



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

**Report on Community Extension & Outreach Activity
Promoting Herbal Garden in Schools**



25th August 2018

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

Report on Community Extension & Outreach Activity

Promoting Herbal Garden in Schools

25th August 2018



A herb is any plant that has culinary or curative uses. Most of the plants have edible or medicinal uses. The herb garden is often a separate space in the garden, devoted to growing a specific group of plants known as herbs. These gardens may be informal patches of plants, or they may be carefully designed. Herb garden are purely functional, or they may include a blend of functional or ornamental plants. The herbs are usually used to flavour food in cooking, though they may also be used in other ways, such as discouraging pests, providing pleasant scents or serving medicinal purposes.

A handwritten signature in green ink, consisting of a series of loops and a long horizontal stroke.

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Promoting Herbal Garden in Schools organized by N.K.T. National College of Education for Women



To sensitize school students about planting herbal garden, the NKT Science Club organized the 'Maram Nadum Vizha' on 25th August, 2018 to form a garden where they can grow all possible native herbals and learn about its medicinal values in order to encourage and promote Herbal Garden in Schools.

Around 50 students-teachers from the B.Ed. and B.Ed. Special Education Programmes along with 4 Faculty members and 3 Non-teaching Staff participated in the program to enlighten the School Children to identify different types of herbs and its uses by growing them in their home garden.

Student- teachers addressed the school students about the importance of growing herbs and highlighting its medicinal values. The main objectives of this programme are:

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- To encourage and promote 'Herbal Garden in schools' concept to schools and provide them an opportunity to work closely with herbal plants.
- To inculcate a sense of familiarity from childhood with surrounding biodiversity and its conservation, especially herbal plants
- To educate schoolchildren in identifying different types of herbs and their uses including growing them in a gardens.
- To encourage students to use herbs in food and
- To popularize the usefulness of commonly available and frequently used herbal plants and to conserve the associated traditional knowledge for future generations, in a fun and practical way

A herbal garden reflects the long- standing tradition of conserving and using plants products for health care and cooking. Some 80% of the world's people use herbs as the main form of medical plants from the Himalayas in the global herbal market. But while herbal plants are in demand, the traditions and culture associated with them are fading. Making a herbal garden is an opportunity to grow herbs for use, while spreading knowledge of their importance and traditional uses, and saving plants that are threatened. So why not make school's own little garden full of herbs around the campus. Also home gardening based on herbs contributes to household food security by providing direct access to food and herbal medicine as well that can be harvested, prepared and fed to family members, can be used for medicinal purposes. Even very poor, landless or near landless people practice herbal gardening on small patches of homestead land, vacant lots, roadsides or edges of a field, or in containers.

School students were encouraged to set up herbal gardens within their school complexes and free sapling were also distributed through this programme.

Programme Outcome and Feedback

The Programme was appreciated by the Headmistress of the NKT Girls Higher Secondary School and the school students promised to plant herbal plants in their houses wherever possible and also to motivate people close to their houses.

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The Principal placed on record her appreciation to all students and the Programme Organizers for all their effort and commitment in organizing a very useful Outreach Programme for the benefit of the school students and thanked the Mrs. V. Shylashree, Headmistress, NKT National Girls Higher Secondary School for granting permission and the School Teachers for extending support for the smooth and successful conduct of the programme.



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Report on Community Extension & Outreach Activity

Interactive Programme for Leprosy Eradication



30th August 2018

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Report on Community Extension & Outreach Activity

Interactive Programme for Leprosy Eradication

30th August 2018



Leprosy is a chronic, curable infectious disease mainly causing skin lesions and nerve damage. It is caused by infection with the bacterium *Mycobacterium leprae*. It mainly affects the skin, eyes, nose and peripheral nerves. Symptoms include light-coloured or red skin patches with reduced sensation, numbness and weakness in hands and feet. Leprosy can be cured with 6-12 months of multi-drug therapy. Early treatment avoids disability.


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National Leprosy Eradication Program is a health scheme of the Ministry of Health and Family Welfare, Government of India to eradicate leprosy in India. It was launched in 1983 as a continuation of the National Leprosy Control Program of 1955.

Interactive Programme for Leprosy Eradication organized by N.K.T. National College of Education for Women



The interactive programme for the benefit of students and the community was organized by the NKT Science Club in collaboration with the Department of Public Health and Preventive Medicine to make people understand that Leprosy is no longer something to fear. College students and people from the nearby community attended the interactive session addressed by Mr. C. Maria Arputhasamy, District Health Educator, Department of Public Health and Preventive Medicine, DMS Campus, Chennai.

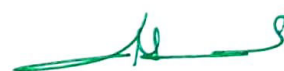
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Leprosy, also called Hansen disease, is a disorder known since ancient times. It is caused by bacteria called *Mycobacterium leprae* and is contagious, which means that it can be passed from person to person. It is usually contracted by breathing airborne droplets from affected individuals' coughs and sneezes, or by coming into contact with their nasal fluids. However, it is not highly transmissible, and approximately 95 percent of individuals who are exposed to *Mycobacterium leprae* never develop leprosy. The infection can be contracted at any age, and signs and symptoms can take anywhere from several months to 20 years to appear.



Leprosy affects the skin and the peripheral nerves, which connect the brain and spinal cord to muscles and to sensory cells that detect sensations such as touch, pain, and heat. Most affected individuals have areas of skin damage (cutaneous lesions) and problems with nerve function (peripheral neuropathy); however, the severity and extent of the problems vary widely. Leprosy occurs on a spectrum, in which the most severe form is called multibacillary or lepromatous, and the least severe form is called paucibacillary or tuberculoid. Patterns of signs and symptoms intermediate between these forms are sometimes called borderline forms.



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Multibacillary leprosy usually involves a large number of cutaneous lesions, including both surface damage and lumps under the skin (nodules). The moist tissues that line body openings such as the eyelids and the inside of the nose and mouth (mucous membranes) can also be affected, which can lead to vision loss, destruction of nasal tissue, or impaired speech. Some affected individuals have damage to internal organs and tissues. The nerve damage that occurs in multibacillary leprosy often results in a lack of sensation in the hands and feet. Repeated injuries that go unnoticed and untreated because of this lack of sensation can lead to reabsorption of affected fingers or toes by the body, resulting in the shortening or loss of these digits.

Paucibacillary leprosy typically involves a small number of surface lesions on the skin. There is generally loss of sensation in these areas, but the other signs and symptoms that occur in multibacillary leprosy are less likely to develop in this form of the disorder.

In any form of leprosy, episodes called reactions can occur, and can lead to further nerve damage. These episodes can include reversal reactions, which involve pain and swelling of the skin lesions and the nerves in the hands and feet. People with the more severe forms of leprosy can develop a type of reaction called erythema nodosum leprosum (ENL). These episodes involve fever and painful skin nodules. In addition, painful, swollen nerves can occur. ENL can also lead to inflammation of the joints, eyes, and the testicles in men.

Leprosy has long been stigmatized because of its infectious nature and the disfigurement it can cause. This stigma can cause social and emotional problems for affected individuals. However, modern treatments can prevent leprosy from getting worse and spreading to other people. While the infection is curable, nerve and tissue damage that occurred before treatment is generally permanent.

Programme Outcome and Feedback

The Programme was a very useful one as people understood that, today, the disease is rare and also treatable. Most people lead a normal life during and after treatment.



The people in the community gave the feedback that the interactive programme was helpful in creating a better understanding about leprosy and were able to clear all doubts. The Programme was an eye opener to the public that in some cases, leprosy can also affect other organs, such as the kidneys and testicles in men. If left untreated, leprosy can cause deformities of the hands and feet, blindness, and kidney failure.

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 placed on record her appreciation to all students and the Programme Organizers 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.



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Report on Community Extension & Outreach Activity
UGC Autonomous Grant Area Study Programme
Awareness on Health & Hygiene



24th September 2018

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Report on Community Extension & Outreach Activity

UGC Autonomous Grant Area Study Programme

Awareness on Health & Hygiene

24th September 2018



Area study programmes are community-based programmes that enable an institution to be connected with neighbouring areas, to understand their issues and work towards solving them. The resources existing within the community are first studied and thereafter their needs assessed. Subsequently, the stakeholders are also involved to create a sustainable and equitable solution to address the community's dire need.

Through the local area development programme, the Government aims to ensure the social and economic development of the target community at the micro-level, which in turn would serve to facilitate development at the macro-level. Outreach activities are

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undertaken by the institution to ameliorate the issues at the local level. The plan drawn up by the institution is strategically implemented which serves to gear up empowering the community in general and the economically disadvantaged in particular.

UGC Autonomous Grant Area Study Programme: Awareness on Health & Hygiene organized by N.K.T. National College of Education for Women



The State Government has vested the major task of the local area development program on the Higher Education Sector. The N.K.T. National College of Education for Women, keeping in line with the above programme, plays a pivotal role in helping the neighboring areas to revitalize the lower-income groups and prepare them for a better tomorrow. The N.K.T. National College of Education for Women in hands with the model school which has a strength of 1200 students, made a survey of the local area and concluded that there was an immediate need for general hygiene and healthy food habits. An awareness programme was thus drawn up to address this issue.



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With the help of the student-teachers of N.K.T. National College of Education for Women, an Awareness Programme on Health and Hygiene was conducted on the 24th of September, 2018 with Dr. S. Kishore, Regional Director, IGNOU Regional Center, Chennai, gracing the occasion. Residents from the local areas, who were the immediate beneficiaries, were invited for the programme. The importance of 'Health and Hygiene' was highlighted through Mime by the students of B.Ed. Special Education, Villu Paatu by the Biological Science students and folk songs by the Physical Science students. The importance of nutritious homemade food and a balanced diet was brought out loud and clear. A Science Fair, was also organized whereby the preparation of sathu maavu, millet powder and healthy snacks was demonstrated and nutritional value charts were displayed near the food items. The demonstration for preparation of healthy low-cost food and awareness of cleanliness was made to the local residents. The venture undertaken was appreciated by all, including the immediate beneficiaries. The highlight of the programme was the distribution of 'Sathu Maavu' for the residents of the

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neighbouring community and the students as well. Pamphlets depicting the importance of a balanced diet and healthy habits were also distributed.



Follow-up activities were also organized for promoting the awareness of community health issues and preventive action, which is a vital part of the mission undertaken. These Area Study Programme also helped to sensitize the teachers-to-be with the responsibility towards the society as their accountability will truly go a long way in the future.


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Programme Outcome and Feedback

The Programme was a very useful one as awareness on health and hygiene was created among students and community people.

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 placed on record her appreciation to all students and the Programme Organizers 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.

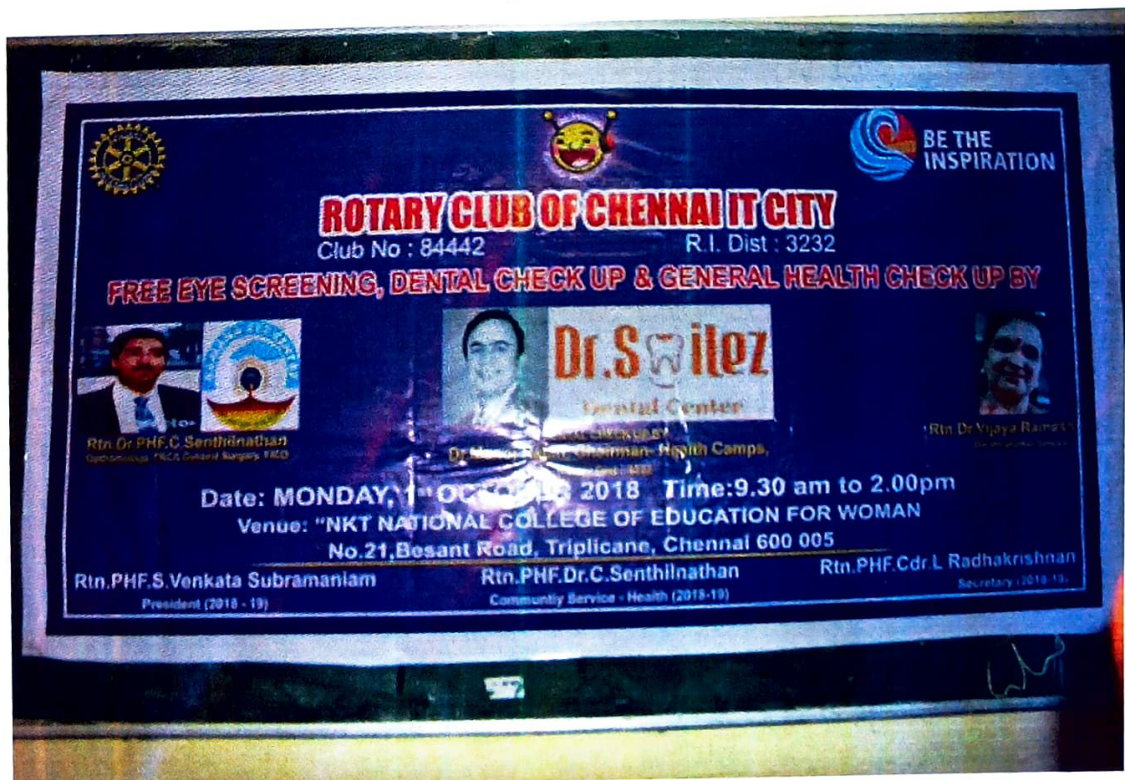



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Report on Community Extension & Outreach Activity
Medical Camp for Building Healthy Community through
Prevention and Care



1st October 2018

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Report on Community Extension & Outreach Activity
Medical Camp for Building Healthy Community through
Prevention and Care
1st October 2018



Medical Camp plays a vital role in reaching the untreated poor people in the nearby areas. The main objective of the camp is to create awareness among the people which leads an intervention to clear the backlog of avoidable sickness.

Free medical camps are set up with a sacred aim to bring awareness amongst the deprived population of the country who have no access to basic healthcare services or knowledge about the diseases they are suffering from. So, Transparent Hands provide the importance and objectives of the medical camp free medical advice, medicine to the unfortunate people and refer them for specialized treatment or surgery whenever it is


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required. These camps make sure people are getting the healthcare at the right time, and seeing the doctor early enough before a small health problem turns serious.

A Free medical Camp can be considered as a life-saving programme that aims to provide free medical services to poor communities living in rural or urban areas by a mobile team with varieties of medical specialized services. Some NGOs, Charitable Medical Trusts, and medical professionals are driven by strong ethics of medicine who believe that it is the moral responsibility and obligation to treat each patient regardless of their incomes, race, or social status.

Medical Camp for Building Healthy Community through Prevention and Care organized by N.K.T. National College of Education for Women



Intending to spread wellness and bring awareness among the people at large, free medical camps are gaining importance across the globe. Those who don't have any direct or indirect access to an expert or even basic healthcare services or even don't

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know how to connect with doctors, what diseases can clutch them and all about their treatments & diagnosis, these camps are proving really a great purpose for them.

Medical camps organized at our College are conducted by health professionals to carry out a limited health intervention amongst the underprivileged community. Medical camps provide free medical advice, medicine to the unfortunate people and refer for specialized treatment or surgery whenever it is required. These camps make sure people are getting healthcare at the right time, and seeing the doctor early enough before a small health problem turns serious.

The poor attend these camps to get free camp and treatment. Getting the appropriate kind of health checkup is vital for every human being and while considering it, some important factors like age, lifestyle, family background, and risks are taken into account.

Health examinations and tests at the early stages of the illness can help to cure it faster and save a life before it can cause any damage. One can live longer and healthier only when the individual gets the right kind of health check-up, screening, and treatment. Even the most basic checkups can identify underlying illnesses.

The main objective of a medical camp conducted at NKT National College of Education for Women is to provide initial care to people in life-threatening conditions which reflect the unique strengths and goals of medical ethics.

Other objectives are as stated below:

1. Provide free and high-quality medical services for the poor population.
2. Working as an emergency team in disasters.
3. Raise health awareness among the community and teach them to deal with communicable and non-communicable
4. Register rare and severe cases and refer them to specialized centers.
5. Evaluate the living conditions and determine the obstacles and challenges to work on solving their problems.

6. Refer medical cases towards surgeries if required.



After the autumn break on 1st October 2018 our College along with Rotary Club of Chennai, IT City conducted Medical check up for the community people inside the campus.

More than 100 school students and many people from the nearby community came to attend the medical check up. Group of doctors participated in the program. Community people from Iyodhaya Kuppam and Ram Nagar underwent a complete checkup including eye check-up and received the doctor's prescription and advice for a better healthy living.


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Programme Outcome and Feedback

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, Dr. S. Chamundeswari, placed on record her appreciation to the members of the Rotary Club of Chennai, IT City and Faculty members for all their effort and commitment in organizing a very useful Outreach Medical Check-up Programme for the benefit of the community. She placed on record her appreciation to the team of doctors who worked with commitment for the welfare of the public.

She also 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.



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**Report on Community Extension & Outreach Activity
Rally for Sensitizing the Community on Unity & Integration
National Unity Day**

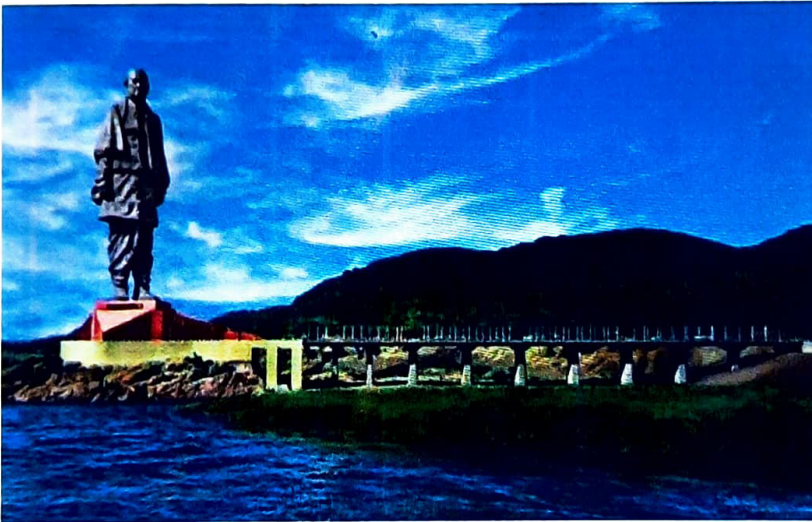


31st October 2018

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Report on Community Extension & Outreach Activity
Rally for Sensitizing the Community on Unity and Integration
National Unity Day
31st October 2018



National Unity Day, also known as the Rashtriya Ekta Diwas, is celebrated all across India on October 31st, marking the birth anniversary of Sardar Vallabh Bhai Patel, the man who was responsible for bringing the nation together as one unit.

Sardar Patel was a staunch freedom fighter who ignited the minds of the country with the idea of solidarity. He was an excellent statesman and was behind bringing the slogan of 'unity is strength' into reality.

In the months before and after the Independence, Vallabh Bhai Patel brought about the 562 princely states into the fold of the Union of India by working hard day and night. For his tireless efforts, the government of India announced the day of his birth anniversary as National Unity Day in the year 2014.

Rally for Sensitizing the Community on Unity and Integration organized by
N.K.T. National College of Education for Women



To sensitize the students and people in the nearby community about the efforts of Sardar Vallabh Bhai Patel also known as the 'Iron-Man of India', to bring the country together in unity and was successful to achieve the same because of his strong beliefs, bringing the nation to an overall development, the College arranged for a rally on 31st October 2018.

Initially to sensitize the College students a talk was delivered by Dr. T. Sahaya Saila, Assistant Professor of Tamil-Education, on the significance of the day to celebrate our nation as one unit and pay tribute to the efforts of Sardar Vallabh Bhai Patel in achieving the same. She addressed that Sardar Vallabhbhai Patel played a pivotal role in the national integration of India. He was the pioneer behind the integration of princely states with Independent India. Hence, National Unity Day or the Rashtriya Ekta Diwas is the symbol to memorialize the unity of India since independence.

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The ideologies of Sardar Vallabhbhai Patel are also reflected in India's Atmanirbhar Bharat Abhiyan as Patel championed the ideas of united and able India.

The pledge was administered to all Faculty Members and students.

"I solemnly pledge that I dedicate myself to preserve the unity, integrity, and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision and actions of Sardar Vallabhbhai Patel.


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After the pledge, students accompanied by four Teaching and three non-teaching staff marched around the model school and to the nearby community with posters to sensitize school students and the people in the community about the importance of unity and staying together.

Programme Outcome and Feedback

The programme was well received by the participants, school students and people from the nearby 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 placed on record her appreciation to all students and the Programme Organizers for all their effort and commitment in organizing a very

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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.



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Report on Community Extension & Outreach Activity
Awareness Programme on Safe Diwali Celebration



2nd November 2018

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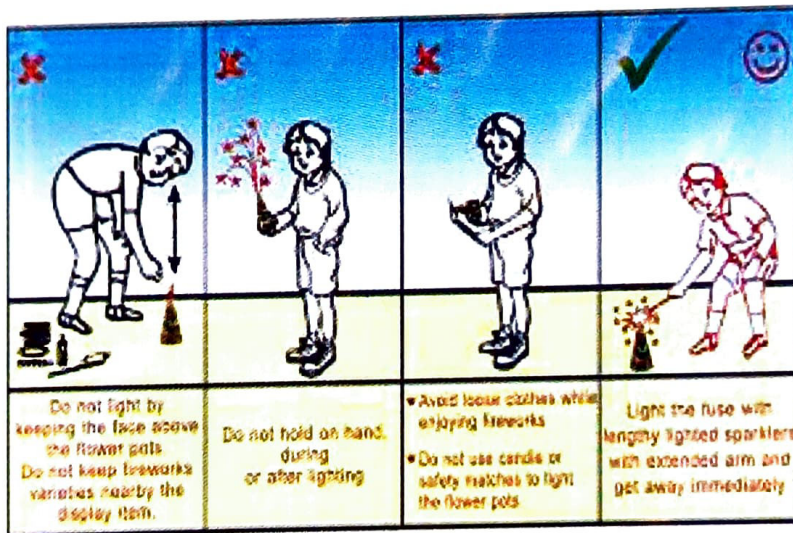
Report on Community Extension & Outreach Activity
Awareness Programme on Safe Diwali Celebration
2nd November 2018



Every festival has its own significance and meaning to its celebration. Diwali, the festival of lights signifies the end of darkness (ignorance) and the beginning of light that enlightens us all. Every nook and corner of the country resonate the festive spirit with lights and sound of the crackers. In our zest to celebrate Diwali in a grand scale, let us not forget our responsibility towards the nature, the home for all living beings. We all know that our environment is precious and that we have already done enough harm to it. The high electricity consuming lights, air polluting crackers and disturbing sounds

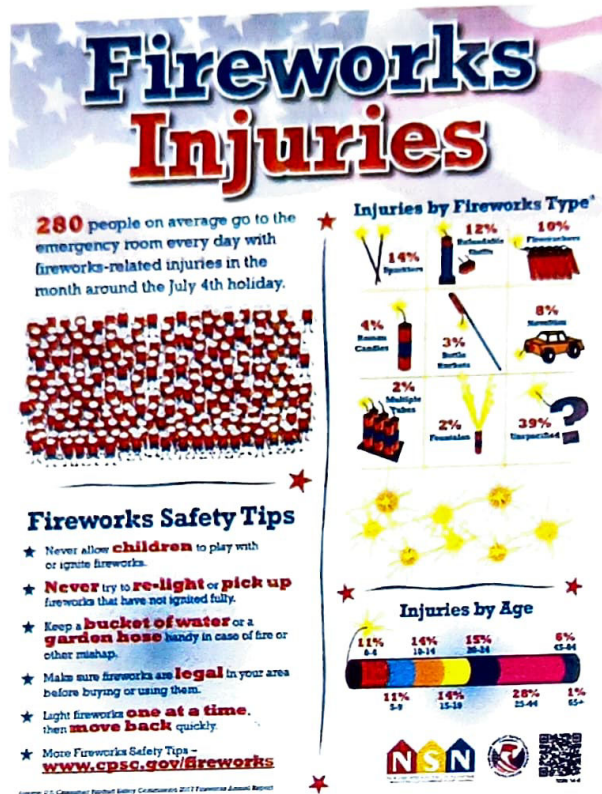
from the explosives during Diwali celebrations are highly detrimental to the environment.

Awareness Programme on Safe Diwali Celebration organized by N.K.T. National College of Education for Women



To sensitize and encourage the people from the nearby community our College organized an awareness programme on Safe Diwali on 2nd November, 2018. Our College conducted awareness programme for school students and their parents in the neighborhood school campus to educate on Safety Measures to Celebrate Diwali.

Officers from Fire Department addressed on the safety measures and conducted a live demonstration on how to handle the fire accident and treat the victim. Around 200 students-teachers from the B.Ed. and B.Ed. Special Education Programmes along with Faculty members and Non-teaching Staff were also present during the awareness programme along with the school students and members from the nearby community. The officers gave a deliberation to the community people and created awareness.



Firecracker safety

Here are a few safety tips suggested by the officers from Fire Department while handling firecrackers:

- Store firecrackers in a closed box in a safe location, away from the reach of children.
- Maintain a distance of an arm's length while lighting firecrackers, and at least five metres while watching.
- Make sure a responsible adult accompanies children bursting firecrackers.
- Always light firecrackers in open spaces.
- Keep buckets of water and blankets ready, in case a fire breaks out.
- Keep small portable extinguishers handy for urgent use.
- Make sure you buy fireworks from a licensed shop.

- Discard used fireworks in a bucket of water. This saves people from unknowingly stepping on it.
- Don't burn firecrackers in crowded, congested places or narrow lanes.
- Don't light firecrackers on your hands.
- Do not light firecrackers near electric wires or poles.
- Avoid firecrackers with high decibel sounds.

Programme Outcome and Feedback

The people from the community expressed their fullest satisfaction for being benefitted out of this programme as they expressed the need to celebrate a safe Diwali.

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 placed on record her appreciation to all students and the Programme Organizers 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.



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Report on Community Extension & Outreach Activity

Awareness Programme on Dengu Fever

16th November 2018



Dengue is a mosquito-borne viral disease that has rapidly spread in all regions in recent years. Dengue virus is transmitted by female mosquitoes mainly of the species *Aedes aegypti* and, to a lesser extent, *Ae. albopictus*. These mosquitoes are also vectors of chikungunya, yellow fever and Zika viruses. Dengue is widespread throughout the tropics, with local variations in risk influenced by rainfall, temperature, relative humidity and unplanned rapid urbanization.

Dengue causes a wide spectrum of disease. This can range from subclinical disease (people may not know they are even infected) to severe flu-like symptoms in those infected. Although less common, some people develop severe dengue, which can be any number of complications associated with severe bleeding, organ impairment and/or plasma leakage. Severe dengue has a higher risk of death when not managed

appropriately. Severe dengue was first recognized in the 1950s during dengue epidemics in the Philippines and Thailand. Today, severe dengue affects most Asian and Latin American countries and has become a leading cause of hospitalization and death among children and adults in these regions.

Awareness Programme on Dengue Fever organized by N.K.T. National College of Education for Women

To sensitize and encourage school students of NKT National Girls Higher Secondary School and people from the nearby community our College organized an Awareness Programme on Dengue Fever on 16th November, 2018 in coordination with Chennai Corporation. Dr. T.G. Srinivasan, Health Education Officer, Chennai and Mr. R. Govindaraj, Health Supervisor deliberated on Dengue and its cause by a virus of the Flaviviridae family and about the four distinct, but closely related, serotypes of the virus that cause dengue (DENV-1, DENV-2, DENV-3 and DENV-4).

Recovery from infection is believed to provide lifelong immunity against that serotype. However, cross-immunity to the other serotypes after recovery is only partial, and temporary. Subsequent infections (secondary infection) by other serotypes increase the risk of developing severe dengue.

Around 800 people participated to witness the awareness on Dengue. Student-teachers performed Vilupattu to create awareness among the participants. Dengue has distinct epidemiological patterns, associated with the four serotypes of the virus. These can co-circulate within a region, and indeed many countries are hyper-endemic for all four serotypes. Dengue has an alarming impact on both human health and the global and national economies. DENV is frequently transported from one place to another by infected travellers; when susceptible vectors are present in these new areas, there is the potential for local transmission to be established.



Global burden of dengue

The incidence of dengue has grown dramatically around the world in recent decades. A vast majority of cases are asymptomatic or mild and self-managed, and hence the actual numbers of dengue cases are under-reported. Many cases are also misdiagnosed as other febrile illnesses

- Dengue is a mosquito-borne viral infection, found in tropical and sub-tropical climates worldwide, mostly in urban and semi-urban areas.
- The virus responsible for causing dengue, is called dengue virus (DENV). There are four DENV serotypes, meaning that it is possible to be infected four times.
- While many DENV infections produce only mild illness, DENV can cause an acute flu-like illness. Occasionally this develops into a potentially lethal complication, called severe dengue.
- Severe dengue is a leading cause of serious illness and death in some Asian and Latin American countries. It requires management by medical professionals.
- There is no specific treatment for dengue/severe dengue. Early detection of disease progression associated with severe dengue, and access to proper medical care lowers fatality rates of severe dengue to below 1%.
- The global incidence of dengue has grown dramatically in recent decades. About half of the world's population is now at risk. There are an estimated 100-400 million infections each year.
- Dengue prevention and control depends on effective vector control measures. Sustained community involvement can improve vector control efforts substantially.


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Programme Outcome and Feedback



The people from the community expressed their fullest satisfaction for being benefitted out of this programme and for distributing the Kabasura Kudineer to all in the community.

The Programme was appreciated by the Mrs. V. Shylashree, Headmistress, NKT National Girls Higher Secondary School and the General Secretary of the Local Community Welfare Association, Mr. P.P. Narasimhan for organizing the programme for the benefit of the local community.

The Principal placed on record her appreciation to all students and the Programme Organizers for all their effort and commitment in organizing a very useful Outreach Programme for the benefit of the community and thanked Dr. T.G. Srinivasan, Health Education Officer, Chennai and Mr. R. Govindaraj, Health Supervisor for their contribution and 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.



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Report on Community Extension & Outreach Activity

₹ 1 Campaign for Gaja Cyclone



28th November 2018

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FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity

₹ 1 Campaign for Gaja Cyclone

28th November 2018



A severe cyclonic storm Gaja, battered the Tamil Nadu coast on 10th November 2018, leaving at least 45 people dead and causing widespread destruction. Authorities said the cyclone crossed the coast between Nagapattinam, Vedaranyam and Thanjavur districts between 12.30 a.m. and 2.30 a.m. with wind speeds of about 110-120 km/h. The fund raising campaign was created to reach the people affected by the GAJA

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CYCLONE in the major parts of TAMILNADU. It all started when the red alert was issued by the meteorological department.

Many thought that Chennai would be the worst affected, but Cyclone Gaja shifted its course to the southern coastal belt of Tamil Nadu. Videos began to circulate on social media and the destruction caused by the cyclone was pretty evident. Thatched roofs were blown away and thousands of people were homeless and livestock crippled. No one expected such severity. After crossing Thanjavur, the signs of the destruction caused by cyclone was pretty evident. Hundreds of coconut trees had fallen and electric poles were grounded. People were gathered outside the relief camps waiting for some aid. Government officials from the electricity board had started their work on erecting the poles.

₹ 1 Campaign for Gaja Cyclone organized by N.K.T. National College of Education for Women



Looking at the destruction, our College NKT Consumer Club started the one rupee campaign to support the people who were in need. They started to collect as much

relief funds as possible from School students, faculty members, student-teachers and the people in and around the College. Many participants volunteered basic materials like rice, dal, biscuits, soaps, LED torches, Odomos, candles, matchsticks, salt, sugar, blankets, sanitary napkins and milk powder in bulk and packed per family. They also volunteered to source towels and blankets, which had to be distributed in Pattukkottai. After having packed the relief materials the organizers handed over the fund and edible products to the Chennai corporation officials on 5th December 2021.

Around 300 students-teachers from the B.Ed. and B.Ed. Special Education Programmes along with Faculty members and Non-teaching Staff were also present during the campaign programme. This program brought light to the life of the victims who were affected by the cyclone it was also telecasted in the news channel. Government of Tamil Nadu has strengthened its response mechanisms over a period of time, in order to ensure that people in vulnerable areas are evacuated safely, based on forecast and search & rescue operations are carried out swiftly as and when the disaster strikes.



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Every disaster response, if analysed, helps us to learn lessons to respond better in future. Some of the lessons learnt from Tamil Nadu Gaja cyclone are:

- State Governments should convene pre-monsoon meetings to review the preparedness for cyclones and other weather related disasters with defined roles and responsibilities of various stakeholders.
- Regular mock-exercises should be conducted, involving all stakeholders.
- Updation of resource inventory on India Disaster Resource Network (IDRN).
- Provision for underground cabling in coastal areas to prevent disruption of power supply.
- Training of community volunteers as first responders with specialized skills on search & rescue, evacuation, first aid, cutting of fallen trees etc.
- Proper documentation of learning from past and subsequent disasters for better preparedness and development of effective strategies for future.

Programme Outcome and Feedback

Principal, students, Faculty members and Non-Teaching Staff were overwhelmed that they were able to send food material worth of Rs. 65,000/-, and were able to distribute to remote areas that were very badly hit by the cyclone with the help of Rotary Club of Chennai IT City.

The Principal placed on record her appreciation to all students and the Programme Organizers for all their effort and commitment in organizing a very useful Outreach Programme for the benefit of the community.



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**Report on Community Extension & Outreach Activity
Campaign to Sensitize Community on
Rights & Responsibilities of Consumers**



17th December 2018

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Report on Community Extension & Outreach Activity

Campaign to Sensitize Community on Rights and Responsibilities of Consumers

National Consumer Rights Day

17th December 2018



Although World Consumer Day is celebrated on March 15, India observes it on December 24 because it was on December 24, 1986, that the Consumer Protection Act 1986 received the approval of the President of India and came into force.

Ever since, National Consumer Day is observed every year on December 24 to spread awareness to about consumer importance, their rights, and responsibilities. The objective of the Act is to protect consumers against different types of exploitation such as defective goods, unsatisfactory services, and unfair trade practices. The day is

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Combating Food Adulteration, Food Safety Standards Authority of India will deliver the theme address.

India is a young country with more than 70% of our population under 35 years of age. Rightly recognizing this, the Board has been asked by the Department of Consumer affairs, Ministry of Consumer Affairs, Food and Public Distribution, Government of India to involve young students in spreading the message about consumer awareness and Redressal mechanism. The theme for this year's National Consumer Day is "Consumers! Discharge your Responsibilities: Assert your Rights".

**Campaign to Sensitize Community on Rights and Responsibilities of Consumers:
National Consumer Rights Day organized by NKT National College of Education
for Women**



The campaign to create awareness on rights and responsibilities of consumers was organized by the NKT Citizen Consumer Club in various teaching practice schools on 17th December 2018. The student-teachers of our College gave awareness to school students on the rights and responsibilities of consumers and organized a campaign to create awareness on consumer rights among the close by community with the

permission of the Heads of Practice Teaching Schools and the support and cooperation of school teachers and parents.

The Consumer Protection Act guarantees six basic rights: 1. Right to choose the product. 2. Right to be protected from all kinds of hazardous goods. 3. Right to be informed about the performance and quality of all products. 4. Right to be heard in all decision-making processes related to consumer interests. 5. Right to seek redressal, whenever consumer rights have been infringed. 6. Right to complete consumer education.

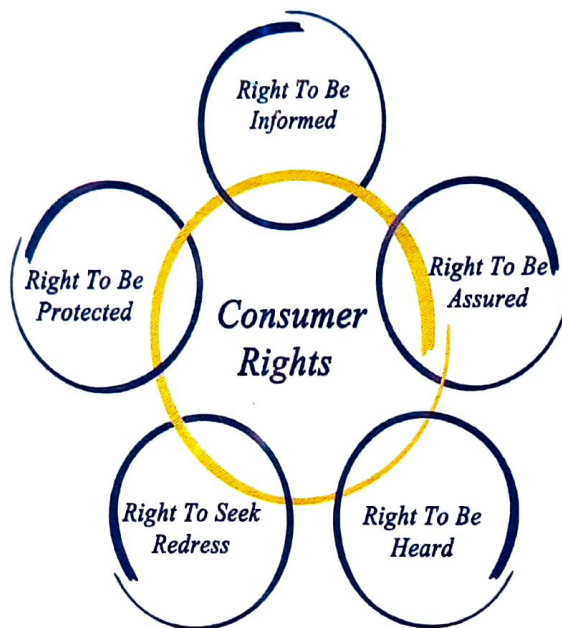
Programme Outcome and Feedback



The people from the community expressed their fullest satisfaction for being benefitted out of this programme as they had gained a clear understanding of the Rights and Responsibilities of Consumers. They felt that educating the consumers about food safety and hygiene, food adulteration and the way to detect food adulteration is the best way to protect them.

The Programme was appreciated by the Heads of Practice Teaching Schools, school teachers, parents and people in the community.

The Principal placed on record her appreciation to all students and the Programme Organizers for all their effort and commitment in organizing a very useful Outreach Programme for the benefit of the community and thanked the Heads and teachers of Practice Teaching Schools and the Parents for their support and cooperation.




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**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
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**Report on Community Extension & Outreach Activity
Orientation to School & College Students on
Protection of Children from Sexual Offences ACT, 2012**



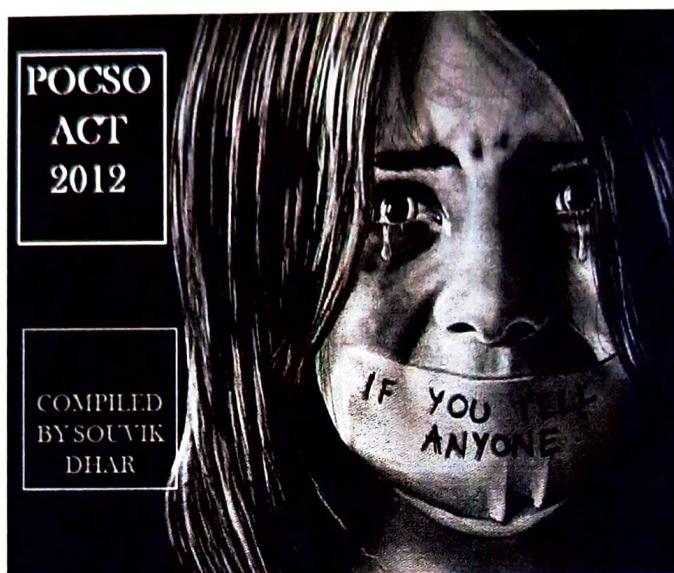
30th January 2019

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Report on Community Extension & Outreach Activity

Orientation to School and College Students on Protection of Children from Sexual Offense ACT 2012

30th January 2019



The Protection of Children from Sexual Offences (POCSO) Act, 2012 deals with sexual offences against persons below 18 years of age, who are deemed as children. The Act for the first time, defines "penetrative sexual assault", "sexual assault" and "sexual harassment". The offence is considered graver if it is committed by a police officer, public servant, any member of the staff at a remand home, protection or observation home, jail, hospital or educational institution, or by a member of the armed or security forces.

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**Orientation to Protection of Children from Sexual Offenses ACT, 2012 organized
by N.K.T. National College of Education for Women**



To sensitize the students, school and college about the Protection of Children from Sexual Offences Act, 2012 a programme in collaboration with NIVH was organized for the students of our school & College on 30th January, 2019.

Dr. R. Sreepriya, Principal & i/c Regional Director, NIVH, Chennai, Mrs. A. Divya, Advocate and Mr. A. Paul Sebastine Advocate were the resource experts. Around 20 students-teachers from B.Ed. Special Education Programmes, 50 High School students along with Faculty members and Non-teaching Staffs attended this programme.

A handwritten signature in green ink, likely of the Principal, Dr. R. Sreepriya.

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The Act has come into force on the 14th of November, 2012, along with the rules framed there under. The Act is a comprehensive law to provide for the protection of children from the offences of sexual assault, sexual harassment and pornography, while safeguarding the interests of the child at every stage of the judicial process by incorporating child-friendly mechanisms for reporting, recording of evidence, investigation and speedy trial of offences through appointment of Special Public Prosecutors and designated Special Courts. The Act incorporates child friendly procedures for reporting, recording, investigation and trial offences. The Act provides for stringent punishments which have been graded as per the gravity of offence.

Section 39 of the POCSO Act requires the State Governments to prepare guidelines for use of NGOs, professional and experts or persons to be associated with the pre-trial and trial stage to assist the child. On request from several State Governments, Model Guidelines were developed by the Ministry of Women and Child Development and sent to all the State Governments/UT Administrations in September, 2013, which can be adopted or adapted by them for better implementation of the said Act. Further, as per the report of National Commission for Protection of Child Rights (NCPCR), seven

States/Union Territories (excluding Uttarakhand) have confirmed formulation/acceptance of guidelines for various stakeholders.

Section 44 of the Protection of Children from Sexual Offences Act, 2012 empowers the NCPCR and State Commission for Protection of Child Rights for monitoring the implementation of the provisions of this Act in such manner as may be prescribed. In discharge of its duties NCPCR has been taking up the matter with regard to implementation of the POCSO Act in respect of following aspects:-

- (i) Designation of Special Courts;
- (ii) Appointment of Special Public Prosecutors;
- (iii) Formulation of Guidelines u/s 39 of POCSO Act for various stakeholders;
- (iv) Designation and implementation of modules for training of various stakeholders;
- (v) Steps taken for spreading the awareness on the provisions of the POCSO Act;
- (vi) Setting up of child Welfare Committees (CWCs), District Child Protection Units (DCPUs) and Special Juvenile Police Units (SJPUs);
- (vii) The number of FIRs filed under the Act, cases in which charge-sheet filed, compensation awarded to the victims, number of cases in which accused convicted/acquitted, number of cases in which witness turned hostile, cases in which appeal has been filed etc.
- (vii) Number of trial of sexual abuse cases which have been pending with Special/Session Court for more than a period of one year;
- (ix) Number of applications for compensation received by District Legal Services Authority, number of cases compensation awarded by the Special Court, number of cases pending for receiving the amount of compensation for more than 30 days etc.

Programme Outcome and Feedback

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The programme was helpful in creating a better understanding about the sexual abuses that is taking place all around the world. It was a successful workshop that clearly marked the essence of 'Sexual abuse act 2012.

The Programme was appreciated by the Mrs. V. Shylashree, Headmistress, NKT National Girls Higher Secondary School for creating awareness among school students on sexual abuse.

The Principal placed on record her appreciation to all students and the Programme Organizers for all their effort and commitment in organizing a very useful Outreach Programme for the benefit of the school and college students. She thanked NIVH for collaborating with NKTNCE for this programme.


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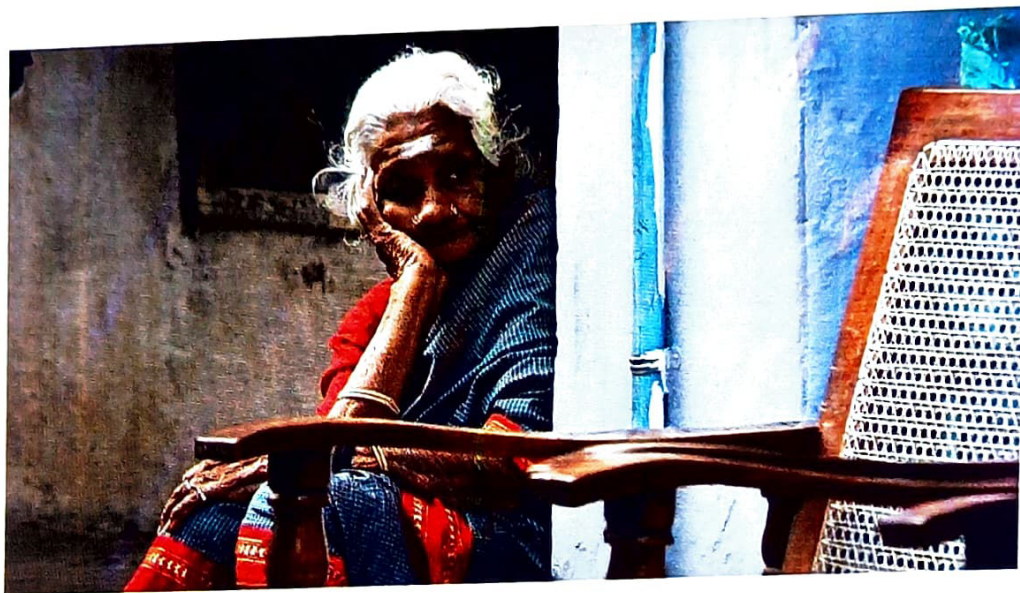
Report on Community Extension & Outreach Activity
Caring for the Aged



2nd February 2019

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FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity
Caring for the Aged
2nd February 2019



Old age is frequently defined as 60 or 65 years of age or older. Old age has a dual definition. It is the last stage in the life processes of an individual, and it is an age group or generation comprising a segment of the oldest members of a population. Older people are often assumed to be frail or dependent, and a burden to society. The relationship we have with our environments is skewed by personal characteristics such as, the family we were born into, our gender and our ethnicity, leading to inequalities in health.

The majority of older people share the homes of their children, a small proportion of the aged population have no family to live with, cannot live with the family they have. It is for this group old age home is a necessity. There are three types of old age homes in India: those that are free for charge, those that are purely pay-and-stay, and homes that accommodate both paying and non-paying residents. We also need to visit an old age home to know an exact picture of the functioning of an old age home, profile of the

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inmates and the background of the organisers, their inventions in running the homes and the problems found by them. Therefore to encourage the student-teachers to support the vulnerable group, our College students visit the old age home every year. The main objective of the visit was to sensitize students to the difficulties and problems of homeless, aged people and to become aware of the joy of serving and being with the elderly.

Caring for the Aged organized by the N.K.T. National College of Education for Women



Around 200 students-teachers from the B.Ed. and B.Ed. Special Education Programmes along with 20 Faculty members and 5 Non-teaching Staff went in and around old age homes of Chennai city on 2nd February 2019. The student-teachers were separated into 5 groups and each group had a visit to the old age homes like Kakkum Karangal, Anbu Illam, Manika Choudary, Little Sisters for the Poor and Anjum Illam respectively.


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On that day student-teachers spent many hours with them to realize the value of old people in their families. This visit activated the student's thought process to realize the agony and pain the people go through in their old age while living away from their dear once. Our student-teachers actively participated with high enthusiasm and conviction to contribute their best during their visit. The students interacted with the residents in the Old Age Home and lovingly served them refreshments and did various entertainment programme like singing, dancing and playing antakshari game. The student-teachers made financial contributions voluntarily to support the organization which they visited.

Though the Old Age Home management was providing them with excellent emotional and physical care, still our student-teachers observed that such homes demanded frequent visits and some more spending of time with the Senior Citizens. Further, some more facilities like hearing aids and other equipment to help them overcome old age related problems could be provided.

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Programme Outcome and Feedback



The visit to the Old Age Home concluded with loads of warmth and showers of blessings extended from the elderly towards our team of student-teachers and Faculty Members. They bid us good bye with tearful eyes but with a promise to revisit them frequently.

The Programme created an emotional bonding between the students and the aged people. It was a return to all their efforts taken to care and show their concern and love to the aged in Old Age Homes.

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The Principal placed on record her appreciation to all students and the Programme Organizers for all their effort and commitment in organizing a very useful Outreach Programme for the benefit of the community and thanked the Heads of the Old Age Homes for granting permission for the students to visit and care for the aged at the Homes.

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**Report on Community Extension & Outreach Activity
Awareness Programme on Disaster Management**



20th February 2019

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Report on Community Extension & Outreach Activity

Awareness Programme on Disaster Management

20th February 2019



Disaster can be of both man-made as well of natural causes. Earthquakes, floods and volcanic eruptions are usually considered as natural disasters while bomb explosion, gas leakage and wars are considered as man-made disasters. These categorizations of disaster as man-made and natural are in itself a dispute because certain natural calamities are directly linked to the man-made drudgery. Therefore to sensitize and encourage the people from the nearby community our College organized an awareness campaign on Disaster Management on 20th February, 2019. Our College conducted awareness programme in the neighborhood community hall at Ram Nagar which is located at a kilometre from our College to campaign and educate on how to mitigate,

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prepare, respond, recover and also ways to reduce the risk of disasters caused by human error, deliberate destruction, and building or equipment failures.

Awareness Programme on Disaster Management organized by N.K.T. National College of Education for Women



After the Orientation on Disaster Management at the College around 50 students-teachers from the B.Ed. and B.Ed. Special Education Programmes along with 5 Faculty members and 3 Non-teaching Staff went to the Ram Nagar location to educate the people from that community about the disaster management. Student-teachers gave a deliberation to the community people and created awareness on 20th February 2019.

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Disaster Management

The natural disaster is inevitable, even if we have measures to predict or forecast the disaster we can't stop them from happening. The best which can be done is to avoid the practices which are hazardous for the environment which is leading to environmental degradation while preparing plans for our disaster management. Once a disaster has occurred it leads to massive destruction and loss of life. In case of the disaster like earthquakes, floods, etc. Where a number of humans are displaced and post-disaster there are a number of casualties. This is the time when the actual emergency comes into effect by giving first aid to the injured ones, providing the rescue operations and relief operations to the victims.

Disaster management is a collective and coordinated effort. A number of activities need to be performed in the event of a disaster. This involves the coordination, command, and full control, rapid assessment of damage, restoration of power, telecommunication and surface transport, the deployment of search and rescue teams, medicals and para-medical teams, water for drinking and food material, setting up of temporary shelters, sanitation, and hygiene identification and earmarking of resources, last but not the least, maintenance of law and order is equally important. The student-teachers highlighted the following preparedness to create awareness about disaster management and discussed the wide range of activities;

- > Individual, family and community preparedness measures: knowing what to do
- > before, during and after a disaster for earthquake, drought, epidemic
- > Preparedness can also take the form of ensuring that strategic reserves of food, equipment, water, medicines and other essentials are maintained in cases of emergencies and disasters.



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➤ Public awareness activities - public awareness campaigns such as community meetings and house-to-house information dissemination, posters and pamphlets, media coverage, disaster consciousness day/ week/month.

➤ Formulation of community counter disaster plan or disaster management plan

Programme Outcome and Feedback

Each and every person must take an active part in disaster management to reduce the risk of human life. The proper disaster management team can take charge as soon as possible when the disaster strikes.

The people in the community gave the feedback that the programme brought light on many people's life and they understood the importance of this programme.

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 Ambulance 108 and Mr. Ashish and placed on record her appreciation to all students and the Programme Organizers 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.



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Report on Community Extension & Outreach Activity
Mass Action Plan for National Adult Regeneration Programme

MANAR



1st April 2019


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FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity
Mass Action Plan for National Adult Regeneration Programme

1st April 2019



Adult education gives mature learners the chance to increase their knowledge, develop new skills and gain helpful qualifications and credentials. The importance of adult education is difficult to overstate. Adult education plays an important role in helping mature aged learners develop new skills and improve the career prospects available to them. Adult education is education aimed at mature students that have already taken part in the workforce. Learning as a mature student gives individuals the chance to gain new skills and expand their knowledge. Adult education can take many forms and cover

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many different subjects. As well as literacy and numeracy, many mature aged students study languages, sciences and a range of other important subjects. One of the main objective of this programme is to help adult learners satisfy their personal needs and achieve their professional goals. Therefore, its ultimate goal might be to achieve human fulfillment.

**Mass Action Plan for National Adult Regeneration Programme organized by
N.K.T. National College of Education for Women**



Learning is an area that continues throughout the life of the individuals, as the individual grows. There are number of areas that is needed to learn. Our College conducts MANAR (Mass Action Plan for National Adult Regeneration) programme as a venture to reach to the illiterate masses with the help of student-teachers. 'Each one teach one' is the motto of this programmer. Through the years, our student-teachers have targeted an illiterate person in order to impart functional literacy to adults. The student-teachers visited the neighbouring slums on 1st April 2019 to sensitize the people who need to be educated and explained to the person about the benefits of basic literacy.

Around 200 students-teachers from the B.Ed. and B.Ed. Special Education Programmes along with 10 Faculty members and 5 Non-teaching Staff went to the streets of Ramnagar which is located at a distance of 1Km from our College by carrying worksheets to teach them the fundamentals of the 3R's (Reading, Writing, Arithmetic) by way of activity related exercises to educate the people of the community.

Assessment of learning outcomes



Learner assessment is therefore a process of ascertaining the outcomes of the programmes based on two factors: (i) the proficiency level attained by a learner in achieving literacy skills, i.e. reading, writing and arithmetic, through a written test and (ii) the empowerment experienced through participation in the programme. Individuals who participate in the programme are encouraged to partake in basic education tests conducted by the National Institute of Open Schooling (NIOS) so they can be declared

to be functionally literate after completing the programme. These tests are done biannually and lead to certification by the Government of India, which is often a motivating factor for participants.

They are respected within the family and community, and their family members come to understand the value of education and are more motivated to learn. They also receive a boost in confidence and self-esteem, as their work and contribution is recognized and appreciated.



Programme Outcome and Feedback

A general improvement in literacy skills leads to increased awareness in the areas of health, sanitation, education and the consideration of government policy. In this way, skills learnt by individual participants are disseminated amongst others, creating a learning community and a shared interest in literacy. It can also help to increase in the participation of individuals in community economic improvement activities. This may positively influence other community members who are still non-literate, thus leading to a ripple effect.

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TRIPPLICANE, CHENNAI-600 005.

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 placed on record her appreciation to all students and the Programme Organizers 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 5
N.K.T. NATIONAL COLLEGE OF EDUCATION
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