

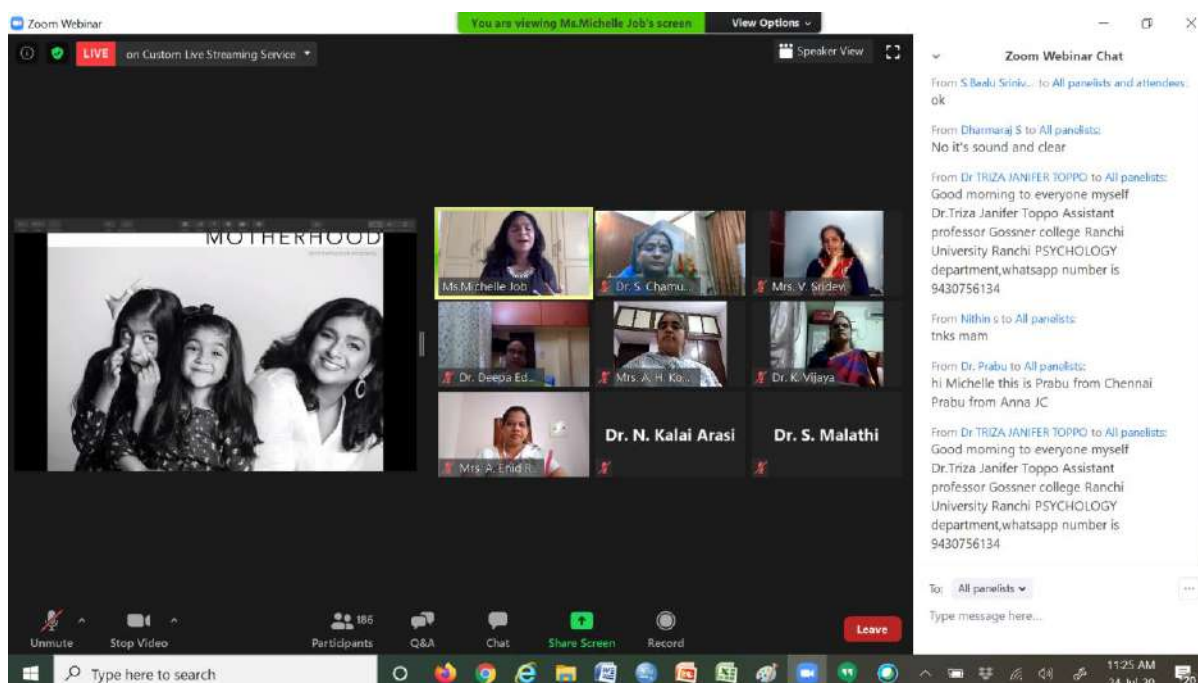
3. Events-Mutual Interest-literacy, Cultural, Open Discussion with schools



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

NKT Centre for Outreach

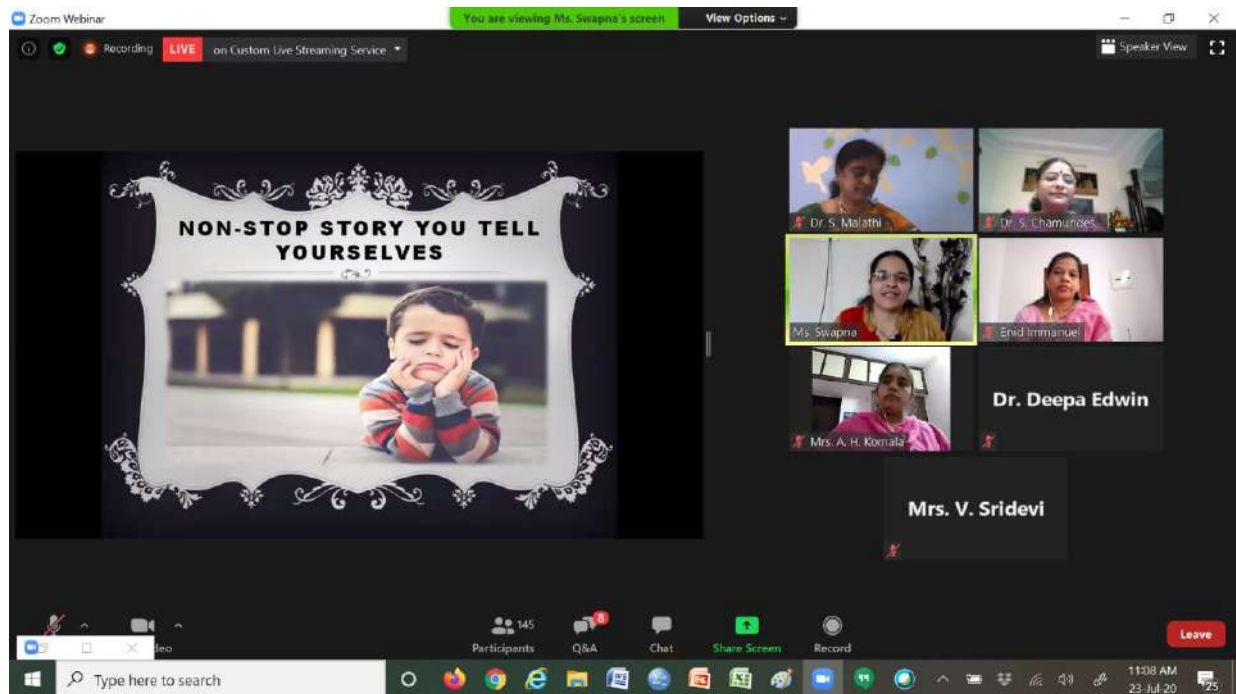
Report on Community Extension & Outreach Activity **A 3-Day National Webinar on Restructuring Mental & Professional Skills**



23rd to 25th July 2020


PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS).
TRIFILICANE, 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.

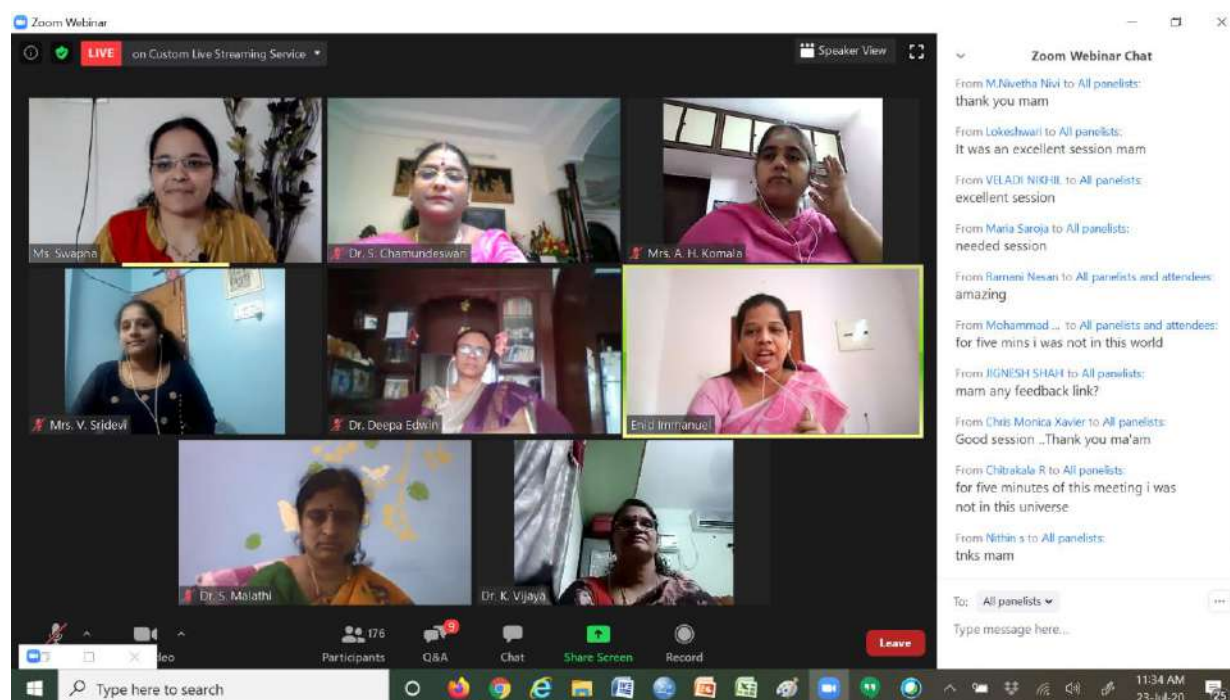
A 3-Day National Webinar on Restructuring Mental and Professional Skills organized by the NKT Centre for Outreach

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.


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.


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

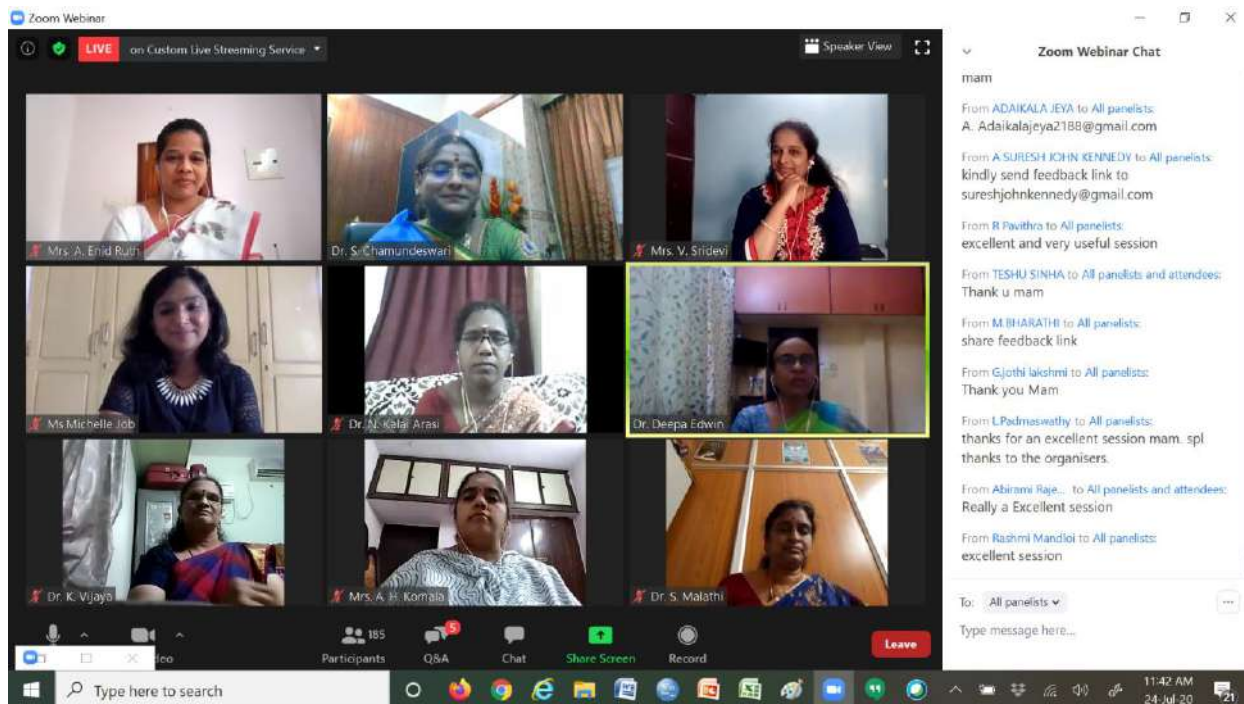
Patience may be regarded as one of the most powerful teaching tools available. Patience allows for the time to ensure your lessons are correctly received and understood. It creates space and provides opportunity to focus on the lesson at hand without moving on at pace. It is no secret that teachers often 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),
TRIPLICANE, 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


 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.


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

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

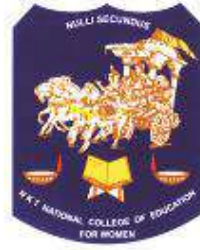
Programme Outcome and Feedback

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)**

**Report on Community Extension & Outreach Activity
Initiative for Awareness on Road Safety &
Installation of Kavalan SOS App**



5th February 2020


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

Report on Community Extension & Outreach Activity
Initiative for Awareness on Road Safety &
Installation of Kavalan - SOS App

5th February 2020



The Indian Ministry of Road Transport and Highways attributes the cause of crashes to carelessness or lack of road safety awareness. Educating all stakeholders, including traffic police, citizens, drivers, vehicle owners, etc. of road safety is thus crucial to save millions of lives and prevent injuries.

Initiative for Awareness on Road Safety & Installation of Kavalan-SOS App organized by N.K.T. National College of Education for Women

Thiru. C. Sreedar, Assistant Commissioner of Police (Traffic), Mylapore Traffic Sub-Division, Thiru. M. Purushothaman, Assistant Commissioner of Police (Traffic), Triplicane, Sub-Division along with the Inspector of Police Thiru. P.T. Swaminathan, and Sub-Inspector of Police. Dr. R. Saravanan, from D5-Marina Traffic


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

Range preceded over the function and helped the student-teachers and the community people in the installation of SOS Kavalan App. Around 300 people participated in this awareness programme



Thiru. C. Sreedar, Assistant Commissioner of Police (Traffic), Mylapore Traffic Sub-Division and Thiru. M. Purushothaman, Assistant Commissioner of Police (Traffic), Triplicane, Sub-Division gave awareness about Road Safety which is been considered as a very serious issue today since every person uses the road in some form or the other. Poor, rich, young, old everyone uses the road. Right from birth till death (and even after, in a funeral) everyone uses the road. Even if you are challenged (physically, mentally, visually) you will be using the road. Your use could be active (directly driving or riding or walking) or passive (being driven in a vehicle as a passenger). So the point is that every person needs to be educated on proper road usage and safe road behaviour.

They further highlighted that huge amount of education and awareness needs to be spread on road safety. This could be done in several ways:

- Road safety education could be made part of school and college curriculum, irrespective of the course or field of study.


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

- Media like TV, films and advertisements could be responsible towards road safety by refraining from showing unsafe road behaviour. Certain amount of minimum space and time in all forms of media should be reserved for spreading road safety knowledge and simple safe road behaviour applicable to all.
- There should be refresher courses for all driver categories to keep them abreast of new developments in the field and sensitize them about their responsibilities towards passengers.
- Safety video should be shown at the start of every bus journey (especially Volvo buses) like it is done for flights.
- Regular and sustained campaign should be done in villages and rural areas about the risks on the roads and how to stay safe.

Tamil Nadu Police is happy to bring to people of the State, the Kavalan – SOS app as part of the Tamil Nadu State Police Master Control Room initiative, which the people of Tamil Nadu can use to seek police assistance instantly in emergency situations such as physical emergencies, eve teasing, kidnapping or natural disasters such as floods, earthquake, etc. This app is developed by Amtex Systems.

The app is being promoted by the police especially amongst women and children. Anyone who feels vulnerable or threatened can press an alert button for police personnel to reach them at the earliest, they claim. Further the installation procedure was explained to the student teachers by Dr. R. Saravanan, Sub-Inspector of Police.

Need for SOS app:

People residing in Tamil Nadu, especially, Women & elderly people can use the Kavalan – SOS app whenever they feel vulnerable or threatened. Through this mobile app, help from Police can reach them at the earliest no matter where they are. People can also contact the Police instantly through this app during natural disasters.

Downloading the Kavalan – SOS app:


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

Kavalan - SOS app is available on both android and iOS platforms. The app can be downloaded from the google play store and apple store.

Using the app after downloading it:

After downloading the app, you have to register by providing some basic information about you.

Personal Mobile Number

Home Address

Alternate Mobile Number

E-mail Address

Date of Birth

Gender

Details such as Mobile Number, Name & Relationship of any two relatives or close friends as emergency contacts, preferably living in the same city.

Additionally, a third contact as an emergency contact may also be added.

After entering the above details, you will receive an activation code on your registered mobile number. Please enter your activation code to complete the registration process. The Kavalan home screen will be displayed on your mobile phone.

During an emergency, please press the SOS button on the home page. It will start a 5 second count down. After 5 seconds, the app will automatically send your current location along with a video from your back camera to the Kavalan team. Within a minute, the team will contact you. Simultaneously, the location will also be sent to the registered emergency contacts as an SMS alert.


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

Programme Outcome and Feedback



The Programme was well appreciated as the people in the community and all in the College were well benefitted of knowing the Road Safety Rules and also by downloading the SOS App.

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.

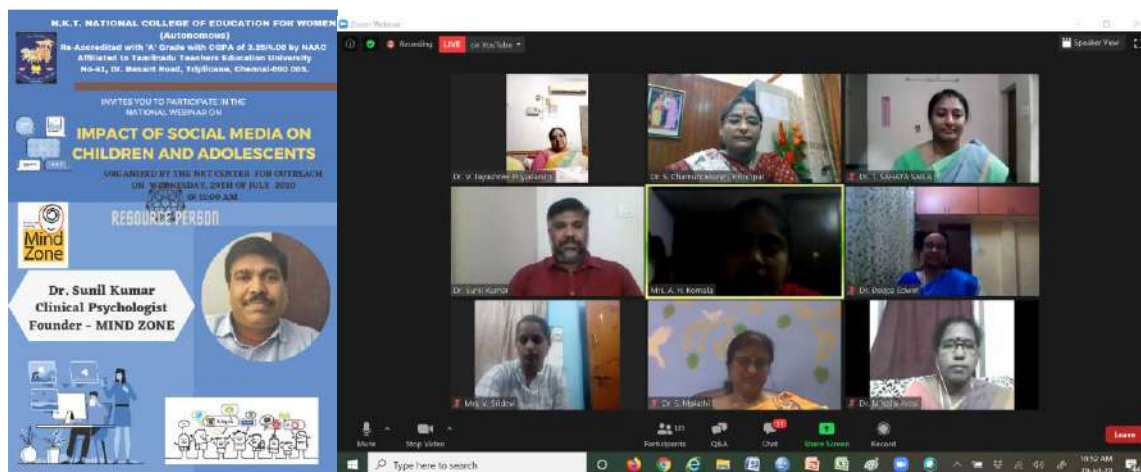
The Principal thanked Police Personnel and placed on record her appreciation to all students and the Programme Organizers for all their effort and commitment in organizing a very useful Outreach Programme for the benefit of the community and thanked the President of the Local Community Welfare Association, 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.


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

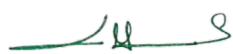


N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)
NKT Centre for Outreach

Report on Community Extension & Outreach Activity
Webinar on Impact of Social Media on Childhood & Adolescents



29th 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

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.

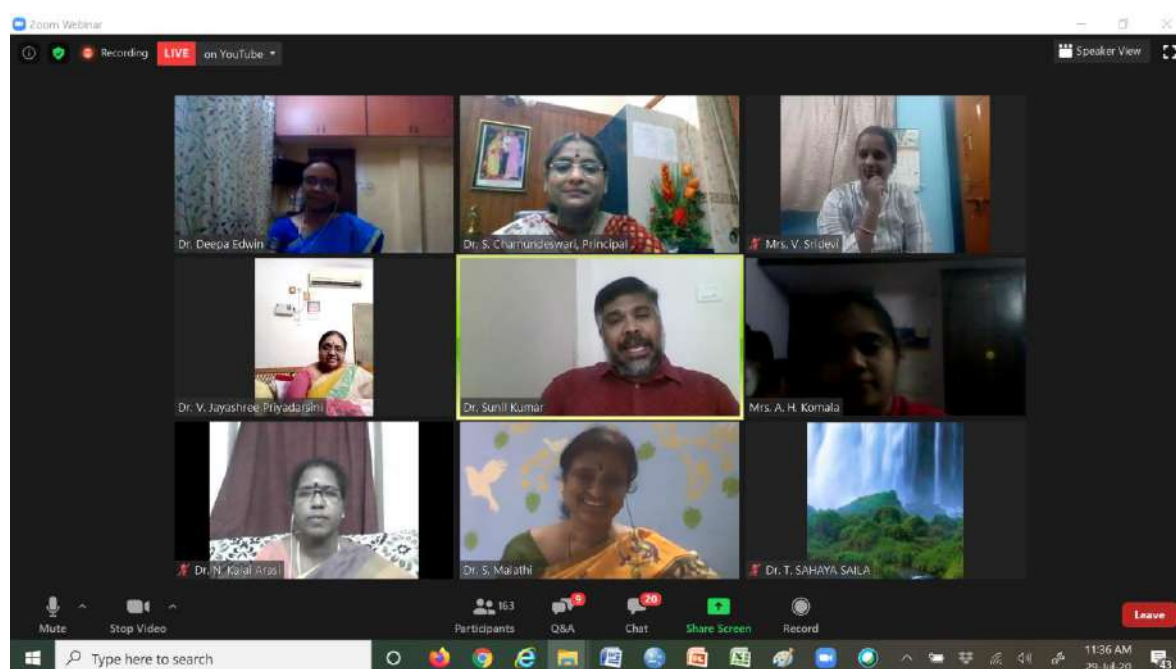
Social media is a rapidly evolving platform for younger people to communicate with each other, express themselves, and share content of all kinds. It has given rise to a new cultural paradigm that drives technology and businesses, while changing the way people interact. As a tool, social media is a double-edged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

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

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.

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)**

TALENTIA 2020

INTER SCHOOL COMPETITION THE SPECIAL CHILDREN

RESOURCE PERSON:

Mr. N. K. Raghupathi

Mrs. Lakshmi Balakrishnan

Dr. N. Vinoth

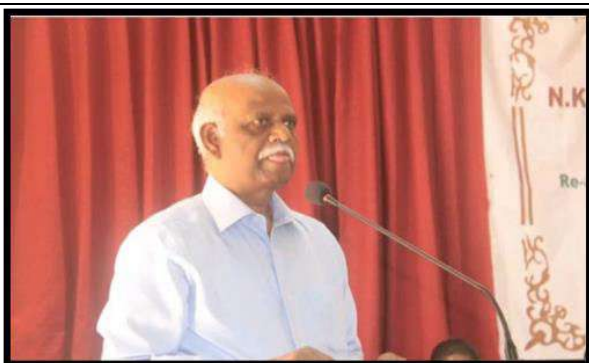


Organized by - NKT Differently abled Club

DATE: 13-3-2020


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

INVOCATION



A handwritten signature in green ink, consisting of a stylized 'N' followed by a horizontal line and a small flourish.

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

Competitions Conducted....

QUIZ COMPETITION




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

MINUTE A TALK




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

ORIGAMI




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

COCONUT SCRUBING




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

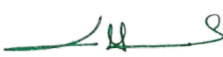
POSTER MAKING




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

ONSTAGE PERFORMANCE




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

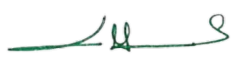
BRAILLE READING & WRITING




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

Medals & Certificate Distribution for Winners




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

Locational Knowledge and Resources



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
Transforming Students to Global Educators (Autonomous)

Report on Local Knowledge & Resource Management

Visit to Bharathiyar Memorial House

22nd February 2021



As a part of Social Outreach, the College ventures to orient the students of our College and model School, N.K.T. National Girls' Higher Secondary School on neighborhood, its heritage, cultural background, places of significances, etc., by imparting knowledge regarding the locality, especially its location knowledge and resources, requirements and community practices.

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



Therefore, as one of the community events some of the faculty members of the College took a group of IX grade School students to Bharathiya Memorial House in Triplicane, Chennai, on 22nd February 2021, for acquisition of locational knowledge and promotion for our model School

Subramania Bharathiya (11 December 1882 – 11 September 1921), was a Tamil writer, poet, journalist, Indian independence activist, social reformer and polyglot. Popularly known as "Mahakavi Bharathi" ("Great Poet Bharathi"), he was a pioneer of modern Tamil poetry and is considered one of the greatest Tamil literary figures of all time. His numerous works included fiery songs kindling patriotism during the Indian Independence movement. He fought for the emancipation of women, against child marriage, stood for reforming Brahminism and religion. He was also in solidarity with Dalits and Muslims.

2

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

A visit to Bharathiyar Memorial House will give them a greater insight into the various cultures, traditions and locational knowledge of Chennai. It is an intrinsic part of the socio-cultural landscape and hence, offers an insightful peek into life, as it exists in Chennai.



Bharathiyar Memorial House is the house in Chennai where Subramanya Bharthi, one of the greatest of the Tamil Poets spent the last few years of his creative life. It is surely place of enormous heritage, since it belonged to a poet of such a high order, someone who was capable of writing beautiful verses even at the age of seven. For those interested in the lives of the greatest of Indian poets, the Bharathiyar Memorial House in Triplicane is a must to visit while on tours or field trips. The Bharathiyar Memorial House in Chennai was taken over by the government and renovated by the Tamil Nadu Government in 1993. The house takes us back to the life and times of Mahakavi Bharthi. Photographs of Bharathiyar, his family, and his friends are displayed. His hand written verses are framed and displayed. There is also a letter from Mahatma Gandhi (in Tamil) to mark the occasion of the opening of the Bharathiyar Mani Mandapam in Ettayapuram, in 1947. Bharathiyar's letters to his friend Nellaippar are also displayed.

 ³

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

Programme Outcome and Feedback

The programme was a great success and It was organized with the intention to make the younger generation aware of the Bharathiyar Memorial House is the house in Triplicane, Chennai. N.K.T. National College of Education for Women has arranged Visit to Bharathiyar Memorial House on 22nd February 2021. The programme was successfully held in the best possible way its grooms students of our College and School to become responsible citizens for life outside the Institution.



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



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
Transforming Students to Global Educators (Autonomous)

Report on Local Knowledge & Resource Management

Visit to Shri Parthasarathy Temple

21ST February 2020



As a part of Social Outreach, the College ventures to orient students of our College and model School, N.K.T. National Girls' Higher Secondary School on neighborhood, its

1

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

heritage, cultural background, places of significances, etc., by imparting knowledge regarding the locality, especially its location knowledge and resources, requirements and community practices.

Therefore, as one of the community events some of the faculty members of the College took a group of our student-teachers and community people from Ram Nagar to Parthasarathy Temple in Triplicane, Chennai, on 21st February 2020, for acquisition of locational knowledge and promotion for our local community.

The **Parthasarathy Temple** is a 6th-century Hindu Vaishnavite temple dedicated to Vishnu, located at Thiruvallikeni, Chennai, India. The temple is glorified in the Divya Prabandha, the early medieval Tamil literature canon of the Alvar saints from the 6th to 9th centuries CE and is classified as among the 108 Divya Desams dedicated to Vishnu. The name 'Parthasarathy' means the 'charioteer of Arjuna', referring to Krishna's role as a charioteer to Arjuna in the epic Mahabharata.



It was originally built by the Pallavas in the 6th century by king Narasimhavarman I. The temple has icons of five forms of Vishnu: Yoga Narasimha, Rama, Gajendra



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

Varadaraja, Ranganatha and Krishna as Parthasarathy. The temple is one of the oldest structures in Chennai. There are shrines for Vedavalli Thayar, Ranganatha, Rama, Gajendra Varadar, Narasimha, Andal, Hanuman, Alvars, Ramanuja, Swami Manavala Mamunigal and Vedanthachariar. The temple subscribes to Vaikhanasa agama and follows Thenkalai tradition. There are separate entrances and Dwajastambhas for the Parthasarathy and Yoga Narasimha temples. The gopuram (towers) and mandapas (pillars) are decorated with elaborate carvings, a standard feature of South Indian Temple Architecture.



As per Hindu legend, Saptarishis, the seven sages worshipped five deities Panchaveeras, namely, Venkata Krishnaswamy, Rukmini, Satyaki, Balarama, Pradyumna and Aniruddha. As per Mahabharatha, Vishnu, in his avatar as Krishna was

3


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

acting as charioteer for Arjuna, the Pandava prince during the war with Kauravas. Krishna did not take any weapons during the war. During the fight between Arjuna and Bhishma, Krishna was injured by the arrow from Bhishma. The mark in the image in the temple is believed to follow the legend. The place is called Allikeni, meaning a pond of lily as it is believed that historically the place was full of lily ponds. The place is the only place where the presiding deity is sported with a mustache. As per another legend, the place was once a Tulsi forest. A Chola king named Sumati wanted to see Vishnu in the form of Parthasarathi and prayed at Srinivasa temple in Tirupathi. Srinivasa directed the king to visit the temple here built by sage Atreya and worshipped with another sage called Sumati.

Programme Outcome and Feedback

The programme was a great success and it was organized with the intention to make the younger generation aware of the Parthasarathy Temple, Triplicane. N.K.T. National College of Education for Women has arranged Visit to Parthasarathy Temple on 21st February 2020. The programme was successfully held in the best possible way to enhance the knowledge of Hindus' heritage and culture of Pallavas, Cholas and Vijayanagara Kings among College and School students.



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



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
Transforming Students to Global Educators (Autonomous)

Report on Local Knowledge & Resource Management

Visit to Vivekananda House

19th February 2019



As a part of Social Outreach, the College ventures to orient the students of our College and model School, N.K.T. National Girls' Higher Secondary School on neighborhood, its heritage, cultural background, places of significances, etc., by imparting knowledge

1

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

regarding the locality, especially its location knowledge and resources, requirements and community practices.



Therefore, as one of the community events some of the faculty members of the College took a group of VIII grade School students to Vivekananda House in Triplicane, Chennai, on 19th February 2019, for acquisition of locational knowledge and promotion for our model School.

Vivekananda House (known as Vivekanandar Illam in Tamil), an important landmark in Chennai is associated with the Sri Ramakrishna Math since 1897 when Swami Vivekananda stayed here for nine days after his triumphant return from the West. Later, Sri Ramakrishna Math, Chennai was founded and functioned at this place during its ten

2


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

years from 1897 to 1906. Now, this historic place houses a technological smart museum called "Experience Vivekananda" on Indian Culture, Swami Vivekananda's Life and his message using latest trends like Virtual and Augmented Reality, modern 3D/ 4D effects and advanced Son et Lumiere elements. Currently, Vivekananda House is maintained by Sri Ramakrishna Math, Chennai and it's a source of inspiration to thousands of Indian and International visitors who visit it every year.



In 1842, Frederic Tudor constructed the building facing the Bay of Bengal as a facility to store ice. In 1880, the business collapsed and the building was sold to Biligiri Iyengar, an advocate in the Madras High Court. Iyengar re-modeled the house and named it Castle Kernan after his friend and judge in Madras High Court. When Swami Vivekananda visited Madras in 1897, he stayed in the building between 6 and 14

3

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

February 1897. Later, Ramakrishna Math functioned from the building from 1897 to 1906.

In 1914, the building was acquired by the Government of Madras and functioned as a hostel and training School for children run by R. S. Subbalakshmi. In 1963, on the birth Centenary of Swami Vivekananda, the Government of Tamil Nadu renamed the building as 'Vivekanandar Illam' meaning 'Vivekananda House' in Tamil. In 1997, Government of Tamil Nadu leased the building to Ramakrishna Math, and it currently houses an exhibition on the life of Swami Vivekananda.

Programme Outcome and Feedback

The programme was a great success and it was organized with the intention to make the younger generation aware of the Vivekananda House, Triplicane. N.K.T. National College of Education for Women has arranged Visit to Vivekananda House on 19th February 2019. The programme was successfully held in the best possible way to give students of College and School a glimpse of the history of Indian culture and to realize greatness of the history and country of our Country.



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



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
Transforming Students to Global Educators (Autonomous)

Report on Local Knowledge & Resource Management

Visit to University of Madras

26th February 2018



As a part of Social Outreach, the College ventures to orient the students of our College and model School, N.K.T. National Girls' Higher Secondary School on neighborhood, its heritage, cultural background, places of significances, etc., by imparting knowledge

1

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

regarding the locality, especially its location knowledge and resources, requirements and community practices.



Therefore, as one of the community events some of the faculty members of the College took a group of VII grade School students along with our College students to University of Madras in Chepauk, Chennai, on 26th February 2018, for acquisition of locational knowledge and promotion for our model School

The **University of Madras** (informally known as **Madras University**) is a public state university in Chennai, Tamil Nadu, India Established in 1857, it is one of the oldest universities in India, incorporated by an Act of Legislative Council of India under the British Government.


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

It is a collegiate research university and has six campuses in the city: Chepauk, Marina, Guindy, Taramani, Maduravoyal and Chetpet. It offers more than 230 courses under 87 academic departments of post-graduate teaching and research grouped under 18 Schools, covering diverse areas such as sciences, social sciences, humanities, management and medicine along with 121 affiliated colleges and 53 approved research institutions. The university houses the national centers for advanced research in nanotechnology, photonics and neurotoxicity. Besides, having three Centers of Advanced Study (CAS) in biophysics, botany and mathematics



University of Madras is the alma mater of two Indian Physics Nobel Laureates, CV Raman and Subrahmanyam Chandrasekhar, five Presidents of India, including A. P. J. Abdul Kalam, computer scientist and Turing Award winner Raj Reddy, several notable mathematicians including Srinivasa Ramanujan and Abel Prize winner S. R. Srinivasa Varadhan.

The National Assessment and Accreditation Council has conferred 'five star' accreditation to the university in the first cycle, and subsequently with its highest 'A' grade. The University of Madras has been given the status of 'University with Potential for Excellence (UPE)' by the University Grants Commission. Madras University is also recognized among the 18 universities in India having the 'Centre with Potential for

Excellence in Particular Area (CPEPA)' with a focus on drug development and climate change.

Madras University is the mother of almost all the old Universities of south India. The University area of jurisdiction has been confined to three districts of Tamil Nadu in recent years. This is consequent to establishment of various universities in the State and demarcation of the University territories. This University has been growing from strength to strength while widening its teaching and research activities.

Programme Outcome and Feedback

The programme was a great success and it was organized with the intention to make the younger generation aware of the University of Madras, Chepauk. N. K. T. National College of Education for Women has arranged Visit to University of Madras on 26th February 2018. The programme was successfully held in the best possible way, that helped to groom students of both College and School to citizens with knowledge, skill and character leading to societal transformation and national development, to provide greater opportunity to women in order to prepare them to be effective leaders and to nurture aptitude and skills of both College and School students to face the challenges and needs of fast changing society.


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



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
Transforming Students to Global Educators (Autonomous)

Report on Local Knowledge & Resource Management

Visit to St. Thomas Church

20th February 2017



As a part of Social Outreach, the College ventures to orient students of our College and model School, N.K.T. National Girls' Higher Secondary School on neighbourhood, its heritage, cultural background, places of significances, etc., by



PRINCIPAL

1

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

imparting knowledge regarding the locality, especially its location knowledge and resources, requirements and community practices.

Therefore, as one of the community events some of the faculty members of the College took a group of VI grade School students along with our College students to **San Thomas Church** in Mylapore, Chennai, on 20th February 2017, for acquisition of locational knowledge and appreciation of our heritage and its significance.



San Thomas Church, is known as **St. Thomas Cathedral Basilica** and **National Shrine of Saint Thomas**, is a Roman Catholic minor basilica in the Santhome neighbourhood of the city of Madras (Chennai), in Tamil Nadu, India. The present structure dates to 1523 AD, when it was built by the Portuguese, over the tomb of Thomas the Apostle, one of the apostles of Jesus. In 1896, it was rebuilt in British Madras according to Neo-Gothic style, as was favoured by British architects in the late 19th century. This church is one of the three known churches in the world built over the tomb of an apostle of Jesus that are still standing today, the other two being St Peter's Basilica in Vatican City and Santiago de Compostela Cathedral in Galicia,

Spain. In antiquity, there was a basilica built over the tomb of the Apostle Philip in Hierapolis of Phrygia, near modern day Pamukkale.



According to Bible Saint Thomas was born in Judea the Roman province. He was one of the twelve disciple of Jesus. He was the one who touched the wound of Jesus after he was risen from his death. Later on in AD 52 he came to Kerala, India to preach about Jesus later on he moved to present-day Chennai. In AD 72 he was killed in St. Thomas Mount and he was buried in Mylapore (presently Santhome) by his disciples and they built a small structural building (church) to mark his tomb.

Later on the tomb of St. Thomas was respected and maintained by Muslims and they called the tomb as "**Bothuma**" (House of Thomas). Centuries later, it became an abandoned structure although many pilgrims came to visit the tomb from East and Kerala.

Architecture

Santhome Church was built in the style of Gothic revival architecture the late 19th century architecture style. The church has Rib vault ceiling made of teak wood. It was built with 16 windows and 34 stained glass with a main stained glass in altar represent "**Saint Thomas Touching the Wound of Jesus Christ**". The statue in

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-600 095

main altar indicates "Jesus Christ as Priest and Jesus Christ as King", with both sides the statue of Saint Thomas the Apostle and Saint Peter the Apostle. And there are 14 Stations of the Cross attached at the side wall of Cathedral. The Cathedral was built with materials Teak wood, Marble and Granite.

There are two spires in this Church:

- First spire: acts as bell tower in the left side of Church it is 147 feet tall and it can also be seen from distance.
- Second spire: was built in the center of the cathedral to indicate the tomb of Saint Thomas the Apostle.

A 200 years old British Pipe Organ is kept at upstairs of the Church. The visitors can see the pipe organ by climbing the stairs located at the Narthex of the Church.

Programme Outcome and Feedback

The programme was a great success and it was organized with the intention to make the younger generation aware of the St Thomas Church in Mylapore, Chennai. N. K. T. National College of Education for Women has arranged Visit to St Thomas Church on 20th February 2017. The programme was successfully held in the best possible way its seeks to expand knowledge of College and School students of Christian heritage and culture.



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

Events of mutual interest on pertinent themes to School Education



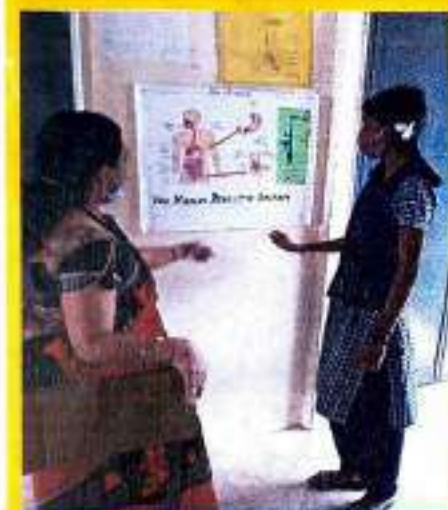
N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN

Evidences related to linkages with schools and other Educational Agencies

Practice Teaching



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





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.



WICCI NATIONAL HANDLOOM COUNCIL

In Collaboration with



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

(Autonomous)

Report on Community Extension & Outreach Activity

The New Age Warrior, Art & the Saree



21st August 2020


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

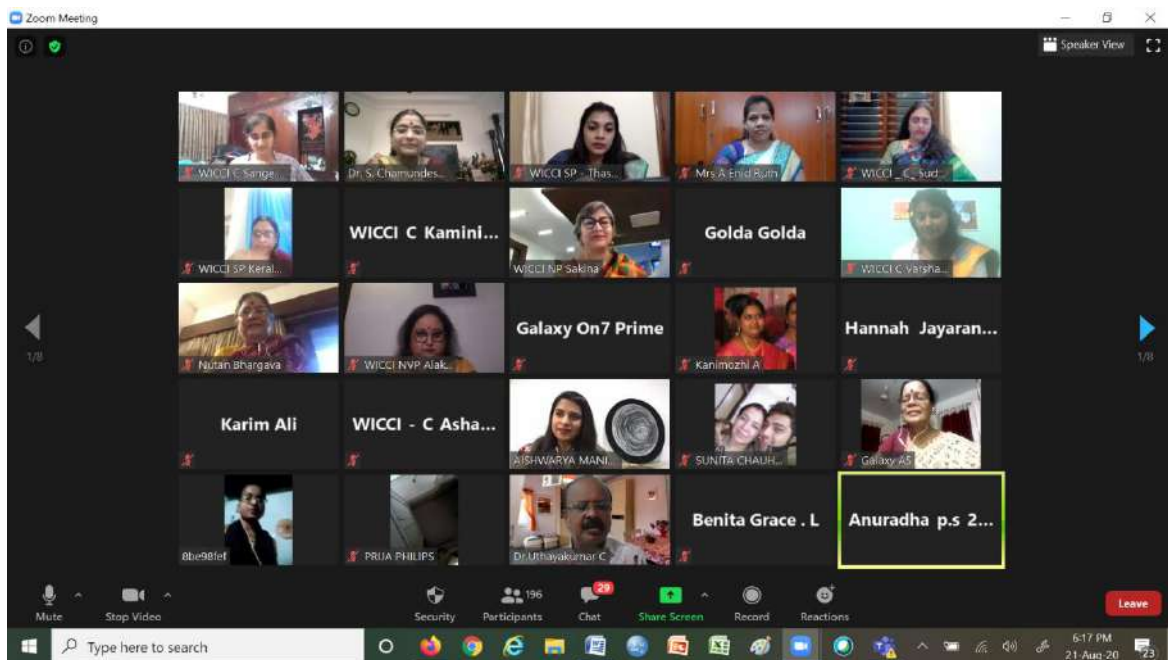
Report on Community Extension & Outreach Activity

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.

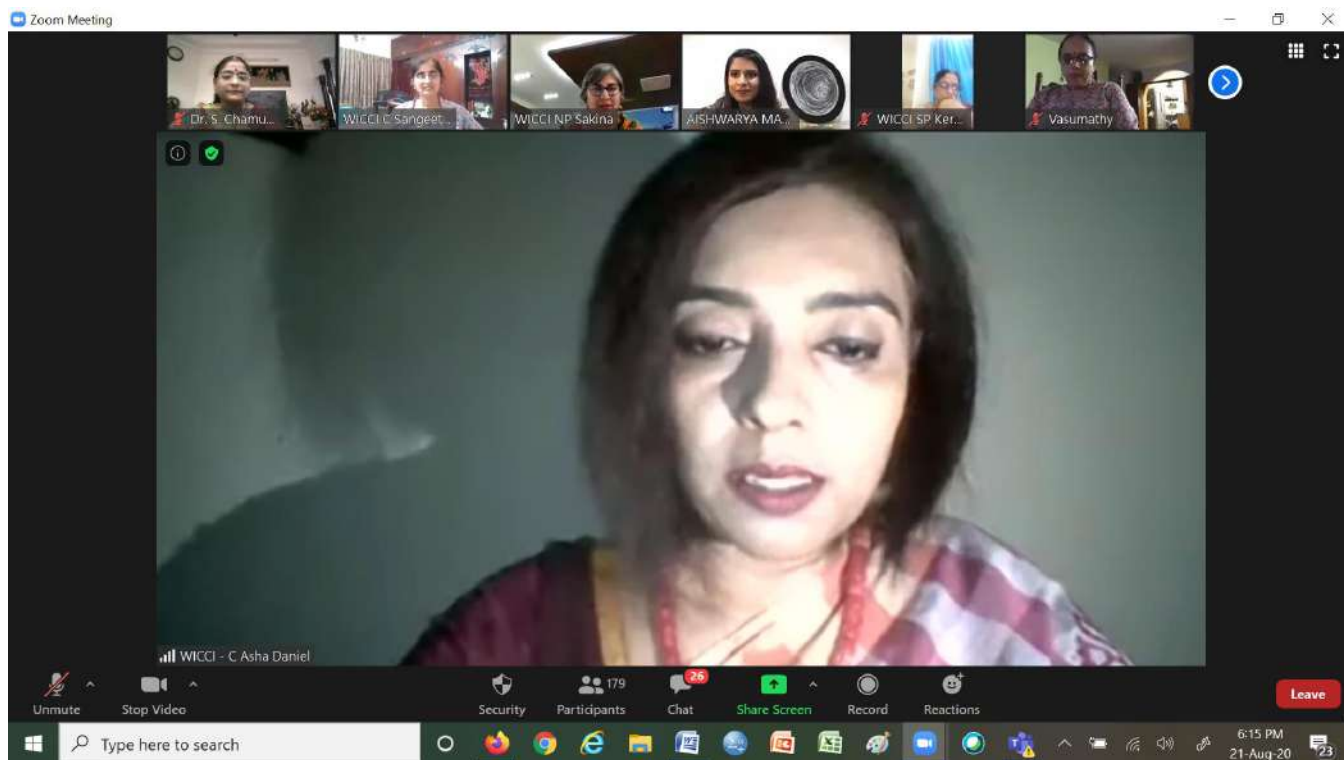


Panel Discussion: The New Age Warrior, Art & the Saree organized by Women India Chamber of Commerce & Industry (WICCI), Chennai & NKT National College of Education for Women, Chennai

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

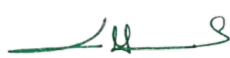

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

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.**

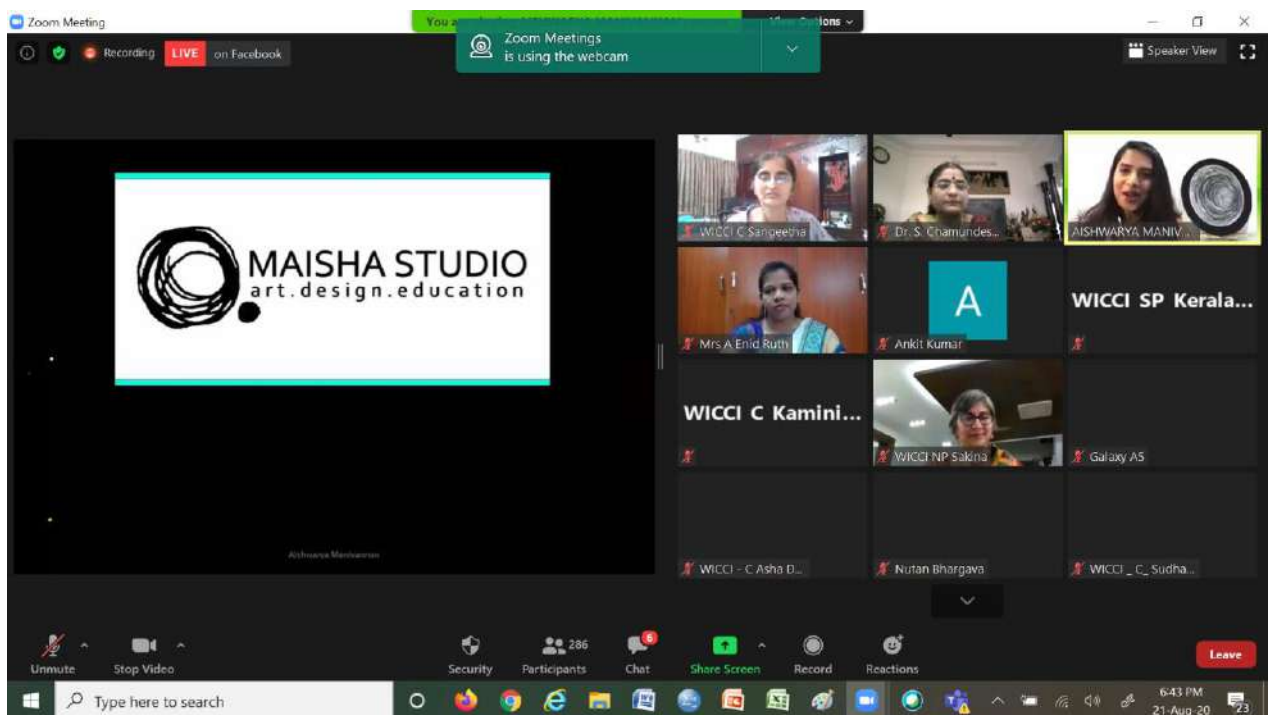

PRINCIPAL
N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPLICANE, CHENNAI-600 005.

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!

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 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),
TRIPPLICANE, CHENNAI-600 005.



MESTON COLLEGE OF EDUCATION

(Autonomous)

In Collaboration with

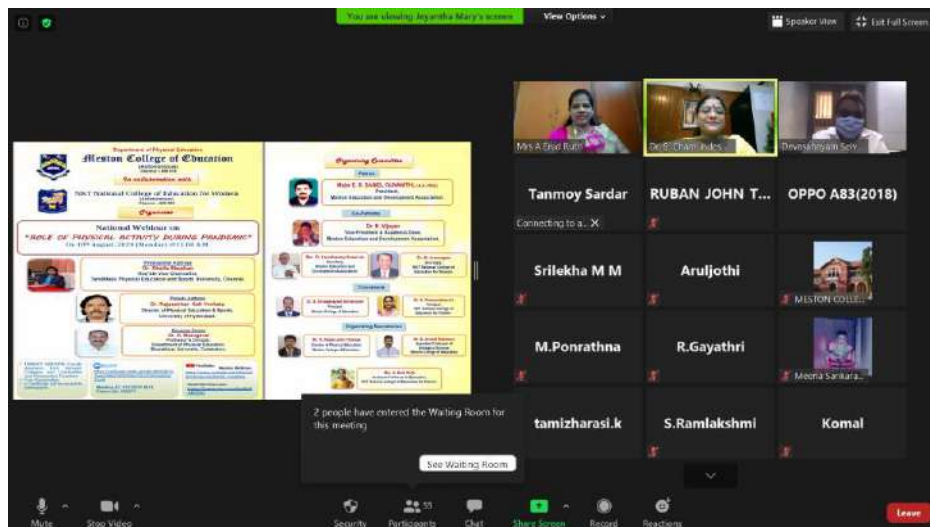


N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN

(Autonomous)

Report on Community Extension & Outreach Activity

Webinar on Role of Physical Activity during the Pandemic



10th August 2020


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. Rajasekar
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


<https://us02web.zoom.us/j/81280534071?pwd=MkoTWXoDVHl1Y3p1Z3VlUe0b2t3dz09>
Meeting ID: 812 8053 4071
Passcode: 556575

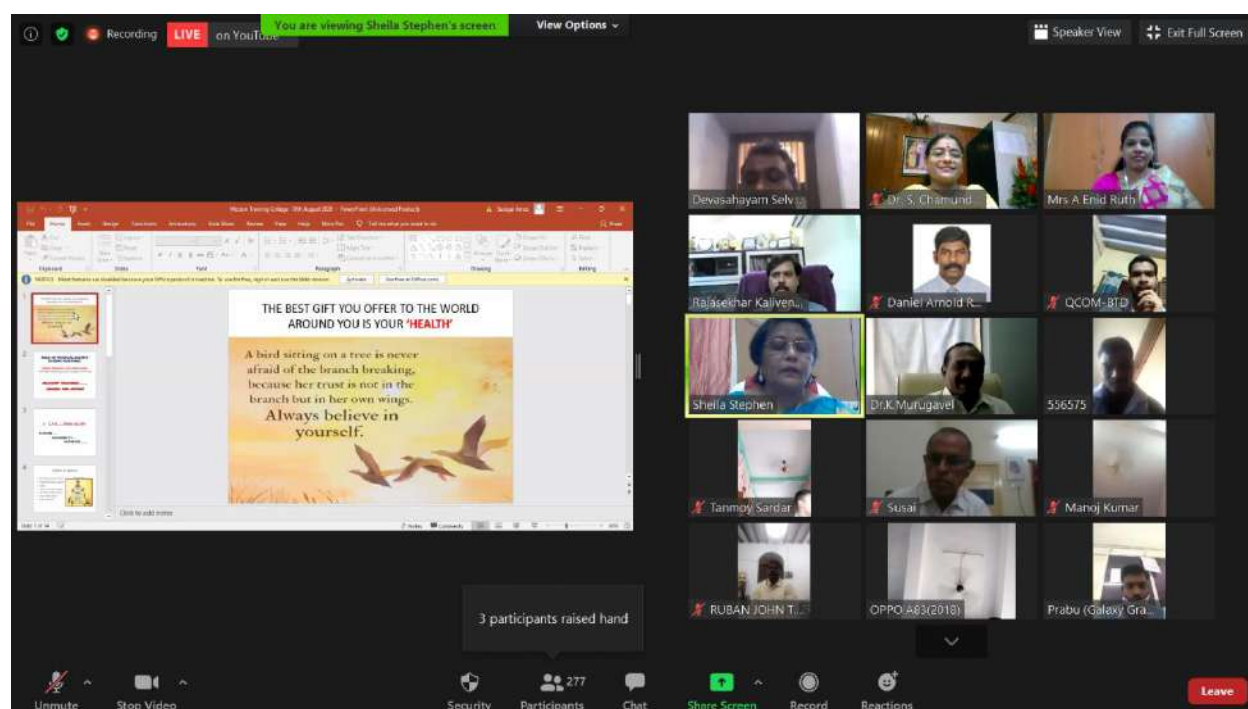
 **YouTube** Meston Webinar
Registration Link: from google form
<https://forms.gle/cnqjinaXg8AN7D47>

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.


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

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.


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

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


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

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.



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)
Re-Accredited with 'A' Grade (CGPA of 3.24/4.00) by NAAC
Affiliated to Tamil Nadu Teachers Education University
Chennai, Tamil Nadu

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

ORGANIZING SECRETARIES

Dr. D.T. Vedagnanam
Directress of Physical Education

Mrs. A. Enid Ruth
Assistant Professor

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

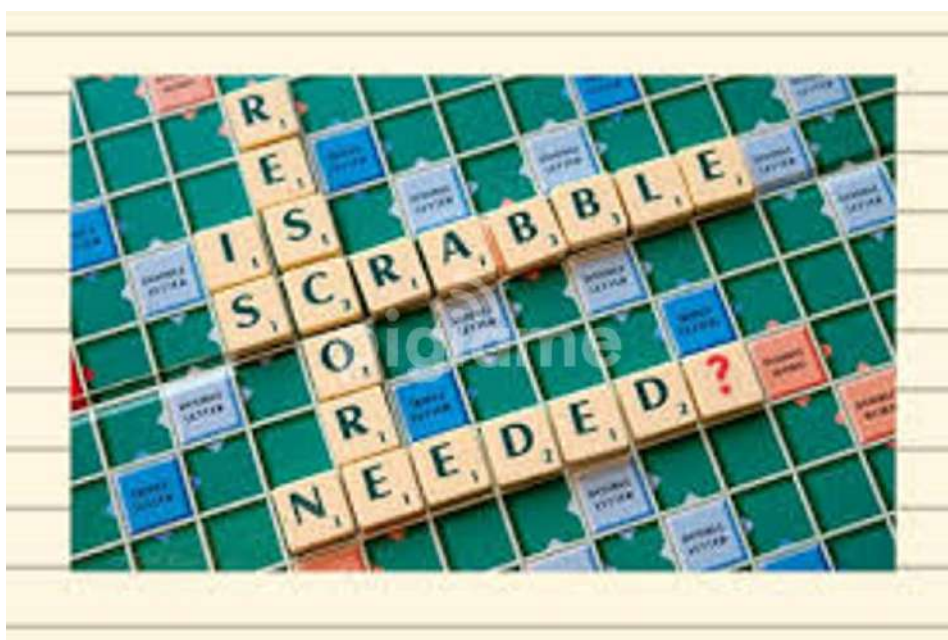
Join In For A New Expedition !!!
No Registration Fee
E-Certificates for all the Participants

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



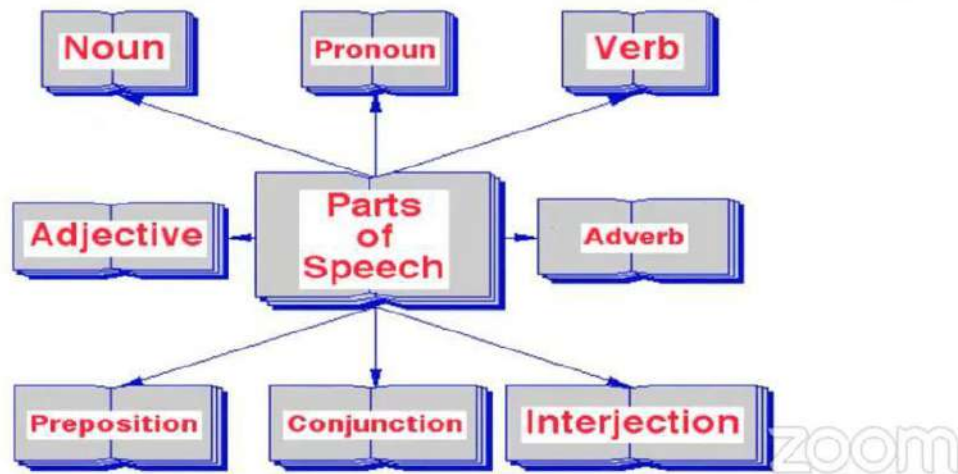
Scrabble is the ultimate crossword game in which every letter counts. Grab your friends and take turns forming words on the board. After playing your turn, count the value of all the letters in every new word that you formed. Don't forget the bonus points for placing letters on premium squares.

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),
TRIPPLICANE, 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 EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, 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.

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 too!

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

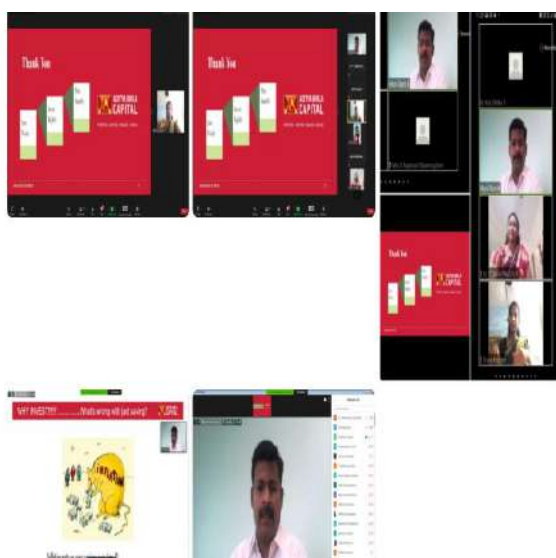


**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)**

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).
TRIPLICANE, 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:

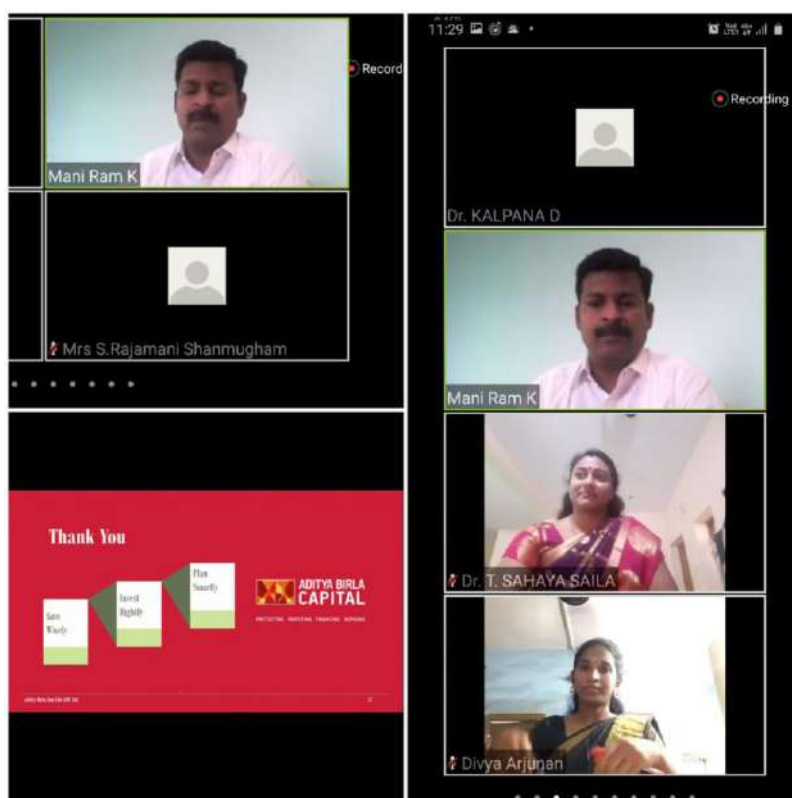
- Planning and goals.
- Career preparation.
- Spending and credit.
- Consumer protection.
- Income.
- Money management.
- Saving and investing.

➤ 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),
TRIPPLICANE, 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,

- (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).
TRIPLICANE, 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)

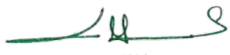
Keeping in mind the need to educate children about the importance of saving, a savings programme for children known as the Chiller bank programme was initiated in 2015. The programme was initiated following an RBI guideline that encourages children to open and operate savings bank accounts independently, 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.



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.



**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)
Re-accredited with 'B' Grade (15/11/2019 / 4/01/2021) by NAAC
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
May **26th** 2021
3 PM ONWARDS

Resource Expert

 Mrs. Sajetha Barathi
Principal
The Titan School
Hosur

Click the Zoom icon to join the Webinar

Meeting ID: 879 3636 5524
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. Enid Ruth
Assistant Professor

Connect through NKT Channel

26th 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 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

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.

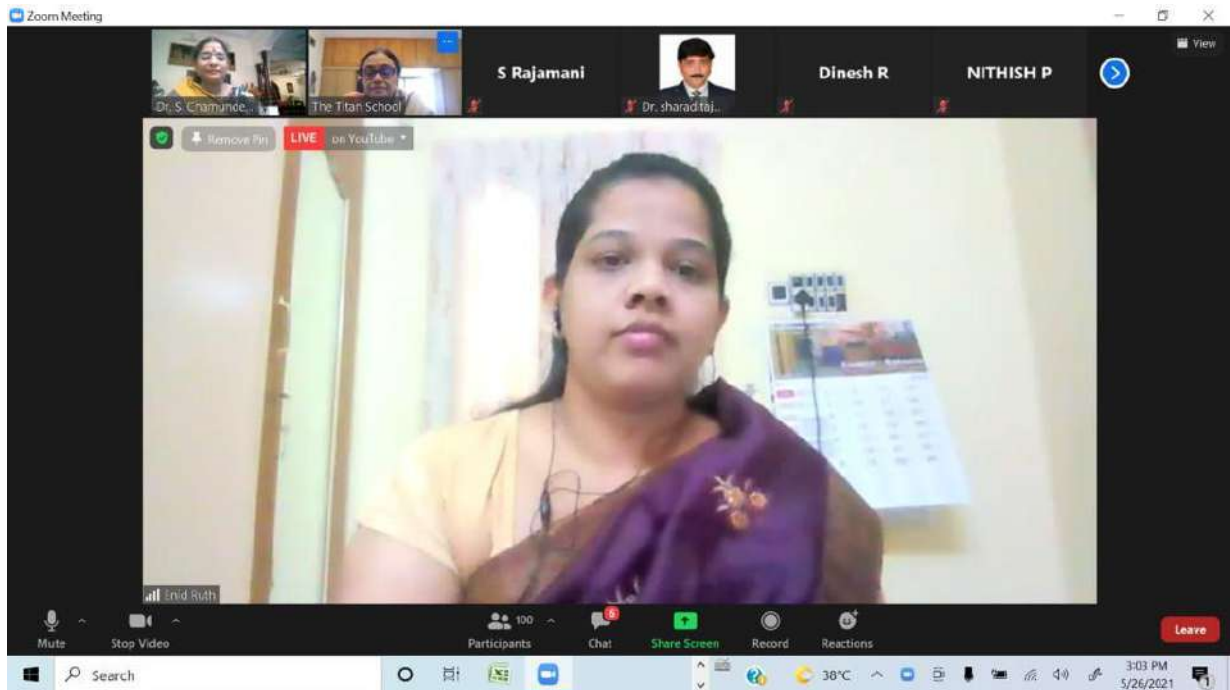
National Webinar on 21st Century Competencies for Future Teachers as a Career organized by Guidance & Counselling Cell

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.

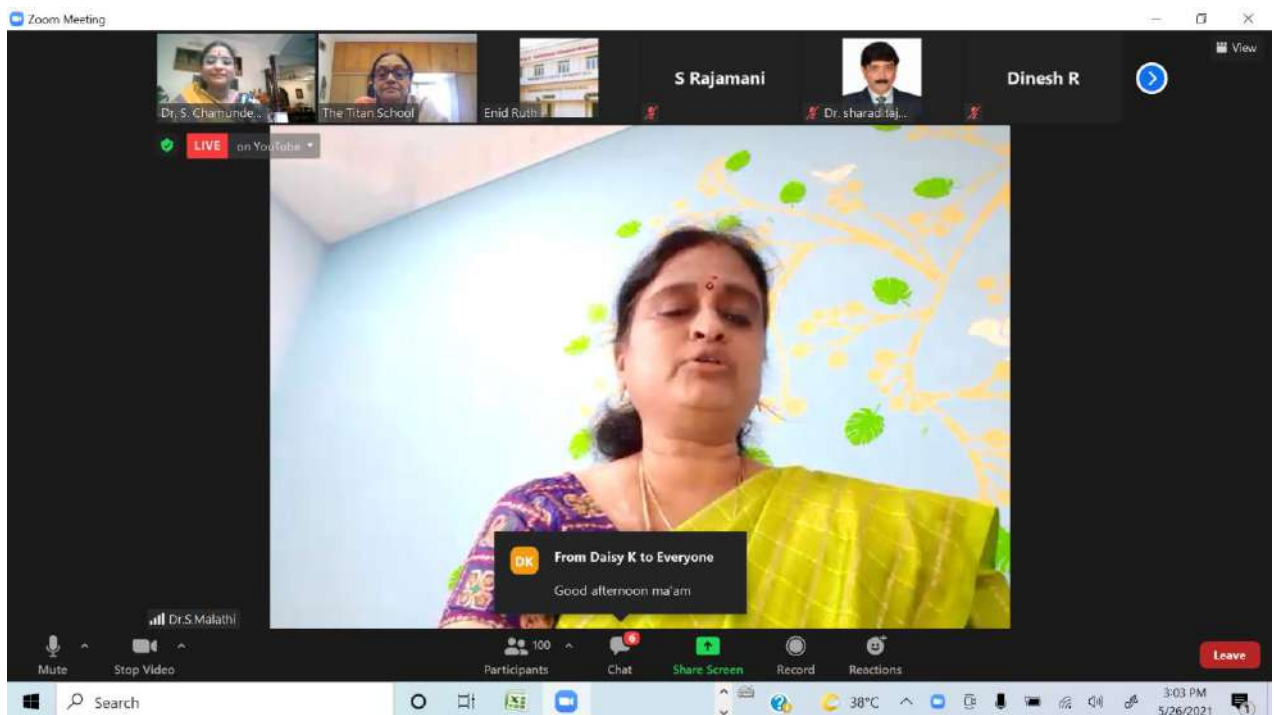


The Principal, Dr. S. Chamundeswari, welcomed the Resource Expert of the day, Mrs. Sajeetha Bharathi, Principal, The Titan School Hosur, Faculty Members, Non-Teaching Staff, Students and all participants from the community. She placed on record her gratitude to Honourable Secretary, Dr. M. Arumugam, 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 simply 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),
 TRIPPLICANE, 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


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

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

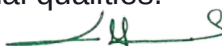
Each 21st Century skill is broken into one of three categories:

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),
TRIPLICANE, 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

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.