

MEENAKSHI SUNDARARAJAN ENGINEERING COLLEGE

363, Arcot Road, Kodambakkam, Chennai – 24

Approved by AICTE & Affiliated to Anna University

email Id: principal@msec.edu.in

Website : www.msec.edu.in

3.4.3 Number of extension and outreached Programmes conducted by the institution through NSS/ NCC/ Red Cross/ YRC etc., (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs during the last year (2023 -2024) (15) & 3.4.4 Average percentage of students participating in extension activities at 3.4.3. above during last year(2023 -2024) (15)

NAME OF THE ACTIVITY	ORGANISING UNIT/ AGENCY/ COLLABORATING AGENCY	NAME OF THE SCHEME	YEAR OF THE ACTIVITY	NUMBER OF STUDENTS PARTICIPATED IN SUCH ACTIVITIES
YOGA FOR WOMEN EMPOWERMENT	NSS and YRC team of MSEC	SOCIAL AWARENESS	21.4.24	80
VOTER AWARENESS PROGRAM	NSS Team of MSEC with Ramakrishna Matt	SOCIAL AWARENESS	13.4.24	500
HERBAL GARDENING	NSS and YRC team of MSEC	SAVE LIFE PROGRAM	12.4.24	50
FIRST AID PROGRAM	NSS Team of MSEC with Ramakrishna Matt	SOCIAL AWARENESS	04.04.2024-05.04.2024	424
POSITIVE LIFE SKILLS WORKSHOP	NSS team of MSEC	SOCIAL AWARENESS	3.4.24	50
AWARENESS PROGRAM ON HEALTH AND SAFETY	NSS team of MSEC in Colloboration with NGO	SOCIAL AWARENESS	23.03.2024	105
VOLUNTEERS FOR VIVEKANANDA HOUSING SOCIETY	NSS team of MSEC	SOCIAL AWARENESS	06.02.2024 to 14.02.2024	50
UNTOUCHABILITY PLEDGE	NSS team of MSEC	SOCIAL AWARENESS	30.01.2024	50
YOUTH MOTIVATION CAMPAIGN	NSS Team of MSEC with Ramakrishna Matt	SOCIAL AWARENESS	12.08.2023	160
DRUG AWARENESS PROGRAM	Nss and YRC of Msec in coloboragion with Chennai Police Corp	SOCIAL AWARENESS	11.08.2023	250

prepared by

S.S.
HOD

Principal

PRINCIPAL
MEENAKSHI SUNDARARAJAN ENGINEERING COLLEGE
363, ARCOT ROAD, KODAMBAKKAM
CHENNAI-600 024



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NAME: YOGA FOR WOMEN EMPOWERMENT organised by Meenakshi Sundararajan Engineering College (NSS and YRC unit)

DATE: 21.04.2024

VENUE: II FLOOR ECE SEMINAR HALL

NO.OF PARTICIPANTS:- 80 STUDENTS

CHIEF GUEST: SIVAN S.T(Heartfulness Trainer), NIRAMLA.S (Heartfulness Practitioner)

DESCRIPTION:

Yoga, an ancient practice originating from India, has transcended mere physical exercise to become a powerful tool for personal empowerment and holistic well-being. Its profound impact on women's empowerment is increasingly recognized worldwide. On 21.06.2024, Meenakshi Sundararajan Engineering College hosted an insightful event dedicated to exploring the transformative potential of yoga in empowering women. This event brought together students, faculty, and esteemed guests to delve into the multifaceted benefits of yoga and its relevance in fostering strength, resilience, and self-awareness among women. The program commenced with a warm welcome to all participants, emphasizing the significance of yoga in fostering empowerment among women. Attendees were invited to actively participate in various yoga sessions aimed at promoting physical, mental, and emotional well-being.

The Program commenced with a serene meditation session led by Sivan S.T., followed by an enlightening discussion on its profound benefits for mental clarity and emotional balance, particularly empowering for women. The session transitioned into a dynamic chair yoga practice with emphasizing accessible movements and breathing techniques tailored for all abilities. Lasting 25 minutes, the chair yoga session not only provided physical relaxation but also highlighted its role in enhancing daily well-being and fostering a deeper connection with inner strength, making it an integral part of the empowerment-focused event.

The event concluded on a reflective note, with participants expressing gratitude for the transformative experience of yoga and meditation. It underscored the importance of ongoing practice and integration of yoga principles into daily life to sustain empowerment and well-being.



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NAME: VOTER AWARENESS PROGRAM

DATE: 13.04.2024

VENUE: Prof KRS CENTENARY SEMINAR HALL

NO. OF PARTICIPANTS: 500 STUDENTS

CHIEF GUEST: Mr.K BALAGANESH ,President of Yuva Shakthi

Ms JANANI MAHESHWARI V. VYAS, Treasurer of Yuva
Shakthi

Mrs.VIJAYANTHI , Member of Yuva Shakthi.

DESCRIPTION:

Voting is an integral part of democracy and it is necessary for people to have a voice. Voting is the most precious right of every citizen, and we have moral obligation to ensure the integrity of our voting process. So our college in association with NSS, YRC and Yuva Shakthi has organized a voter awareness program on the topic “Democracy, Elections and Duties of an enlightened citizen” on account of the upcoming Parliamentary election.

The awareness program started with flashing up a part of our history “The Jalianwala Bagh Massacre”, the aim of presenting a video about this was to know the value of freedom which we have now. Then they discussed about types of freedom-political, economical and intellectual, gave a brief description about Why to vote, how to vote, Right to vote, Universal Adult Franchise, statistics of voters, different types of leaderships, administrative authorities, relationship between union and states around the world, structure of government, What is polity, What is politics, What is Sweep initiative, Dos and Don'ts in polling station and How does a EVM works. They also presented a video of how election process happens in our country from rural areas to urban platforms.

Overall, it was a very interactive session and they approached the mass in a quite simple and exquisite way. They even compared the structure of government to that of the structure of family which made it very simple to understand the



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different levels of government and their executive powers. A total of 500 students from second year attended this enlightening session.





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HERBAL GARDEN PLANTATION

NAME: HERBAL GARDEN PLANTATION organized by NSS & YRC unit (Meenakshi Sundararajan Engineering College)

DATE: 12.04.2024

NO.OF PARTICIPANTS:- 50

VENUE: Mechanical block front end righthand side

CHIEF GUEST: MR.ROBERT TIMKEN

MS.SARA TIMKEN

(TIMKEN FOUNDATION)

DESCRIPTION: An herb garden is often a dedicated space in a garden, devoted to growing a specific group of plants called herbs or medicinal plants. They can just be dedicated patches where such herbs grow randomly, or they may also be carefully designed. Herb gardens could be purely functional for growing these important plants, or they could also include a blend of functional, medicinal, and ornamental plants.

Medicinal plants and herbs are considered valuable and important ingredients which can be used in development of life saving drugs. Apart from that, these plants also play a critical role in the health, well-being and human cultures of people around the world.

LIST OF HERBAL PLANTS:

- | | |
|-------------------|-------------------|
| 1. NEER BRAHMI | 8.RANAKALLI |
| 2. LEMON GRASS | 9.CHITHARATHAI |
| 3. ELUMBOTTI | 10.AYAPPANA |
| 4. THIPPILI | 11.ASHWAGANDHA |
| 5. INSULIN PLANT | 12.ALL SPICE |
| 6. POONAMEESAI | 13.TURMERIC BLACK |
| 7. MAYAN KEERAI A | |













GPS Map Camera



Google

Chennai, Tamil Nadu, India

363G+XFC, Pullyur 1st Main Rd, Trustpurem, Choolaimedu, Chennai, Tamil Nadu 600024, India

Lat 13.055032°

Long 80.226333°

12/04/24 03:56 PM GMT +05:30



COMMON NAME: NEER BRAHMI

SCIENTIFIC NAME: BACOPA MONNIERI

BENEFITS:

It treats the nervous disorder and memory loss.



COMMON NAME: LEMON GRASS

SCIENTIFIC NAME: CYMBOPOGON CITRATUS

BENEFITS:

It improves blood circulation.



COMMON NAME: ELUMBOTTI

**SCIENTIFIC NAME: ORMOCARPUM
COCHINCHINENSE**

BENEFITS:

It improves bone density and strengthens the nerves.



COMMON NAME: THIPPILI

SCIENTIFIC NAME: PIPER LONGUM

BENEFITS:

It treats the upper respiratory disorders.



COMMON NAME: INSULIN PLANT

SCIENTIFIC NAME: CHAMAECOSTUS CUSPIDATUS

BENEFITS:

It treats diabetes.



COMMON NAME: POONAMEESAI

SCIENTIFIC NAME: ORTHOSIPHON

BENEFITS:

To treat kidney disorders.



COMMON NAME: MAYAN KEERAI AS BIO FENCE

SCIENTIFIC NAME: CNIDOSCOLUS ACONITIFOLIUS

BENEFITS:

It treats diabetes, inflammation and high blood pressure.



COMMON NAME: RANAKALLI

SCIENTIFIC NAME: KALANCHOE PINNATA

BENEFITS:

It treats kidney stones and diabetes.



COMMON NAME: CHITHARATHAI

SCIENTIFIC NAME: ALPINIA OFFICINARUM

BENEFITS:

It treats sore throat, mouth ulcer and respiratory problems.



COMMON NAME: AYAPPANA

**SCIENTIFIC NAME: EUPATORIUM TRIPLINERVE
VAHL**

BENEFITS:

Antibacterial, antifungal and carcinogenic.



COMMON NAME:ASHWAGANDHA

SCIENTIFIC NAME : WITHANIA SOMNIFERA

BENEFITS:

It Reduces Anxiety, Boosts Cognitive Abilities.



COMMON NAME: ALL SPICE

SCIENTIFIC NAME: PIMENTA DIOICA

BENEFITS:

It promotes circulation so as to relieve pain from muscle cramps and strains.

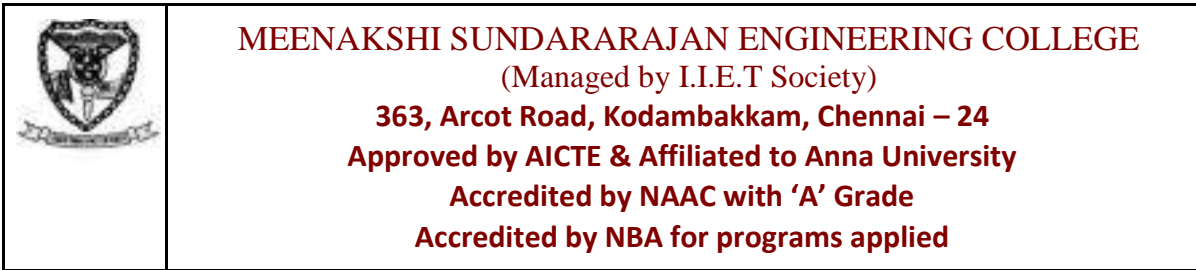


COMMON NAME: TURMERIC BLACK

SCIENTIFIC NAME: CURCUMA CAESIA

BENEFITS:

It has anti-bacterial and anti-fungal properties, and is laxative. It is used as a tonic for the brain and the heart.



NAME: FIRST AID AWARENESS PROGRAM

organised by Meenakshi Sundararajan Engineering College (NSS and YRC unit)

DATE: 04.04.2024 & 05.04.2024

VENUE: Prof KRS CENTENARY SEMINAR HALL.

NO. OF PARTICIPANTS: 424 STUDENTS

CHIEF GUEST: Mr.K.PAZHANIVEL (Secretary, Indian Red Cross society, Amjikai sub-branch)

DESCRIPTION:

Knowledge of first aid which constitutes life saving treatments for injuries or unexpected illnesses is important for every individual at every age. Basic first aid training prepare students to react to situations and provide immediate efficient action for a wide variety of accidents. The ultimate goal of first aid is neither to treat nor diagnose but to stabilize the casualty. To create awareness among the students about this, First Aid awareness program was conducted by Mr.K.Pazhanivel, secretary of Indian red cross society on 4th and 5th of April 2024.

Starting from, procedure to react in accident spots, he taught the different first aid techniques that first aider should use in case of any accidents or emergencies. The followings are some the situations discussed - fire accidents, snake bite, dog bite, cardiac arrest, choking, seizures, electric shocks, drowning incidents and many more. Mainly he explained the procedure to perform CPR (cardiopulmonary resuscitation) with a mannequin and a video was also presented to show the do's and don'ts of CPR. He also cleared the myths about first aid like tying rope in case of snake bite, providing water to the casualty, applying ink or other liquids in case of burns. He even asked few students to perform CPR on the mannequin. A total of 424 students attended the awareness session. Overall the session was



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interactive, informative ,dispelling myths and it left a lasting impression, inspiring attendees to prioritize their well-being





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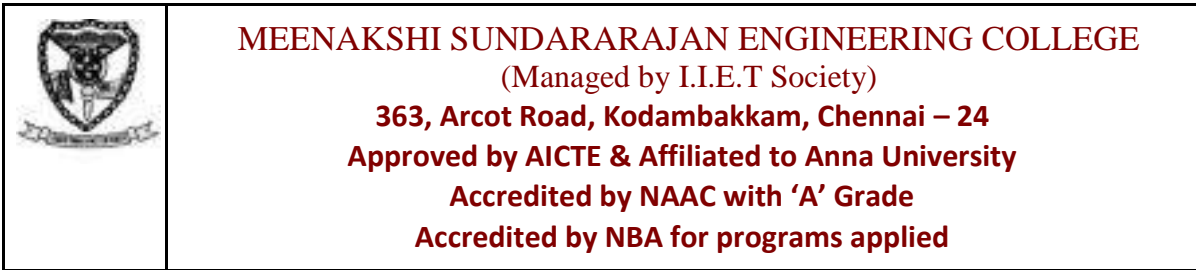
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POSITIVE LIFE SKILLS WORKSHOP

05/05/2024

NAME: Positive life skills workshop (personality development) organized by NSS & YRC unit (Meenakshi Sundararajan Engineering College)

DATE: 03.04.2024

VENUE: Vivekananda Cultural centre (Vivekananda house campus).

NO. OF PARTICIPANTS: 50 STUDENTS

CHIEF GUEST: Swami Raghunayakananda, Head of Vivekananda Cultural Centre

DESCRIPTION:

The personality development workshop aimed to provide the students with insights and practical applications to enhance their personal growth. The session was delivered by Swami Raghunayakanandaji focusing on the motto of NSS, "Not me...But You". The session gave the students a deeper understanding on humanitarian values and, selfless actions and thoughts. The duration of 120 minutes was very thought provoking for the students who were brought to the light on the importance of oneness with the society and country. The key point of the session was focused mainly on the ideas of Self-awareness and Emotional Stability. The session was interactive and a well-balanced one with both the speaker and the students giving fruitful inputs. The screening of the Chicago speech of Swami Vivekananda, that aligns with the NSS motto, was an inspiring aspect in the visit, which made the students to follow his principles of patriotism and philanthropy. Overall, the workshop received positive feedback, with participants expressing appreciation for the knowledge imparted and practical applications. The personality development workshop provided a valuable platform for the participants to enhance their personal and public growth. The success of the workshop underscores the importance of personality development for individuals seeking to thrive in humanity.



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NAME: AWARENESS PROGRAM ON HEALTH AND NUTRITION

organised by Meenakshi Sundararajan Engineering College (NSS and YRC unit)

DATE: 23.03.2024

VENUE: ECE SEMINAR HALL.

NO. OF PARTICIPANTS: 105 STUDENTS

CHIEF GUEST: DR.K. SHARMILA (MS,OG,FICOG,RM)

DESCRIPTION:

The seminar centered on the comprehensive aspects of girls' physical and mental well-being, drawing an assembly of 105 female students from both first and second years. Dr. K. Sharmila, a distinguished gynaecologist, assumed the role of keynote speaker, commencing the session with an insightful examination of common but consequential errors in our daily lives.

Dr. Sharmila adeptly fostered interaction by initiating a dialogue on attendees' daily routines, facilitating a reflective atmosphere. Through targeted questioning, she discerningly highlighted prevalent blunders, prompting attendees to recognize areas necessitating improvement. This interactive approach not only engaged the audience but also promoted self-awareness among participants.

As the seminar progressed, Dr. Sharmila tactfully addressed topics often surrounded by societal taboo. By delving into discussions on menstrual health and female-specific cancers, she endeavoured to dismantle stigmas and foster open discourse. Her compassionate demeanour created a supportive environment for attendees to explore these sensitive subjects, fostering empowerment and understanding.



Furthermore, Dr. Sharmila provided actionable guidance on preventive measures, equipping attendees with strategies to safeguard their health proactively. Emphasizing the importance of routine screenings, such as pap tests, she advocated for considering these screenings as meaningful gifts for mothers and female loved ones. Through this emphasis on early detection, she underscored the pivotal role individuals play in their health outcomes.

In addition to addressing physical health concerns, Dr. Sharmila also offered insights into mental well-being, addressing common uncertainties and misconceptions. By candidly tackling these issues, she underscored the significance of prioritizing both physical and mental health.

Overall, the seminar served as a transformative experience, empowering attendees with knowledge, dispelling myths, and fostering agency over their health. Dr. Sharmila's expertise and professional demeanour left a lasting impression, inspiring attendees to prioritize their well-being and advocate for greater awareness within their communities.



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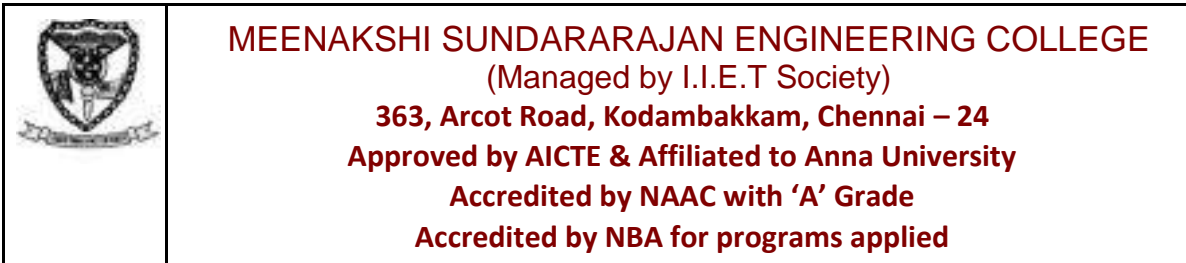
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VOLUNTEERS FOR VIVEKANANDA HOUSE

(A unit of Sri Ramakrishna Math)

16/02/2024

NAME: VOLUNTEERS FOR VIVEKANANDA HOUSE (A unit of Sri Ramakrishna Math) with MEENAKSHI SUNDARARAJAN ENGINEERING COLLEGE (NSS units).

DATE: 06/02/2024 – 14/02/2024

DURATION: 9 days (54 – 63 hours)

TIME: 6 -7 hours per day

TOTAL NO. OF VOLUNTEERS: 50 students

DESCRIPTION:

Vivekananda Navratri is a nine-day festival that commemorates the return of Swami Vivekananda to India in 1897. It is celebrated from February 6 to 14 at the Vivekananda House in Chennai, India. The festival features a variety of events, including religious discourses, meditation classes, and cultural programs. It is a time for devotees to come together and celebrate the life and teachings of Swami Vivekananda.

Our college students from NSS camp were participated in this 9-day festival along with their staff coordinator, attended their lectures and special talks and involved with the staffs and provide services such as parking allocation, providing food and travelled in their journey of services of humanity.

Their involvement in service activities aligns with the NSS's goal of promoting social service and civic responsibility. The combination of attending lectures and talks, interacting with staff, and providing services offered our students a well-rounded experience of the festival. By engaging with the teachings and values of Swami Vivekananda, and contributing to the service aspect of the festival, your students likely gained valuable insights and personal growth opportunities.



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STUDENT VOLUNTEERS :

S.NO	VOLUNTEERS NAME	DEPARTMENT
1.	Shankar V	MECH
2.	Sarvesh V K	MECH
3.	Mughilan R	MECH
4.	Manikandan	CIVIL
5.	Ashwin Mukil	CIVIL
6.	Yougesh	ECE
7.	Arun Kumar V	ECE
8.	Linges Kumar	ECE
9.	Bala Subramaniam M	ECE
10.	Aadhavan K	ECE
11.	Thanusuram S	EEE
12.	Desingu Raja	EEE
13.	Nithish Bharathi	EEE
14.	Naresh R	CIVIL
15.	Raj Kumar	CIVIL
16.	Lakshman A	ECE
17.	Jagatheeshwaran	ECE
18.	Charan C	ECE
19.	Jagannathan	ECE



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20.	Piruthish Kumar K	CIVIL
21.	Ajith M	CIVIL
S.NO	VOLUNTEERS NAME	DEPARTMENT
22.	Gowtham M	ECE
23.	Kishore	ECE
24.	Deepak Haresh B G	ECE
25.	Gishnuraj S K	ECE
26.	Hareesh Ram N S	ECE
27.	Kumarappan M	ECE
28.	Madhan Kumar T	ECE
29.	Bhuvanesh	ECE
30.	Praveen Raj S	ECE
31.	Saran Dev C	ECE
32.	Arunachalam	EEE
33.	Keerthivaasan	EEE
34.	Srivathsan	EEE
35.	Niranjan Kumar	IT
36.	Karthikeyan	CIVIL
37.	Vishaga Moorthy H	CIVIL
38.	Rishi Dhev M	CIVIL
39.	Kathirvelan K N	AI&DS

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40.	Arul Raj S	AI&DS
41.	Santhosh R	AI&DS

STAFF INCHARGE :

1. Mr.Md.Nooruzzamankhan
2. Dr.S.Kamatchi Sankaran
3. Dr.T.Prabakaran
4. Mr.P.Parassuraman
5. Mr.S.Satheesh Kumar
6. Mr.V.Siva Baskaran



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DAY 1





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DAY 2





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DAY 3





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DAY 5





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DAY 6



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DAY 7



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DAY 8





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DAY 9





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NSS CAMP VALEDICTORY FUNCTION:





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NAME: PLEDGE AGAINST UNTOUCHABILITY ON ACCOUNT OF
MARTYRS' DAY.

DATE: 30/01/2024

VENUE: COMPUTER LAB.

NO. OF PARTICIPANTS: 50 STUDENTS

DESCRIPTION:

“If untouchability lives, humanity must die”. In memory of those who sacrificed their lives during struggle for India’s freedom a pledge against untouchability was taken by the students of Meenakshi Sundararajan Engineering College on **30th January 2024**. Martyrs' Day, observed on January 30th each year, honors the sacrifices of Mahatma Gandhi and Bhagat Singh, two iconic figures in India's freedom struggle. This day holds immense significance not only for remembering their contributions but also for re-evaluating the ideals they fought for, one of which was eradicating the abhorrent practice of untouchability. Taking a pledge against untouchability on Martyrs' Day is not just a symbolic gesture; it's a powerful commitment to upholding the values of equality and human dignity enshrined in the Indian Constitution.



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தீண்டாமையை ஒழிக்க மேற்கொள்ளும் உறுதிமொழி

இந்திய அரசியலமைப்பின்பால் இடைவிடாத, உளமார்ந்த பற்றுள்ள இந்தியக் குடிமகன்/குடிமகள் ஆகிய நான், நமது அரசியலமைப்பின்படி தீண்டாமை ஒழிக்கப்பட்டு விட்டது என்பதை அறிவேன். தீண்டாமையை அடிப்படையாகக் கொண்டு, எவர்மீதும் தெரிந்தோ, தெரியாமலோ சமூக வேற்றுமையை மனம், வாக்கு, செயல் என்ற எந்த வகையிலும் கடைப்பிடிக்கமாட்டேன் என்று இதனால் உளமார் உறுதியளிக்கிறேன். அரசியலமைப்பின் அடிப்படைக் கருத்திற்கிணங்க, சமய வேறுபாடற்ற சுதந்திர சமுதாயத்தை உருவாக்குவதில் நேர்மையுடனும், உண்மையுடனும் பணியாற்றுவது எனது கடமையாகும் என்பதையும் உணர்வேன். இந்திய அரசியலமைப்பின்பால் எனக்குள்ள முழுப்பற்றிற்கு இது என்றென்றும் எடுத்துக்காட்டாக விளங்குமென்றும் இதனால் உளமார் உறுதியளிக்கிறேன்.



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NAME: YOUTH MOTIVATION CAMPAIGN ON ACCOUNT OF INDEPENDENCE DAY CELEBRATION organised by Yuva Shakthi along with Meenakshi Sundararajan Engineering College (NSS & YRC units).

DATE: 12.08.2023

VENUE: PROF. K.R.S CENTENARY SEMINAR HALL

NO. OF PARTICIPANTS: 160 STUDENTS

CHIEF GUEST: MR. MADHU KARUNAKARAN, HR leader, Maveric systems.

DESCRIPTION:

“The future belongs to those who believe in the beauty of their dreams”. On the occasion of the 76th Independence day, a patriotic session for the youth of Meenakshi Sundararajan Engineering College was organised by Yuvashakthi on **12th August 2023**. The session began with a speech by **Mr. Madhu Karunakaran, HR leader of Maveric systems**. He spoke about youth empowerment and recent trends on participation of youth. He elucidated about the development of India in various domains, including space research quoting the Chandrayaan 3 mission. He encouraged the youth to contribute to the betterment of India and that the present youth must generate job opportunities rather than getting employed. He motivated women to initiate start-ups that is the need of the hour. After his speech, an interactive session was held in which students from various departments enthusiastically asked questions to which the chief guest answered flawlessly. Following this, the president of Yuva Shakthi interacted with the students where the students put forth their views and opinions on future India and their contribution to fulfill the same. Informative books were given as gifts to students who volunteered themselves during the interactive session. The session ended with rendering of **National Anthem** by the college choir.

“May the spirit of patriotism and love for our country lead us towards a brighter future”



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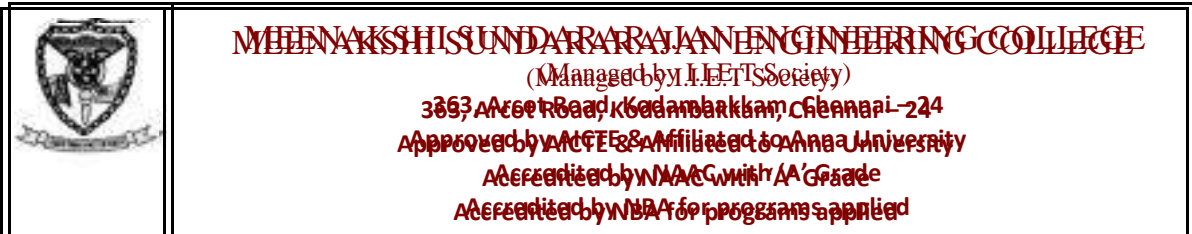
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Various Students from our Institution attended the Yuva Shakti programme.

Total count = **160 STUDENTS.**



NAME: ENVIRONMENTAL DAY “GREEN RENAISSANCE”

organised by Meenakshi Sundararajan Engineering College (NSS and YRC unit)

DATE: 5th JUNE 2024

NO.OF PARTICIPANTS:- 150 STUDENTS

VENUE: CIVIL SEMINAR HALL

CHIEF GUEST: A. SIVAKUMAR (MSC IIT Bombay Country Manger EGSS Chennai Environmental And Geospatial Solutions)

DESCRIPTION:

World Environment Day, observed annually on June 5th, serves as a global platform to raise awareness and encourage action for the protection of our environment. The theme for this year's World Environment Day focused on ENVIRONMENTAL DAY “GREEN RENAISSANCE” , resonating deeply with MSEC's commitment to environmental stewardship and sustainable development. The event aimed to educate and empower students, faculty, and staff to become proactive agents of change in safeguarding our natural resources for future generations.

The event commenced with an inauguration ceremony graced by Mr. Sivakumar, a distinguished environmentalist known for his advocacy and leadership in environmental conservation. His presence added gravitas to the occasion and set the tone for the day's activities. Mr. Sivakumar delivered a thought-provoking keynote address, highlighting the critical environmental challenges facing our planet today and the imperative for sustainable living practices. His insights motivated attendees to reflect on their roles in environmental preservation.



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Students actively participated in the event through presentations showcasing at initiatives aimed at promoting environmental awareness and eco-friendly practices within the college community. The total number of participants were

150 students. Many students performed in order to celebrate the day even more gracefully. The event not only educated participants about environmental issues but also inspired them to take concrete actions towards a sustainable future.





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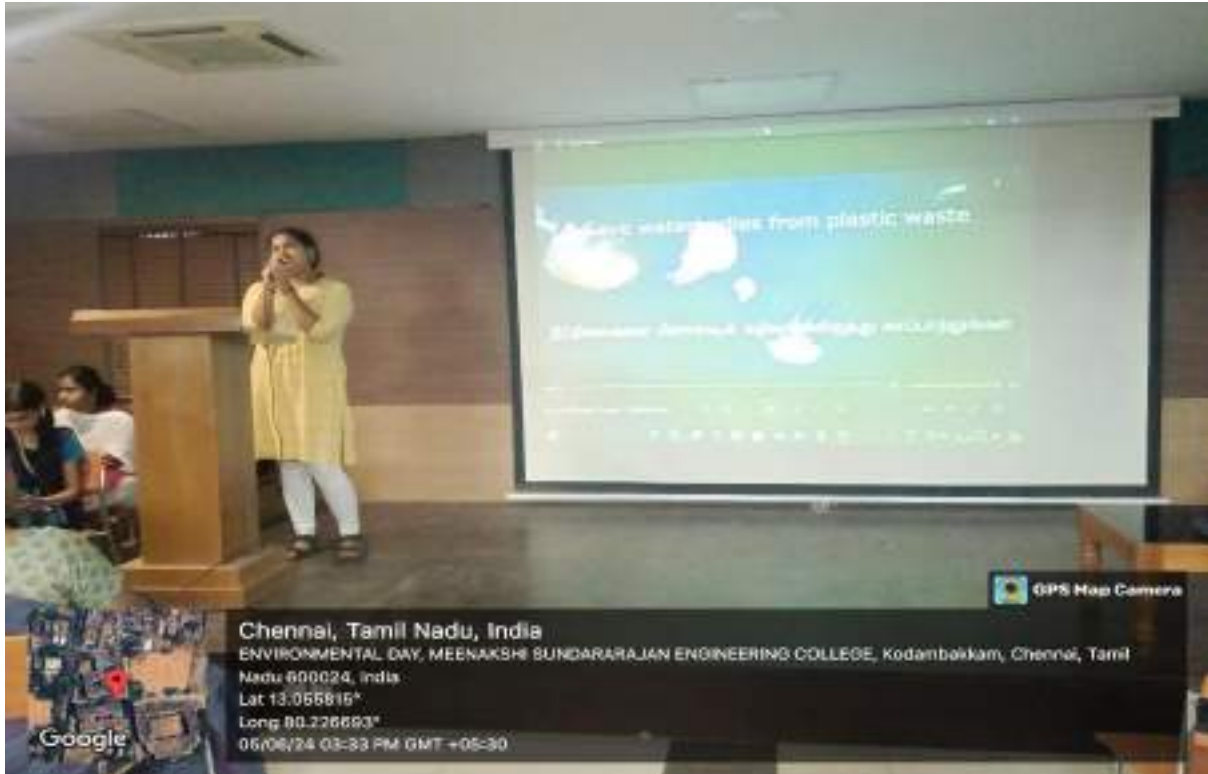
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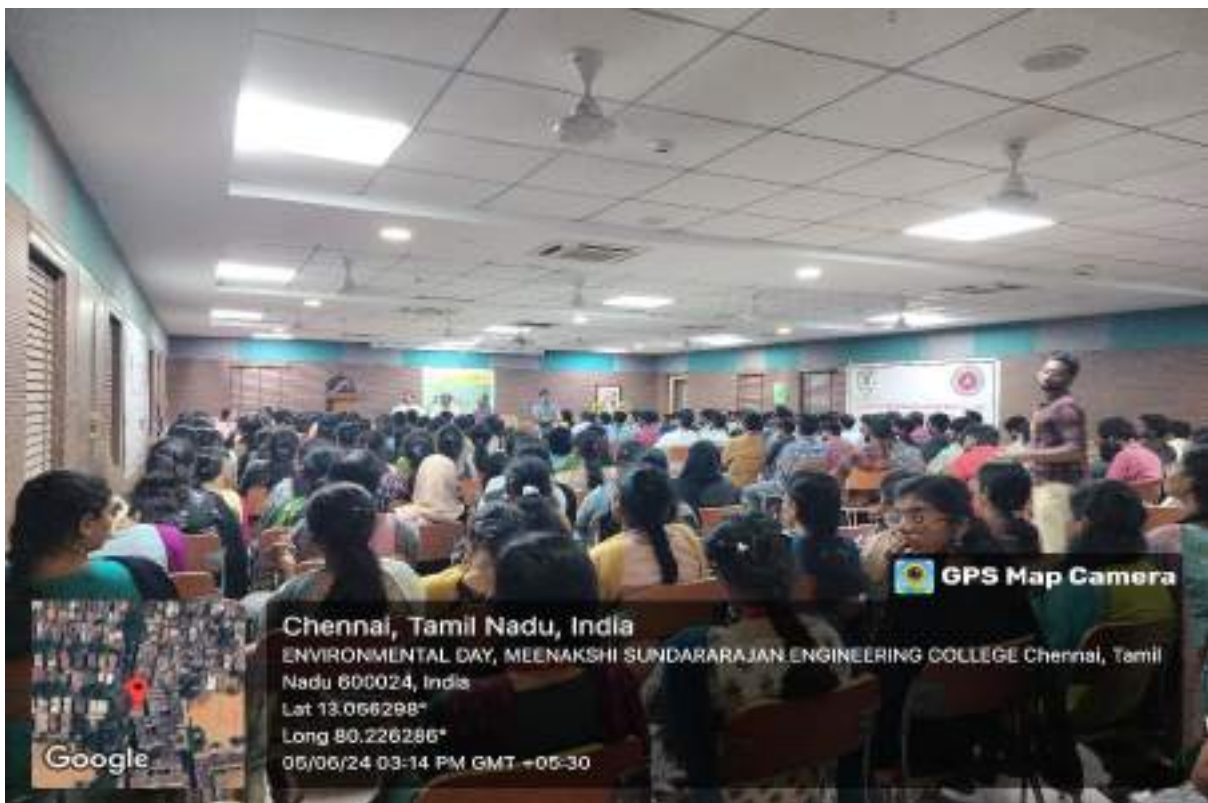
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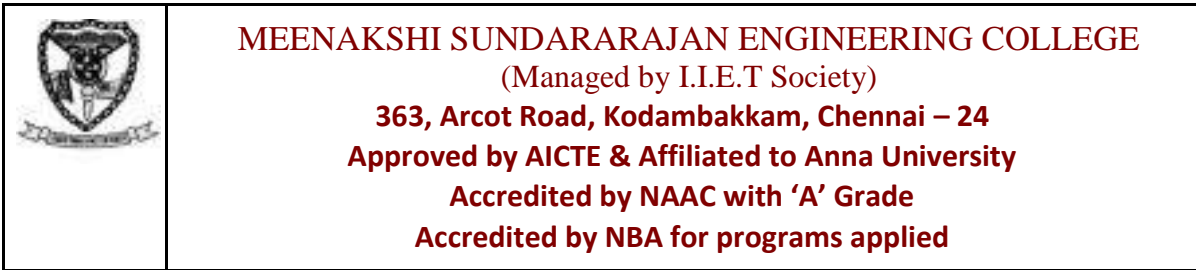
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POSITIVE LIFE SKILLS WORKSHOP

NAME: Positive life skills workshop (personality development) organized by NSS & YRC unit (Meenakshi Sundararajan Engineering College)

DATE: 03.04.2024

VENUE: Vivekananda Cultural centre (Vivekananda house campus).

NO. OF PARTICIPANTS: 250 STUDENTS

CHIEF GUEST: Swami Raghunayakananda, Head of Vivekananda Cultural Centre

DESCRIPTION:

The personality development workshop aimed to provide the students with insights and practical applications to enhance their personal growth. The session was delivered by Swami Raghunayakanandaji focusing on the motto of NSS, "Not me...But You". The session gave the students a deeper understanding on humanitarian values and, selfless actions and thoughts. The duration of 120 minutes was very thought provoking for the students who were brought to the light on the importance of oneness with the society and country. The key point of the session was focused mainly on the ideas of Self-awareness and Emotional Stability. The session was interactive and a well-balanced one with both the speaker and the students giving fruitful inputs. The screening of the Chicago speech of Swami Vivekananda, that aligns with the NSS motto, was an inspiring aspect in the visit, which made the students to follow his principles of patriotism and philanthropy. Overall, the workshop received positive feedback, with participants expressing appreciation for the knowledge imparted and practical applications. The personality development workshop provided a valuable platform for the participants to enhance their personal and public growth. The success of the workshop underscores the importance of personality development for individuals seeking to thrive in humanity.



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