

RAMAPURAM

SRM

INSTITUTE OF SCIENCE & TECHNOLOGY
(Approved by UGC, Government of India)



Volume - 1

NSS

NATIONAL SERVICE SCHEME

JULY - NOVEMBER



NSS

NSS: Serving the Nation, Serving Humanity



NAAC
A++

Category I
with 12B Status

NIRF
(2024)
12th Ranked University

QS
(2025) World Ranking
one among 45 Indian Universities

THE
(2024) World Ranking
one among 51 Indian Universities

QS
VERY GOOD
QS 4 Star Rated Globally

SHANGHAI
RANKING
(2024) World Ranking
Ranked 5-7 in Indian Universities



Dr . R. ShivaKumar
Chairman
SRM Ramapuram



Director's Note

It is my pleasure to share the highlights of the NSS activities at SRM University this semester. The team has worked tirelessly to make a meaningful impact, both on campus and beyond.

We kicked off the semester with a yoga day and a highly successful wellness foundation program of NSS, showcasing the spirit of service in our community. Our drug awareness rally on mental health and fitness inspired students to prioritize their well-being.

Beyond campus, NSS volunteers conducted literacy drives, skill-building workshops, and environmental awareness sessions in local villages, empowering communities and fostering social responsibility.

A heartfelt thank you to everyone who contributed to these initiatives. Your dedication reflects the values that NSS and SRM University stand for. Let's continue working together to create a positive change.

With gratitude and excitement for the future,

Dr. R. ShivaKumar

Chairman





Dr. M. Sakthi
Ganesh
DEAN(E&T)

Dean's Note

This semester, the NSS has set an inspiring example of how small actions, when guided by purpose and dedication, can lead to significant and positive change. Their impactful initiatives, ranging from celebrating Yoga Day and World Nature Conservation Day to organizing an anti-ragging awareness rally and addressing critical issues like the prevention of suicidal ideation among Gen Z, demonstrate their unwavering commitment to service and societal growth.

These efforts have not only strengthened our university's bond with the surrounding community but also played a vital role in nurturing essential values such as leadership, empathy, and compassion among our students. By taking on these meaningful projects, the NSS has shown how proactive involvement can inspire others and create a ripple effect of positivity and change.

I wholeheartedly commend the NSS team for their hard work, dedication, and vision in fostering a culture of social responsibility within our university. I encourage everyone to take inspiration from their efforts and continue contributing to initiatives that make a difference. Together, let us aim to create a better, more inclusive, and progressive tomorrow.

Warm regards,

Dr. M. Sakthi Ganesh

DEAN(E&T)





Mr . Vijayan
NSS Program
Co - Ordinator

Co - Ordinator's Message

As your NSS Coordinator, it fills me with immense pride to witness the energy, enthusiasm, and commitment that all of you bring to our activities. The National Service Scheme (NSS) is more than just an initiative—it's a movement that empowers young minds to be the torchbearers of change.

Every step you take, whether it's participating in a rally, engaging in community service, or spreading awareness about critical issues, is a testament to your dedication to making a difference. Through NSS, you are not only contributing to society but also shaping your character, strengthening your leadership skills, and fostering a deep sense of compassion.

Remember, small actions often lead to monumental change. Your efforts today could be the spark that ignites a brighter, more inclusive tomorrow. As you engage in NSS activities, let the values of teamwork, discipline, and service guide you. Embrace challenges, inspire others, and always aim to create a ripple effect of positivity wherever you go.

Let us work together to uphold the true spirit of NSS: "Not Me, But You." This motto reflects the essence of selfless service and reminds us that the real joy of life lies in giving and serving others.

I encourage each of you to continue your journey with passion and purpose. Be the changemakers, the dreamers, and the doers who pave the way for a better world. The future is in your hands, and I am confident you will shape it beautifully.

Warm regards,

Mr. Vijayan

NSS Program
Co - Ordinator





INTERNATIONAL YOGA DAY



International Yoga Day 2024 was celebrated at SRM Ramapuram on June 21, organized by the Faculty of Science and Humanities, particularly the Department of Computer Science and Applications. The event took place in Gallery Hall 4 from 10:00 AM to 11:00 AM. Dr. J. Ballika chelliah, the Head of the Department and Vice Principal (Admin), inaugurated the session, emphasizing yoga's role in physical and mental well-being.

Advantage of performing yoga regularly:

- **Improved physical health** : Regular yoga practice enhances flexibility, strengthens muscles, improves posture, and boosts overall physical fitness. It can also help manage chronic conditions like arthritis, hypertension, and back pain.
- **Enhanced Mental Well-being** : Yoga promotes relaxation, reduces stress, and improves focus. Practices like pranayama (breathing exercises) and meditation help in managing anxiety and enhancing emotional resilience.
- **Better Sleep Quality** : Yoga can aid in regulating sleep patterns by calming the mind and body, leading to better rest and recovery.
- **Increased Energy Levels** : By promoting better blood circulation and oxygen flow, yoga revitalizes the body and mind, resulting in higher energy and productivity throughout the day.
- **Improved Lifestyle Habits**: Yoga encourages mindfulness and discipline, often inspiring healthier choices in diet, exercise, and daily routines for holistic well-being.

The session featured experts from the SKY Yoga Centre, Chennai, including Mrs. Vimala Jayachandran, Dr. Sudha Ravi, and Mrs. R. Geetha. Topics such as the connection between the body and mind, Panchabuthas, the benefits of Dhyana (meditation), and Pranayama (breathing techniques) were highlighted. Participants actively engaged in demonstrations of various yoga poses and mudras. The session concluded with a Q&A segment to address participants' queries.

This celebration aimed to promote the holistic benefits of yoga and encouraged incorporating its practices into daily life.





WORLD NATURE CONSERVATION DAY

The World Nature Conservation Day was observed on July 29, 2024, at SRM Ramapuram with a focus on raising awareness about environmental preservation and sustainable practices. This event highlighted the importance of protecting natural resources and biodiversity. The theme for the global celebration in 2024 was "Connecting People and Plants: Exploring Digital Innovation in Wildlife Conservation." This theme emphasized the integration of technology in conservation efforts to better safeguard ecosystems.

At SRM Ramapuram, such events often include guest lectures, interactive sessions, and student-driven initiatives designed to encourage active participation in conservation activities. These programs are enriched by the presence of esteemed personalities who bring valuable insights and inspiration.

Notable contributors to these events include Dr. M. Sakthiganesh, Dean, whose leadership ensures the seamless organization and academic relevance of these initiatives; Dr. J. Ballika Chelliah, Vice President (Administration), SRMIST Ramapuram, who plays a pivotal role in fostering collaboration and engagement; Mr. Gowthaman, Assistant Commissioner of Police, Valasaravakkam, who shares perspectives on societal impact and law enforcement's role in conservation; and Mrs. Rajeswari, Inspector of Police, R11 Ramapuram Police Station, who provides vital insights into community involvement and local action for environmental preservation.

For specific details about the event held at SRM Ramapuram, you may consider reaching out to their Environmental Club or administrative office.





INDEPENDENCE DAY



The Independence Day celebrations on August 15, 2024, at SRM Ramapuram were held with great patriotic fervor, involving students, faculty, and staff in a series of cultural and educational activities. The event honored India's 77 years of independence, focusing on the themes of unity, heritage, and progress.

The event was graced by distinguished dignitaries, including Dr. M. Sakthiganesh, Dean, whose guidance added significance to the celebration; Dr. J. Ballika Chelliah, Vice President (Administration), SRMIST Ramapuram, who emphasized the importance of such occasions in fostering unity; and Mr. S. Vijayan, NSS Overall Faculty Coordinator, who played a pivotal role in organizing and mobilizing student participation for the event.

Highlights of the Celebration:

- 1. Flag Hoisting Ceremony:** The tricolor was hoisted with reverence, accompanied by the singing of the national anthem, symbolizing the spirit of independence and unity that binds us all.
- 2. Cultural Programs:** Students showcased vibrant performances, including dances and skits that highlighted India's rich cultural diversity and its inspirational journey to independence. Soul-stirring renditions of patriotic songs further instilled a deep sense of pride among attendees.
- 3. Speech and Awareness Programs:** Speeches delivered by the dignitaries underscored the significance of freedom and the responsibilities it brings as citizens. Interactive discussions also focused on India's achievements and aspirations for a brighter future.
- 4. Participation in National Initiatives:** The campus actively supported campaigns like Har Ghar Tiranga, encouraging students and staff to display the national flag, aligning with nationwide efforts to strengthen the connection between citizens and the national emblem.

The celebration was a heartfelt tribute to the sacrifices made by freedom fighters and a collective call to work toward a prosperous, inclusive, and progressive future for India. Events like these not only evoke a sense of national pride but also inspire the next generation to contribute meaningfully to the nation's development.



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WELLNESS FOUNDATION PROGRAM

The Wellness Foundation Program, organized under the aegis of the National Service Scheme (NSS) at SRM Ramapuram, was a significant initiative aimed at promoting holistic well-being among students, staff, and the broader university community. This thoughtfully designed program focused on fostering mental, physical, and emotional wellness, aligning with the core values of NSS to inspire service, growth, and a sense of responsibility.



The program was led by a team of dedicated faculty members, including Dr. M. Sakthiganesh, Dean, whose visionary leadership laid the foundation for the program's success. His emphasis on creating a nurturing environment for all participants underscored the university's commitment to overall wellness. Dr. J. Ballika Chelliah, Vice President (Administration), SRMIST Ramapuram, played an instrumental role in highlighting the importance of wellness programs as integral components of campus life. Her support and encouragement ensured active participation and engagement from the university's diverse stakeholders. Mr. S. Vijayan, NSS Overall Faculty Coordinator, was pivotal in orchestrating the program's logistics, mobilizing NSS volunteers, and ensuring seamless execution of its various activities.



ANTI RAGGING AWARENESS RALLY



SRM Ramapuram organized an Anti-Ragging Awareness Rally to promote a safe, inclusive, and harmonious campus environment. The rally was aimed at educating students about the harmful effects of ragging and the importance of fostering mutual respect and camaraderie among peers. The event was graced by the presence of esteemed dignitaries, including Dr. M. Sakthiganesh, Dean, whose leadership underscored the university's commitment to maintaining a ragging-free campus. Dr. J. Baluka Chelliah, Vice President (Administration), SRMIST Ramapuram, emphasized the importance of awareness programs in shaping a positive student culture. Mrs. Rajeswari, Inspector of Police, R11 Ramapuram Police Station, delivered an impactful address, highlighting the legal consequences of ragging and the role of law enforcement in ensuring student safety. The Anti-Ragging Awareness Rally featured a procession where students, faculty, and staff actively participated, carrying banners and placards with slogans promoting anti-ragging values. The event included informative speeches by key dignitaries, emphasizing the significance of creating a supportive and respectful academic environment. The rally served as a powerful initiative to spread awareness and reaffirm the institution's zero-tolerance policy toward ragging.



ANTI DRUG AWARENESS RALLY

Anti-Drug Awareness Rally Conducted by SRM Ramapuram

SRM Ramapuram organized an impactful Anti-Drug Awareness Rally to educate and mobilize students, staff, and the local community against the dangers of drug abuse. The rally aimed to raise awareness about the harmful effects of drugs and promote a drug-free society.

The event was graced by the esteemed presence of Dr. M. Sakthiganesh, Dean, whose leadership highlighted the importance of such initiatives in fostering a responsible and healthy community. Dr. J. Ballika Chelliah, Vice President (Administration), SRMIST Ramapuram, emphasized the need for collective action to address this critical issue, encouraging active participation from students and staff. Mrs. Rajeswari, Inspector of Police, R11 Ramapuram Police Station, lent her valuable support by sharing insights into the role of law enforcement in combating drug abuse and ensuring community safety.

Event Highlights:

- **Rally Procession:** Students, faculty, and NSS volunteers marched through key areas around the campus, carrying banners and placards with impactful messages advocating against drug abuse.
- **Awareness Talks:** Inspiring speeches from the dignitaries and experts educated participants on the physical, emotional, and societal consequences of drug addiction.
- **Community Engagement:** The rally actively involved local residents, spreading awareness and encouraging everyone to support the cause of a drug-free society.
- **Pledge Against Drugs:** Participants took an oath to remain drug-free and spread the message of awareness within their networks.

The Anti-Drug Awareness Rally at SRM Ramapuram showcased the institution's commitment to addressing societal challenges and empowering students to be ambassadors of change. It was a step toward fostering a safe and healthy environment for everyone.





UNIT NO - 06



**SRM INSTITUTE OF SCIENCE AND TECHNOLOGY
RAMAPURAM - CAMPUS**

**FET - CHRONICLES
NSS VOLUME- 1**