

Reports of Outreach programme: 2020 - 2021



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)

NKT Centre for Outreach

Report on Community Extension & Outreach Activity
State Level Webinar on the Significance of Siddha Medicine



6th June 2020

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

NKT Centre for Outreach
Report on Community Extension & Outreach Activity
State Level Webinar on the Significance of Siddha Medicine



Siddha medicine is one of the most ancient medical systems of India. Siddha is the mother medicine of ancient Tamils/ Dravidians of peninsular South India. The word Siddha means established truth. The persons who were associated with establishing such a Siddha school of thought were known as Siddhars.

Siddha medicine has been used for the management of **chronic diseases and degenerative conditions**, such as rheumatoid arthritis, autoimmune conditions, collagen disorders, and conditions of the central nervous system.

A handwritten signature in green ink, consisting of stylized loops and a long horizontal stroke, followed by a small superscript '1'.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

State Level Webinar on the Significance of Siddha Medicine organized by the N.K.T. National College of Education for Women

The Outreach Programme State Level Webinar on the Significance of Siddha Medicine was organized by the NKT Centre for Outreach of the College for the people in the College and the community.



Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Dr. D. Velayudam, the Secretary General of the Indian Siddha Medical Association, Chennai, Faculty Members, Students, Non-Teaching Staff and all participants from the community for the Outreach Programme. She placed on record her gratitude to the Hon. Secretary of the College, Dr. M. Arumugam, for all his unconditional support and guidance and a note of appreciation to the Organizing Team, Mrs. D. Shenbagavalli, Mrs. E. Malini & Mrs. M. Venmani, Assistant Professors of the College and members of the NKT Student Union for all technical support.

The Resource Expert was introduced by Mrs. D. Shenbagavalli and the session started.



Siddha is an ancient Indian traditional treatment system which evolved in South India, and is dated to the times of 3rd millennium BCE Indus Valley Civilization or earlier. According to ancient literature of Siddha, it is said that the system of this medicine originated from Hindu God Shiva who taught it to his consort Parvati. Parvati then passed it on to Nandi and Nandi taught about it to nine Devtas.^[13]

Most Siddha medical practitioners are traditionally trained, usually in families and by gurus (teachers). When the guru is a martial arts teacher, he is also known as an *asha*. Traditionally, it is taught that the siddhars laid the foundation for this system of medication. Siddhars were spiritual adepts who possessed the ashta siddhis. Nandhisar is considered the first siddha and the guru of all siddhars.

Concept of disease and cause

When the normal equilibrium of the three humors – Vaadham, Pittham and Kapam – is disturbed, disease is caused. The factors assumed to affect this equilibrium are environment, climatic conditions, diet, physical activities, and stress. Under normal conditions, the ratio between Vaadham, Pittham, and Kapam are 4:2:1, respectively.

According to the Siddha medicine system, diet and lifestyle play a major role in health and in curing diseases. This concept of the Siddha medicine is termed as pathiyam and apathiyam, which is essentially a rule based system with a list of "do's and don'ts".

Herbalism

The siddhars could be classified into three groups: *thavaram* (herbal product), *thadhu* (inorganic substances) and *jangamam* (animal products). The thadhu agents are further classified as: *uppu* (water-soluble inorganic substances that give out vapour when put into fire), *pashanam* (agents not dissolved in water but emit vapour when fired), *uparasam* (similar to *pashanam* but differ in action), *loham* (not dissolved in water but melt when fired), *rasam* (substances which are soft), and *ghandhagam* (substances which are insoluble in water, like sulphur).



Programme Outcome and Feedback

The Programme was very beneficial to the participants from the College as well as from the community. Participants gave the feedback that the Programme made them to understand that Siddha medicine is one of the most ancient medical systems of India.

4


 PRINCIPAL
 N.K.T. NATIONAL COLLEGE OF EDUCATION
 FOR WOMEN (AUTONOMOUS),
 TRIPLICANE, CHENNAI-600 005.

Siddha is the mother medicine of ancient Tamils/Dravidians of peninsular South India. The word Siddha means established truth. The persons who were associated with establishing such a Siddha school of thought were known as Siddhars. They recorded their mystic findings in medicine, yoga, and astrology in Tamil. Fundamental Principles of Siddha include theories of Five Elements (Aimpootham), and Three Forces/Faults (Mukkuttram). The Eight Methods of Examination (Envakai Thervukal) is used to determine diagnosis, etiology, treatment and prognosis. Siddha has safe herbal and herbo mineral treatment for psoriasis, eczema, alopecia, diabetic ulcer, warts, vitiligo, pemphigus, pompholyx, leprosy, and many more very common and rare diseases. Lifestyle modifications including diet are important.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)
NKT Centre for Outreach

Report on Community Extension & Outreach Activity
A Five Day State Level Training Programme in Chess



8th – 12th June 2020

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity

A Five Day State Level Training Programme in Chess

[illegible]

Chess is known the world over, played by numerous fans, but its roots and origins are not clear and are highly debatable. There are a variety of legends, stories, and plain guesses, starting from a dispute over where it came from and ending with when chess began. Chess has been persuasively linked with improving children's concentration, problem-solving, critical, original and creative thinking – and even mathematical abilities. It is also said to help with **memory** storage and how young brains manage information – and should not only be perceived as a game for gifted children.

A Five Day State Level Training Programme in Chess organized by the NKT Centre for Outreach

Principal of the College, Dr. S. Chamundeswari addressed that studies have shown that children who play chess regularly significantly improve their visual memory and concentration. A fantastic aspect of chess is that the game rewards you for concentration and penalizes you for losing it. Lose focus and you lose a piece, or worse, the game! Maintain focus and you're likely to win!

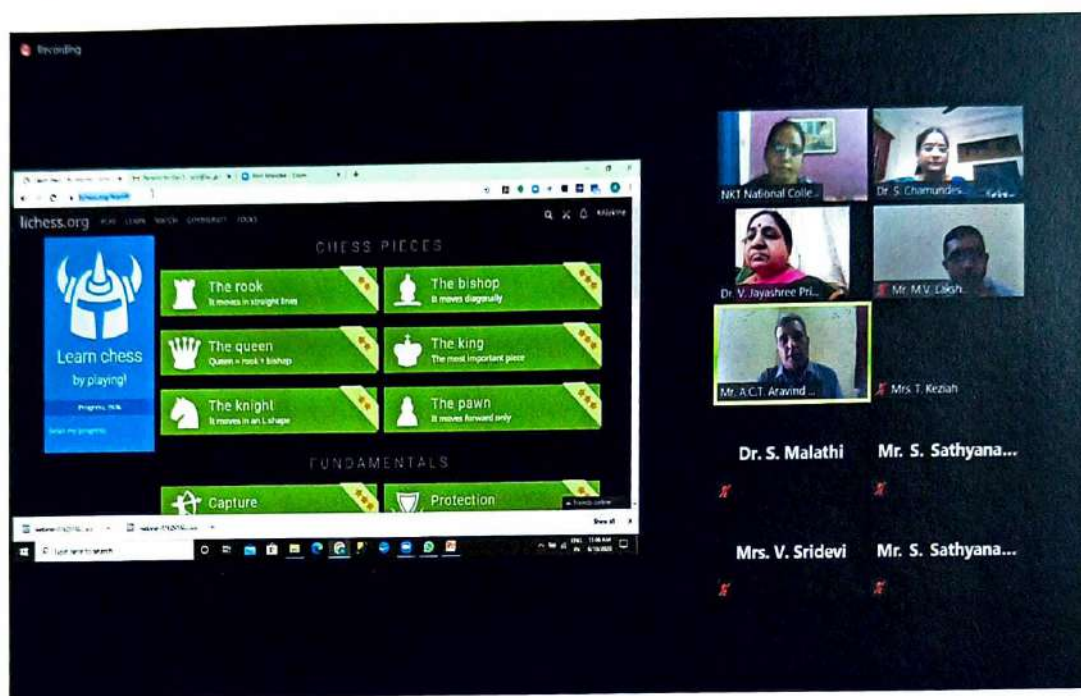
She welcomed the participants and the Resource Experts for the five days, Mr. M.V. Lakshminarayanan, Mr. A.C.T. Mathew & Mr. S. Sathyanarayanan and placed on record her gratitude to the Honourable Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance. She appreciated the organizers of the outreach programme during the pandemic situation, Dr. V. Jayashree Priyadharsini, Mrs. D. Shenbagavalli and Mrs. V. Sridevi for all their efforts taken. The Resource Experts were introduced by Dr. V. Jayashree Priyadharsini and the experts started the programme for the benefit of all children who are at home during the pandemic lockdown.




PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Mr. Lakshminarayanan addressed that the history of chess goes back almost 1500 years. The game originated in **northern India in the 6th century AD** and spread to Persia. When the Arabs conquered Persia, chess was taken up by the Muslim world and subsequently, through the Moorish conquest of Spain, spread to Southern Europe.

The earliest form of the game that's now called chess can be dated back to **India in the sixth century**. Like the modern game, this predecessor, called chaturanga (or catur) was played on an 8x8 grid and featured pieces generally similar to those of modern chess.



Chess is a two-player board game using a chessboard and sixteen pieces of six types for each player. Each type of piece moves in a distinct way. The object of the game is to checkmate (threaten with inescapable capture) the opponent's king. Games do not necessarily end in checkmate; a player who expects to lose may resign. A game can also end in a draw in several ways.

Besides the basic moves of the pieces, rules also govern the equipment used, time control, conduct and ethics of players, accommodations for physically challenged players, and

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

recording of moves using chess notation. Procedures for resolving irregularities that can occur during a game are provided as well.



At the beginning of the game, the pieces are arranged for each side one king, one queen, two rooks, two bishops, two knights, and eight pawns. The pieces are placed, one on a square, as follows:

- The rooks are placed on the outside corners, right and left edge.
- The knights are placed immediately inside of the rooks.
- The bishops are placed immediately inside of the knights.
- The queen is placed on the central square of the same color of that of the player: white queen on the white square and black queen on the black square.
- The king takes the vacant spot next to the queen.
- The pawns are placed one square in front of all of the other pieces.



Game Play

The player controlling the white pieces is named "White"; the player controlling the black pieces is named "Black". White moves first, then players alternate moves. Making a move is required; it is not legal to skip a move, even when having to move is detrimental. Play continues until a king is checkmated, a player resigns, or a draw is declared, as explained below. In addition, if the game is being played under a time control, a player who exceeds the time limit loses the game unless they cannot be checkmated.

The official chess rules do not include a procedure for determining who plays White. Instead, this decision is left open to tournament-specific rules (e.g. a Swiss system tournament or round-robin tournament) or, in the case of non-competitive play, mutual agreement, in which case some kind of random choice is often employed. A common method is for one player to conceal a piece (usually a pawn) of each color in either hand; the other player chooses a hand to open and receives the color of the piece that is revealed.


 PRINCIPAL
 N.K.T. NATIONAL COLLEGE OF EDUCATION
 FOR WOMEN (AUTONOMOUS),
 TRIPPLICANE, CHENNAI-600 005.

Movement

Basic moves

Each type of chess piece has its own method of movement. A piece moves to a vacant square except when *capturing* an opponent's piece.

Except for any move of the knight and castling, pieces cannot jump over other pieces. A piece is *captured* (or *taken*) when an attacking enemy piece replaces it on its square except in the case of *en passant*. The captured piece is thereby permanently removed from the game. The king can be put in check but cannot be captured.

- The king moves exactly one square horizontally, vertically, or diagonally. A special move with the king known as *castling* is allowed only once per player, per game (see below).
- A rook moves any number of vacant squares horizontally or vertically. It also is moved when castling.
- A bishop moves any number of vacant squares diagonally.
- The queen moves any number of vacant squares horizontally, vertically, or diagonally.
- A knight moves to one of the nearest squares not on the same *rank*, *file*, or *diagonal*. (This can be thought of as moving two squares horizontally then one square vertically, or moving one square horizontally then two squares vertically—i.e. in an "L" pattern.) The knight is not blocked by other pieces; it jumps to the new location.
- Pawns have the most complex rules of movement:
 - A pawn moves straight forward one square, if that square is vacant. If it has not yet moved, a pawn also has the option of moving *two* squares straight forward, provided both squares are vacant. Pawns cannot move backwards.
 - A pawn, unlike other pieces, captures differently from how it moves. A pawn can capture an enemy piece on either of the two squares diagonally in front of the pawn. It cannot move to those squares when vacant except when capturing *en passant*.

The pawn is also involved in the two special moves *en passant* and promotion.

All the Five days passed with enthusiastic participation of children throughout the state and the game was well explained and played online by the Resource Experts Mr. M.V. Lakshminarayanan, Mr. A.C.T. Mathew & Mr. S. Sathyanarayanan.

Programme Outcome and Feedback

The Five Day Chess Training was a great success and the programme was welcomed and appreciated by the people in the community as it improves cognitive skills (including concentration, pattern recognition, decision making, algebraic and geometric thinking, problem-solving, spatial reasoning, and critical thinking); Improves self-confidence and self-worth; Increases attention span.; Increases memory capacity.

The Valedictory Function on the last day was held with great excitement with children giving their feedback. Mrs. V. Sridevi proposed the formal Vote of Thanks to all Resource Experts for their commitment in conduct of the Five Day Training in Chess for the benefit of children in the community.

Principal addressed the gathering and placed on record her appreciation to all participants and good wishes to all children to continue playing chess during their free hours.

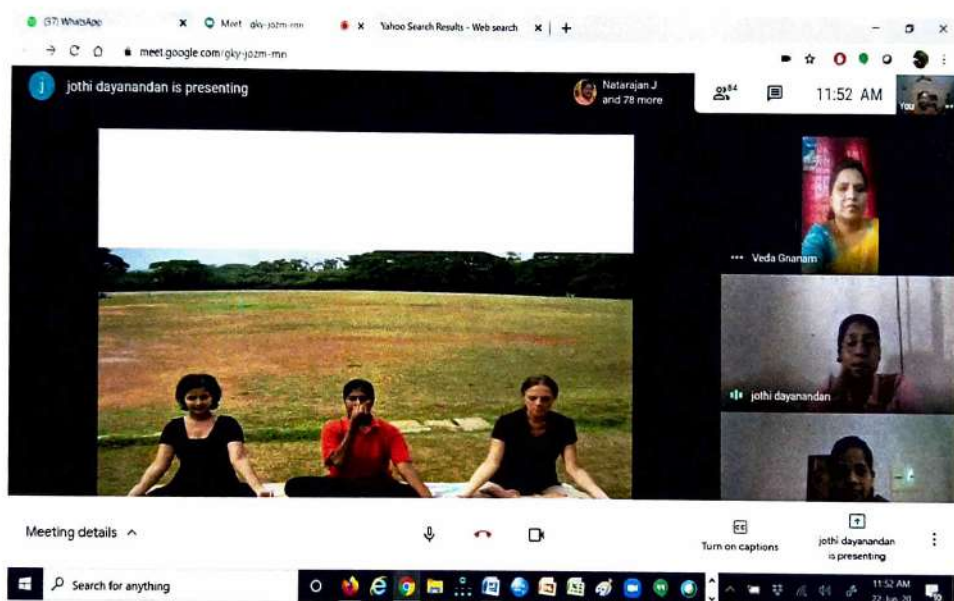




**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)**

NKT Health & Fitness Centre

**Report on Community Extension & Outreach Activity
National Webinar on Empowering Women through Physical Fitness**



22nd June 2020

**PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.**

NKT Health & Fitness Centre

Report on Community Extension & Outreach Activity

National Webinar on Empowering Women through Physical Fitness

22nd June 2020

In recent years, sports and physical activity is been used as a strategy for the empowerment of women and it has been gaining recognition worldwide. Involvement in sport and physical activity can build life skills, confidence, body awareness and also creates social networks, which result in dramatic positive life changes for the participants. Physical fitness helps to improve overall health. Fitness also controls the increasing body weight. Physical workout also reduces the high-risk factors of chronic disease and generates a good mental condition. Woman has to face so many barriers in her day to day life.

National Webinar on Empowering Women through Physical Fitness organized by the NKT Health & Fitness Centre



N.K.T. National College of Education for Women
(Autonomous)
Re-accredited with 'A' Grade (CGPA 3.26 / 4.00) by NAAC
Affiliated to Tamil Nadu Teachers Education University, Chennai, Tamil Nadu.

N.K.T. Health & Fitness Centre invites you for a National Webinar on
Empowering Women Through Physical Fitness
22nd June @ 11:00 am



Resource Expert
Dr. K. Jothi Dayanandan,
Associate Professor,
YMCA College of Physical Education, Chennai.
<https://forms.gle/kh27ZK6dZyhm59m58>

Programme Director
Dr. S. Chamundeswari
Principal

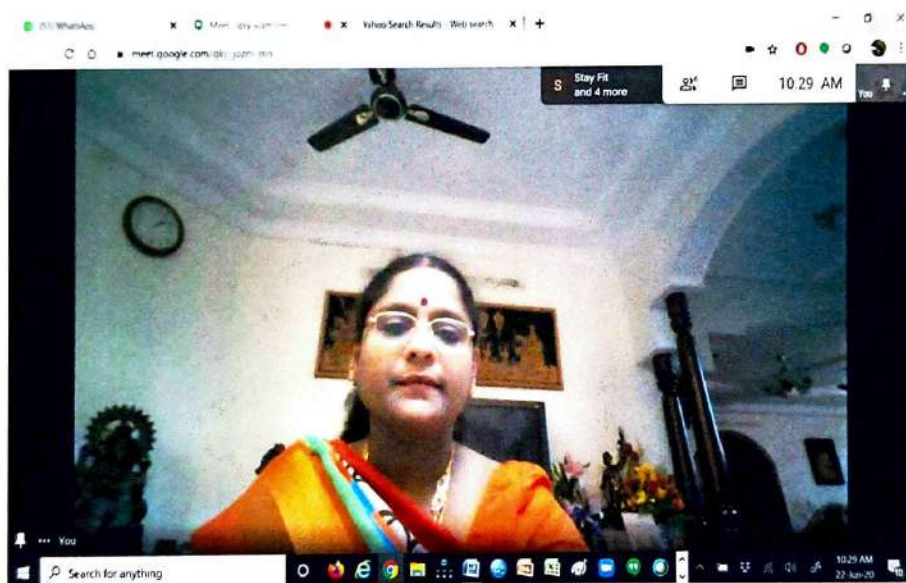
Programme Co-ordinators
Dr. D.T. Vedagannam **Mrs. A. Enid Ruth**
Directress of Physical Education Assistant Professor

No Registration Fee
E- Certificates will be provided for all the Participants



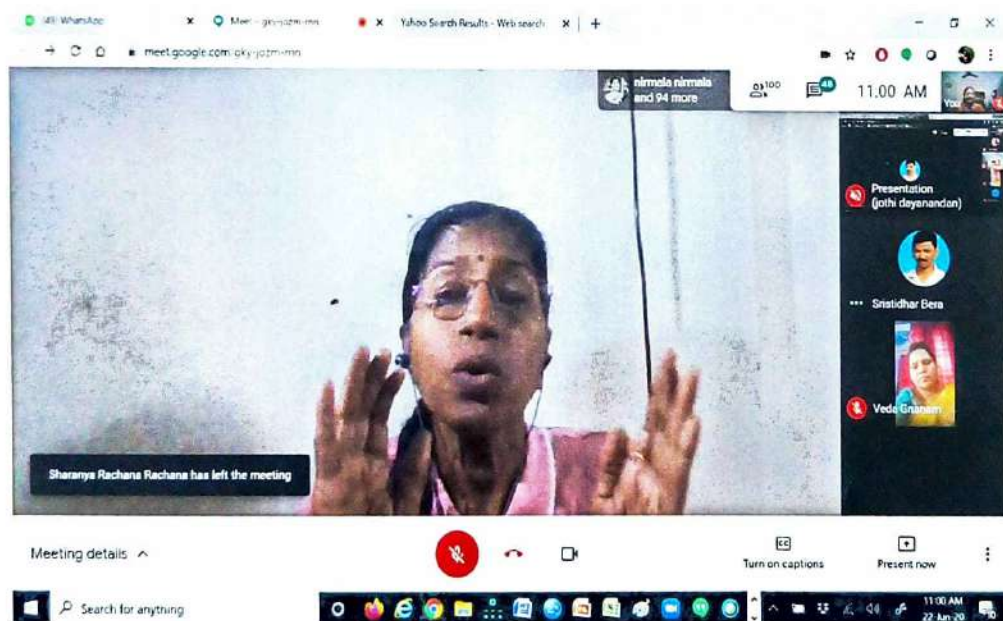
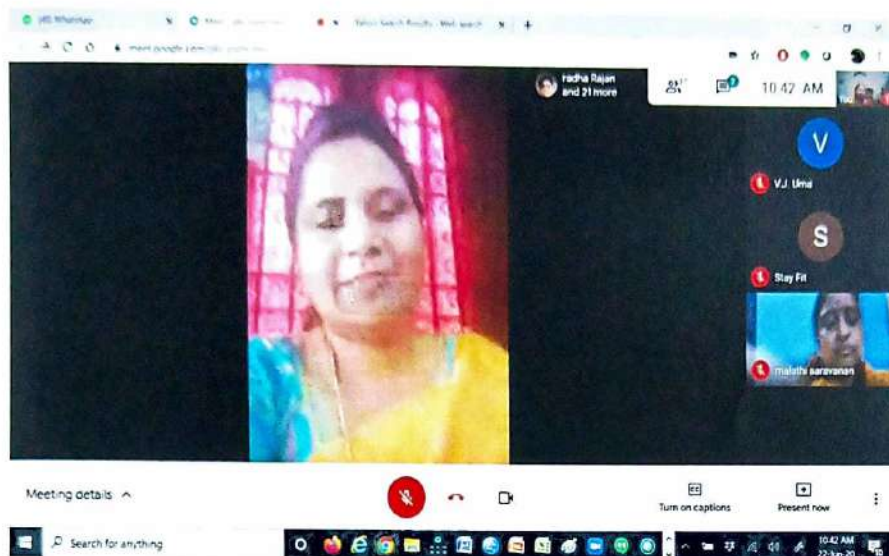
PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Nothing is more empowering than having self-confidence. Being proud of the woman you see in the mirror every morning is a feat many try hard to attain but few experience. The NKT Health and Fitness Centre organized an outreach programme for the benefit of women in the community during the Covid pandemic by inviting Dr. K. Jothy Dayanandan, Associate Professor, YMCA College, Chennai. The Principal of the College, Dr. S. Chamundeswari invited all participants and the Resource Expert of the Day for the Outreach Programme organized by the NKT Health & Fitness Centre and addressed that fitness is very essential for middle aged and older women as physical activities also give a great impact on the older woman as well. Physical exercise helps to maintain fibre and bone loss. It also improves their energy level. Gym yoga or even physical exercise can reduce the risk of breaking bones. It also delays the ageing effect on them like controls their diabetes and many other cardiovascular problems.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Dr. D.T. Vedagnanam, Directress of Physical Education and Programme organizer introduced the Resource Expert Dr. K. Jothy Dayanandan.



Due to the current trends of fitness and various types of workout regimes, the urge to maintain a regular exercising routine among the women of India has gained popularity in recent years.

[Handwritten signature]

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Tips to Stay Healthy and Fit

- **Stay Hydrated:** An essential part of being fit is staying hydrated at all times. One needs to understand the importance of drinking water as it helps with the weight loss process and also increases the flexibility of the body.
- **Exercise:** Physical activities are extremely important in order to stay fit and healthy. One can start with less intense sessions for shorter durations and move on to do slightly more intense workout routines. However, do not solely focus on cardio. Mix up your workouts so that every day your body has something new and exciting to look forward to.
- **Balanced Diet:** Having a balanced diet needs to go hand in hand with the workout and training sessions, as it helps in the increase of the energy levels of the body. Boosting of the metabolic action of the body, over time, could also be noticed.
- **Sleep Routine:** Maintaining a proper sleep routine is could be considered as one of the most important steps in keeping fit and healthy.

Benefits of Fitness for Women

- **Reduction in the risk of dementia** – Regular exercises and fitness routines helps in the maintenance of the body balance, hence reducing the risk of dementia in women. Physical activities, including dance, cycling, and weight training, significantly decrease the chances of cognitive impairment in the later stages of life.
- **Reduction in the risk of osteoporosis** – Bone strength is an important part of having a healthy and strong body. Exercises, such as jogging, climbing, aerobics, and hiking, enhances the strength of the bones, thus reducing the osteoporosis risks.
- **Prevention of Muscle Loss** – Maintaining muscle mass becomes difficult with the increase in age, there the need for a regular exercise pattern becomes a necessity. Fitness routines also help in the improvement of metabolism and increase strength, endurance, and stamina.



- **Improvement in the Digestion Process** – Strengthening of the abdominal muscles allows for an easier and more effective breaking down and transport of the food particles. This can easily be achieved through the bare minimum levels of exercise, such as walking on a daily basis.

Reduction in the Stress, Depression, and Anxiety levels – Working out on a regular basis has the ability to uplifts the mood of individuals, and helps with the decrease the stress level to a large extent.

- **Enhancement of the Productivity and Mental Stability** – Exercising regularly has several advantages, the major one being the aiding individuals to maintain a healthy mind. Stability of the mind is directly related to self – improvement and overall productivity.
- **Reduction in the Cancer Risks** – In this era where cancer has become a dominant problem, one needs to understand the necessity of fitness in the reduction in the cancer risk.
- **Reduction in the Chances of Strokes** – The severity of strokes greatly varies depending on the day to day routine of an individual. Milder strokes are easier to manage and thus the emphasis on the need for a healthy regimen.
- **Improves the Skin** – A glowing skin could very well be the motivation that one requires to workout regularly. A drastic improvement in the condition of the skin could be noticed after a good training session.
- **Weight Loss** – The major advantage of fitness regimen is the weight loss aspect, which ultimately keeps in check several diseases that might come your way.

Workout sessions vary according to the needs and convenience of individuals, some of the **best workout schedules for women** that could have a positive impact on the mind and body have been listed below.

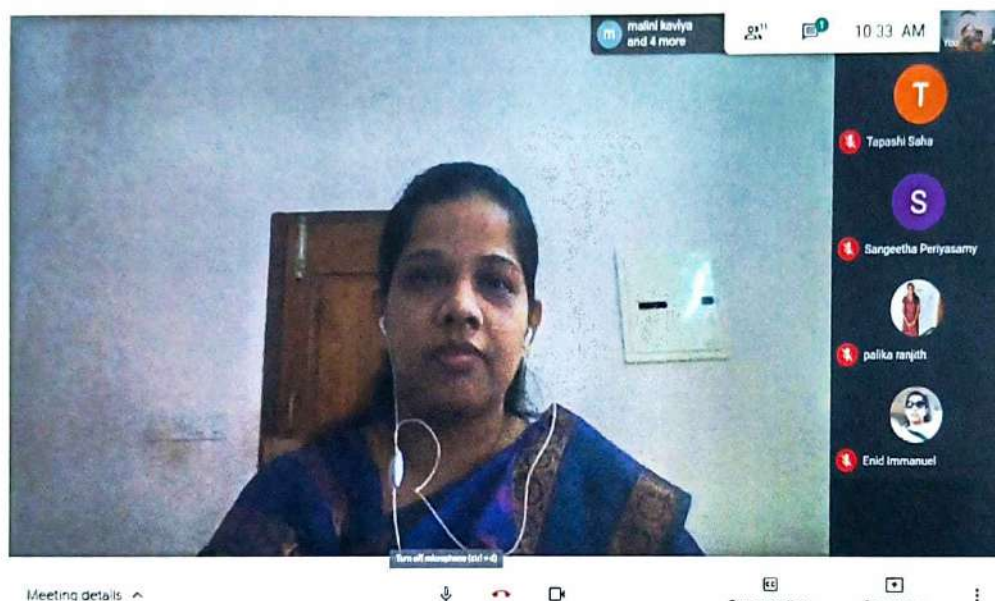
- **Running:** Running often has a rejuvenating effect on people, as it gives a certain perspective on the various issues that have been stuck in their head. It also has a positive effect on the body.
- **Squats:** Body balance and mobility can be greatly improved through squats. It also initiates the fat burning process.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

- **Plank:** Plank helps in the strengthening of the core muscles and also giving a toned and flat stomach
- **Crunches:** Crunches improve the flexibility of the body and also helps in the proper movement of each and every muscle in the body
- **Jumping Jacks:** An increase in the heart rate as well in the blood circulation, in addition to the fat-burning, are the outcomes of this particular exercise.
- **Push-Ups:** Push-ups can do wonders in the toning of the upper body and the overall strengthening of the body.
- **Fat Burning Interval Training:** Long periods of intense training sessions, of maximum intensity, followed by short rest periods help in the faster reduction of fat.

Programme Outcome and Feedback



The participants of the National Webinar on Empowering Women through Fitness organized by the NKT Health and Fitness Centre, appreciated the Programme as it was felt to be a very useful for women folk. It was opined to be an eye opener to all due to the following reasons:

Reduce Dementia Risk: Physical exercise also helps to improve the cognitive function among healthy older persons. Eventually, it cut out the risk factor of developing some


 PRINCIPAL
 N.K.T NATIONAL COLLEGE OF EDUCATION
 FOR WOMEN (AUTONOMOUS),
 TRIPPLICANE, CHENNAI-600 005.

other serious disease. Except joining the gym or regular exercise it has an amazing alternative and that is dance class. This is also helpful in learning skills and improvement of memory. But physical exercise is the top listed among all.

Exercise Improves Digestion: It is undeniable that exercise helps the movement of your body. Exercise also helps the intestinal muscles which help to break down the food. Also helps to move the food through your system without any obstacle. All of this, including strengthening the abdominal muscles and minimizing the sluggishness, happens for a regular exercise.

Diminish Cancer Risk: Research has been confirmed that lung risk, colon risk, breast cancer can be massively reduced by doing regular exercise. Exercise also helps to get regular periods. Even it also solves the irregular period-related issues. But heavy exercise can lower the levels of estrogen. Exercise also improves your skin texture and mild stroke factors.

Principal was overwhelmed to receive the feedback and placed on record her gratitude to the Honourable Secretary of the College, Dr. M. Arumugam for all his support and guidance in the conduct of the programme and her appreciation to the Programme coordinators Dr. D.T. Vedagnanam, Directress of Physical Education and Mrs. A. Enid Ruth, Assistant Professor of Education. She also asked participants to follow the suggestions given by the Resource Expert to stay fit and healthy at all times.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.



**Institute of Advanced Study In Education (IASE), Saldapet
(Autonomous)
In Collaboration with**



**N.K.T. National College of Education for Women, Chennai
(Autonomous)**

**Report on Community Extension & Outreach Activity
Webinar on Computer Vision Syndrome**



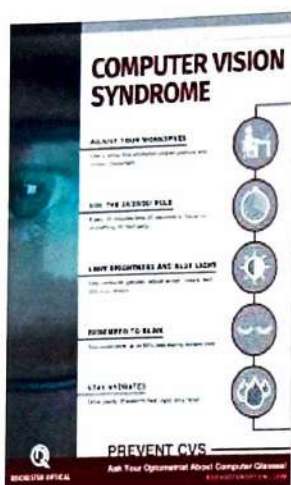
1st July 2020

**PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.**

Report on Community Extension & Outreach Activity

Webinar on Computer Vision Syndrome

1st July 2020



HOW TO PREVENT COMPUTER VISION SYNDROME

- Adjust the viewing distance
- Use the right lighting
- Install anti-glare screens
- Correct your posture and position
- Take breaks from screens
- Blink more regularly
- Choose the correct eyewear



Globally, computer is one of the common office tools used in various institutions. Computer vision syndrome, also referred to as digital eye strain, describes a group of eye- and vision-related problems that result from prolonged computer, tablet, e-reader and cell phone use.

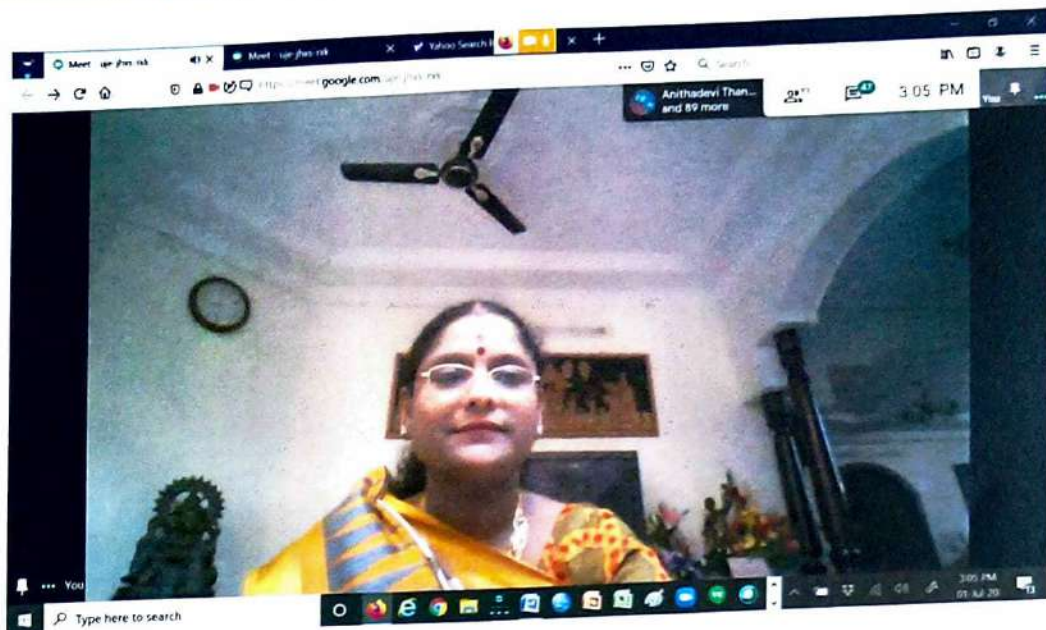
Computer vision syndrome is the leading occupational health problem of the twenty-first century. About 70 percent of computer users are suffered from CVS. Besides the health problems, CVS causes inefficiency at workplace and deteriorate quality of work.

The problems can include eyes that itch and tear, and are dry and red. These problems have been increasing in frequency over the past few decades. Many people have some symptoms if they use a computer or digital device for long periods. Most computer or digital device users have symptoms at least some of the time. Digital eye strain is very common in both children and adults.

1

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

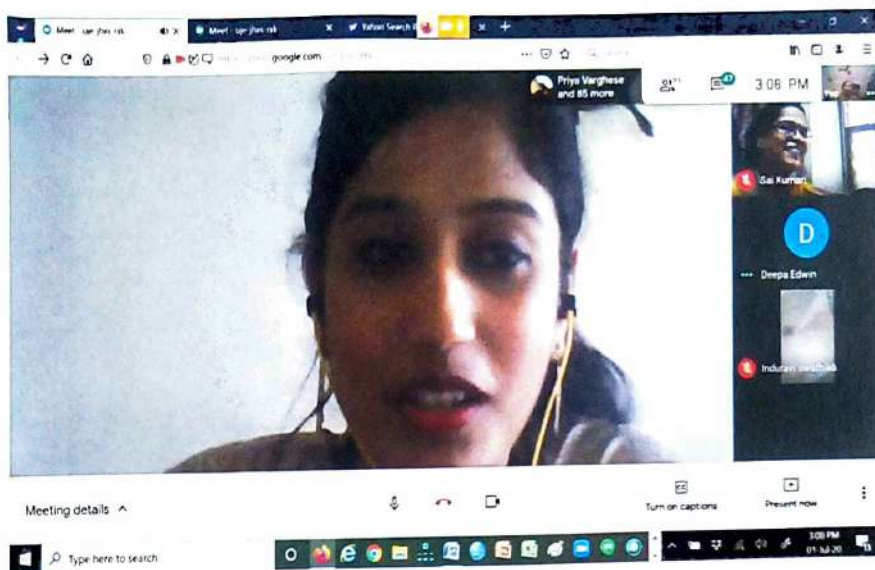
Webinar on Computer Vision Syndrome organized by Institute of Advanced Study in Education (IASE) Saidapet and N.K.T. National College of Education for Women



The Outreach Programme organized to bring awareness about Computer Vision Syndrome started with the Welcome Address of Dr. S. Chamundeswari, Principal, NKT National College of Education for Women. She welcomed the gathering and placed on record her gratitude to the College Secretary, Dr. M. Arumugam, thanking note to Dr. G. Krishnan, Principal of the Collaborating Institution, IASE Saidapet and a note of Appreciation to the Organizing Team, Dr. K. Sai Kumari, Dr. V. Jayashree Priyadhasini, Dr. Deepa Edwin, Dr. V.J. Uma, Mrs. V. Sridevi & Dr. S. Dharmaraju.

The Resource Expert of the day Dr. Swetha Ravi, Medical Officer, Aravind Eye Hospital, Pondicherry was introduced by Dr. K. Sai Kumari, Assistant Professor, IASE Saidapet and the session started.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 005.



Many individuals experience eye discomfort and vision problems when viewing digital screens for extended periods. The level of discomfort appears to increase with the amount of digital screen use.

Viewing a computer or digital screen often makes the eyes work harder. As a result, the unique characteristics and high visual demands of computer and digital screen viewing make many individuals susceptible to the development of vision-related symptoms. Uncorrected vision problems can increase the severity of computer vision syndrome (CVS) or digital eyestrain symptoms. Viewing a computer or digital screen is different than reading a printed page. Often the letters on the computer or handheld device are not as precise or sharply defined, the level of contrast of the letters to the background is reduced, and the presence of glare and reflections on the screen may make viewing difficult.

Viewing distances and angles used for this type of work are also often different from those commonly used for other reading or writing tasks. As a result, the eye focusing and eye movement requirements for digital screen viewing can place additional demands on the visual system. In addition, the presence of even minor vision

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS)
TRIPLICANE, CHENNAI-600 005.

problems can often significantly affect comfort and performance at a computer or while using other digital screen devices. Uncorrected or under corrected vision problems can be major contributing factors to computer-related eyestrain. Even people who have an eyeglass or contact lens prescription may find it's not suitable for the specific viewing distances of their computer screen. Some people tilt their heads at odd angles because their glasses aren't designed for looking at a computer or they bend toward the screen in order to see it clearly. Their postures can result in muscle spasms or pain in the neck, shoulder or back.

In most cases, symptoms of CVS occur because the visual demands of the task exceed the visual abilities of the individual to comfortably perform them. At greatest risk for developing CVS are those persons who spend two or more continuous hours at a computer or using a digital screen device every day.

Symptoms

The most common symptoms associated with CVS or digital eyestrain are:

- Eyestrain.
- Headaches.
- Blurred vision.
- Dry eyes.
- Neck and shoulder pain.

These symptoms may be caused by:

- Poor lighting.
- Glare on a digital screen.
- Improper viewing distances.
- Poor seating posture.
- Uncorrected vision problems.
- A combination of these factors.

The extent to which individuals experience visual symptoms often depends on the level of their visual abilities and the amount of time spent looking at a digital screen. Uncorrected vision problems like **farsightedness** and **astigmatism**, inadequate eye focusing or eye coordination abilities, and aging changes of the eyes, such as **presbyopia**, can all contribute to the development of visual symptoms when using a computer or digital screen device.

Many of the visual symptoms experienced by users are only temporary and will decline after stopping computer work or use of the digital device. However, some individuals may experience continued reduced visual abilities, such as blurred distance vision, even after stopping work at a computer. If nothing is done to address the cause of the problem, the symptoms will continue to recur and perhaps worsen with future digital screen use.

Diagnosis

Digital eyestrain, can be diagnosed through a **comprehensive eye examination**. Testing, with special emphasis on visual requirements at the computer or digital device working distance, may include:

- Patient history to determine any symptoms the patient is experiencing and the presence of any general health problems, medications taken or environmental factors that may be contributing to the symptoms related to computer use.
- Visual acuity measurements to assess the extent to which vision may be affected.
- A refraction to determine the appropriate lens power needed to compensate for any refractive errors (nearsightedness, farsightedness or astigmatism).
- Testing how the eyes focus, move and work together. In order to obtain a clear, single image of what is being viewed, the eyes must effectively change focus, move and work in unison. This testing will look for problems that keep the eyes from focusing effectively or make it difficult to use both eyes together.

This testing may be done without the use of eye drops to determine how the eyes respond under normal seeing conditions. In some cases, such as when some of the eyes' focusing power may be hidden, eye drops may be used. They temporarily keep the eyes from changing focus while testing is done. Using the information obtained from these tests, along with the results of other tests, a doctor of optometry can determine the presence of CVS or digital eyestrain and advise treatment options.

Treatment

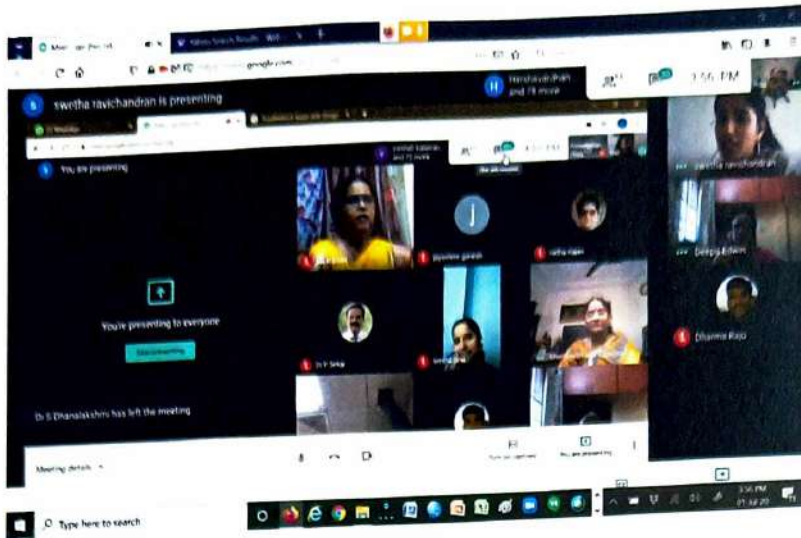
Solutions to digital screen-related vision problems are varied. However, they can usually be alleviated by obtaining regular eye care and making changes in how the screen is viewed.

In some cases, individuals who do not require the use of eyeglasses for other daily activities may benefit from glasses prescribed specifically for computer use. In addition, persons already wearing glasses may find their current prescription does not provide optimal vision for viewing a computer.

- Eye glasses or contact lenses prescribed for general use may not be adequate for computer work. Lenses prescribed to meet the unique visual demands of computer viewing may be needed. Special lens designs, lens powers or lens tints or coatings may help to maximize visual abilities and comfort.
- Some computer users experience problems with eye focusing or eye coordination that can't be adequately corrected with eyeglasses or contact lenses. A program of vision therapy may be needed to treat these specific problems. Vision therapy, also called visual training, is a structured program of visual activities prescribed to improve visual abilities. It trains the eyes and brain to work together more effectively. These eye exercises help remediate deficiencies in eye movement, eye focusing, and eye teaming and reinforce the eye-brain connection. Treatment may include office-based as well as home training procedures.

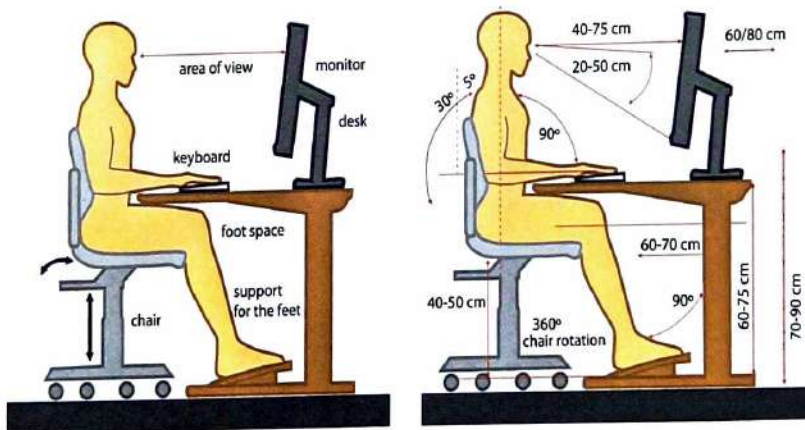
 6

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS).
TRIPPLICANE, CHENNAI-600 005.



Sitting Posture

Proper body positioning for computer use. Some important factors in preventing or reducing the symptoms of CVS have to do with the computer and how it is used. This includes lighting conditions, chair comfort, location of reference materials, the position of the monitor, and the use of rest breaks.



- **Location of the computer screen.** Most people find it more comfortable to view a computer when the eyes are looking downward. Optimally, the computer screen should be 15 to 20 degrees below eye level (about 4 or 5

[Handwritten signature]

inches) as measured from the center of the screen and 20 to 28 inches from the eyes.

- **Reference materials.** These materials should be located above the keyboard and below the monitor. If this is not possible, a document holder can be used beside the monitor. The goal is to position the documents, so the head does not need to be repositioned from the document to the screen.
- **Lighting.** Position the computer screen to avoid glare, particularly from overhead lighting or windows. Use blinds or drapes on windows and replace the light bulbs in desk lamps with bulbs of lower wattage.
- **Anti-glare screens.** If there is no way to minimize glare from light sources, consider using a screen glare filter. These filters decrease the amount of light reflected from the screen.
- **Seating position.** Chairs should be comfortably padded and conform to the body. Chair height should be adjusted so the feet rest flat on the floor. Arms should be adjusted to provide support while typing and wrists shouldn't rest on the keyboard when typing.
- **Rest breaks.** To prevent eyestrain, try to rest eyes when using the computer for long periods. Resting the eyes for 15 minutes after two hours of continuous computer use. Also, for every 20 minutes of computer viewing, look into the distance for 20 seconds to allow the eyes a chance to refocus.
- **Blinking.** To minimize the chances of developing dry eye when using a computer, try to blink frequently. Blinking keeps the front surface of the eye moist.

Programme Outcome and Feedback

The Outreach Programme was very useful as it made people to understand the causes of Computer Vision Syndrome (CVS) and also to realize the ways to prevent by following certain disciplines as the sitting posture as many people are not accustomed to the correct sitting postures during long working hours in front of the computer. The Programme was appreciated by around 400 participants from the community who were benefited.


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN

(Autonomous)

Guidance & Counselling Cell

Report on Community Extension Programme

You Share & We Care

N.K.T National College of Education for Women
(Autonomous)
Recognized with 'A' Grade with a CSPM-12/1989 by NAAC
Affiliated to the Tamil Nadu State Open University, Chennai
Sankar Road, India

You Share & We Care
Organized by
Guidance and Counselling Cell

Dear Students,

- Do you feel lonely?
- Do you feel restless?
- Do you feel insecure?

We are here to help you during this pandemic period.

- ✓ To Motivate
- ✓ To improve your morale
- ✓ To make you feel worthwhile and happy

Contact: Dr. S. Malathi - 9441172972 (Co-Ordinator)
Dr. K. Vijaya - 979908526 (Counselor)
Mrs. S. Rajamani - 9444345955 (Counselor)
G.C.C. Cell Director: Dr. S. Chomundeswar (Principal)

Feel free to call us to serve you better.
"You are much stronger than you think."

1st July 2020


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Guidance & Counselling Cell
Report on Community Extension Programme
You Share & We Care
1st July 2020



Guidance and counselling help to recognize and understand about one's talents and abilities, help to develop an optimistic outlook for removal of undesirable traits, it aids to develop resourcefulness and self-direction in adapting to changes in society. Guidance and counselling earn recognition through their services rendered in enhancing human happiness by being healthier, more productive, attain valuable lesson and also eliminate later stage problems. The major aim of guidance and counselling services is to encourage students' academic, social, emotional and personal development. today's time young minds need guidance to polish their personality and also help to attend to the physical, social, psychological, educational and vocational needs of the school students who go a long way to remove impediments of learning.

'You share and we care' organised by Guidance and counselling Cell through Online Platform

"Share is caring" Helping Others Can Improve your Own Life.

It is important to share and we care because the person feels like they belong here. It makes the person feel that people care about you. When you care and share for another persons, even if its someone you do not know, not only does it make the person feel


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

good but it make you feel good too! Teaching Staff for Guidance and counseling cell are Dr. S. Malathi, Associate Professor, Mrs, A. H. Komala, and Mrs. S. Rajamani

It's important to care and share because if you do, other people would follow in your footsteps and the world would be a happier place. It effects people in a good way because if you do something good to someone, they will feel loved and most likely do something good for someone else. Sharing helps people to interact in a meaningful and pleasant way that builds community. In addition when you depend on and assist one another, it creates a real sense of belonging, teamwork, and shabout quality of life are destiny when you are able to trust in and depend on each other. Guidance and counselling needs must be known, so that, steps can be taken to make available required support services in this regard to them at an adequate level

Programme Outcome and Feedback

The Programme was a very useful organized by Guidance and Counselling Cell as it was felt by the participants on interaction that the programme has created a great help to the student community by giving proper insight to the subjects who were in need of it during the pandemic situation. The students received extra support from a range of counselors for the benefit of mental and emotional level. Principal once again appreciated the organizing Team of Faculty members who are incharge of the programme.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS).
TRIPLICANE, CHENNAI-600 005.



(Autonomous)

**MOHAMED SATHAK DASTHAGIR TEACHER TRAINING COLLEGE
RAMANATHAPURAM**

Live Webinar on Cyber Psychology



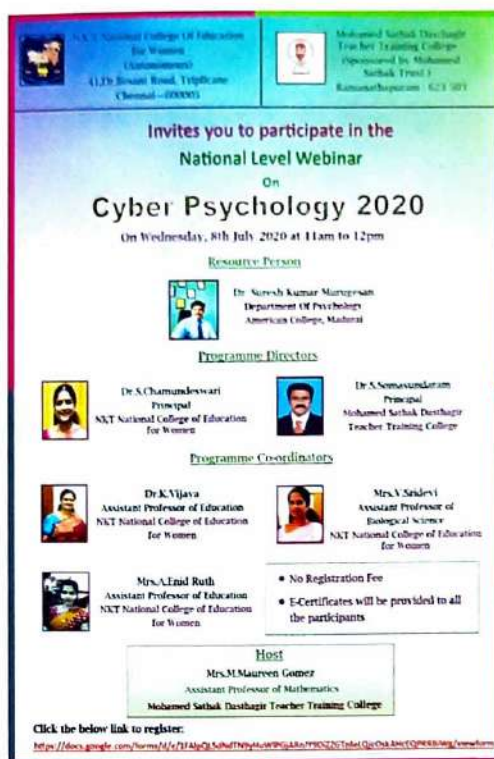
8th July 2020

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity

Live Webinar on Cyber Psychology

8th July 2020



The poster is a colorful invitation for a National Level Webinar on Cyber Psychology 2020. It features logos of the organizing institutions at the top: N.K.T. National College of Education for Women (Autonomous) and Mohamed Sathak Dasthagir Teacher Training College. The central text invites participation on Wednesday, 8th July 2020, from 11am to 12pm. It lists the Resource Person, Dr. Suresh Kumar Murugesan, and the Programme Directors, Dr. S. Chamundeswari and Dr. S. Somenudaram. Programme Co-ordinators include Dr. K. Vijaya and Mrs. V. Sridevi. A host, Mrs. M. Maureen Gomez, is also mentioned. The poster includes a registration link and a note about e-certificates.

Invites you to participate in the
National Level Webinar
On
Cyber Psychology 2020
On Wednesday, 8th July 2020 at 11am to 12pm

Resource Person

Dr. Suresh Kumar Murugesan
Department of Psychology
American College, Madurai

Programme Directors

Dr. S. Chamundeswari
Principal
NKT National College of Education
For Women

Dr. S. Somenudaram
Principal
Mohamed Sathak Dasthagir
Teacher Training College

Programme Co-ordinators

Dr. K. Vijaya
Assistant Professor of Education
NKT National College of Education
For Women

Mrs. V. Sridevi
Assistant Professor of
Biological Science
NKT National College of Education
For Women


Mrs. A. Inad Ruth
Assistant Professor of Education
NKT National College of Education
For Women

- No Registration Fee
- E-Certificates will be provided to all the participants

Host

Mrs. M. Maureen Gomez
Assistant Professor of Mathematics
Mohamed Sathak Dasthagir Teacher Training College

Click the below link to register:
<https://docs.google.com/forms/d/1zT3AlpQzSnhfThy4uLwBqGJkAa7Pp0CZ7TddLQpChkAmCQpK83Wq/edit#form>

Cyber Psychology is the study of the human mind and behavior and how the culture of technology, specifically, virtual reality, and social media affect them. Mainstream research studies focus on the effect of the Internet and cyberspace on the psychology of individuals and groups.

Live Webinar organized by N.K.T. National College of Education for Women and Mohamed Sathak Dasthagir Teacher Training College, Ramanathapuram

Cyber psychology is also addressed as Internet psychology or web psychology. In the modern era it is gaining momentum as a field, as more and more people are embracing


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

the virtual world. Changing lifestyles and a constant digital presence is impacting the minds of millions of youngsters as the average amount of time spent on the internet increases rapidly. Youngsters are spending a lot of time online-chatting with their friends through social networks, playing online games with their peers, and shopping products online. As the individual need for recognition and self actualisation grows, youngsters are trying to form and establish identities online. This hunger for appreciation, coupled with long hours spent online are paving way for several problems regarding the health and well being of the adolescents. To address these issues for the benefit of students in the community the Live Webinar on Cyber Psychology was organized by N.K.T. National College of Education for Women and Mohamed Sathak Dasthagir Teacher Training College, Ramanathapuram.

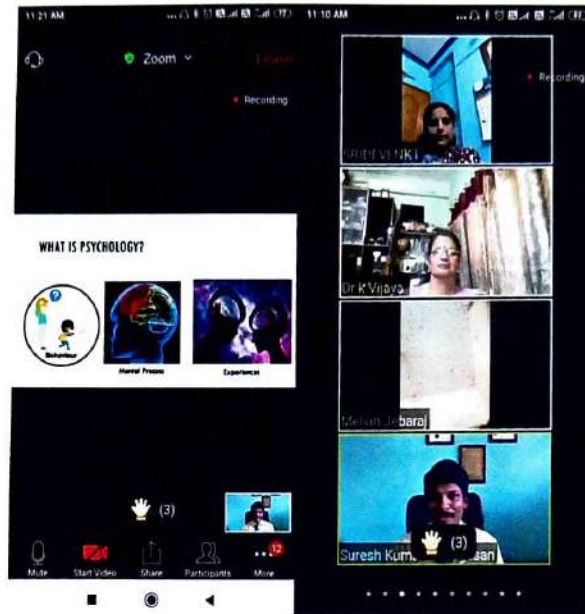


The participants were welcomed and addressed by Principals of both the collaborating Institutions. Dr. S. Chamundeswari, Principal, NKT National College of Education for Women, Chennai placed on record her gratitude to the Hon Secretary of the College, Dr. M. Arumugam, the Head of the Collaborating Institution, Dr. S. Somasundaram, Principal, Mohamed Sathak Dasthagir Teacher Training College, Ramanathapuram, Organizing Team, Dr. K. Vijaya, Mrs. V. Sridevi and Mrs. A. Enid Ruth, Assistant Professors of the College. The Resource Expert of the day, Dr. Suresh Kumar


 PRINCIPAL
 N.K.T. NATIONAL COLLEGE OF EDUCATION
 FOR WOMEN (AUTONOMOUS)
 TRIPLICANE, CHENNAI-600 005.

Murugesan, Department of Psychology, American College, Madurai was introduced and the session started.

Cyber Psychology is the field of study pertaining to the way people interact through computers or digital devices and the emotional effects that usage has on the brain. Cyber Psychology is also referred to as internet psychology or web psychology.



Cyber Psychologists and other people who specialize in the study of the mind and behavior use the field to understand the ways in which online life affects their patients. This, in turn, increases their understanding of how to best help their patients' internet and computer-related psychological issues.

Cyber comes from the word cybernetics, which is the operation of computer control and communication. The cyber psychology field also encompasses rapidly approaching future considerations such as cyborgs, the effects of interaction with artificial intelligence (AI) and robots.

Cyber Psychology Studies

Cyber Psychology studies the mental and emotional effects, implications and phenomena of computer and internet use. The study of Cyber Psychology shows how people think and behave in different ways while using -- and as a result of using -- technology. Cyber Psychology is especially interested in the effects of social media and virtual reality on the minds of users.

One noted effect of social media is the lowering of a person's self-esteem due to the constant comparison of their own life to the glamorized lives portrayed by the people they follow online. Also related to social media is the fear of missing out (FOMO) and fear of being missed (FOBM), which concerns the compulsive checking of a user's social media account and posting constant updates out of fear of missing friends and any sort of event.

Other popular topics of study include online identities, personality types on the internet, regressive behavior online, technology, smart phone and social media addictions, cyber bullying, negative effects on relationships and online gender-switching.

Therapy

Beyond traditional therapy, e-therapy has emerged as a potential way for individuals to receive mental health care. E-therapy is a therapeutic counseling service provided to a patient over the internet. Even though it may be a controversial approach to therapy, it can be beneficial for people who aren't able to go to a therapist in a physical location. E-therapy can also see therapists and patients interact via emails, chats or video.

However, when searching for an e-therapy service, one should ensure that they are talking to a licensed professional. In a past controversy, e-therapy service Better Help was discovered to have hidden that they could not guarantee a user was talking to a licensed professional; claiming it was on the user to determine this in their terms of service.

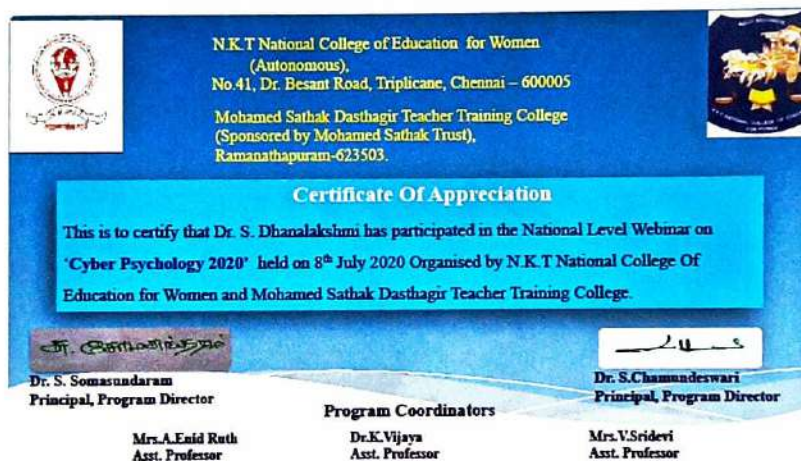


Virtual reality can also be applied in various therapeutic environments, including the treatment of patients with PTSD, autism and phobias. Immersive virtual reality therapy alters a patient's perception of their environment and safely places them in a potentially triggering setting. Here, the patient can securely investigate their fears without any real threats to their wellbeing and while being guided and monitored by a therapist.

Programme Outcome and Feedback

The Programme created a lot of awareness among students and community people who participated in the Programme. It was well understood by participants that with the rising number of Internet and computer users around the world, computer technology's effects on the human psyche will continue to significantly shape both interactions with each other and people's perceptions of a world literally "at fingertips".

The Programme was appreciated by all and the Resource Expert was thanked formally.




PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.



N.K.T. National College of Education for Women, Chennai
(Autonomous)

In Collaboration with



Sarah Tucker College, Tirunelveli
(Autonomous)

Report on Community Extension & Outreach Activity **National Webinar on Psychological Aspects of Mental Wellbeing**



22nd July 2020

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity
National Webinar on Psychological Aspects of Mental Wellbeing
22nd July 2020



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Psychological well-being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. Psychological well-being is attained by achieving a **state of balance affected by** both challenging and rewarding life events.


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

National Webinar on Psychological Aspects of Mental Wellbeing organized by N.K.T. National College of Education for Women, Chennai and Sarah Tucker College, Tirunelveli

The Principal of the College Dr. S. Chamundeswari, addressed that psychosocial well-being incorporates the physical, economic, social, mental, emotional, cultural, and spiritual determinants of health. Well-being of an individual includes coping with the various stresses of everyday living and realization of the full potential of an individual as a productive member of the society and welcomed the gathering for a very important Outreach Programme organized for the benefit of all in the society. She placed on record her gratitude to the Honourable Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance and a note of appreciation to the Organizing Team, Mrs. A. Enid Ruth, Assistant Professor, N.K.T. National College of Education for Women, Chennai & Dr. Agnes Princy Solomon, Director of Physical Education, Sarah Tucker College, Tirunelveli.

The Resource Expert of the day Dr. K. Kannadasan Assistant Professor, Department of Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai was introduced and the session started.




PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Well-being is a positive outcome that is meaningful for people and for many sectors of society, because it tells us that people perceive that their lives are going well. Good living conditions (e.g., housing, employment) are fundamental to well-being. Tracking these conditions is important for public policy. However, many indicators that measure living conditions fail to measure what people think and feel about their lives, such as the quality of their relationships, their positive emotions and resilience, the realization of their potential, or their overall satisfaction with life—i.e., their "well-being."



Well-being generally includes global judgments of life satisfaction and feelings ranging from depression to joy. Psychological Wellbeing (PWB) has two important facets.

The first of these refers to the extent to which people experience positive emotions and feelings of happiness. Sometimes this aspect of psychological wellbeing is referred to as subjective wellbeing.

Subjective wellbeing is a necessary part of overall PWB but on its own it is not enough.

3


 PRINCIPAL
 N.K.T. NATIONAL COLLEGE OF EDUCATION
 FOR WOMEN (AUTONOMOUS),
 TRIPLICANE, CHENNAI-600 005.

The two important ingredients in PWB are the subjective happy feelings brought on by something we enjoy AND the feeling that what we are doing with our lives has some meaning and purpose.

Self-Acceptance: One's positive attitude about his or her self. An example statement for this criterion is "I like most aspects of my personality"

Environmental Mastery: One makes effective use of opportunities and has a sense of mastery in managing environmental factors and activities, including managing everyday affairs and creating situations to benefit personal needs. An example statement for this criterion is "In general, I feel I am in charge of the situation in which I live".

Positive Relations with Others: High scores reflect the respondent's engagement in meaningful relationships with others that include reciprocal empathy, intimacy, and affection. An example statement for this criterion is "People would describe me as a giving person, willing to share my time with others".

Personal Growth: High scores indicate that one continues to develop, is welcoming to new experiences, and recognizes improvements in behavior and self over time. An example statement for this criterion is "I think it is important to have new experiences that challenge how you think about yourself and the world".

Purpose in Life: High scores reflect the respondent's strong goal orientation and conviction that life holds meaning. An example statement for this criterion is "Some people wander aimlessly through life, but I am not one of them".

Autonomy: one is independent and regulates his or her behavior independent of social pressures. An example statement for this criterion is "I have confidence in my opinions, even if they are contrary to the general consensus".

The session ended with the note of thanks to the Resource Expert and all participants of the National Webinar on Psychological Aspects of Mental Wellbeing.



Programme Outcome and Feedback

The Outreach Programme on psychological aspects of mental well-being was very useful to the people in the community who attended the webinar as they opined that the importance of mental health was emphasized and is now understood to involve both the absence of mental illness and the presence of psychological well-being. Psychological well-being is a complex construct that concerns optimal psychological functioning and experience. They have also understood that the mental health can be maintained as follows:

- spend time with friends, loved ones and people you trust.
- talk about or express your feelings regularly.
- reduce alcohol consumption.
- avoid illicit drug use.
- keep active and eat well.
- develop new skills and challenge your capabilities.
- relax and enjoy your hobbies.
- set realistic goals.

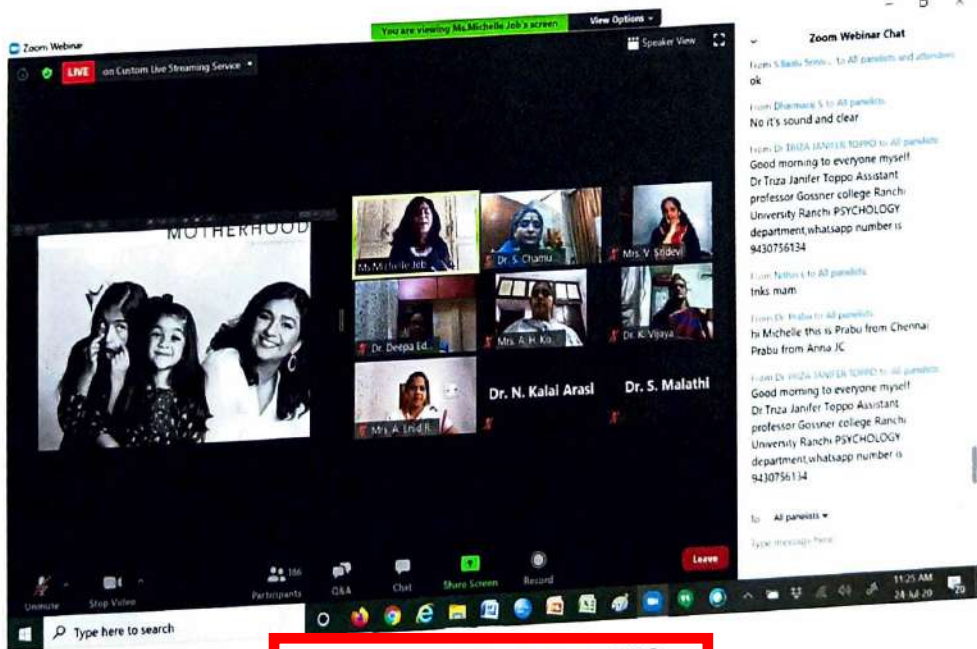


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)
NKT Centre for Outreach

Report on Community Extension & Outreach Activity
A 3-Day National Webinar on Restructuring Mental & Professional Skills



23rd to 25th July 2020


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

NKT Centre for Outreach
Report on Community Extension & Outreach Activity
3 Day National Webinar on Restructuring Mental & Professional Skills
23rd to 25th July 2020



Teaching is a vocation; a privilege and a responsibility. The ability to impart knowledge while inspiring curiosity is one to be revered. Cognitive restructuring is a technique that has been successfully used to help people change the way they think.

A 3-Day National Webinar on Restructuring Mental and Professional Skills organized by the NKT Centre for Outreach

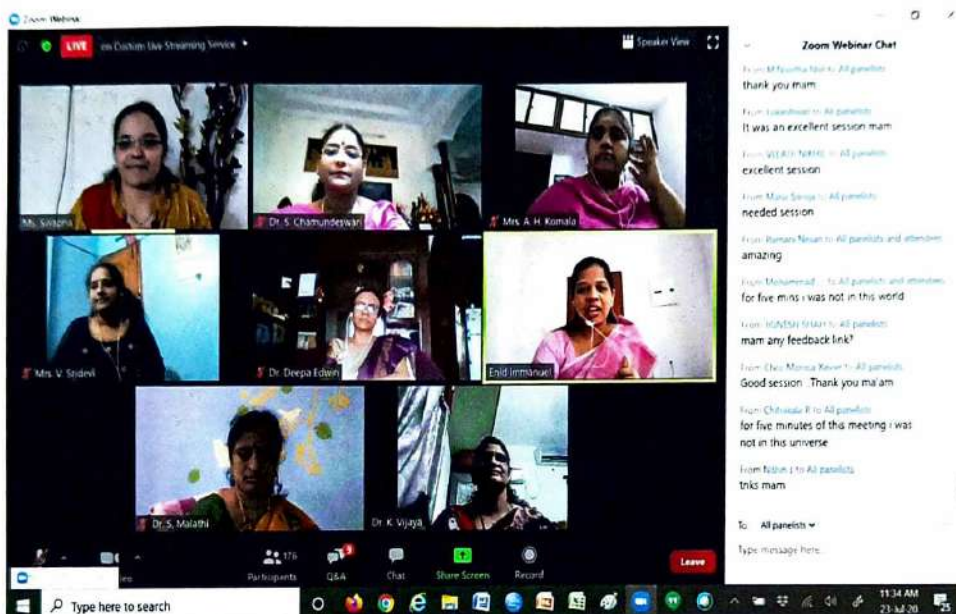
For the benefit of the teachers and student-teachers from other educational institutions a 3-Day National Webinar on Restructuring Mental and Professional Skills organized by the NKT Centre for Outreach.

1


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Day-1: Ms. Swapna, Living Values Facilitator, Relaxation Expert

On Day-1, the Director of the Programme and the Principal of the College, Dr. S. Chamundeswari, addressed the gathering that teachers have the power to change their students' lives for the better. The best of them inspire their students toward greatness and show them what they are capable of. When most people think of teachers, someone who teaches children in primary or secondary school comes to mind. The jobs that call for teaching skills include college professors, private tutors, camp counselors, park rangers, and CPR instructors. Learn the skills you need to impart lessons and inspire students of all ages and how you can highlight required skills.



She welcomed the participants and placed on record her gratitude to the Honourable Secretary of the College, Dr. M. Arumugam and a note of appreciation to the organizing Team, Mrs. V. Sridevi, Dr. K. Vijaya and Mrs. A. Enid Ruth, Assistant Profesors of our College.

The Resource expert of the Day, Ms. Swapna | Living Values Facilitator, Relaxation Expert was introduced and the session start.

2


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

1. Tenacity

No doubt there will be days when the likelihood of getting little people to listen or teenagers to stop talking feels an impossibility. You will be tried and tested and pushed to your boundaries but hold on – there will come a moment of reprieve. Be it a student finally cracking their maths paper or a surprise drawing from an appreciative pupil, if you stay true to your teaching it will pay off.

2. Creativity

Creativity is key when it comes to the classroom. Finding new ways to engage students and promote productive behaviour may save you a lot of time ... let alone your voice!

Creative teaching enables you to find new ways of connecting with your students and discovering innovative methods that speak directly to their needs. It is long accepted that people learn differently and that what works for one student will not necessarily work for another. In the words of a very (very) smart man;

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid" Albert Einstein.

Standardized testing has its place but that doesn't mean that your teaching need be. Incorporating creative techniques in your classroom gives you the autonomy to provide your students with a rich and stimulating environment that supports their academic achievement.

3. Leadership

Leadership can be defined in a number of ways. In the classroom it will often mean inspiring your students by paving the way and being a positive example of what can be achieved with the right commitment and attitude. However, you will no doubt encounter times when you feel 'leadership' and 'behaviour management' become synonymous. A substantial part of effective leadership is behaving as an 'authority' with the capability to earn respect and ensure your classroom is a safe and efficient learning environment.

Being able to control and create certain standards in the classroom will ultimately enhance a student's ability to achieve.

This being said it remains irrefutable that true leadership belongs to those whose actions, in the words of John Quincy Adams, inspire others to dream more, learn more, do more and become more'.

4. Empathy

The ability to empathize is imperative as a teacher; from the pressure of exams, to what it feels like to give a speech in front of your peers, growing pains and learning to read. Empathy allows you to effectively assess what your students may be feeling and adapt your teaching in a manner that accommodates them. Empathy gives you an insight into what a student is experiencing and how you may best address the issue in the most relevant way for them.

5. Patience

Patience may be regarded as one of the most powerful teaching tools available. Patience allows for the time to ensure your lessons are correctly received and understood. It creates space and provides opportunity to focus on the lesson at hand without moving on at pace. It is no secret that teachers often have to work within time restrictions and under pressured circumstances. The temptation to succumb to the simplest explanation rather than take the time required for a more elaborate discussion is understandable. However, without doubt, two of the most valued gifts you can give anyone – especially your students – is your time and patience.

It was very enriching session and the session came to close with questions from participants and a formal note of thanks.


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Day-2: Ms. Michelle Job, Digital Marketing Consultant

Principal, Dr. S. Chamundeswari, reviewed the happenings of Day-1 and welcomed the gathering for Day-2. Ms. Michelle Job, Digital Marketing Consultant was introduced and the session started with the focus on the importance of learning new skills for professional development.



21st Century skills are 12 abilities that today's students need to succeed in their careers during the Information Age.

The twelve 21st Century skills are:

1. Critical thinking
2. Creativity
3. Collaboration
4. Communication
5. Information literacy
6. Media literacy
7. Technology literacy


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

8. Flexibility
9. Leadership
10. Initiative
11. Productivity
12. Social skills

These skills are intended to help students keep up with the lightning-pace of today's modern markets. Each skill is unique in how it helps students, but they all have one quality in common. They're essential in the age of the Internet.

The session ended with discussions and a note of thanks and appreciation to the Resource Expert and all participants of the webinar for the day.

Day-3: Dr. Nancy R Premkumar, Medical Social Worker, JIPMER

Dr. S. Chamundeswari, started the session with a welcome note. She reviewed Day-2 and the Resource Expert of the Day Dr. Nancy R Premkumar, Medical Social Worker, JIPMER was introduced. The session started with a focus on developing personality to become a mentor from being only a teacher.



To be a great teacher and a good mentor, you should be an effective communicator and a critical thinker. You should also exhibit patience, organization, and creativity. The

schools to which you're applying will want to see these traits along with a genuine desire to better the lives of students in lasting and meaningful ways. Helping others succeed is a central component to teaching, and trust, knowledge, and commitment are essential traits.

Communication

The best teachers are the ones who communicate frequently and effectively with their students, so teachers must have excellent communication skills. These include both verbal and written communication, professional yet friendly body language, and the ability to actively listen. You must be able to explain the material in terms that are both accessible and meaningful to the students.

You must be able to adapt your communication style to the needs of different students depending on their age, culture, ability, and learning style. Clarity, accuracy, and professionalism with parents, colleagues, and administrators is imperative. The most important communication skills for teachers include:

- Advocating for others
- Being aware of body language
- Building communities
- Building relationships
- Communicating with parents and the community
- Collaborating with students, colleagues, and administrators
- Forging and maintaining interpersonal relationships
- Knowing and adapting to an audience
- Leading
- Listening
- Networking
- Setting boundaries
- Speaking with clarity and avoiding jargon
- Writing reports, instructions, and correspondence

Critical Thinking

Teachers are tasked with solving a variety of problems, often under a tight deadline. They answer difficult questions from students on the spot, solve conflicts between students, revise lesson plans, and deal with issues among colleagues.

Being a teacher requires the ability to synthesize the information you have available to you at any given time and make sound decisions quickly by relying on your critical thinking skills. Effective teachers think critically in the following ways:¹

- Adapting to the changing needs of students
- Asking the hard questions and addressing the "what ifs"
- Collecting information
- Creating and maintaining a comfortable learning environment
- Defining your classroom style
- Developing and delivering lessons appropriate for your audience
- Managing student behavior
- Observing students and colleagues and predicting their needs
- Proactively addressing issues with students and colleagues
- Setting expectations and goals
- Solving problems and creating solutions
- Supporting students appropriately
- Synthesizing data

Organization

As a teacher, you'll be called upon to juggle many tasks, from classroom teaching to attending meetings, and from lesson planning to grading. To manage all of these things effectively, you'll need to be organized both mentally and physically. Organizational skills for teachers include:

- Adhering to strict schedules and deadlines



PRINCIPAL

N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

- Attending and running meetings with students, parents, colleagues, and administrators
- Creating assignments and exams
- Keeping and maintaining records
- Managing time in and out of the classroom
- Planning and preparing lessons
- Prioritization
- Scheduling
- Seeing issues ahead of time and knowing where to get help
- Setting up the classroom and creating methods to keep it orderly

Creativity

To keep the students engaged, enthusiasm is essential when teaching any age group. Being creative when planning and presenting lessons is integral to keeping your students' attention. You should be flexible, keep your sense of humor, and understand that what works for one student or class won't necessarily work for others. Building creativity as a teacher also means being:

- Able to embrace ambiguity
- Artistic
- Confidence building
- Enthusiastic
- Engaged
- Genuine
- Not afraid to fail
- Passionate about learning
- Realistic
- Willing to try new things

 9

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS).
TRIPPLICANE, CHENNAI-600 005.

Patience

Teachers need to demonstrate patience, particularly when dealing with difficult classroom situations. They often have to explain concepts multiple times and manage students who act up or have a difficult time in class. Dealing with parents, colleagues, and administrators will also call upon a teacher's patience.

A teacher must handle all of it with a calm, professional demeanor and pay careful attention to the challenge of the moment. While some people are naturally more patient than others, the emotional control and maturity that go into patience can be learned and must be practiced. To achieve patience as a skill, teachers should:

- Be a positive role model
- Be respectful
- Be supportive
- Be a team player
- Be understanding
- Have a positive attitude
- Have compassion and empathy

Technical Skills

Teachers must understand the material they teach. Naturally, different positions require various types and levels of skill, but even teachers of very young children need significant expertise. It is not enough for a first-grade math teacher to know how to perform basic arithmetic, for example. They must have a deep understanding of numbers and numeric relationships in order to be able to explain the material in a thorough and responsive way.

Teachers must be able to perform the core technical responsibilities involved in the role, from comfortably using Microsoft Office to create materials to troubleshooting when the smart board stops working.



Technical skills for teachers include good general computer skills and the ability to understand, use, or conduct:²

- Classroom management software and systems
- Databases
- Electronic presentations
- Spreadsheet creation and management
- Virtual meetings
- Electronic performance evaluations
- Microsoft Office software
- Web navigation

More Teaching Skills

While teachers spend years in college gaining the skills and knowledge they need to be effective in the classroom, there are some soft skills that they can continue to cultivate as they gain confidence and expertise. These soft skills include:

- Assertiveness
- Emotionally intelligence
- Being relatable
- Caring about the details
- Compassion
- Encouragement
- Mindfulness
- Neutrality
- Discretion

Programme Outcome and Feedback

The three days Outreach Programme organized was a great benefit for the teachers and student-teachers from various educational institutions. It was felt that that the teaching skills can be improved by adopting the following strategies.

1. Spend time observing other teachers, especially those who seem to connect well with the students.
2. Ask colleagues you admire to observe your teaching skills and offer tips for improvement along with things you're doing well.
3. Ask students open-ended questions to get a good idea of how they feel about your teaching skills. Encourage dialog regarding their experiences in your classroom.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN

(Autonomous)

NKT Centre for Outreach

Report on Community Extension & Outreach Activity

Webinar on Impact of Social Media on Childhood & Adolescents



29th July 2020

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

NKT Centre for Outreach

Report on Community Extension & Outreach Activity

Webinar on Impact of Social Media on Childhood & Adolescents

27th July 2020



Today's children and teens are growing up immersed in digital media. They are exposed to media in all forms, including TV, computers, smart phones, and other screens. Media can influence how children and teens feel, learn, think, and behave.

Social media is a rapidly evolving platform for younger people to communicate with each other, express themselves, and share content of all kinds. It has given rise to a new cultural paradigm that drives technology and businesses, while changing the way people interact. As a tool, social media is a double-edged sword. While it has many benefits, it can also influence youngsters in unhealthy ways.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION 1
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Webinar on Impact of Social Media on Childhood & Adolescents organized by NKT Centre for Outreach

The Webinar on Impact of Social Media on Childhood and Adolescents was organized by the NKT Centre for Outreach for the benefit of all teens and students in the community.

The Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Dr. Sunil Kumar, Clinical Psychologist, Founder-Mind Zone, Faculty Members, Non-Teaching Staff, Students and all participants from the community. She placed on record her gratitude to Honourable Secretary, Dr. M. Arumugam, and appreciation to the Organizing Team, Dr. V. Jayashree Priyadharsini, Dr. Deepa Edwin and Mrs. V. Sridevi and students.

The Resource Expert was introduced by Dr. V. Jayashree Priyadharsini and the session started.



The advantages and disadvantages of using social media were highlighted. The advantages are:

- Spending time online is important for the younger generation to pick up necessary technical skills they will need to navigate their way through the future. It allows them


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

to be competent citizens in a digital age, where they can fully participate in the broader society and learn the social skills of that generation. They will also learn to adapt to having an elaborate online network of friends and acquaintances.

- Social media is being used by the youth in positive ways that weren't thought of before. It is not just a medium for socialising, but kids and adolescents have found a new way to express themselves creatively, and interact and learn with a broader audience. Students are using it to form study groups, where they can easily and instantaneously share ideas and learning material.
- Social networking has also changed the way kids learn. It has introduced a more peer-based learning method, where students are motivated to learn from their peers. They are always interacting and giving feedback to one another, which refines their learning process. They are also more enthusiastic to learn from each other, than from adults. Learning can now come from newer sources and not just their parents or teachers.
- Not only is social media a tool to communicate, but it is also an important part of the lives of adolescents and young adults. It gives them an avenue to stay connected with their peers from sports teams, activity clubs, and classes, while also allowing them to network with others having similar interests.
- It has been observed that social media makes people more empathetic, considerate, and relationship-oriented. They express how they feel, by commenting or liking pictures, videos or status updates posted by their friends. They also wish more people than ever, on their birthdays.
- Kids maintain long-term friendships with others by staying in touch with them online, even when they can no longer meet each other in person.
- It has been observed that virtual empathy shown by youngsters is received positively by their distressed friends on social media. Social media improves their moods and helps them find solutions to problems. Virtual empathy can also spill over to the real world, and teach youngsters how to be more compassionate.
- Social media offers a platform for youngsters to connect with others who share similar interests. It can be anything relating to hobbies or professions involving music, art, games, and blogs.
- Kids also get to have an influence on their community through social networking groups, and help bring about positive changes. Some of the examples being fundraising campaigns and participating in political events and debates.

- Social media allows youngsters to network with people from around the globe, exposing them to cultures and ideas that they may not otherwise come across. It helps them acquire a broader perspective on life and people in general.
- Social media gives introverted kids the chance to open up over the internet, giving them a boost of confidence. Many youngsters find it easier to talk to people in person, after interacting with them over social media platforms. It also helps them interact with people around the world, understanding other cultures, food, music, and more.
- Many youngsters like to stay on top of current events, and with several news accounts to follow on social media, it has become a powerful tool in feeding concise and relevant news to kids. This helps them expand general knowledge, keeping them in touch with the latest happenings around the world.

Overuse of digital media and screens may place your child or teen at risk of

- **Obesity.** Excessive screen use, as well as having a TV in the bedroom, can increase the risk of obesity. Teens who watch more than 5 hours of TV per day are 5 times more likely to be overweight than teens who watch 0 to 2 hours. Watching TV for more than 1.5 hours daily is a risk factor for obesity for children 4 through 9 years of age. This is in part due to the fact that viewers are exposed to advertising for high-calorie foods. Viewers are also more likely to snack or overeat while watching screen media.
- **Sleep problems.** Media use can interfere with sleep. Children and teens who spend more time with social media or who sleep with mobile devices in their rooms are at greater risk for sleep problems. Exposure to light (particularly blue light) and stimulating content from screens can delay or disrupt sleep, and have a negative effect on school.
- **Problematic internet use.** Children who overuse online media can be at risk for problematic Internet use. Heavy video gamers are at risk for Internet gaming disorder. They spend most of their free time online, and show less interest in offline or "real-life" relationships. 4% to 8% of children and teens may have problems limiting their Internet use, and almost 10% of US youth 8 to 18 years of age may have Internet gaming disorder. There may be increased risks for depression at both the high and low ends of Internet use.



- **Negative effect on school performance.** Children and teens often use entertainment media at the same time that they're doing other things, such as homework. Such multi-tasking can have a negative effect on school.
- **Risky behaviors.** Teens' displays on social media often show risky behaviors, such as substance use, sexual behaviors, self-injury, or eating disorders. Exposure of teens through media to alcohol, tobacco use, or sexual behaviors is associated with earlier initiation of these behaviors.
- **Sexting and privacy and predators.** Sexting is sending nude or seminude images as well as sexually explicit text messages using a cell phone. About 12% of youth age 10 to 19 years of age have sent a sexual photo to someone else. Teens need to know that once content is shared with others they may not be able to delete or remove it completely. They may also not know about or choose not to use privacy settings. Another risk is that sex offenders may use social networking, chat rooms, e-mail, and online games to contact and exploit children.
- **Cyberbullying.** Children and teens online can be victims of cyberbullying. Cyberbullying can lead to short- and long-term negative social, academic, and health issues for both the bully and the target. Fortunately, programs to help prevent bullying may reduce cyber bullying.

Programme Outcome and Feedback

The Programme was a very useful outreach programme as it was felt by the participants on interaction that the programme has created a great awareness on the impact of use of social media.

Social media allows teens to create online identities, communicate with others and build social networks. These networks can provide teens with valuable support, especially helping those who experience exclusion or have disabilities or chronic illnesses.

Teens also use social media for entertainment and self-expression. And the platforms can expose teens to current events, allow them to interact across geographic barriers and teach them about a variety of subjects, including healthy behaviors. Social media that's humorous or distracting or provides a meaningful connection to peers and a wide social network might even help teens avoid depression.



PRINCIPAL

5

N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

However, social media use can also negatively affect teens, distracting them, disrupting their sleep, and exposing them to bullying, rumor spreading, unrealistic views of other people's lives and peer pressure.

So it all depends upon how teens use social media also might determine its impact.

Principal once again appreciated the organizing Team of Faculty members and students and the formal vote of thanks was proposed by Dr. Deepa Edwin.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)

The screenshot shows a Zoom meeting in progress. The main window displays a presentation slide titled "Sri Lanka College of Education" with the subtitle "100th Anniversary". The slide includes the college's logo and a list of dignitaries. The Zoom interface shows three participants in the top right corner: Mrs. A. Ezer Kuttan, Mrs. A. Ezer Kuttan, and Mrs. A. Ezer Kuttan. The bottom of the screen shows the Zoom toolbar with icons for chat, gallery, and other features.


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity

Role of Physical Activity during the Pandemic

10th August 2020



Department of Physical Education
Meston College of Education
(Autonomous)
Chennai - 600 014

Collaboration with



NKT National College of Education for Women
(Autonomous)
Chennai - 600 005

Organizes

**National Webinar on
ROLE OF PHYSICAL ACTIVITY DURING
PANDEMIC**
On 10th August, 2020 (Monday) @11.00 A.M.



Presidential Address
Dr. Sheila Stephen
Hon'ble Vice Chancellor,
TamilNadu Physical Education and Sports University, Chennai.



Prelude Address
Dr. Rajasakar
Director of Physical Education & Sports,
University of Hyderabad.



Resource Person
Dr. K. Murugavel
Professor & Director,
Department of Physical Education,
Bharathiar University, Coimbatore.

✓ **TARGET GROUPS:** Faculty Members from Schools, Colleges and Universities and Prospective Teachers
✓ Free Registration
✓ e-Certificate will be issued to participants

 **ZOOM**
<https://us02web.zoom.us/j/81280534071?pwd=ZWpSc0p1Y3ZlYUlnQzRlbnZkdz09>
Meeting ID: 812 8053 4071
Passcode: 556575

 **YouTube** Meston Webinar
Registration Link: from google form
<https://forms.gle/cnoolinaXo8AH7DA7>

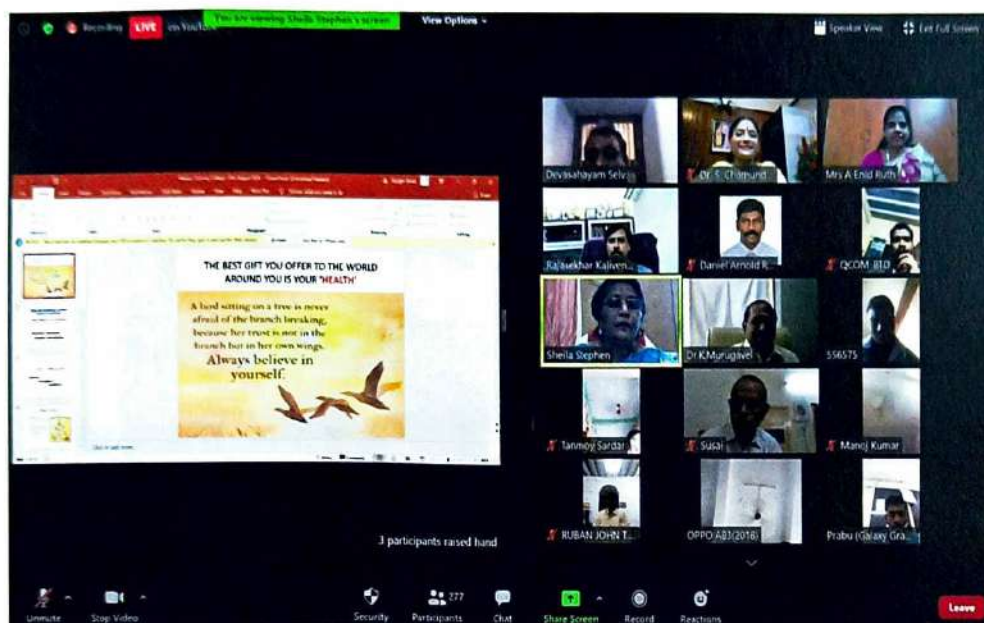
Getting physical activity can be a challenge while staying at home. However, it's possible and important to be physically active while social distancing. Physical activity reduces blood pressure and anxiety and helps you sleep better. It can also help to improve mood and energy level.

1


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Children aged 3 to 5 years need physical activity throughout the day, every day for growth and development. Children and adolescents aged 6 to 17 years need at least 60 minutes of moderate-to-vigorous intensity physical activity daily. Adults need 150 minutes a week of moderate intensity activity such as brisk walking for health benefits. Regardless of the age, some physical activity is better than none.

Webinar on Role of Physical Activity during Pandemic organized by Meston College of Education, Chennai in Collaboration with N.K.T. National College of Education for Women, Chennai



The Session commenced with a welcome address to the Guest of Honour, Dr. Sheila Stephen, Hon. Vice-Chancellor, Tamil Nadu Physical Education & Sports University, Chennai, Dr. Rajasekar, Director of Physical Education & Sports University, Hyderabad, Resource Expert, Dr. K. Murugavel, Professor & Director, Department of Physical Education, Bharathiar University, Coimbatore, Faculty members and Students from both the Colleges and participants from the Community. A note of gratitude was placed on record to the Management of Meston College of Education and NKT National College of Education for their support and guidance and a note of appreciation to the

2


 PRINCIPAL
 N.K.T. NATIONAL COLLEGE OF EDUCATION
 FOR WOMEN (AUTONOMOUS),
 TRIPPLICANE, CHENNAI-600 005.

Organizers: Mr. Ruban Jhon Thoas, Director of Physical Education, Meston College of Education, Mr. D. Arnold Robinson, Assistant Professor, Meston College of Education & Mrs. A. Enid Ruth, Assistant Professor, NKT National College of Education for Women Chennai.

The session started with the Presidential Address of Dr. Sheila Stephen, Hon. Vice-Chancellor, Tamil Nadu Physical Education & Sports University, Chennai, Prelude Address by Dr. Rajasekar, Director of Physical Education & Sports University, Hyderabad, Resource Expert, and followed by the Resource Expert Dr. K. Murugavel, Professor & Director, Department of Physical Education, Bharathiar University, Coimbatore.

The benefits of physical activity and exercise have been demonstrated across the lifespan. We are meant to move and many of our body's systems work better when we are consistently physically active.

For managing symptoms of depression, some research suggests that elevated levels of aerobic activity (exercise that significantly raises our heart rates) may be associated with greater reductions in depressive symptoms. Consider engaging in physical activity once or twice daily that includes brief periods (30-90 seconds) of greater intensity. For some, this might be accomplished through exercise in their homes including jumping jacks, mountain climbers, and sequencing strength training exercises (i.e. standing squats, push-ups, sit-ups). For others, the use of home exercise equipment such as treadmills, elliptical machines, and stationary bikes may be helpful.

Strength-training has been shown to reduce symptoms of anxiety for individuals with and without an anxiety disorder. Weight lifting using exercise equipment or household items (textbooks, canned goods, milk jugs filled with water, paint cans) may help us to reduce the negative effects of stress and anxiety.

For children and adolescents, moderate-to-vigorous physical activity and exercise during the day are associated with elevations in self-esteem, improved concentration, reductions in depressive symptoms, and improvements in sleep.



For older adults and among individuals managing chronic medical conditions, regular walks are recommended. The benefits of strength training and weightlifting (low weight with high numbers of repetitions) may be even greater in older adults to maintain quality of life and functioning.

Moderate-to-vigorous physical activity (such as speed-walking or jogging) has been shown to help reduce the use of alcohol and other substances. Additionally, participation in regular physical activity is shown to boost the immune system. Reduction in substance use is also associated with improvement in the body's ability to fight off infection.

Many companies are offering free use of their on-line platforms that may help to identify a variety of in-home activities (indoor cycling, treadmill running, dance cardio, yoga, strength training, and more) to help make exercise more enjoyable during this critical period.

It is important for family members to take a supportive role in the promotion of physical activity and exercise. Allowing individuals to maintain their autonomy and choice in their activities will be important for ongoing engagement.

We are all managing additional stress related to the growth of the COVID-19 pandemic and its potential to threaten the health of ourselves, our families, and our communities.

Many things feel beyond our control right now, we do have the ability to be creative and to build physical activity and exercise into each of our days. We may even look back on this difficult time as the turning point when we learned new ways to build our emotional resilience and our physical health.

Programme Outcome and Feedback

The Programme was appreciated by the participants and was realized that physical activity and relaxation techniques can be valuable tools to help them to remain calm and continue to protect your health during this time. They also discussed about the



recommendations of WHO for 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week, or a combination of both.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity

Panel Discussion: The New Age Warrior, Art & the Saree

21st August 2020

Indian floral prints, dating back to the 18th century A.D were discovered by **Sir Aurel Stein** in the icy waters of Central Asia. The evidence shows that of all the arts and crafts of India, traditional handloom textiles are probably the oldest.

Its **origin is lost in antiquity**. The ancient famous Indian temples give us an account of the varieties of dress as well as styles of weaving and wearing. ... Each region of India evolved its own textile tradition and known for the production of distinct varieties of handloom saris.

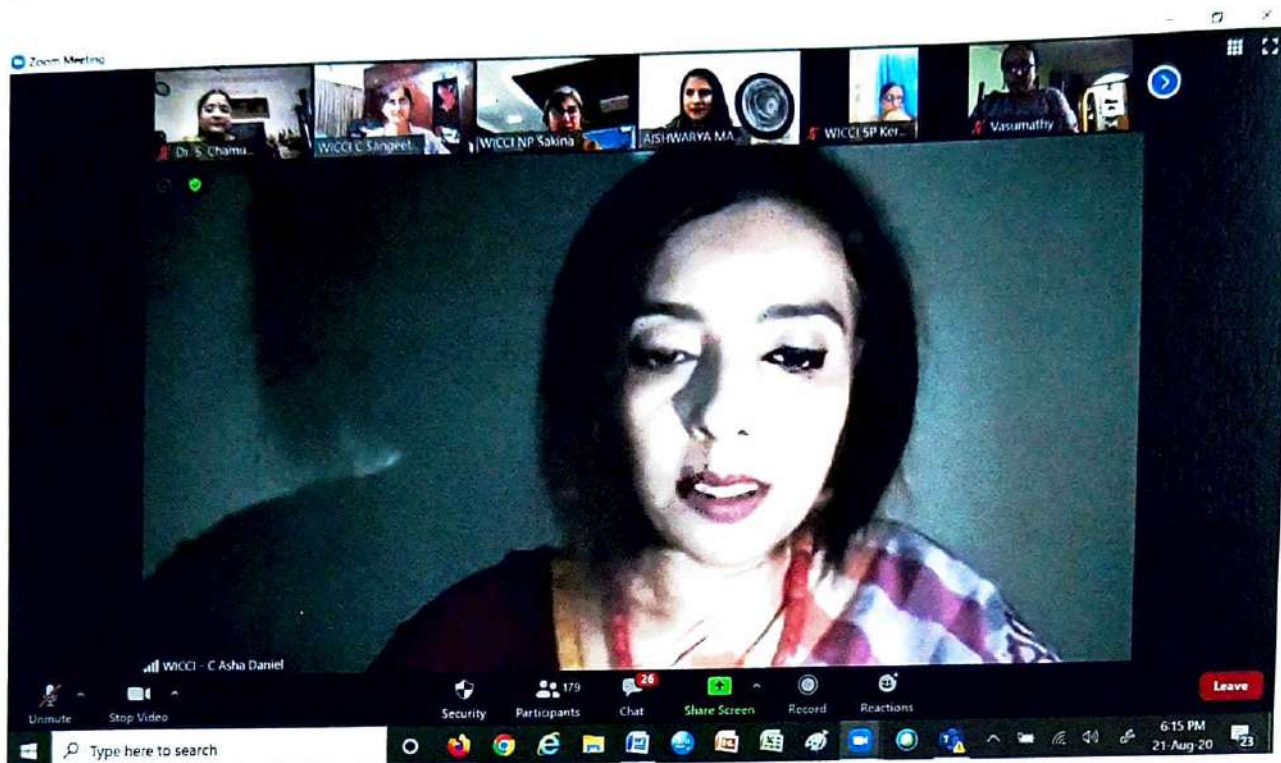


Panel Discussion: The New Age Warrior, Art & the Saree organized by Women India Chamber of Commerce & Industry (WICCI), Chennai & NKT National College of Education for Women, Chennai

The Panel Discussion on Handloom Sarees started with a welcome note and introduction of the panelist to the audience by Ms. Asha Daniel. The Special Guest of Honour Aishwarya Manivannan an Artist, Designer, Educator and Silambam


PRINCIPAL 1
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

practitioner, the current National and Asian Silambam Champion who represented India in the World, Asian and National Silambam Championships and won 7 Gold, 6 Silver and 4 Bronze Medals was introduced. Dr. S. Chamundeswari, Principal, NKT National College of Education for Women, Chennai gave the special Address and the session started with discussion included the following.



Handloom refers to wooden frames of different types which are used by skilled artisans to weave fabrics usually from natural fibers like Cotton, Silk, Wool, Jute etc. It is a cottage industry where the entire family is involved in the production of cloth. Right from spinning the yarn, colouring, to weaving on the loom if done by them. Fabric produced from these looms is also referred to as Handloom.

The tools required for this entire process are made from wood, sometimes bamboo and they do not require any electricity to run them. The entire process of fabric production was totally manual in earlier times. Thus this is the **most eco-friendly way of producing clothes**.

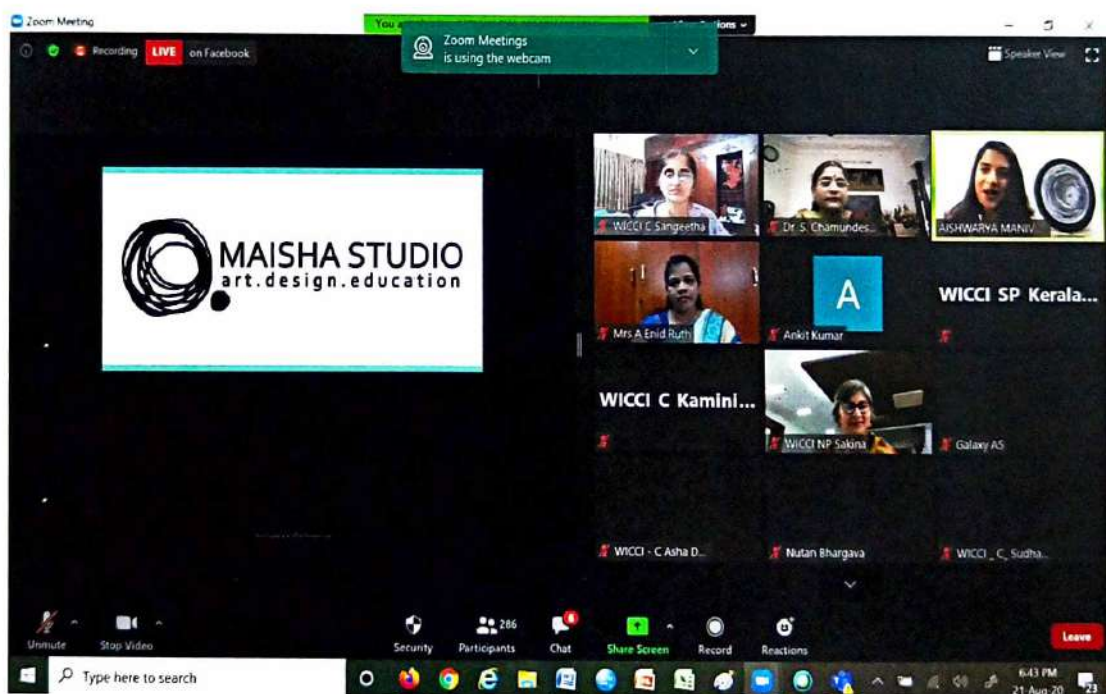
PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

History of Handloom-Early Days

Indian Handloom dates back to the Indus valley civilization. Even in ancient times, Indian fabrics were exported, Rome, Egypt and China.

In earlier times, almost every village had its own weavers who made all the clothing requirements needed by the villagers like sarees, dhotis, etc. Some areas where it is cold in winter there were specific wool weaving centers. But everything was Hand-Spun and Hand-Woven.

Traditionally, the entire process of cloth making was self-reliant. The cotton / silk / wool came from the farmers, foresters or shepherds, and the cotton was cleaned and transformed by weavers themselves or agricultural labour community. Small handy instruments were used in the process, including the famous spinning wheel (also known as Charkha), mostly by women. This hand spun yarn was later made into cloth on the handloom by the weavers.




PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Decline of Handloom

During British rule, India was turned into an exporter of raw cotton and the country was flooded with machine made imported yarn. To increase consumption of this yarn, British authorities resorted to violence and coercion. Summarily, this resulted in a complete loss of livelihoods first for the spinners, and dependence of handloom weavers on machine yarn.

Handloom – Post Independence

Post Independence, textile mills and spinning mills continued to function in India. Today, there are many weaving styles that use machine spun yarn and these fabrics are referred to as Handloom. And fabrics made from Handspun yarn are called Khadi fabrics.

Though the textile and spinning mills continued in Independent India, handloom / khadi were given a lot of protection from unfair competition. Thus the fabric was widely used and affordable for everyone.

Current Scenario

Since 1985, and especially post 90's liberalisation, handloom sector had to face competition from cheap imports, and design imitations from powerlooms.

In addition government funding and policy protection also declined drastically. Also the cost of natural fiber yarn has increased tremendously. In comparison to artificial fiber, the cost of natural fabric has gone up. This makes it unaffordable for the common people. But the wages of handloom weavers have remained frozen for the past decade or two.

Unable to compete with cheaper poly-mixed fabrics, many weavers are quitting weaving and going for unskilled labour work. And many have been reduced to extreme poverty.

When yarn came from a distance and had to be bought, yarn dealers and financiers became necessary. And as the average weaver had little credit, the industry fell more and more into the grip of middlemen. thus the independence of most weavers

disappeared, and a great majority of them came to work for a Trader on contract/ wage basis.

Despite this Indian handloom sustained itself, until World War 1 when imported machine made clothes flooded the Indian Market. The beginning of Powerlooms in the 1920's, and the consolidation of the mills and the high cost of yarn, made an unfair competition that led to the decline of Handloom.

Revival of Handloom

Mahatama Gandhi started the Swadeshi Movement and reintroduced hand spinning in the name of **Khadi which essentially means hand spun and hand woven**. Every Indian was urged to spin the yarn using Charkhas and wear Khadi. This led to the closure of the Mills in Manchester and huge turning point in the Indian independence movement. People burnt imported clothes and chose to wear Khadi.

Handloom is Timeless

Handloom is a beautiful fabric and special as no two fabrics can be alike. Of course the output depends on the skill set of the weaver. But even if we make two weavers with similar skills weave the same fabric it will be different in one way or the other. Each fabric is a reflection of the weaver's moods – when a weaver is angry the fabric would be little tight while it would be loose when he is sad. Thus each piece is unique in itself.

In India there are different styles of weaving in different parts of the country, and sometimes in the same region there could be as wide a range as 20- 30 varied styles. From simple plain fabrics, Tribal motifs, geometric designs, tie and dye, to exhaustive art on muslin. Our weavers have been master craftspeople. No other country can boast of such exclusive wide range of rich textile art, even today.

Just like paintings and photographs, each woven sari is a masterpiece. Saying that handloom must perish for its time consuming and laborious compared to powerloom, is like saying painting, photography, clay modelling will go obsolete because of 3d printers and graphic designs.

It was unanimously decided to save this timeless tradition and support Handloom!



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Programme Outcome and Feedback

The Programme was an eye opening Programme for the public viewing the Panel discussion on the Handloom Industry. It was understood that the in the context of opening up of global textiles market, the approach of the Government is to 'sustain the handloom industry' and 'continue to provide livelihood to the Lakhs of weavers who depend on this activity'. This requires constant skill upgradation to produce marketable products, technology upgradation to increase the productivity and to maintain quality to compete in the world market besides product diversification through continuous design interventions. All the above measures will ensure sustenance of the industry.

The Programme ended with a note of thanks to the Organizers for organizing a very useful outreach programme for the benefit of the community.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.



**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)
in Collaboration with**



ROTARY CLUB OF CHENNAI, IT CITY

**Report on Community Extension & Outreach Activity
Distribution of Mask & Sanitizers for Community Welfare**



16th September 2020



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity
Distribution of Masks & Sanitizers for Community Welfare
16th September 2020



Corona virus Disease 2019 (COVID -19) is an acute respiratory disease caused by a novel Corona virus (SARS-CoV-2), transmitted in most instances through respiratory droplets, direct contact with cases and also through contaminated surfaces/objects. Though the virus survives on environmental surfaces for varied period of time, it gets easily inactivated by chemical disinfectants.

Distribution of Face Masks and Hand Sanitizers for Community Welfare
Organized by N.K.T National College of Education for Women in collaboration
with Rotary Club of Chennai, IT City, Chennai




PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.



To create awareness about the outburst of pandemic and to support the community people with masks and sanitizers the College took the initiative of distributing masks and sanitizers for the community people in and around the College in association with the Rotary Club of Chennai, IT City on 16th September 2020.

The Programme was initiated in the august presence of the Mr. Ramesh, President of Rotary Club of Chennai IT City and other members of the Rotary.

The Principal Dr. S. Chamundeswari addressed the community people that masks should be used as part of a comprehensive strategy of measures to suppress transmission and save lives; the use of a mask alone is not sufficient to provide an adequate level of protection against COVID-19.

Face coverings limit the volume and travel distance of expiratory droplets dispersed when talking, breathing, and coughing. A face covering without vents or holes will also filter out particles containing the virus from inhaled and exhaled air, reducing the chances of infection.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

If COVID-19 is spreading in the community, people should stay safe by taking some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue. Check local advice where you live and work.

Make wearing a mask a normal part of being around other people. The appropriate use, storage and cleaning or disposal of masks are essential to make them as effective as possible.

The correct procedure of wearing mask

1. Perform hand hygiene
2. Unfold the pleats; make sure that they are facing down.
3. Place over nose, mouth and chin.
4. Fit flexible nose piece over nose bridge.
5. Secure with tie strings (upper string to be tied on top of head above the ears –lower string at the back of the neck.)
6. Ensure there are no gaps on either side of the mask, adjust to fit.
7. Do not let the mask hanging from the neck.
8. Change the mask after six hours or as soon as they become wet.
9. Disposable masks are never to be reused and should be disposed off.
10. While removing the mask great care must be taken not to touch the potentially infected outer surface of the mask
11. To remove mask first untie the string below and then the string above and handle the mask using the upper strings.
12. Disposal of used masks: Used mask should be considered as potentially infected medical waste. Discard the mask in a closed bin immediately after use.
13. She further discussed about the Types of Hand Sanitizer and its importance

Hand sanitizer can generally be categorized into two groups: alcohol-based or alcohol-free. An ABHS may contain one or more types of alcohol, with or without other excipients and humectants, to be applied on the hands to destroy microbes and temporarily suppress their growth. ABHS can effectively and quickly reduce microbes covering a broad germicidal spectrum without the need for water or drying with towels. Nevertheless, there are a few shortcomings with the effectiveness of ABHS, such as its

short-lived antimicrobial effect and weak activity against protozoa, some on-enveloped (non-lipophilic) viruses and bacterial spores.

Keeping hands clean is a fundamental and essential step to avoid getting sick while limiting the transmission of germs to others. CDC recommends hand washing with soap and water whenever possible as it remarkably reduces the amount of all types of microbes and dirt on the skin surface. Both the soaps and alcohol-based sanitizers work by dissolving the lipid membranes of microbes, thereby inactivating them. Thus, the sanitizer serves as an alternative when the soap and water are not readily available.

The suggested minimum alcohol content of 60% is needed for it to exert the microbiocidal effect. As compared to soap, alcohol-based sanitizers do not eliminate all types of germs, including norovirus and *Clostridium difficile*, the common pathogens that can cause diarrhoea. While most people prefer to use sanitizers as they come in handy, and assume that the sanitizers may not be as effective as the soap at killing germs, this is because people may not use a sufficient amount of sanitizers to clean the hands. The liquid may evaporate before it is evenly rubbed all over the hands, therefore compromising the efficacy of the sanitizers. Also, the sanitizer may not work well when the hands are grossly dirty or contaminated with harmful chemicals.

The Programme came to closure with distribution of 500 masks in the nearby community strictly following SOP.

Programme Outcome and Feedback

The Programme was a great success as people realized that "Together we will win against COVID-19" which means that emphasis on three key messages should be laid, wear a mask, follow social distancing and wash hands.

The Programme was appreciated by the General Secretary of the Local Community Welfare Association, Mr. P.P. Narasimhan. He thanked the Principal, Teaching, Non-Teaching Staff and Students for organizing the programme for the benefit of the local community.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

The Principal thanked the donors of Rotary Club of Chennai, IT City and placed on record her appreciation to all students and the Programme Organizers, Dr. K. Vijaya and Mrs. V. Sridevi, Assistant Professors of our College for all their effort and commitment in organizing a very useful Outreach Programme for the benefit of the community and thanked the President of the Local Community Welfare Association, Mr. M. Babu for granting permission and the General Secretary Mr. P.P. Narasimhan for extending support for the smooth and successful conduct of the programme.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

NKT Ek Bharat Shreshtha Bharat Club

Report on Community Extension & Outreach Activity

'Jan Andolan' Campaign

8th October 2020



In view of reopening of economic activities amid the COVID-19 pandemic, an intensive 'jan andolan' has been launched to spread awareness among people about precautions against the virus.

The Jan Andolan campaign is a **Low Cost, High-intensity Campaign driven by people's participation for dissemination throughout the country** using all media platforms. The campaign emphasizes on "Unlock with precautions" i.e. COVID-19.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Jan Andolan' Campaign organized by NKT Ek Bharat Shreshtha Bharat Club



A 'Jan Andolan' Campaign was organised by the NKT Ek Bharat Shreshtha Bharat Club to spread the message of COVID appropriate behaviour on 'Unlock with precautions.'

The campaign was also extended to the nearby community to spread the message of awareness among students and community.

Distribution of masks and educating the people in the nearby community were taken up as part of the campaign and social media was also used extensively to disseminate the message of COVID-19 health protocol.

Key Takeaways of 'Jan Andolan' campaign

The Principal of the College Dr. S. Chamundeswari delivered the following key take aways to the participants and the observers in the community:

- The need of the hour is to maintain caution and strictly follow the prescribed containment strategy, focused on surveillance, containment and strict observance of the guidelines.
- Strict implementation of guidelines released by Ministry of Personnel, Public Grievances and Pensions on preventive measures at workplace.


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

- Compulsory installation of thermal scanners and mandatory placing of hand sanitizers at the entry of workplace.
- Ones need to take care of their own health and look out for respiratory symptoms/fever and, if feeling unwell, should leave the workplace immediately
- At the time of any health emergency situation, we should avoid discrimination on basis of one's illness.
- Domestic workers which are mostly migrant faced huge economical setback due to the COVID-19 pandemic. It is the responsibilities of every employer to take care of those who take care of their families. During such pandemic crisis we need to stand with each other.
- During crisis situation like COVID-19, it is the responsibility of every citizen to follow the guidelines/directions of the government.
- Rumours will only hamper the management strategies besides exacerbating it, thus one should be watchful while circulating any news. Investing in strengthening the resilience of the nation is duty of every individual.
- Managing COVID-19 situation needs multi-dimensional and multi-stakeholder approach.

The campaign aims at: "Together we will win against COVID-19" which means that emphasis on three key messages should be laid, wear a mask, follow social distancing and wash hands and the following Pledge was administered.

Pledge

I _____ commit to be vigilant and bear in mind at all times, the risk to myself and my colleagues from COVID-19.

I promise to take all necessary precautions that prevent the spread of this deadly virus. I promise to follow and encourage others to follow the key COVID Appropriate Behaviours.

To always wear a mask / face cover, especially when in public places.

To maintain a minimum distance of 6 feet from others

To wash my hands, frequently and thoroughly with soap and water.

Together we will win this fight against COVID-19.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Programme Outcome and Feedback

The number of cases of Covid-19 in the country was showing an alarming upward trend because of laxity in observation of COVID-19 precautions, low compliance for vaccination and false sense of confidence. Hence, it was imperative to re-emphasize adherence to COVID-19 appropriate behavior by driving behavior change through Cleanliness, Wearing Mask, Safe Distancing and Washing Hands and the Programme was felt to be very useful and well appreciated by all in the community.

The Programme was appreciated by the General Secretary of the Local Community Welfare Association, Mr. P.P. Narasimhan. He thanked the Principal, Teaching, Non-Teaching Staff and Students for organizing the programme for the benefit of the local community.

The Principal thanked and placed on record her appreciation to the Programme Organizers, Dr. K. Vijaya and Mrs. V. Sridevi, Assistant Professors of our College for all their effort and commitment in organizing a very useful Outreach Programme for the benefit of the community and thanked the President of the Local Community Welfare Association, Mr. M. Babu for granting permission and the General Secretary Mr. P.P. Narasimhan for extending support for the smooth and successful conduct of the programme.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN (Autonomous)

NKT Centre for Outreach

Report on Community Extension & Outreach Activity National Webinar on Scrabble Assisted Language Learning

 **N.K.T. National College of Education for Women
(Autonomous)**
Accredited with 'A' Grade (ICSPA of 3,26/4 00) by NAAC
Affiliated to TamilNadu Teachers Education University
Chennai, TamilNadu

N.K.T. Centre of Outreach
Cordially invites you for a
NATIONAL WEBINAR
ON
SCRABBLE ASSISTED LANGUAGE LEARNING
on Thursday, the 12th November 2020 @ 6p.m

Organizing Committee

CONVENER

Dr. N. Kalai Arasi
Controller of Examinations

PROGRAMME DIRECTOR

Dr. S. Chamundeswari
Principal

RESOURCE EXPERT

Ranganatha Chakravarthy
Founder
Madras Scrabble Foundation

The Take Aways of this Webinar will be:

- Awareness about Scrabble
- Improvement of vocabulary
- Enhancing Arithmetic Skills
- Training your Cognitive Functions
- National and International Tournaments

Join In For A New Expedition !!!
No Registration Fee
Certificates for all the Participants

ORGANIZING SECRETARIES


Dr. D.T. Vedagannam
Directress of Physical Education


Mrs. A. Enid Ruth
Assistant Professor

Click the zoom icon to
Join the webinar
&
Live streaming on
NKT Youtube Channel



12th November 2020


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

NKT Centre for Outreach
Report on Community Extension & Outreach Activity
National Webinar on Scrabble Assisted Language Learning

12th November 2020



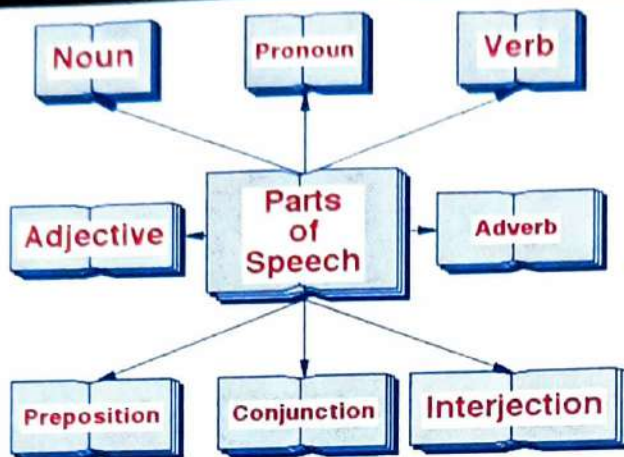
Scrabble is the ultimate crossword game in which every letter counts. Grab your friends and take turns forming words on the board. After playing your turn, count the value of all the letters in every new word that you formed. Don't forget the bonus points for placing letters on premium squares.

National Webinar on Scrabble Assisted Language Learning organized by the NKT Centre for Outreach

Dr. N. Kalai Arasi, the Principal in-charge of the College welcomed the participants and the Resource Expert of the day, Resource expert Mr. Ranganatha Chakravarthy, Founder, Madras Scrabble Foundation, Chennai. For the National Webinar on Scrabble Assisted Language Learning organized by the N.K.T. Center of Outreach of the College.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

WHAT ARE ALLOWED



She addressed that Scrabble is one of the most played mind games in the world and one that is much more than a fun way of spending time. Such is the versatility of this game that it can be an influential tool for education, learning, memory strengthening, vocabulary building and general knowledge all rolled into one. Parents and educators have found that School scrabble helps students with vocabulary, math skills, and teamwork. Kids playing School scrabble have so much fun they don't even realize they are learning! School scrabble clubs meet during the school year in schools, libraries, and community centers. She placed on record her gratitude to the Honourable Secretary, Dr. M. Arumugam for all his unconditional support and guidance, the Principal Dr. S. Chamundeswari and appreciated the organizers of the outreach programme, Dr. D.T. Vedagnanam and Mrs. A. Enid Ruth and welcomed the participants once again in the Online Platform and viewing through the YouTube Channel from different parts of the country.

The Resource Expert was introduced to the participants by Dr. S. Malathi, Dean of Academics and the head of the Guidance & Counselling Cell.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

EXAMPLE OF BONUS PLAY



Mr. Ranganatha Chakravarthy, addressed the gathering that Scrabble, board-and-tile game in which two to four players compete in forming words with lettered tiles on a 225-square board; words spelled out by letters on the tiles interlock like words in a crossword puzzle.

- Improves spelling and vocabulary:** Scrabble, undoubtedly improves the word spelling of kids. Thereby, many teachers at the school recommend parents to play scrabble with their kids, especially those who are poor at spelling. While playing the game, you can teach the kids the basic rules of spelling a word. They will definitely grasp the word and its spelling quickly. This game will also let your kids know new words and their meanings. While playing the game, if you put a new word on the board, the kids would positively be inquisitive about knowing its meaning and for sure will remember the word for the next time. This way, they will increase their vocabulary too.
- Lets your kids be creative:** The brilliant game of scrabble allows the kids to use their own creativity to make new words from the letters provided. While playing the game, they are forced to creatively think of a fun and unique word than the ones already on the board, in order to score good and more than the other players. Some kids also show a smart move by using their tiles to make new words in some specific area on the board to attain more points.


 PRINCIPAL
 N.K.T. NATIONAL COLLEGE OF EDUCATION³
 FOR WOMEN (AUTONOMOUS),
 TRIPLICANE, CHENNAI-600 005.

- **Improves mathematical skills:** Along with improving the English skills, the scrabble also teaches the kids basic math skills. Since each tile of the letters used in the game carries specific points, the kids would have to multiply those points with the value given to the box. In short, the kids would have to apply addition and multiplication methods after creating every word on the board. This calculation would improve their mathematical skills.
- **Entertains the kids:** Besides improving the vocabulary and mathematical skills of the kids, scrabble also offers entertaining time to the entire family. Spending a happy time, full of laughter and fun and of course free of stress will help the kids as well as adults to build stronger immune systems.



Why is Scrabble good for your brain?

Your brain is mostly working in the area associated with memory and visual processing. Scrabble has been known to improve brain plasticity and keep cell activity going, which will help elders avoid brain degeneration.

Type in the letters you want to unscramble and our word finder will show you all the possible words you can make from the letters in your hand. Or, you can just find words you can play later. Our “saved words” function is awesome for that.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005. 4

How to Use Our Word Finder

The WordFinder word search unscrambles your letters, searches our Words With Friends, Wordscapes, Word Chums or Scrabble dictionary for words that win, and gives them to you sorted by word length and point value. Our word finder tool couldn't be any easier to use!

For a more detailed explanation of how to use our word finder tool, including some examples, read our inside guide on how to use WordFinder over on the blog.

Make Words With These Letters

This is really at the heart of the WordFinder Scrabble cheat tool. You give us letters and we tell you how to make a word with these letters.

- See that big search field there? That's where you enter your letters, as many as 20 characters at a time if that's what you want to do.
- As part of those up to 20 letters, you can also include wildcards. These represent the blank tiles you get in games like Words With Friends® and Scrabble® GO. Enter a question mark (?) or a space to indicate a wildcard. Wildcards can be used as any letter, and you'll see them as blue letters on the unscramble results page.
- Before you hit that search button, be sure to double-check the selected Game Dictionary. Some words may be valid in some games but not others, and the scoring system varies between games too.

Advanced Search Features

Want to be more specific in the words you want to find? No problem! The advanced search features in our word solver are designed for exactly that purpose.

- **Starts with** : Limit your search results only to words that start with a certain letter or letters.
- **Contains** : Find words that contain a certain letter or set of letters.
- **Ends in** : Look for words that end in a particular letter or combination of letters.
- **Length** : Search for words that are a specific length.



You can use any of these advanced search functions in combination with one another tool

Word Games for All Ages

One of the great things about word games is that they can be enjoyed by players of all ages. As language is such a critical part of everyday life, regardless of what you do or where you live, word games offer an opportunity to flex those language-twisting muscles in a fun and engaging way!

Programme Outcome and Feedback

The Outreach Programme was very useful to the participants throughout the country. It was felt that Scrabble is also a great game for teaching children how to conserve their resources, how to make hard decisions, and how to bide their time. So another importance of the game is to wait for opportunity to present itself and to take advantage of that. We all want to be recognized for our achievements and so keeping a record of who has played the longest word in Scrabble for, say, the past year is a great way of acknowledging the skill and knowledge of players. Provide opportunities for students to set realistic and achievable short- and long-term learning goals.

The programme co-ordinator Dr. D.T. Vedagnanam, Directress of Physical-Education delivered the vote of thanks for the programme.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION 6
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.



**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)**

NKT College Parent-Teacher Association

Report on Community Extension & Outreach Activity

Webinar on Financial Literacy Programme



**NKT COLLEGE PARENT-TEACHER ASSOCIATION
CHENNAI**

cordially invites you to a
FINANCIAL LITERACY PROGRAMME



Orator: Mr. Mani Ram, Wealth Coach.
Saturday, December 05, 2020 at 10.30 a.m.
VoIP: Zoom.

Hosted by
Securities Exchange Board of India (SEBI)

*Prior registration is mandatory for participants.

5th December 2020

**PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.**

NKT College Parent-Teacher Association
Report on Community Extension & Outreach Activity
Webinar on Financial Literacy Programme
5th December 2020



Financial literacy is the first step to achieve financial inclusion, creating the need to seek and receive financial services and products. Its main objective is to increase awareness about financial products, educate decision-making ability regarding financial products and to develop a sustainable financial system.

The General Financial Literacy course includes lessons on:

- Planning and goals.
- Career preparation.
- Spending and credit.
- Consumer protection.
- Income.
- Money management.
- Saving and investing.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

➤ Risk management.

Webinar on Financial Literacy Programme organized by NKT College Parent-Teacher Association

Webinar on Financial Literacy Programme was organized by Parent-Teacher Association for the benefit of people in the community. The Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day Mr. Mani Ram, Wealth Coach, Securities and Exchange Board of India (SEBI), Chennai, Faculty Members, Students and all participants from the community. She placed on record her gratitude to Honourable Secretary, Dr. M. Arumugam, and appreciation to the Organizing Team, Dr. V. J. Uma and Dr.T. Sahaya Saila.

The Resource Expert was introduced by Dr.T. Sahaya Saila and the session started.



The Resource expert addressed the 5 principles of financial literacy. According to the Financial Literacy and Education Commission, there are five key components of financial literacy: earn, spend, save and invest, borrow, and protect.

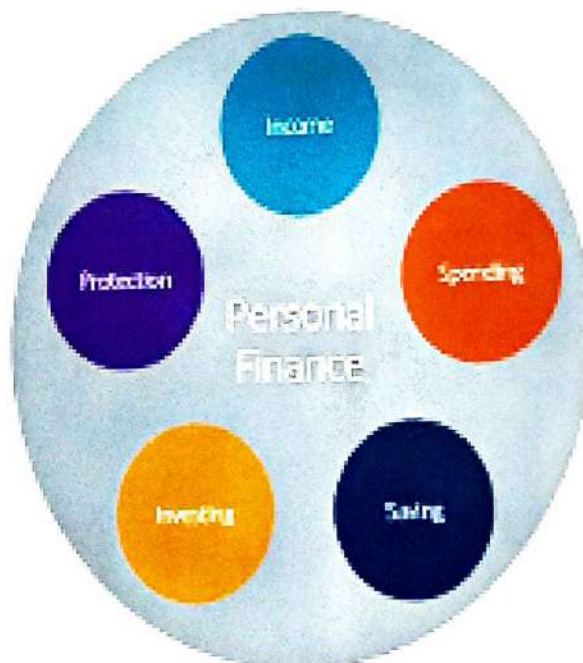
What are the 5 components of financial literacy?

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

The 5 Key Components of Financial Literacy

- The Basics of Budgeting.
- Creating and maintaining a budget is one of the most basic aspects of staying on top of your finances.
- Understanding Interest Rates.
- Prioritizing Saving.
- Credit-Debt Cycle Traps.
- Identity Theft Issues & Safety.

What are the 5 main components of personal finance?



As shown below, the main areas of personal finance are income. It includes whatever base salary an employee receives, along with other types of payment that accrue during the course of their work, which, spending, saving, investing, and protection.

What are the six financial principles?

The six principles of finance include

(1) Money has a time value,

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

- (2) Higher returns are expected for taking on more risk,
- (3) Diversification of investments can reduce risk,
- (4) Financial markets are efficient in pricing securities,
- (5) Manager and stockholder objectives may differ, and
- (6) Reputation matters.

Financial literacy refers to myriad skills you might call on when making a choice about what to do with your money. ... For example, a financially literate person knows that if they take home \$2,000 a month in pay, they cannot spend more than \$2,000 each month without going into debt.

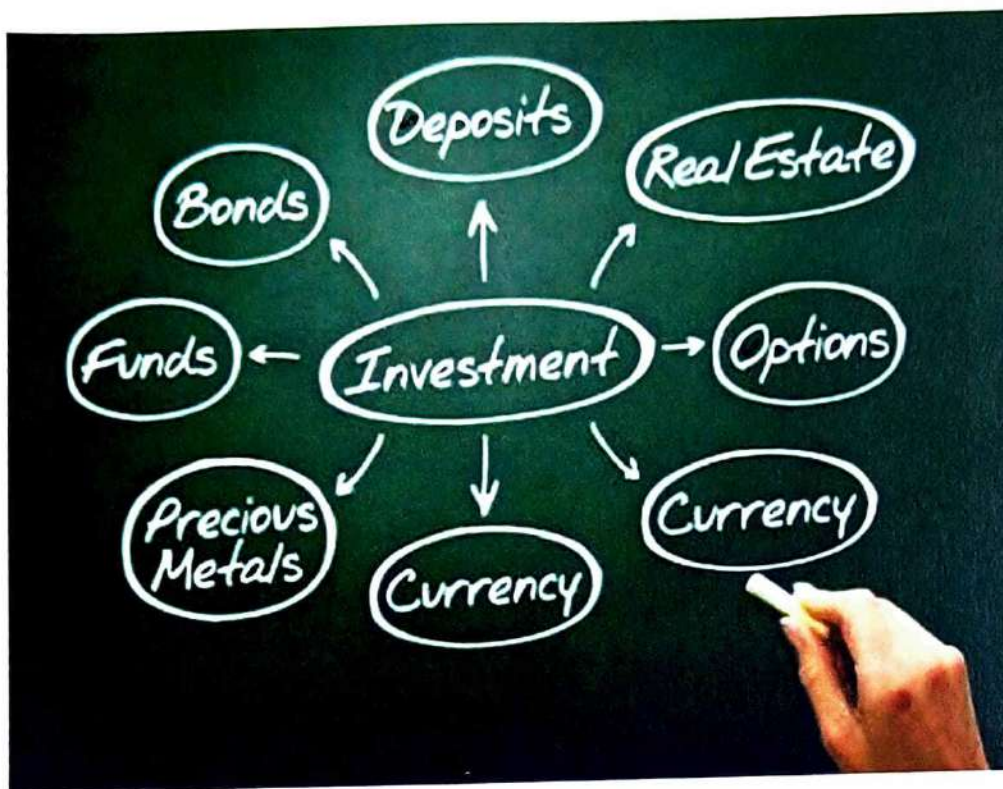
6 ways to improve your financial literacy

Subscribe to financial newsletters. For free financial news in your inbox, try subscribing to financial newsletters from trusted sources.

- Listen to financial podcasts.
- Read personal finance books.
- Use social media.
- Start keeping a budget.
- Talk to a financial professional.

The Diksha Financial Literacy Programme is Parinaam's largest programme in terms of reach and is designed to give low income families the knowledge and tools they need to save safely, reduce financial risk and make informed, intelligent financial decisions. Diksha is a five week, five- module in - depth training and linkages program that empowers women to make well informed financial decisions. It also enables them to have access to the wide range of financial products and services that are available in the market.


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.



The program teaches women cash-flow, income and expenditure budgeting, savings options, and debt management. Women are taught to differentiate between "needs" and "wants", to negotiate their debt, understand the mechanics of loans/EMI components, and the use of bank account facilities such as ATMs, SMS alerts and cheque books. As part of the program, we have also integrated a savings initiative where we help our beneficiaries open savings accounts. This helps our beneficiaries to inculcate the habit of saving and to manage their savings better. Since its inception, Diksha has covered over 8,00,000 economically low income women. The programme is run across 20 states and UTs is taught in 8 different languages.

Savings programme for children (Chiller bank programme)

Keeping in mind the need to educate children about the importance of saving, a savings programme for children known as the Chiller bank programme was initiated in 2015. The programme was initiated following an RBI guideline that encourages children to open and operate savings bank accounts independently, and is targeted at children between the ages of 10 to 17 years. The key objective is to inculcate the habit of saving among children, teach them how to handle money and enable them to become financially empowered citizens in the future.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION 5
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

WHY INVEST!!!!!!What's wrong with just saving?

ASPIRA RISE A CAPITAL



Inflation eats up your savings over time !!!

From UNDECESS ALAMILLU
Hi to Everyone
Good morning to all
UNDECESS ALAMILLU N

Security Participants Edit Chat Share Screen Pause/Stop Recording Reactivate

Programme Outcome and Feedback

The Programme was a very useful organized by the NKT College Parent-Teacher Association as it was felt by the participants on interaction that the programme has created a great awareness on the financial literacy for the community. Through this webinar, it helped to understand about the importance of savings bank accounts for the children and they are also provided with a savings box in order to promote the habit of savings. We hope that someday our children will be able to pay for their education themselves.

Principal once again appreciated the organizing Team of Faculty members and the formal vote of thanks was proposed by Dr. V.J. Uma.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

NKT Science Club

Report on Community Extension & Outreach Activity

World Health Day

Sensitizing Community to Covid-19 Health Issues

7th April 2021



World Health Day is a global health awareness day celebrated every year on 7 April, under the sponsorship of the World Health Organization (WHO), as well as other related organizations. World Health Day is celebrated on April 7 every year. It is an initiative taken by the World Health Organization (WHO) to raise awareness about the overall health and well-being of people across the world.

Webinar on World Health Day organized by NKT Science Club

The participants of the programme were welcomed by the College Principal Dr. S. Chamundeswari and introduced the resource expert Dr. A. Kalyani, Medical

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Officer, Greater Chennai Corporation Chennai. She highlighted that Health is not just about physical well-being but also about the mental and social aspects. A person is said to be healthy if he/she possesses all three. According to the WHO, health is central to human happiness and well-being. It also makes an important contribution to economic progress, as healthy populations live longer and are more productive. Then she placed on record her gratitude to Honourable Secretary, Dr. M. Arumugam, and appreciation to the Organizing Team, Dr. V. Jayashree Priyadharsini, Mrs. V. Sridevi and the research scholar Mrs. P. Vanitha.



Millions of people around the world are prey to many terrible diseases. Therefore, to raise awareness about the overall health and well-being of people across the globe every year World Health Day is celebrated. World Health Day 2021 celebrated every year on April 7 to recognize the widespread contributions of our medical faculty and the success of the World Health Organization.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

World Health Day 2021: Theme

Each year, the World Health Organization (WHO) selects a theme highlighting a particular priority area of public health. The theme for this year's global health awareness day is Building a fairer, healthier world.

World Health Day 2021: Previous themes

Have a look at previous themes of World Health Day

- 2020: Supporting Nurses And Midwives
- 2019: Universal Health Coverage: Everyone, Everywhere
- 2018: Universal Health Coverage: Everywhere
- 2017: Depression: Let's Talk
- 2016: Diabetes

How can you achieve Good Health and build our immunity to be safe from COVID?

The following ways can help you achieve good health:

- Eat healthy meals
- Add more fruits and vegetables to your diet
- Drink a sufficient amount of water
- Do regular exercise
- Wash your hand before eating
- Get enough sleep
- Practice meditation
- Avoid smoking, tobacco, alcohol, caffeine, and sugary drinks.

World Health Day History

In 1948, the WHO organised the first World Health Assembly which called for the creation of a "World Health Day". In 1950, the first World Health Day was celebrated on

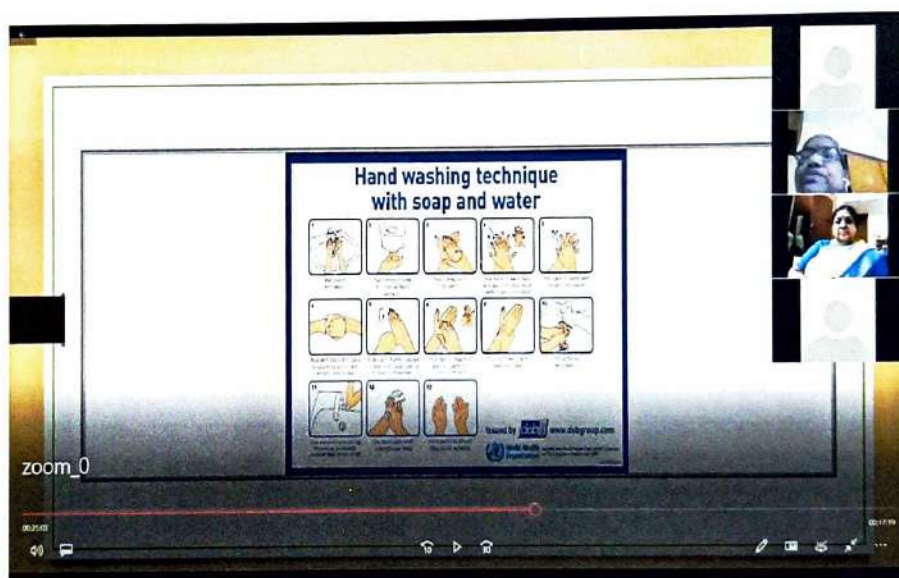


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

April 7 and since then, it is observed every year on the same day. The main aim of the day is to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.

To talk about World Health Day, we need to talk about the creation of the World Health Organization as a whole. In December 1945, officials of Brazil and China proposed the creation of an international health organization that is all-encompassing and absolutely independent from any government powers. Half a year later, in New York, in July 1946, the constitution of the World Health Organization was approved. Said constitution entered into force on April 7, 1948, as 61 countries signed in agreement for the inception of the NGO.

Steps to protect from COVID



Half a year later, in New York, in July 1946, the constitution of the World Health Organization was approved. Said constitution entered into force on April 7, 1948, as 61 countries signed in agreement for the inception of the NGO.


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

As one of the first official acts of WHO, they created the celebration of World Health Day. It was first observed on July 22, 1949, but the date was later changed to April 7, the establishment of WHO, to encourage student participation.

Since 1950, the World Health Day uses a different theme and theme each year selected by the current WHO Director-General, based on the suggestions of the member governments and staff.

World Health Day provides a global opportunity to focus attention on important public health issues that affect the international community. On the occasion of World Health Day, promotional programs are launched that continue for a long time after April 7. World Health Day 2020 will shine a light on the vital role played by nurses and midwives in providing health care around the world, where advocacy events will be held around the world, including the launch of the first-ever State of the World's Nursing Report, which will provide planning to optimize the contributions of the nursing workforce, with a similar report on the Midwifery workforce to be done in 2021.

Programme Outcome and Feedback

The Programme was a very useful organized by NKT Science Club as it was felt by the participants on interaction that the programme has created a great information about the world health day. The participants were able to feel the importance of maintain a healthy living. World Health Day inspires action on a global scale World Health Day is one of WHO's eight official global health campaigns. The day sparks awareness activities and media reports. By choosing a different theme each year, World Health Day ensures that we are always learning! WHO picks each year's subject based on a current pressing health issue and dedicates the week to conferences and activities about the topic. World Health Day can also be an important day to reflect on your own health. Conversation can help reduce stigma associated with illness and lead to more people seeking support and treatment.

The Principal appreciated the organizing team Dr. V. Jayashree Priyadharsini and Mrs. V. Sridevi for the smooth execution of the online quiz.



5

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.



WICCI NATIONAL HANDLOOM COUNCIL

In Collaboration with



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN

(Autonomous)

Report on Community Extension & Outreach Activity

Interwoven Identities: A Handloom Dialogue 2021



24th April 2021

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity

Interwoven Identities: A Handloom Dialogue 2021

24th April 2020

A 'handloom' is a loom that is used to weave cloth without the use of any electricity. Weaving is primarily the interlacing of two sets of yarn – the warp (length) and the weft (width). the equipment that facilitates this interlacing is the loom with varieties of dress as well as styles of weaving and wearing. Each region of India evolved its own textile tradition and known for the production of distinct varieties of handloom saris.



Panel Discussion: Interwoven Identities: A Handloom Dialogue 2021 organized by Women India Chamber of Commerce & Industry (WICCI), Chennai & NKT National College of Education for Women, Chennai

The Panel Discussion on Handloom Sarees started with a welcome note and introduction of the panelist to the audience by Ms. Asha Daniel. Dr. S. Chamundeswari, Principal, NKT National College of Education for Women, Chennai gave the special Address and the session started with discussion included the following.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS), 1
TRIPLICANE, CHENNAI-600 005.

Handloom Cottons of Tamil Nadu



In Tamil Nadu, the relationship between women and cotton sarees has traveled a long way in history with benevolent recognition as one of the oldest dresses which is also used in this contemporary era. Cotton is considered to be one of the most important fiber and cash crop of India and it also plays a dominant role in the industrial and agricultural economy of the country. Cotton is a soft, fluffy staple fiber that grows in a boll. The handloom Cottons of Tamilnadu depicts the spirit of elegance with every warp and yarn by carrying the story of the artisans using high-quality cottons. The handloom cottons of Tamilnadu weave cotton sarees in vivacious colors for domestic and professional drape. It has beautiful, modern collections blended with inimitable quality and for the celebration of colorful living to reach out for the existence of vibrant weaves.

Kancheepuram Pattu- The pride of TamilNadu

Silk is a symbol of luxury and class where no other fabric can match its glow. The elegance of weaving is exhibited in Kancheepuram Pattu Sarees. Kanchipuram silk sarees are the pride of TamilNadu for ages. South Indian weddings are incomplete without a kanchipuram pattu saree for the bride. Kanchipuram pattu sarees are also called as kanjivaram and kanchi sarees. Pure kanchi sarees are produced only in Kanchipuram. Kanchipuram has a reputation that dates back to few centuries as a silk

weaving centre. Government of Tamilnadu has given Geographical Identification for these sarees, which has given the global significance for these products. People from length and breadth of the country come to Kanchipuram to purchase pure Kancheepuram Pattu Sarees. Weaving a kanchipuram saree is tedious but has a stamp of splendour and durability. Therefore Kanchipuram is rightly called as 'SILK PARADISE OF SOUTH INDIA'. Some of the common motif designs are peacock, leaves, mango, rudrakshi, stripes, elephants and so on.



Anitha Gokulakrishnan
Lyricist



Padmaja
Vocalist & Musician



Pattu Lakshmi.P
Editing

WICCI
TAMIL NADU HANDLOOM CENTRE

5. SIMPLE TESTS TO IDENTIFY THE PURE KANCHIPURAM SILK SAREE

In this modern era, finding and embracing an authentic Kanchipuram Silk saree is really a challenging task. After spending a quality time with the Kanchipuram Handloom weavers we are here to help you to foster the realm of Kanchipuram silk sarees by doing 5 simple tests.

(i) Contrast Test: Spotting the original Kanchipuram Handloom Silk saree with pure silk and pure zari is that the border of the saree and the body will be in total contrast. Kanchipuram Handloom Silk sarees customarily have a differentiating zari fringe. However, you do have low-budget versions in the market, which follow the same design rules but they make use of artificial zari. You need to look closely at the colour of the finished zari work to identify a fake.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

(ii) Fire Test: One of the most unfailing ways to tell the difference between a fake and pure Handloom Kanchipuram Silk saree is to pick a few loose threads from the saree, burn them, pick the remaining ash and smell it. The smell will be similar to that of a burnt leather or hair. The ones made using artificial fibers will have no ash upon burning.

(iii) Red Silk Thread Test: Another easier and more possible test would be to look for the loose ends of zari in the Kanchi Handloom Silk saree. Pure zari is made of red silk thread, that is then twisted with a silver thread and dipped in gold. If you find the zari thread white or any other colour, you can be certain that this is a fake. The most effective method to distinguish unadulterated Kanchipuram Handloom saree turns out to be simple with this visual test.

(iv) Weave Pattern Test: Apart from the fire-test, there are a few common indicators such as the weave pattern, colour of zari, border demarcation, and the weight of the saree, to identify an original saree.

(v) Silk Mark Test: According to silk saree-activists, the only way to truly know if a saree is authentic is during its selling. The significance of a Kanchipuram saree is determined by how much it can be resold for. Also you can look for the Silk Mark that is given to pure Kanchipuram silk sarees. When we talk about silk sarees our mind immediately travels to Kanchipuram, because Kanchipuram is considered as the king of Indian Silks. Its softness, quality, texture, craftsmanship, weaving style with subtle colour combinations magnificently speak about the richness of Kanchipuram Silk sarees. The South-Indian women closet is incomplete without atleast one pure Kanchipuram Silk Saree

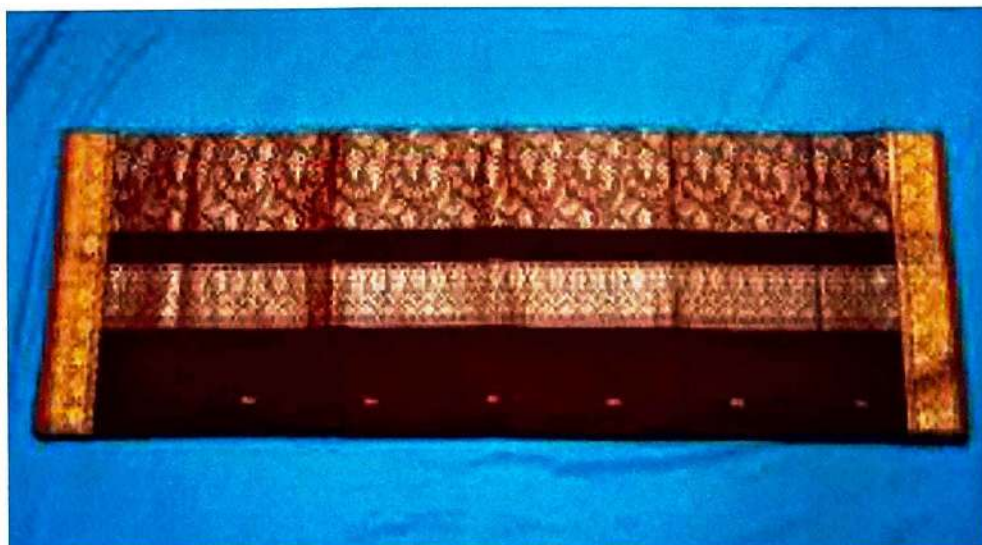
Programme Outcome and Feedback

The Programme was an eye opening Programme for the public viewing the Panel discussion on the Handloom Industry. It was understood that the in the context of opening up of global textiles market, the approach of the Government is to 'sustain the handloom industry' and 'continue to provide livelihood to the Lakhs of weavers who depend on this activity'. This requires constant skill upgradation to produce marketable products, technology upgradation to increase the productivity and to maintain quality to



compete in the world market besides product diversification through continuous design interventions. All the above measures will ensure sustenance of the industry.

The Programme ended with a note of thanks to the Organizers for organizing a very useful outreach programme for the benefit of the community.



[Signature]
PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN

(Autonomous)

NKT Science Club

Report on Community Extension & Outreach Activity

World Asthma Day

**Helping Community to Breathe Easier: Awareness to
Reduce Asthma Triggers:**

Meeting details ^

Kasthuri Thangaraj is presenting

19:08:135 M.A.L. and 20 more

19:23

YOU

... @jyothsna.ganesh

S

sangeetha.ray

19:08:135 M.A.L. and 20 more

j

pradeep.kumar

4th May 2021


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

NKT Science Club

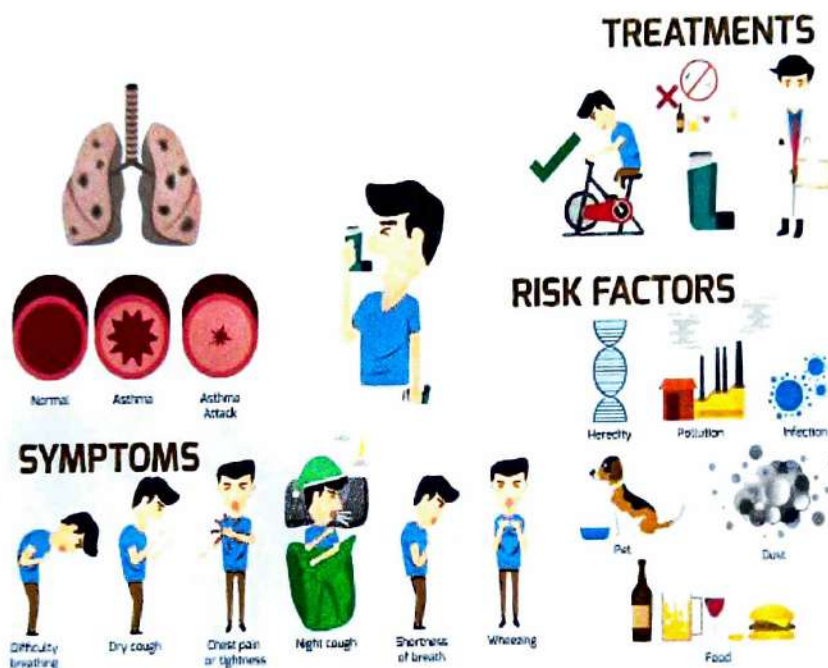
Report on Community Extension & Outreach Activity

World Asthma Day

Helping Community to Breathe Easier: Awareness to
Reduce Asthma Triggers

4th May 2021

ASTHMA



Asthma is a disease characterized by recurrent attacks of breathlessness, wheezing, chest tightness, and cough that vary over time in their occurrence, severity and frequency. During an asthma attack, the lining of the airways swell, causing the air passages to narrow and thus reducing the flow of air into and out of the lungs. The exact cause of asthma is not completely known, though genetic factors with

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

environmental exposure to certain inhaled substances are found to be risk factors for developing asthma. The common risk factors are house dust ,mites in bedding, carpets and stuffed furniture; pollution and pet dander; pollen and moulds; tobacco smoke; chemical irritants in workplace.

Helping Community to Breathe Easier: Awareness to Reduce Asthma Triggers organized by NKT Science Club

The participants of the programme were welcomed by the College Principal Dr. S. Chamundeswari and Ms. Kasthuri from the pedagogical of Biological Science - Education served as the resource expert for the day. She said that Asthma can be diagnosed with the help of clinical history and breathing tests (pulmonary function test- Spirometry). There is no cure for asthma, but symptoms can be controlled with effective asthma treatment and management. Asthma can be managed by taking medicines as directed by medical professional and learning to avoid triggers that cause asthma symptoms. Regular exercise can help reduce asthma symptoms. Physical activities are just as important for someone with asthma as they are for someone without asthma though it is important to control asthma before being active. Asthma affects people of all levels of society such as athletes, leaders, celebrities and ordinary people and they live successful and active lives with proper management of asthma.

Then she placed on record her gratitude to Hon. Secretary, Dr. M. Arumugam, and appreciation to the Organizing Team, Dr. V. Jayashree Priyadharsini and Mrs. V. Sridevi.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.



Ms. Kasthuri discussed the following information about World Asthma Day (WAD) to increase awareness about asthma and its management across the world. It is observed every year on first Tuesday of May. On this day activities are carried out throughout the world to motivate asthma patients to keep their asthma under control. During current COVID -19 pandemic, GINA advocates to people with asthma for good hand washing hygiene, proper social distancing and continue to use their asthma medications as prescribed by doctor. The theme for WAD 2020 is Enough Asthma Deaths.

Facts

- According to World Health Organization (WHO) 235 million people suffer from asthma globally.
- Asthma is one of the major non-communicable diseases. It is also the most common chronic disease in children.
- Asthma cannot be cured but appropriate management can control the disorder and enable people to enjoy good quality of life.



3

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

- Some children with milder forms of asthma don't have their symptoms with age but symptoms can return without warning.

World Asthma Day



On World Asthma Day (May 5, 2020) and throughout May, people with asthma and organizations dedicated to asthma control and education join together to increase awareness about asthma and improve the lives of all people with asthma. We can help you take action. We have resources for you.

WAD is held each May to raise awareness of Asthma worldwide. Although asthma cannot be cured, it is possible to manage asthma to reduce and prevent asthma attacks, also called episodes or exacerbates. This year's World Asthma Day theme is "Uncovering Asthma Misconceptions"

Common asthma triggers include: Infections like sinusitis, colds, and the flu. Allergens such as pollens, mold, pet dander, and dust mites. Irritants like strong odors from perfumes or cleaning solutions.



4

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Common Asthma Triggers

- Tobacco Smoke.
- Dust Mites.
- Outdoor Air Pollution.
- Pests (e.g., cockroaches, mice)
- Pets.
- Mold.
- Cleaning and Disinfection.
- Other Triggers.

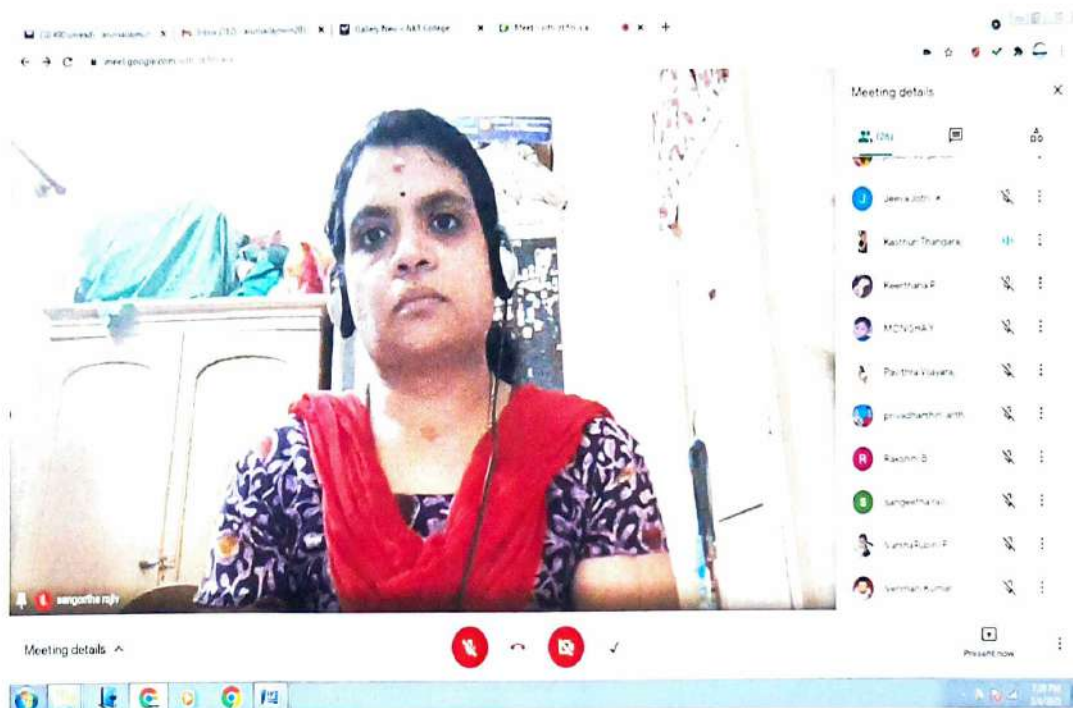
What drink is good for asthma?

Certain herbal teas may help relieve asthma symptoms. Research suggests that ginger tea, green tea, black tea, eucalyptus tea, fennel tea, and licorice tea may reduce inflammation, relax your respiratory muscles, and boost your breathing, among other benefits.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Programme Outcome and Feedback



The Programme was a very useful organized by NKT Science Club as it was felt by the participants on interaction that the programme has created a great information about the Asthma day. The exact cause of asthma is not completely known, though genetic factors with environmental exposure to certain inhaled substances are found to be risk factors for developing asthma. The common risk factors are house dust ,mites in bedding, carpets and stuffed furniture; pollution and pet dander; pollen and moulds; tobacco smoke; chemical irritants in workplace. The Principal appreciated the organizing team Dr. V. Jayashree Priyadharsini and Mrs. V. Sridevi for the smooth execution of the programme.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)
Guidance & Counselling Cell

Report on Community Extension & Outreach Activity
National Webinar on Managing Exam Anxiety amidst the Pandemic

CAUSES

-  **Fear of failure**
-  **Poor testing history**
-  **Unpreparedness**
-  **Learned helplessness**
-  **Negative thoughts**

12th May 2021


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Guidance & Counselling Cell

Report on Community Extension & Outreach Activity

National Webinar on Managing Exam Anxiety amidst the Pandemic

12th May 2021



Exam Anxiety is a physiological condition in which people experience extreme stress, anxiety, and discomfort during and/or before taking a test. This anxiety generally creates significant barriers to learning and performance among the students. Research also suggests that high levels of emotional distress have a direct correlation to reduced academic performance and even higher student drop-out rates.

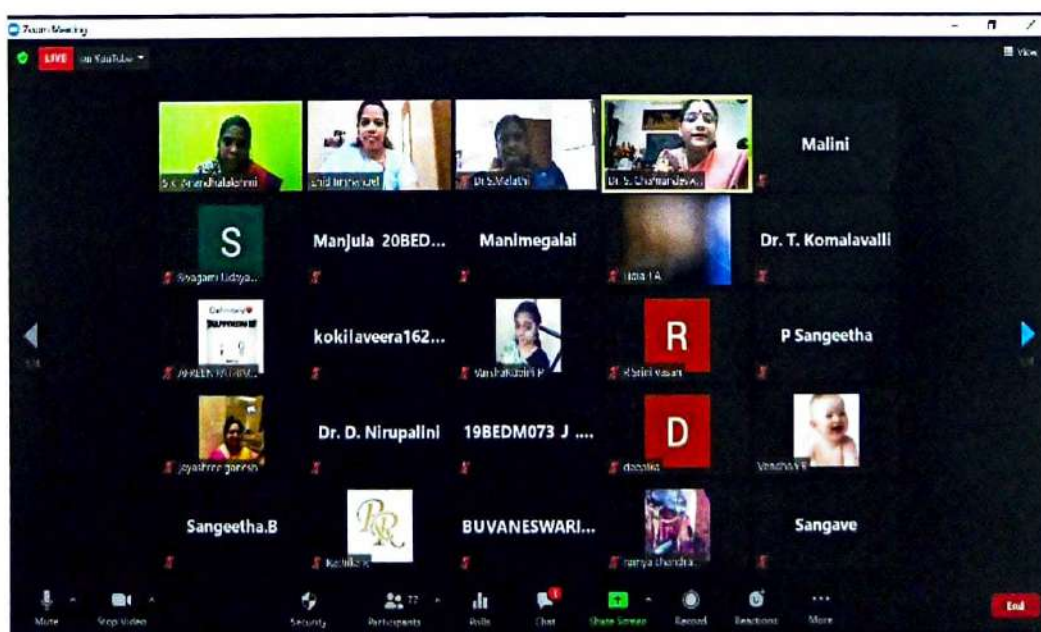



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

National Webinar on Managing Exam Anxiety amidst the Pandemic organized by the Guidance & Counselling Cell

Dr. S. Chamundeswari, the Principal of the College welcomed the participants and the Resource Expert of the day, Resource expert Ms. S.K. Anandhalakshmi, Lecturer, Department of Clinical Psychology, NIPMD, Chennai. For the National Webinar on Managing Anxiety amidst the Pandemic organized by the Guidance & Counselling Cell of the College

She addressed that the emergence of corona virus disease 2019 (COVID-19) forced the worldwide higher educational institutes to adopt distance learning mode. Further, remote electronic exams (E-exams) are today considered as mode of assessment that as created a lot of anxiety among students. As a result a stress-free environment is very essential to encourage students to adopt remote E-exams, particularly if the pandemic will take longer and awareness to manage examinations in general is very essential to all students. She placed on record her gratitude to the Honourable Secretary, Dr. M. Arumugam for all his unconditional support and guidance and appreciated the organizers of the outreach programme, Dr. S. Malathi, Dr. K. Vijaya and Mrs. A. Enid Ruth and welcomed the participants once again in the Online Platform and viewing through the YouTube Channel from different parts of the country.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

The Resource Expert was introduced to the participants by Dr. S. Malathi, Dean of Academics and the head of the Guidance & Counselling Coll.

Ms. S.K. Anandhalakshmi, addressed the gathering that exam anxiety is the experience of feeling an intense moment of fear or panic before and/or during an exam or assessment.

There are two types of anxiety:

- Low anxiety: students who experience low anxiety may feel a little nervous about an upcoming exam but are still able to focus their attention on their studies or the questions asked during the assessment. Usually low anxiety students are not struck with intrusive thoughts or feel debilitated by the exam.
- High anxiety: students who experience high anxiety show an immediate anxiety reaction when exposed to the feared test situation. They attempt to avoid the situation by not showing up to the exam, or may endure it but with extreme fear. High anxiety can tip some into a sense of panic: "I just really can't do this!"

Students with either high or low anxiety can respond to tests in different ways. But research shows that managing anxiety effectively can actually help with exam performance.

The challenge is to recognize when your anxiety has increased past an optimal level so that it starts to impact your ability to complete the exam - this is a high level of anxiety.

Some physical responses of high anxiety include a speeding heart, damp hands, shortness or rapid breath, and feeling queasy.

The physical response is usually experienced in high levels of anxiety when the "fight or flight" response is triggered. This is how our bodies respond to a perceived threat – and while uncomfortable, it is not harmful.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

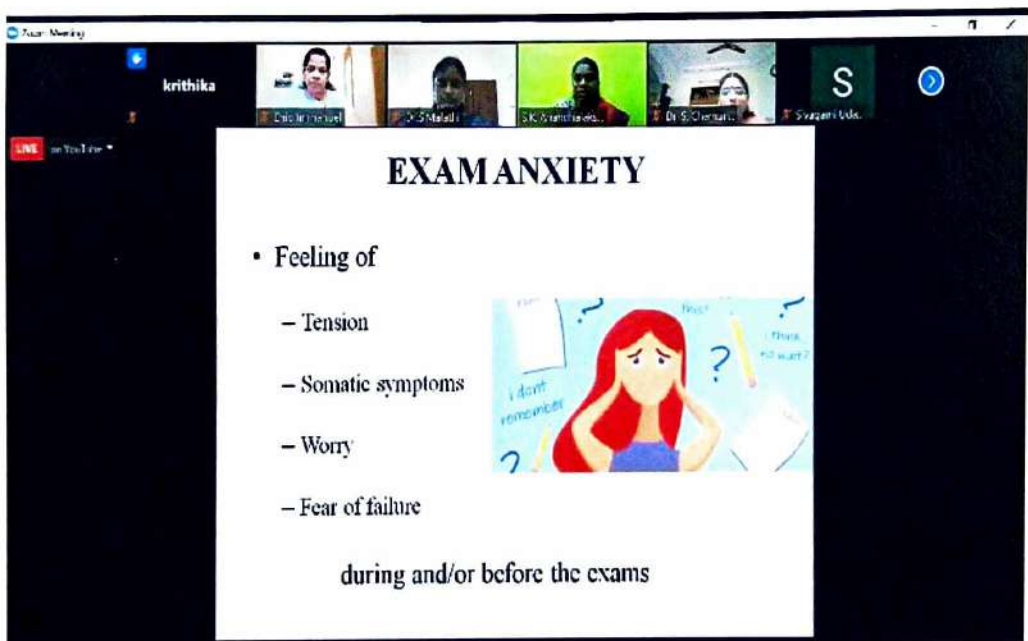
When Anxiety is (and isn't) Useful

Anxiety can be useful in certain situations - for example, if you are in danger (jumping out of the way of a car). It can also help to increase our attention to the threatening event and improve our response.

But it is not so helpful when the threat we are faced with is cognitive, like an exam.

The thoughts involved in exam anxiety usually include negative thinking about performance (also known as worry) and/or the physical reaction to thinking about the upcoming exam: "I'm going to fail", "I quit", "My heart is leaping out of my chest and I can't focus."

Impact of High Anxiety on Performance



The screenshot shows a Zoom meeting interface. At the top, there are five video thumbnails of participants: 'krithika', 'Chloe W. (no last name)', 'V. S. Malali', 'S.K. Anandharaman', and 'Dr. S. Chinnai'. To the right of these is a green square with a white 'S' and a blue circular arrow icon. Below the thumbnails is a presentation slide titled 'EXAM ANXIETY' in bold, black, uppercase letters. The slide content includes a bulleted list under the heading 'Feeling of':

- Tension
- Somatic symptoms
- Worry
- Fear of failure

Below the list, the text 'during and/or before the exams' is centered. To the right of the list is a cartoon illustration of a woman with long red hair, wearing a blue top, with her hands on her head in a distressed pose. The background of the illustration is light blue with various text elements like 'I don't remember!', 'Think, no wait!', and question marks.

Research has shown that people who experience high levels of anxiety in exams can also see their performance decline in evaluation situations.

These people tend to perceive exams as threatening and respond with intense emotional responses, making it difficult to focus on the task at hand.



Assessment situations also evoke worry responses that interfere with effective performance on cognitive and intellectual tasks. This then impacts on the person's chance of performing their best on the exam.

Exam anxiety may also interfere with your ability to show your academic and cognitive capabilities.

Learning to work through your exam anxiety can have a number of positive effects including:

- Improved academic performance
- Reduction in stress and distress
- Increased sense of control and confidence
- Decreased frustration

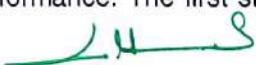
Tips for Coping with Exam Anxiety

When getting ready for exams try to:

- Prepare ahead of time by working on sections of the content each day
- Use practice exam papers as an opportunity to manage anxiety
- Identify your anxiety early by noticing your physical responses
- Try replacing unhelpful thoughts with more encouraging self-talk by challenging your worried and negative thoughts
- Practice focusing your attention on the task at hand (mindfulness), rather than getting tangled in your anxiety and thinking of the "what if?"
- Learn a few skills for reducing your physical reactions of anxiety
- Remember good self-care: pay attention to your sleep, nutrition, exercise, relaxation routines, and reach out for social support

Programme Outcome and Feedback

The Outreach Programme was very useful to students throughout the country. It was felt that though exam stress and the pressure to do well in school, and secure admission in a good college are normal, it can cause students to feel anxious, which in turn can affect their sleep and concentration and lead to a poor performance. The first step to


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

deal with exam anxiety is to recognize the signs of stress. Second, parents, educators and the school must encourage an open and honest communication with the students to help them emerge stronger. Students understood how to deal with this issue:

Set realistic goals: Provide opportunities for students to set realistic and achievable short- and long-term learning goals. Involve parents to help align their expectations with their child's.

Time management: Students often get stressed when they feel that they are running out of time to complete something. Developing effective and simple structures around time-management can help them relax and stay focused. Help them create a plan — a written work schedule or breaking down of tasks into manageable chunks — to address the 'out-of-control feeling'.

Sleep: To deliver one's best performance, a person needs seven-eight hours of sleep. Also form the habit of sleeping and waking at the same time every day.

Positive self-talk: Anxiety often leads to negative thoughts and self-doubt. Educators should try to replace this with a positive thoughts. Make students look back at how far they have come and how much they have already achieved. Also reinforce that they have prepared well, and there should be no reason to worry.

Healthy mind-set: Reminding students that failure is an opportunity for growth and learning is a key aspect of success. In this unprecedented time of COVID-19, students have many unanswered questions about their future but it is imperative for to understand that change is the only constant. Apart from keeping one's physical body healthy, one must also enrich and nourish the mind. Simple breathing exercising, practising gratitude and mindfulness strategies will all help.

Principal addressed that it is very important to remind students that challenges will make them stronger and help them write unique success stories.




PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)

Guidance & Counselling Cell

Report on Community Extension & Outreach Activity

**National Webinar on Emotional Wellbeing of
Teachers & Students amidst the Pandemic**

N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN (AUTONOMOUS)
Re-accredited with A Grade (CGPA 3.26 / 4.00) by NMAC
Affiliated to Tamil Nadu Teachers Education University, Chennai, Tamil Nadu

Guidance & Counselling Cell
Cordially invites you for a
National Webinar
On
'Emotional Wellbeing of Teachers and Students amidst the Pandemic'

MAY 19 2021
3 p.m

Resource Expert

Mr. K. Veerapandian
Consultant Psychologist

Join the webinar through ZOOM

Organizing Committee

Dr. S. Malathi
Convener
Dean of Academics

Dr. S. Chamundeswari
Principal
Programme Director

Organizing Secretaries

Mrs. S. Rajamani
Assistant Professor
Organizing Secretary

Mrs. A. Enid Ruth
Assistant Professor
Organizing Secretary

Also Connect through NKT Channel

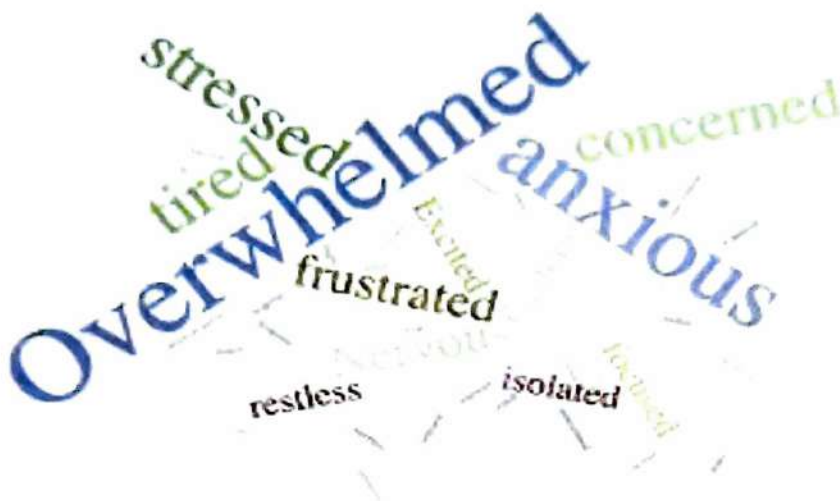
* No Registration fee
* E-Certificates for all

19th May 2021

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Guidance & Counselling Cell
Report on Community Extension & Outreach Activity
National Webinar on Emotional Wellbeing of
Teachers & Students amidst the Pandemic

19th May 2021



In the face of the global COVID-19 pandemic, schools have confronted unprecedented challenges as they moved to quickly shift classes to an online format, provide equitable access for all students, support teachers' and students' educational needs, and make plans amidst great uncertainty. The pandemic itself has caused much worry, stress, and grief. These stressors can cause mental health challenges for anyone and can cause acute symptoms to appear for people who may experience preexisting mental health challenges.

Some of the typical indicators teachers may use to identify students experiencing mental health difficulties may not be available. Some teachers may not be meeting with students in person. Some teachers may not have the same student drop-ins. Some teachers may not be able to read students' masked faces. As such, teachers may wonder how students are doing or the degree to which they are struggling, particularly with respect to emotional problems.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Here we address how teachers can use existing processes in schools to identify students who may need extra support—especially regarding anxiety and depression, which can often go undetected even under the best of circumstances.

National Webinar on Emotional Wellbeing of Teachers & Students amidst the Pandemic organized by Guidance & Counselling Cell

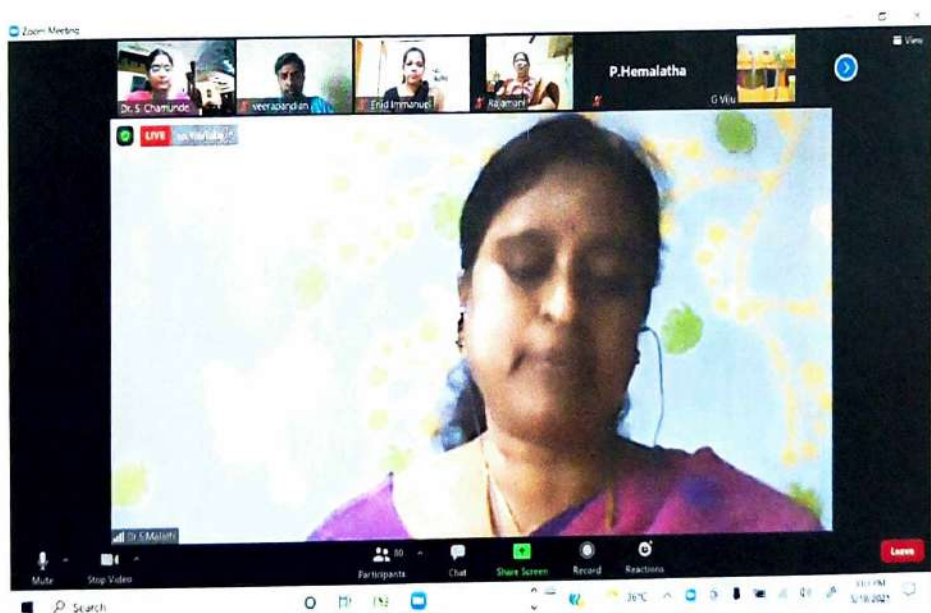


The National Webinar on Emotional Wellbeing of Teachers & Students amidst the Pandemic organized by Guidance & Counselling Cell for the benefit of all student-teachers in the community. The Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Mr. K. Veerapandian, Consultant Psychologist, Faculty Members, Non-Teaching Staff, Students and all participants from the community. She said an established method to identify students who may have difficulties with anxiety or depression is through systematic screening of the school population. For elementary school students, screening involves teachers and students completing brief questionnaires regarding students' emotions and classroom behaviors. At the middle and high school levels, screening primarily relies on student questionnaires regarding the frequency or severity of any emotional concerns. She placed on record her gratitude to Honourable Secretary, Dr. M. Arumugam, and appreciation to the Organizing Team, Dr. S. Malathi, Mrs. A. Enid Ruth and Mrs. S. Rajamani.

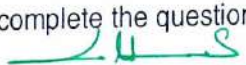
PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION 2
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.



The Resource Expert was introduced by Dr. S. Malathi and the session started.



Resource expert stated that teachers also may be asked to nominate students who appear to be excessively anxious or frequently sad. Students can complete questionnaires using paper-and-pencil surveys or, more appropriately for online instruction phases, through online, secure questionnaires. School mental health professionals (e.g., counselors, school psychologists) use scores on these questionnaires to identify students who appear at risk for anxiety or depression difficulties. Sometimes, these at-risk students are asked to complete the questionnaire


 PRINCIPAL
 N.K.T. NATIONAL COLLEGE OF EDUCATION
 FOR WOMEN (AUTONOMOUS),
 TRIPLICANE, CHENNAI-600 005.

again a few weeks later to determine whether their mental health challenges are enduring.

Ways teachers can continue supporting students during the COVID-19 era

Students are in a crisis. Over the past several months, their schools have suddenly closed, cutting them off from their teachers, peers, and school support systems. In addition to COVID-19, students have had increased exposure to the extent of racism and racial injustice in our society and the associated unrest it has elicited. And now that the school year is over, many students are unsure of what the summer or next school year will hold.

No two students or families have been affected by the COVID-19 era in the same way, but all need the support of the important adults around them, including teachers. Now more than ever, teachers are an important part of facilitating student learning, well-being, and growth.

Whether teaching summer school remotely or teaching next school year remotely, in person, or in a hybrid model, teachers can continue supporting students through these crises. Teachers can also play an important role in identifying students who may need to meet with school mental health professionals.

How might children exposed to crisis behave?

Across a multitude of situations, students may respond to the crises that they have experienced by showing abrupt changes in personal hygiene, sleep routines, weight, school performance, mood, disruptive behavior, and/or participation in activities.

Pre-K and kindergarten students may appear sleepy, withdraw from friends and typical routines, display a reluctance to attend school or participate in activities, or cling to parents or caregivers once they arrive. In addition, a teacher may observe a regression in a student's behavior in the form of thumb-sucking, incontinence, or separation anxiety.

Elementary students may be more irritable, aggressive, quiet, or clingy. They may have nightmares, avoid school, or withdraw from activities and friends. Children may show increased worry about family members or friends.

Middle and high school students may display sleeping and eating disturbances, physical complaints, delinquent behavior, or an increase in conflicts. They may have trouble concentrating or become agitated easily.



What can teachers do?

No matter the setting—virtual or in-person, during summer break, or while teaching summer school—here are 8 ways teachers can continue supporting their students through COVID-19:

Do	Don't
Show caring by noticing changes in behavior. For example: "You don't seem like yourself lately. Is there something going on?" Invite students to connect via email, by calling their parents, or by mailing a note to their homes with a self-addressed stamped envelope for them to write you back.	Push for information or ask pointed questions.
Schedule regular check-ins with students/families you are concerned about, either virtually or in person.	Assume that no response to a check-in means you are not still needed.
Lend an ear. Give a casual invitation like, "Let's talk."	Ignore concerns or minimize what has happened.


 PRINCIPAL
 N.K.T. NATIONAL COLLEGE OF EDUCATION
 FOR WOMEN (AUTONOMOUS),
 TRIPPLICANE, CHENNAI-600 005.

Do	Don't
Let students know you are one of the adults here to keep them safe.	Tell children everything will be fine or the same.
Do more listening than talking.	Dominate the conversation.
Provide opportunities for students to express their feelings. Invite them to write or draw about their experiences and feelings.	Recount explicit traumatizing details of the events.
Remain calm in referring to and discussing the events.	Describe these events as a catastrophe or disaster.
Keep to routines as much as possible.	Give surprise assignments or make last-minute schedule changes.

Programme Outcome and Feedback

The Programme was a very useful organized by the Guidance & Counselling Cell of the College, as the programme was felt by the participants on interaction that it had created a great awareness on the emotional wellbeing among the student & teachers. They were able to:

- Be aware of your emotions and reactions.
- Express your feelings in appropriate ways
- Think before you act.
- Manage stress.
- Strive for balance
- Take care of your physical health
- Connect with others
- Find purpose and meaning
- Stay positive.



PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.



Principal once again appreciated the organizing Team of Faculty members and the formal vote of thanks was proposed by Mrs. S. Rajamani.




 PRINCIPAL
 N K T. NATIONAL COLLEGE OF EDUCATION
 FOR WOMEN (AUTONOMOUS),
 TRIPLICANE, CHENNAI-600 005.



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)

Guidance & Counselling Cell

Report on Community Extension & Outreach Activity
National Webinar on 21st Century Competencies for
Future Teachers as a Career

N.K.T. National College of Education for Women
(Autonomous)
Recognized with 'B' Grade (CPEA) by AICTE
Affiliated to Tamil Nadu Teachers Education University, Chennai, Tamil Nadu.

Guidance & Counselling Cell
Cordially invites you for a
National Webinar
on
21st Century Competencies for
Future Teachers as a Career
th
May 26 2021
2 PM ONWARDS

Resource Expert
Mrs. Sujetha Barathi
Principal
The Titan School
Hosur

Click the Zoom icon to join the Webinar

Meeting ID: 879 3610 5625
Passcode: 635321

E-Certificates for all

Organizing Committee
Dr. S. Malathi
Convener
Dean of Academics
Dr. S. Chamundeswari
Principal
Programme Director

Organizing Secretaries
Mrs. S. Rajamani
Assistant Professor
Mrs. A. Eild Ruth
Assistant Professor

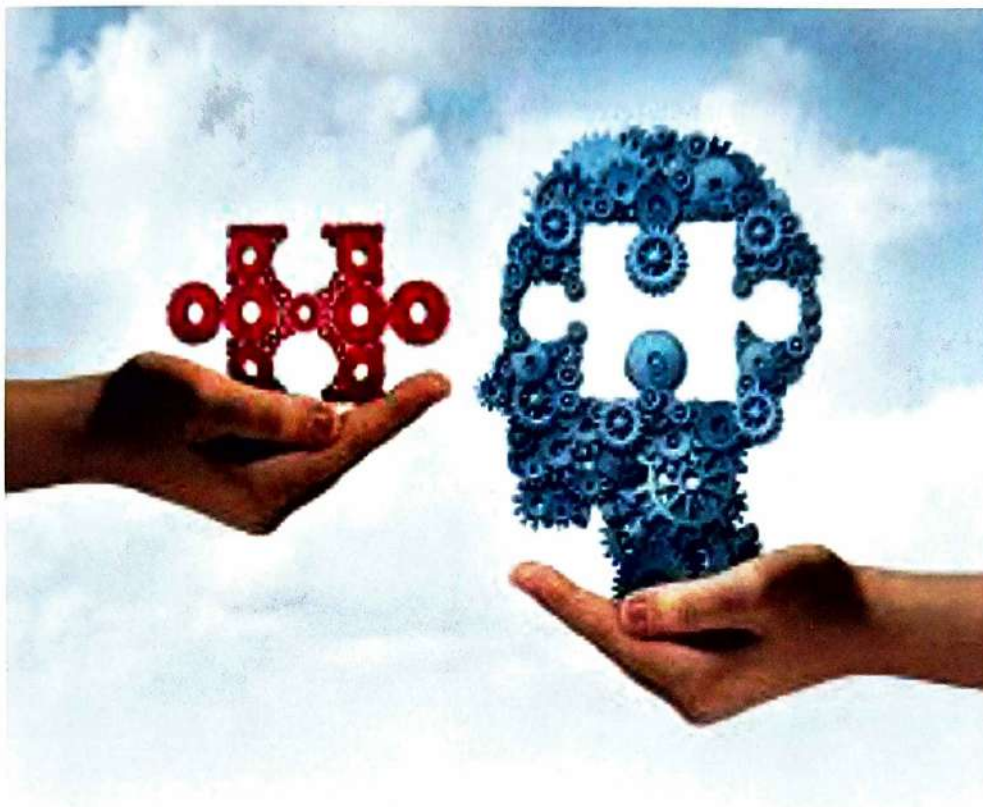
Connect through NKT Channel

26th May 2021


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLIKANE, CHENNAI-600 005.

Guidance & Counselling Cell
Report on Community Extension & Outreach Activity
National Webinar on 21st Century Competencies for
Future Teachers as a Career

26th May 2021



Educators should emphasize skills and attitudes over curriculum and rote memorization. The curriculum should aid in fostering skills like digital literacy, problem-solving, reasoning, collaboration, creativity, interpretation, and analysis to help the student in all the situations he or she encounters. Because technological advances, like the internet, have rendered skills like rote memorization unimportant students should learn how to retrieve, synthesize, evaluate, and think critically about the extensive library of information found online.

This does not mean that schools should depart from teaching foundational subjects like algebra and English. It will always be beneficial for students to know how to

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

solve an equation and craft a thesis. Implementing 21st Century skills in a class means teachers should provide students, through carefully planned lessons and assignments, with opportunities to cultivate 21st-century skills within these important subjects. Schools should be committed to doing their best to make sure their students are ready to impact the world, no matter what that future holds.

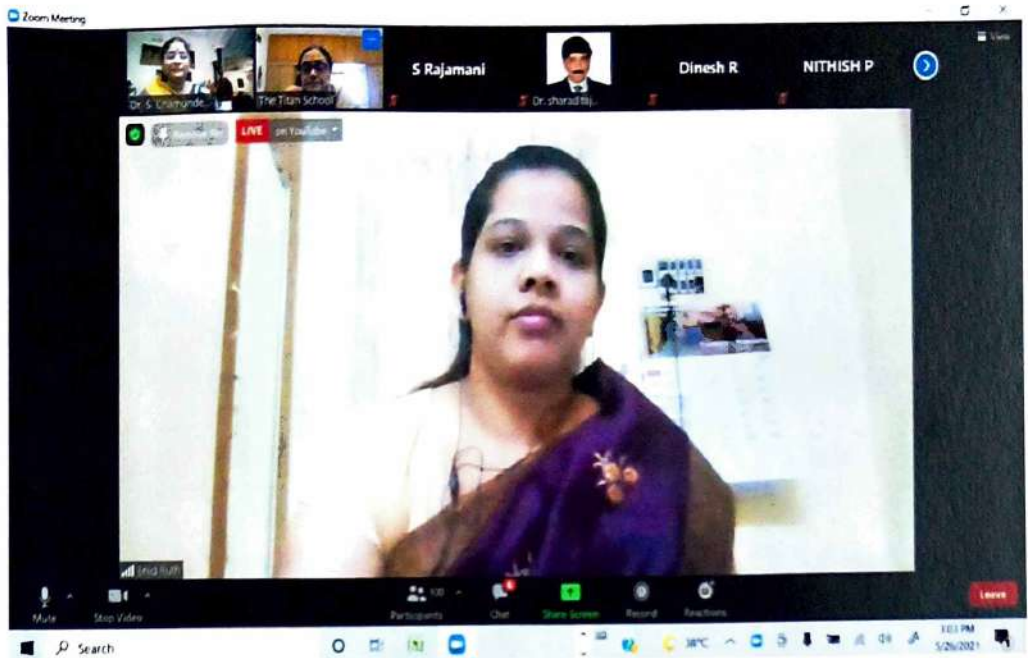
National Webinar on 21st Century Competencies for Future Teachers as a Career organized by Guidance & Counselling Cell

The National Webinar on 21st Century Competencies for Future Teachers as a Career organized by Guidance & Counselling Cell for the benefit of all student-teachers in the community.

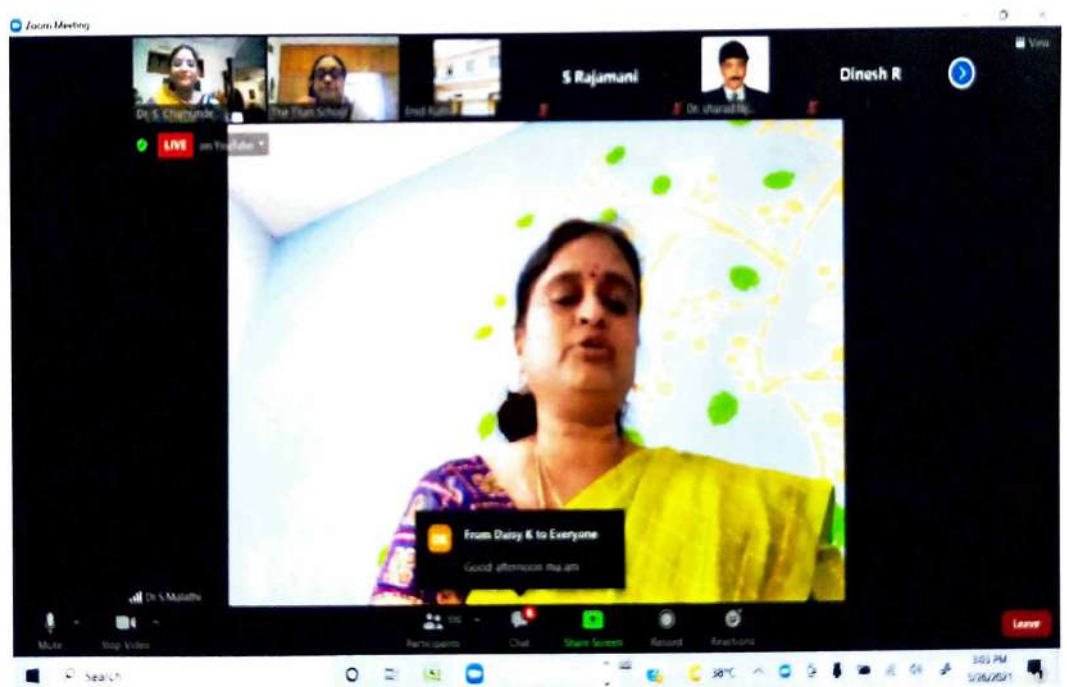


The Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Mrs. Sajeetha Bharathi, Principal, The Titan School Hosur, Faculty Members, Non-Teaching Staff, Students and all participants from the community. She placed on record her gratitude to Honourable Secretary, Dr. M. Arumugam, and appreciation to the Organizing Team, Dr. S. Malathi, Mrs. A. Enid Ruth and Mrs. S.Rajamani.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.



The Resource Expert was introduced by Dr. S. Malathi and the session started.



What are the 4 competencies that the teachers should have?

Four groupings of these competencies can help organize and simplify for teachers what they need to master to maximize their performance: classroom management, instructional delivery, formative assessment, and personal competencies.


 PRINCIPAL
 N K T NATIONAL COLLEGE OF EDUCATION
 FOR WOMEN (AUTONOMOUS)
 TRIPLICANE, CHENNAI-600 005

What 21st-century skills should you develop as a future teacher?

- Critical Thinking, Collaboration, Communication and Creativity.
- Information, Media and Technology Literacy.
- Flexibility, Leadership, Initiative, Productivity, and Social skills.
- Connectivity, Emotional Intelligence and Self-responsibility.

What competencies will you need as a future teacher?

Teaching Competencies

- Communication and Interpersonal Skills.
- Organization and Planning.
- Classroom Management.
- Facilitation and Engagement.
- Assessment and Coaching.
- Collaboration and Teamwork.
- Caring and Inclusiveness.
- Flexibility and Adaptability.

The twelve 21st Century skills are:

1. Critical thinking
2. Creativity
3. Collaboration
4. Communication
5. Information literacy
6. Media literacy
7. Technology literacy
8. Flexibility
9. Leadership
10. Initiative
11. Productivity
12. Social skills



These skills are intended to help students keep up with the lightning-pace of today's modern markets. Each skill is unique in how it helps students, but they all have one quality in common.



The Three 21st Century Skill Categories

Each 21st Century skill is broken into one of three categories:

1. Learning skills
2. Literacy skills
3. Life skills

Learning skills (the four C's) teaches students about the mental processes required to adapt and improve upon a modern work environment.

Literacy skills (IMT) focuses on how students can discern facts, publishing outlets, and the technology behind them. There's a strong focus on determining trustworthy sources and factual information to separate it from the misinformation that floods the Internet.

Life skills (FLIPS) take a look at intangible elements of a student's everyday life. These intangibles focus on both personal and professional qualities.


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

21st-century teaching competencies

Teachers demonstrate leadership

a. Teachers lead in the classroom by: - evaluating student progress using a variety of assessment-data measuring goals; - drawing on appropriate data to develop classroom and instructional plans; - maintaining a safe and orderly classroom that facilitates student learning; and - positive management of student behavior, effective communication to defuse and deescalate disruptive or dangerous behavior, and safe and appropriate seclusion and restraint techniques.

b. Teachers demonstrate leadership in the school by: - engaging in collaborative and collegial professional learning activities; - identifying the characteristics or critical elements of a school improvement plan; and - displaying an ability to use appropriate data to identify areas of need that should be addressed in a school improvement plan.

152 The Competencies of the Modern Teacher

c. Teachers lead the teaching profession by: - participating in professional development and growth activities; and - developing professional relationships and networks.

d. Teachers advocate for schools and students by: - implementing and adhering to policies and practices positively affecting students' learning.

e. Teachers demonstrate high ethical standards.

Programme Outcome and Feedback

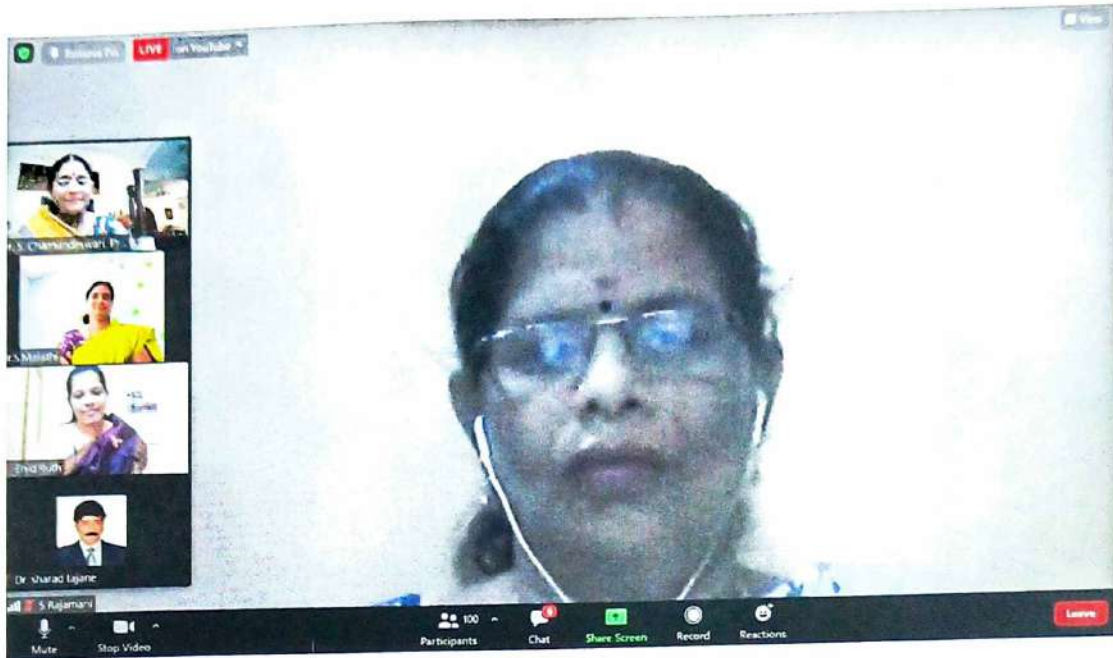
The Programme was a very useful organized by guidance & counselling cell programme as it was felt by the participants on interaction that the programme has created a great awareness on the competencies of future teachers. The student-teachers were able to:

1. Believe In their Potential
2. Learn Everything in the Field
3. Be Fun and Energetic
4. Take Risks



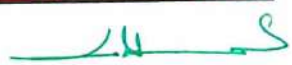
PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS), 6
TRIPPLICANE, CHENNAI-600 005.

5. Be Creative and Think Outside The Box
6. Be Consistent and Decisive
7. Always be Up-To-Date



Principal once again appreciated the organizing Team of Faculty members and the formal vote of thanks was proposed by Mrs. S. Rajamani.




 PRINCIPAL
 N.K.T. NATIONAL COLLEGE OF EDUCATION
 FOR WOMEN (AUTONOMOUS),
 TRIPPLICANE, CHENNAI-600 005.



NKT Differently Abled Club

National Webinar on Welfare Schemes for the Persons with Disability

N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)
Recognized with 'A' Grade (ICP & 124 / 400) by NAAC
Affiliated to Tamil Nadu Teachers' Education University, Chennai, Tamil Nadu.

NKT DIFFERENTLY ABLED CLUB
Cordially invites you for a
National Webinar on
"WELFARE Schemes for the Persons
with Disabilities"
on 29th May, 2021, at 11.30 a.m.


Mr. C. GOVINDAKRISHNAN
Resource Expert
Netherlands, Channai.


Dr. S. CHAIMUNDELSWARI
Programs Director
Principal
N.K.T. National College of
Education for Women, Chennai.

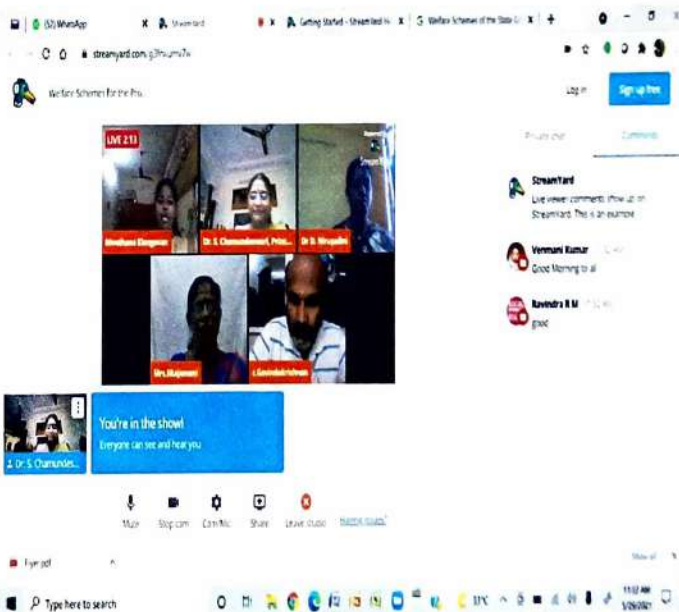

Mrs. E. NIVETHANA
Organizing Secretary


Mrs. S. RAJAMANI
Assistant Professor
Organizing Secretary


Dr. B. NITHULAJINI
Organizing Secretary

◆ E-Certificate will be provided ◆

CLICK BELOW LINK FOR LIVE ON N.K.T. CHANNEL YOUTUBE STREAM
 <https://youtube.com/channel/UCa8Qn4350nGwEgpg8PQ>



29th May 2021

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

NKT Differently Abled Club
Report on Community Extension & Outreach Activity
National Webinar on Welfare Schemes for the Persons with Disability

29th May 2021



Persons with Disabilities are often looked down upon by other people in society. They are not able to move at the same speed as other people; they are not able to do the basic things with ease like the other people, so they need additional help from the concerned authorities. This support helps the differently-abled people to have a more fruitful life. Hence, there are some government schemes for disabled in India meant to make the difficult life of such people, a little bit easier. here we will learn about some of those schemes which are made with that exact objective.

National Webinar on Welfare Schemes for the Persons with Disability organized by the NKT Differently Abled Club

National Webinar on Welfare Schemes for the Persons with Disability organized by NKT Differently Abled Club for the benefit of the person with disability in the community.

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

The Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Mr. C. Govindakrishnan, Nethrodaya, Chennai, Faculty Members, Non-Teaching Staff, Students and all participants from the community. She placed on record her gratitude to Hon. Secretary, Dr. M. Arumugam, and appreciation to the Organizing Team, Dr. D. Nirupalini, Ms. E. Nivethana, and Mrs. S. Rajamani, Faculty members of our College.

The Resource Expert was introduced by Dr. D. Nirupalini and the session started.



The Resource expert addressed that the main objective of the Scheme is to assist the needy disabled persons by providing concessional loan for economic and overall empowerment.

The Government funds services (including direct financial assistance) to support disabled people. By providing these services, the Government helps to give disabled people the opportunity to live an ordinary life. Disabled people receive extra support from a range of government agencies.

What are the schemes for disabled persons?

- National Fund Under PwDs. ADIP.


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

- DDRS. District Disability Rehabilitation Centres (DDRC) SIPDA. Accessible India Campaign. Awareness Generations. Incentive to Private Employer. Research & Development.
- Scholarship. State Spinal Injury Center. Indian Spinal Injuries Center (ISIC)
- Others. Financial assistance for deaf Colleges.

The Schemes For Disabled In India

1. Divyanjan Swavalamban Yojana: The purpose of Divyangjan Swavalamban Yojana is to make the concessional benefit available for the people who are specially-abled as per the rules of the PwD Act, 2016. With the help of this scheme, these differently-abled people can:

- When that person is looking to start something, which will directly or indirectly help him/her financially or will provide better opportunities to improve their life
- Continue study even after completing his schooling which will improve his educational qualifications.
- Improve his vocation and skill set by taking the necessary courses which will advance his employment opportunities.
- Buy or customize his disability-friendly vehicle with better accessories that will help in his day to day activities a little bit more.
- This scheme provides loan facility to the visually impaired so that they can buy the items which are necessary for the betterment of their lives.
- This financial aid provided by the NHFDC provides banking facilities for PwD to give loans at a very nominal per annum.

2. Deendayal Disabled Rehabilitation Scheme (DDRS): The government introduced the DDRS as one of the schemes for the disabled in India to help the specially-abled people perform the tasks which help in creating a better environment for them and also ensures that PwD gets similar opportunities to empower themselves like all the other people thus provide social justice and equity. The Ministry of Social Justice and Empowerment funds DDRS which is available for all the listed institutions and organizations. This scheme has been established under The Persons with Disabilities Act, 1995. Its objectives are –



- To increase the opportunity to study at every level and ways, to increase their chances of professional and vocational opportunities, which will then lead to them getting proper occupations thus achieving financial independence.
- To build facilities that support activities to lighten the mood and give relaxation, promote the culture of that place, and ensuring that they are socially inclusive, the performance of creative arts, sports, and also going for a small trip to somewhere or traveling allowance.
- To provide help and making sure that the people have proper and respectable places to stay and lead a happy life in the Govt Rehabilitation Homes.



3. Assistance for Disabled Persons (ADIP): ADIP scheme was made to help the disabled people to purchase various accessories to help them in their daily life. This scheme was formulated with the main objective to assist the PwD to get the latest and enhanced products that help them to have a more fruitful life, it improves their physical abilities, increases their social acceptance thus improves their overall mental health. These sophisticated aids are scientifically created to meet the individual needs of the user, which significantly reduces the impact of their disabilities and gives them a chance to become financially independent. These aids & appliances are made according to the specifications laid down by the Bureau of Indian Standards, thus they provide the


 PRINCIPAL
 N.K.T. NATIONAL COLLEGE OF EDUCATION
 FOR WOMEN (AUTONOMOUS),
 TRIPPLICANE, CHENNAI-600 005

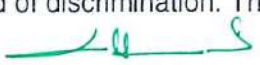
maximum help possible. The National Institutes under this ministry, ALIMCO, and NGOs help in implementing this scheme.

4. Accessible India Campaign: Accessible India Campaign which is also known as Sugamya Bharat Abhiyan was launched by the Department of Empowerment of Persons with Disabilities (DEPwD) across the entire nation to provide the PwDs with universal accessibility. Following are its important parts-



- **Build Environment Accessibility:** To make the environment around us physically accessible to everyone, steps need to be taken to remove obstacles in both indoor and outdoor facilities that include schools, workplaces, and footpaths. Ramps should be made; railings should be installed where necessary thus providing free movement along with necessary security measures.
- **Transportation System Accessibility:** Another important part of independent life is transportation, on which everyone depends to move around. All kinds of travels like air travel, trains, taxis, and buses should be made accessible for PwDs.
- **Information and Communication Eco-System Accessibility**

Having access to information is one of the basic needs of everyone in society, so information should be made available to all without any kind of discrimination. This can

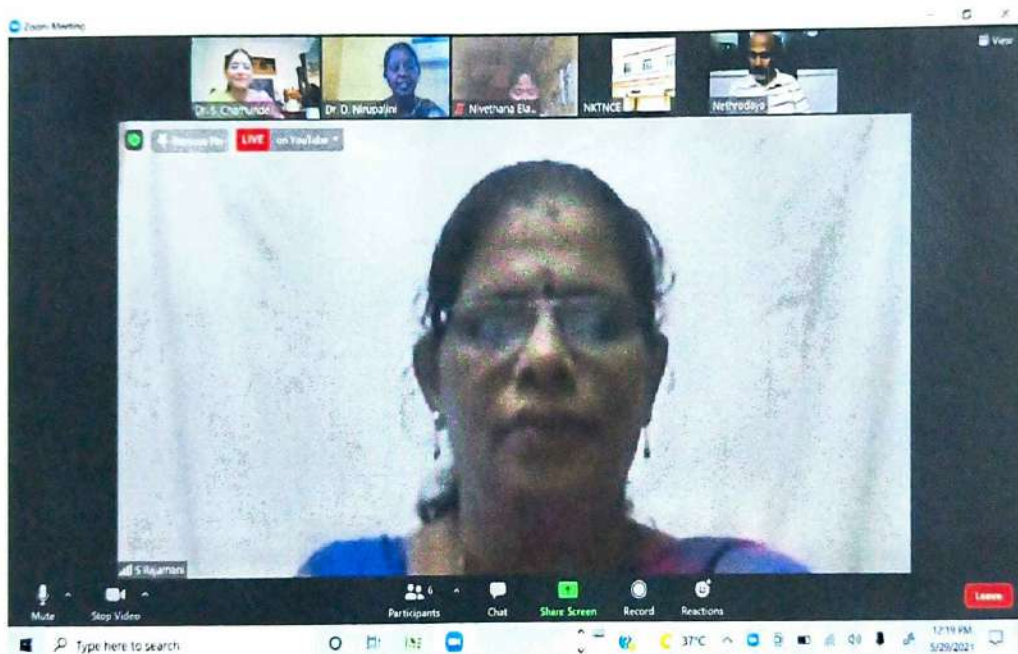

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

range from doing the basics as reading the price of a product to reading books by great people, from physically entering a hall to being able to walk around the park on his own.

Programme Outcome and Feedback

The Programme was a very useful organized by NKT Differently Abled Club as it was felt by the participants on interaction that the programme has created a great awareness on the various welfare schemes available for the persons with disability. The participants understood about the Government funds services (including direct financial assistance) to support disabled people. By providing these services, the Government helps to give disabled people the opportunity to live an ordinary life. Disabled people receive extra support from a range of government agencies pertaining to the welfare schemes.

Principal once again appreciated the organizing Team of Faculty members and the formal vote of thanks was proposed by Mrs. S. Rajamani.




PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.