



**Sri SAI RAM INSTITUTE OF TECHNOLOGY**

An Autonomous Institution | Affiliated to Anna University & Approved by AICTE, New Delhi  
Accredited by NBA and NAAC "A+" | An ISO 9001:2015 Certified and MHRD NIRF ranked institution  
Sai Leo Nagar, West Tambaram, Chennai - 600 044. [www.sairamit.edu.in](http://www.sairamit.edu.in)



## NATIONAL SERVICE SCHEME



REGULAR ACTIVITIES .....

ACADEMIC YEAR 2021 - 2022



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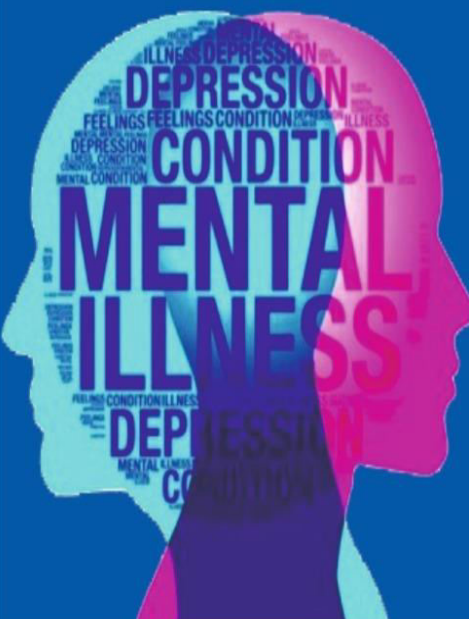
Date: 30.05.2021

## Workshop: Guidance for Psychosocial Counselling and Helper Skills

30 NSS Volunteers Attended. A communicable disease, has instilled fears in the minds of the community because of severe morbidity, mortality and efficacy of high transmission. Therefore, anxiety to self-infection and passing the infection to friends, families and co-workers emerges as an emergency.

**Sri SAI RAM ENGINEERING COLLEGE**  
INSTITUTE OF TECHNOLOGY  
Autonomous Institutions  
West Tambaram, Chennai - 44

### NATIONAL SERVICE SCHEME (NSS)

*in association with*

**MAHATMA GANDHI NATIONAL COUNCIL OF RURAL EDUCATION**  
Department of Higher Education  
Ministry of Education, Government of India



## WORKSHOP ON GUIDANCE FOR PSYCHOSOCIAL COUNSELLING AND HELPER SKILLS



Hosting on Zoom  
30.05.2021, Sunday @ 4.00 PM

Chief Guest :

**Mr. NARENDER BABU DARLA**  
Program Coordinator, MGNCRE,  
Higher Education Department,  
Government of India.



**Student Co-ordinators :** M. Vaan Amudhan / MECH  
Abishek / MECH | Kaviya / EEE

Dr. G. Sathish Kumar  
Dr. S. K. Uma Maheswaran  
Dr. K. Baranitharan  
NSS Programme Officers

Dr. K. Palanikumar  
Principal / SIT

Dr. A. Rajendra Prasad  
Principal / SEC

Shri. Sai Prakash LeoMuthu  
Chairman & CEO  
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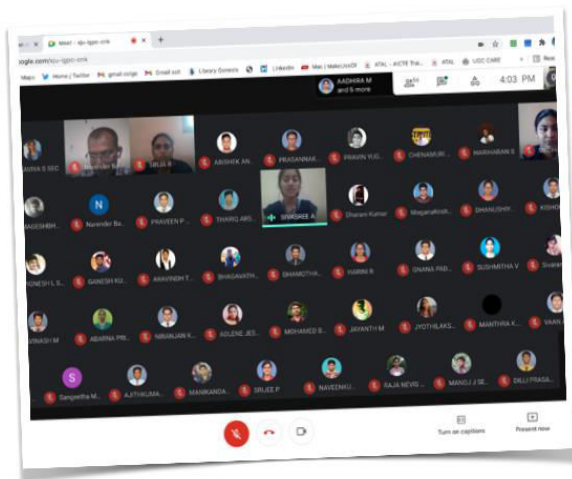
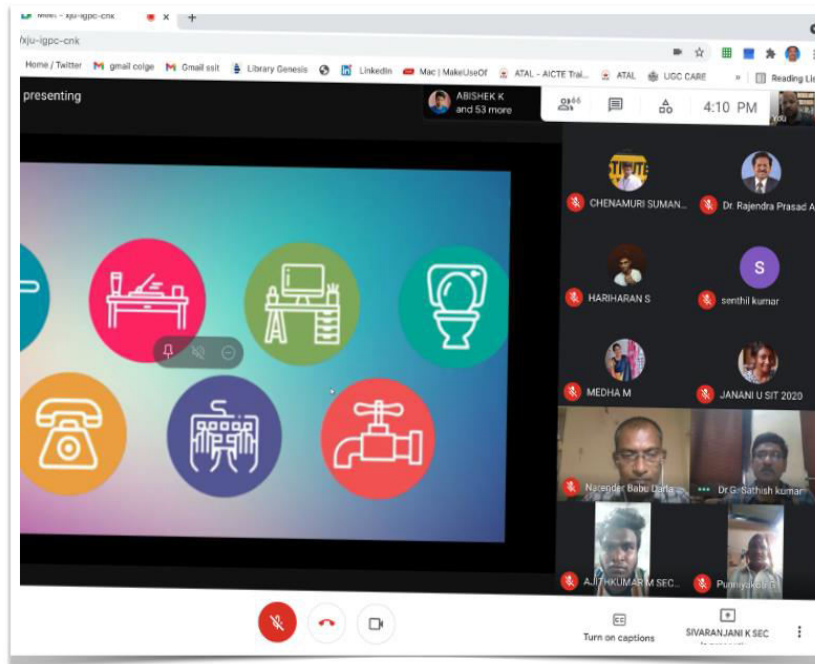


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NSS  
30 May 2021

## Guidance for Psychosocial Counselling and Helper Skills





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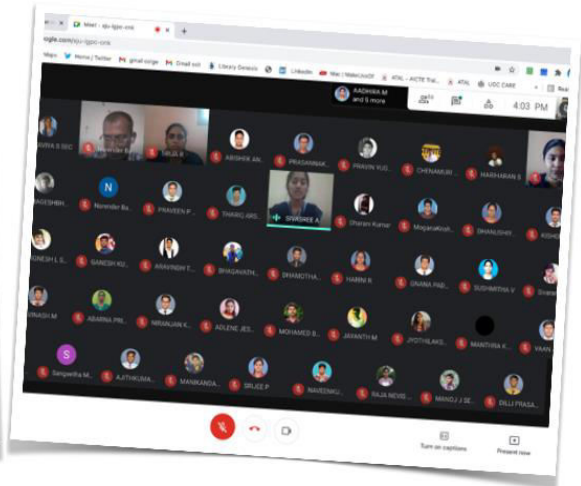
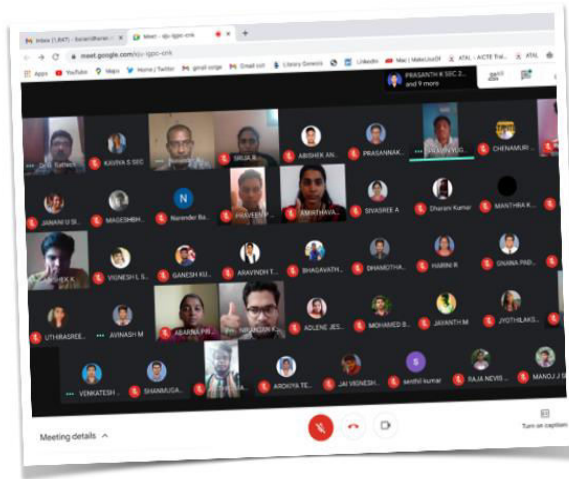
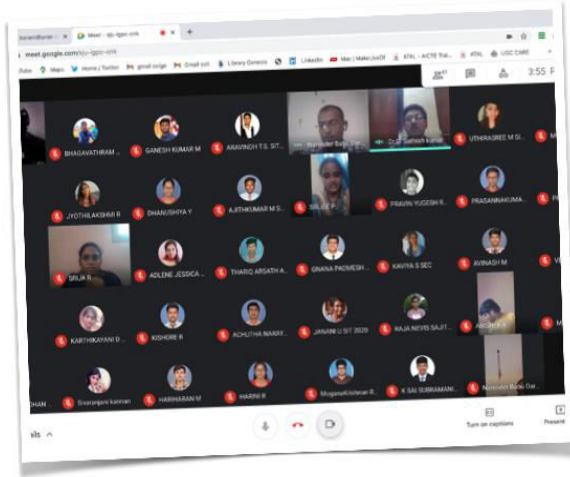
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**NSS  
30 May 2021**





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## Date: 31.05.2021 World NO Tobacco Day - 2021



ज्ञान-विज्ञान विमुक्तये

प्रो. रजनीश जैन  
सचिव

Prof. Rajnish Jain  
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग  
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)  
(Ministry of Education, Govt. of India)

बहादुरशाह जफर मार्ग, नई दिल्ली-110002  
Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23236288/23239337  
Fax: 011-2323 8858  
E-mail: secy.ugc@nic.in

D.O.No.14-12/2021 (CPP-II)

29<sup>th</sup> May, 2021

**Subject: World No Tobacco Day on 31<sup>st</sup> May, 2021**

Respected Sir/Madam,

Every year, on 31<sup>st</sup> May, the World Health Organization (WHO) and global partners observe World No Tobacco Day (WNTD). The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form. This year, the theme of World No Tobacco Day 2021 is "Commit to Quit".

In this regard, you are requested to kindly observe the "World No Tobacco Day" in your esteemed university and the affiliated colleges on **31<sup>st</sup> May, 2021** and organize a pledge-taking ceremony in a befitting manner following strict adherence to the Government Guidelines/Protocols on COVID-19. A copy of the pledge in English and Hindi is attached.

With kind regards,

Yours sincerely,

(Rajnish Jain)

The Vice-Chancellors of All Universities  
The Principals of all Colleges/ Institutes



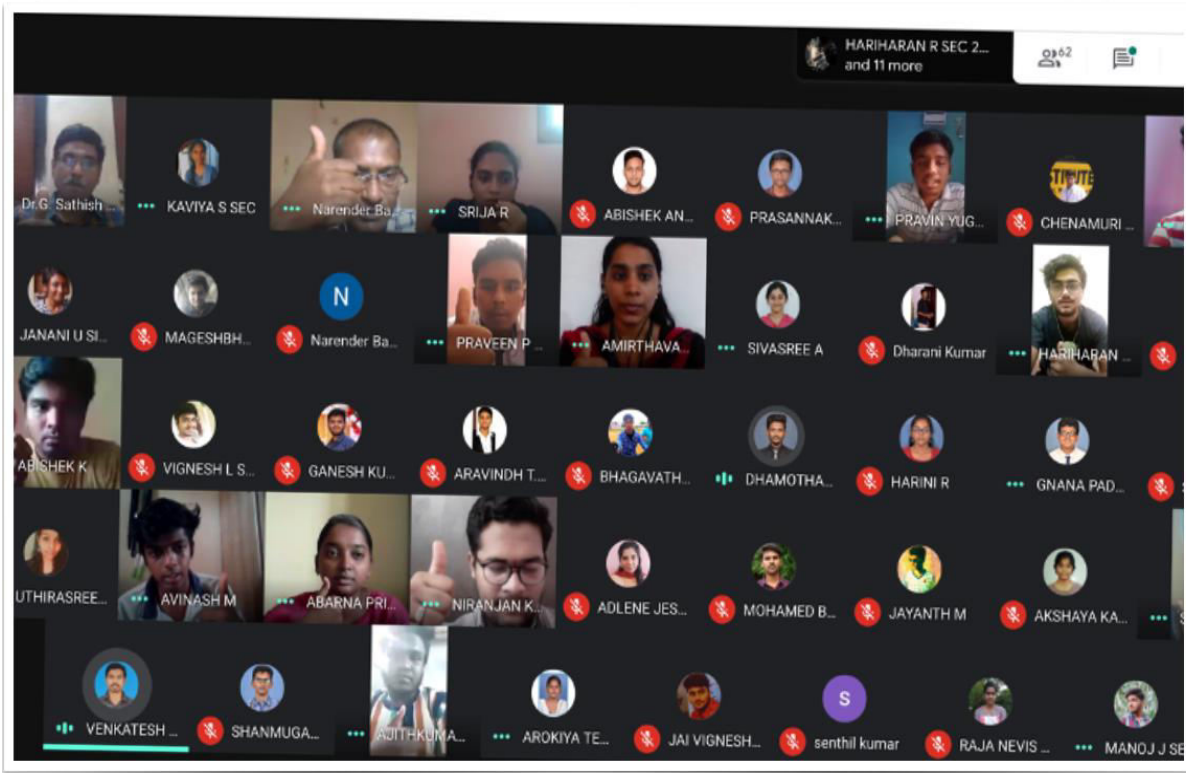
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**National Service Scheme**

**NSS  
31 May 2021**

## PLEDGE

On this occasion of World No Tobacco Day, I take a pledge that I shall never smoke & consume any type of tobacco products in my life and motivate my family or acquaintances to not to smoke & use any tobacco products. I shall keep the campus of my office tobacco-free and shall also motivate my colleagues for the same.



**Date: 12.06.2021**



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## Workshop: Best Practice for Better Life Style (Boosting immunity :Covid 19 and Beyond)

27 NSS Volunteers Attended. Try to get regular, moderate exercise, like a daily 30-minute walk. It can help your immune system fight infection. If you don't exercise regularly, you're more likely to get colds, for example, than someone who does. Exercise can also boost your body's feel-good chemicals and help you sleep better.



ARIIA  
ATL RANKING OF INSTITUTIONS  
ON INNOVATION & ENTREPRENEURSHIP  
TOP 25 RANKING INSTITUTION




LIT  
192 RANK








**NATIONAL SERVICE SCHEME (NSS)**  
**HEALTH AND YOGA CLUB**



**WEBINAR ON**  
**Best practices for better life style**  
**( Boosting Immunity : Covid 19 and Beyond )**

Hosting on  
**ZOOM**



**12.06.2021, Saturday**  
**@ 5.00 PM**

**Chief Guests**



**Dr. MONICA SHANMUGAM, MBBS**  
Government Medical Officer  
Nallamur Primary Health Centre  
Chengalpet



**Dr. SUKANYA NACHIMUTHU**  
BSMS MPH  
Siddha Physician & Epidemiologist  
Alumni of Sri Sairam Siddha Medical College

**Dr. K. Palanikumar**  
Principal/SIT

**Dr. A Rajendra Prasad**  
Principal/SEC

**Shri. Sai Prakash LeoMuthu**  
Chairman & CEO  
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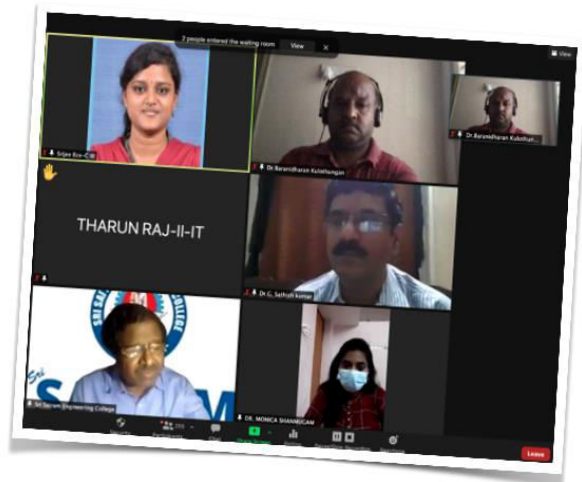
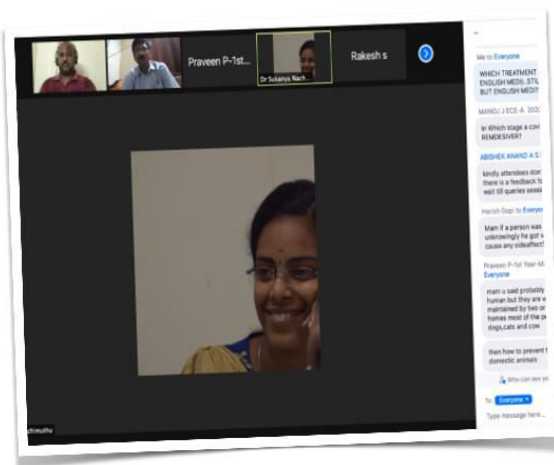
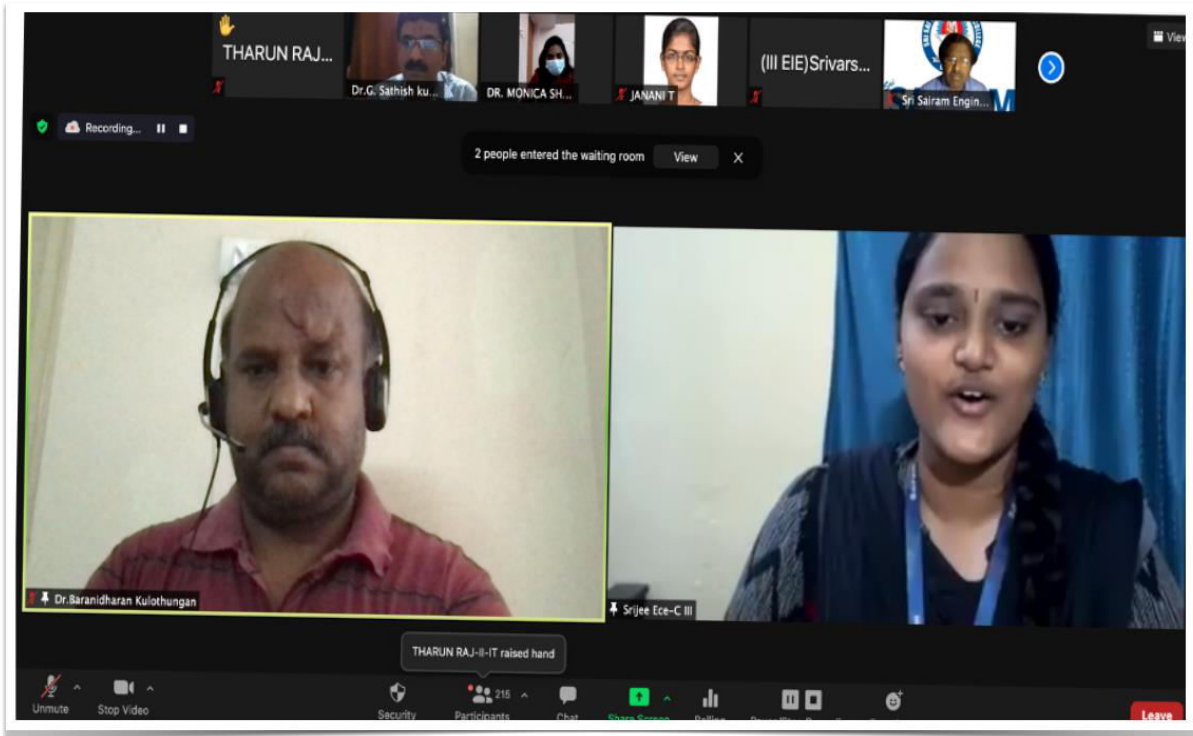


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12 June 2021

## Best Practice for Better Life Style (Boosting immunity :Covid 19 and Beyond)







# Sri SAI RAM INSTITUTE OF TECHNOLOGY

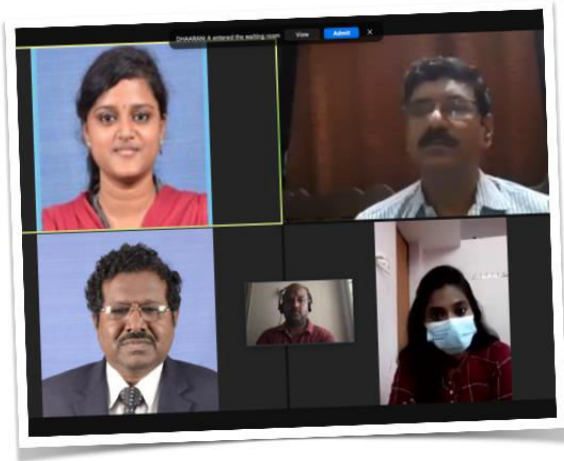
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12 June 2021





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Date: 28.07.2021

Health : Siddha Medical Camp

42 Staff Used. To preserve and prolong life. To do so, they believed, required humans to live according to the laws of nature. They led simple lives themselves and were unconcerned with caste, creed, colour, or nationality.

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NSS  
28 August 2021

The banner features the Sairam Institute of Technology logo on the left and the National Service Scheme logo on the right. The central text in Tamil reads: 'சாய்ராம் இன்ஸ்டிடியூட் ஆஃப் டெக்னாலஜி' (Sairam Institute of Technology), 'நாட்டு நலப்பணித்திட்டம் (NSS)' (National Service Scheme), 'Sri Sairam Siddha Medical College & Hospital', and 'இலவச மருத்துவ முகாம்' (Free Medical Camp). It also includes the date 'Date :28.07.2021, Time: 10 to 2 clock' and the place 'Place : SSIT Medical Care'. The background shows a smiling female doctor attending to an elderly patient.

## Medical Camp





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Date: 24.09.2021

## NSS DAY & Nilavembu Kudineer Distribution

156 NSS Volunteers used. Nilavembu kudineer is a poly herbal formula controls all types of fever associated with body ache. It controls fever in a comprehensive way through its healing effects of temperature regulation, inflammation control and body pain relief.



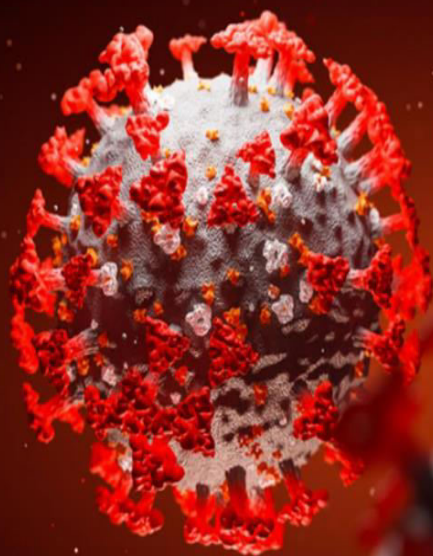
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# HAPPY NSS DAY

Organize



# NILAVEMBU KASHAYAM

on 24.09.2021 @ 12.00 PM | Venue - Sairam Campus

Dr. K Baranidharan  
NSS Coordinator

Dr. K. Palanikumar  
Principal

Dr. K. Porkumaran  
Director  
Sairam Institutions

Shri. Sai Prakash LeoMuthu  
Chairman & CEO  
Sairam Institutions



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**NSS  
24 September 2021**





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Date: 22.10.2021

## Clean India: Tambaram Railway Station Cleaning Work - 1

38 NSS Volunteers Serviced. A clean India would be the best tribute India could pay to Mahatma Gandhi on his 150 birth anniversary.

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22 October 2021

# Clean India





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Date: 25.11.2021

## Clean India: Rally for Forest Cleaning - 2

24 November 2021

# Rally Forest Clean







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24 November 2021





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24 November 2021





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Date: 25.11.2021

## Clean India: Forest Cleaning Work - 3

68 NSS Volunteers Serviced. Our We try to keep our India clean, it will become green by cleaning our environment and our surroundings.

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25 November 2021

# FOREST CLEAN





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**Sri Sairam Institute of Technology, Chennai 44 National Service Scheme**

**NSS 25 November 2021**





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Date: 03.12.2021

## Blood Donation Camp




Our NCC cadets practiced Yoga Asana on the 'Yoga Day' in home during the pandemic time through an online session.

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NSS  
3 December 2021




  
 Cordially invite  
 you for the  
**BLOOD**  
 DONATION CAMP  
 HELP SAVE A LIFE   
 GIVE THE GIFT OF BLOOD  
 Friday, 3rd December 2021 | 9.30 AM  
 Sri Leo Muthu Indoor Stadium  


Dr. K Baranidharan  
 NSS Program Officer

Dr. K. Palanikumar  
 Principal

Shri. Sai Prakash LeoMuthu  
 Chairman & CEO





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Date: 16.12.2021

## Health : Nilavembu Kudineer Distribution

97 NSS Volunteers used. Nilavembu kudineer is a poly herbal formula controls all types of fever associated with body ache. It controls fever in a comprehensive way through its healing effects of temperature regulation, inflammation control and body pain relief.

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16 December 2021

### NILAVEMBU KUDINEER





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16 December 2021





Date: 21.12.2021

## Environment : Tree Plantation

25 NSS Volunteers serviced. Tree Plantation drives combat many environmental issues like Deforestation, erosion of Soil, desertification in semi-arid areas, Global Warming and hence enhancing the Beauty and Balance of the Environment. Trees absorb harmful gases and emit oxygen resulting in an increase I. oxygen supply.

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21 December 2021

# Tree Plantation



Report on Animals, Page 1



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21 December 2021





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Date: 27.12.2021

Health : BMD Scan (Staff)

24 Staff used: A bone density test is used to measure bone mineral content and density.

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27 December 2021



## BMD SCAN

Osteoporosis-Bone Mineral Density

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**NATIONAL SERVICE SCHEME**

**AZADI KA AMRIT MAHOTSAV**  
Awareness Programs of Indian System of Medicine

**Free BMD Scan**  
*Osteoporosis – Bone Mineral Density*

**Date** : 27-12-2021, Monday  
**Venue** : NSS Room, Ground floor  
Sri Sairam Institute of Technology  
**Time** : 02:30 PM – 03:30 PM





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Date: 29.12.2021

## NSS Award Function



# National Service Scheme Award function 2020-2021



**Sri Sairam Institute of Technology,  
Chennai**

Wednesday, 29 December 2021 10.30 am

Anna University Announced 2020-2021,

**Best NSS Unit Award (College) received by  
Our Principal Dr. K. Palanikumar & Best  
NSS Program Officer (PO) Award received  
by Dr. K. Baranidharan.**



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Date: 12.01.2022

## Webinar :National Youth Day

126 Students Attended. The National Youth Day is also known as Yuva Diwas and every year a new theme is decided for celebrating this day. The National Youth Day theme 2022 is "It's all in the mind".

Sri Sairam Institute of  
Technology, Chennai 44

National Service Scheme

NSS  
12 January 2022

# NATIONAL SERVICE SCHEME NATIONAL YOUTH DAY 2022

**Sairam RAISE EOMS SUSTAINABLE DEVELOPMENT GOALS** 6 13 14

**Sairam INSTITUTIONS**

**Sri SAI RAM INSTITUTE OF TECHNOLOGY**  
An Autonomous Institution  
West Tambaram, Chennai - 44  
[www.sairamit.edu.in](http://www.sairamit.edu.in)

**Celebrations of NATIONAL YOUTH DAY**

Hosting on Zoom 12.01.2022, Wednesday @ 3.00 pm

Chief Guest  
**Mr. PRADEEP KUMAR KAR**  
OAS (Odisha Administrative Service)  
Deputy Collector- cum- Executive Magistrate  
Department of Revenue, Govt. Of Odisha.

Dr. K. Baranidharan Programme Officer | Dr. K. Palanikumar Principal | Shri. Sai Prakash LeoMuthu Chairman & CEO





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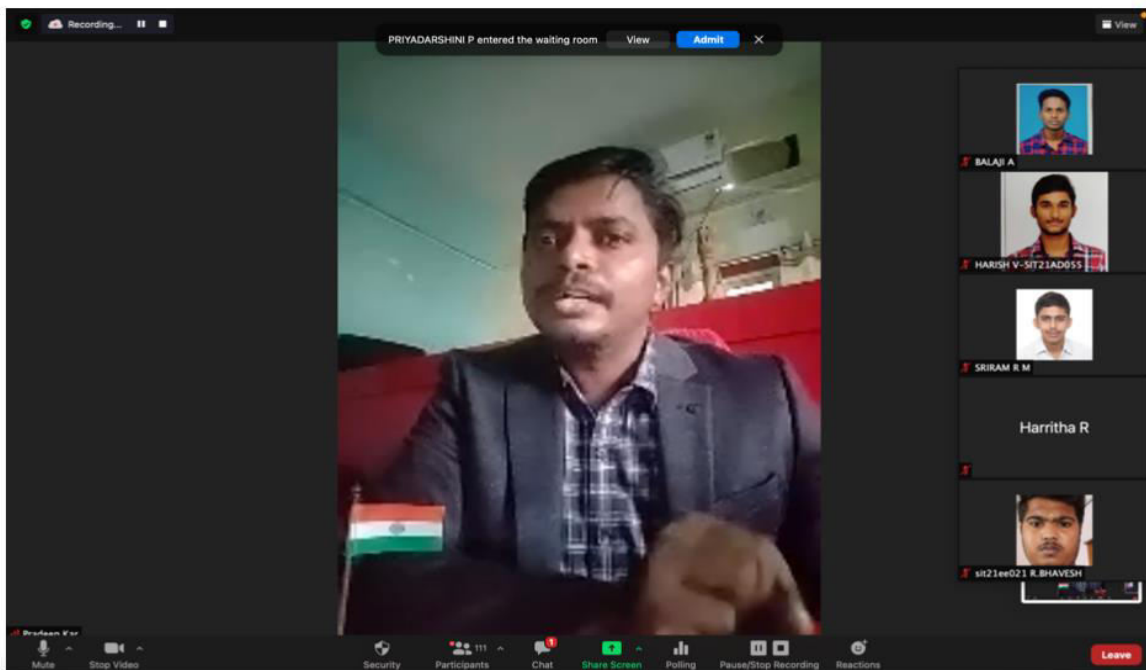
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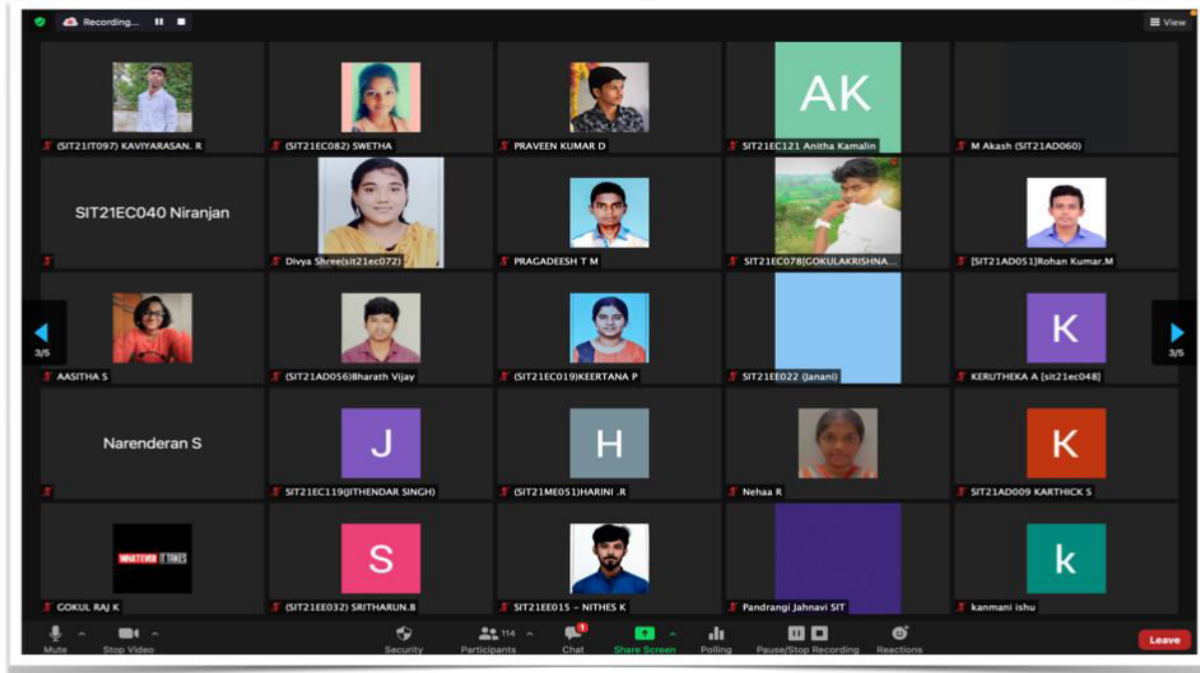
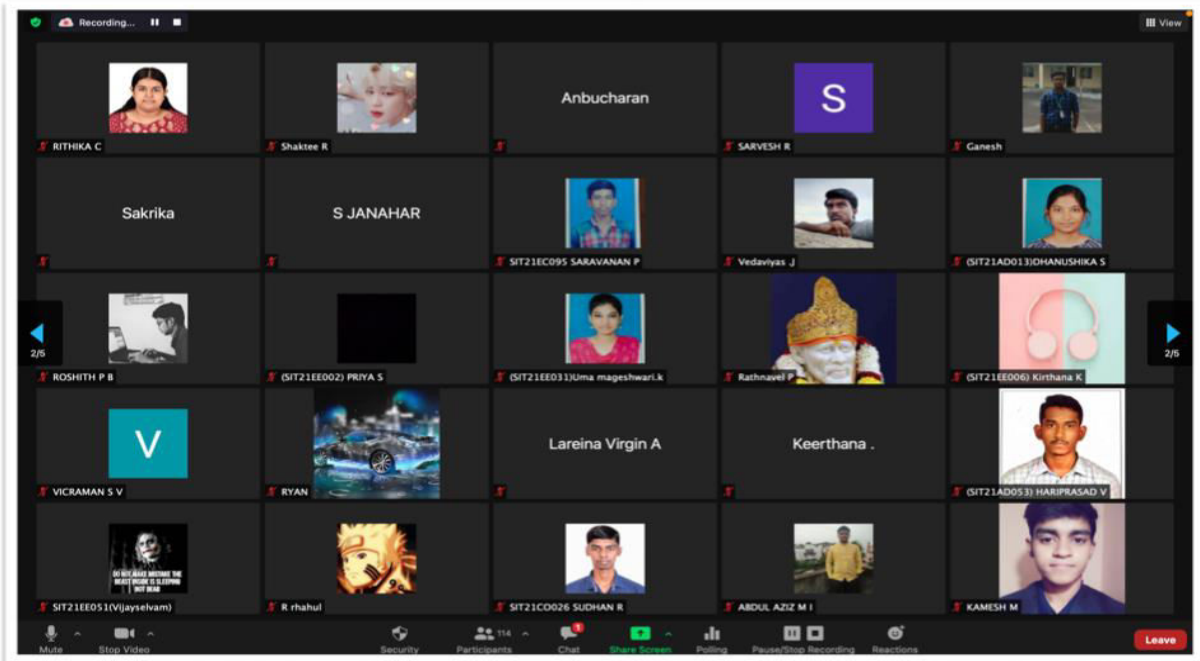
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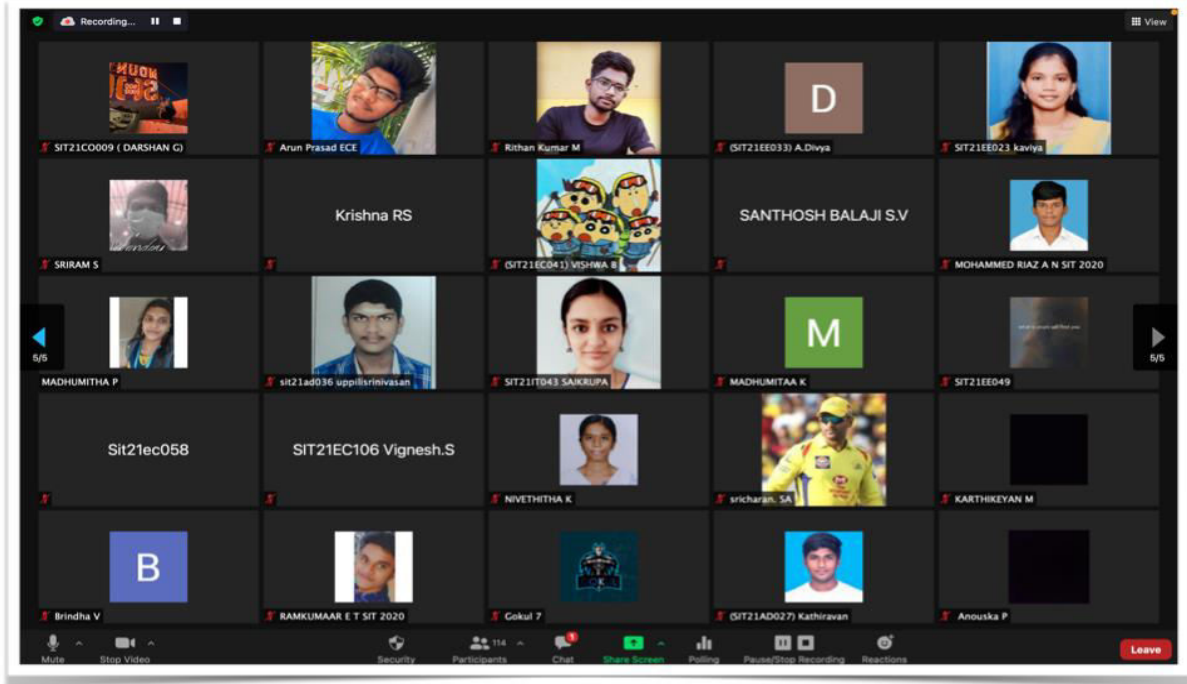
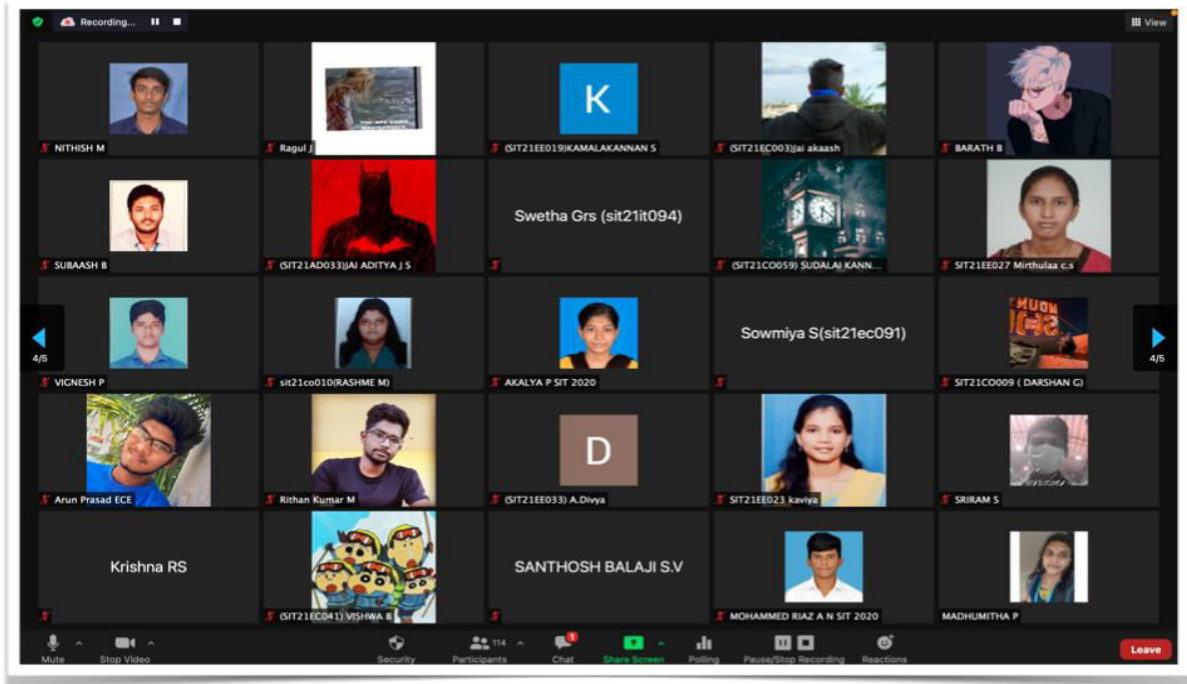
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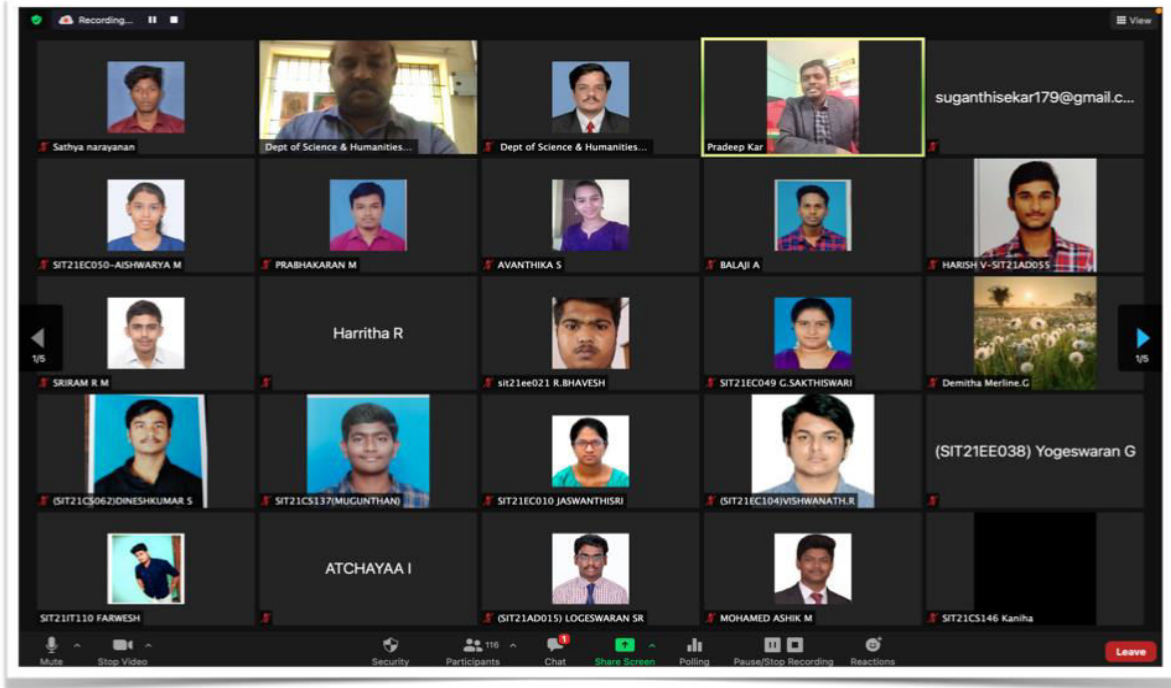
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**National Youth Day**

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• Guest Speaker

**Thiru.Pradeep Kumar Kar, OAS**  
(Odisha Administration Service)  
Deputy Collector-cum-Executive Magistrate, Department of Revenue  
Govt of Odisha  
Date; 12.01.2022, Time; 3.00 PM  
Join Zoom Meeting  
<https://sairaminstitutions.zoom.us/j/8754582227?pwd=cHJZUDhFNW51TWlxajlXY2Z2bHRGQT09>  
Meeting ID: 875 458 2227  
Passcode: youth

<p>Dr.K. Baranidharan E. Viswanathan P. Rathinavel Program Officers</p>	<p>Dr.K.Palanikumar Principal</p>	<p>Shri.Sai Prakash LeoMuthu Chairman &amp; CEO Sairam Institutions</p>
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Date: 17.01.2022

## Online NSS Orientation Program

100 NSS Volunteers Attended. The Programme is to introduce the concept, aims and motto of the NSS to the fresh NSS volunteers

**Sairam RAISE EQMS** **ARIIA** **nirf** **IQAC** **INSTITUTION'S INNOVATION COUNCIL** **SUSTAINABLE DEVELOPMENT GOALS** **Sairam INSTITUTIONS**

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**NATIONAL SERVICE SCHEME**

# National Service Scheme

## ORIENTATION PROGRAM



**Guest Speaker**  
**Rakesh K**  
Assistant Systems Engineer  
TATA Consultancy Services





**Guest Speaker**  
**Hariharan V**  
CAE analyst- Technical Supo.Eng,  
Mechanical domain, Skill-lync

**Date : 17.01.2022** **Time : 11.00 am**

**Join Zoom Meeting**  
<https://sairaminstitutions.zoom.us/j/8754582227?pwd=VWxTOXk4OHp4VzVodmlRV3dQaWVzdz09>  
**Meeting ID: 875 458 2227**  
**Passcode: sitnss**

<b>Dr.K.Baranidharan</b> NSS Program Officer	<b>Dr.K.Palanikumar</b> Principal	<b>Shri.Sai Prakash LeoMuthu</b> Chairman & CEO Sairam Institutions
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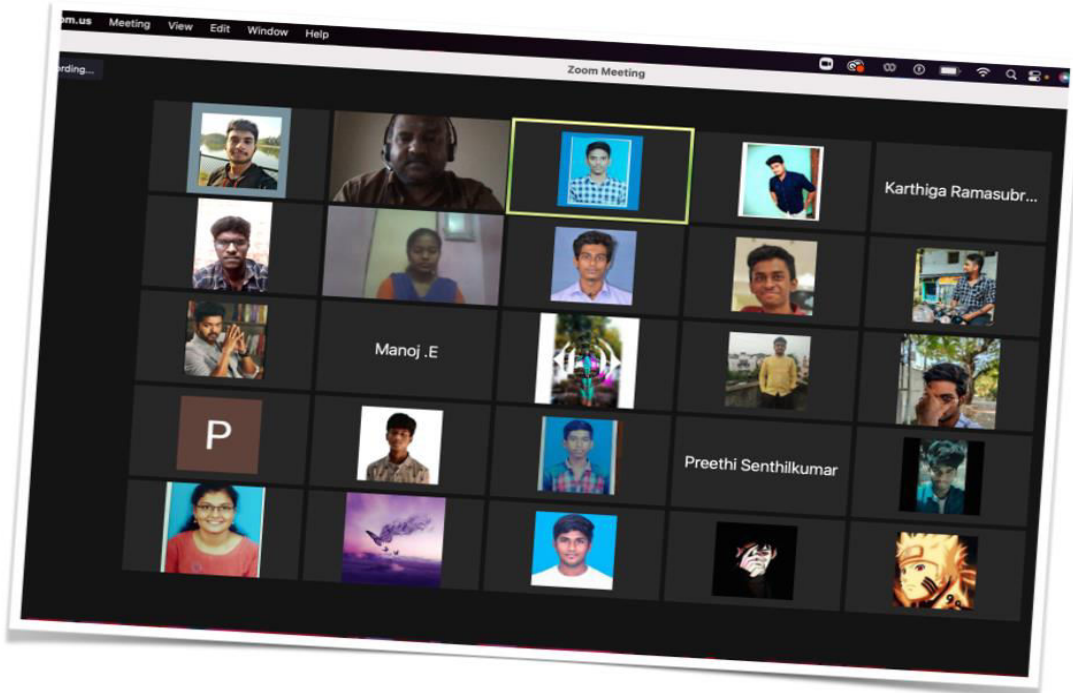
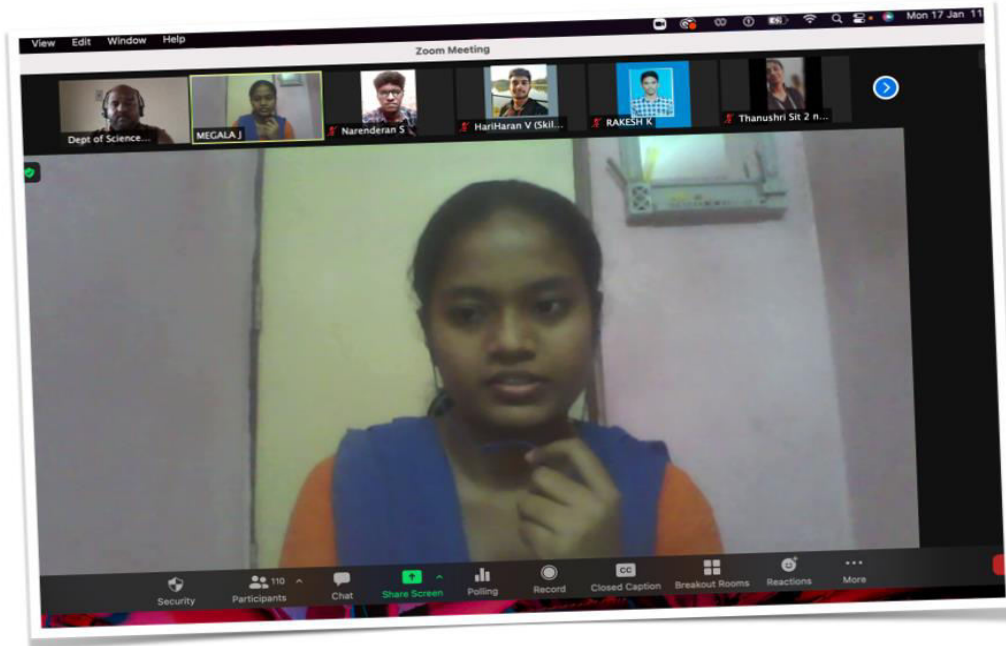
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17 January 2022





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**THE BEST WAY TO FIND YOURSELF  
IS TO LOSE YOURSELF  
IN THE SERVICE OF OTHERS.**

**GANDHI**

*Sairam*  
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Karthiga Ramasubra

**TAINABLE DEVELOPMENT GOALS**

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**NSS Certificate and Hours Worked**

REGULAR ACTIVITIES	SPECIAL ACTIVITIES (7 DAYS)
<ul style="list-style-type: none"> <li>Day Camp, Activities in adopted village, college, urban-slums, community place.</li> <li>To be organized during weekends, holidays, important days.</li> <li>Duration - 120 hours per year (20 hours for orientation, 30 hours for campus work and 70 hours for community service)</li> </ul>	<ul style="list-style-type: none"> <li>7 days residential camps in adopted village.</li> <li>Should be organized on various national developmental issues.</li> <li>Activities on awareness programme, creation of durable assets, production oriented programme, relief and rehabilitation, education and recreations etc. to be undertaken.</li> </ul>

COLLEGE CERTIFICATE  
GOVT OF INDIA CERTIFICATE

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Recording... | 177 Participants | Chat | Share Screen | Polling | Pause/Stop Recording | Closed Caption | Breakout Rooms | Reactions | More

Harikiran V (Skill-Lync)  
Dept of Science & Huma...  
Narenderan S  
MEGALA J  
RAKESH K



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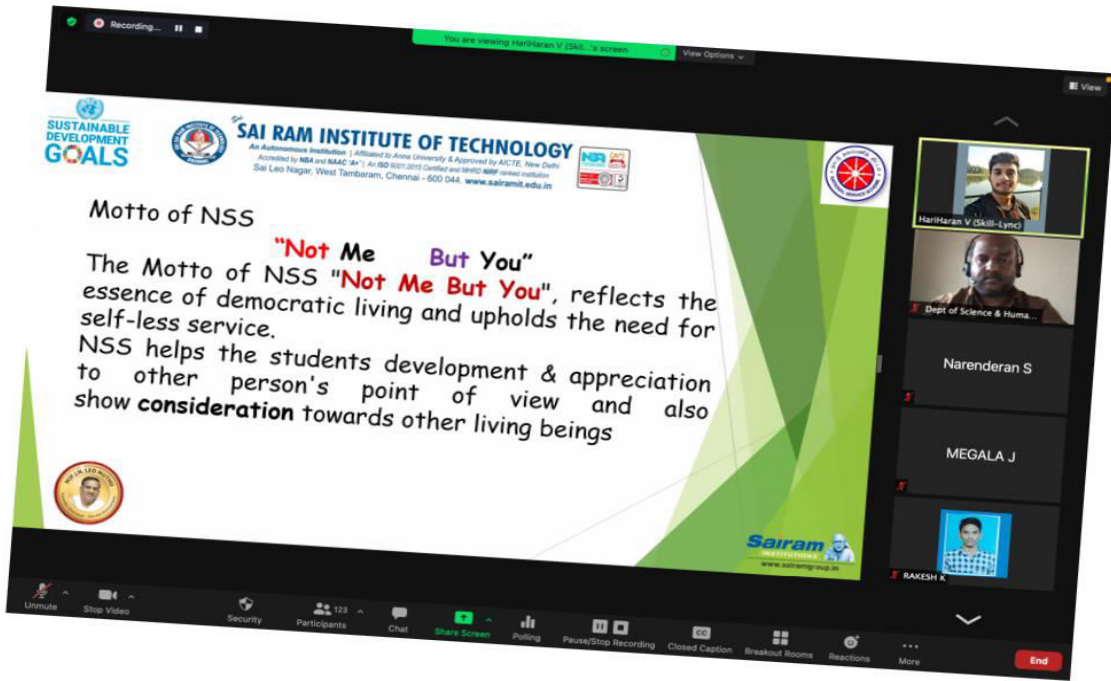
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17 January 2022







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NSS  
17 January 2022





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Date: 24.01.2022

## Empowerment of Girls Children's Day Webinar : Cancer Awareness Program

68 Girls Students Attended. Create cancer awareness and remove the stigma and fear attached. Help people recognize the early signs and symptoms of cancer, thus enabling them to seek treatment at an early stage.



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## NATIONAL SERVICE SCHEME

### EMPOWERMENT OF GIRL CHILD

Guest Speaker

Date : 24.01.2022

Time : 12pm to 1pm



Dr. G. Genga Lakshmi, M.D (Hom)..  
Professor - Dept. of Anatomy,  
Member - Eve's Club,  
Sri Sairam Homoeopathy Medical College  
and Research Centre,  
West Tambaram,  
Chennai.



National Girl Child day

Join Zoom Meet :

<https://sairaminstitutions.zoom.us/j/8754582227?pwd=VWxTOXk4OHp4VzVodmIRV3dQaWVzdz09>

Meeting ID: 875 458 2227

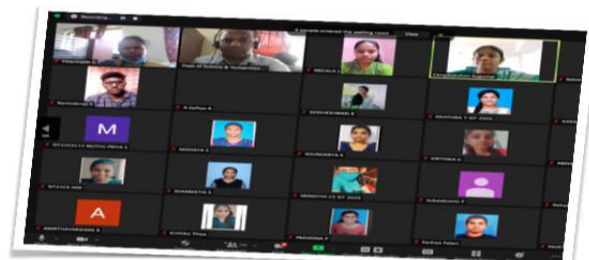
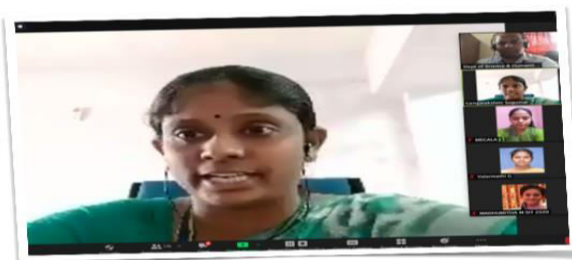
Passcode : sitms

Dr. K. Baranidharan  
NSS Program Officer

MS. M. Subashini  
Organiser

Dr. K. Palanikumar  
Principal

Shri. Sai Prakash Leo Muthu  
Chairman & CEO  
Sairam Institution





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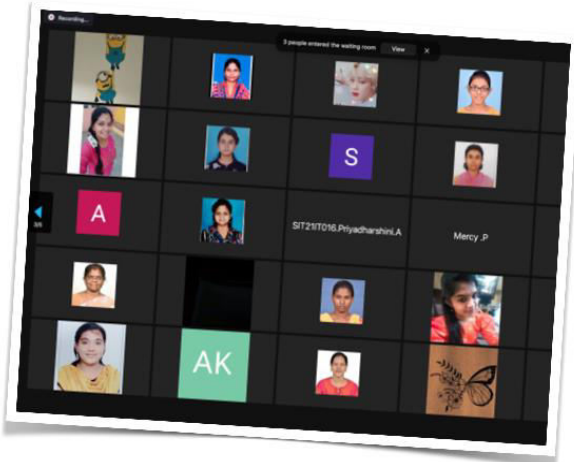
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**Sri Sairam Institute of  
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**National Service Scheme**

**NSS  
4 February 2022**





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Date: 26.01.2022

## Quiz : 73 Republic Day

**1452 Students Attended:** Republic Day commemorates the spirit of independent and individual India. It was on this day in 1930 when the Indian National Congress proclaimed Purna Swaraj, the declaration of India's independence from colonial rule. The day also commemorates Indian citizens' power to choose their government democratically.

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**NATIONAL SERVICE SCHEME**

**73 Republic Day 26<sup>th</sup> January 2022**  
**Patriotic Quiz Program**  
Link : <https://forms.gle/eXJT3Lr8NbWuhR3y8>

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**NATIONAL SERVICE SCHEME**

**Certificate of Participation**

**Sai mahathy sree.B.S**

**For participating in the Patriotic Quiz on**  
**73 Republic Day 2022 in the Month of January 2022**  
**We appreciate your time and enthusiasm! Keep Participating!**

Dr. K. Baranidharan  
NSS  
Program Officer

Dr. K. Palani Kumar  
Principal,  
Sri Sai Ram Institute of Technology

Sai Prakash LeoMuthu  
Chairman & CEO,  
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**Date:** 18.02.2022 to 19.02.2022

## **Local Body Election Duty**

18 NSS Volunteers Serviced to Local body election duty at Chennai



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Date: 08.03.2022

## Quiz : Women's Day

460 Women's Day celebrates women's history, highlighting key events, milestones, and achievements, and aims to **further promote and raise awareness of women's rights and to achieve equal opportunity status in all walks of life.**



# International Women's Day

8 March



Quiz Link :

<https://forms.gle/ismz55EhoygjQJaj8>

Dr.K.Baranidharan  
NSS Program Officer

Dr.K.Palanikumar  
Principal

Shri. Sai Prakash Leo Muthu  
Chairman & CEO  
Sairam Institution



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### NATIONAL SERVICE SCHEME

## Certificate of PARTICIPATION


This Certificate is presented to

For participating in the Women's Day Quiz  
on 8<sup>th</sup> March 2022.

We appreciate your support and enthusiasm! Keep Participating.



  
Dr. K. Baranidharan  
NSS  
Program Officer

  
Dr. K. Palani Kumar  
Principal,  
Sri Sai ram Institute of Technology

  
Sai Prakash LeoMuthu  
Chairman & CEO,  
Sairam Institutions