



MUSLIM ARTS COLLEGE

A Muslim Minority Institution - Estd 1982

Affiliated to Manonmaniam Sundaranar University, Tirunelveli, Recognized u/s 2(f) & 12(B) of UGC Act.
Azhagiemandapam, Thiruvithancode - 629 174, Kanyakumari District, Tamil Nadu, India.
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ISO 9001:2000
Reg. No. : RQ91/3688

S.No	Name of the activity	Organising unit/ agency/ collaborating agency	Name of the scheme	Year of the activity
1	2020-2021			
2	AWARENESS PROGRAM	NCC/Police officials Thuckalay Division	YOGA TRAINING & AWARENESS PROGRAM	2020-2021
3	RALLY	NCC/Cancer Centre Neyyoor	CANCER AWARENESS	2020-2021
4	CYCLE RALLY	NCC/District Election Officers	VOTER AWARENESS	2020-2021
5	Cancer awareness Rally	NSS UNIT,71,80 137	NSS-Ministry of youth affairs	2020-2021
6	Free medical camp	NSS UNIT,71,80 137	NSS-Ministry of youth affairs	2020-2021
7	Covid-19 safety measures	NSS UNIT,71,80 137	NSS-Ministry of youth affairs	2020-2021



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YOGA TRAINING AND AWARENESS PROGRAM

Report 1

Name of the Activity : Awareness Program
Name of the scheme : Yoga Training and Awareness Program
No of Participants : 81
Date : 17/10/2020

Yoga Training and Awareness Program

The first parade for the academic year 2020-2021 is performed by the cadets on this day. The cadets reached at the collage at 6:00am. The 81 cadets are given the warm up exercise to improve their physical activity and strength. After that, Toga practice was held in our campus for police officer. This practice was started and pleased by Thuckalay Deputy Superintendent of police (DSP), Mr Ramachandran. The asanas are taught by the yoga practitioners Ranjini Nair and Raja Kumar continuing that tug-of-war game was conducted for the police officer and NCC cadets. After that we have occupied a 10 mins Break. Associative NCC officer Lt Dr M Jagathish gives lecture class for cadets. Morning breakfast was provided by the management. Above mentioned activities were happened with the help of Associative NCC officer Lt Dr M Jagathish and PI staff



Associate NCC Officer

Associate NCC Officer
Muslim Arts College
Thiruvithancode

Principal

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CANCER AWARENESS RALLY

Report 2

Name of the Activity : Rally
Name of the scheme : Cancer Awareness
No of Participants : 84
Date : 04/02/2020

Cancer Awareness Rally

In our college campus, our cadets attending for parade regularly. It makes to get practice. Every cadets fall in at 9.00 am. After that 84 cadets attended the cancer awareness program which was conducted by the Nutrition & Dietetics department. Continuing that, rally program was organized by the NCC cadets and the students of Nutrition and Dietetics department also participated . At 12 pm every cadets left home safely. Above mentioned activities were happened with the help of Associative NCC officer.




Associate NCC Officer

Associate NCC Officer
Muslim Arts College
Thiruvithancode

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VOTER AWARENESS CYCLE RALLY

Report 3

Name of the Activity : Rally
Name of the scheme : Voter Awareness Rally
No of Participants : 85
Date : 17/03/2021

Voter Awareness Rally

In order to encourage more young voters to take part in political process. NCC cadets from Muslim Arts College decide to conduct a 52.3km voter's awareness cycle rally from kaliyakkavilai to kanniyakumari. On this day 85 cadets present at 7:00am in kaliyakkavilai cycle was arranged by cadets then at 8:00am our voter's Awareness Cycle Rally was get started. This great rally was started and placed by Thuckalay Deputy Superintendent of police (DSP) Mr. Ramachandran. The rally was started from kaliyakkavilai and came through thiruthuvapuram, Marthandam, Eraviputhoorkadai, Azhiyamandabam, Thuckalay , Kanyakumari, Villukuri, parvathipuram, Nagercoil, Collector office, Kottar, Suchindram and finally ended at Kanyakumari. At 6:30pm the rally came to the end in a successful way. The rally was really enjoyed by the NCC cadets. The program was organized by Lt Dr M Jgathish, Associative NCC officer.




Associate NCC Officer

Associate NCC Officer
Muslim Arts College
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Cancer Awareness Rally

Report 4

Name of the Activity : Cancer Awareness Rally
Name of the Scheme : Ministry of youth affairs
No of Participants : 35
Date : 04-02-2021

Cancer Awareness Rally



Cancer Awareness Day programme and Rally organized by NSS Units - 71, 80 and 137 on 4th February 2021. World Cancer Awareness Day is observed across the world on February 4 every year. Dr. P.Sudhakar MDRT gave an elucidated talk about cancer and its prevention. Cancer is defined as an unrestricted outgrowth of cells. The specific cells start dividing and multiplying giving rise to a lump. Often these lumps grow into diseased or malignant from the body often causing death, if not treated earlier. Hence, need of the hour regarding this disease is not to be fearful and consult a doctor, the best remedy of it is to live a clean and healthier life style with proper diet and peace of mind. At the same time we must be aware of the disease. On February 4th all the NSS volunteers assembled at the seminar hall and discussed the cause and remedies for the disease,



Cancer. They organized a rally from Muslim Arts College to Azhigiyamandapam. They



raised slogans - Stop smoking, alcohol, guttka, pan masala. They also created awareness on treatment available in modern world. They expressed, „Prevention is better than cure“. All the volunteers started from the college with great enthusiasm and reached Azhigiyamandapam. The program was a grand success. In this event 35 NSS

volunteers and whole Village people benefited.

NSS Programme Officers

Sudha

[Signature]

Shah
Principal
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Free Medical Camp Programme

12 and 13th February 2021

Report 5

Name of the Activity : Free Medical Camp Programme
Name of the Scheme : Ministry of youth affairs
No of Participants : 184
Date : 12-02-2021 & 13-02-2021

Free Medical Camp Programme

Free medical camp programme organised by NSS Units 71, 80 and 137 on 12 and 13th February 2021. The health checkup programme started around 10.30am after the flag lifting ceremony by our Secretary Lion . H. Mohamed Ali, headed by specialist doctors from Samko Eye Hospital, Marthandam and White Memorial Hospital Attoor. Dr. Suresh medical officer in Samko Eye Hospital gave talk about general hygiene and substances abuses to NSS volunteers and students of Muslim Arts College Thiruvithancode. Around 15 staff and 184 Students get benefited.



Free general examination , Blood pressure checkup, Eye check up, Blood sugar checkup and heamoglobin checkup were set up inside the college premises. After checking up the doctors even prescribes necessary actions and precautions if needed to be taken, some of the required medicines were also provided to them.

NSS Programme Officers

Principal

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COVID-19 Awareness and Safety measures by NSS PO's & Volunteers

Report 6

Name of the Activity : Covid-19 Awareness and Safety Measures by NSS PO's & Volunteers
Name of the Scheme : Ministry of youth affairs
No of Participants : 24
Date : 04-05-2021

COVID-19 Awareness and Safety measures by NSS PO's & Volunteers

COVID19 has altered lifestyles. Sanitizing things before use, maintaining physical distancing, wearing of masks in public places, use of face shields, working from home, online classes and maximum use of digital life have become a part of our lives. Because this is the only way we can distance the disease from us.




Video on Topic: Using a mask:

Our NSS volunteer shows a simple a way to prevent from covid -19 and how to use mask. The total time of the video is 1 minute 58 seconds. The video focuses on relevant precautionary measures and necessary actions for prevention of COVID-19. We hope with this video we will be able to spread the message of awareness towards COVID-19 to different people all around so that we can join our hands together to combat COVID-19.

NSS Programme Officers





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