

NSS Course - Activity Book



Life skills



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SELF – INTRODUCTION FOR NSS COURSE STUDENTS SRMIST KATTANKULATHUR



A self-introduction session can be very beneficial for several reasons. Here are some key benefits:

1. Builds Confidence

Introducing yourself allows you to practice speaking about yourself in a structured way, which helps build confidence, especially in professional settings or new environments.

2. Improves Communication Skills

A self-introduction is an excellent way to refine your ability to communicate your thoughts concisely and clearly. You learn how to express who you are, what you do, and what your interests are effectively.

3. Facilitates Networking

Whether in a professional or social setting, a self-introduction is often the first step to building connections. It opens the door for conversation and networking, as people will understand who you are and what you bring to the table.

4. Personal Branding

A well-crafted self-introduction can help you establish your personal brand. It gives you a chance to

highlight your strengths, expertise, and experiences, setting the tone for how people perceive you.

5. Fosters Engagement

When you introduce yourself, others may relate to your experiences or interests, sparking deeper conversations or collaborations. It encourages people to engage with you based on shared interests.

6. Creates a Positive First Impression

First impressions matter. A clear and thoughtful self-introduction can leave a lasting positive impact, whether in a job interview, a social gathering, or a team meeting.

7. Opens Opportunities

Self-introductions often serve as gateways to new opportunities. Whether it's a job offer, collaboration, or a meaningful connection, you never know where a simple introduction could lead.

8. Improves Self-Awareness

Reflecting on how to introduce yourself forces you to think about your own values, skills, and goals. It helps clarify your identity and can be empowering, particularly if you're at a crossroads or considering a change.





ENVIRONMENTAL AWARENESS ACTIVITY FOR NSS COURSE STUDENTS SRMIST KATTANKULATHUR

(03.02.2025 – 13.02.2025)



Activity Overview:

- **Focus:** The NSS students have been working on an Environmental Awareness project where they created paper bags in various models.
- **Objective:** The students applied their creative and innovative thinking to design eco-friendly paper bags. This initiative helps raise awareness about reducing plastic waste and promoting sustainable alternatives.
- **Presentations:** After completing the paper bags, students presented their work to their peers in the classroom, showcasing their ideas and models.

Environmental Importance of Recycling Newspaper Bags:

Reducing Waste: By recycling newspaper bags, we can divert them from landfills, where they would otherwise take up space and contribute to pollution. Proper recycling helps conserve resources and reduces the need for new materials.

Conserving Resources:

Newspaper bags are typically made from paper, which comes from trees. Recycling paper helps reduce the need for raw materials and saves energy and water, further decreasing environmental impacts.

Reducing Carbon Footprint:

Recycling helps lower carbon emissions compared to producing new products from raw materials. Recycled materials typically require less energy to process.

Decreasing Pollution:

If not recycled properly, newspaper bags can end up as litter, contributing to land and water pollution. Proper disposal ensures these bags don't harm wildlife or ecosystems.

Challenges in Recycling Newspaper Bags:

Contamination:

Newspaper bags can become contaminated with food, oils, or other substances that make them unsuitable for recycling. Bags that are soiled or heavily stained may need to be separated from clean, dry paper products.

Plastic Linings:

Some newspaper bags have plastic linings to make them more durable or waterproof. These plastic-coated bags are not recyclable in the same way that pure paper bags are and may require special handling.



Sustainability Trends in Packaging:

There is been a growing shift towards sustainable packaging options. Many companies are looking to replace plastic bags with more eco-friendly options like paper bags. Efforts to improve the recyclability of these paper products, including newspaper bags, are increasing.

Innovations in Paper Bag Recycling:

New technologies are making it easier to recycle paper bags, including newspaper bags, by using advanced sorting mechanisms to separate them from other contaminants. Some companies are exploring how to make paper bags fully biodegradable, reducing waste and environmental impact.



Environmental Campaigns:

Governments and environmental organizations are increasingly running campaigns to raise awareness about the need to recycle paper products, including newspaper bags. There is an emphasis on teaching the public how to dispose of items like these responsibly to maximize recycling efforts.

Companies Leading the Charge:

Some companies, including large newspaper distributors and retail businesses, are now implementing take-back programs for packaging, encouraging customers to return their bags for recycling. These companies aim to help minimize packaging waste and increase the use of recycled materials.



Local Initiatives:

In certain regions, cities or municipalities are offering special programs for collecting paper bags, including newspaper bags, from curbside recycling bins or designated collection points. These programs help boost recycling rates and reduce waste.

How to Recycle Newspaper Bags Properly

Check Local Guidelines:

Make sure you know whether newspaper bags are accepted in your community's curbside recycling program.

Keep Bags Clean:

If the bags are soiled with food or grease, they might need to be thrown away or composted, depending on your area's rules.

Separate Plastic-Lined Bags:

If the newspaper bags have a plastic lining, they may need to be separated from regular paper and handled differently, such as going to a specific plastic recycling program.

Conclusion:

Recycling newspaper bags is part of the broader effort to reduce waste, conserve resources, and mitigate environmental damage. As awareness grows and technologies improve, more efficient methods for recycling and reusing such materials are likely to emerge. By staying informed and properly recycling, we can all contribute to a more sustainable and eco-friendly future.

ROAD SAFETY AWARENESS FOR NSS COURSE STUDENTS FROM (17-02-2025 TO 21-02-2025) INSIDE THE CAMPUS OF SRMIST KATTANKULATHUR

Introduction

Road safety awareness is an essential initiative aimed at preventing accidents, saving lives, and ensuring secure travel for all road users. Educating individuals on traffic rules and safe behaviours is crucial for reducing risks associated with driving, cycling, walking, or using any mode of transportation.

Significance of Road Safety Awareness

- **Reduces Accidents:** Awareness and education significantly lower road-related accidents.
- **Saves Lives:** Implementing road safety measures can save thousands of lives each year.
- **Promotes Responsibility:** All road users must take responsibility for safety, whether as drivers, pedestrians, or cyclists.

Schedule for Road Safety Awareness (2025)

SL. No.	Date & Day	Time
1	17-02-2025	8:00 AM to 9:40 AM
2	18-02-2025	9:45 AM to 11:30 AM
3	18-02-2025	3:15 PM to 4:55 PM
4	19-02-2025	1:25 PM to 3:10 PM
5	20-02-2025	8:00 AM to 9:40 AM
6	21-02-2025	8:00 AM to 9:40 AM
7	21-02-2025	1:25 PM to 3:10 PM

Importance of Road Safety Awareness

Road safety awareness is incredibly important for several reasons. Here are some key points highlighting its significance:

1. Prevention of Accidents:

The primary goal of road safety awareness is to reduce the number of road accidents. By educating people about the risks and the importance of following traffic rules, we can prevent collisions, injuries, and fatalities.

2. Protection of Lives:

Road accidents can lead to severe injuries or loss of life. Road safety awareness plays a crucial role in protecting drivers, passengers, pedestrians, and cyclists by promoting responsible behavior on the roads.

3. **Reduction in Economic Losses:**

Road accidents often result in medical costs, property damage, and legal expenses. By preventing accidents, road safety awareness helps reduce these financial burdens on individuals, families, and society.

4. **Building Responsible Road Behaviour:**

Awareness campaigns promote safe driving practices, such as wearing seat belts, using helmets, following speed limits, and avoiding distractions (like mobile phones). These habits help in fostering a culture of responsible road usage.

5. **Fostering Respect and Courtesy on the Roads:**

Road safety awareness teaches people to be more considerate of others on the road, encouraging respect for pedestrians, cyclists, and other drivers. This leads to smoother traffic flow and a more cooperative road environment.

6. **Improving Public Health:**

Accidents often result in serious injuries that require long-term medical treatment. By reducing accidents, road safety awareness helps prevent injuries that can have long-lasting effects on individuals' health.

7. **Legal Compliance:**

Following traffic laws is essential for avoiding legal trouble. Awareness of road rules and regulations ensures that people stay compliant with the law, preventing fines, penalties, or worse, criminal charges.

8. **Environmental Impact:**

Safe driving practices, such as avoiding sudden acceleration or braking, can reduce fuel consumption and lower emissions, contributing to a healthier environment.

9. **Creating a Culture of Safety:**

Road safety awareness encourages communities and individuals to prioritize safety in their daily activities. Over time, this can lead to changes in public infrastructure, better enforcement of traffic laws, and even technological advancements in vehicle safety.

10. **Saves Resources:**

Emergency services, hospitals, and law enforcement spend substantial resources managing accidents and their aftermath. By promoting road safety, resources can be allocated more effectively and efficiently.

In short, road safety awareness is essential not only for the prevention of accidents but also for the overall well-being and quality of life for individuals and society as a whole.





STUDENTS WROTE A SELF – EVALUATION ABOUT THEMSELVES FOR NSS COURSE STUDENTS SRMIST, KATTANKULATHUR

Self - Evaluation

A self-evaluation is a process where individuals assess their own performance, strengths, weaknesses, and overall progress toward specific goals. In the context of students, it provides an opportunity for them to reflect on their learning experiences, evaluate how well they have performed in their studies, and identify areas for growth. It helps to develop self-awareness, and goal-setting, and fosters responsibility for personal development.



Key Components of a Self-Evaluation

Strengths:

Reflecting on your strengths allows you to recognize the areas where you excel. This can include things like time management, problem-solving skills, collaboration, or mastery of particular subjects. Identifying your strengths helps you build on them and continue to use them in future tasks.

Areas for Improvement:

A self-evaluation also involves being honest with yourself about the areas where you could improve. It might be aspects like procrastination, organization, or understanding complex topics. Acknowledging these weaknesses is crucial for personal growth as it gives you a clear focus for future efforts.

Achievements and Successes:

You can highlight your successes or accomplishments, such as improving grades, completing assignments successfully, participating in group discussions, or achieving personal goals. Reflecting on these achievements boosts motivation and confidence.

Challenges:

It is equally important to assess the challenges you faced. This could include difficulties in certain subjects, managing your workload, or balancing academic and personal responsibilities. Identifying challenges gives you a roadmap for how to address them in the future.

Goals:

Setting goals based on your self-reflection is key to improving. These goals could be related to academic performance, time management, or personal growth. Goals provide direction and a sense of purpose, helping you stay motivated and focused on improvement.

Feedback:

Seeking and accepting feedback from teachers, peers, or mentors is another important aspect of self-evaluation. Constructive feedback offers insights into how others perceive your performance and areas you might not be aware of. It helps you see different perspectives and adjust your approach accordingly.

Why Self-Evaluation Is Important

Personal Growth:

Self-evaluation encourages us to reflect on what we have learned, what we have done well, and where you need to improve, which can help you grow academically and personally.

Goal Setting:

By identifying areas for improvement, you can set realistic goals and create a plan to achieve them. It helps in developing a proactive mind-set.

Self-Awareness:

It helps you become more self-aware, understand your strengths, and recognize what is working well for you.

Accountability:

Self-evaluation encourages taking ownership of your actions, progress, and learning, which enhances responsibility and motivation.

Continuous Improvement:

It supports continuous improvement by allowing you to track your development over time, make adjustments, and refine strategies for success.

CONCENTRATING ON MIND AND BODY WELLNESS FOR COURSE STUDENTS SRMIST, KATTANKULATHUR



Gratitude Meditation

A gratitude meditation is a great way to bring more peace and positivity into your life by focusing on the things you're thankful for.

Gratitude Meditation Guide:

1. Find a Comfortable Space:

Sit in a quiet place where we won't be disturbed. We can sit on the floor, on a cushion, or in a chair, whatever feels most comfortable.

2. Close Your Eyes:

Gently close your eyes and take a few deep breaths. Inhale slowly through your nose and then exhale slowly through your nose. Allow your body to relax with each breath.

3. Set an Intention:

Bring to mind that we are about to practice gratitude. We may want to set an intention to focus on the positive things in our life. Let go of any distractions, even if it is just for this moment.

4. Focus on Your Breath:

Bring our attention to our breath. Notice the sensation of the air entering our nose, filling our lungs, and then slowly leaving. If our mind starts to wander, gently bring it back to our breath.

5. Reflect on What we are Grateful For:

Start by thinking of simple things that we are thankful for, our organs and parts of the body. A loving family member or friend. A favourite food or a comforting moment.

6. **Expand Your Gratitude:**

Now, think of other areas of our life that we feel thankful for, these could be aspects of our health, our work, our home, or any other area where we have felt supported or blessed. Let the feeling of gratitude expand with each thought.

7. **Send Gratitude to Our self:**

Take a moment to appreciate our self. Acknowledge our own efforts, growth, and kindness. Thank our self for showing up to meditate, for taking care of our well-being, and for all the things we do in our life.

8. **Stay in the Feeling of Gratitude:**

Spend the next few minutes simply basking in this feeling. Imagine our heart filling with warmth and light, spreading outward through our whole body. Feel the deep sense of appreciation and peace that comes with it.

9. **Close the Meditation:**

When we are ready to end the meditation, take a few deep breaths again. Slowly bring our awareness back to our surroundings. We can gently wiggle our fingers and toes, stretch our body, and, when we are ready and open our eyes.

10. **Carry Gratitude with Us:**

As we go about our day, carry this sense of gratitude with us. Whenever we feel overwhelmed or distracted, pause for a moment and think of something we are grateful for.

LOOSENING EXERCISES

"Sukshma Vyayama" is a term from yoga and traditional Indian physical exercises (yogic exercises) that translates to "Subtle Exercise" or "Subtle Yoga." It refers to a series of gentle physical movements and stretches aimed at warming up and loosening the body, often practiced before more strenuous yoga asanas (postures) or physical activities. Sukshma Vyayama serves as an integral part of traditional yoga practices, promoting physical health, mental relaxation, and overall well-being through its gentle yet effective exercises.

Characteristics and Benefits of Sukshma Vyayama

Gentle Movements

Sukshma Vyayama involves gentle exercises that target specific muscles, joints, and body parts. These movements are usually slow and controlled, focusing on flexibility, mobility, and circulation.

Warm-up Routine

It serves as an effective warm-up routine, preparing the body for more intense physical activities or yoga practice. By gradually increasing blood flow and warming up muscles, it helps prevent injuries during subsequent exercises.

Enhanced Flexibility

The exercises in Sukshma Vyayama help improve flexibility and range of motion in joints.

Regular practice can reduce stiffness and increase agility.

Stress Relief

Like many forms of exercise, Sukshma Vyayama can help reduce stress and promote relaxation. The focused movements and mindful breathing involved can have a calming effect on the mind and body.

Improves Circulation

The rhythmic movements in Sukshma Vyayama can enhance blood circulation throughout the body, which is beneficial for overall health and vitality.

Accessibility

It is accessible to people of different ages and fitness levels. The exercises can be modified to suit individual needs and abilities, making it suitable for beginners as well as experienced practitioners.

Voluntarily giving slow movement to the joints with awareness

Mindful Movement

Slow Movement

Joint Awareness

Voluntary Action

This entails making purposeful, mindful movements with the body and paying great attention to each one as it happens. It involves paying close attention to the present and the sensations that each movement has on the body. Instead of rushing through movements, slow movement allows for a deeper connection with the body. It helps in noticing sensations, alignment, and any areas of tension or discomfort that may need attention. Focusing on the joints emphasizes mobility and flexibility. By bringing awareness to each joint (such as wrists, elbows, shoulders, hips, knees, ankles), one can move them gently and intentionally, exploring their range of motion while respecting any limitations. This suggests that the movement is started voluntarily and purposefully. It is about self-directed activity based on inner awareness and intention rather than on pressure from the outside world.

Practices like this are often incorporated into yoga warm-ups (such as Sukshma Vyayama) or mindful movement exercises in other traditions. They can promote relaxation, improve flexibility, and enhance overall body awareness and well-being. Integrating such practices into a daily routine can contribute to a sense of calm, mindfulness, and physical vitality.

Importance of the Loosening exercise

Exercises for loosening up, commonly referred to as warm-up or mobility exercises, are vital for the body's preparation for physical activity and have multiple benefits.

Increases Blood Flow and Oxygen Delivery

Exercises that loosen the muscles and joints, improve blood circulation, which supplies more nutrition and oxygen. This raises the warmth and flexibility of the muscles in preparation for action.

Benefits of loosening exercises

Exercises for loosening, sometimes referred to as warm-up or mobility exercises, have a number of significant advantages for general health and athletic performance:

1. Increased Blood Circulation
2. Improved Flexibility and Range of Motion
3. Enhanced Muscle Preparation
4. Reduced Muscle Stiffness
5. Prevention of Injuries
6. Enhanced Mind-Body Connection
7. Preparation of the Cardiovascular System
8. Mental Preparation
9. Promotion of Long-Term Joint Health
10. Facilitation of Recovery

Exercises that loosen the muscles, joints, and connective tissues increase blood flow to these areas. This enhances the transport of oxygen and nutrients, improving the flexibility and function of muscles. Exercises for loosening up the muscles and tendons help increase joint mobility and flexibility. This lowers the possibility of joint or muscle injuries and improves movement efficiency. A proper warm-up raises the warmth and flexibility of the muscles, preparing them for the physical action that lies ahead. This enhances muscle contraction and response, maximizing performance when exercising. Muscle stiffness can be reduced by stretches, especially after extended periods of inactivity or sitting. They encourage a steady rise in muscular

elasticity, which results in more pleasant and fluid motions. Strains, sprains, and muscular aches are among the exercise-related injuries that can be prevented with a complete warm-up and stretches. By strengthening muscles, tendons, and ligaments, it gets the body ready for the strains and demands of activity. Loosening up with exercises promotes body awareness and mindfulness. People have a greater awareness of their body's potential and limitations by concentrating on their movements and sensations. Exercises that loosen the body up gradually speed up breathing and heart rates, preparing the body for more strenuous exercise. This guarantees that during physical exercise, the heart and lungs can accommodate the increased demand for oxygen. By improving focus and concentration, warm-up exercises also aid in the mental preparation for exercise. They establish a shift from regular activities or rest to the mental and physical demands of exercise. Regular use of stretches promotes the long-term health and function of joints. It contributes to preserving joint flexibility, lowering the Joint lubrication and reducing the chance of stiffness. Light stretches that promote circulation and assist remove waste products from the muscles after a workout will help speed up the healing process.

PRACTICES

Toes bending, Ankle rotation, Both knee rotation, Upper body portion twist backwards, Hip rotation, Spread hand side wise with inhalation and exhalation, Hand rotation, Shoulder rotation, Neck rotation.

All the rotations are done in both clockwise and anti-clockwise direction. Just for 3 times. Here why we are doing loosening exercises. Just free your body. Then only we can concentrate what we are doing. If your body not flexible not free you can not sit in one place. So that we are doing loosening exercises.

BHRAMARI PRANAYAMA

Bhramari Pranayama is a type of breathing exercise in yoga that is also known as the "**Humming Bee Breath.**" The term "**Bhramari**" comes from the Sanskrit word "**Bhramara**," which means "bee." This pranayama involves producing a sound similar to the humming of a bee, and it's known for its calming and soothing effects.

Benefits of Bhramari Pranayama:

1. Reduces Stress and Anxiety:

Bhramari Pranayama helps activate the parasympathetic nervous system, which is responsible for relaxation. The humming sound soothes the mind and reduces stress levels, making it an excellent practice for anxiety relief.

2. Improves Focus and Concentration:

The gentle vibrations and sound produced during the exercise help calm the mind, which enhances focus and concentration. It can be particularly helpful for meditation or preparing for mental tasks that require clarity.

3. Calms the Nervous System:

The sound and vibration produced during Bhramari Pranayama has a calming effect on the nervous system, promoting mental tranquility and relaxation.

4. **Improves Sleep:**

Bhramari is beneficial for improving sleep quality. By calming the mind and reducing stress, it prepares the body for a peaceful sleep, making it useful for those with insomnia or sleep disturbances.

5. **Helps to Relieve Tension:**

The vibrations from the humming can reduce tension in the face, eyes, jaw, and neck, which are common areas where stress tends to accumulate.

6. **Lowers Blood Pressure:**

Regular practice of Bhramari Pranayama can help in lowering high blood pressure and stabilizing the cardiovascular system, thanks to its relaxation and stress-reducing effects.

7. **Promotes Clearer Voice:**

The vibration and resonance from humming can help strengthen the vocal cords, and thus, can enhance the quality of your voice.

8. **Balances the Energy Centers (Chakras):**

Bhramari pranayama helps activate the throat chakra (Vishuddha), improving communication and expression, and promoting overall energetic balance.

Step-by-Step Instructions Bhramari Pranayama (Humming Bee Breath):

1. **Find a Comfortable Sitting Position:**

Sit in a comfortable, upright position. You can sit in **Padmasana** (lotus position), **Sukhasana** (easy pose), or any other position that allows your spine to remain straight. Ensure you're comfortable and relaxed.

2. **Close Your Eyes:**

Gently close your eyes and bring your attention inward. Begin to relax your face and body.

3. **Place Your Hands:**

Place your **index fingers** lightly on the cartilage of your ears, and your other fingers can rest on your forehead or closed eyes (optional). This helps to block external sound and enhance the vibration effect of the humming.

4. **Inhale Deeply:**

Take a deep breath in through your nose. Make sure the breath fills your lungs completely, and you're not straining.

5. **Produce the Humming Sound:**

As you exhale, gently hum like a bee. Keep your lips closed, but allow the sound to resonate within your head and chest. The sound should be smooth and steady. You can visualize the sound vibrations traveling throughout your body.

Try to make the humming sound as long as possible, maintaining a steady flow of breath.

6. **Repeat the Process:**

You can start with **5-10 rounds** of Bhramari Pranayama, gradually increasing as you feel more comfortable with the practice. As you inhale deeply and exhale while humming, focus on the calming vibrations and sound.

7. **Conclude the Practice:**

After completing the desired number of rounds, sit quietly for a moment with your eyes closed, noticing any changes in your body and mind. You may feel a sense of peace, calmness, or clarity.



REPORT ON THE DRUG AWARENESS ACTIVITY CONDUCTED FOR NSS COURSE STUDENTS SRMIST KATTANKULATHUR

The National Service Scheme (NSS) unit of SRM Institute of Science and Technology (SRMIST), under the guidance of Dr. K. Usha, NSS Course Coordinator, successfully organized a **Drug Awareness Activity** from 11th March 2025 to 18th March 2025. The initiative aimed to educate students about the dangers of drug abuse, promote responsible behavior, and foster a sense of social responsibility among the student community. The activity was meticulously planned and executed, with NSS course students playing a pivotal role in spreading awareness.

Primary objectives of the Drug Awareness Activity were:

1. To educate students about the harmful effects of drug abuse on physical, mental, and social well-being.
2. To encourage responsible behavior and decision-making among students.
3. To promote a drug-free lifestyle and create a healthier campus environment.
4. To empower students to become ambassadors of change by spreading awareness among their peers.

Implementation and Activities

The Drug Awareness Activity was conducted over six days, with multiple sessions scheduled to ensure maximum participation. Dr. Usha K, coordinated the sessions, which included classroom visits, interactive discussions, and awareness campaigns. The schedule was as follows:

Date	Time	Activity Details
11th March 2025	9:45 AM – 11:30 AM	NSS course students visited classrooms to engage students in discussions about the dangers of drug abuse.
11th March 2025	3:15 PM – 4:55 PM	Continued classroom visits and discussions on the harmful effects of drug consumption.
12th March 2025	1:25 PM – 3:10 PM	Session focused on the psychological and social consequences of drug addiction.
13th March 2025	8:00 AM – 9:40 AM	Early morning session emphasizing the importance of a drug-free lifestyle and healthy stress alternatives.
17th March 2025	8:00 AM – 9:40 AM	Session covering peer pressure, legal implications of drug abuse, and ways to seek help.
17th March 2025	1:25 PM – 3:10 PM	Continued discussions on legal implications and strategies to resist drug abuse.
18th March 2025	8:00 AM – 9:40 AM	Final session summarizing key takeaways and encouraging students to take a pledge against drug abuse.

Key Highlights

1. Interactive Discussions: NSS course students facilitated engaging discussions, sharing real-life examples and statistics to highlight the severity of drug abuse.
2. Peer-to-Peer Awareness: Students actively participated in the sessions, asking questions and sharing their perspectives, which created a collaborative learning environment.

3. Educational Content: The sessions covered a wide range of topics, including the types of drugs, their effects on health, legal consequences, and ways to resist peer pressure.
4. Pledge for a Drug-Free Life: Students were encouraged to take a pledge to stay away from drugs and to support their peers in making informed decisions.

Outcomes and Impact

- Increased Awareness: Students gained a deeper understanding of the dangers of drug abuse, including its physical, mental, and social consequences.
- Enhanced Knowledge: Participants learned about the types of drugs, their harmful effects, legal implications, and ways to resist peer pressure.
- Positive Behavioural Change: The activity encouraged students to adopt a drug-free lifestyle and make informed, responsible decisions.
- Peer Engagement: Interactive discussions and classroom visits fostered a collaborative environment, enabling students to share their perspectives and learn from each other.
- Sense of Responsibility: The initiative instilled a strong sense of social responsibility among students, motivating them to spread awareness beyond the campus.
- Pledge for a Drug-Free Life: Students took a pledge to stay away from drugs and support their peers in leading a healthy, drug-free life.
- Empowerment: NSS course students and participants were empowered to become ambassadors of change, advocating for a drug-free society.
- Healthy Coping Mechanisms: Students were introduced to healthy alternatives for managing stress and overcoming challenges without resorting to drugs.
- Stronger Campus Community: The activity strengthened the bond among students and faculty, creating a supportive and informed campus environment.
- Long-Term Impact: The program laid the foundation for ongoing efforts to combat drug abuse and promote a culture of wellness and responsibility at SRMIST.

Conclusion

The Drug Awareness Activity organized by the NSS course unit of SRMIST was a commendable effort to address the critical issue of drug abuse among students. Under the leadership of Dr. Usha K the initiative not only educated students but also empowered them to become responsible citizens. Such activities are essential in creating a safe and healthy environment for students to thrive academically and personally.





VISITED TO AGRICULTURE AND VERMI COMPOST UNIT WITH NSS COURSE STUDENTS SRMIST KATTANKULATHUR

Date : From 22-04-2025 To 28-04-2025

Objective of the Visit:

The visit aimed to provide NSS course students with hands-on exposure to sustainable agricultural practices and vermicomposting techniques, promoting awareness of eco-friendly methods of organic waste management.

Details of the Visit:

During the visit, students observed and engaged with the following activities:

- Introduction to **organic farming** methods and crop cultivation practices.
- A detailed **demonstration of the vermicomposting process**, including:
 - Types of organic waste used (e.g., kitchen waste, cow dung, dried leaves)
 - Selection and role of earthworms
 - Conditions necessary for effective composting (moisture, temperature, aeration)
- Interaction with farm staff or trainers who explained the **benefits of vermicomposting** in improving soil health and crop productivity.
- Understanding the **importance of waste segregation** and natural resource recycling.

Student Participation:

- NSS course students took part in preparing compost beds and learned how to maintain them.
- Questions and discussions were encouraged, fostering a deeper understanding of the environmental benefits of organic practices.

Key Learnings:

- Vermicomposting is a simple yet highly effective method for turning organic waste into nutrient-rich fertilizer.
- It contributes to **sustainable agriculture** and reduces reliance on chemical fertilizers.
- Such practices support **community-level environmental initiatives**, aligning well with the goals of NSS course.

Conclusion:

The visit was a valuable educational experience, encouraging students to adopt and promote sustainable practices in their communities. It also highlighted the role NSS course can play in fostering environmental responsibility among youth.





Thank You

