lab Asst.), PG Scholars from Kayachikitsa & Prasooti Tantra, The student volunteers of 1st professional year & The Panchayat Authorities were attendees of the function.

Further by 11:00am we went to the Nazarathpettai Samudaya Kutam and arranged the area for the medical camp. Students were split into groups for brochure Distribution and Door-to-Door Awareness. The Medical Examinations conducted were; Blood Pressure, Hb count, Height, Weight, Pulse Rate & Free Consultation. The following were the consultants:

Dr. Swaminathan sir, Dr. P.K. Moharana sir, Dr. Bindu, Dr. Vijay Shankar, Dr. Lakshmi Jayakrishnan. Medicines Distributed: Ayushkwatham Kashayam & K arpoora Tailam. Over all 47 patients visited the camp and the program was concluded by 4:00 pm.







DAY-2

TEMPLE CLEANING

On 09.02.2023 NSS unit- 3 volunteers cleaned KASI VISWANATHAN TEMPLE, Nazarathpettai by 10:30 am. The volunteers were guided by; Mrs. Shanmuga Priya Dharshini (Asst. prof. Ayurveda samhitha& siddhanta), Dr. Vijay Shankar, Dr. Lakshmi Jayakrishnan.

In the morning session, volunteers were divided into groups and each of them was assigned with works. Students were provided with gloves and masks. Half the strength went inside of temple & other half cleaned outside. Then students dispersed for lunch.

From 2pm, the garden area of the temple was cleaned and the students enthusiastically planted Arali saplings. The active students with necessary instruments voluntarily cleaned the temple and its area neatly. There was unity and coordination among the volunteers which made the work easier and quick.



DAY-3

GARDEN CLEANING

The NSS Unit-III cleaned the premises of Nazarathpettai Garden on 10.02.2023. The event was organized by Dr.VijayShankar.M.R, Dr. Nisha Raj (Associate Prof. Dravyaguna), Dr. Deepak Raja (Associate Prof. Kriya Shareera).

The students were divided into 2-5 groups and were assigned to clean the whole garden. A group of students swiped and cleaned all the leaves and made it clean. The task was successfully completed at 4pm, with the necessary instruments for cleaning



DAY- 4

RALLY/CLEANING DRIVE

NSS Unit – III on 11.02.2023 morning conducted a rally for **Awareness against Drug Abuse** by Dr. Vijay Shankar NSS Programme Officer & Dr. Deepak Raja guided the Student Volunteers. Rally Started from the college main gate along with shouting of slogan “YES TO LIFE, NO TO DRUGS”, went into the small streets of Nazarathpettai, then the panchayat, took a round and came back to college main gate through the Chennai-Bengaluru highway.

In the afternoon session, organized cleaning drivewas conducted in the area nearby Nazarathpettai Police station.



DAY-5

MEDICAL AWARENESS CAMP

A Medical Awareness camp was conducted on 12.02.2023 at T-16 Nazarathpettai Police Station, Poonamallee Range, Avadi district. The Sub Inspector of Police Mrs. Anbuselvi ma'am visited the camp along with other subordinates. Special mention to the Doctors & other staffs who accompanied the camp; Dr.Sreenath.R (Asst. prof. Dravyaguna), Dr.Kalaivanan (PG-Kayachikitsa), Balan (Lab Asst.). Medical Check-ups conducted by the student volunteers were: Height, Weight, Blood Pressure, Hb, Pulse Rate.

We had distributed Ayushkwatha Kashayam & Karpoora Tailam. More than 60 people benefitted from the camp on that particular day. In the afternoon session, the premises was cleaned by the student volunteers and students eagerly planted Tulasi saplings.





DAY- 6

BLS TRAINING

(BASIC LIFE SUPPORT TRAINING)

We started the day (13-02-2023) with prayer followed by lighting the lamp.

Dr. Lakshmi Jayakrishnan gave us an introduction about the “Cardiac-edu”. Mr Chaitanya who was one among the three instructors gave us the introduction about the course. Then the team started with the demonstrations and presentations. Mr. Ajay covered the topics of Confirmation of Cardiac Arrest, The call for help in public, Carotid Pulse Examination and the CPR for adults. Then Mr. Chaitanya continued the session with the topics like CPR for child and Infants, Usage of AED machines and Bag Mask. Mr.Bineesh concluded the session with the topic ‘Saving a person from choking’. The student volunteers understood the importance of this particular life saving program. They were very determined throughout the course.

The NSS team thanked Dr.Deepak Raja , Dr.Indusree C.S , Dr.Vijay Shankar and Dr.Lakshmi Jayakrishnan who took the initiatives for conducting this valuable course.

Finally we concluded the programme at 4 30 pm with National Anthem.



DAY-7

MEDICAL AWARENESS CAMP

Loc: Primary Healthcare Centre, Nazarathpettai

We started the camp by 11 am on 14-02-2023. The consultant doctors were Dr. Saravanan, Dr. Vijay Shankar, Mr. Balan (Lab Technician). The medical examinations included Blood Pressure, Haemoglobin, Height and Weight. The medicines distributed were 'Ayushkwathakashayam and KarpooraTailam.'

The Ward Counsellor Mr. Shankar and Mrs. Uma Maheshwari were the special dignitaries who were invited for the last day of our camp. At 4pm, the counsellor gave us a thanking note with special mentions about Dr. Vijay Shankar and Mr. Balan for their wonderful job in co-ordinating this program into a success. He also mentioned about the students who were working very hard at the same time and were very energetic throughout the week. He even suggested for more such camps.

Not less than 50 patients visited the camp on that particular day. The student volunteers were highly motivated by getting some Clinical Exposure on how to examine a patient.





WORLD FOREST DAY REPORT

On 23rd March 2023, the NSSUNIT III SCSVMV Volunteers celebrated ‘**THE WORLDFOREST DAY**’. The Principal Dr.C.R..Das was the chief guest and Vice Principal Dr.Praveen.B.S, Administrative Officer Mr.SankaraNarayanan.S, management committee members and other faculties along with the Student volunteers, collectively joined for planting saplings by 11 AM in our herbal garden. Nearly 40 saplings we were planted [medicinal plants such as Amalaki (Gooseberry), Nirgundi (Vitex Nirgundo), MuringaPlant (Moringa oleifera), Tamarind (Tamarindus indica Linn) etc].

The student volunteers successfully completed the task by 12.30 pm under the Leadership of Dr. Vijay Shankar M.R. (Assistant Professor, Department of Agada Tantra, SJSACH & NSS Program Officer) who also mentioned that “it is a thoughtful initiative to Preserve the forest and protect the future”.







AWARENESS PROGRAM OF WORLD TB DAY MARCH 24 REPORT

We recognize “The World Tuberculosis Day” on March 24 of every year. This annual event commemorates the date in 1882 when Dr. Robert Koch announced his discovery of mycobacterium Tuberculosis. This event was successfully organized by the NSS unit III of SCSVMV on March 24, 2023.

Under the guidance of NSS program officer Dr.Vijay Shankar M R and a team of 50 NSS Volunteers of Sri Jayendra Saraswati Ayurvedic College and Hospital contributed in sharing tuberculosis prevention and control and raise the awareness of challenges in the elimination of Tuberculosis.This awareness camp was inguarated by Dr.yashodha (medical officer) and Mr.victor(health inspector) on 10 am at thirumazhisai health care center , Chennai. The volunteers were divided into groups and each group conducted session on Tuberculosis; its causes, signs and symptoms and prevention, to the public for an awareness. We plege to undertake sincere efforts to provide leadership in fight against Tb for the betterment of our community. After the session, pamphlet with TB Awareness were distributed to the public, in the nearby residencies , health care center , government transports and shops. The active participation of students, pamphlets were circulated door to door.

The awareness program turned out to be an opportunity to the public to create knowledge about the prevention of Tuberculosis. The program ends up by 1pm. The immense cooperation and combined effort of the volunteers, and doctors there was a greater response from the public and this made the event more beneficial and successful.













Thirumazhisai, Tamil Nadu, India

Thirumazhisai Bus Stand, Chennai Tiruvallur High Rd,
Ramachandra Nagar, Thirumazhisai, Tamil Nadu 600124,
India

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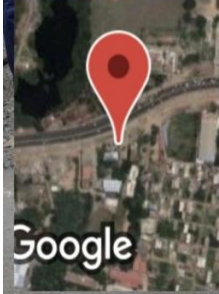
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 Nagarathpet, Nazarathpettai, Tamil Nadu 600123,
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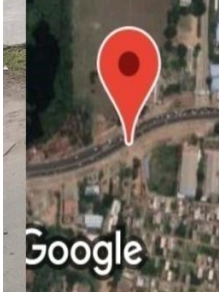


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23WF+8C9, Nazarathpettai, Tamil Nadu 600069, India
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Pidarithangal, Tamil Nadu, India
Jaya Jaya Sankara International School, Pidarithangal, Tamil Nadu 600123, India
Lat 13.046454°
Long 80.074207°
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