

ARULMIGU PALANIANDAVAR ARTS COLLEGE FOR WOMEN
(AUTONOMOUS)
(RE-ACCRIDITED WITH B++ BY NAAC IN 3rd CYCLE)
(AFFILIATED TO MOTHER TERESA WOMEN'S UNIVERSITY, KODAIKANAL)
CHINNAKALAYAMPUTHUR, PALANI- 624615, TAMILNADU, INDIA.

UNNAT BHARAT ABHIYAN – REPORT

UBA CO-ORDINATOR

DR. R. UMA MAHESWARI

UBA MEMBERS

MRS. P. PAVATHARANI

DR. M. MUTHU VIJAYA LAKSHMI

LT. DR. R. KALAIARASI



ARULMIGU PALANIANDAVR ARTS COLLEGE FOR WOMEN (Autonomous)

(Re-Accredited with 'B⁺⁺' Grade by NAAC 3rd Cycle)

Run by Arulmigu Dhandayuthapani Swamy Thirukoil, H.R & C.E Dept. Government of Tamil Nadu
A Government Aided College - Affiliated to Mother Teresa Women's University, Kodaikanal
CHINNAKALAYAMPUTHUR(PO), PALANI - 624615



UNNAT BHARAT ABHIYAN

'Intelligence plus character – that is the goal of true education', says Martin Luther King, Jr. Arulmigu Palaniandavar Arts College for Women, (Autonomous), Palani stands as an example to it. It is the first women's college in Dindigul district, having been established in 1970 under the aegis of the Hindu Religious and Charitable Act of Government of Tamil Nadu. Since then it has progressed in leaps and bounds. The college is located in Chinnakalayamputhur, about 7kms from Palani, on the Chennai-Coimbatore National Highway in a serene atmosphere spread over a sprawling area of 37 acres. It is blessed with a congenial atmosphere essential for a vibrant scholastic learning process.

Having been set in the rural background and offering education to the rural women students in and around Palani, the acquaintance of the academic community of the college with the villages around is immense. The institution feels proud of having been participating since Feb 2021 in the welfare scheme titled 'Unnat Bharath Abhiyan', which strives with the motive of making the rural people self-reliant and complacent with sustainable development. As a mentoring institution, the college has adopted the five villages - A. Kalayamputtur, Chinnakalayamputtur, Pethanaickenpatti, Sukamanaickenpatti and Neikarapatti.

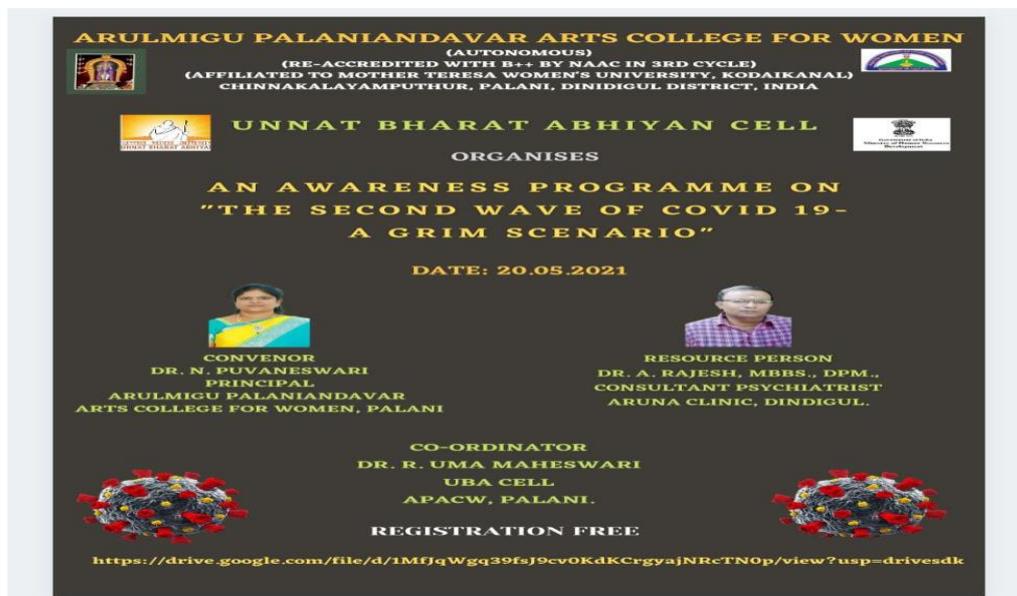
Activities:

- Creating awareness on the availability and usefulness of the scheme 'Unnat Bharat Abhiyan' is the prime objective of the institution. So, as an initial step, an online Quiz programme, with the theme "Right to vote is the basic right" had been conducted. Maximum participation of the academic community of the college as well as the natives of the village was encouraged. By promoting participation in the quiz, the college had paved way for the future efforts to be taken for the welfare of the natives of the villages.



- Suffrage or voting right is an important fundamental right, which a citizen of the country should not be deprived of. The nearing Legislative Assembly Election is a huge task to the government, that too, in the midst of the spread of the Pandemic named Covid – 19. Comprehending the importance of polling, which in turn will decide the leaders of tomorrow, the institution prepared pamphlets, stressing the necessity of voting and circulated them to the residents of the adopted villages. The volunteers in the team met the villagers in their residents and spoke on the importance of voting. The team is sure to achieve its objective of 100% polling in the adopted villages on 06.04.2021.

An Awareness Programme on “The Second Wave of COVID 19 – A Grim Scenario”.



Arulmigu Palaniandavar Arts College for Women, Palani, Unnat Bharat Abhiyan organized an awareness programme on “The Second Wave of COVID 19 – A Grim Scenario” on 17.05.2021 through virtual mode. Dr. N. Puvaneswari, Principal, Arulmigu Palaniandavar Arts College for Women, Palani welcomed the gathering. Dr. A. Rajesh, Consultant Psychiatrist, Aruna Clinic, Dindigul, has invited as a resource person to this programme. He talked on the second wave of Covid 19 and its impact on the world. He also talked on the causes and symptoms of Corona and thus he advises all to maintain social distancing, wearing of mask and keep sanitized as well. The session ends with interaction at the end. Dr. R. Uma Maheswari, UBA co-ordinator proposed the Vote of thanks.

Webinar on “Environment Protection”



Arulmigu Palaniandavar Arts College for Women, Palani, Unnat Bharat Abhiyan organized a Webinar on “Environment Protection” on 12.06.2021 through virtual mode. Dr. N. Puvaneswari, Principal, Arulmigu Palaniandavar Arts College for Women, Palani welcomed the gathering. Dr. S. Krishnamoorthy, Secretary, Dr. N.N.T Research Foundation, Madurai, has invited as a resource person to the programme. He talked on how to maintain or restore the quality of environmental media through preventing the emission of pollutants. He also talked on ten things that we can do to help protect our environment. He pointed out the methods of environmental conservation also. The session ends with interaction at the end. Dr. R. Uma Maheswari, UBA co-ordinator proposed the vote of thanks at the end.

Issuing Corona Protection Tablets to Villages



பழனி ஆண்டவர் மகளிர் கல்லூரி சார்பாக கிராமங்களை தத்தெடுத்து விழிப்புணர்வு முகாம்

பழனி, ஆக.18-
பழனி அருள்மிகு பழனியாண்டவர் பெண்கள் கலைக்கல்லூரி சின்னக் கலையம்புத்தூர் சார்பாக மத்திய அரசின் திட்டமான "உன்னத பாரத அபியான்" திட்டத்தின் கீழ் நான்கு கிராமங்களை தத்து எடுத்துள்ளார்கள். அந்த கிராம மக்களுக்கு நிர்மலாண்மை கழிவு மேலாண்மை தூய்மை சுகாதாரம் போன்றவை விளக்கி எடுத்துச் சொல்லி வருகிறார்கள். இந்த நிகழ்வில் அரசு சித்தமருத்துவர் மகேந்திரன்



கல்லூரி முதல்வர் புவனேஸ்வரி உராட்சி மன்ற தலைவர் கஜாதா வேணுகோபால் மற்றும் பலர் கலந்துகொண்டனர். இந்த நிகழ்வை திட்ட

ஒருங்கிணைப்பாளர் உமாமைகேஸ்வரி பவதாரணி கலையரசி முத்துவிஜயலக்ஷ்மி ஆகியோர் சிறப்பாக செய்திருந்தனர்.

Arulmigu Palaniandavar Arts College for Women, Palani, Unnat Bharat Abhiyan organized an awareness programme to adopted villages at Palani. Dr. N. Puvaneswari, Principal, Arulmigu Palaniandavar Arts College for Women, Palani inaugurated the programme. Dr. M. Mahendran, Asst. Siddha Medical Officer, Government Hospital Palani, has invited as the Chief Guest to the programme. Doctor talked on Corona awareness and advised people of villages to keep surrounding clean and also he advised the people to take hygienic food and water. Panchayat President Sujatha Venugopal joined the programme. Along with President, Doctor issued Corona protection tablets, Kabasura Kudineer, Masks, Sanitiser to the people of five adopted villages. Dr. R. Uma Maheswari, UBA co-ordinator proposed the Vote of thanks at the end.



AZADI KA AMRIT MAHOTSAV- AYUSH

AWARENESS PROGRAMME

20 SEPTEMBER, 2021

Introduction

‘Azadi ka Amrit Mahotsav’ is an initiative of the Government of India to celebrate and commemorate 75 years of independence of progressive India and the glorious history of its people, culture and achievements.

Event

- ❖ UBA Coordinator Name: Dr. R. Uma Maheswari
- ❖ Email: drsumamaheswari@gmail.com
- ❖ UBA Members: Mrs. P. Pavatharani
Dr. M. Muthu Vijaya Lakshmi
Lt. Dr. R. Kalaiarasi
- ❖ School Name: P.R.G Matric. Hr.
Sec. School, Neikarapatti, Palani.
- ❖ No. of Students Attended : 36
- ❖ No. of Faculty Attended : 4

Brief Description (Discussion points/Impact/Action/Photographs):

- AUSH Awareness Program coordinated by UBA Team- APACW on 20.09.2021 in PRG Matric Higher Secondary School, Palani.
- Dr. Pragadhee and Dr. V. Shiju presented about the objective of the program that for enhancing immunity and preventing anydisease.
- They clearly explained about the concept of health in relation to the COVID pandemic and how the way to use face mask, hand washing methods and about social distancing for avoiding spread of diseases.



AZADI KA AMRIT MAHOTSAV- AYUSH AWARENESS (75th School Education programme) through online was organised by UBA, Arulmigu Palaniandavar Arts College for Women, Palani and PRG Matric Higher Secondary School, Palani. More than 36 students and 4 faculty actively participated. Dr. Pragadhee, Dept of Paediatrics, Saratha Krishna Homeopathic Medical College, Kulasekharam and Dr. V. Siju, School Health Programme Co-ordinator gave a speech on the topic 'COVID Awareness and Ayush program'. They also explained the present scenario of AYUSH and Homeopathic system of Medicine. The programme started at 4pm with Introduction and the resource persons talked on how to protect ourselves from Corona Virus and also discussed about cleanliness and the session ends with interaction with students. Dr. R. Uma Maheswari, UBA Co-ordinator, APACW proposed vote of thanks.

Issuing of Ayurvedhic Herbs



Arulmigu Palaniandavar Arts College for Women, Palani, Unnat Bharat Abhiyan organized an awareness programme to adopted villages at Palani. Dr. N. Puvaneswari, Principal, Arulmigu Palaniandavar Arts College for Women, Palani inaugurated the programme. Dr. M. Mahendran, Asst. Siddha Medical Officer, Government Hospital Palani, has invited as the Chief Guest to the programme. Doctor talked on Corona awareness and advised people of villages to keep surrounding clean and he also talked on the importance of Ayurvedhic Herbs. He also stresses that Ayurvedhic herbs help us lead a healthy, happy, stress- free and disease- free life. He said that herbal treatments allow the body to calm down, detoxify, and rejuvenate. Doctor

Under this program, our main task is to upgrade the villages. So to know the village the first step we have taken is door to door survey to each and every village. We have visited different villages with our institute co-ordinator and approximately more than 50 students were also heartily participated. We enjoyed while interacting with the village people and successfully completed our first step.

In the five villages initially team had interacted with villagers, and we got very positive response and the team had successfully completed the village and household survey, and the people were very supportive and kind. The aim of our team is to spread awareness regarding the facilities that they need to use and in such a frame where they were lacking behind. Team had successfully accomplished the task and collected all the data which would be successful for us in our future.

An Awareness Campaign on 'Say No to Plastic' on 18.10.2021

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Chinnakalayamputhur, Palani-624615, Tamilnadu, India.

UNNAT BHARAT ABHIYAN
organizes
An Awareness Programme on
'SAY NO TO PLASTIC'
DATE: 18.10.2021

CONVENOR
DR. N. PUVANESWARI
PRINCIPAL
APACW, PALANI.

UBA CO-ORDINATOR
Dr. R. Uma Maheswari

UBA MEMBERS
Mrs. P. Pavatharani
Dr. M. Muthu Vijaya Lakshmi
Lt. Dr. R. Kalaiarasi

Venue: Chinnakalayamputhur
Time: 10.30 AM

Unnat Bharat Abhiyan, Arulmigu Palaniandavar Arts College for Women organised a campaign on 18.10.2021 to create awareness about the hazard of plastic. The campaign was

named 'Say No to Plastic'. Banners bearing the slogan were displayed at various places in the Chinnakalayamputhur and Neikarapatti villages. Members of UBA, UBA co-ordinator and along with 25 students divided themselves into groups of three. Each group visited the people in their homes and shops at Chinnakalayamputhur and Neikarapatti villages. People were told how the use of plastic like polythene bags, disposable tea cups, etc polluted the environment. They were told that plastic was not biodegradable. These plastic could choke the sewers. They could also spoil the fertility of the soil. Shopkeepers in the locality were requested to give up the use of polythene carry-bags. People showed great interest in the campaign. Many of them promised never to use plastic in future. Students they cleaned the surroundings and collected the unwanted used plastic papers, cups and threw it into the dustbin. The campaign was a great success. Everyone in the villages praised the UBA members for their good work.

