

THIRUTHANGAL NADAR COLLEGE
OUTREACH ACTIVITIES- 2025-2026
SIRD & PR Programmes
State Institute of Rural Development & Panchayat Raj

Department of Accounting & Finance

Date:14/11/2025

Place : Karanodai, Thiruvallur District

Panchayat Union Primary School,

Title of the Program: “Empower Through Karate” Awareness Program

Objective of the Program:

- Ø To create awareness on basic self-defense techniques and help students understand how to protect themselves in unsafe situations.
- Ø To build confidence, discipline, and focus among young learners through simple and age-appropriate karate practices.
- Ø To empower children with life skills such as courage, alertness, and presence of mind for handling everyday challenges safely.

Outcome of the Program:

Students gained basic self-defense skills, enabling them to respond confidently and safely in challenging situations. Improved physical fitness and discipline among children through structured karate practice and guided demonstrations. Enhanced awareness about personal safety, helping students understand the importance of alertness and protective actions.

Boosted confidence and self-esteem as students actively participated and learned new skills from trained college representatives.

Beneficiaries:

Around 72 students from Panchayat Union Primary School , Karanodai ,Thiruvallur District participated in the session and actively interacted with the team.

15 student representatives from Accounting & Finance, Thiruthangal Nadar College, gained valuable insights into social responsibility.

Awareness Program on importance of education in rural communities.

Objective of the Program:

- Ø To motivate school children to pursue higher education and develop interest in learning.
- Ø To support rural students by providing educational materials that enhance their learning environment.
- Ø To bridge the gap between educational institutions and rural communities through interactive engagement.
- Ø To promote social responsibility among college students by involving them in community outreach activities.

Program Details:

The outreach program was conducted in collaboration with SIRD & PR with active participation from Mr. Syed Fazil, Assistant Professor, and students from the Department of Accounting and Finance, Thiruthangal Nadar College. The event began with an inaugural session addressed by the Head master of Panchayat Union Primary School , Karanodai and representatives from SIRD & PR, who emphasized the importance of education in rural communities.

Faculty and student volunteers interacted with students in the community to pursue higher education and develop interest in learning. As part of the activity, educational materials were distributed to enhance students learning environment.

Outcome of the Program:

- * Students in the rural community gained a clearer understanding of the importance of education for their personal and future development.
- * The interactive session inspired students to focus more on their studies and aspire for higher education opportunities.
- * Distribution of educational materials provided immediate academic support, helping students in their learning process.
- * Provided hands-on learning experience for students in community engagement and social responsibility.

Beneficiaries:

Around 72 students from Panchayat Union Primary School , Karanodai ,Thiruvallur District participated in the session and actively interacted with the team.

15 student representatives from Accounting & Finance, Thiruthangal Nadar College, gained valuable insights into social responsibility.

Conclusion:

The outreach program successfully achieved its goal of promoting awareness about the importance of education among rural students and encouraging them to pursue learning opportunities. The collaboration with SIRD & PR added significant value by integrating practical knowledge with community-based learning. The college remains committed to conducting similar initiatives for rural development and women empowerment in the future.





Department of Social Work

Distribution of Dustbins in Public Places

Date: 22/12/2025

Place: Jaganathapuram

The Department of Social Work organized a Village Outreach Programme under the SIRD & PR Programme, titled “Distribution of Dustbins in Public Places”, on 22 December 2025 at Jaganathapuram, Solavaram. The programme was conducted with the objective of promoting environmental cleanliness, proper waste management, and public hygiene within the village. The outreach activity was actively led by students of Social Work and was carried out under the guidance and supervision of the staff member Mrs. Kokila S.A total of 20 students from the Department of Social Work participated in the programme and assisted in placing dustbins at key public locations within the village. The students also interacted with local residents and created awareness about the importance of responsible waste disposal and maintaining clean public spaces. The programme contributed to improving sanitation practices in the village and provided students with practical exposure to community-based environmental initiatives, reinforcing the values of social responsibility and sustainable development.



Street Play on Health and Hygiene Awareness

The Department of Social Work organized a Village Outreach Programme under the SIRD & PR Programme, titled “Street Play on Health and Hygiene Awareness”, on 22 December 2025 at

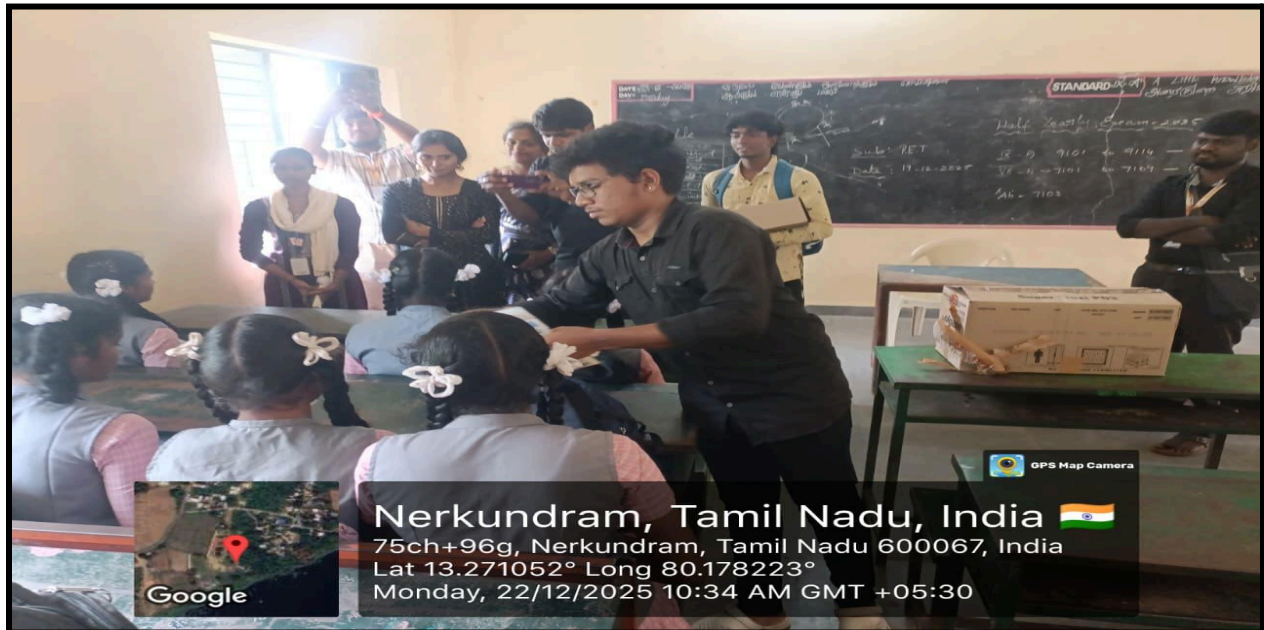
Jayanathalapuram, Solavaram. The programme was conducted with the objective of creating awareness among the public about the importance of health, personal hygiene, and sanitation in daily life. The street play was performed by students of the Department of Social Work under the guidance and supervision of the staff member Mrs. Kokila S. A total of 20 students actively participated in the programme and presented an engaging street play that highlighted key messages such as hand hygiene, safe drinking water, cleanliness of surroundings, and the prevention of communicable diseases. The performance effectively attracted public attention and encouraged community members to adopt healthy and hygienic practices. The programme served as an effective tool for community education and sensitization, while also providing students with experiential learning in the use of creative communication methods for social awareness and behavior change.



Distribution of Study Materials to Students

The Department of Social Work organized a Village Outreach Programme under the SIRD & PR Programme, titled “Distribution of Study Materials to Students”, on 22 December 2025 at Jayanathalapuram, Solavaram. The programme was conducted with the objective of supporting the educational needs of students and encouraging academic continuity among children from the

village. The outreach activity was actively carried out by students of the Department of Social Work under the guidance and supervision of the staff member Mrs. Kokila S.A total of 20 students participated in the programme and interacted with school students and their families, emphasizing the importance of education and regular study habits. As part of the initiative, study materials were distributed to students to assist them in their learning and academic development. The programme contributed to enhancing educational support within the community and provided Social Work students with meaningful field experience in community development and educational outreach activities.



Distribution of sanitary napkins to the school students

The Department of Social Work organized a Village Outreach Programme under the SIRD & PR Programme, titled “Distribution of Sanitary Napkins to School Students”, on 22 December 2025 at Jayanathalapuram, Solavaram. The programme was conducted with the objective of promoting menstrual hygiene awareness and supporting the health and dignity of school-going girls. The outreach activity was actively led by students of Social Work and was carried out under the guidance and supervision of the staff member Mrs. Kokila S.A total of 20 students from the Department of Social Work participated in the programme and interacted with school students, creating awareness about menstrual hygiene management, personal cleanliness, and the importance of using sanitary napkins. As part of the initiative, sanitary napkins were distributed to the school students to encourage safe and hygienic practices. The programme contributed positively to the well-being of adolescent girls and also provided valuable fieldwork experience to the Social Work students by enabling them to engage directly with the community through a meaningful health and awareness intervention.



Distribution of folic acid tablet to the women's

The Department of Social Work organized a Village Outreach Programme under the SIRD & PR Programme, titled “Distribution of Folic Acid Tablets to Women”, on 22 December 2025 at Jayanathalapuram, Solavaram. The programme was conducted with the objective of promoting women’s health and creating awareness about the importance of folic acid in preventing anemia and improving overall nutritional well-being. The outreach activity was actively led by students of Social Work and was carried out under the guidance and supervision of the staff member Mrs. Kokila S.A total of 20 students participated in the programme and engaged with women beneficiaries in the village, explaining the health benefits of folic acid supplementation. As part of the initiative, 180 folic acid tablets were distributed to women in the community. The programme served as a meaningful community intervention while also providing students with practical exposure to field-based social work and public health outreach activities.



Department of Criminology and Criminal Justice Science

Date: 23.01.2026

Place: Panchetty

Awareness Programme on Good Touch and Bad Touch

The Department of Criminology and Criminal Justice Science organized the SIRD PR Village Outreach Program at Panchetty Village, Thiruvallur District, titled “Awareness Programme on Good Touch and Bad Touch.” The programme aimed to educate school students on personal safety, body awareness, and the importance of recognizing appropriate and inappropriate touch. The session emphasized self-protection, confidence building, and encouraging children to speak up and seek help when faced with uncomfortable situations. The outreach activity was accompanied and guided by Ms. Gunavedhaka M. J., Staff Member, Department of Criminology and Criminal Justice Science, who actively supported and coordinated the programme. A total of 19 school students attended and benefitted from the programme, gaining essential awareness and practical knowledge to safeguard themselves.



Distribution of Stationary items to School Students

The Department of Criminology and Criminal Justice Science organized the SIRD PR Village Outreach Program at Panchetty Village, Thiruvallur District, titled “Distribution of Study Materials for School Students.” The programme focused on supporting the educational needs of school-going children by providing essential study materials and encouraging continued learning. The outreach activity was accompanied and guided by Ms. Gunavedhaka M. J., Staff Member, Department of Criminology and Criminal Justice Science, who actively supported and coordinated the programme. A total of 19 school students attended and benefitted from the initiative, gaining motivation and academic support to enhance their learning experience.



Distribution of Sports Equipments

The Department of Criminology and Criminal Justice Science organized the SIRD PR Village Outreach Program at Panchetty Village, Thiruvallur District, titled “Distribution of Sports Equipment for School Students.” The programme aimed to encourage physical fitness, teamwork, and active participation in sports by providing essential sports equipment to school-going students. The outreach activity was accompanied and guided by Ms. Gunavedhaka M. J., Staff Member, Department of Criminology and Criminal Justice Science, who actively supported and coordinated the programme. A total of 19 school students attended and benefitted from the programme, gaining motivation to engage in sports and develop a healthy and active lifestyle.



Distribution of Nutritional food

The Department of Criminology and Criminal Justice Science organized the SIRD PR Village Outreach Program at Panchetty Village, Thiruvallur District, titled “Distribution of Nutritional Food to Pregnant Women.” The programme aimed to promote maternal health and well-being by providing essential nutritional food items to pregnant women and creating awareness about the importance of proper nutrition during pregnancy. The outreach activity was accompanied and guided by Ms. Gunavedhaka M. J., Staff Member, Department of Criminology and Criminal Justice Science, who actively supported and coordinated the programme. A total of 19 beneficiaries participated and benefitted from the programme, gaining awareness and nutritional support for healthy motherhood.



Awareness Program on Importance of Higher education

The Department of Criminology and Criminal Justice Science organized the SIRD PR Village Outreach Program at Panchetty Village, Thiruvallur District, titled “Awareness on the Importance of Higher Education.” The programme aimed to motivate school students to pursue higher education by highlighting its role in personal development, career opportunities, and social empowerment. The session focused on the value of continuous learning, available educational pathways, and the long-term benefits of academic achievement. The outreach activity was accompanied and guided by Ms. Gunavedhaka M. J., Staff Member, Department of Criminology and Criminal Justice Science, who actively supported and coordinated the programme. A total of 19 school students attended and benefitted from the programme, gaining awareness and encouragement to aspire for higher studies.



Awareness Program on health and hygiene

The Department of Criminology and Criminal Justice Science organized the SIRD PR Village Outreach Program at Panchetty Village, Thiruvallur District, titled “Awareness on Health and Hygiene.” The programme aimed to educate the community on the importance of personal cleanliness, sanitation, and healthy lifestyle practices to prevent diseases and promote overall well-being. The outreach activity was accompanied and guided by Ms. Gunavedhaka M. J., Staff Member, Department of Criminology and Criminal Justice Science, who actively supported and coordinated the programme. A total of 19 participants attended and benefitted from the programme, gaining practical knowledge and awareness on maintaining health and hygiene in daily life.



Awareness Programme on Good Touch and Bad Touch

The Department of Criminology and Criminal Justice Science organized the SIRD PR Village Outreach Program at Panchetty Village, Thiruvallur District, titled “Awareness Programme on Good Touch and Bad Touch.” The programme aimed to educate school students on personal safety, body awareness, and the importance of recognizing appropriate and inappropriate touch. The session emphasized self-protection, confidence building, and encouraging children to speak up and seek help when faced with uncomfortable situations. The outreach activity was accompanied and guided by Ms. Gunavedhaka M. J., Staff Member, Department of Criminology and Criminal Justice Science, who actively supported and coordinated the programme. A total of 19 school students attended and benefitted from the programme, gaining essential awareness and

practical knowledge to safeguard themselves.



Department of [B.Com](#) Corporate Secretaryship & Bank Management

Distribution of Nutritional Food to Pregnant Women

On 20-01-2026, an outreach programme was conducted at Karanodi village under the SIRD Scheme with the participation of 20 students from the B.Com Corporate Secretaryship and Bank Management departments. As part of the event, nutritional food items were distributed to pregnant women in the village to support maternal health and well-being. The activity aimed to highlight the importance of proper nutrition during pregnancy for the healthy growth of both mother and child. Students interacted with the beneficiaries and explained the benefits of balanced nutrition. The programme successfully promoted awareness about maternal care and encouraged the community to adopt healthy dietary practices.



Awareness Speech on Sanitation and Hygiene to Children

As part of the outreach programme conducted under the SIRD Scheme on 20-01-2026 at Karanodi village, 20 students from the B.Com Corporate Secretaryship and Bank Management departments organized an awareness session for children on sanitation and hygiene. The students delivered informative speeches explaining the importance of personal cleanliness, proper handwashing, safe drinking water, and maintaining a clean environment. Interactive discussions were conducted to encourage children to practice hygienic habits in their daily lives. The programme aimed to instill healthy habits among young children and promote a cleaner and healthier community.

Supply of Sanitary Napkins

An outreach activity was conducted on 20-01-2026 at Karanodi village under the SIRD Scheme. Twenty students from the B.Com Corporate Secretaryship and Bank Management departments participated enthusiastically in the programme. During the event, sanitary napkins were distributed to women and adolescent girls in the village. The objective of the activity was to promote menstrual hygiene and improve awareness about personal health and sanitation. Students also explained the importance of maintaining hygiene during menstruation and the safe disposal of sanitary products. The programme helped to break social stigma related to menstrual health and encouraged women to follow hygienic practices.

Fruits Bearing Tree Plantation Report

An outreach activity under the SIRD Scheme was organized on 20-01-2026 at Karanodi village. Twenty students from the B.Com Corporate Secretaryship and Bank Management departments actively participated in the event. As part of the programme, fruit-bearing tree saplings were planted in selected areas of the village. The objective of the activity was to promote environmental sustainability, improve green cover, and encourage the cultivation of trees that provide nutritional and economic benefits to the community. Students planted and watered the saplings with the support of local residents. The programme created awareness about the importance of trees in maintaining ecological balance and promoting a healthy environment.



Karanodai, Tamil Nadu, India
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Lat 13.250288° Long 80.16041°
Tuesday, 20/01/2026 11:37 AM GMT +05:30

Department of Management Studies

Date: 17/02/2026

Place: Jaganathapuram

The Department of Management Studies organized an Outreach Programme at Jaganadhalapuram Village with the active participation of 15 students. The programme aimed to foster social responsibility, community engagement, and practical exposure among students while addressing the needs of the rural community.

During the visit, the team interacted with villagers to understand their socio-economic conditions and challenges. The students conducted awareness sessions on basic financial literacy, small business management, savings habits, and government welfare schemes. They also emphasized the importance of education, hygiene, and sustainable practices for improving quality of life.

The students were guided the students throughout the programme, encouraging meaningful interaction and community-based learning. The outreach initiative provided students with valuable real-world experience and strengthened their sense of social commitment. Overall, the programme was impactful and enriching, creating a positive connection between the institution and the village community.





DEPARTMENT OF COMPUTER APPLICATION

DATE: 18/2/2026

PLACE: Natham

TREE PLANTATION-AWARENESS ON ENVIRONMENT CONSERVATION

The Outreach programme was conducted by Department of Computer Applications on 18.02.2026 at Natham Village, Thiruvallur District. Second years students, 23 students along with outreach incharge Mrs. SHEELA V went to the village. Awareness on Environment Conservation, Health awareness and Women Hygiene were given to the villagers.

The objectives of the Programme are

1. To create awareness about the importance of tree plantation and environmental conservation.

Tree Saplings were planted in the village for Environment Protection. Awareness was given to the villagers about Trees that Trees provide us with fresh air, shade, fruits, medicine, and help in bringing good rainfall. They prevent soil erosion, reduce heat, and

improve the beauty of our surroundings. By planting trees along roadsides, near farms, schools, and temples, we can create a cleaner and healthier environment. Each family can take responsibility for planting and caring for at least one sapling every year. Let us work together to make our village greener, cooler, and more prosperous through tree plantation.

A very positive feedback was received from Participants. They appreciated the practical demonstration and interactive sessions. Women expressed that hygiene awareness sessions were highly informative and necessary.

The outreach programme was successfully conducted and achieved its objectives of spreading awareness about environmental sustainability, health consciousness, and women's hygiene. The initiative strengthened the bond between the institution and the community while promoting social responsibility among students. Students felt motivated to continue community service initiatives. The programme concluded with a vote of thanks and a pledge to conduct similar activities in the future.



The Outreach programme was conducted by Department of Computer Applications on 18.02.2026 at Natham Village, Thiruvallur District. Second years students, 23 students along with outreach incharge Mrs. SHEELA V went to the village. Awareness on Health awareness was given to the villagers

The objectives of the Programme are

1. To educate the public about general health and disease prevention.
2. Giving the villagers Health mix and Folic Acid Tablets to promote health living

As part of the health awareness programme, special attention was given to improving the nutritional status of women in the village. During the session, the importance of a balanced diet, regular health check-ups, and anemia prevention was clearly explained. Women were educated about the benefits of consuming nutritious food to maintain strength and overall well-being. To support this initiative, health mix powder was distributed to promote better nutrition, especially for pregnant and lactating mothers. In addition, folic acid tablets were provided to help prevent anemia and improve blood health. The programme encouraged women to take these supplements regularly and adopt healthy lifestyle practices for a stronger and healthier community.

A very positive feedback was received from Participants. They appreciated the practical demonstration and interactive sessions. Women expressed that hygiene awareness sessions were highly informative and necessary. The outreach programme was successfully conducted and achieved its objectives of spreading awareness about health consciousness. The initiative strengthened the bond between the institution and the community while promoting social responsibility among students. Students felt motivated to continue community service initiatives.



The Outreach programme was conducted by Department of Computer Applications on 18.02.2026 at Natham Village, Thiruvallur District. Second years students, 23 students along with outreach incharge Mrs. SHEELA V went to the village. Awareness on feminine hygiene was given to the villagers

The objectives of the Programme are

1. To educate the public about general health and disease prevention.
2. To promote awareness about women's hygiene and menstrual health management.

As part of Feminine Hygiene awareness, maintaining proper feminine hygiene is very important for the health and well-being of women and adolescent girls. During menstruation, it is essential to use clean and safe sanitary pads instead of unclean cloth, as this helps prevent infections and other health problems. Sanitary pads should be changed every 4–6 hours and disposed of properly to maintain cleanliness in the home and surroundings. Women should also wash their hands before and after changing pads and maintain personal hygiene at all times. Creating awareness about menstrual hygiene helps remove fear, shyness, and misconceptions, and encourages girls to attend school confidently. Let us support and educate every woman in our village to follow safe and healthy menstrual practices for a better and healthier future.

A very positive feedback was received from Participants. They appreciated the practical demonstration and interactive sessions. Women expressed that hygiene awareness sessions were highly informative and necessary

The outreach programme was successfully conducted and achieved its objectives of spreading awareness about health consciousness. The initiative strengthened the bond between the institution and the community while promoting social responsibility among students. Students felt motivated to continue community service initiatives.

AWARENESS ON WOMEN HYGIENE



DEPARTMENT OF COMPUTER SCIENCE

DATE: 8/1/2026

PLACE: orakkadu

The Department of Computer Science, Thiruthangal Nadar College, has organized an Outreach Programme at Orakkadu village with the primary objective of promoting social awareness and fostering community welfare. The outreach programme was conducted on 8th January 2026 at 10.00 a.m., during which student volunteers actively engaged in the distribution of dustbins and sanitary napkins to the public and school students, thereby creating awareness about hygiene, sanitation, and public health. Furthermore, Assistant Professors Mr. T. Prem Kumar and Mrs. J. Devi from the Department of Computer Science delivered insightful and informative sessions emphasizing the importance of education and cleanliness in achieving sustainable social development. Overall, the programme successfully contributed to sensitizing the villagers and demonstrated the institution's sustained commitment to social responsibility, community engagement, and holistic development.

DEPARTMENT OF NCC

Date: 09.01.2026

Venue: Govt High School, Jaganathapuram

Organized by: Thiruthangal Nadar College, NCC

Participants: NCC Cadets

1. Program Report: Sanitary Napkin Distribution

Jaganathalapuram High School organized a Sanitary Napkin Distribution Program for girl students to promote menstrual hygiene and health awareness. Sanitary napkins were distributed to the students, and teachers explained the importance of personal hygiene and proper menstrual care. The program was conducted successfully and helped to create awareness and confidence among the girl students.

The main objective of the program was to create awareness about menstrual hygiene and to ensure access to sanitary napkins for school-going girls. The program aimed to promote health, hygiene, and confidence among adolescent girls.

After the awareness session, sanitary napkin packets were distributed to the girl students. Each student received a sufficient quantity of sanitary napkins along with guidance on proper usage and disposal methods. The students actively participated and showed keen interest during the session.

2. Program Report: Dustbin Issuance

Jaganathaalpuram High School organized a Dustbin Issuance Program to promote cleanliness and environmental awareness among students. During the program, dustbins were distributed and students were encouraged to use them regularly to keep the school premises clean. Teachers explained the importance of proper waste disposal and maintaining hygiene. The program was conducted successfully with active participation from students and staff, helping to create awareness about a clean and healthy school environment.

3. Event Report: Sports Games for drug awareness

The Red—Green—Blue Ball Game and Basketball Game were conducted for both boys and girls in the school. Students participated actively with great interest and enjoyment. The games encouraged teamwork, physical fitness, and sportsmanship. Winners were awarded prizes at the end of the events. The program was conducted successfully and created a joyful and energetic atmosphere in the school.

