



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

**Report on Community Extension Programme
Awareness on Food Adulteration**



9th July 2016

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N.K.T. NATIONAL COLLEGE OF EDUCATION
FOR WOMEN (AUTONOMOUS),
TRIPPLICANE, CHENNAI-606 005.

Report on Community Extension Programmes

Awareness on Food Adulteration

9th July 2016



Food is the basic and most essential need for growth and survival of living beings. One of the biggest challenges a human being is facing in the present days as a consumer is 'Food Adulteration'. It is the act of intentionally debasing the quality of food offered for sale either by the admixture or substitution of inferior substances or by the removal of some valuable ingredient. Food adulteration occurs globally and in many facets and affects almost all food commodities. Adulteration not only constitutes a considerable economic problem but also may lead to serious health issues for consumers.

Awareness on Food Adulteration organized by N.K.T. National College of Education for Women

To sensitize and encourage people to be aware of food adulteration NKT Consumer Club organized an awareness programme on 'Food Adulteration' on 9th July, 2016. The main objective of this programme is to promote and spread awareness among the community.

Around 30 students-teachers from the B.Ed. and B.Ed. Special Education Programmes along with 5 Faculty members and 3 Non-teaching Staff conducted an awareness

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programme for the parents of school students and parents of student-teachers. The community people learnt about the impact of the food adulteration, the ways of food being adulterated, how to find and prevent it. The main objectives of this programme is to make provision for the prevention of adulteration of food; to protect the public from poisonous and harmful foods; to prevent the sale of substandard foods; and to protect the interests of the consumers by eliminating fraudulent practices.



Food is declared adulterated if:

- A substance is added which depreciates or injuriously affects it.
- Cheaper or inferior substances are substituted wholly or in part.
- Any valuable or necessary constituent has been wholly or in part abstracted.
- It is an imitation.
- It is colored or otherwise treated, to improve its appearance or if it contains any added substance injurious to health.
- For whatever reasons its quality is below the Standard

Adulterated food is dangerous because it may be toxic and can affect health and it could deprive nutrients essential for proper growth and development.

Reasons for adulterating food products

- Practiced as a part of the business strategy.
- An imitation of some other food substance.
- Lack of knowledge of proper food consumption.
- To increase the quantity of food production and sales.
- Increased food demand for a rapidly growing population.
- To make maximum profit from food items by fewer investments.

Talk on Food Adulteration

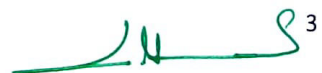


Speakers in the programme informed that milk is commonly adulterated with formalin, caustic soda, urea, detergent, neutralizers, water, hydrogen peroxide, sugar etc to increase its quantity, thickness and shelf life.

"Pesticides, oxytocin and antibiotics are also laden in milk," they said adding, that it is very harmful for the consumer as such milk causes diabetes, acne, Alzheimer, early puberty, asthma, cancer, obesity, cataract and lactose intolerance.

The experts said that meat, fish and poultry is also infected and contaminated with e-coli, salmonella, formalin, ammonia, hormones, antibiotics, dermatitis, synthetic yolk, high mercury levels in fish and many other chemicals are added to the meat and chicken to increase its shelf life, reduce odor, maintain texture and retard bacteria growth.

All these things too causes cancer, hormonal imbalance, heart disease, liver



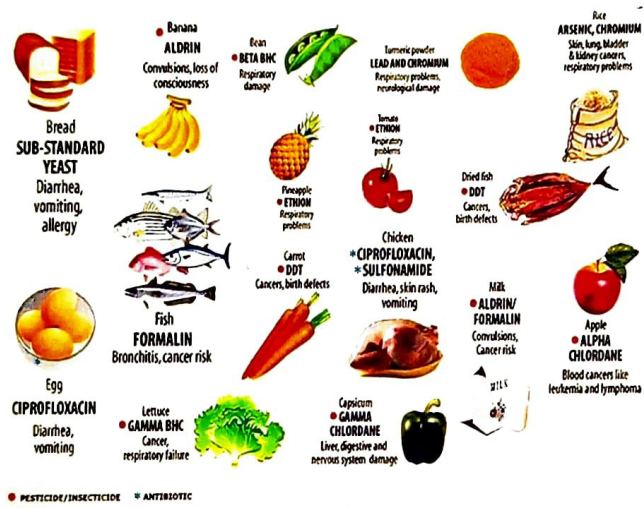
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malfunction ammonia and mercury poisoning and antibiotic resistance to a alarming extent.

Some healthy substitutes of milk which were plant based and easily available and digestible were suggested to the students and teachers.

The speakers said that vegetables, nuts, cereals, soya etc are a store house of protein which is more easily digested and is Eco friendly.

They advised that instead of purchasing oversized fruits and veggies one should prefer small uneven produce as it is more natural and has less chances of being modified or manipulated.



Student-teachers conducted an exhibition of adulterated food items and the participants were allowed to go around.

Programme Outcome and Feedback

Thus the programme was helpful in creating a better understanding about the impact of food adulteration. It was a successful programme that clearly marked the essence of awareness on 'Food Adulteration'.


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

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



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Report on Community Extension Programme
Caring for the Aged



10th July 2016

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Report on Community Extension Programme

Caring for the Aged

10th July 2016



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

The majority of older people share the homes of their children, a small proportion of the aged population have no family to live with, cannot live with the family they have. It is for this group old age home is a necessity. There are three types of old age homes in India:

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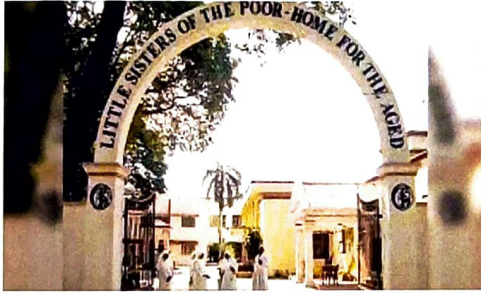


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those that are free for charge, those that are purely pay-and-stay, and homes that accommodate both paying and non-paying residents. We also need to visit an old age home to know an exact picture of the functioning of an old age home, profile of the inmates and the background of the organisers, their inventions in running the homes and the problems found by them.

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

Therefore to encourage the student-teachers to support the vulnerable group, our College students visit the old age home every year. The main objective of the visit was to sensitize students to the difficulties and problems of homeless, aged people and to become aware of the joy of serving and being with the elderly.




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Around 200 students-teachers from the B.Ed. and B.Ed. Special Education Programmes along with 20 Faculty members and 5 Non-teaching Staff went in and around old age homes of Chennai city on 10th July, 2016. The student-teachers were separated into 5 groups and each group had a visit to the old age homes like Kakkum Karangal, Anbu Illam, Manika Choudary, Little Sisters for the Poor and Anjum Illam respectively.

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

Though the Old Age Home management was providing them with excellent emotional and physical care, still our student-teachers observed that such homes demanded frequent visits and some more spending of time with the Senior Citizens. Further, some

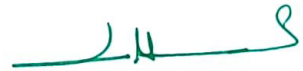
more facilities like hearing aids and other equipment to help them overcome old age related problems could be provided.

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

Programme Outcome and Feedback

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

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



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**Report on Community Extension Programme
Campaign for Awareness on Fundamental Rights**



11th July 2016

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**Report on Community Extension Programme
Campaign for Awareness on Fundamental Rights
11th July 2016**

KNOW YOUR FUNDAMENTAL RIGHTS





- Right to Equality
- Right to Freedom
- Right against Exploitation
- Right to freedom of Religion
- Right to Culture and Education
- Right to Constitutional Remedies

India, the world's largest democracy, has a strong civil society, vigorous media, and an independent judiciary, but also serious human rights concerns. The government implemented the fundamental rights to improve respect for religious freedom, protect the rights of women and children, and end abuses against marginalized communities. The Fundamental Rights, Directive Principles of State Policy and Fundamental Duties are sections of the Constitution of India that prescribe the fundamental obligations of the states to its citizens and the duties and the rights of the citizens to the State.

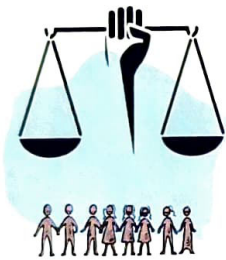

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Therefore to sensitize and encourage the people from the nearby community our College organized an Awareness Campaign on Fundamental Rights on 11th July, 2016. The main objective of the campaign is to conducted awareness programme in the neighbourhood community hall at Ram Nagar which is located at a kilometer from our College to campaign and educate on literacy, voting rights, importance of Adhaar card, welfare on immunization schemes of our State Government.

Campaign for Awareness on Fundamental Rights organized by the N.K.T. National College of Education for Women

Around 50 students-teachers from the B.Ed. and B.Ed. Special Education Programmes along with 5 Faculty members and 3 Non-teaching Staff went to the location to educate the people from that community about the fundamental rights of the citizen. Student-teachers spoke on the following topics to the community people.

1. Right to Equality



The Right to Equality provides for the equal treatment of everyone before the law, prevents discrimination on various grounds, treats everybody as equals in matters of public employment, and abolishes untouchability, and titles (such as Sir, Rai Bahadur, etc.). Before knowing about the right to equality, people should know the types of equality to get an idea of what it is. It is also mentioned in our Preamble. The types of equality are:

1. Natural
2. Social


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3. Civil
4. Political
5. Economic
6. Legal

The Right to Equality is one of the Fundamental Rights enshrined in the Constitution of India. It is very important to understand what this right entails and includes.

Title	Brief Description
Article 14	The State shall not deny to any person equality before the law or the equal protection of the laws within the territory of India, on grounds of religion, race, caste, sex or place of birth
Article 15	The State shall not discriminate against any citizen on grounds only of religion, race, caste, sex, place of birth or any of them.
Article 16	There shall be equality of opportunity for all citizens in matters relating to employment or appointment to any office under the State.
Article 17	Abolition of untouchability
Article 18	Abolition of all titles except military and academic

2. Right to Freedom



The Right to Freedom is one of the Fundamental Rights guaranteed by the Constitution of India. The right to freedom gives citizens basic freedom with respect to speech and expression, form associations, freedom of personal liberty, freedom to live a life of dignity, etc.



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3. Right against Exploitation



The Right against Exploitation seeks to protect citizens from being forced to work against their wishes. Some forms of exploitation have been declared illegal. One of these is begari, or bonded labour, which involves making people work without wages to repay loans.

It explicitly prohibits:

- Human Trafficking: This refers to the sale and purchase of human beings mostly for the purpose of sexual slavery, forced prostitution or forced labour.
- Begar: This is a form of forced labour which refers to forcing a person to work for no remuneration.
- Other forms of forced labour: This includes other forms of forced labour in which the person works for a wage less than the minimum wage. This includes bonded labour wherein a person is forced to work to pay off his debt for inadequate remuneration, prison labour wherein prisoners sent in for rigorous imprisonment are forced to work without even minimum remuneration etc.


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4. Right to Freedom of Religion



Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief and freedom, either alone or in community with others and in public or private, to manifest his religion or belief, in worship, teaching practice and observance.

5. Right to Culture and Education



Cultural and educational rights provide the rights to all section of society and it saves their culture script or language. The image of Indian society comes in our minds as a society full of diversity. In such a society with vast diversity, our Constitution believes that diversity is our strength.

Thus one of the fundamental rights is the right of the minorities to save their culture. Minorities are groups which have common language or religion and live in a particular part

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of the country. These communities have a culture, language and a script of their own, and have the right to preserve and develop these.

All minorities, religious or linguistic, can establish their own educational institutions also. In this way, they can preserve and develop their own culture. As we know democracy is the rule of the majority of people. But on the other hand, minorities are also important for its successful working.

Thus, the protection of language, culture, and religion of minorities becomes important. There is a need for this so that minorities may not feel neglected or undermined under the rule of the majority. Though people take pride in their own culture and language, a special right that is Cultural and Educational Right is available in our constitution.

6. Right to Constitutional Remedies



There is a right in India which states that a person can move to Supreme court if he/she wants to get their fundamental rights protected. This right comes under article 32 for Supreme court and article 226 for the high court. It is known as the right to constitutional remedies.

Programme Outcome and Feedback

The programme made clear and aware among people that Fundamental rights are a group of rights that have been recognized by a high degree of protection from encroachment. These rights are specifically identified in a constitution, or have been found under due process of law.


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

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



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



16th September 2016

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

16th September 2016



We obviously need to improve our failing healthcare system where costs are skyrocketing and the poor do not have the healthcare they need. Healthcare is a basic right of a human being that should be available for everyone and shouldn't be treated as a commodity only for those who can spend money to buy the services.

The physicians conducting the camps are obliged to act in the best interest of the patients. They inform the whole truth about the diseases and treatments of the patients. Every patient attending the camps are treated similarly and cared for evenly.

Medical camps are solely serving humanity by taking care of sick children and adults and giving them healthcare services for free. When the majority of hospitals and clinics are closed for the poor people leaving them to die from diseases, trauma, and other

A handwritten signature in green ink, consisting of stylized, flowing letters that appear to be 'N.K.T.' followed by a flourish.

health complications, free medical camps step in as their biggest hope. Even the poorest among us deserve the dignity of equal human rights which cannot be declined.

Free medical camps are set up with a sacred aim to bring awareness amongst the deprived population of the country who have no knowledge about the diseases they are suffering from. Main objectives of the medical camp are free medical advice, medicine to the unfortunate people and refer them for specialized treatment or surgery whenever it is required. These camps make sure people are getting the healthcare at the right time, and seeing the doctor early enough before a small health problem turns serious.

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



Medical camps are organized by N.K.T. National college of Education for Women with the help of health professionals to carry out a limited health intervention amongst the

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underprivileged community. This year it was organized on 19th September 2016 for the people in the community to attend and get free check-up and treatment.

Getting the appropriate kind of health checkup is vital for every human being and while considering it, some important factors like age, lifestyle, family background, and risks are taken into account. Health examinations and tests at the early stages of the illness can help to cure it faster and save a life before it can cause any damage. One can live longer and healthier only when the individual gets the right kind of health check-up, screening, and treatments. Even the most basic checkups can identify underlying illnesses.

The main objective of the medical camp organized by the College is to provide initial care to people in life-threatening conditions which reflect the unique strengths and goals of medical ethics. Other objectives are as stated below:

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

Programme Outcome and Feedback

The medical camp was a great success as it provided the poor population overall physical examinations which include eyes and health check-ups, assessment of the functioning of vital organs like the heart, lungs, digestive system, liver, kidneys, and immune system. In addition the camp was extremely helpful for the poor population who earn a meager income and cannot afford expensive healthcare services offered by hospitals or clinics.



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

The Principal, Dr. S. Vasanthi, thanked the Team of Doctors, President of the Local Community Welfare Association, Mr. M. Babu for granting permission and the General Secretary Mr. P.P. Narasimhan for extending support for the smooth and successful conduct of the programme.



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**Report on Community Extension & Outreach Activity
Eye Care and Donation Awareness Camp**



19th September 2016

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Report on Community Extension & Outreach Activity
Eye Care and Donation Awareness Camp
19th September 2016



Healthy brain function needs healthy eyesight. The brain is our most vital organ, allowing us to live complex lives. Considering that your optic nerve connects your eyes and your brain, a healthy co-dependent relationship is necessary. By keeping your eyes healthy, you keep your brain healthy – improving your overall quality of life! Good vision contributes to improved athletic ability, better driving skills, improved learning and comprehension and better quality of life.

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Eye Care and Donation Awareness Camp organized by N.K.T. National college of Education for Women

After the summer break on 19th September, 2016 our College along with Rotary Club of Chennai, IT City conducted EYE Donation Awareness Camp for the community people inside the campus every year.



More than 100 school students and many people from the nearby community came to attend the camp for their eye-check up and were also made aware of the value of Eye donation. The people from the community were also benefited by receiving spectacles after the eye checkup.

Eye camp plays a vital role in reaching the untreated poor people in the nearby areas. The main objective of the camp is to create awareness among the people which leads an intervention to clear the backlog of avoidable blindness. The patient undergoes screening and further medication if needed.

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Impact of eye checkup camps with spectacle distribution



Physical function, emotional well-being and overall quality of life can be enhanced:

- Enhanced and clearer visibility to read, write etc.
- Increased opportunity to continue or resume an occupation mainly for tailors, drivers etc.
- Increased mobility
- Improvement in quality of life
- Improved self-esteem and independence
- Increased ability to avoid injury

Group of doctors participated in the program. Community people from the nearby areas underwent complete eye check-up, doctor's prescription and advise were given to them. In the eye camp, the medical team identified people in the community suffering from any form of eye disease or in need of spectacle. The findings ranged between Corneal opacity/injuries, Vision, Cataract, Retinal Pathology and Glaucoma.


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Since Cataract being the leading cause of blindness the focus of our camps is with identifying and treating cases with cataract. The service also includes providing correction for refractive errors. The eye camp was well equipped with all the necessary gears for examining the patients' eyes. We express our deep gratitude to everyone involved in this program.

Programme Outcome and Feedback

The programme was very useful as the prime purpose of conducting eye camps is to provide high volume, high quality and low cost eye care service to the nearby community area, through eye camp approach that are accessible, affordable and appropriate. This camp also brought about awareness about donating eyes.

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

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



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



27th October 2016

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

27th October 2016



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

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

To sensitize and encourage the people from the nearby community our College organized an awareness campaign on Safe Diwali on 27th October, 2016.

Our College conducted awareness programme for school-students and their parents in the neighbourhood school campus to educate on Safety Measures to Celebrate Diwali.

Officers from Fire Department addressed on the safety measures and conducted a live demonstration on how to handle the fire accident and treat the victim. Around 300 people including students-teachers from the B.Ed. and B.Ed. Special Education Programmes along with Faculty members and Non-teaching Staff were also present during the awareness programme. The officers gave a deliberation to the community people and created awareness.

Firecracker safety



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

- Store firecrackers in a closed box in a safe location, away from the reach of children.
- Maintain a distance of an arm's length while lighting firecrackers, and at least five meters while watching.
- Make sure a responsible adult accompanies children bursting firecrackers.
- Always light firecrackers in open spaces.
- Keep buckets of water and blankets ready, in case a fire breaks out.
- Keep small portable extinguishers handy for urgent use.
- Make sure you buy fireworks from a licensed shop.
- Discard used fireworks in a bucket of water. This saves people from unknowingly stepping on it.
- Don't burn firecrackers in crowded, congested places or narrow lanes.
- Don't light firecrackers on your hands.
- Do not light firecrackers near electric wires or poles.
- Avoid firecrackers with high decibel sounds.

Programme Outcome and Feedback

This program brought light on many people's life and they understood the importance of this programme.

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

The Principal 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 also thanked the Officers from Fire Department who were here for the programme to create awareness among people to celebrate a safe Diwali.



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

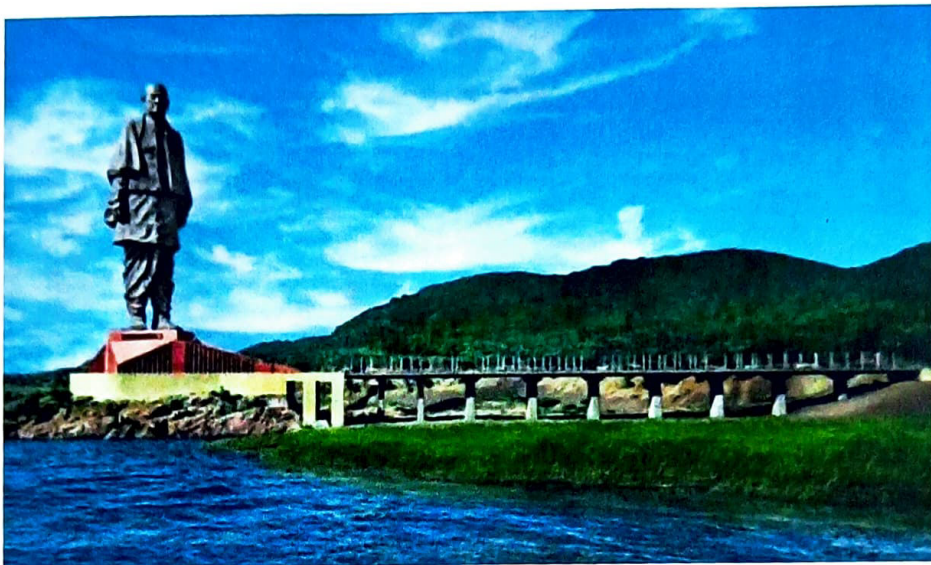


31st October 2016

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Report on Community Extension & Outreach Activity
Rally for Sensitizing the Community on Unity and Integration
National Unity Day
31st October 2016



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

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

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



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



To sensitize the students and people in the nearby community about the efforts of Sardar Vallabh Bhai Patel also known as the 'Iron-Man of India', to bring the country together in unity and was successful to achieve the same because of his strong beliefs, bringing the nation to an overall development, the College arranged to celebrate the Rashtriya Ekta Diwas or Unity Day on 31st October 2016.

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

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

The pledge was administered to all Faculty Members and students.

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

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

Programme Outcome and Feedback

The programme was well received by the participants, school students and people from the nearby community.

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

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

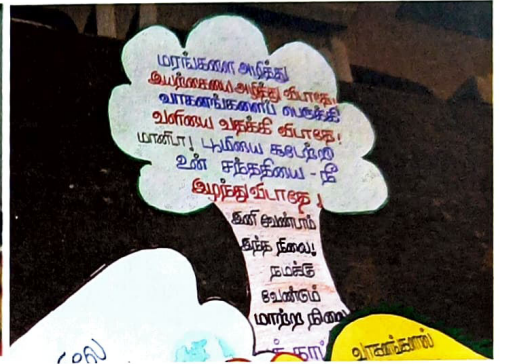


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Report on Community Extension & Outreach Activity
Rally for Plantation and Protection of Trees
World Forest Day



21st March 2017

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

Report on Community Extension & Outreach Activity

Rally for Plantation and Protection of Trees

World Forest Day

21st March 2017



World Forestry Day is celebrated to promote and create awareness about the importance of forests in our lives and on the planet. Every year, various NGOs, along with the Government, come together to spread awareness and educate people on the importance of forests on this particular day.

Rally for Plantation and Protection of Trees: World Forest Day organized by N.K.T. National College of Education for Women

Our College celebrated the World Forest Day on 21st March 2017 to raise public awareness about the importance of forests in human life. Forests provide clean air, food, natural resources, green cover and are a source of livelihood for many. People around the world come together to celebrate the occasion with an aim to create awareness about protecting the forests for our sustainable future. The celebration plays a crucial role in conservation and preservation of forests and trees by raising the awareness among public through various means like organizing events, campaigns etc.



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The students of the NKT Science Club and the Faculty members took this as an opportunity to spread the importance of giving awareness to the nearby community and school students.

An expert from Forest department was invited for the programme and addressed the following to the school students:

Importance of Forest

1. Forests Are A Home For Innumerable Species In The Plant Kingdom

- There are numerous kinds of trees like Neem, bamboo, canes, Sheesham, ebony, fig, sal, teak and many more.
- Along with trees, there are various types of shrubs, herbs, creepers, grass, climbers are found in forests.
- Their use in fuel, timber and industrial raw material cannot be undermined.
- Hard woods such as teak, mahogany, logwood, ironwood, ebony, sal, semal, etc. are used in making furniture, tools and wagons. Softwoods like deodar, pine, fir and cedar balsam are used as raw material for making paper pulp.

2. Forest is the Natural Habitat to Many Species in Animal Kingdom

- Forest provides the most conducive environmental conditions, food and shelter to various kinds of animals, birds, insects and other microorganisms.
- The soil in the forest is so fertile that it becomes favorable habitat for small insects and microorganisms.
- A complex biodiversity in the forest forms a chain of food to the animal kingdom like different organisms depend on each other. For instance, herbivorous animals depend on plants and carnivorous animals depend on herbivores for their food, thus forming a big chain of food.



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3. Forest Prevents Soil Erosion

- Forest helps in controlling floods to a large extent. The roots of the trees absorb the rainwater, preventing soil from getting eroded.
- The humus formed from the dead and decay of insects and microorganisms when added to the soil, increases the fertility of the soil. It also soothes the extremes of climate by reducing the heat in the summers and the cold in winters.

4. Forest Is Called The Green Lung

We know that plants absorb carbon dioxide and release oxygen. Hence, trees in the forest provide oxygen to the animals and animals provide carbon dioxide to the trees and plants. This cycle of exchanging gases balances the atmosphere in the forest, thus called the green lung. They prevent global warming.

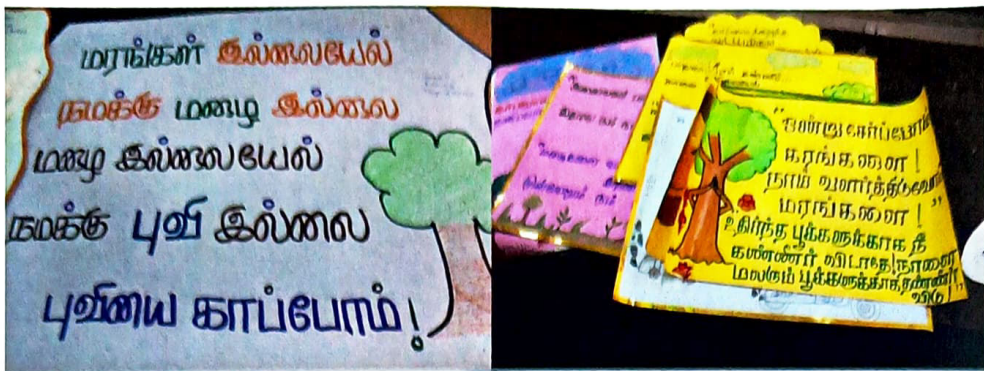
5. Forest Prevents Pollution

- Forest is a rich source of oxygen and so the air inside the forest is always pure and clean.
- The dense trees and plants also prevent the wind and dust storm from flowing inside the area, hence the air pollution is prevented.
- The atmosphere is always cool inside the forest and receives a good amount of rainfall.
- Forest also absorbs the loud sound and noise from the vehicles nearby, thus reducing the noise pollution.

Around 50 students participated in a skating rally, which was organised by the NKT Science Club of the occasion. The programme was organised on this year's theme of 'Save Forest – Save Energy.' The participants spread awareness about the importance of protecting nature and the environment for future generations during the 3-km-long rally.



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Programme Outcome and Feedback

The programme was able to reach out to the public to bring awareness on importance of planting and protecting plants. It was felt as the need of the day to conserve our environment and protect nature.

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

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

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

Contribution of Ambulance Service to Health Care



30th March 2017

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FOR WOMEN (AUTONOMOUS),
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Report on Community Extension & Outreach Activity
Awareness Programme
Contribution of Ambulance Service to Health Care
30th March 2017



Certain situations in life require immediate medical care and a fraction of a second delay can drastically change somebody's life. The ambulance service and paramedics are very important in society as they save hundreds of lives daily by responding to emergency calls. They operate from ambulance stations located in various areas with control centres that respond to emergency calls and dispatch them when needed. Whether the patient is in rural retreats, busy seaside resorts or large urban conurbations, they reach the emergency scene within minutes of the call.

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Awareness Programme: Contribution of Ambulance Service to Health Care
organized by N.K.T. National College of Education for Women



The programme was organized by the College to create awareness on Ambulance Services and its contribution to health care among students and people in the nearby community. People from community were invited to the College campus as it would be more spacious and convenient for Ambulance Personnel to demonstrate all procedures.

Ambulance service plays a vital role in saving lives. Its primary purpose is to transport the sick or injured people from the emergency scene to the hospital. To meet the demands of different medical situations, the functions of **ambulance** service broadened.

Ambulances contain the equipment needed to stabilise someone who is ill or injured and to get them to hospital. That includes stretchers, defibrillators, spine boards, oxygen and oxygen masks, cervical (neck) collars, splints, bandages and a range of drugs and intravenous fluids.

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Basic Life Support ambulance, generally known as BLS ambulances is equipped with the necessary medical equipments and nursing assistants to shift the patients who are not in very stable conditions, provides high quality and medical care transport for our customers. The nursing assistants are trained to handle BLS in case of any medical emergencies. Most of the BLS ambulances are air-conditioned vehicles. Most of the emergency ambulances are basic life support ambulances which provide general medical assistance to the patients till they reach the hospital but does not provide support for the Cardiac Monitoring on the patient and other high end cases which need high level care till the patient reaches the hospital. BLS ambulance will serve for the following type of types of patients;

- Patients with orthopedic injuries (like fractures)
- Sub-acute care patient discharges from the hospital to home
- Patients who don't required cardiac monitoring
- All psychiatric patients

The emergency ambulance service crew includes a technician and a paramedic. Once the paramedics arrive at the emergency scene they evaluate the situation and the condition of the casualty and decide whether to take them to the hospital or just treat them there. One of the important roles of the ambulance crew is to stabilize and treat patients quickly to prevent any mishap before the patient reaches the hospital.

They provide immediate and effective life-saving care in a safe and clinical working environment with maximum mobility. They are well trained in first aid skills to be able to deal with profuse bleeding, crush and fall injuries, cardiac arrests, road accidents, and much more.

During earlier times they were used to transport patients after the doctor or fire department rescue squad applied simple first aid. Mostly the patient would ride alone however, in some cases the doctor rode along in the ambulance. Today, ambulances come in, a wide variety of shapes and sizes equipped with a huge range of essential pre-hospital emergency machines including heart defibrillators, intravenous drips, splints,



oxygen, drugs and much more. All ambulances have radios installed in them. Many times ambulances also transport non-emergency patients that might be transferring to another hospital or treatment centre.

In some cases patients may be transported in an air ambulance which is basically an aircraft specially designed for providing emergency medical assistance in critical medical situations. An air ambulance is used when the patient has to be transported over a long distance or terrain or if the patient has to be quickly transported to a treatment centre. Air ambulances are equipped with basic equipment like ECG monitors, ventilators, medication and stretchers.

Programme Outcome and Feedback

The programme was well received by the participants, students and people from the nearby community. All participants understood that Ambulance services are the primary providers of a 24/7 response to medical and trauma related emergencies. They provide a disciplined and organised system, allowing a timely response of appropriately qualified health care workers – often to potential or confirmed medical emergencies.

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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