

**ENGAGING WITH GOVERNMENT APPROVED NGO  
ACTIVITIES**

**21GNP301L - COMMUNITY CONNECT REPORT 2024-2025**

*Submitted by*

**K ARUN ADHITHYA[RA2211003010301]**

**NITIN ANAND [RA2211003010285]**

*in partial fulfillment of the requirements for the degree of*

**BACHELOR OF TECHNOLOGY**

**in**

**COMPUTER SCIENCE AND ENGINEERING**



**DEPARTMENT OF COMPUTING TECHNOLOGIES**

**COLLEGE OF ENGINEERING AND TECHNOLOGY**

**SRM INSTITUTE OF SCIENCE AND TECHNOLOGY**

**KATTAKULATHUR – 603203**

**OCTOBER 2024**

**SRM INSTITUTE OF SCIENCE AND TECHNOLOGY**

**KATTAKULATHUR – 603203**

**BONAFIDE CERTIFICATE**

Certified that 21GNP301L Community Connect report titled “**Engaging with government approved Ngo**” is the bonafide work of “**K Arun Adhithya [RA2211003010301] and Nitin Anand [RA2211003010285]**” who carried out the community work under “**Tansowa Atharavu Illam**”. Certified further, that to the best of my knowledge the work reported herein does not form any other report or dissertation on the basis of which a degree or award was conferred on an earlier occasion on this or any other candidate.

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## COMPLETION/ATTENDANCE CERTIFICATE

**TAMILNADU SOCIAL WELFARE ASSOCIATION**  
**(TANSOWA ATHARAVU ILLAM)**  
Home for Aged, Destitute, Deserted Peoples Orphanage

We are registered Under Sec 12AA of the Income Tax Act 1961 | Registrar of Societies Act under which it was registered  
On 15-04-1976 and the Regn No.73/1976 | Foreign Contribution Act, FC 3 Registered on 1985,  
Its number 075900400 | We got registration under section 12AA of the Income Tax Act 1961  
and still it is alive | We have registered DARBAN New Delhi | CSR CERTIFICATE

ALL DONATIONS ARE EXEMPTED U/S 80G INCOME TAX VIDE DIT(E) NO. 2(473) 02-03 PAN AAAAT 8385L

No. 43, Razack Garden Main Road, Arumbakkam, Chennai – 600 106.  
Phone : Cell : 9283286237, <http://tansowa.org>, Email ID : [infotansowa@gmail.com](mailto:infotansowa@gmail.com)

Ref: \_\_\_\_\_ Date: 01-07-2024

### TAMILNADU SOCIAL WELFARE ASSOCIATION

This certificate is awarded to **Arun Adhithya K(RA2211003010301)** of SRM Institute of Science and Technology, Kattankulathur in recognition of their dedication and contribution to the community. **Arun Adhithya K** has successfully completed 30 days of community service from 01-06-2024 to 30-06-2024 as part of the course requirements, demonstrating a commendable commitment to societal betterment and professional development.

Awarded on this Day – 01-07-2024

  
Signature

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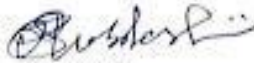
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30-06-2024 as part of the course requirements, demonstrating a  
commendable commitment to societal betterment and professional  
development.

Awarded on this Day – 01-07-2024



Signature





SRM INSTITUTE OF SCIENCE AND TECHNOLOGY, KATTANKULATHUR

COLLEGE OF ENGINEERING AND TECHNOLOGY

SCHOOL OF COMPUTING

DEPARTMENT OF COMPUTING TECHNOLOGY

21GNP301L COMMUNITY CONNECT

Academic Year 2024-25 5<sup>th</sup> semester

### Community Connect Service Log Sheet

Registration number :

Name of the student :

Date	Time	Service duration (in hours)	Signature of student	Signature of Coordinator
1/6/24	4 to 6	2 hours		D. Lalitha
2/6/24	4 to 6	2 hours		D. Lalitha
3/6/24	4 to 6	2 hours		D. Lalitha
4/6/24	4 to 6	2 hours		D. Lalitha
5/6/24	4 to 6	2 hours		D. Lalitha
6/6/24	4 to 6	2 hours		D. Lalitha
7/6/24	4 to 6	2 hours		D. Lalitha
10/6/24	4 to 6	2 hours		D. Lalitha
11/6/24	4 to 6	2 hours		D. Lalitha
12/6/24	4 to 6	2 hours		D. Lalitha
13/6/24	4 to 6	2 hours		D. Lalitha
14/6/24	4 to 6	2 hours		D. Lalitha
17/6/24	4 to 6	2 hours		D. Lalitha
18/6/24	4 to 6	2 hours		D. Lalitha
19/6/24	4 to 6	2 hours		D. Lalitha
20/6/24	4 to 6	2 hours		D. Lalitha
21/6/24	4 to 6	2 hours		P. Lalitha
24/6/24	4 to 6	2 hours		D. Lalitha
25/6/24	4 to 6	2 hours		D. Lalitha
26/6/24	4 to 6	2 hours		D. Lalitha
27/6/24	4 to 6	2 hours		D. Lalitha
28/6/24	4 to 6	2 hours		D. Lalitha
30/6/24	4 to 6	2 hours		D. Lalitha





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SCHOOL OF COMPUTING

DEPARTMENT OF COMPUTING TECHNOLOGY

21GNP301L COMMUNITY CONNECT

Academic Year 2024-25 5<sup>th</sup> semester

### Community Connect Service Log Sheet

Registration number : RA2211003010285

Name of the student : Nithin Anand

Date	Time	Service duration (in hours)	Signature of student	Signature of Coordinator
1/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
2/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
3/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
4/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
5/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
6/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
7/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
10/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
11/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
12/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
13/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
14/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
17/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
18/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
19/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
20/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
21/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
24/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
25/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
26/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
27/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
28/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha
30/6/24	4 to 6	2 hrs	Nithin	R. Sangeetha

## **OBJECTIVES OF THE COMMUNITY CONNECT**

We volunteered at Tansowa Aatharavu Illam in Chennai for 30 days, providing services to elderly individuals. During our time there, we contributed to their holistic care services, which included offering medical and educational support. We also assisted with daily living activities, such as feeding and grooming. Additionally, we organized recreational activities, like games and entertainment, to promote social interaction and mental well-being. We chose Tansowa Aatharavu Illam because of its commitment to providing a safe and nurturing environment for the elderly people living there. The organization's mission to care for and support the elderly resonated with our values, and we were very impressed by their dedication to improving the quality of life for their residents.

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# **CHAPTER 1**

## **INTRODUCTION OF THE ORGANIZATION**

### **Brief of the Organization**

Tansowa Aatharavu Illam is a non-profit organization located in Arumbakkam Chennai, India, that provides a safe and nurturing environment for elderly individuals. The organization is dedicated to improving the quality of life for its residents, offering a range of services that cater to their physical, emotional, and social needs. With a mission to care for and support the elderly, Tansowa Aatharavu Illam has established itself as a reputable and trustworthy institution in the community.

### **Activities and Services**

At Tansowa Aatharavu Illam, a range of activities and services are designed to promote the overall well-being of its residents. Some of the key initiatives include:

- **Medical Support:** The organization provides regular health check-ups, medication management, and access to medical facilities, ensuring that residents receive the care they need.
- **Educational Enrichment:** Tansowa Aatharavu Illam offers educational programs and activities that stimulate the minds of its residents, such as literacy classes, puzzles, and games.
- **Daily Living Assistance:** The staff and volunteers at the organization assist residents with daily living activities, including feeding, bathing, grooming, and mobility assistance, helping them maintain their independence.
- **Recreation:** The organization organizes recreational activities, such as games, entertainment, and social events, to foster social interaction, mental well-being, and a sense of community among its residents.
- **Counseling and Emotional Support:** Tansowa Aatharavu Illam provides counseling and

emotional support to its residents, helping them cope with the challenges of aging and promoting their overall well-being.

### **Why We Chose Tansowa Aatharavu Illam**

We were drawn to Tansowa Aatharavu Illam because of its unwavering commitment to providing a safe and nurturing environment for the elderly. The organization's mission resonated deeply with our values, and we were impressed by their dedication to improving the quality of life for their residents. Moreover, we recognized the importance of supporting elderly individuals who may be vulnerable and in need of care and attention.

### **A Range of Services to Support the Elderly**

Tansowa Aatharavu Illam offers a diverse range of services that cater to the unique needs of its residents, including:

- **Residential Care:** The organization provides a safe and comfortable living environment, complete with access to basic amenities and facilities.
- **Day Care:** Tansowa Aatharavu Illam offers day care services, which include meals, recreational activities, and social interaction.
- **Rehabilitation Services:** Tansowa Aatharavu Illam offers rehabilitation services, including physiotherapy, occupational therapy, and speech therapy, to help its residents recover from illnesses or injuries.

By providing these services, Tansowa Aatharavu Illam plays a vital role in supporting the elderly and promoting their overall well-being. Our volunteer service at the organization was a truly rewarding experience, and we are grateful for the opportunity to have contributed to their mission.

## CHAPTER 2

### WEEK-WISE REPORT

#### Week 1: Orientation and Initial Activities

##### Activities Rendered:

- **Orientation Session:** Understanding the mission and values of Tansowa Atharavu Illam.
- **Clean-up Drive:** Cleaning the premises, including gardens and common areas.
- **Inventory Management:** Organizing supplies and materials.

##### Number of Hours Spent:

- Orientation: 2 hours
- Clean-up: 4 hours
- Inventory: 2 hours

**Total: 8 hours**

##### Outcomes:

- Familiarization with the organization and its needs.
- A cleaner and more organized space, enhancing the environment for residents.



## Week 2: Skill Development Workshops

### Activities Rendered:

- **Conducting Workshops:** Helping the elderly in reading books and newspapers.
- **Art and Craft Sessions:** Organizing creative sessions for residents, focusing on expression and entertainment.

### Number of Hours Spent:

- Workshops: 4 hours
- Art Sessions: 3 hours

**Total: 7 hours**

### Outcomes:

- They were able to catch up to the latest news and headlines.
- Increased engagement and a decrease in boredom, helping to liven up the living space.



## Week 3: Health and Wellness Initiatives

### Activities Rendered:

- **Health Check-Up Camp:** Coordinating with local healthcare providers for a health camp.
- **Meditation Session:** Conducting sessions focusing on mental well-being and physical health.

### Number of Hours Spent:

- Health Camp: 5 hours
  - Yoga Sessions: 3 hours
- Total: 8 hours**

### Outcomes:

- Residents received essential health services and screenings.
- Increased awareness of mental and physical health through meditation practices.





## Week 4: Community Engagement and Reflection

### Activities Rendered:

- **Community Meeting:** Engaging with residents to discuss their needs and gather feedback on programs.
- **Cultural Program:** Organizing a talent show where residents showcased their skills, followed by a community meal.

### Number of Hours Spent:

- Community Meeting: 2 hours
- Talent Show: 4 hours

**Total: 6 hours**

### Outcomes:

- Strengthened community bonds through dialogue and shared experiences.
- Boosted morale and confidence among residents through participation in the talent show.



## **Summary of Total Engagement**

- **Total Hours Spent:** 29 hours
- **Overall Outcomes:**
  - Enhanced community spirit and engagement among residents.
  - Improved living conditions and mental well-being through various initiatives.
  - Skills development in health awareness, and creative expression.

## **CHAPTER 3**

### **TANGIBLE LEARNING**

#### Student Learning Outcomes

1. **Practical Skills Development:** Throughout the four-week community service program, students engaged in various activities that fostered practical skills. From organizing clean-up drives to conducting workshops, students learned how to manage projects effectively. This hands-on experience enhanced their organizational skills, time management, and ability to work collaboratively with others.
2. **Interpersonal and Communication Skills:** Working closely with residents, students developed strong interpersonal skills. They learned how to communicate effectively with diverse groups, actively listen to the needs and concerns of residents, and engage in meaningful dialogue. This exposure helped students understand the importance of empathy and patience, crucial traits for any community-focused work.
3. **Cultural Awareness and Sensitivity:** Engaging with residents from various backgrounds provided students with insights into different cultural practices and perspectives. This interaction not only broadened their understanding of societal issues but also fostered a sense of cultural sensitivity. Students learned to appreciate diversity and adapt their approaches to meet the specific needs of the community.
4. **Leadership and Teamwork:** By taking the lead in organizing workshops and community meetings, students developed leadership skills. They learned how to motivate and guide their peers, delegate tasks, and take responsibility for the outcomes of their initiatives. Teamwork was emphasized throughout the program, encouraging students to collaborate, share ideas, and support one another in achieving common goals.
5. **Reflection and Personal Growth:** The structured reflection sessions at the end of each

week allowed students to critically evaluate their experiences. They were encouraged to articulate their thoughts on the challenges faced, the skills acquired, and the impact of their work on the community. This reflective practice promoted personal growth, helping students identify their strengths and areas for improvement.

### Benefits for End Users

1. **Enhanced Living Conditions:** The clean-up drives and organization of common areas significantly improved the living environment at Tansowa Atharavu Illam. Residents enjoyed a cleaner, more welcoming space, which contributed to their overall well-being. A tidy and organized environment promotes mental health and instills a sense of pride among residents.
2. **Skill Development Opportunities:** The art and craft sessions also fostered creativity, allowing residents to express themselves and build confidence.
3. **Health and Wellness Improvements:** The health check-up camp and yoga sessions offered vital health services and raised awareness about personal well-being. Residents received necessary medical attention, screenings, and health education, contributing to their physical and mental health. Meditation practices introduced residents to stress-relief techniques, promoting relaxation and mindfulness.
4. **Community Engagement and Cohesion:** The community meetings and cultural programs strengthened relationships among residents and between residents and volunteers. These gatherings fostered a sense of belonging and community spirit, allowing residents to voice their needs and engage in communal activities. Events like the talent show provided a platform for residents to showcase their skills, boosting morale and encouraging social interaction.

5. Empowerment and Confidence Building: By participating in various activities and initiatives, residents experienced a sense of empowerment. Learning new skills and taking part in community events helped them build self-esteem and confidence. As they engaged in these activities, residents felt valued and recognized, which positively impacted their overall outlook on life.



## **CHAPTER4**

### **STUDENT'S CONTRIBUTION**

Student 1: K. Arun Adhithya

#### **Week 1: Orientation and Clean-Up Drive**

**Activities Involved:** I started with an orientation session, where I actively engaged with other volunteers, sharing his enthusiasm for community service. I played a pivotal role in the clean-up drive, focusing on organizing the garden area. I coordinated tasks among volunteers and residents, ensuring that everyone knew their responsibilities.

**Skills Demonstrated:** I communicated tasks and motivated my friends, fostering teamwork among volunteers and residents.

**Impact on Residents:** The clean-up efforts significantly improved the garden, creating a more pleasant outdoor space for residents to relax and enjoy. Residents expressed gratitude for the improved environment, which fostered a sense of pride in their living space.

#### **Week 2: Workshops and Development**

**Activities Involved:** During the second week, I read the latest newspaper articles and some stories to the people residing there and organized some creativity sessions.

**Skills Demonstrated:** I felt very satisfied actually reading out some old novels as a new way to connect with the elderly many of whom grew up reading these.

#### **Week 3: Health and Wellness Initiatives**

**Activities Involved:** In the third week, I organized a health awareness session, focusing on nutrition and healthy living. He collaborated with local healthcare professionals to provide informative talks and practical demonstrations on healthy meal preparation.

**Skills Demonstrated:** I demonstrated some organizational skills by coordinating the event logistics, including scheduling, materials, and outreach to residents.

**Impact on Residents:** The health awareness session educated residents on making healthier lifestyle choices. Many residents reported feeling empowered to incorporate better dietary habits into their routines, contributing to their overall well-being.

#### Week 4: Community Engagement and Reflection

**Activities Involved:** In the final week, I took a lead role in organizing a talent show. I coordinated performances, helping residents rehearse and encouraging them to showcase their talents. I also facilitated a feedback session afterward to gather insights from participants.

**Skills Demonstrated:** I used my event planning and coordination skills. My enthusiasm and encouragement helped build confidence among residents, allowing them to feel comfortable sharing their talents.

**Impact on Residents:** The talent show became a celebratory event, fostering a sense of community and belonging among residents. Feedback from participants indicated that many felt more connected and valued within the community, leading to increased morale.

#### Student 2: Nitin Anand

##### Week 1: Orientation and Clean-Up Drive

**Activities Involved:** Nitin participated in the orientation session, where he helped welcome new volunteers and provided insights into the mission of Tansowa Atharavu Illam. He also joined the clean-up drive, focusing on indoor spaces and common areas.

**Skills Demonstrated:** He demonstrated strong communication skills during the orientation, making new volunteers feel at ease. His attention to detail was evident during the clean-up, ensuring that all areas were thoroughly addressed.

**Impact on Residents:** The clean-up efforts created a more inviting and organized living space for residents. Their appreciation for the tidiness of common areas led to a more positive atmosphere within the community.

##### Week 2: Skill Development Workshops

**Activities Involved:** In the second week, Nitin co-facilitated an art and craft workshop, introducing residents to various creative techniques. He guided participants through projects and provided individual support, fostering a fun and engaging environment.

**Skills Demonstrated:** He showcased goof creativity and artistic skills, using his background in art to inspire residents. His ability to create a welcoming atmosphere encouraged residents to express themselves freely.

**Impact on Residents:** The art and craft sessions allowed residents to explore their creativity,

leading to increased self-expression and confidence. Many residents reported feeling happier and more engaged after participating.

### Week 3: Health and Wellness Initiatives

**Activities Involved:** Nitin assisted with the health check-up camp by managing logistics and helping residents navigate the process. He also participated in meditation sessions, learning and later teaching basic poses to residents.

**Skills Demonstrated:** Nitin demonstrated strong organizational skills in managing the flow of the health camp and ensuring that residents received timely services. His enthusiasm for yoga encouraged residents to participate.

**Impact on Residents:** Residents benefited from the health check-up, receiving crucial medical services and advice. The yoga sessions introduced them to relaxation techniques, contributing positively to their mental health.

### Week 4: Community Engagement and Reflection

**Activities Involved:** In the final week, Nitin played a crucial role in the community meal planning after the talent show. He collaborated with residents to create a menu and assisted with the cooking, emphasizing healthy recipes.

**Skills Demonstrated:** His teamwork was evident as he worked alongside residents in the kitchen, promoting collaboration and inclusivity. His ability to listen to residents' preferences made the meal planning successful.

**Impact on Residents:** The communal meal fostered a sense of togetherness, allowing residents to bond over food and share experiences. Many expressed enjoyment in preparing and sharing meals, enhancing community connections.

## **CHAPTER 5**

### **CONCLUSION**

In conclusion, our visit to Tansowa Atharavu Illam for the community connect initiative was a meaningful experience. We had the opportunity to engage with the community, listen to their stories, and understand their needs. Through collaborative discussions and activities, we fostered connections that strengthened our shared commitment to support and uplift one another. This experience not only enriched our understanding of the community's challenges and aspirations but also highlighted the importance of ongoing collaboration and empathy in our efforts. Moving forward, we are inspired to continue building these relationships and to explore ways to contribute positively to the community's growth and well-being.

