



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

Report on National Priority Programme on Swachh Bharat
Rally to 'Say No to Plastics'



29th October 2018

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

Report on National Priority Programme on Swachh Bharat
Rally to 'Say No to Plastics'
29th October 2018



Plastic is a non-biodegradable, synthetic, toxic polymers i.e. large molecules consisting of repeating units called monomers. In the case of plastic bags, the repeating units are ethylene. When ethylene molecules are polymerized to form polyethylene, they form long chains of carbon atoms in which each carbon is also bonded to two hydrogen atoms.

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Rally to Say No to Plastics organized by N.K.T. National College of Education for Women



To sensitize the public especially the people in the nearby community about the hazards of using plastics a Rally was organized by the students of our College to so 'Say No to Plastic' on 29th October, 2018.

Around 200 students-teachers from the B.Ed. and B.Ed. Special Education Programmes along with 10 Faculty members and 5 Non-teaching Staff went on a rally in the streets of Ramnagar which is located at a distance of 1Km from our College by carrying cloth bags, displaying placard cards and banner with slogans written in order to educate the people of the community about the ill-effects of using plastics.

Students addressed the community people about the importance of avoiding plastics and highlighted the harmful effects of plastics and also how to reduce the use of plastics.

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Side Effects of Plastic on Human Health



The chemicals used in the production of plastic are toxic and detrimental to the human body. Chemicals in plastic-like lead, cadmium and mercury directly can come in contact with the humans. These toxins can cause cancers, congenital disabilities, immune system problems and childhood development issues. Other toxins found in plastic bottles and food packaging materials could lead to some fatal damage to our body.

Apart from these severe effects, humans can also develop some health conditions because of plastic. Here are some adverse health effects caused by plastic:

- Asthma
- Pulmonary cancer due to inhalation of poisonous gases
- Liver damage
- Nerve and brain damage
- Kidney diseases

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Students took much effort in making people understand the ill effects of littering of plastics in open spaces as it creates unhygienic conditions and also becomes a breeding ground for insects and mosquitoes. The students also gave them insight of replacing the plastics with cloth bags and how use of plastics can be reduced and recycled.

How to reduce the use of plastic?

It is very essential that we get rid of these problems, and save the Earth and its inhabitants from the effects of plastic usage. Here's how we can avoid the use of plastic.

1. Carry our own water and stop buying packaged water: Plastic bottles contribute the most to plastic junk, as high as 20 million bottles dumped into the trash.
2. Always carry your own shopping bag: Though it seems a small thing if followed regularly, you can stop the use of plastic in the form of bags.
3. Choose cardboard over plastic bags: Cardboard is biodegradable, hence environment-friendly. Make intelligent choices!
4. Use non-plastic straws.
5. Shop in bulk: This is one of the best ways to reduce packaging waste. This will reduce plastic waste from your house too.
6. Store your food in glass or steel containers: Opt for reusable containers rather than plastic zipper bags.

Further people were made to understand that Plastic pollution can harm animals that can choke them while chewing and also pose bio-security risk by transporting invasive species and disease over vast distances. Plastic pollution damages the intrinsic beauty and cultural value of our landscape. Plastics enter the food chain because organisms are ingesting waste plastics, with the potential to harm all life on Earth, including potential risks for human health.



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Programme Outcome and Feedback

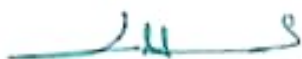
The people in the community gave the feedback that the rally was helpful in creating a better understanding about the use, disposal and effects of plastics in the environment which is required to mitigate the harmful effects of plastics debris and hereby manage the disposal of plastics and plastic pollution.

The rally became an essential need for the community to create and educate the people on how to avoid plastics. Many children and adults volunteered immediately to make the area free of plastic litter by approaching the Chennai Corporation.

It was a successful rally that clearly marked the essence of 'Say No to plastics'.

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

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



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Report on National Priority Programme on AIDS Awareness

World AIDS Day

**Community Sensitization Programme on
Prevention of HIV AIDS**



1st December 2018

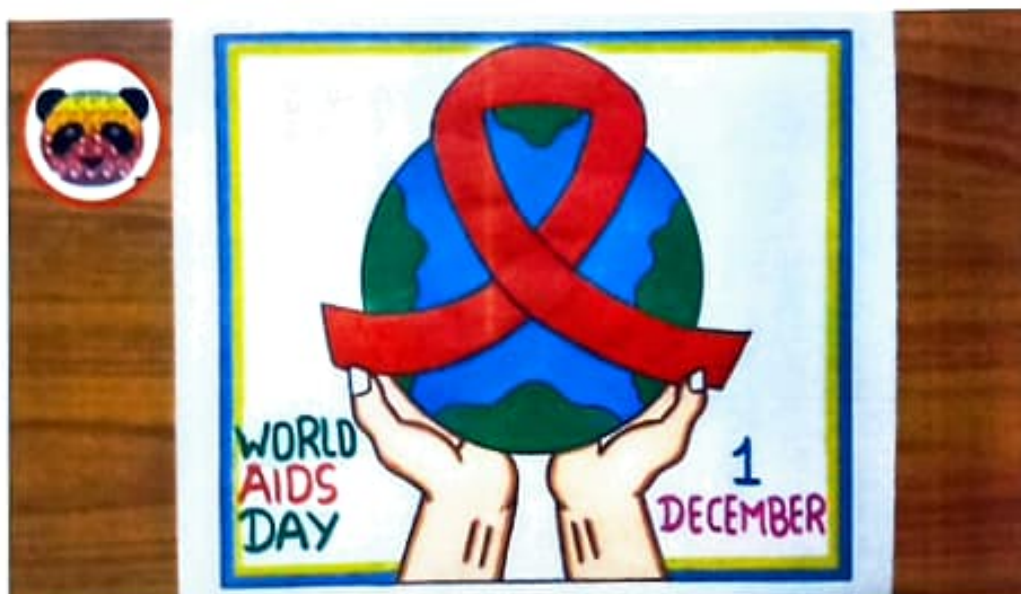
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Report on National Priority Programme on AIDS Awareness

World AIDS Day

Community Sensitization Programme on Prevention of HIV AIDS

1st December 2018



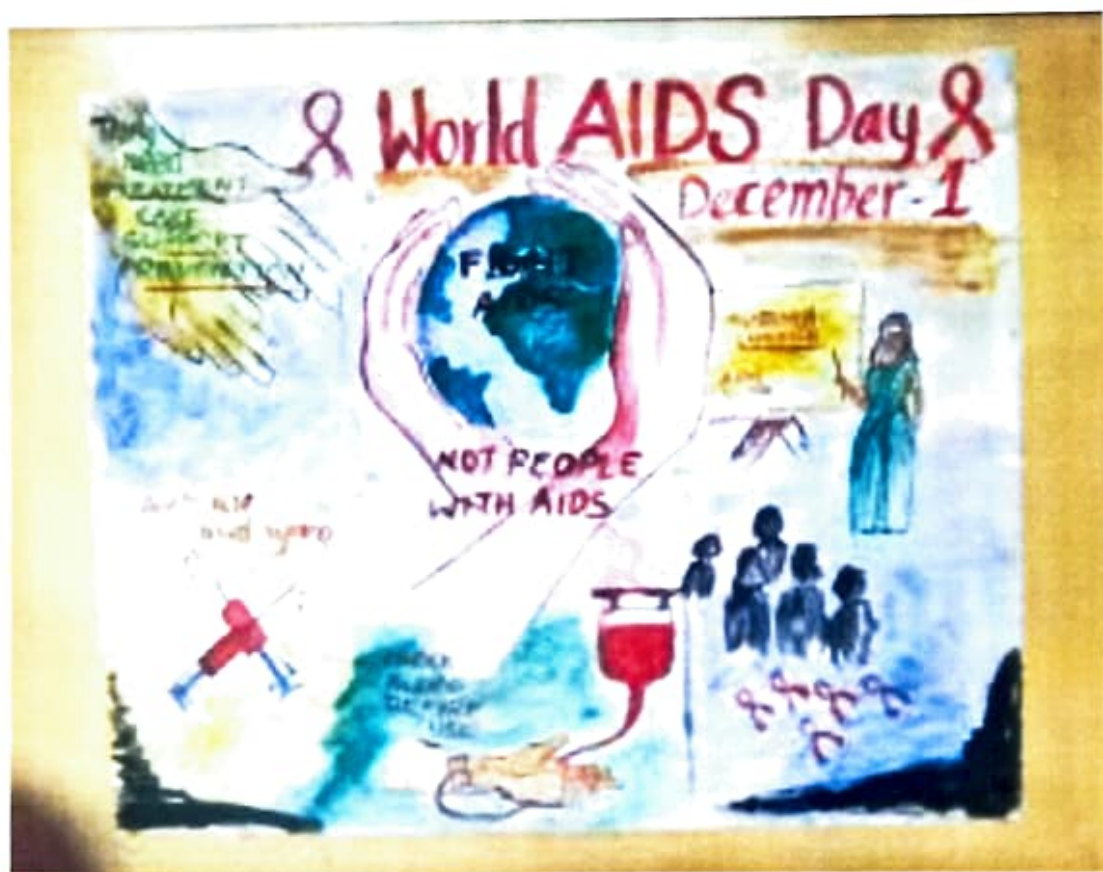
AIDS is a life threatening disease caused by the Human Immunodeficiency Virus or HIV. HIV makes it difficult for the body to fight infections. AIDS stands for Acquired Immunodeficiency Syndrome. An HIV-infected person receives a diagnosis of AIDS after developing one of the CDC-defined AIDS indicator illnesses. An HIV positive person who has not had any serious illnesses also can receive an AIDS diagnosis on the basis of certain blood tests (CD4+ counts). A positive HIV test result does not mean that a person has AIDS. A diagnosis of AIDS is made by a physician using certain clinical criteria (e.g. AIDS indicator illnesses). Infection with HIV can weaken the immune system to the point that it has difficulty fighting off certain infections. These types of infections are known as "opportunistic" infections because they take the opportunity a weakened immune system gives to cause illness. Many of the infections



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that cause problems or may be life-threatening for people with AIDS are usually controlled by a healthy immune system. The immune system of a person with AIDS is weakened to the point that medical intervention may be necessary to prevent or treat serious illness.

World AIDS Day: Community Sensitization Programme on Prevention of HIV AIDS organized by N.K.T. College of Education for Women



Community Sensitization Programme on Prevention of HIV AIDS was organized by N.K.T. College of Education for Women to sensitize people in the community and students about the ill-effects of AIDS and prevention from being infected.

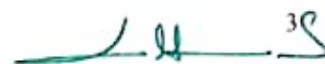
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Prevention is the mainstay of the strategic response to HIV/AIDS in India as 99 percent population of the country is uninfected. The HIV prevalence pattern in the remaining one percent population largely determines the prevention and control strategy for the epidemic in the country

HIV infection is entirely preventable through awareness raising. Therefore, awareness raising about its occurrence and spread is very significant in protecting the people from the epidemic. It is for this reason that the National AIDS Control Programme lays maximum emphasis on the widespread reach of information, education and communication on HIV/AIDS prevention. Changing knowledge, attitudes and behavior as a prevention strategy of HIV/AIDS thus is a key thrust area of the National AIDS Control Programme



HIV prevention is about more than just following rules. It's about knowing the risks and understanding how HIV is transmitted and not transmitted. It's about taking that extra

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step to educate yourself about both new and traditional forms of HIV prevention. Most of all, it's about knowing yourself.

In the end, every person is different. Some people are more vulnerable to infection than others. Others may have specific goals, like starting a family or getting pregnant, that require special considerations and carry different risks.

To protect yourself, you need to take an honest look at your *personal risk factors* and design an *individual* prevention strategy to minimize the risks.

This article looks at eight different tools and techniques that you can incorporate into your own HIV prevention strategy.


HIV prevention starts by getting the facts straight—understanding the various modes of transmission and identifying which activities place you, as an individual, at risk.

- HIV is spread by intimate contact with semen, preseminal fluid ("pre-cum"), blood, vaginal fluid, rectal fluid, and breast milk.
- HIV is mainly spread through anal sex, vaginal sex, and shared needles.
- HIV can also be spread from mother to child during pregnancy or breastfeeding, or through occupational exposure (such as a needlestick injury).
- HIV cannot be spread by touching, kissing, mosquitos, shared utensils, toilet sinks, drinking fountains, spitting, or touching body fluids.

Programme Outcome and Feedback

The people in the community understood that HIV is mainly spread by anal sex, vaginal sex, and shared needles. The virus can also be passed from mother to child during pregnancy or breastfeeding, or through occupational exposure in a hospital.

The Programme was appreciated by the General Secretary of the Local Community Welfare Association, Mr. P.P. Narasimhan. He thanked the Principal, Teaching, Non-



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Teaching Staff and Students for organizing the programme for the benefit of the local community.

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



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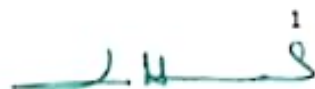


**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
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**Report on National Priority Programme on Gender Sensitivity
Raising Awareness for Empowering Women**



8th March 2019



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Report on National Priority Programme on Gender Sensitivity

Raising Awareness for Empowering Women

8th March 2019



**Behind Every Successful
Woman Is A Tribe Of
Other Successful Woman
Who Have Her Back**

WOMEN EMPOWERMENT QUOTES

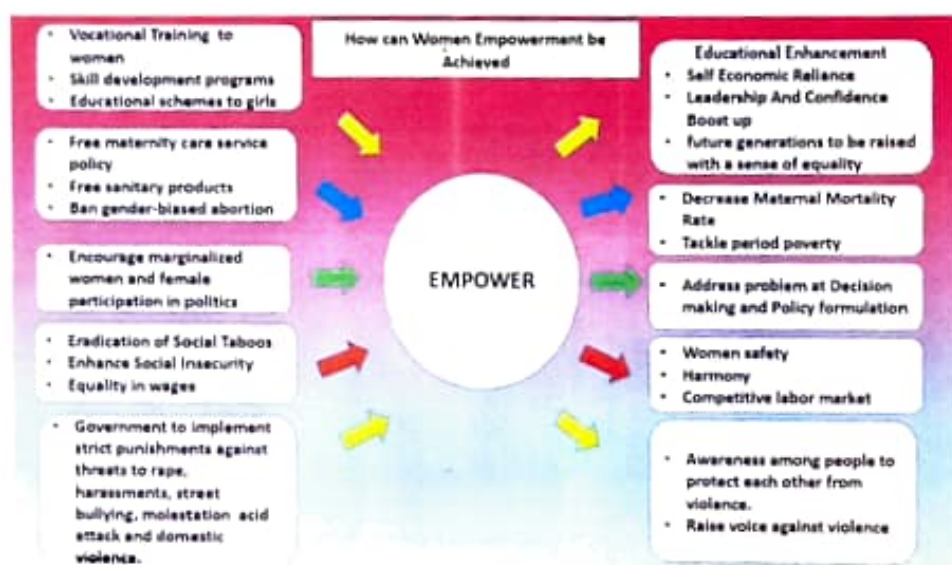
The world has made great strides towards greater gender equality. Today, more girls are able to access and continue their primary education, incidence of child marriage is

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declining, and concrete legal reforms and actions are making national systems such as health, education, water and sanitation more responsive to the needs and vulnerabilities of millions of under-served women and girls. Across the world, too many women and girls spend too many hours on household responsibilities—typically more than double the time spent by men and boys. They look after younger siblings, older family members, deal with illness in the family and manage the house. In many cases this unequal division of labour is at the expense of women's and girls' learning, of paid work, sports, or engagement in civic or community leadership.

Raising Awareness for Empowering Women organized by N.K.T. National College of Education for Women



The NKT National College of Education for Women celebrated women's day as a day of Women Empowerment on 08.03.2019 to create awareness among the women community. There were around 200 participants along with the women folks residing in the nearby areas of our College.

We want to construct a different world of work for women. As they grow up, girls must be exposed to a broad range of careers, and encouraged to make choices that lead

beyond the traditional service and care options to jobs in industry, art, public service, modern agriculture and science. We have to start change at home and in the earliest days of school, so that there are no places in a child's environment where they learn that girls must be less, have less, and dream smaller than boys.

The programme focused on action oriented programme to bring about women and their safety awareness among the student Teachers. Everyone needs equality in this world. Though cultures differ with respect to which components of empowerment are considered indicators of empowerment and how women's position in society may influence the development of women's empowerment. The guest speaker proposed that a Education is the initial line of defense for women who withstand life-imperiling circumstances that traditional lifestyle perpetuates. It motivates a sense of supervision over personal fortune. In addition to this, it unlocks the door to preferences that are not confined by tradition. With a meaningful education, the women's status strides beyond the restrictions of motherliness. Advancement of education of women and girls allots to the postponement of their marriage timing and the ensuing constriction in the volume of their families.

Priority should be plopped on enrolment along with retention of the girl child in basic formal schooling and non-formal education via incentive methods like a supply of textbooks free of cost, midday meals, school bags, science kits, uniform, scholarship, residential and hostel facilities as well as the expulsion of gender discrimination in the curriculum. Education will go an extended way in making women familiar with their legal and personal rights and make them battle for their privileges, which will direct to protecting their rights mentioned in the Constitution.

Various activities were conducted to test the level of awareness among the community. The participation were highly strong, spiritual and lively. The activities are conducted among the participants like competitions on cooking, Rangoli competition, Mimes and fashion show were conducted.




Programme Outcome and Feedback

The students became more aware of the safety and their importance in this world and to involve students in the processes of propagation of awareness about the need and importance of female in this world.

People in the community gave the feedback that empowering women and raising awareness of women and men on women's rights contributes to limiting the power of gender stereotypes that prevent women from participating fully in the social, professional and public life and deprives them from their full citizenship.

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

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



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**Report on National Priority Programme on Water Mission
Campaign for Water Conservation & Management**



Save Water

22nd March 2019

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Report on National Priority Programme on Water Mission

Campaign for Water Conservation & Management

22nd March 2019

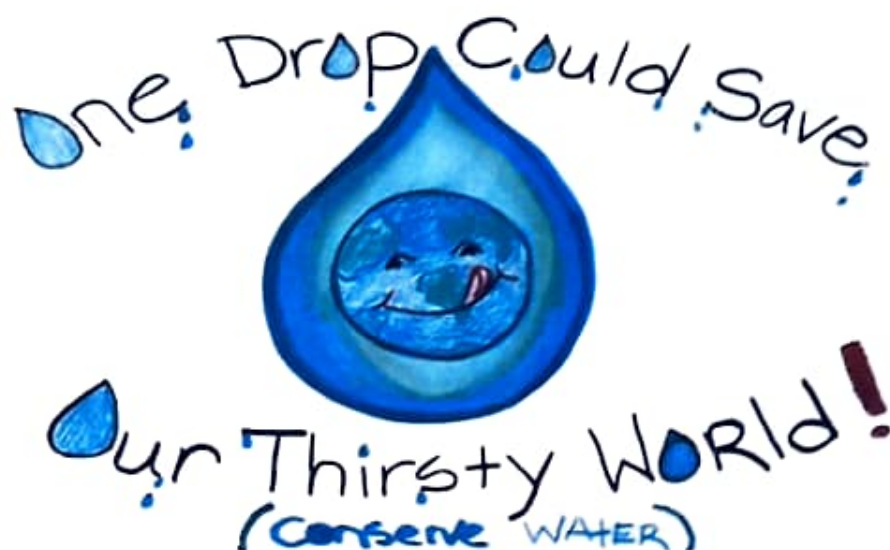


Water is essential to our daily lives. Whenever water is used, there is a potential for conservation both inside and outside of your home or business. Fresh water is a limited resource, making water conservation an important factor for the environment. With population growth, expansion of industry, increasing levels of development activity, and the potential for climate change impacts there is increasing pressure placed on the province's water resources. Whether you are on a municipal or a private domestic water supply, water conservation is a wise practice.

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Campaign for Water Conservation & Management organized by N.K.T. National College of Education for Women



The Campaign for Water Conservation & Management was organized by N.K.T. National College of Education for Women to sensitize the community for conserving water.

Clean, fresh water is a limited resource. With all the severe droughts happening in the world, the limited supply of fresh water is becoming one of our most precious resources. Every person on earth needs water to survive. Without it, many of us would get sick and even result in death. While almost 70% of the Earth is made up of water, many parts of the world suffer from clean water shortage. Conserving water is important because it keeps water pure and clean while protecting the environment.

Conserving water means using our water supply wisely and be responsible. As every individual depends on water for livelihood, we must learn how to keep our limited supply of water pure and away from pollution. Keeping our water supply safe and pure will protect the water for the generations to come.

Many believe that our water supply is infinite. However, our supply is quite the opposite. It is important that we must not pollute our water as many do not realize just how important and scarce water is. Only 2% of the Earth's fresh supply of water is locked in ice caps and glaciers, while 97.5% of the earth's water is saltwater.

Conserving water involves refraining from water pollution. This requires the use of strategies that includes reducing wastage, prevent damaging water quality, and improve water management. The population must save the water he has today and provide a sufficient supply for the next coming years.

Here are the reasons why saving water is important:

The uses are endless

We use water every day of our lives. It is required in almost everything we do. We need water for drinking, bathing, cooking, washing, and other countless activities. Bottom line: we need water for activities and habits we use regularly. If we want to continue to keep our bodies healthy, clean, and everything else – we must conserve water.

Water grows food

Fruits and vegetables, as well as other produce, require water to grow. But if the area is suffering from a drought, how will the food grow? This can make sustainable living a difficult challenge as sectors that suffer from drought will become useless as plants of any kind will not be able to grow. Without water, the population will starve to death.

It protects our ecosystem and wildlife

Humans are not the only species on Earth that requires water for survival. In fact, every species on this planet needs water to live and survive. Without water, the aquatic life will stand no chance of survival. It is highly important that we save water that is essential to our sustainability.



Less water usage means more savings

By saving water, this allows us to save more money, especially on our water bill. By practicing basic water conservation tips, you can save more than hundreds and thousands of dollars every year. Use less water, and you will be charged less money from the water company.

Water supply is already limited

Currently, fresh water is already limited as it is. Out of the 70% of the water that is available, only 0.03% is made up of fresh water. Every day, the population beings to increase, making the already limited amount of water much less. In order to save our future of water preservation, we must learn to conserve what limited resources we have.

Conserving water also saves energy

Pumping water from the central facility requires high amounts of energy to run the equipment. Studies show, that in California, almost 7% of the energy that is consumed goes towards transferring water. Bottom line, saving water will also lead to saving energy and reduce your carbon footprint.

We can start saving water by making smart choices at home. We should use appliances that are most water and energy efficient. Using simple water conservation tips can help reduce the usage of water by more than half. Committing to just a bit of effort can make all the difference. You will even benefit from saving water by the reduced water bills in just the first month of saving water. Protect our planet and conserve water.

Programme Outcome and Feedback

The programme created a lot o impact on people who were made to understand that water is a scarce commodity, and the sooner we realize this fact the better it will be for the existence of mankind. You should not be surprised to note that of the total water available in the world, just 3% is fresh, and only about 1% of freshwater is deemed fit for human



consumption. The remaining water is either frozen, or is too deep down in the earth to be available for human usage. Moreover, with the increasing human usage of water, there is not much left for the upkeep of the environment, a big reason to worry about. It is therefore imperative that we use water prudently, so that the generations to come don't have much of a problem to face, and we can save the ecosystem as well.

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.

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**Report on National Priority Programme on Digital India
Easy Learning of Tamil using Digital Technology
(Tamizha Tamizh Padi)**



3rd April 2019

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


Report on National Priority Programme on Digital India
Easy Learning of Tamil using Digital Technology
(Tamizha Tamizh Padi)

3rd April 2019

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ai	sa	ṣa	ha	kṣa	sri

Regardless of their religious differences, all Tamils have contributed to Tamil culture and literature. Knowledge of the language also opens you to a vast amount of work such as literature, music, and drama with which the Tamil language is rich and abundant.

Tamil is one of the world's oldest surviving languages, possessing a vast knowledge of literature and grammar. It has served as a vehicle for individuals to communicate their deepest thoughts, goals, and ideals.


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**Easy Learning of Tamil using Digital Technology (Tamizha Tamizh Padi)
organized by N K T. National College of Education for Women**



The programme for Easy Learning of Tamil using Digital Technology (Tamizha Tamizh Padi) was organized by N.K.T. National College of Education for Women to enable school students to learn Tamil language in a very easy interesting manner on a YouTube Channel. Active Learning Foundation under the guidance of Prof. Kokila Thangasamy, Former Vice-Chancellor of Tamil Nadu Teachers Education University, Chennai

According to Bhadriraju Krishnamurti, Tamil, as a Dravidian language, descends from Proto-Dravidian, a proto-language. Linguistic reconstruction suggests that Proto-Dravidian was spoken around the third millennium BC, possibly in the region around the lower Godavari river basin in peninsular India. The material evidence suggests that the speakers of Proto-Dravidian were of the culture associated with the Neolithic complexes

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of South India. The earliest records in Old Tamil are short inscriptions from 905 BC to 696 BC in Adichanallur.

Among Indian languages, Tamil has the most ancient non-Sanskritic Indian literature. Scholars categorise the attested history of the language into three periods: Old Tamil (600 BC–AD 700), Middle Tamil (700–1600) and Modern Tamil (1600–present). In November 2007, an excavation at Quseir-al-Qadim revealed Egyptian pottery dating back to first century BC with ancient Tamil Brahmi inscriptions. There are a number of apparent Tamil loanwords in Biblical Hebrew dating to before 500 BC, the oldest attestation of the language. John Guy states that Tamil was the *lingua franca* for early maritime traders from India.

As the learning of Tamil Language was found difficult for many children in schools, the Programme for learning of Tamil Language was recorded and posted in the You Tube Channel: Active Learning Foundation

Programme Outcome and Feedback

The Programme was a great success as many students were benefitted watching the programme in YouTube Channel: Active Learning Foundation



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A handwritten signature in green ink, consisting of a series of loops and strokes, positioned above the printed text.

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