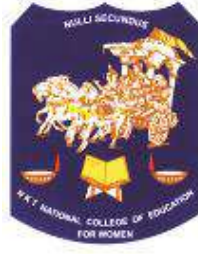


Reports on Local Community base Activities : 2020 - 2021



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

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

என். கே. தி. தேசிய மகளிர் கல்வியியல் கல்லூரி
(தன்னாட்சி)
திருவல்லிக்கேணி, சென்னை - 600 005.

என். கே. தி. சமூக உணர்வுத் துறை மையம் வழங்கும்
மாநில அளவிலான இணைய வழிக் கருத்தரங்கு
சித்தர்கள் காட்டுவ வாழ்வியல் நெறிகள்

நாள் : 06.06.2020 **நேரம் : 12.00 முதல் 1.00 மணி வரை**

தலைப்பு : வல்லுனர்
டாக்டர். தெ. வேலாயுதம், B.S.M.S., M.D., Ph.D., M.D.A.
சித்த மருத்துவ கையேடு
தாம்பரம் சாஸ்திரியம், சென்னை - 47.

நிபந்தனை : இயக்குனர்
முனைவர் சி. சாமுண்டிசுவாமி, M.Sc., M.Phil., M.Ed., Ph.D.
முதுவர்

நிபந்தனை : இருபத்தியைந்து பேர்கள்
திருமதி. தே. செல்வசுந்தரி
உதவிப் பேராசிரியர் கல்வியியல் கல்வித் துறை

திருமதி. எ. மாலினி
உதவிப் பேராசிரியர் கல்வியியல் பொருளியல் துறை

திருமதி. ம. அ. வெண்மணி
உதவிப் பேராசிரியர் கல்வியியல் தமிழ் துறை

பதிவு செய்வதற்கு :
Registration form

பதிவு செய்யும் கிடைப்பது
தலைப்பில்லாத வரலாற்று

தொடர்புக்கு : 9354638767, 7010723673

6th June 2020


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



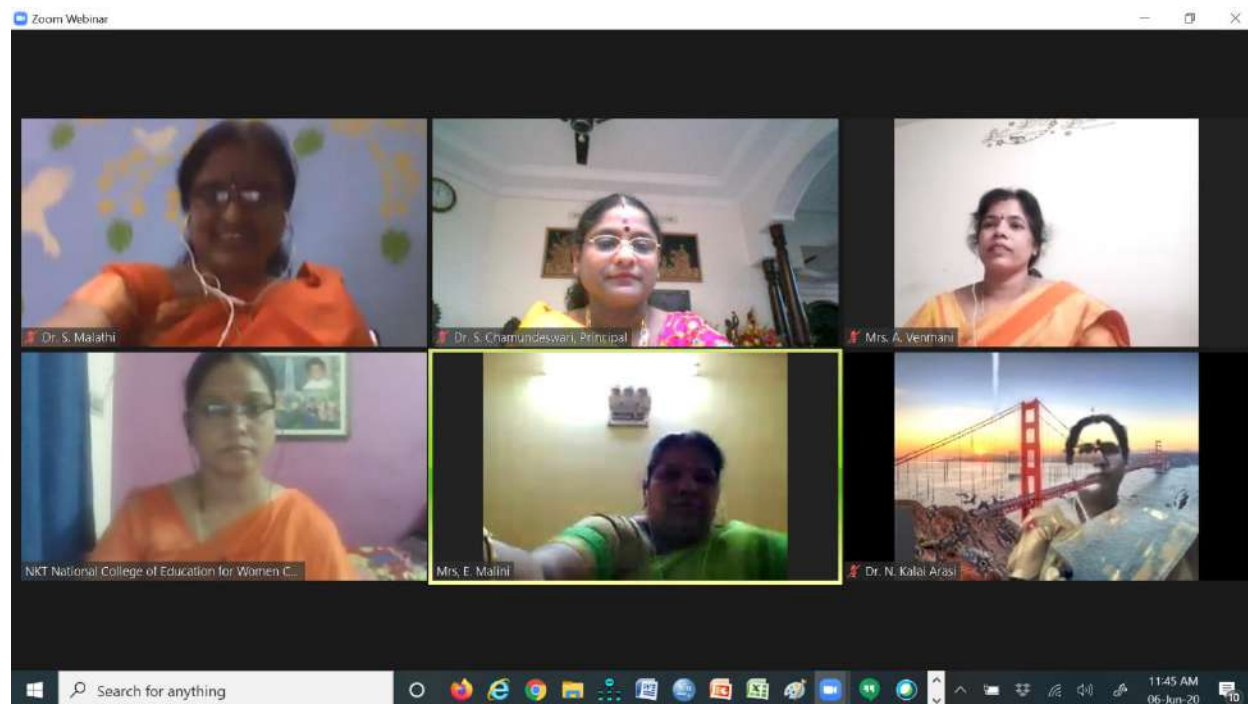
Siddha medicine is one of the most ancient medical systems of India. Siddha is the mother medicine of ancient Tamils/ Dravidians of peninsular South India. The word Siddha means established truth. The persons who were associated with establishing such a Siddha school of thought were known as Siddhars.

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


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

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



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

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


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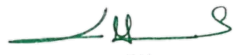


Siddha is an ancient Indian traditional treatment system which evolved in South India, and is dated to the times of 3rd millennium BCE Indus Valley Civilization or earlier. According to ancient literature of Siddha, it is said that the system of this medicine originated from Hindu God Shiva who taught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

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

Concept of disease and cause

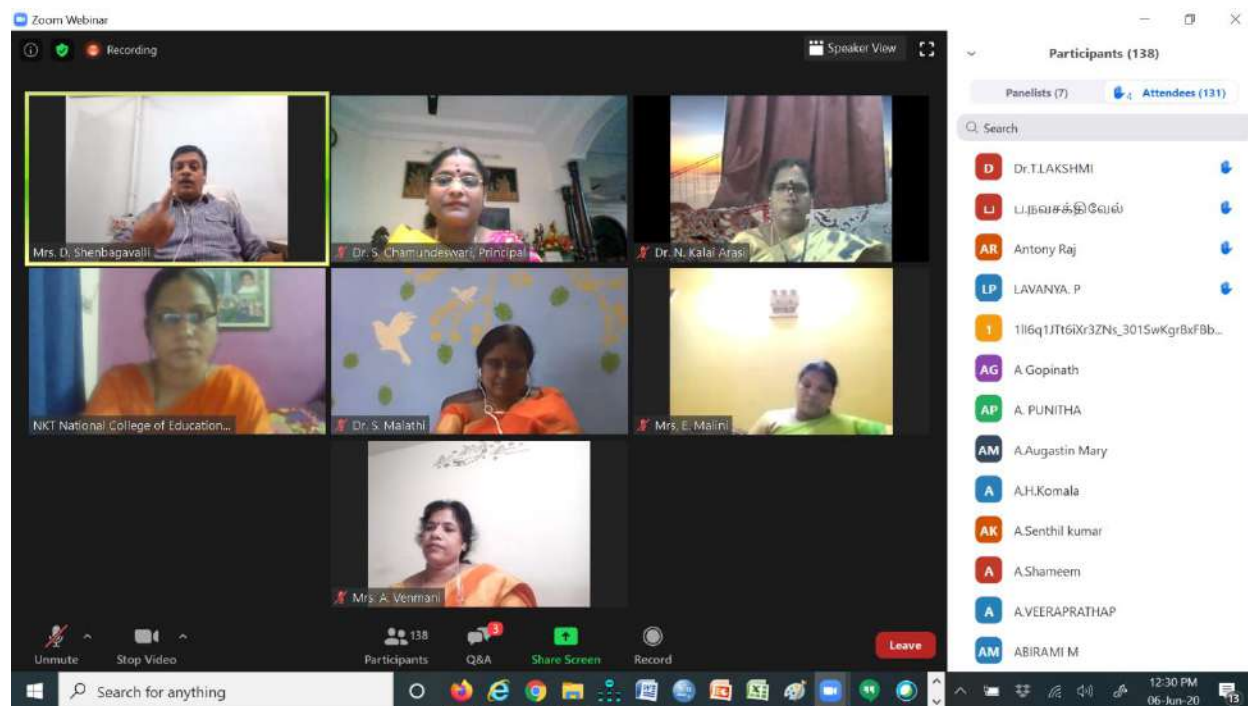
When the normal equilibrium of the three humors – Vaadham, Pittham and Kapam – is disturbed, disease is caused. The factors assumed to affect this equilibrium are environment, climatic conditions, diet, physical activities, and stress. Under normal conditions, the ratio between Vaadham, Pittham, and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


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

Herbalism

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



Programme Outcome and Feedback

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


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



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**Institute of Advanced Study in Education (IASE), Saidapet
(Autonomous)**

In Collaboration with



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

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



1st July 2020


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

Report on Community Extension & Outreach Activity

Webinar on Computer Vision Syndrome

1st July 2020



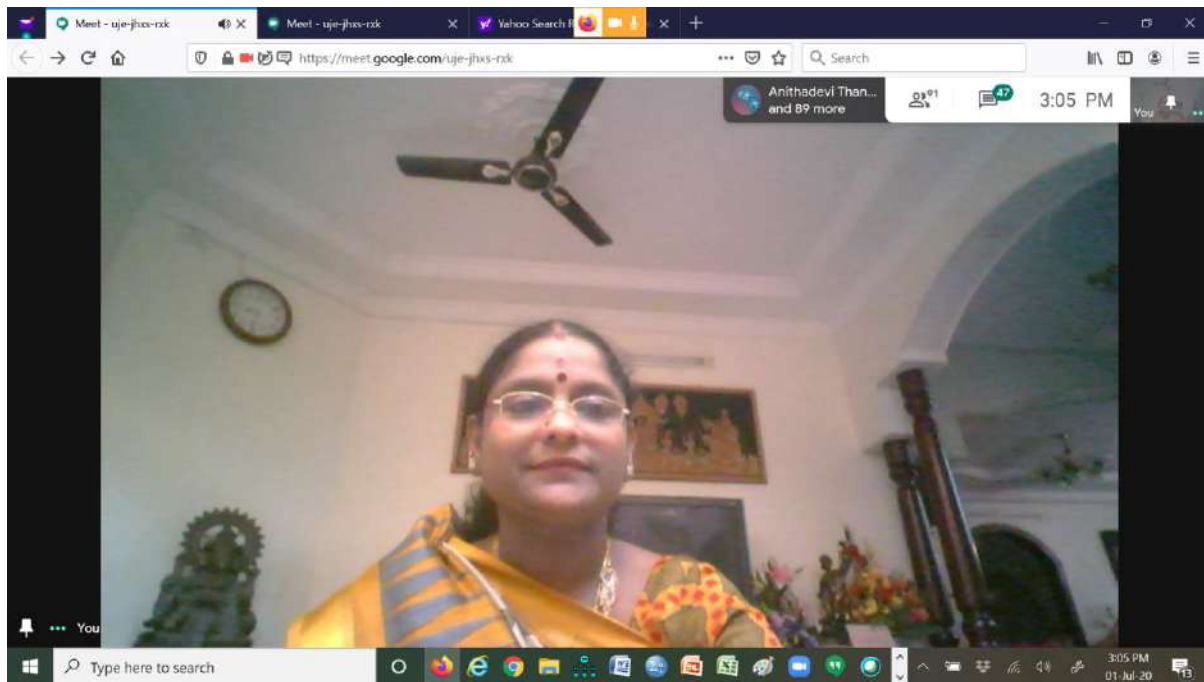
Globally, computer is one of the common office tools used in various institutions. Computer vision syndrome, also referred to as digital eye strain, describes a group of eye- and vision-related problems that result from prolonged computer, tablet, e-reader and cell phone use.

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

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


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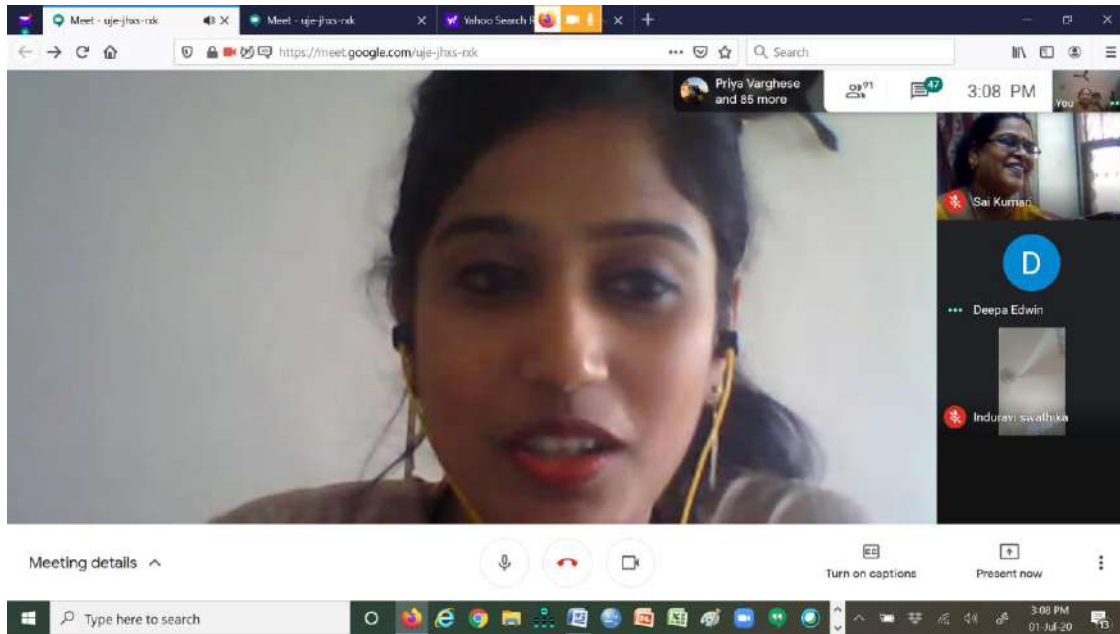
Webinar on Computer Vision Syndrome organized by Institute of Advanced Study in Education (IASSE) Saidapet and N.K.T. National College of Education for Women



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

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


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

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

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

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

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

Symptoms

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

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

These symptoms may be caused by:

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

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

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

Diagnosis

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

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

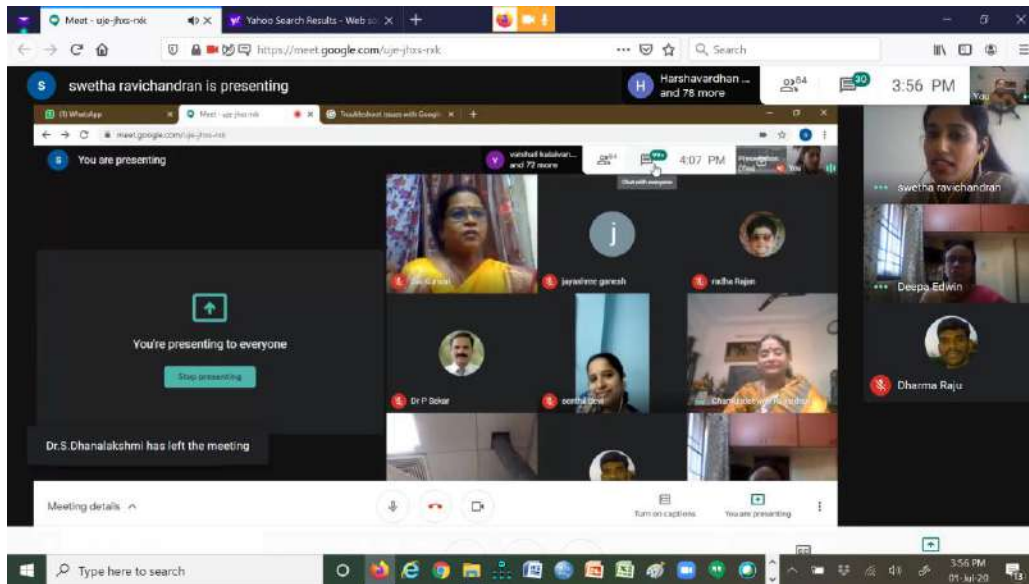
This testing may be done without the use of eye drops to determine how the eyes respond under normal seeing conditions. In some cases, such as when some of the eyes' focusing power may be hidden, eye drops may be used. They temporarily keep the eyes from changing focus while testing is done. Using the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

Treatment

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

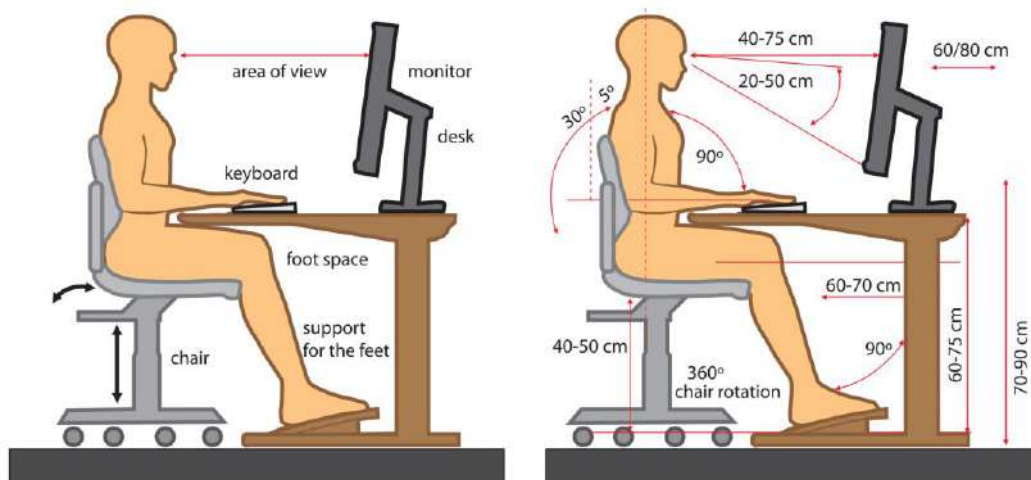
In some cases, individuals who do not require the use of eyeglasses for other daily activities may benefit from glasses prescribed specifically for computer use. In addition, persons already wearing glasses may find their current prescription does not provide optimal vision for viewing a computer.

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



Sitting Posture

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



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

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

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

Programme Outcome and Feedback

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


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(Autonomous)

Guidance & Counselling Cell

Report on Community Extension Programme

You Share & We Care

N.K.T National College of Education for Women
(Autonomous)
Re-accredited with 'A' Grade with a CGPA of 3.21/4.00 by NAAC
Affiliated to the Tamil Nadu Teachers Education University, Chennai,
Tamil Nadu, India.

You Share & We Care
Organized by
Guidance and Counselling Cell

Dear Students,

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

We are here to help you during this pandemic period.

- ✓ To Motivate
- ✓ To Improve your morale
- ✓ To Make you feel worthwhile and happy

Contact: Dr. S. Malathi - 9841172972
(Co-Ordinator)
Dr. K. Vijaya - 9789908526
(Counsellor)
Mrs. S. Rajamani - 9444345955
(Counsellor)

G&C Cell Director: Dr. S. Chamundeswari
(Principal)

Feel free to call us to serve you better

"You are much stronger than you think."

1st July 2020


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

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

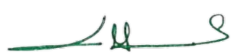


Guidance and counselling help to recognize and understand about one's talents and abilities, help to develop an optimistic outlook for removal of undesirable traits, it aids to develop resourcefulness and self-direction in adapting to changes in society. Guidance and counselling earn recognition through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

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

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

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


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

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

Programme Outcome and Feedback

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


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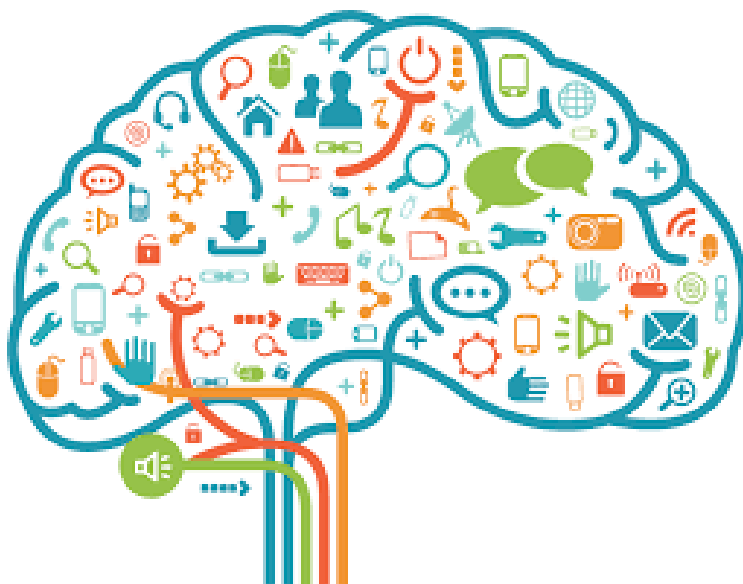
(Autonomous)

In Collaboration with

**MOHAMED SATHAK DASTHAGIR TEACHER TRAINING COLLEGE
RAMANATHAPURAM**

Report on Community Extension & Outreach Activity

Live Webinar on Cyber Psychology



8th July 2020

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

Report on Community Extension & Outreach Activity

Live Webinar on Cyber Psychology

8th July 2020



N.K.T National College Of Education
for Women
(Autonomous)
41, Dr. Besant Road, Triplicane
Chennai-600005



Mohamed Sathak Dasthagir
Teacher Training College
(Sponsored by Mohamed
Sathak Trust)
Ramanathapuram - 623 503

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

Resource Person



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

Programme Directors



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



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

Programme Co-ordinators



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



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



Mrs. A. Enid Ruth
Assistant Professor of Education
NKT National College of Education
for Women

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

Host



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

Click the below link to register:
<https://docs.google.com/forms/d/e/1FAIpQLSdN8TNPvHvWPE6IARnZY3DKZ5TddLQicOnkAHsEQPB8B1Wg/viewform>

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

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

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

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

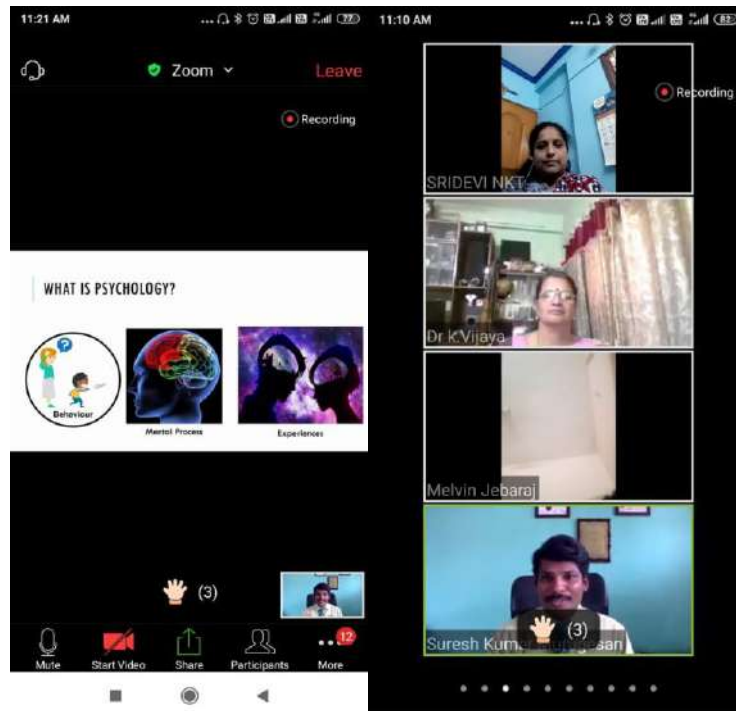


The participants were welcomed and addressed by Principals of both the collaborating Institutions. Dr. S. Chamundeswari, Principal, NKT National College of Education for Women, Chennai placed on record her gratitude to the Hon Secretary of the College, Dr. M. Arumugam, the Head of the Collaborating Institution,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


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

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



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

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


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Cyber Psychology Studies

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

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

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

Therapy

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

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

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

Programme Outcome and Feedback

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

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





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



ROTARY CLUB OF CHENNAI, IT CITY

Report on Community Extension & Outreach Activity

Distribution of Mask & Sanitizers for Community Welfare



16th September 2020

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



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

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





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

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

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

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


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

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

The correct procedure of wearing mask

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

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

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

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

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

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

Programme Outcome and Feedback

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

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

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



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NKT Ek Bharath Sheshta Bharath Club

Report on Community Extension & Outreach Activity

‘Jan Andolan’ Campaign


N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)
No. 41, Dr. Besant Road, Triplicane, Chennai- 600 005
JAN ANDOLAN CAMPAIGN
ON
COVID - 19
8th October 2020
UNLOCK WITH PRECAUTIONS


Wear Mask


**Follow Physical
Distancing**


**Maintain Hand
Hygiene**

Stay Safe & Be Safe

8th October 2020


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NKT Ek Bharat Shreshtha Bharat Club
Report on Community Extension & Outreach Activity
‘Jan Andolan’ Campaign
8th October 2020



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

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


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



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

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

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

Key Takeaways of 'Jan Andolan' campaign

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

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


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

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

Pledge

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

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

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

To maintain a minimum distance of 6 feet from others

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

Together we will win this fight against COVID-19.


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Programme Outcome and Feedback

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

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

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


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NKT Science Club

Report on Community Extension & Outreach Programme

World Health Day

Sensitizing Community on Covid-19 Health Issues

7th April 2021


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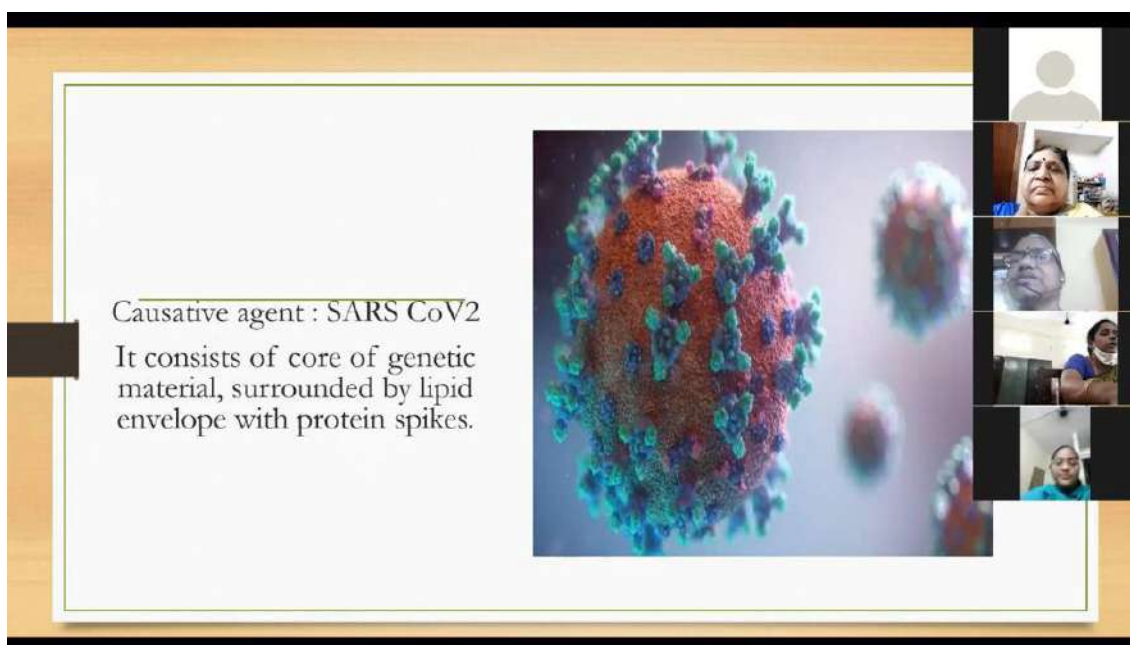
NKT Science Club

Report on Community Extension & Outreach Activity

World Health Day

Sensitizing Community to Covid-19 Health Issues

7th April 2021



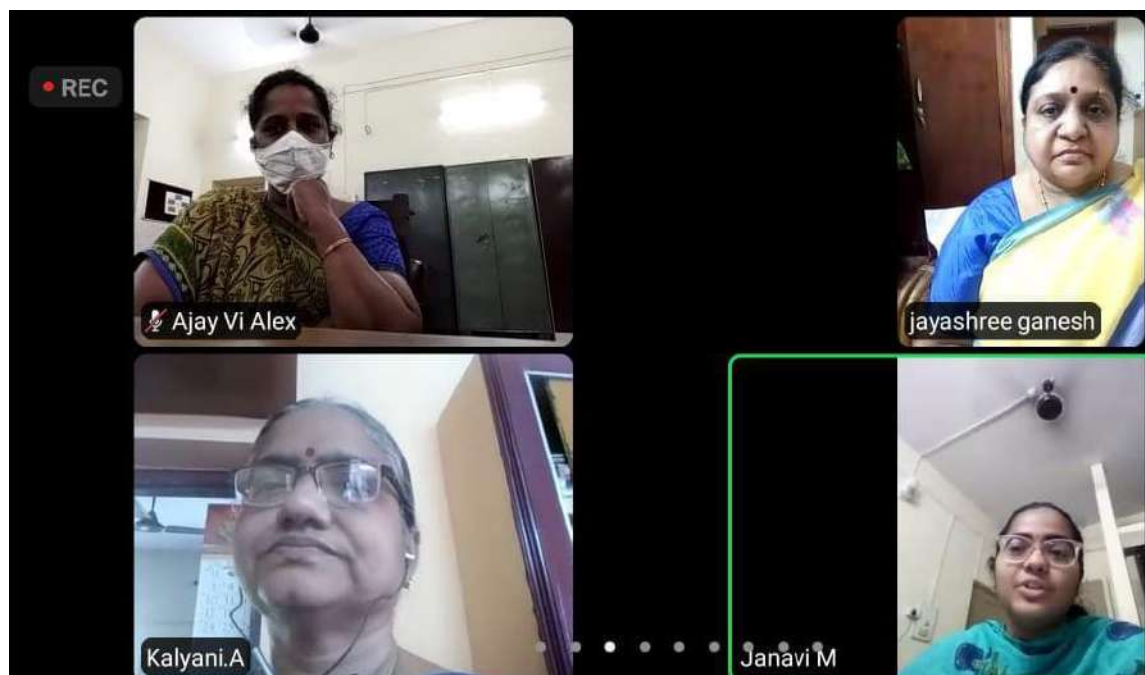
World Health Day is a global health awareness day celebrated every year on 7 April, under the sponsorship of the World Health Organization (WHO), as well as other related organizations. World Health Day is celebrated on April 7 every year. It is an initiative taken by the World Health Organization (WHO)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

Webinar on World Health Day organized by NKT Science Club

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


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



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


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World Health Day 2021: Theme

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

World Health Day 2021: Previous themes

Have a look at previous themes of World Health Day

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

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

The following ways can help you achieve good health:

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

World Health Day History

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

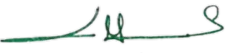
April 7 and since then, it is observed every year on the same day. The main aim of the day is to create awareness of a specific health theme to highlight a priority area of concern for the World Health Organization.

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

Steps to protect from COVID



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


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

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

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

Programme Outcome and Feedback

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

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


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

Report on Community Extension & Outreach Activity Promoting Herbal Garden in the Community



29th August 2019


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Report on Community Extension & Outreach Activity
Promoting Herbal Garden in the Community
29th August 2019



An herb garden is often a dedicated space in a garden, devoted to growing a specific group of plants called herbs or medicinal plants. Herb gardens could be purely functional for growing these important plants, or they could also include a blend of functional, medicinal, and ornamental plants.

The word “**herb**” has been derived from the Latin word, “*herba*” and an old French word “*herbe*”. Now a days, herb refers to any part of the plant like fruit, seed, stem, bark, flower, leaf, stigma or a root, as well as a non-woody plant. Earlier, the term “herb” was only applied to non-woody plants, including those that come from trees and shrubs.

These medicinal plants are also used as food, flavonoid, medicine or perfume and also in certain spiritual activities.

Plants have been used for medicinal purposes long before prehistoric period. Ancient Unani manuscripts Egyptian papyrus and Chinese writings described the use of herbs. Evidence exist that Unani Hakims, Indian Vaidas and European and Mediterranean cultures were using herbs for over 4000 years as medicine. Indigenous cultures such as Rome, Egypt, Iran, Africa and America used herbs in their healing rituals, while other developed traditional medical systems such as Unani, Ayurveda and Chinese Medicine in which herbal therapies were used systematically.

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



To sensitize the public especially the people in the nearby community NKT Science Club facilitated the school students by conducting 'Maram Nadum Vizha' on 29th August, 2019 to form a garden where they can grow all possible native herbals and

learn about its medicinal values in order to encourage and promote 'Herbal Garden in the Environment'.

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



Traditional systems of medicine continue to be widely practised on many accounts. Population rise, inadequate supply of drugs, prohibitive cost of treatments, side effects of several synthetic drugs and development of resistance to currently used drugs for infectious diseases have led to increased emphasis on the use of plant materials as a source of medicines for a wide variety of human ailments.

Among ancient civilizations, India has been known to be rich repository of medicinal plants. The forest in India is the principal repository of large number of medicinal and aromatic plants, which are largely collected as raw materials for manufacture of drugs and perfumery products. About 8,000 herbal remedies have been codified in AYUSH systems in INDIA. Ayurveda, Unani, Siddha and Folk (tribal) medicines are the major systems of indigenous medicines. Among these systems, Ayurveda and Unani Medicine are most developed and widely practised in India.

Recently, WHO (World Health Organization) estimated that 80 percent of people worldwide rely on herbal medicines for some aspect of their primary health care needs. According to WHO, around 21,000 plant species have the potential for being used as medicinal plants.

As per data available over three-quarters of the world population relies mainly on plants and plant extracts for their health care needs. More than 30% of the entire plant species, at one time or other were used for medicinal purposes. It has been estimated, that in developed countries such as United States, plant drugs constitute as much as 25% of the total drugs, while in fast developing countries such as India and China, the contribution is as much as 80%. Thus, the economic importance of medicinal plants is much more to countries such as India than to rest of the world. These countries provide two third of the plants used in modern system of medicine and the health care system of rural population depend on indigenous systems of medicine.

Treatment with medicinal plants is considered very safe as there is no or minimal side effects. These remedies are in sync with nature, which is the biggest advantage. The golden fact is that, use of herbal treatments is independent of any age groups and the sexes.

The ancient scholars only believed that herbs are only solutions to cure a number of health related problems and diseases. They conducted thorough study about the same, experimented to arrive at accurate conclusions about the efficacy of different herbs that have medicinal value. Most of the drugs, thus formulated, are free of side effects or

reactions. This is the reason why herbal treatment is growing in popularity across the globe. These herbs that have medicinal quality provide rational means for the treatment of many internal diseases, which are otherwise considered difficult to cure.

Medicinal plants such as *Aloe*, *Tulsi*, *Neem*, *Turmeric* and *Ginger* cure several common ailments. These are considered as home remedies in many parts of the country. It is known fact that lots of consumers are using Basil (*Tulsi*) for making medicines, black tea, in *pooja* and other activities in their day to day life.

In several parts of the world many herbs are used to honour their kings showing it as a symbol of luck. Now, after finding the role of herbs in medicine, lots of consumers started the plantation of tulsi and other medicinal plants in their home gardens.



Medicinal plants are considered as a rich resources of ingredients which can be used in drug development either pharmacopoeial, non- pharmacopoeial or synthetic drugs. Apart from that, these plants play a critical role in the development of human cultures around the whole world. Moreover, some plants are considered as important source of nutrition and as a result of that they are recommended for their therapeutic values. Some of these plants include ginger, green tea, walnuts, aloe, pepper and turmeric etc. Some plants and their derivatives are considered as important source for active ingredients which are used in aspirin and toothpaste etc.

Apart from the medicinal uses, herbs are also used in natural dye, pest control, food, perfume, tea and so on. In many countries different kinds of medicinal plants/ herbs are used to keep ants, flies, mice and flee away from homes and offices. Now a days medicinal herbs are important sources for pharmaceutical manufacturing.



Recipes for the treatment of common ailments such as diarrhoea, constipation, hypertension, low sperm count, dysentery and weak penile erection, piles, coated

tongue, menstrual disorders, bronchial asthma, leucorrhoea and fevers are given by the traditional medicine practitioners very effectively.

Over the past two decades, there has been a tremendous increase in the use of herbal medicine; however, there is still a significant lack of research data in this field. Therefore since 1999, WHO has published three volumes of the WHO monographs on selected medicinal plants.

Importance of some herbs with their medicinal values

- Herbs such as black pepper, cinnamon, myrrh, aloe, sandalwood, ginseng, red clover, burdock, bayberry, and safflower are used to heal wounds, sores and boils.
- Basil, Fennel, Chives, Cilantro, Apple Mint, Thyme, Golden Oregano, Variegated Lemon Balm, Rosemary, Variegated Sage are some important medicinal herbs and can be planted in kitchen garden. These herbs are easy to grow, look good, taste and smell amazing and many of them are magnets for bees and butterflies.
- Many herbs are used as blood purifiers to alter or change a long-standing condition by eliminating the metabolic toxins. These are also known as 'blood cleansers'. Certain herbs improve the immunity of the person, thereby reducing conditions such as fever.
- Some herbs are also having antibiotic properties. Turmeric is useful in inhibiting the growth of germs, harmful microbes and bacteria. Turmeric is widely used as a home remedy to heal cut and wounds.
- To reduce fever and the production of heat caused by the condition, certain antipyretic herbs such as *Chirayta*, black pepper, sandal wood and safflower are recommended by traditional Indian medicine practitioners.
- Sandalwood and Cinnamon are great astringents apart from being aromatic. Sandalwood is especially used in arresting the discharge of blood, mucus etc.

- Some herbs are used to neutralize the acid produced by the stomach. Herbs such as marshmallow root and leaf. They serve as antacids. The healthy gastric acid needed for proper digestion is retained by such herbs.
- Indian sages were known to have remedies from plants which act against poisons from animals and snake bites.
- Herbs like Cardamom and Coriander are renowned for their appetizing qualities. Other aromatic herbs such as peppermint, cloves and turmeric add a pleasant aroma to the food, thereby increasing the taste of the meal.
- Some herbs like aloe, sandalwood, turmeric, sheetraj hindi and khare khasak are commonly used as antiseptic and are very high in their medicinal values.
- Ginger and cloves are used in certain cough syrups. They are known for their expectorant property, which promotes the thinning and ejection of mucus from the lungs, trachea and bronchi. Eucalyptus, Cardamom, Wild cherry and cloves are also expectorants.
- Herbs such as Chamomile, Calamus, Ajwain, Basil, Cardamom, Chrysanthemum, Coriander, Fennel, Peppermint and Spearmint, Cinnamon, Ginger and Turmeric are helpful in promoting good blood circulation. Therefore, they are used as cardiac stimulants.
- Certain medicinal herbs have disinfectant property, which destroys disease causing germs. They also inhibit the growth of pathogenic microbes that cause communicable diseases.
- Herbal medicine practitioners recommend calmative herbs, which provide a soothing effect to the body. They are often used as sedatives.
- Certain aromatic plants such as Aloe, Golden seal, Barberry and Chirayata are used as mild tonics. The bitter taste of such plants reduces toxins in blood. They are helpful in destroying infection as well.
- Certain herbs are used as stimulants to increase the activity of a system or an organ, for example herbs like Cayenne (Lal Mirch, Myrrh, Camphor and Guggul.

- A wide variety of herbs including Giloe, Golden seal, Aloe and Barberry are used as tonics. They can also be nutritive and rejuvenate a healthy as well as diseased individual.
- Honey, turmeric, marshmallow and liquorice can effectively treat a fresh cut and wound. They are termed as vulnerary herbs.

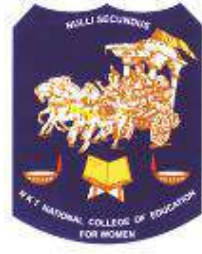
Programme Outcome and Feedback

The Programme was a great success as it was realized by the community people that not only gardening relaxing but it also improves hand-eye coordination, motor skills and self-esteem. Herbs have many values but a few of the most common uses include aromatherapy, medicinal, as seasonings and flavorings in foods and beverages, and in salads.

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


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

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



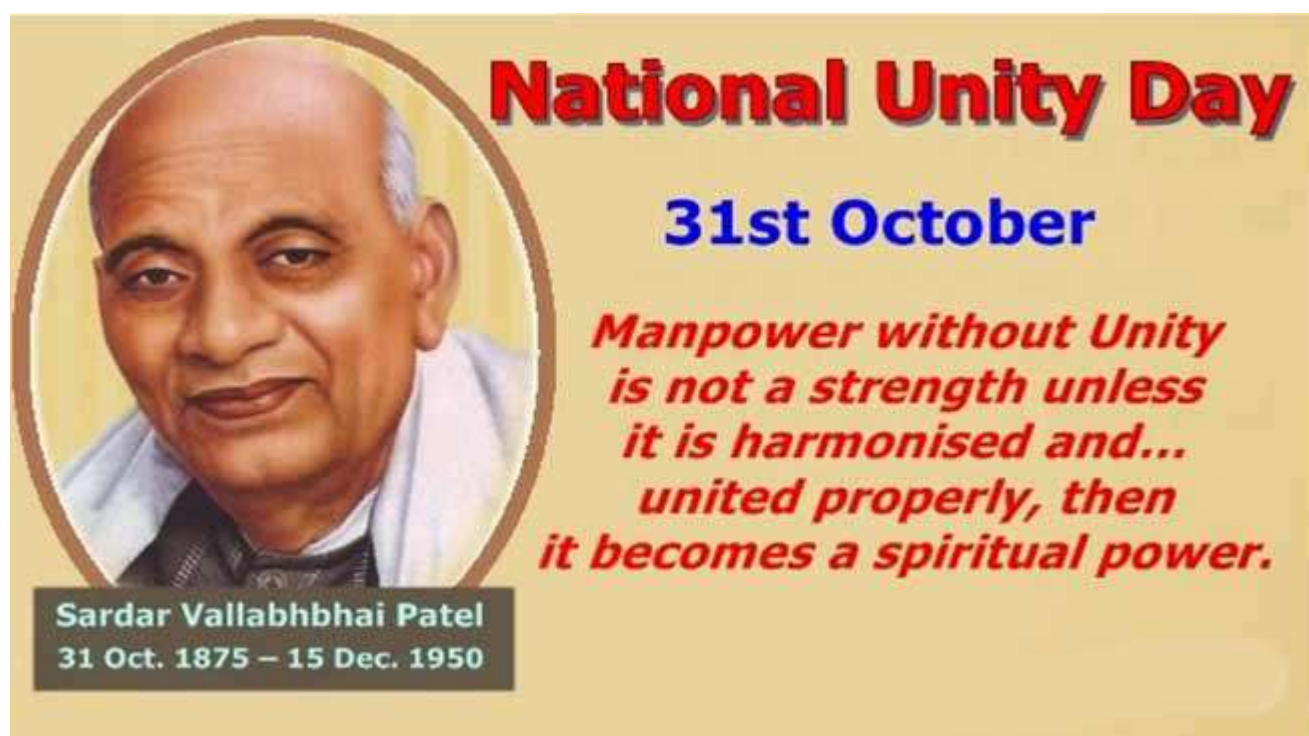
31st October 2019


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TRIPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity
Rally for Sensitizing Community on Unity & Integration

National Unity Day

31st October 2019



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

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

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

National Unity Day in the year 2014.

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



To sensitize the students and people in the nearby community about the efforts of Sardar Vallabh Bhai Patel also known as the 'Iron-Man of India', to bring the country together in unity and was successful to achieve the same because of his strong beliefs, bringing the nation to an overall development, the College arranged for a rally on 31st October 2019.

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.


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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.


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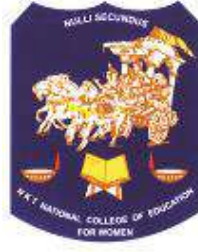


Programme Outcome and Feedback

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
Medical Camp for Community Welfare in Association with SYMA

சைமா மருத்துவ மையம்
SYMA MEDICAL CENTRE
37, Car Street, Triplicane, Chennai - 600 005 Ph: 28445050

PRIVATE DOCTORS		
Dr. C.SUBRAMANIAN, M.B.B.S, D.ORTHO, M.S.ORTHO Ortho consultant எனும்பு மருத்துவர்	THURSDAY & SATURDAY	5 PM 9-30 PM
PAMMAL SANKARA VISION CENTRE	DAILY	9 AM TO 5 PM
Dr.B.SUNANDHA, MBBS.,MS (ENT). FDM MNAMS ENT CONSULTANT காது, மூக்கு, தொண்டை ஆலோசனை	DAILY	10 AM TO 12 AM

3rd January 2020


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Report on Community Extension & Outreach Activity
Medical Camp for Community Welfare in Association with SYMA
3rd January 2020



**"The health of nations is more
important than the wealth of
nations. "**

-Will Durant

Intending to spread wellness and bring awareness among the people at large, free medical camps are gaining importance across the globe. Those who don't have any direct or indirect access to an expert or even basic healthcare services or even don't know how to connect with doctors, what diseases can clutch them and all about their treatments & diagnosis, these camps are proving really a great purpose for them. Even the most basic checkups can identify underlying illnesses. These medical camps provide 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.

**Medical Camp for Community Welfare in Asociation with SYMA organized by
N.K.T. National College of Education for Women**

On 3rd January 2020 our College along with SYMA conducted Medical check up for the community people inside the campus. More than 100 school students and many people from the nearby community came to attend the medical check up. Group of doctors participated in the program. Community people from Iyodhaya Kuppam and Ram Nagar underwent a complete medical check-up, doctor's prescription and advice were given to

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



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


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Importance of medical camp

Medical camps are conducted by health professionals to carry out a limited health intervention amongst the underprivileged community. The poor attend these camps to 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.

A Free medical Camp can be considered as a life-saving program that aims to provide free medical services to poor communities living in rural or urban areas by a mobile team with varieties of medical specialized services. Some NGOs, Charitable Medical Trusts, and medical professionals are driven by strong ethics of medicine who believe that it is the moral responsibility and obligation to treat each patient regardless of their incomes, race, or social status. The main objective of a medical camp is to provide initial care to people in life-threatening conditions which reflect the unique strengths and goals of medical ethics. Other objectives are as stated below:

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


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Programme Outcome and Feedback



The Principal thanked SYMA and the medical doctors who had been a part of the Community Outreach Programme organized by the College for the benefit of the community.

People from the community benefitted and they realized the benefits of such medical check-ups that are quite important for people of all age groups and are done by considering all the significant factors such as family background, lifestyle, risks, age, etc. It was also realized that with early diagnosis of diseases or illnesses, it becomes easy to cure it on time and it saves life before any danger or damage to it.


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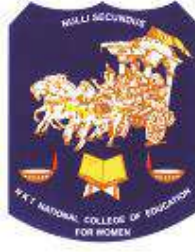
They thanked the College and the doctors for organizing the medical check-up as the underlying illness can be diagnosed with basic check-ups.

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



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Report on Community Extension & Outreach Activity

Parambariya Unavu Thiruvizha

**Community-wide Programme on Preparation of
Traditional & Healthy Food**



22nd & 23rd January 2020


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Report on Community Extension & Outreach Activity

Parambariya Unavu Thiruvizha Community-wide Programme on Preparation of Traditional and Healthy Food 22nd& 23rd January 2020



Indian food is most popular for its diversity. The variety of foods, spices and dishes that are native to India makes Indian food one of the most wholesome foods in the world. But lately, Indian food has begun to be categorised as unhealthy because it is being linked to high sugar and high carb food which can contribute to high cholesterol. Traditional Indian food, however, is not only healthy, but is also incredibly tasty with a lot of health benefits. Indian food supports immunity, inflammation, brain function and several other functions in the human body. Indian traditional foods are also recognized as functional foods because of the presence of functional components such as body-healing chemicals, antioxidants, dietary fibers, and probiotics. These functional molecules help in weight management, and blood sugar level balance and support immunity of the body.

Parambariya Unavu Thiruvizha: Community-wide Programme on Preparation of Traditional & Healthy Food organized by N.K.T. National College of Education for Women, Chennai.



‘Parambariya Unavu Thiruvizha’ took off with grandeur on the 22nd and 23rd of January, 2020 at N.K.T. National College of Education for Women. This festival was organized, to bring to light the value of traditional food, thereby helping us live a healthy life.

The festival depicted the fusion of traditional food and ethnic culture. Prominent Personalities in society, Mrs. Mallika Badrinath and Dr. Sowmiya Anbumani were the guests of honour for the Thiruvizha. The programme commenced with according a traditional welcome to the guests of honour.


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This was followed by the Principal Madam **Dr. S. Chamundeswari** welcoming the dignitaries. Honouring the chief Guests and Philanthropists followed suit. A documentary on the milestones of our institution was shown to the community present which was an elated moment for the NKTians.




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Mrs. Jeyachandra from the Pennsylvania Spoke on the benefits of Traditional Food preparation and that how she has been managing preparing such traditional food in the US.



A collection of Traditional Food Receipies were painstakingly complied and the Book was released on the day by Mrs. Mallika Badrinath and the first copy was received by Dr. Sowmiya Anbumani.




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The guest of Mrs. Mallika Badrinath highlighted the importance of traditional foods and stated that traditional foods were economical and highly nutrition's. Consuming them on a daily basis will reap multiple health benefits and cut down the incidence of cardio – vascular diseases. She dispelled the myth that traditional foods were not delicious and the correct preparation methods will enhance the taste of traditional food items. Dr. Sowmiya Anbumani called for the awareness to use the bounty of nature its maximum and brought out the dangers of adulteration of food items even by reputed food brands. Their speeches were indeed an eye openers and many unknown facts on food were disclosed.





The first day saw many traditional competitions; the notable among them was the preparation of traditional food items. Millet Biryani, Veg Millet Soup, Ragi Snacks were among the many preparations. Folk dances of India took centre stage in between the culinary competitions.




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Day 2 saw a display of food items prepared by the community and the students of the college and the dishes were on sale. The Traditional food items were sumptuous and caught the sense with the colour and aroma. Debates, elocution and essay competitions also were conducted. The neighbours community was invited and we had many visitors from outside.



The 'Parambariya Unavu Thiruvizha' was a part of the community development programme.

The Festival ended in a cheerful note with the participants truly benefited by the knowledge of traditional food preparations.

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 Ancient cuisine the College which is situated at Triplicane called the N.K.T. National College of Education for Women has arranged a two days Traditional food festival on January 22nd and 23rd 2020. The two days of Traditional food festival was successfully held in the presence of Mrs. Malika Badhrinath, Dr.

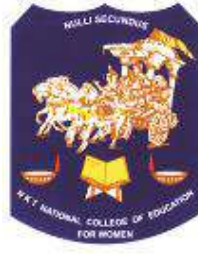
Sowmiya Anbumani and our College principal Dr. S. Chamundeshwari created a great impact among the community people especially youngsters. The book on Preparation of Traditional Foods was well received by the people in the community.

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



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


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**Report on Community Extension & Outreach Activity
Awareness Programme on Dengue & Swine Flu**



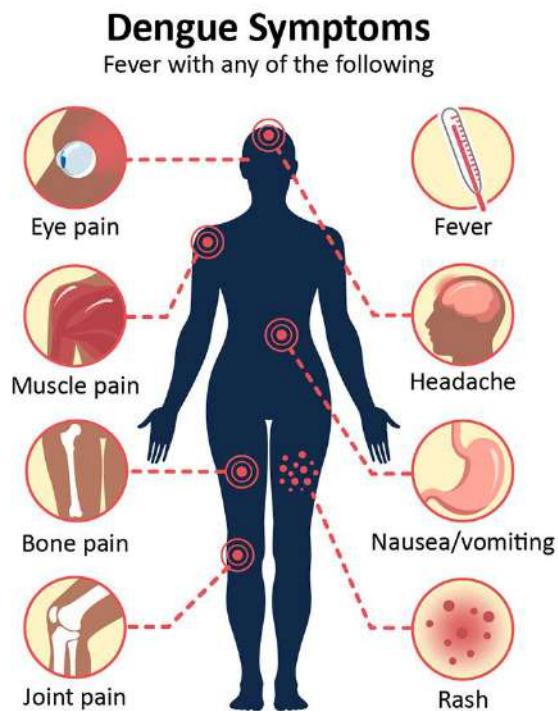
24th January 2020


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Report on Community Extension & Outreach Activity

Awareness Programme on Dengue & Swine Flu

24th January 2020



Dengue is a mosquito-borne viral disease that has rapidly spread in all regions in recent years. Dengue virus is transmitted by female mosquitoes mainly of the species *Aedes aegypti* and, to a lesser extent, *Ae. albopictus*. These mosquitoes are also vectors of chikungunya, yellow fever and Zika viruses. Dengue is widespread throughout the tropics, with local variations in risk influenced by rainfall, temperature, relative humidity and unplanned rapid urbanization. The H1N1 flu, commonly known as swine flu, is primarily caused by the H1N1 strain of the flu (influenza) virus. H1N1 is a type of

influenza A virus, and H1N1 is one of several flu virus strains that can cause the seasonal flu. Symptoms of the H1N1 flu are the same as those of the seasonal flu.



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

To sensitize and encourage the people from the nearby community our College organized an awareness programme on Dengue & Swine Flu on 24th January, 2020. Our College in coordinating with Chennai Corporation conducted awareness programme for school-students and their parents in the Sarojini Varathappan Hall to bring an awareness on Dengue & Swine flu. Dr. Mr. Govindaraj, Health Supervisor and his team deliberated on Dengue and Swine Flu.

Around 100 people participated to witness the awareness on Dengue and Swine Flu. Awareness video were shown to the participants depicting the prevention and control of


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swine flu. Steps for managing swine flu symptoms and preventing further infection include:

- using over-the-counter remedies.
- washing hands regularly with soap and water.
- getting plenty of sleep.
- exercising often.
- managing stress.
- drinking liquids.
- eating a balanced diet.
- avoiding being close to someone with flu symptoms.

Global burden of dengue

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

- Dengue is a mosquito-borne viral infection, found in tropical and sub-tropical climates worldwide, mostly in urban and semi-urban areas.
- The virus responsible for causing dengue, is called dengue virus (DENV). There are four DENV serotypes, meaning that it is possible to be infected four times.
- While many DENV infections produce only mild illness, DENV can cause an acute flu-like illness. Occasionally this develops into a potentially lethal complication, called severe dengue.
- Severe dengue is a leading cause of serious illness and death in some Asian and Latin American countries. It requires management by medical professionals.
- There is no specific treatment for dengue/severe dengue. Early detection of disease progression associated with severe dengue, and access to proper medical care lowers fatality rates of severe dengue to below 1%.

- The global incidence of dengue has grown dramatically in recent decades. About half of the world's population is now at risk. There are an estimated 100-400 million infections each year.
- Dengue prevention and control depends on effective vector control measures. Sustained community involvement can improve vector control efforts substantially.

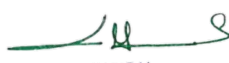
This program brought light on many people's life and they understood the importance of this programme.

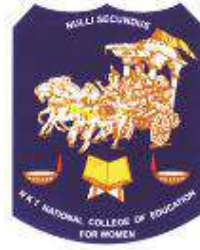
Programme Outcome & Feedback

The Outreach Programme was great success. It was realized and understood by people in the community that in most of the cases, unless you have underlying comorbid conditions, most of the times the patient would have just cough cold, fever, body aches, headache, runny nose, sneezing as complex symptoms, and it was for them to be aware and take immediate remedies.

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


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Report on Community Extension & Outreach Activity **Medical Camp for Dental & Eye Care**



14th February 2020


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

Report on Community Extension & Outreach Activity
Medical Camp for Dental & Eye Care
14th February 2020



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

Free medical camps are initiated to bring awareness amongst the underprivileged people of the country. For those who don't have any facilities to basic healthcare services or knowledge about the diseases they are suffering from.

There are many medical camps which assure people the importance and objectives of conducting medical camps by providing free medical advice, medicine to the unfortunate people. And also by referring them for specialized treatment or surgery

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

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

Medical Camp for Dental & Eye Care organized by N.K.T. National College of Education for Women




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Intending to spread wellness and bring awareness among the people at large, free medical camps are gaining importance across the globe. Those who don't have any direct or indirect access to an expert or even basic healthcare services or even don't know how to connect with doctors, what diseases can clutch them and all about their treatments & diagnosis, these camps are proving really a great purpose for them.

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

The poor attend these camps to get free 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 treatment. Even the most basic checkups can identify underlying illnesses.

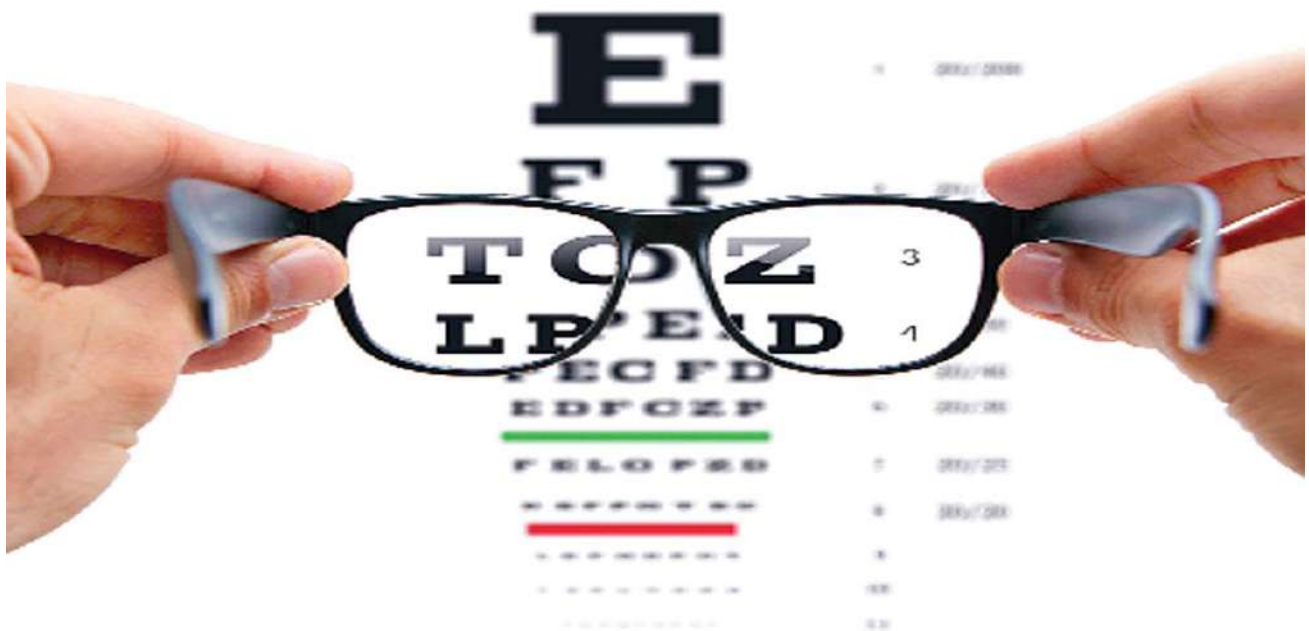
The main objective of a medical camp conducted at NKT National College of Education for Women during the academic year 2019-2020 is to provide initial care and awareness on dental and eye care issues.



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On 14th February 2020 our College conducted Medical camp for Dental & Eye care for the community people inside the campus by inviting Chettinad Dental College & Research Institute, Chennai and Dharshan Eye Care, Chennai.



More than 300 people from the nearby community came to attend the medical camp. Group of doctors participated in the program. Community people from Iyodhaya


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Kuppam and Ram Nagar underwent dental and eye checkup and received the doctor's prescription and advice for a better healthy living.

Programme Outcome and Feedback

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

The Principal, Dr. S. Chamundeswari, placed on record her appreciation to the team of doctors from members of the Chettinad Dental College & Research Institute, Chennai and Dharshan Eye Care, Chennai and Faculty members for all their effort and commitment in organizing a very useful Outreach Medical Camp for the benefit of the community.

She also thanked the President of the Local Community Welfare Association, Mr. M. Babu for granting permission and the General Secretary Mr. P.P. Narasimhan for extending support for the smooth and successful conduct of the programme.



Report on Community Extension & Outreach Activity
Distribution of Masks for Community Welfare
14th February 2020



Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention. Older people and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more likely to develop serious illness. Anyone can get sick with COVID-19 and become seriously ill or die at any age.

The best way to prevent and slow down transmission is to be well informed about the disease and how the virus spreads. Protect yourself and others from infection by staying at least 1 metre apart from others, wearing a properly fitted mask, and washing your hands or using an alcohol-based rub frequently. Get vaccinated when it's your turn and follow local guidance.

The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. These particles range from larger respiratory droplets to smaller aerosols. It is important to practice respiratory etiquette,


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for example by coughing into a flexed elbow, and to stay home and self-isolate until you recover if you feel unwell.

Distribution of Face Masks for Community Welfare Organized by N.K.T National College of Education for Women



To create awareness about the outburst of pandemic and to support the community people with masks and sanitizers the College took the initiative of distributing masks and sanitizers for the community people in and around the College on 14th February 2020.

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


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

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

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

The correct procedure of wearing mask

1. Perform hand hygiene
2. Unfold the pleats; make sure that they are facing down.
3. Place over nose, mouth and chin.

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

The Programme came to closure with distribution of 150 masks in the nearby community.

Programme Outcome and Feedback

The Programme was a great success as people were made aware of the importance of wearing masks and maintaining self hygiene.

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 Organizer, Dr. V. Jayashree Priyadharsini, Assistant Professor of Biological Science-Education of our College for all efforts 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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NKT College Parent-Teacher Association

Report on Community Extension & Outreach Activity National Level Webinar on Learn to Live with COVID-19

22nd May 2020


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NKT College Parent-Teacher Association
Report on Community Extension & Outreach Activity
National Level Webinar on Learn to Live with COVID-19
22nd May 2020



In many infectious diseases, the immune system's reaction to a virus, bacteria, or other pathogen can cause greater harm to the infected individual than the pathogen itself. Sepsis is a deadly example of this phenomenon. Triggered by an infection, the immune system over reacts, releasing chemicals called cytokines that make blood vessels become leaky. That can ultimately reduce oxygen delivery to vital organs, which may cause organ failure. Sepsis kills more than 10 million people a year.

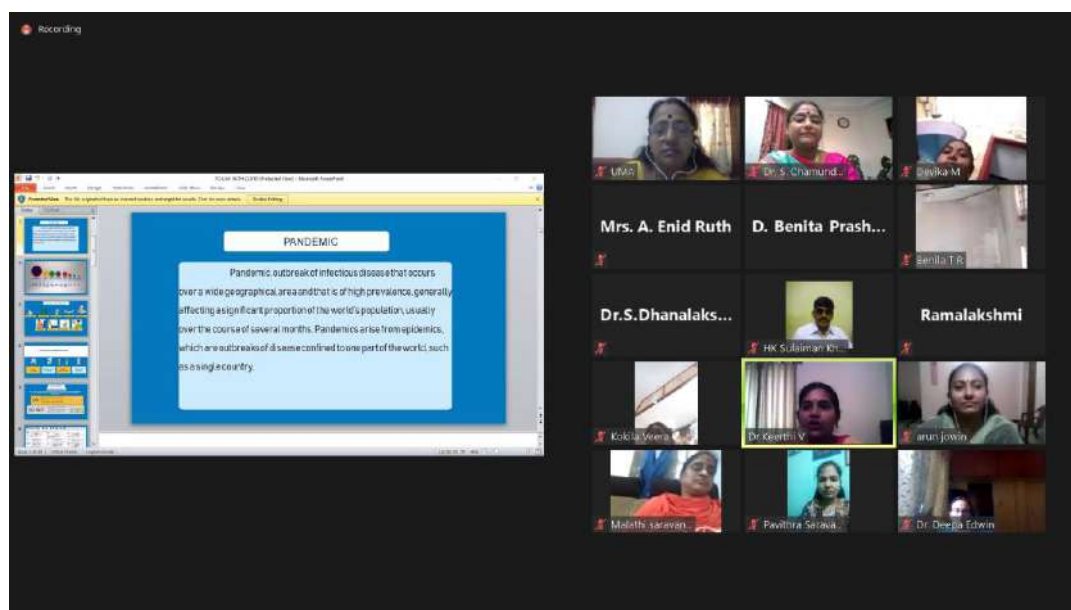
The Covid-19 epidemic is something like sepsis: the reaction by the media and government is likely to produce more harm to societies around the globe than the virus, possibly for many years to come.

National Level Webinar on Learn to Live with Covid organized by the NKT College Parent-Teacher Association

Dr. S. Chamundeswari, the Principal of the College welcomed the participants and the Resource Expert of the day, Dr. V. Keerthi, M.D. (Microbiology) for the National Level Webinar on Learn to Live with Covid organized by the NKT College Parent-Teacher Association. She placed on record her gratitude to the Hon. Secretary of the College, Dr. M. Arumugam, and appreciation to the organizers of the Online Outreach Programme, Dr. V.J. Uma & Mrs. R. Juliet Ramesh, President, PTA and welcomed all

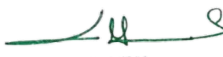

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Faculty members, students and participants from other educational institutions and community.



The Resource Expert, Dr. V. Keerthi addressed that over the past few months of the COVID-19 pandemic, we have increasingly heard the phrase, “we need to learn to live with it.” Often this refers to accepting and dealing with something when a bad situation or adverse life event alters expected outcomes. In the case of the current pandemic, the end and return to normal was the expected outcome. The COVID-19 pandemic has repeatedly shown the world that pandemic exit strategies are often ill-considered and unstructured. Despite all their resources and scientific capacity, affluent nations remain vulnerable and exposed due to the emergence of mutations conferring higher transmissibility, and the inability to convince the entire population to take preventative measures. Nations that have locked down their borders for long periods have learned to live with the fact that they remain vulnerable to COVID-19 and need an exit strategy.

Policymakers and planners in some nations and communities are rapidly adjusting course with the aim of learning to live with COVID-19. This includes rethinking their policies as they either give up preventative practices, lockdown harder than ever, or take the middle path. Accepting vaccination is critical for success and at times this may be complemented by mask-wearing, social distancing, and limiting gathering sizes to ensure a smoother path to social and economic recovery. The mindset has changed


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from zero COVID-19, embracing infection or eliminating the risk of infection to focusing on the middle path of avoiding severe illness and death.

Focusing on the first word “Learn” can be instructive. Learn means gaining knowledge or understanding or skill by reflection, imitation, or experience. As Confucius said, the former is the easiest and the latter the most bitter. This is the key to our ability to successfully adjust to current and future conditions associated with the COVID-19 and future pandemics. We must begin by recognizing that learning is a continuous, iterative, ongoing process. This is the basis of scientific discovery and advancement, and an underlying reality that we all must understand and embrace. As COVID-19 mutations continue to emerge, so must humanity continually update its knowledge about the virus, its epidemiology, ways it can be targeted, and what we can be done to mitigate impacts on societies and nations. Learning to live with the virus is increasingly being seen as the only way forward and the new normal. Integrated options for achieving this are outlined in the following section.

1. **Virology:** More resources are required to understand and track this virus. Countless mutations have been observed, however, we do not know the epidemiological impact of each of these mutations. When the Delta variant emerged, it had some mutations that had been characterized, but several new ones that had not been researched before. This information needs to be rapidly researched, shared and made available in a global public health database or something similar using existing infrastructure.
2. **Vaccines:** All vaccines possess different levels of efficacy with breakthroughs and boosters being common to most. Research must continue to identify higher efficacy vaccines and to explore new mechanisms for generating physiological immunity. As the virus continues to evolve, vaccines developers play catch-up, as they do for influenza every year.
3. **Medicine:** The medical community has learned a great deal about COVID-19 and while there is no treatment, fewer patients are dying due to improved care. While research is still required to improve medical support, we need more data on what this virus does to the human body. In addition to respiratory issues, are there circulatory system impacts? What are the multisystem components and

how do they manifest? This will require more research and global cooperation by experts from around the world.

4. **Healthcare:** Increased surge capacity and planning is required. Unvaccinated COVID-19 patients are consuming limited human and other resources required to treat other ailments. As a result, people are dying due to an inability to access standard care. New strategies and/or extra resourcing, such as insurance coding, for providing in-home care and telehealth are urgently required for all patients.
5. **Prevention:** We need to better understand the myriad of non-pharmacological interventions, their individual and aggregate impact, and when, where, how, and why to use them. For example, social distancing, group size, indoor, outdoor, ventilation, cleaning, and face masks in certain situations such as mixed populations of vaccinated and unvaccinated.
6. **Population Health:** Governments must focus on the factors that protect and promote health across all sectors of society. Prevention is the priority, which is an anticipatory action taken to prevent the occurrence of an event or to minimize its effect after it has occurred. However, prevention is not always achievable, so we need to understand the population-at-risk and how to reduce exposure to disease pathogens. This requires flexibility and rapid accurate communication. Perhaps now is the time for multi-disciplinary population-based management teams to inform decisions? Decision-makers must come to recognize that no one authority or organization possesses all the expertise or resources required to mitigate COVID-19 risks and allow all aspects of society to continue functioning.
7. **Education:** We have information on this virus concerning treatments, medications, vaccines, non-pharmaceutical interventions, and a myriad other things people need to know and understand to make good decisions, but the method by which this information is used to educate the general population is deficient. The pandemic revealed a lack of basic knowledge in science, biology, and healthcare. Further, it exposed our inability to influence through education, certain populations to adopt preventative behaviors.
8. **Behavior:** Creating behavioral change in individuals to improve population health remains the most significant challenge for the government. Understanding how to bring about systemic behavioral change is required by

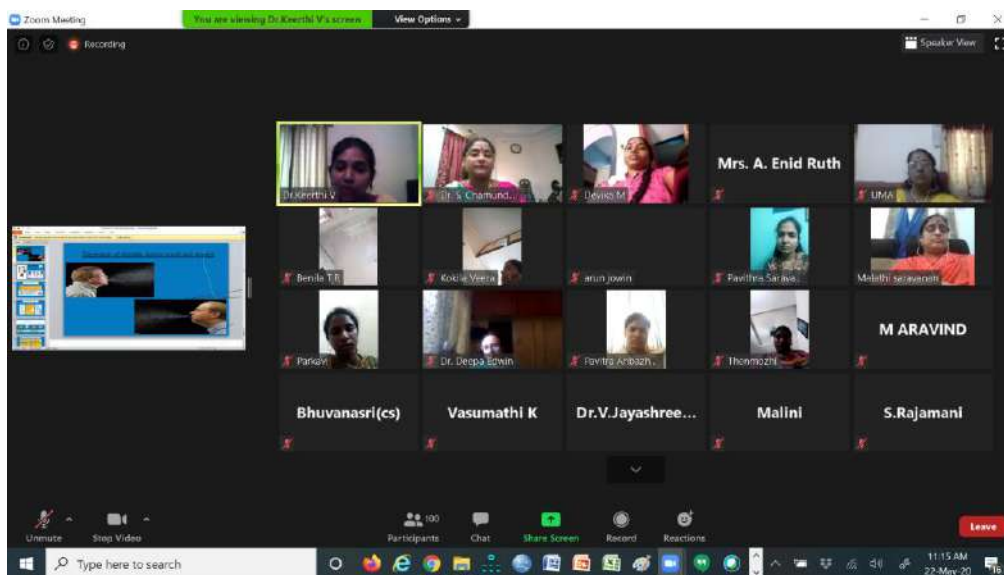
both the general population and healthcare providers. As the virus mutates and spreads through communities, we must be as rapid in our ability to change our approaches and influence others for the betterment of all.

9. **Flexibility:** The ability to adapt is necessary to embrace the changes required to survive this pandemic. One community or school district may be doing well and then have a large outbreak, while another may be going from a surge to a lower number. Both require flexibility to change the community's approach.
10. **Tradeoffs:** Taking the middle path requires balancing the trade-offs of opening society versus locking it down. Between a fully opened society and a locked-down one. If anything has become clear over the past two years, politicians often have little awareness of the consequences of their decisions. It is not acceptable to have zero deaths and economic ruin, and we certainly do not want preventable death to keep the economy going. Lost in this conversation has been the huge healthcare costs associated with choosing the economy over safety. Is healthcare really what we want to spend our money on as an economic driver, and is it economically better to create more sickness, which impacts productivity? What too of the costs to healthcare personnel, to those suffering mental health issues, and to those experiencing long COVID-19 with a potential lifetime of health issues, loss of education, and social opportunities?
11. **Assistance:** The International Monetary Fund said the world faces “a worsening two-track recovery, driven by dramatic differences in vaccine availability, infection rates, and the ability to provide policy support.” COVID-19 highlights an increasing divide between affluent and poor nations, and yet, it has also revealed how close we are all tied together in manifest pandemic destiny. It is high time that all nations turned their attention to adequately resourcing and resolving transnational security threats of this nature.

We have seen the socioeconomic impacts of extremes in decision making that drive national leaders to seek a realistic path that retains the flexibility to adjust as the situation changes. The possibility remains that humanity will encounter a variant that is more contagious, more virulent, and unresponsive to current vaccines. To cope with this possibility, nations and communities need well-resourced, well-structured, and well-integrated options for living with COVID-19.

As humanity continues its bitter experience with the pandemic, it is learning what does not work and what does work against this virus. “Learning to Live with It” does not mean complacency, which only serves to increase global inequities. The warning signs are clear and national leaders must ensure we move through this pandemic without creating additional, unnecessary, long-term generational damage to health systems and economies.

Programme Outcome and Feedback



The Programme was a very useful outreach programme. It had benefitted participants from various other educational institutions and in the Community throughout the country.

Principal addressed that in extreme cases, people may suffer from depression characterized by low mood, tiredness, pessimism, poor sleep, and appetite, feeling helpless, guilty, and hopeless, with a gradual reduction in work output. Older people are more vulnerable, and special care must be taken for them.

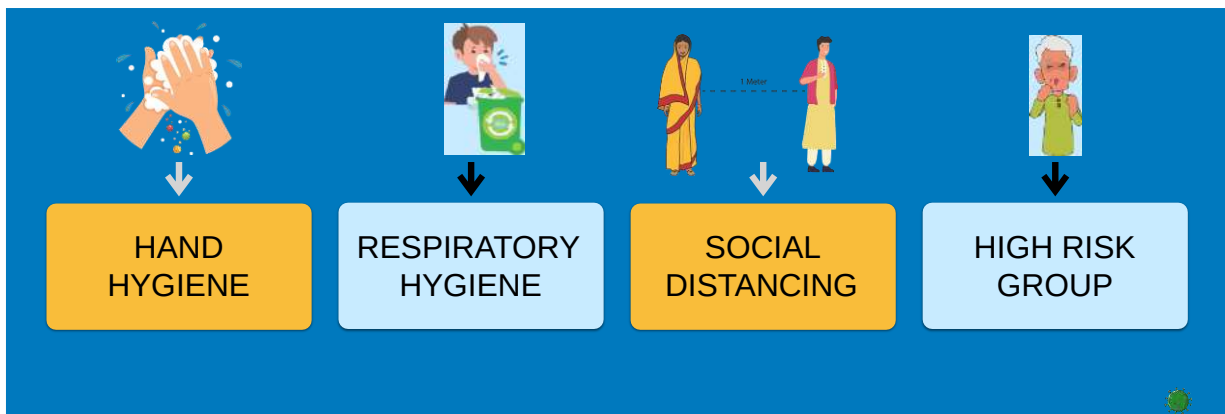
It's vital to stay informed, particularly about what's happening in your community, so you can follow advised safety precautions and do your part to slow the spread of coronavirus. But there's a lot of misinformation going around, as well as sensationalistic coverage that only feeds into fear. It's important to be discerning about what you read and watch.

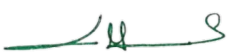

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While on lockdown, physical activity needs to be maintained as it is extremely beneficial to body and mind. It is important for controlling diabetes and high blood pressure . Maintaining bone strength and muscle tone through exercise is important especially as the regular outdoor activity is curtailed during the COVID -19 pandemic. Exercise also helps boost immunity. reduces the risk of mental health issues like depression.

She thanked the Resource Expert, Dr. Keerthi and once again appreciated the Office Bearers of the NKT College Parent-Teacher Association for organizing the Programme. The Programme ended with a formal vote of thanks.

PREVENTION IS BETTER THAN CURE




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NKT Centre for Outreach

Report on Community Extension & Outreach Activity
Online Workshop on Face Mask Preparation

The screenshot shows a Zoom meeting interface. On the left, a presentation slide titled "How Effective Are Face Masks?" is displayed. The slide includes a table with the following content:

	Purpose	Effect
Do-it-yourself masks	Protection of wearer & strangers	Generally underused. Fabrication and proper use can be improved. Awareness of social distancing can be increased.
Medical mouth & nose protection	Protection of strangers	Protects against wearers' droplet ejection
Filteration half mask	Self-protection	Protects the wearer from solid & liquid aerosols (nano particles).

Below the table, three numbered points are listed:

- 01 Protects you from the harmful nano particles in the air
- 02 Prevents other from getting infected
- 03 Gives a sense of social responsibility

On the right side of the Zoom window, a grid of 10 participant video feeds is visible. The participants are labeled as follows:

- Row 1: RITA, Dr. S. Chandrasekhar
- Row 2: V. R. Senthil kumar, ALEX
- Row 3: Radini, NKT National Co
- Row 4: Keziah ebenezer, Malathi saravanan
- Row 5: V.J. Uma, SHARMILA

19th May 2020


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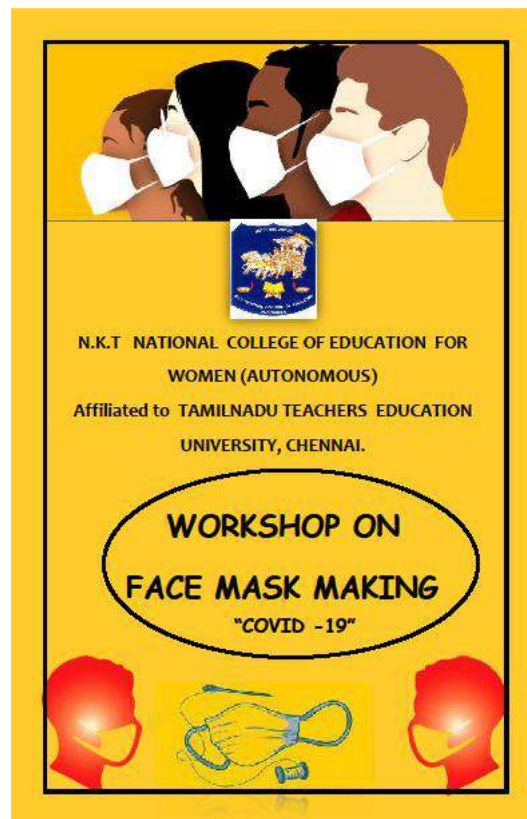
NKT Centre for Outreach
Report on Community Extension & Outreach Activity
Online Workshop on Face Mask Preparation
19th May 2020



Wearing face masks is recommended as part of personal protective equipment and as a public health measure to prevent the spread of corona virus disease 2019 (COVID-19) pandemic. Their use, however, is deeply connected to social and cultural practices and has acquired a variety of personal and social meanings.

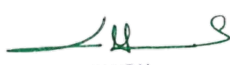

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Online Workshop on Face Mask Preparation organized by the NKT Centre for Outreach



Online Workshop on Face Mask Preparation organized by the NKT Centre for Outreach on 19h May 2020 for the benefit of the community.

The Principal, Dr. S. Chamndeswari addressed that the corona virus disease 2019 (COVID-19) pandemic is currently perceived as one of the greatest global threats, not only to public health and well-being, but also to global economic and social stability. While the first two decades of the third millennium were characterized by crisis—most notably the economic downturn of 2008 and the looming climate change—the spread of the severe acute respiratory syndrome corona virus 2 (SARS-CoV-2) virus originating from China has given rise to most drastic societal and political responses. These included measures as severe as states forbidding citizens from leaving their homes and effectively shutting down all social and economic activities. In Europe, Italy was the first country to officially detect the presence of COVID-19 in its territory, and it swiftly


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adopted measures to contain its spread. Within a few weeks, the epidemic progressively spread across Europe.

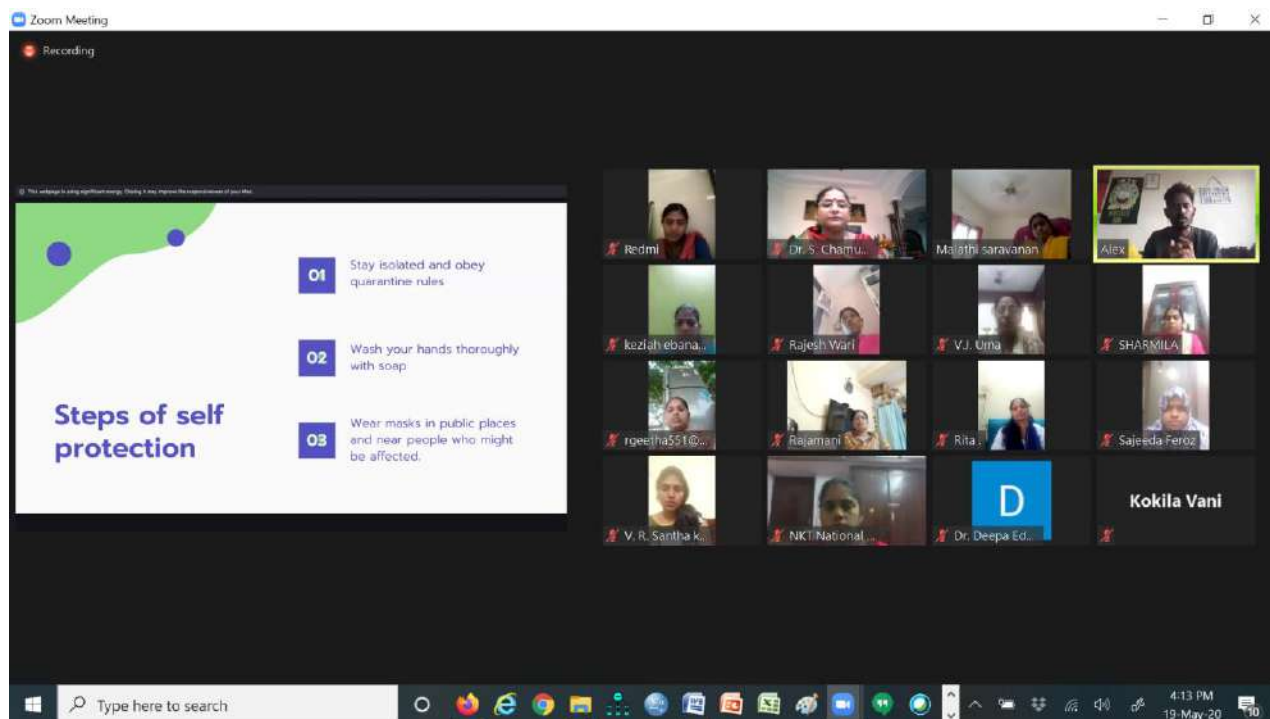
Because of the novel situation and the contradictory opinions of experts, including representatives of the scientific community and World Health Organization (WHO), the level of threat caused by the disease appeared unclear. The assessment of the perceived risks of the disease varied in the public discourse—some considered it just as “a stronger influenza”; others drew parallels with the very deadly Spanish Flu outbreak in the 1918–1920, and many were simply not sure what to believe. Nevertheless, most felt the novel and unpleasant feeling of being vulnerable to the invisible threat of the infection (i.e., to be the ones in danger) or to be contagious themselves (i.e., to be the danger).

A variety of public health and hygiene measures have been initiated; the most visually noticeable perhaps is the wearing of face masks. The medical research on the use of face masks as personal protective equipment (PPE) against SARS-CoV-2 transmission was interpreted very cautiously, and the initial guidance from health officials was conflicting. The WHO advice was conceived to avoid unnecessary paternalism and at the same time be comprehensive in discussing different medical aspects of mask use.

In this regard, Principal informed that the Online Programme for preparation of Face Masks has been arranged for the benefit of students, Faculty members, Non-Teaching Staff and people in the Community. She welcomed the Resource Expert of the day, Mr. R.P. Alex, Kauno Juozo Gruodzio Konservatorija, Lithuania and all other participants for the outreach program. With a note of gratitude to the Hon Secretary of the College, Dr. M. Arumugam for all his unconditional support and guidance, a note of appreciation to the organizers, Mrs. A.H. Komala, Assistant Professor of Economics-Education and Dr. S Danalakshmi, Librarian and student representatives, she welcomed Students, Faculty Members, Staff and all people from the community.

The Resource Expert Mr. R.P. Alex, Kauno Juozo Gruodzio Konservatorija, Lithuania was introduced and the session started.


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Masking is a critical public health tool and it is important to remember that any mask is better than no mask.

A **cloth face mask** is a mask made of common textiles, usually cotton, worn over the mouth and nose. When more effective masks are not available, and when physical distancing is impossible, cloth face masks are recommended by public health agencies for disease source control in epidemic situations to protect others from virus laden droplets in infected mask wearers' breath, coughs, and sneezes. Because they are less effective than N95 masks, surgical masks, or physical distancing in protecting the wearer against viruses, they are not considered to be personal protective equipment by public health agencies. They are used by the general public in household and community settings as protection against both infectious diseases and particulate air pollution.

Cloth face masks were routinely used by healthcare workers starting from the late 19th century until the mid 20th century. In the 1960s they fell out of use in the developed world in favor of disposable surgical masks with an electret (electrically charged) filter material, but cloth masks persisted in developing countries. During the COVID-19

pandemic, their use in developed countries was revived due to shortages, as well as for environmental concerns and practicality. Launderable cloth electret filters were also being developed.

Step-by-step instructions to make a DIY face mask:

1. Step 1: Cut. ...
2. Step 2: Fold your fabric lengthwise and mark off a small opening. ...
3. Step 3: Sew and attach elastic No. ...
4. Step 4: Sew and attach elastic No. ...
5. Step 5: Flip your mask inside out. ...
6. Step 6: Add pleats. ...
7. Step 7: Test it out. ...
8. Step 8: Repeat for friends.

Programme Outcome and Feedback

The Programme was a very useful outreach programme as the participants from the our College and other educational institutions and outside community understood preparation of face mass that are needed for the current pandemic situation as during the COVID-19 pandemic, most countries recommended the use of cloth masks to reduce the spread of the virus.

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


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NKT Science Club

Report on Community Extension & Outreach Activity
National Webinar on Biology of Childhood Cancer

**N.K.T. NATIONAL COLLEGE OF
EDUCATION FOR WOMEN(AUTONOMOUS)**
TRIPLICANE, CHENNAI-600005, TAMILNADU
NATIONAL LEVEL WEBINAR ON
Biology of Childhood Cancer
ORGANIZED BY NKT SCIENCE CLUB
ON 24TH MAY 2020 @ 3 PM TO 4 PM

Resource Person
DR.M.GOPINATHAN, MD.,DM.,
Senior Resident in
Hemato-oncology
Lucknow

Programme Organizer
DR.S.CHAMUNDESWARI
PRINCIPAL,
N.K.T.NATIONAL COLLEGE OF
EDUCATION FOR WOMEN

NKT Science Club
Co-ordinator
DR. V. JAYASHREE
PRIYADHARSINI
Assistant Professor
of Biological Science

Programme Co-ordinator
MRS.V.SRIJENI
Assistant Professor of Biological
Science

for free registration here
<https://forms.gle/3saSCJawocdcz2UcA>

Zoom App ID - 6054489910
PWD - 2554321

E-Certificates will be provided to all participants

24th May 2020

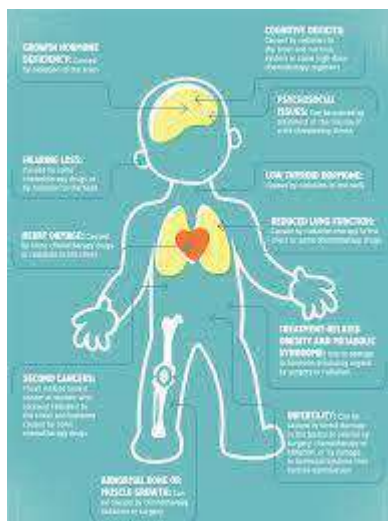

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NKT Science Club

Report on Community Extension & Outreach Activity

National Webinar on Biology of Childhood Cancer

24th May 2020



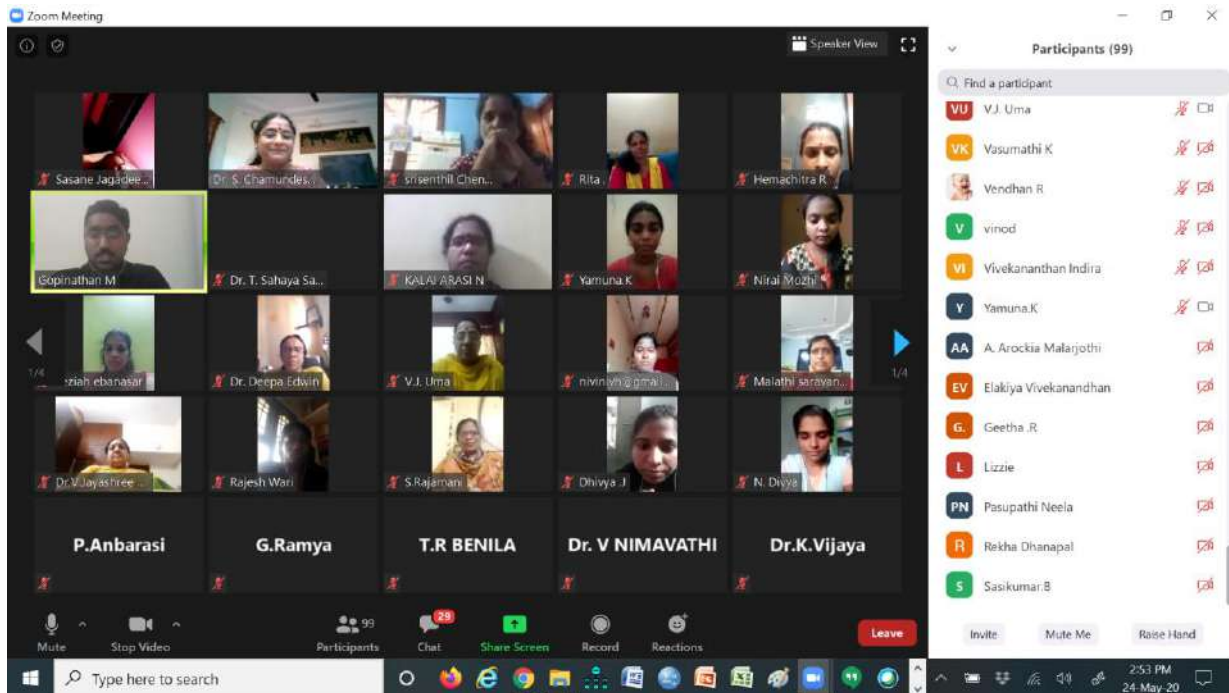
Cancer occurs in people of all ages including children. Approximately 50,000 children are diagnosed with cancer every year in India; that's about one child every 11 minutes. However, cancer in children is rare and is curable if detected early and treated effectively. Cancers in childhood are best treated at Paediatric cancer units by specialised disease management groups . Age group of 0-14 is considered as paediatric age group, some centres also consider age up to 18 years.

National Webinar on Biology of Childhood Cancer organized by the NKT Science Club

The National Webinar on Biology of Childhood Cancer was organized by the NKT Science Club on 24th May 2020. The Principal, Dr. S. Chamundeswari, addressed that Cancer is a group of related diseases. In all types of cancer, some of the body's cells begin to divide without stopping and spread into surrounding tissues.

Normally, new cells form as you need them, replacing old cells that die. Sometimes, this process goes wrong. New cells form when you don't need them, and old cells don't die when they should. The extra cells can form a tumor. Tumors can be benign or

malignant. Benign tumors aren't cancer while malignant ones are. Cells from malignant tumors can invade nearby tissues. They can also break away and spread to other parts of the body. Children can get cancer in the same parts of the body as adults, but there are differences.

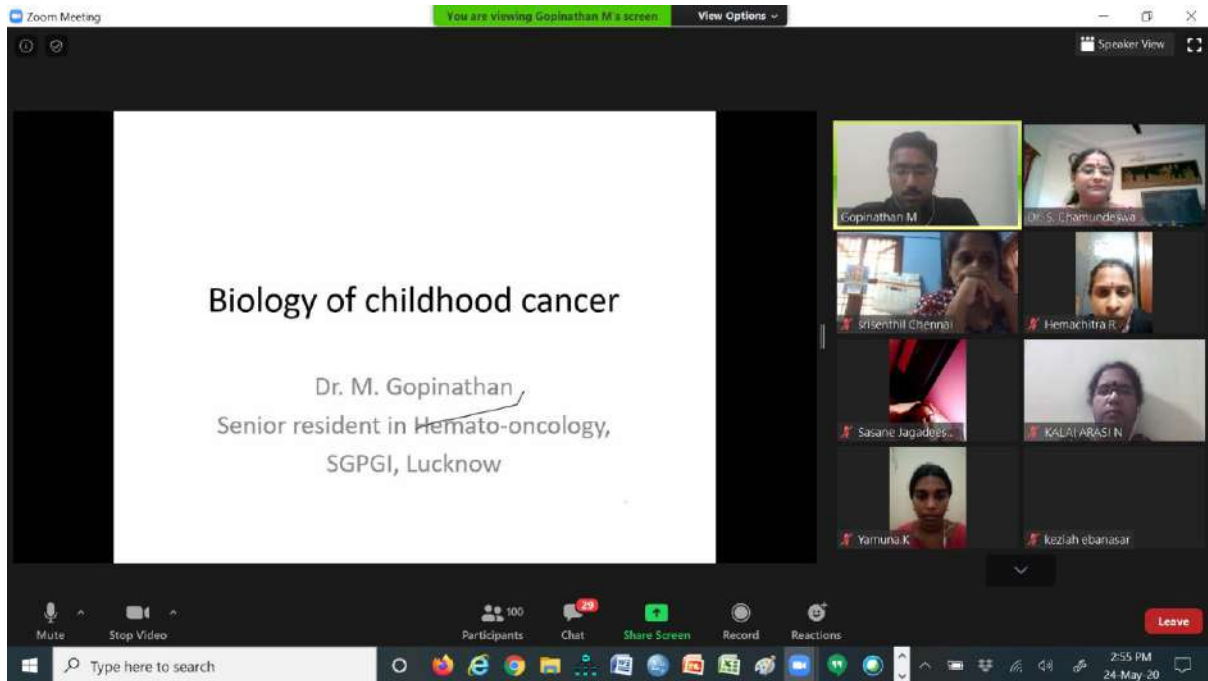


The Principal placed on record her gratitude to the Hon. Secretary of the College, Dr. M. Arumugam, a note of appreciation to the organizing team, Dr. V. Jayashree Priyadharsini and Mrs. V. Sridevi, Assistant Professors of our College and students, members of NKT Science Club and welcomed the Resource Expert of the Day, Dr. M. Gopinathan, Senior Resident, Department of Hemato-Oncology, Sanjai Gandhi Postgraduate Institute of Medical Sciences, Lucknow, Students, Faculty members, participants from other educational institutions, organizations and people who have participated from all over the country.

Dr. Gopinath was introduced and the session started. The doctor addressed that most common types of cancer diagnosed in children ages 0 to 14 years are eukemias, brain and other central nervous system (CNS) tumors, and lymphomas. NCI's Cancer Stat Facts include detailed cancer rate and trend information for certain types of childhood cancer.


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Cancer in children can occur anywhere in the body, including the blood and lymph node systems, brain and spinal cord (central nervous system, or CNS), kidneys, and other organs and tissues.

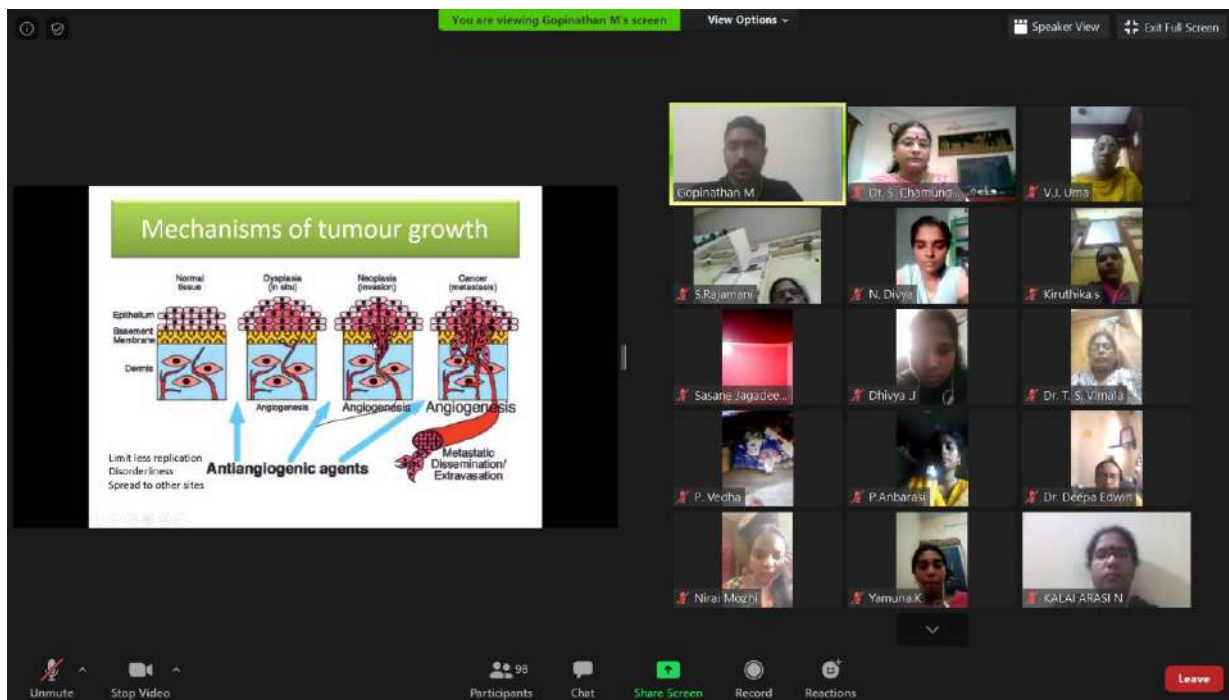


Most of the time, there is no known cause for childhood cancers. Childhood cancers may behave very differently from adult cancers, even when they start in the same part of the body.

Cancer begins when healthy cells change and grow out of control. In most types of cancer, these cells form a mass called a tumor. A tumor can be cancerous or benign. A cancerous tumor is malignant, meaning it can grow and spread to other parts of the body. A benign tumor means the tumor can grow but will not spread to distant parts of the body.

In leukemia, a cancer of the blood that starts in the bone marrow, these abnormal cells very rarely form a solid tumor. Instead, these cells crowd out other types of cells in the bone marrow. This prevents the production of:

- Normal red blood cells. Cells that carry oxygen to tissues.
- White blood cells. Cells that fight infection.
- Platelets. The part of the blood needed for clotting.

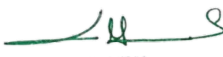


Common adult cancers (lung, breast, colon, and others) rarely occur in children or adolescents. Childhood cancers tend to be more aggressive than adult cancers.

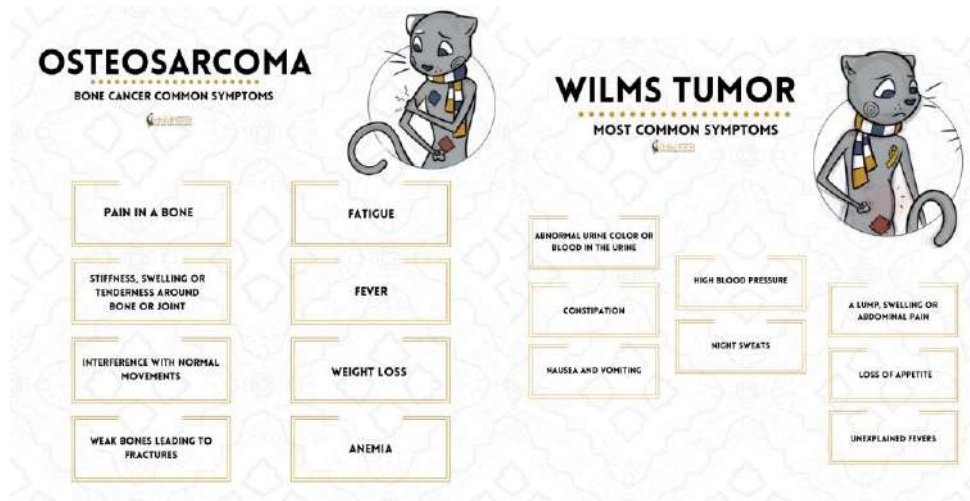
Childhood cancers are rare, and only specially-trained doctors have the knowledge and experience to properly treat them. In fact, your child needs to be treated by a multidisciplinary team of pediatric oncology physicians and specialists. The team includes the primary care physician, pediatric surgical sub-specialists, radiation oncologists, pediatric medical oncologists/hematologists, rehabilitation specialists, pediatric nurse specialists, social workers, and others. This approach ensures that your child will receive the treatment, supportive care, and rehabilitation therapies that will give them the best chance at both survival and a better quality of life.

Types of Childhood Cancer:

- Osteosarcoma (Bone Cancer)
- Brain Cancers (and Brain Stem Tumors)
- DIPG (a type of Brain Stem cancer)
- Leukemia (Blood Cancer)
- Hepatoblastoma (Liver Cancer)
- Lymphoma (Hodgkin's and Non-Hodgkin's)
- Neuroblastoma (Nerve Cancer)


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- Retinoblastoma (Eye Cancer)
- Rhabdoid Tumors
- Sarcomas (Soft Tissue Cancer)
- Spinal Cord Tumors
- Wilms Tumor (Kidney Tumors)



Programme Outcome and Feedback

The Programme was a very useful outreach programme. It had benefitted participants from various other educational institutions and in the Community throughout the country as it was well informed and understood that parents and all have to aware and watchful about the following symptoms:

- Continued, unexplained weight loss
- Headaches, often with early morning vomiting
- Increased swelling or persistent pain in the bones, joints, back, or legs
- Lump or mass, especially in the abdomen, neck, chest, pelvis, or armpits
- Development of a whitish appearance in pupil of the eye or changes in the vision
- Recurrent fevers not caused by infections
- Excessive bruising or bleeding (often sudden)
- Noticeable paleness or prolonged tiredness

Principal thanked and appreciated the doctor for such a informative session for the benefit of people all over India and once again appreciated the organizers.


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The Programme came to end with interactions among participants and formal vote of thanks and appreciation from participants.




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Reports on Local Community base Activities : 2018 - 2019



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

Report on Community Extension & Outreach Activity

Interactive Programme for Leprosy Eradication



30th August 2018


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TRIPPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity

Interactive Programme for Leprosy Eradication

30th August 2018



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


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

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



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

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



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

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

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

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

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

Programme Outcome and Feedback

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

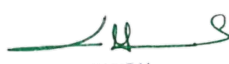

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The people in the community gave the feedback that the interactive programme was helpful in creating a better understanding about leprosy and were able to clear all doubts. The Programme was an eye opener to the public that in some cases, leprosy can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

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

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

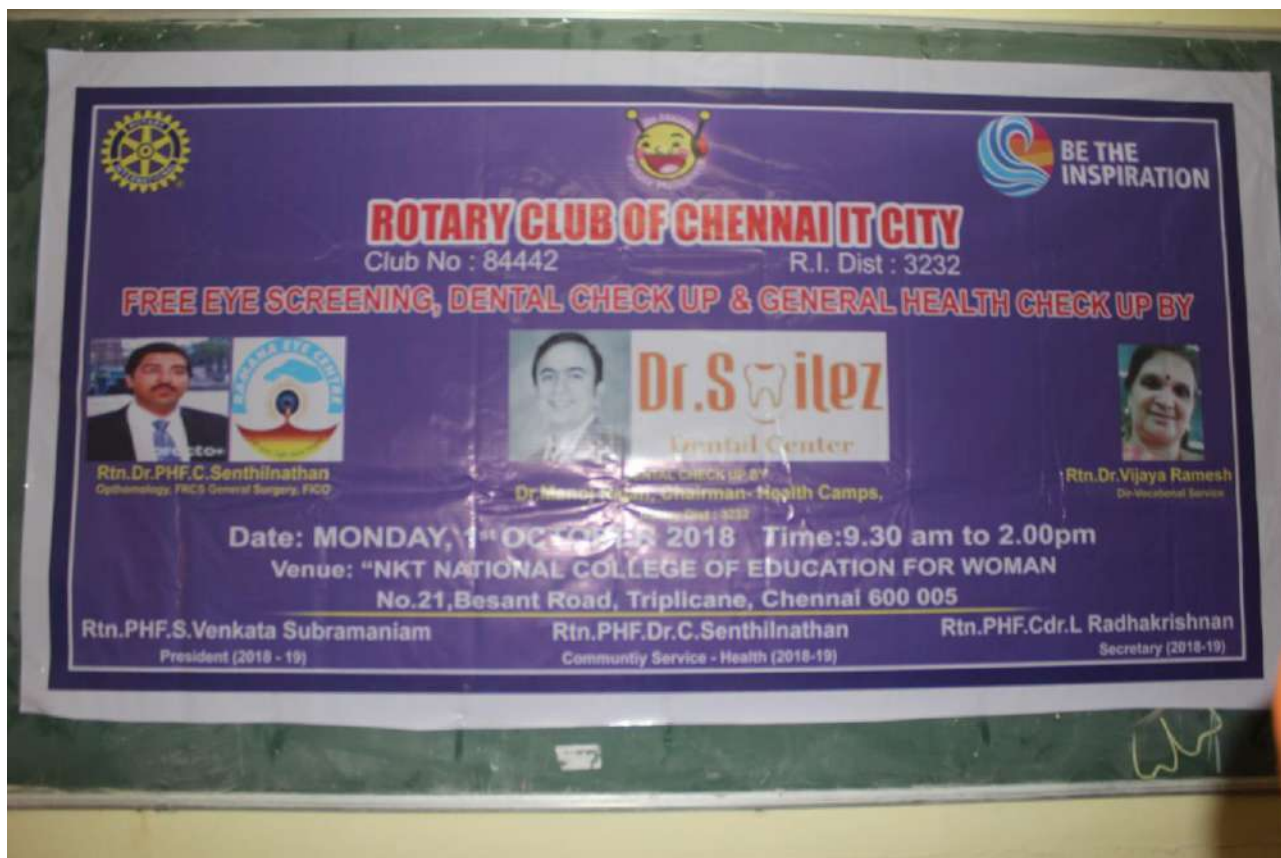



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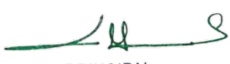


**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
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**Report on Community Extension & Outreach Activity
Medical Camp for Building Healthy Community through
Prevention and Care**



1st October 2018


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FOR WOMEN (AUTONOMOUS),
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Report on Community Extension & Outreach Activity
Medical Camp for Building Healthy Community through
Prevention and Care
1st October 2018



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

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

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

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

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



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

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

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

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

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

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

Other objectives are as stated below:

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

6. Refer medical cases towards surgeries if required.



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

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


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Programme Outcome and Feedback

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

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

She also thanked the President of the Local Community Welfare Association, Mr. M. Babu for granting permission and the General Secretary Mr. P.P. Narasimhan for extending support for the smooth and successful conduct of the programme.



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



2nd November 2018


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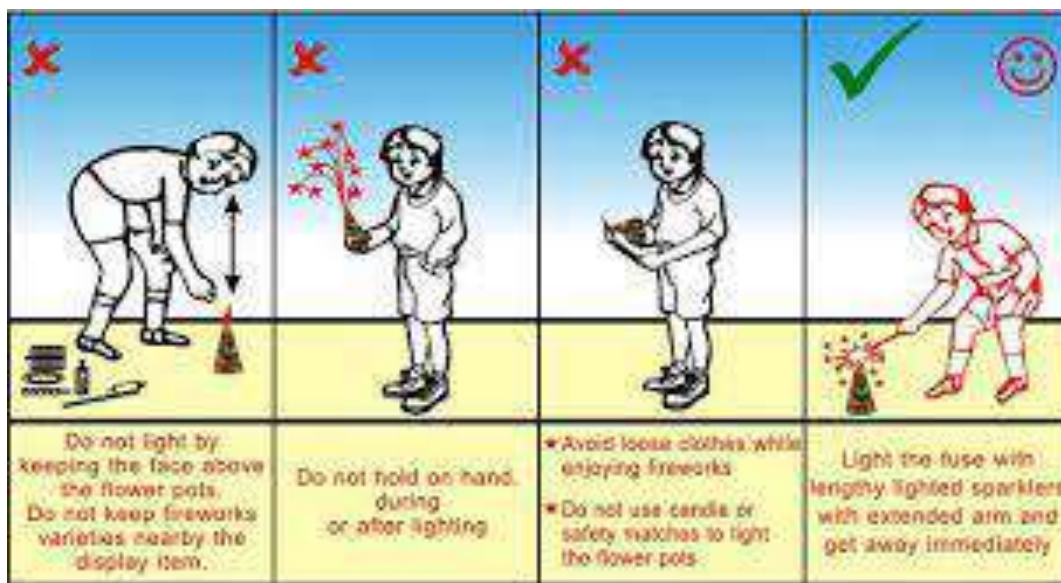
Report on Community Extension & Outreach Activity
Awareness Programme on Safe Diwali Celebration
2nd November 2018



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

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

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



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

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


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Firecracker safety

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

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

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

Programme Outcome and Feedback

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

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

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


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Report on Community Extension & Outreach Activity

Awareness Programme on Dengu Fever

16th November 2018



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

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

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

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

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

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

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

Global burden of dengue

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

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

Programme Outcome and Feedback

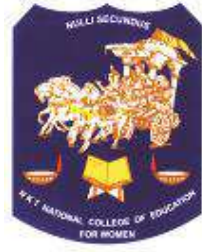


The people from the community expressed their fullest satisfaction for being benefitted out of this programme and for distributing the Kabasura Kudineer to all in the community.

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

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


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**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
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Report on Community Extension & Outreach Activity

₹ 1 Campaign for Gaja Cyclone



28th November 2018


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Report on Community Extension & Outreach Activity

₹ 1 campaign for Gaja Cyclone

28th November 2018



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


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

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

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



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

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

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




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

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

Programme Outcome and Feedback

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

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


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



17th December 2018


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Report on Community Extension & Outreach Activity

Campaign to Sensitize Community on Rights and Responsibilities of Consumers

National Consumer Rights Day

17th December 2018



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

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


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

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

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



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

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

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

Programme Outcome and Feedback



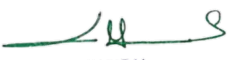
The people from the community expressed their fullest satisfaction for being benefitted out of this programme as they had gained a clear understanding of the Rights and Responsibilities of Consumers. They felt that educating the consumers about food safety and hygiene, food adulteration and the way to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

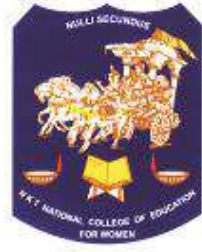

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The Programme was appreciated by the Heads of Practice Teaching Schools, school teachers, parents and people in the community.

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




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Report on Community Extension & Outreach Activity
Caring for the Aged



2nd February 2019


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FOR WOMEN (AUTONOMOUS),
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Report on Community Extension & Outreach Activity

Caring for the Aged

2nd February 2019



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

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

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

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



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


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

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


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Programme Outcome and Feedback



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

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


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


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**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
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**Report on Community Extension & Outreach Activity
Mass Action Plan for National Adult Regeneration Programme
MANAR**



1st April 2019


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TRIPLICANE, CHENNAI-600 005.

Report on Community Extension & Outreach Activity

Mass Action Plan for National Adult Regeneration Programme

1st April 2019



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

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

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



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

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

Assessment of learning outcomes



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

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

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



Programme Outcome and Feedback

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

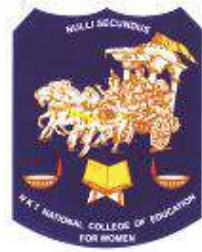

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The Programme was appreciated by the General Secretary of the Local Community Welfare Association, Mr. P.P. Narasimhan. He thanked the Principal, Teaching, Non-Teaching Staff and Students for organizing the programme for the benefit of the local community.

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
Campaign to Sensitize the Community on
Rights and Responsibilities of Consumers
National Consumer Rights Day**



22nd December 2017


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Report on Community Extension & Outreach Activity

Campaign to Sensitize the Community on Rights and Responsibilities of Consumers

National Consumer Rights Day

22nd December 2017



Every year in the month of December National Consumers Rights Day is observed with a specific theme in India. The observance of National Consumer Rights Day provides an opportunity for individuals to highlight the importance of the consumer movement and the need to make every consumer more aware of their rights. The day is Combating Food Adulteration, Food Safety Standards Authority of India will deliver the theme address.

Celebrated on 24th December every year, the formation of this day was held in 1986 under Consumer Protection Act. This day was made to protect consumer's rights and to make people aware about it. This step is one of those steps which the government took

to control the market exploitations interest is one of the most important activities for the Government and helps in ensuring accountability and efficiency for both the Government as well as the corporate sector.

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



Campaign to Sensitize the Community on Rights and Responsibilities of Consumers: National Consumer Rights Day organized by N.K.T. National College of Education for Women

As 24th December 2017 was a Sunday, around 192 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 the residential places on 22nd December 2017. The students sensitized the people in community about the following.


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Consumer Rights

The rights of a Consumer are as follows:

Right to Safety

Means right to be protected against the marketing of goods and services, which are hazardous to life and property. The purchased goods and services availed of should not only meet their immediate needs, but also fulfil long term interests. Before purchasing, consumers should insist on the quality of the products as well as on the guarantee of the products and services. They should preferably purchase quality marked products such as ISI, AGMARK, etc

Right to Choose

Means right to be assured, wherever possible of access to variety of goods and services at competitive price. In case of monopolies, it means right to be assured of satisfactory quality and service at a fair price. It also includes right to basic goods and services. This is because unrestricted right of the minority to choose can mean a denial for the majority of its fair share. This right can be better exercised in a competitive market where a variety of goods are available at competitive prices

Right to be Informed

Means right to be informed about the quality, quantity, potency, purity, standard and price of goods so as to protect the consumer against unfair trade practices. Consumer should insist on getting all the information about the product or service before making a choice or a decision. This will enable him to act wisely and responsibly and also enable him to desist from falling prey to high pressure selling techniques.

Right to Consumer Education

Means the right to acquire the knowledge and skill to be an informed consumer throughout life. Ignorance of consumers, particularly of rural consumers, is mainly responsible for their exploitation. They should know their rights and must exercise them. Only then real consumer protection can be achieved with success.

Right to be heard

Means that consumer's interests will receive due consideration at appropriate forums. It also includes right to be represented in various forums formed to consider the consumer's welfare. The Consumers should form non-political and non-commercial consumer organizations which can be given representation in various committees formed by the Government and other bodies in matters relating to consumers.

Right to Seek Redressal

Means right to seek redressal against unfair trade practices or unscrupulous exploitation of consumers. It also includes right to fair settlement of the genuine grievances of the consumer. Consumers must make complaint for their genuine grievances. Many a times their complaint may be of small value but its impact on the society as a whole may be very large. They can also take the help of consumer organisations in seeking redressal of their grievances.

As the markets are globalizing, the direct link between the manufacturer and the final user getting distant, post purchase grievances have to be heard through a strong redressal system. For this, **Consumer disputes redressal agencies (popularly known as Consumer Forums or Consumer Courts)** are set up under the Act at District, State and National level to provide simple and inexpensive quick redressal against consumer complaints. The District forum deals with complaints where the compensation sought is less than 23 lakhs. This limit is commonly known as the 'pecuniary jurisdiction' of the Consumer Redressal Forum. The State Forum deals with

the complaints where the value of the goods and services and compensation claimed does not exceed rupees one crore and the National Forum entertains the complaints where the value of the goods or services and compensation claimed exceeds rupees one crore.

The Consumer Forum can order the company to take the following actions once it hears the complaint and decides that the company is at fault:

- Correct deficiencies in the product to what they claim.
- Repair defect free of charges
- Replace product with similar or superior product
- Issue a full refund of the price
- Pay compensation for damages / costs / inconveniences
- Withdraw the sale of the product altogether
- Discontinue or not repeat any unfair trade practice or the restrictive trade practice
- Issue corrective advertisement for any earlier misrepresentation

Consumer Protection Act

An Act to provide for protection of the interests of consumers and for the said purpose, to establish authorities for timely and effective administration and settlement of consumers' disputes and for matters connected connected therewith.” (According to Consumer Protection Act, 2019).

“An Act to provide for better protection of the interests of consumers and for that purpose to make provision for the establishment of consumer councils and other authorities for the settlement of consumers' disputes and for matters connected therewith.”(According to Consumer Protection Act, 1986).

Consumer Protection Act, 1986 seeks to promote and protect the interest of consumers against deficiencies and defects in goods or services. It also seeks to secure the rights of a consumer against unfair or restrictive trade practices. This act was passed in Lok

Sabha on 9th December, 1986 and Rajya Sabha on 10th December, 1986 and assented by the President of India on 24th December, 1986 and was published in the Gazette of India on 26th December, 1986.

Consumer Responsibilities

The responsibilities of a Consumer are as follow:

Ask Yourself!

- Have you faced any problems as a consumer?
- Have you ever complained when you have had such a problem?
- Do you know that you could seek the assistance of a consumer group to protect your interests?

Be Critically Aware

- The responsibility to be more alert and to question more – about prices, about quantity and quality of goods bought and services used.

Be Involved

- The responsibility to be assertive – to ensure that you get a fair deal as a consumer. Remember, if you are passive, you are likely to be exploited.

Be Organized

- The responsibility to join hands and raise voices as consumers; to fight in a collective and to develop the strength and influence to promote and protect consumer interest.

Practice Sustainable Consumption

- The responsibility to be aware of the impact of your consumption on other citizens, especially the disadvantaged or powerless groups; and to consume based on needs – not wants.

Be Responsible to the Environment

- The responsibility to be aware and to understand the environmental consequences of our consumption. We should recognize our individual and social responsibility to conserve natural resources and protect the earth for future generations.

Consumer Rights Vs Responsibilities

S.No	Rights	Responsibility
1	Right to be heard	1. Ensure that the company has provided you the contact details of the consumer grievance handling system and are easily accessible. 2. Avoid purchase of products/services from a company which do not provide details of the consumer grievance officers to handle consumer grievances
2	Right to Redress	1. Ignoring the loss suffered on purchase of defective goods and services and not filing complaint encourages the corrupt business man to supply low standards or defective goods and services. Therefore file a complaint even for a small loss. File only a genuine complaint. 2. Consumer must file a complaint if not satisfied with the quality of product/services. 3. Claim the penalties/compensation as provided under rules and regulations to ensure that the quality delivery system improves. 4. Study carefully all terms and conditions related to return/replacement of defective goods, refund and warranty

S.No	Rights	Responsibility
		policies.
3	Right to Safety	1. While purchasing the goods or services, Consumer must look for standard quality mark such as ISI, Hallmark, Agmark, ISO, FSSAI , etc. 2. Do not buy any spurious/ fake/duplicate/ hazardous products
4	Right to Consumer Education/ Right to be Informed	1. Do not get carried away by advertisements only or believe on the words of the seller. Consumer must look market reviews/feedback. Similarly inform others if product and services of companies are of substandard. 2. Consumer must insist on getting complete information on the quality, quantity, utility, price etc. of the product or services. 3. Ask for complete contact details of the consumer grievance mechanism of the company the consumer wish to buy from
5	Right to Choose	1. Access the information available on various alternatives available for the product and services under purchase consideration. 2. Compare specifications, competition and fair prices of the goods and services before finalizing on the purchase 3. Study various feedbacks/reviews of the products/services

The student-teachers were separated into 5 groups and each group had a visit and conduct the following activities to bring awareness among community people.

1. Price discrimination compliance with Quality Expected

- Problems faced in Payment Through debit/ credit card, Acceptance of cash on delivery,

- Punctuality in delivery.

2. Online Investment fraud and consumer protection varying levels of consumer protection, consumer rights & obligations regulatory frame works

- unfair/misleading and fraudulent practices
- security challenges

3. Online trading /shopping –consumer grievances and redressals policies and implications

- dispute resolutions (multiparty responsibility)

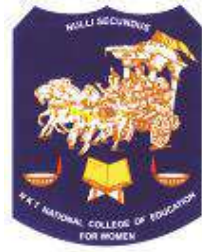
Programme Outcome and Feedback

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

The Programme was appreciated by the 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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(Autonomous)

Report on Community Extension & Outreach Activity
Caring for the Aged



21st February 2018


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

Report on Community Extension & Outreach Activity

Caring for the Aged

21st February 2018



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 steady security in an old age home gives them protection from intruders and helps them live a safe and secure life. One of the factors that make old age homes attractive to elders is the companionship. They are in constant company of people their own age. 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

A handwritten signature in green ink, appearing to be 'N.K.T.', is written above the printed name of the Principal.

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this group old age home is a necessity. There are three types of old age homes in India: those that are free for charge, those that are purely pay-and-stay, and homes that accommodate both paying and non-paying residents. We also need to visit an old age home to know an exact picture of the functioning of an old age home, profile of the inmates and the background of the organisers, their intentions in running the homes and the problems found by them.

Therefore to encourage the student-teachers to support the vulnerable group and to care for the aged our College students visit the old age home every year.

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



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.

Around 224 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 21st February 2018. 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 Anjugam 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.

Thus, 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.



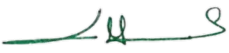
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Programme Outcome and Feedback

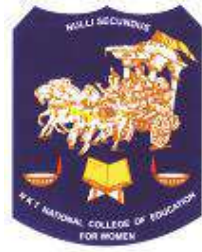
It is well understood that the common conditions in older age include hearing loss, cataracts and refractive errors, back and neck pain and osteoarthritis, chronic obstructive pulmonary disease, diabetes, depression and dementia.

As people age, they are more likely to experience several conditions at the same time and the time spent and the care given to the best by the students has 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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**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
(Autonomous)**

**Report on Community Extension & Outreach Activity
Medical Camp for Sensitizing Community on Health Issues**



26th March 2018

Report on Community Extension & Outreach Activity
Medical Camp for Sensitizing Community on Health Issues
26th March 2018



The main objective of a medical camp is to provide initial care to people in life-threatening conditions which reflect the unique strengths and goals of medical ethics. Free medical camps are initiated to bring awareness amongst the underprivileged people of the country. For those who don't have any facilities to basic healthcare services or knowledge about the diseases they are suffering from.

There are many medical camps which assure people the importance and objectives of conducting medical camps by providing free medical advice, medicine to the unfortunate people. And also by referring them for specialized treatment or surgery whenever it is required. These camps make sure that the people are getting healthcare at the correct time, and seeing a doctor early enough before a small health problem turns serious.

Medical Camp for Sensitizing Community on Health Issues organized by N.K.T. National College of Education for Women



Medical Camp for students and the people in the community was organized by the College on 26th March 2018 to carry out a limited health mediation amongst the underprivileged people. The poor attended these camps to get free check-up and treatment. Getting the appropriate kind of health checkup is very important for everyone. And during this process they take account on some important details like age, lifestyle, family background, and risks.

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

The Camp helped to provide free medical and surgical services to poor communities living in rural or urban areas. A special mobile team with varieties of medical specialized services was there to execute the camp. The main objective of the medical camp was to provide initial care to people in life-threatening conditions which reflect the unique strengths and goals of medical ethics. Other objectives are as stated below:

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

Programme Outcome and Feedback

The Medical camp was welcomed by the people in the community as it provided the poor population with overall physical examinations that included eyes and health check-ups, assessment of the functioning of vital organs like the heart, lungs etc.

The people in the community thanked the College for organizing the camp, because they earn a meager income and cannot afford expensive healthcare services offered by hospitals or clinics.

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 doctors for their time and expertise contributed for the welfare of the community, the President of the Local Community

Welfare Association, Mr. M. Babu for granting permission and the General Secretary Mr. P.P. Narasimhan for extending support for the smooth and successful conduct of the programme.




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



9th July 2016


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FOR WOMEN (AUTONOMOUS),
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Report on Community Extension & Outreach Activity

Awareness Programme 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 Programme 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

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.


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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.

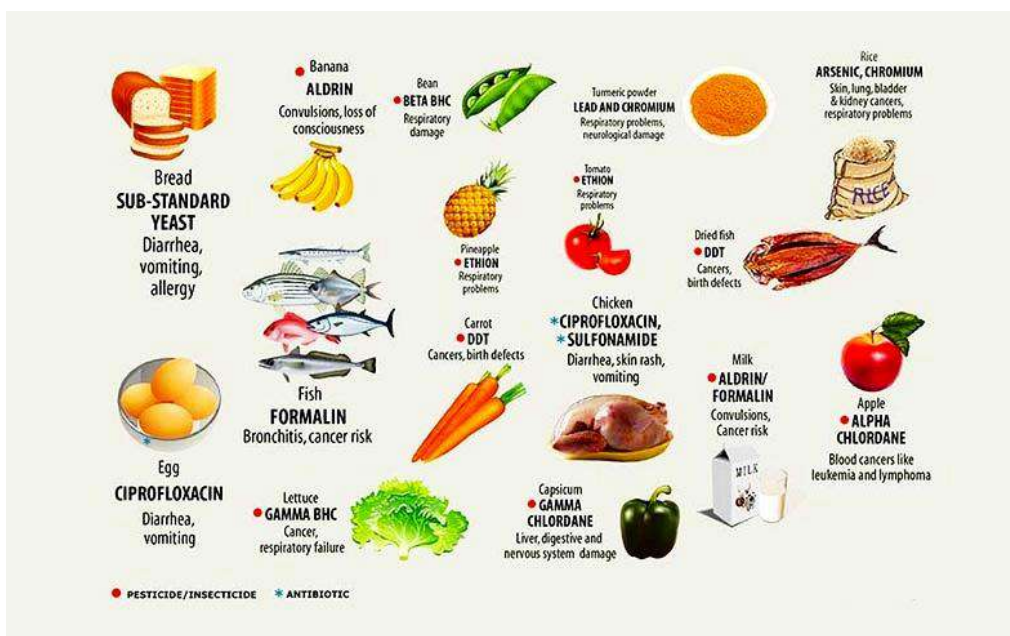
All these things too causes cancer, hormonal imbalance, heart disease, liver

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'.

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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TRIPPLICANE, CHENNAI-600 005.



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

**Report on Community Extension & Outreach Activity
Caring for the Aged**



10th July 2016

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

Report on Community Extension & Outreach Activity

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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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.





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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**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
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**Report on Community Extension & Outreach Activity
Campaign for Awareness on Fundamental Rights**



11th July 2016


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

Report on Community Extension & Outreach Activity

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

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.

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.

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

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

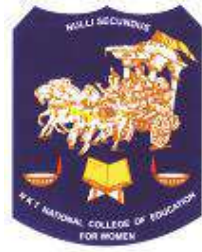
The programme made clear and aware among people that Fundamental rights are a group of rights that have been recognized by a high degree of protection from encroachment. These rights are specifically identified in a constitution, or have been found under due process of law.

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**



19th September 2016


PRINCIPAL
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FOR WOMEN (AUTONOMOUS),
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Report on Community Extension & Outreach Activity
Medical Camp for Building a Healthy Community through Prevention
and Care

19th 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

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

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.

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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**N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
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**Report on Community Extension & Outreach Activity
Eye Care and Donation Awareness Camp**



19th September 2016


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

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.

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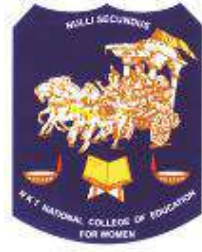
Since Cataract being the leading cause of blindness the focus of our camps is with identifying and treating cases with cataract. The service also includes providing correction for refractive errors. The eye camp was well equipped with all the necessary gears for examining the patients' eyes. We express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



N.K.T. NATIONAL COLLEGE OF EDUCATION FOR WOMEN
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Report on Community Extension & Outreach Activity
Awareness Programme for Safe Diwali Celebration



27th October 2016

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FOR WOMEN (AUTONOMOUS),
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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

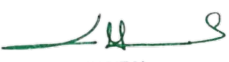
To sensitize and encourage the people from the nearby community our College organized an awareness campaign on Safe Diwali on 27th October, 2016.

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


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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.



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

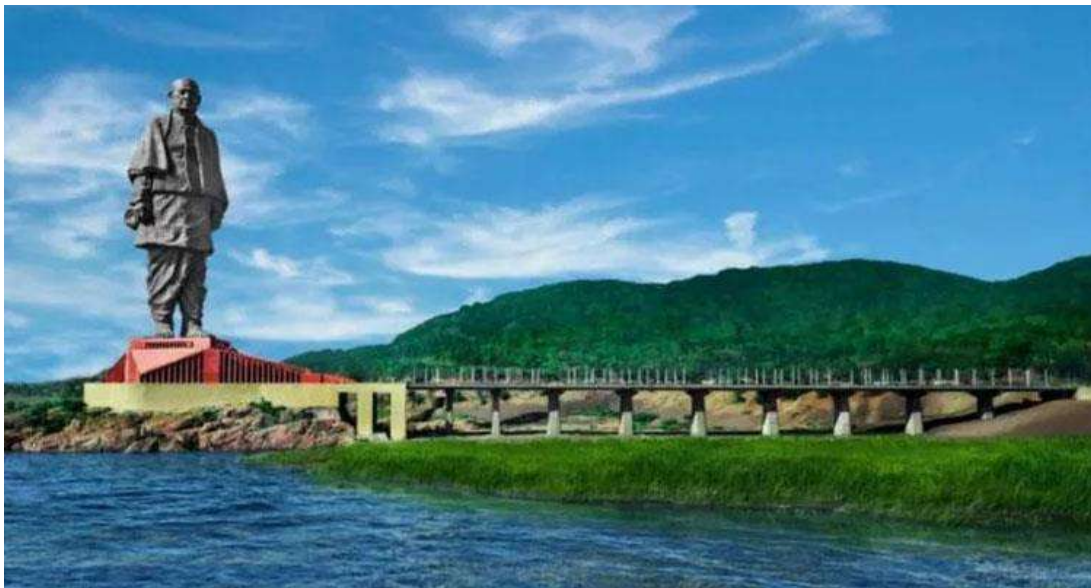
**Report on Community Extension & Outreach Activity
Rally for Sensitizing the Community on Unity and Integration
National Unity Day**



31st October 2016


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FOR WOMEN (AUTONOMOUS),
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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.

**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.

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.

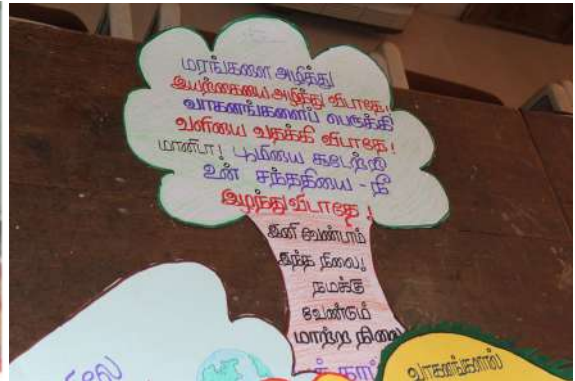
The Programme was appreciated by the General Secretary of the Local Community Welfare Association, Mr. P.P. Narasimhan. He thanked the Principal, Teaching, Non-Teaching Staff and Students for organizing the programme for the benefit of the local community.

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.



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

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),
TRIPLICANE, 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.

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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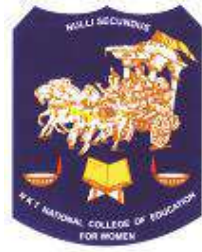
Programme Outcome and Feedback

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

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

Contribution of Ambulance Service to Health Care



30th March 2017


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

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.

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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