



CHINNASAMY NAGALINGAM INSTITUTE OF MEDICAL SCIENCE & RESEARCH FOUNDATION

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SKILL DEVELOPMENT PROGRAMME



CNIMS RESEARCH FOUNDATION has been successfully working with women in rural villages by providing skill training in tailoring, bag making, embroidery, aari work, and other handicrafts. These initiatives enable women to become financially independent, enhance their confidence, and improve their social status. Through continuous support, guidance, and exposure to market opportunities, the Foundation empowers women to start small businesses and contribute to the economic development of their families and communities.

This year, the tailoring program was upgraded to a certified program with the approval of the National Skill Development Corporation (NSDC), making it a structured 6-month course. Women enrolled in this program underwent comprehensive training following a proper curriculum, covering all aspects of tailoring. At the end of the program, assessments and viva evaluations were conducted by the external faculty to certify their skills. CNIMS RESEARCH FOUNDATION proudly facilitated and sent the first batch of trained women, who successfully completed the program and benefitted from this enhanced learning experience



HEALTH CAMP

CNIMS RESEARCH FOUNDATION successfully conducted 8 medical camps in the villages of Lathur and Thirukazhukundram taluks of Chengalpattu District. Free medical consultations and medicines were provided to the villagers, benefiting a large number of people who lack easy access to healthcare facilities. Qualified doctors and healthcare professionals examined patients and offered guidance on maintaining good health and preventing common illnesses.

Through these medical camps, the foundation aims to improve the overall health and well-being of rural communities and ensure that basic healthcare services reach the underserved population.

WORLD FOREST AND WATER DAY



On the occasion of International Day of Forests, the CNIMS RESEARCH FOUNDATION organized a meaningful environmental initiative to promote forest conservation and ecological awareness. Volunteers and members of the Sri Sai Community College and CNIMS organization actively participated in planting saplings and dispersing seed balls in various locations. This activity aimed to support reforestation, enhance green cover, and encourage community involvement in protecting natural ecosystems. Through this initiative, the Foundation reaffirmed its commitment to environmental sustainability and inspired local communities to take part in safeguarding forests for future generations.

SRI SAI COMMUNITY COLLEGE – Empowering Rural Women Through Paramedical Education

Formerly known as Sri Sai Paramedicals, Sri Sai Community College, located in ECR Adayalachery, has been actively serving rural communities since 2018. The institution has been consistently offering diploma programs in paramedical courses with a strong focus on empowering women from nearby villages.



This initiative was established with the objective of reducing school dropouts among young women and creating meaningful career opportunities for those who might otherwise face early marriage or limited access to higher education. Many of the students enrolled in these programs are first-generation learners, making this opportunity a

significant step toward educational and social advancement.

Through structured training and practical exposure, the college equips students with the skills required to work in healthcare settings. As a result, many graduates have



successfully secured placements in both rural and urban hospitals. These employment opportunities not only help the students build independent careers but also contribute to the financial stability and well-being of their families.

By opening doors to healthcare careers, Sri Sai Community College is playing a vital role in transforming the lives of young

women in rural communities and strengthening the healthcare workforce.

CNIMS RESEARCH FOUNDATION takes great pride in supporting and nurturing this initiative, which continues to create pathways for education, employment, and empowerment among rural women.

WOMEN HEALTH AND SANITATION



CNIMS RESEARCH FOUNDATION organized a Health and Sanitation Awareness Program aimed at promoting hygienic practices and improving health awareness among rural women. The program was designed to address common health and sanitation challenges faced by women in rural communities and to encourage preventive healthcare practices.

A total of 60 rural women participated in the program. The sessions focused on creating awareness about personal hygiene, sanitation practices, menstrual health, and the importance of maintaining a clean and healthy living environment. Interactive awareness sessions were conducted to educate participants on the prevention of common health issues and the significance of proper sanitation for the well-

being of families and communities.

The program actively involved rural women, encouraging them to share their experiences and concerns related to health and hygiene. Through discussions and practical guidance, participants gained valuable knowledge that can be applied in their daily lives and shared within their families and communities.

DISABLED AND OLD AGE WELARE PROGRAMME

CNIMS regularly conducts health check-up programs for elderly members of the community to ensure their well-being and early detection of health issues. With the support of local doctors and students from paramedical institutions, periodic health camps are organized in different localities. During these camps, senior citizens receive basic medical examinations, health monitoring, and professional medical advice. The team also follows up on their health conditions through regular camps and community visits.



Free medicines are provided to those in need, ensuring that elderly individuals from economically weaker sections receive proper care and support.

Through this initiative, CNIMS continues to strengthen community health services and promote accessible healthcare for the aging population

SELF HELP GROUP

CNIMS RESEARCH FOUNDATION actively promotes the formation and strengthening of Self-Help Groups (SHGs) to empower women and support sustainable livelihoods within the community. Through this initiative, women from different localities are encouraged to come together, save regularly, and participate in group-based financial and social activities. The organization provides guidance and training on group management, savings practices, and small-scale income-generating activities.

Regular meetings and awareness sessions are conducted to build leadership skills, financial literacy, and confidence among the members. CNIMS RESEARCH FOUNDATION also assists SHGs in connecting with local resources and opportunities that can help improve their economic stability.

CONSTITUTION DAY



On the occasion of Constitution Day (India), CNIMS RESEARCH FOUNDATION organized an awareness program in schools to educate students about the importance and values of the Constitution of India. The program aimed to help students understand their rights, responsibilities, and the significance of the Fundamental Duties in building a responsible and democratic society.

As part of the celebration, various competitions were conducted for students, including essay writing on the importance of Fundamental Duties of citizens in India, drawing competitions, and other awareness activities. These events encouraged students to express their thoughts and creativity while learning about constitutional values. Prizes and certificates were awarded to the winners to appreciate their participation and motivate them to actively engage in civic responsibilities.

Through this initiative, CNIMS RESEARCH FOUNDATION sought to promote constitutional awareness among young minds and inspire them to become responsible citizens of the nation.

INDEPENDENCE DAY & CHILDRENS DAY



CNIMS RESEARCH FOUNDATION organized special programs in schools to celebrate Independence Day (India) and Children's Day in government schools, with the aim of encouraging students to understand national values while also promoting creativity and talent among children. These celebrations provided an opportunity for students to learn about the significance of India's freedom and the importance of nurturing young minds for the future of the nation.

As part of the celebrations, various competitions such as essay writing, drawing, and



speech competitions were conducted for students. These activities encouraged students to express their ideas, creativity, and understanding of national and social values. Students actively participated with great enthusiasm, making the events both educational and engaging. Prizes and certificates were awarded to the winners to appreciate their efforts

and motivate them for future participation.

Through these celebrations, CNIMS RESEARCH FOUNDATION aimed to instill patriotism, confidence, and a sense of responsibility among students while supporting their overall development.

FREE UNIFORM DISTRIBUTION

As part of its commitment to supporting education and encouraging skill development



among rural youth, the CNIMS RESEARCH FOUNDATION organized a Free Uniform Distribution Program for the students of Sri Sai Community College.

A total of 50 students benefitted from this initiative. The program aimed to support students from economically disadvantaged backgrounds by reducing the financial burden associated with educational expenses. The distribution of uniforms not only helped students maintain a sense of discipline and identity within the institution but also boosted their confidence and motivation to pursue their studies.



CANCER AND TB AWARENESS CAMP



CNIMS RESEARCH FOUNDATION organized awareness activities to educate the community about the prevention and early detection of Cancer and Tuberculosis. As part of the initiative, an awareness rally was conducted with the active participation of students, volunteers, and community members. The rally aimed to spread important messages about maintaining a healthy lifestyle, recognizing early symptoms, and seeking timely medical care.

Participants carried placards and raised awareness slogans to inform the public about the importance of regular health check-ups, proper hygiene, and preventive measures. The program also highlighted the need to reduce stigma and encourage support for individuals affected by these diseases.



Through this awareness rally, CNIMS RESEARCH FOUNDATION sought to educate the community, promote health consciousness, and encourage people to take proactive steps toward disease prevention and early treatment.

EDUCATIONAL TRIP

CNIMS RESEARCH FOUNDATION organized an Educational Excursion and Exposure Visit for the students of Sri Sai Community College with the objective of enhancing their learning experience beyond the classroom. The excursion was designed to provide students with practical exposure, broaden their perspectives, and strengthen their understanding of healthcare practices.

During the visit, students had the opportunity to observe real-world work environments and gain insights into professional practices relevant to their paramedical training. Such exposure plays an important role in helping students connect theoretical knowledge with practical application.

RELIEF WORK

In response to the impact of Cyclone Fengal, CNIMS RESEARCH FOUNDATION undertook relief activities to support affected communities in Lathur and Thirukalukundram taluks of Chengalpattu District.



The initiative focused on assisting vulnerable families, particularly members of Scheduled Tribe (ST) communities who were severely affected by the cyclone.

As part of the relief efforts, essential materials such as rice, bedsheets, and other basic necessities were distributed to the affected families. Volunteers from the organization actively participated in reaching out to the communities and ensuring that the relief materials were provided to those in need.



Through this relief work, CNIMS RESEARCH FOUNDATION aimed to provide immediate support and comfort to the affected families while standing in solidarity with the communities during a time of crisis.

YOGA

On the occasion of International Day of Yoga, CNIMS RESEARCH FOUNDATION



organized yoga sessions in various schools and at the Sri Sai Campus to promote the importance of physical and mental well-being among students and the community. The program aimed to create awareness about the benefits of practicing yoga in maintaining a healthy lifestyle and improving concentration and overall fitness.

Students, teachers, and volunteers actively participated in the yoga

sessions and practiced various yoga postures and breathing exercises under proper guidance. The sessions emphasized the role of yoga in reducing stress, improving flexibility, and enhancing mental clarity.



Through this celebration, CNIMS RESEARCH FOUNDATION encouraged students and community members to adopt yoga as a part of their daily routine for better health and well-being

WORKSHOP IN GOVT SCHOOLS

CNIMS RESEARCH FOUNDATION organized an Educational Seminar and One-Day Workshop for government school students with the objective of strengthening their academic skills and motivating them to achieve better educational outcomes.

The workshop focused on practical strategies to help students improve their academic performance. Sessions were conducted on topics such as effective reading techniques, study planning, time management, and methods to improve examination scores. Resource persons also guided students on how to develop concentration, organize their study schedules, and approach examinations with confidence.

The interactive sessions encouraged active participation from students, allowing them to ask questions and discuss the challenges they face in their studies. Practical tips and learning techniques were shared to help students adopt more effective study habits and enhance their understanding of subjects.

Through this initiative, CNIMS RESEARCH FOUNDATIONn aims to support government school students by equipping them with essential learning skills, improving their academic confidence, and encouraging them to pursue higher education and future career opportunities.

ANIMAL WELFARE

CNIMS RESEARCH FOUNDATION undertook various initiatives to promote the care and protection of animals as part of its commitment to community and environmental well-being. The organization conducted awareness activities to encourage compassion toward animals and to highlight the importance of protecting and caring for domestic and stray animals.

Volunteers actively participated in feeding stray animals and supporting their basic needs. Efforts were also made to create awareness among the public about responsible treatment of animals and the importance of maintaining a safe and healthy environment for them.

Through these activities, CNIMS RESEARCH FOUNDATION aimed to foster kindness, responsibility, and respect for all living beings while promoting the welfare and protection of animals in the community

CONSUMER AWARENESS PROGRAMME

CNIMS RESEARCH FOUNDATION organized programs to educate the community about their rights and responsibilities as consumers. The initiative aimed to raise awareness on issues such as product quality, safe consumption, fair trade practices, and grievance redressal mechanisms.

Workshops, seminars, and awareness sessions were conducted in local communities and schools to engage participants actively. Informational materials and demonstrations were provided to help people recognize misleading advertisements, ensure safe purchases, and understand legal protections available to consumers.

Through this program, CNIMS RESEARCH FOUNDATION empowered community members to make informed decisions, exercise their consumer rights, and promote ethical business practices, thereby contributing to a more aware and responsible society.