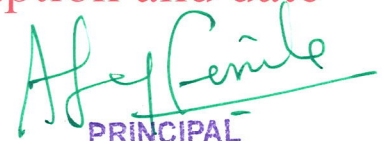


Criterion III – Research and Outreach activities

Key Indicator – 3.3 Outreach Activities

Metric No. 3.3.3 – Percentage of students participation IN National priority programmes such as Swachh Bharat, AIDs awareness, Gender Sensitivity, Yoga, Digital India, National Water Mission during the last five

Documentary evidence in support of the claim along with photographs with caption and date



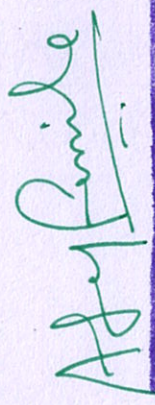
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Criterion III - Research and Outreach activities

Key Indicator – 3.3 Outreach Activities

STUDENTS PARTICIPATION IN NATIONAL
PRIORITY PROGRAMMES SUCH AS SWACHH
BHARAT, AIDS AWARENESS, GENDER
SENSITIVITY, YOGA, DIGITAL INDIA,
NATIONAL WATER MISSION DURING THE
LAST FIVE YEARS

ACADEMIC YEAR: 2018-2019



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Student participation in national priority programmes such as Swachh Bharat, AIDs awareness, Gender sensitivity, Yoga, Digital India, National Water Mission during the last five years

Academic Year 2018-2019

ACTIVITY 1

Date : 27.10.2018

Place : Tiruvallur town

Programme Category : Swachhta Bharath- clean India

Swachh Bharat, or Clean India, promotes sanitation, hygiene, and waste management nationwide. It aims to eliminate open defecation, improve waste disposal systems, and ensure clean public spaces. Through awareness campaigns, infrastructure development, and community participation, Swachh Bharat strives to create a healthier and more sustainable environment for all citizens.

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Swachhta Bharath- clean India at Thiruvallur town

27.10.2018



Ajay Perinbe

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Swachhta Bharath- clean India at Thiruvallur town

27.10.2018



Ajeffair

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ACTIVITY 2

Date : 01.12.2018

Place : Indhira College campus

Programme Category : RRC –AIDS awareness programme

The AIDS awareness programme for B.Ed students emphasized the importance of education, prevention, and destigmatization. Interactive sessions covered HIV transmission, prevention methods, and support resources. Through open dialogue and activities, students gained insights into addressing misconceptions and promoting inclusivity. The programme aimed to equip future educators with essential knowledge for fostering awareness and empathy.

RRC –AIDS awareness programme

1.12.2018

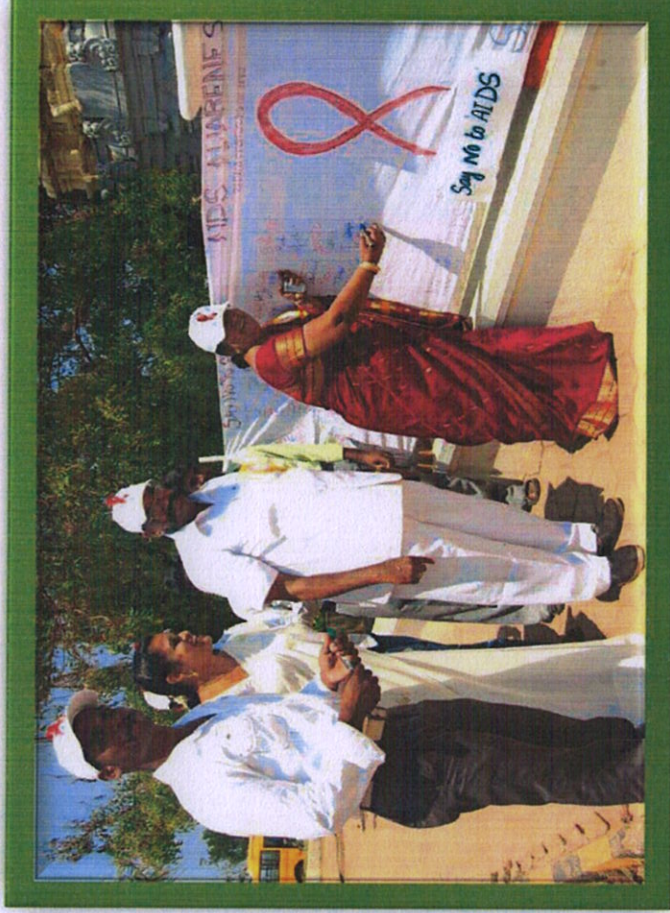


Ajeesha

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RRC -AIDS awareness programme

01.12.2018



Ajay Kumar

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ACTIVITY 3

Date : 22.12.2018
Place : Indhira College of Education
Programme Category : National Ramanujam Day

Celebrating National Ramanujan Day on 22.12.2018 at Indhira College of Education by department of mathematics sounds like a wonderful tribute to one of India's most brilliant mathematicians, Srinivasa Ramanujan. Ramanujan's contributions to mathematics, particularly in areas like number theory and infinite series, continue to inspire mathematicians worldwide.

National Ramanujam Day

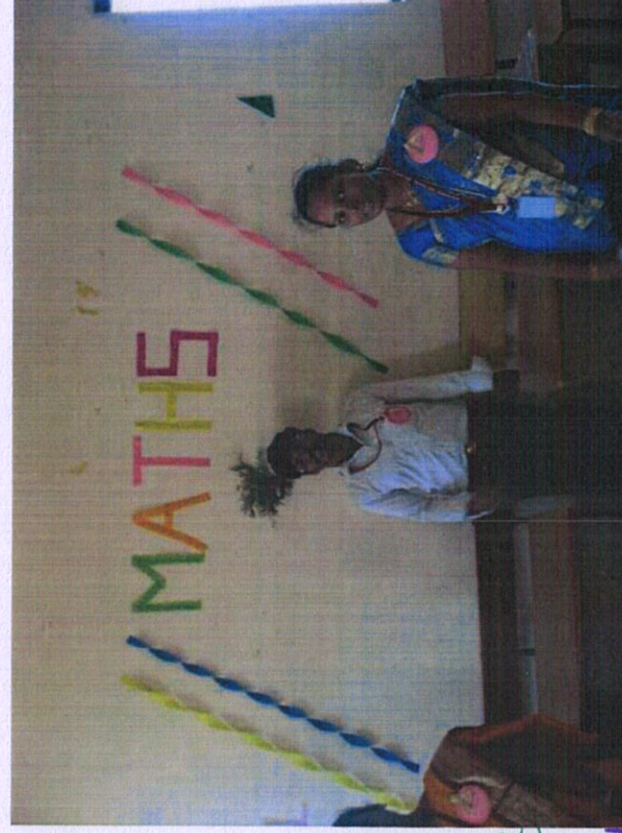
22.12.2018



Ajay Perinchi
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National Ramanujam Day

22.12.2018



Ajay Jeyaraj

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PANDUR, TIRUVALLUR-631 203

ACTIVITY 4

Date : 28.1.2019

Place : Thiruvallur District.

Programme Category : Marathan for Voters Day

Celebrating Voter's Day with 50 B.Ed students involves interactive sessions on civic responsibility, electoral processes, and the significance of voting. Activities include mock elections, discussions on voter rights, and promoting active participation in democratic practices, empowering future educators to instil civic values in their students.



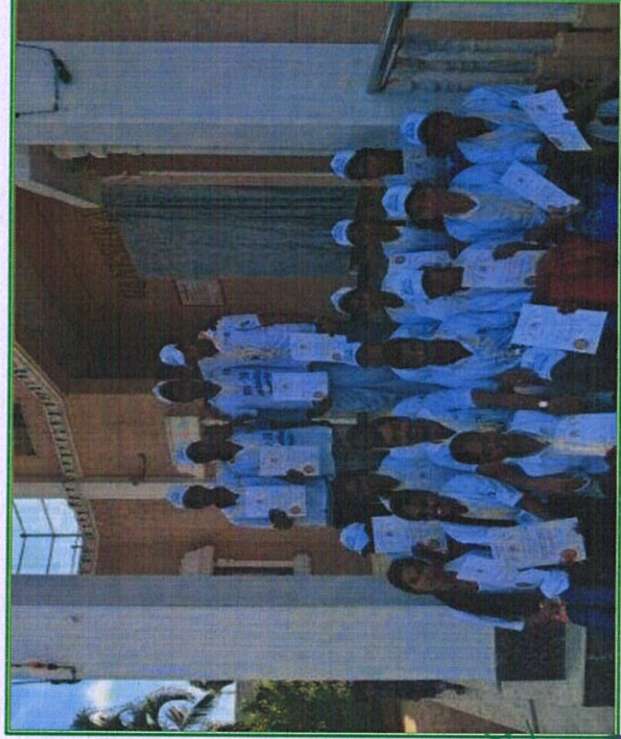
Marathan for Voters Day

Hef Centre

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Marathan for Voters Day

28.01.2019



A. Jeyaraj

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PANDUR, TIRUVALLUR-631 203**

ACTIVITY 5

Date : 02.02.2019

Programme Category : Yoga for Physical Health

B.Ed students enhances physical health, fostering flexibility, strength, and posture. These practices mitigate stress, promote relaxation, and improve overall well-being, preparing future educators to model and advocate for healthy lifestyles in their classrooms.



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Yoga for Physical Health

02.02.2019



Yoga for Physical Health 02.02.2019



Ajay Jennifer

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Yoga for physical health



A. Jeyaraj
PRINCIPAL
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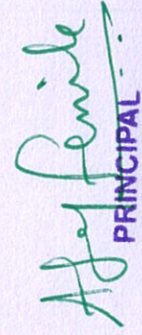
ACTIVITY 6

Date : 28.02.2019
Place : Indhira College of Education
Programme Category : National Science Day

National Science Day is celebrated in India on February 28th each year to commemorate the discovery of the Raman Effect by Indian physicist Sir C.V. Raman in 1928. This day is an opportunity to recognize the importance of science and its contributions to society.

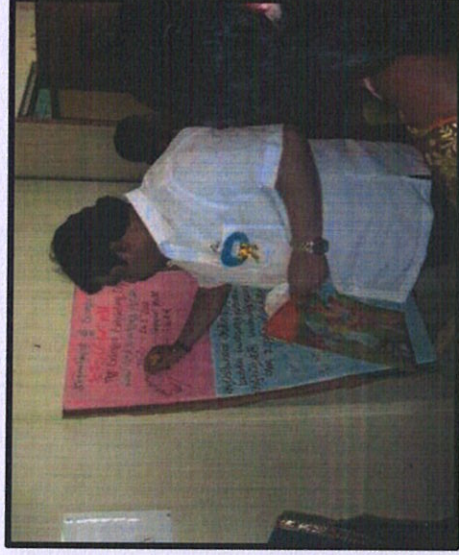
Indhira College of Education's celebration of National Science Day could include various activities such as:

1. Science exhibitions showcasing innovative projects, experiments, and research conducted by students and faculty.
2. Talks and seminars by eminent scientists and researchers on current scientific advancements and discoveries.
3. Hands-on workshops and demonstrations to engage participants in interactive learning experiences.
4. Competitions like science quizzes, debates, or model-making contests to encourage student participation and creativity.
5. Outreach programs to local schools or communities to promote scientific literacy and awareness.


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National Science Day

28.02.2019



Ajay Perinche

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PANDUR, TIRUVALLUR-631 203**

ACTIVITY 7

Date : 15.03.2019

Place : Indhira College of Education

Programme Category : Consumer Awareness Day – Rally at
Thiruvalagadu Village

Thiruvalagadu village celebrated Consumer Awareness Day with a vibrant rally. Participants marched through the streets, raising awareness about consumer rights and responsibilities. The event aimed to educate villagers on making informed choices and safeguarding against exploitation. It fostered a sense of empowerment among the community regarding consumer issues.



Ajay Fenuk

PRINCIPAL

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**Consumer Awareness Day –Rally at Thiruvalagadu Village
15.03.2019**



A. Jeyaraj

**PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203**

Criterion III - Research and Outreach activities

Key Indicator – 3.3 Outreach Activities

STUDENTS PARTICIPATION IN NATIONAL
PRIORITY PROGRAMMES SUCH AS SWACHH
BHARAT, AIDS AWARENESS, GENDER
SENSITIVITY, YOGA, DIGITAL INDIA,
NATIONAL WATER MISSION DURING THE
LAST FIVE YEARS

ACADEMIC YEAR: 2019-2020


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**Student participation in national priority programmes such as
Swachh Bharat, AIDs awareness, Gender sensitivity, Yoga,
Digital India, National Water Mission during the last five years.**

Academic Year 2019-2020

ACTIVITY 1

Date : 10.07.2019

Place : Indhira College of Education, Seminar Hall

Programme Category : Yoga

Mr. S. Dasaradhan's yoga class was a harmonious blend of physical practice, mindfulness, and spiritual exploration. With a serene ambiance, participants were guided through a series of asanas (postures) and pranayama (breathing exercises), promoting flexibility, strength, and inner peace. Mr. Dasaradhan's gentle yet firm instruction encouraged students to delve into their practice with mindfulness and awareness. Through his compassionate guidance, attendees found moments of stillness and connection, fostering a deeper understanding of the mind-body connection. His class left participants feeling rejuvenated, centered, and inspired to continue their journey towards holistic well-being.

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Yoga class

10.07.2019



Abhaya

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PANDUR, TIRUVALLUR-631 203



ACTIVITY 2

Date : 15.10.2019

Place : Seminar Hall, Indhira College of Education

Programme Category : YOUTH AWAKENING DAY

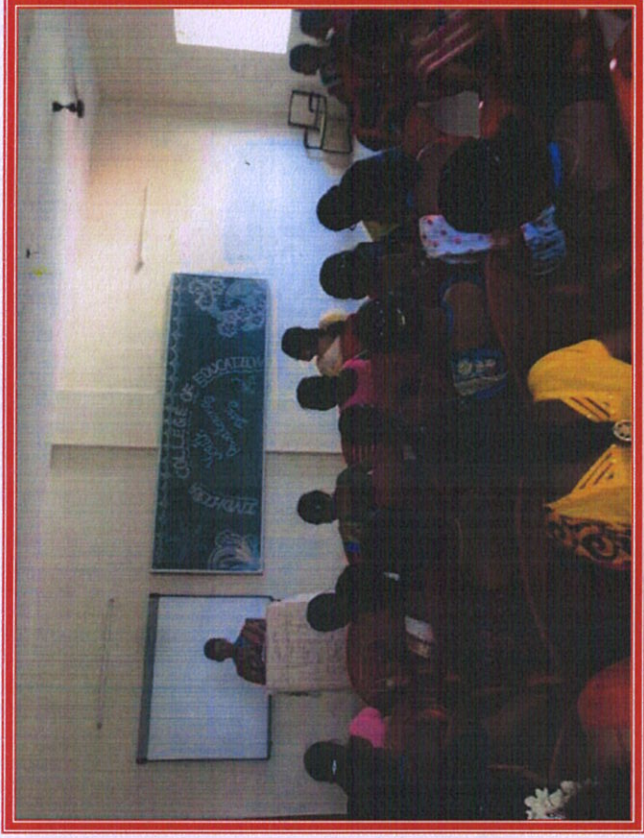
On Youth Awakening Day, Mrs. Radhika Vidyasagar delivered a compelling lecture on "The developmental ideas propounded by Dr. A.P.J. Abdul Kalam." She elucidated Dr. Kalam's visionary concepts on youth empowerment, education, and scientific progress. Mrs. Vidyasagar highlighted the importance of nurturing innovation and fostering a spirit of entrepreneurship among the youth, drawing from Dr. Kalam's own life experiences and teachings. Her engaging presentation inspired the audience to embrace Dr. Kalam's ideals and contribute towards societal development and progress. Overall, the lecture served as a poignant reminder of the transformative power of youth and their potential to shape a brighter future.



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**YOUTH AWAKENING DAY
15.10.2019**



Heel Perinde

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PANDUR, TIRUVALLUR-631 203

ELOCUTION COMPETITION

YOUTH AWAKENING DAY

15.10.2019

Lecture on "The developmental ideas propounded by Dr.A.P.J. Abdul Kalam"

Resource Person : Mrs. Radhika Vidyasagar



Ashy Parabe

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PANDUR, TIRUVALLUR-631 203**

ACTIVITY 3

Date : 28.10.2019

Place : Kaivandur Village

Programme Category : RRC- Rally on Consumer Awareness

Our B.Ed and M.Ed students organized an impactful awareness rally on consumer rights in Kaivandur village. With vibrant banners and informative materials in hand, the students traversed through the village, engaging residents in enlightening discussions. They elucidated key aspects of consumer protection laws, fair pricing, and product quality standards. The rally aimed to empower villagers with knowledge to make informed consumer decisions and advocate for their rights. The enthusiastic participation of both students and villagers fostered a sense of community awareness and responsibility. Overall, the rally served as a proactive initiative to promote consumer education and empowerment in Kaivandur village.

A. S. Parikh

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Rally on Consumer Awareness Day at Kaivandur Village

28.10.2019



Ajay Kankle
PRINCIPAL
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ACTIVITY 4

Date : 2.11.2019

Place : Indhira College of Education

Programme Category : YRC – Adult Literacy Programme

The Adult Literacy Programme aimed to promote literacy among adults through engaging activities. The Adult Literacy Programme for housekeeping at Indhira College of Education on 2.11.2029 aimed to enhance their literacy skills and promote personal development. Participants engaged in practical exercises and discussions, fostering a supportive learning environment. Through the programme, housekeeping gained confidence in their abilities and expressed enthusiasm for continued learning. The initiative not only contributed to their professional growth but also fostered a sense of inclusion and empowerment within the college community.

Adult Literacy Programme for housekeeping working in Indhira College of Education 2.11.2019

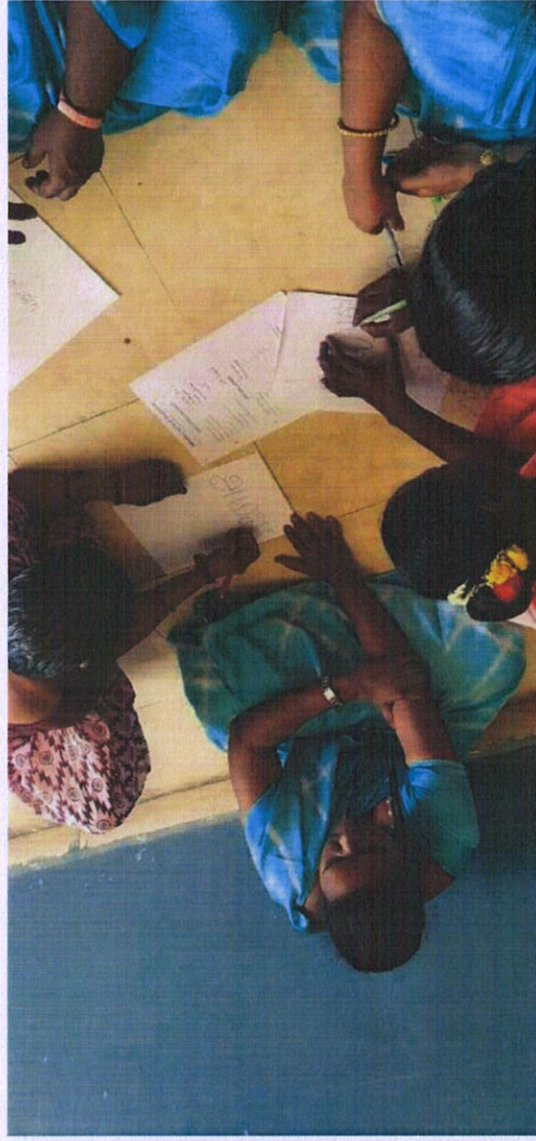


A. Jayaram

PRINCIPAL
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Adult Literacy Programme for housekeeping working in Indhira

College of Education 2.11.2019



Ajay Ramesh
PRINCIPAL
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ACTIVITY 5

SWACHHTA BHARATH - CLEAN INDIA

Date : 23.11.2019

Place : Indhira College Campus

Programme Category : Swachhta Bharath - clean India

Swachh Bharat, or Clean India, promotes sanitation, hygiene, and waste management nationwide. It aims to eliminate open defecation, improve waste disposal systems, and ensure clean public spaces. Through awareness campaigns, infrastructure development, and community participation, Swachh Bharat strives to create a healthier and more sustainable environment for all citizens.

CAMPUS CLEANING PROGRAMME UNDER SWACHHTA

BHARATH

23.11.2019



Ajay Kumar
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

ACTIVITY 6

Date : 01.12.2019

Place : Indhira College of Education

Programme Category : AIDS Awareness Rally at Kaivandur Village



Ajay Karim
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AIDS Awareness Rally at Kaivandur Village

1.12.2019



A. Jeyaraj

PRINCIPAL
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ACTIVITY 7

Date : 22.12.2019
Place : Indhira College of Education- Mathematics department

Programme Category : National Ramanujam Day

Indhira College of Education conducted National Mathematics Day on 22.12.2019 in department of mathematics. National Ramajum Day celebrates the legacy of Srinivasa Ramanujan, a renowned Indian mathematician whose ground breaking contributions continue to inspire mathematicians worldwide. Observed annually on December 22nd, this day commemorates Ramanujan's extraordinary achievements in number theory, mathematical analysis, and infinite series. His intuitive insights, despite minimal formal training, revolutionized various branches of mathematics.

Date : 22.12.2019
Place : Indhira College of Education

INDHIRA COLLEGE OF EDUCATION

Pandur, Thiruvallur Dist.

'DEPARTMENT OF MATHEMATICS'

"MATH DHWANI"

RAMANUJAM DAY CELEBRATION

on
22nd Dec 2019

H. J. Perithe

PRINCIPAL
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PANDUR, TIRUVALLUR-631 203

Quiz competition Participants Name List:

Team Name	Name of the Students
Sin Team	Janaki, Suchitra, Sasi
Cos Team	Manonmani, Chitra, Nandhini
Tan Team	Roseline shyny, Mohana Lakshmi, Ragini
Cosec Team	B.Priya, Vandana, Usha Rangini – M.Ed
Sec Team	Azhaguvelu, S.Rajesh, Kumerasan
Cot Team	P. Vani, Rajkumari, Purushothaman
Alpha Team	Kalaiarasan, Raguraman, Sangeetha
Beta Team	Abirami, Murugan, Thanigaivelan
Gamma Team	Suvijoy, Parijatham, Akila Devi
Sigma Team	Arumugam, Gowthami, Balakrishnan
Lamda Team	Kubendran, Ramesh, Vinoth

A. Jayaraj
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ACTIVITY 8
NATIONAL VOTERS DAY - RALLY

25.01.2020

Approval Form – Rally on National Voters Day

Department: NSS UNIT

Program: Rally on National Voters day

Objective: To make people aware about the right to vote.

Need: Spread awareness in the local nearby area and spread a impactful message among them

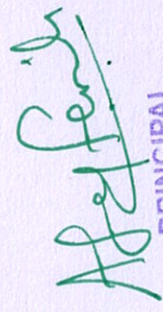
Content: Volunteers Spreading awareness about voting in the adopted area.

Date: 25th January, 2020

Proposed by: Ms. J. Lizzie

Verified by: Dr. Radhika Vidayasagar

Date of Approval: 19th January, 2022.



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Report: Rally on National Voters day

Event: Rally on National Voters day

Date: 25th January, 2020

Objectives: To aware the people about the right to vote.

Highlight: The NSS Unit of Indhira College of Education has organized a Rally on National Voters day. The volunteers assembled on the ground at 8am. The starting point of the rally was from college ground and the posters were distributed to the volunteers then the rally began the volunteers spread awareness in the local areas like volunteers covered Siruvanur village and Kadambathur village.

There were two slogan given “each one vote one” and the second one was “voting is my duty”. The rally ended at the college gate. The duration of the rally was 1 hour.

Total numbers of volunteers participated: 150

A. S. Sankar

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VOTER DAY – RALLY

25.01.2020

Kadambathur Village



Ajaykumar

PRINCIPAL
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PANDUR, TIRUVALLUR-631 203

ACTIVITY 9

Date : 17.02.2020

Place : Indhira College Campus

Programme Category : Anti Ragging (Gender Sensitivity)

The College has an Anti Ragging committee and the following faculty members have been designated to take care of the ragging grievance of the academic year 2019-2020. The students can convey their problems to the following faculty members over phone or in person or in written format.

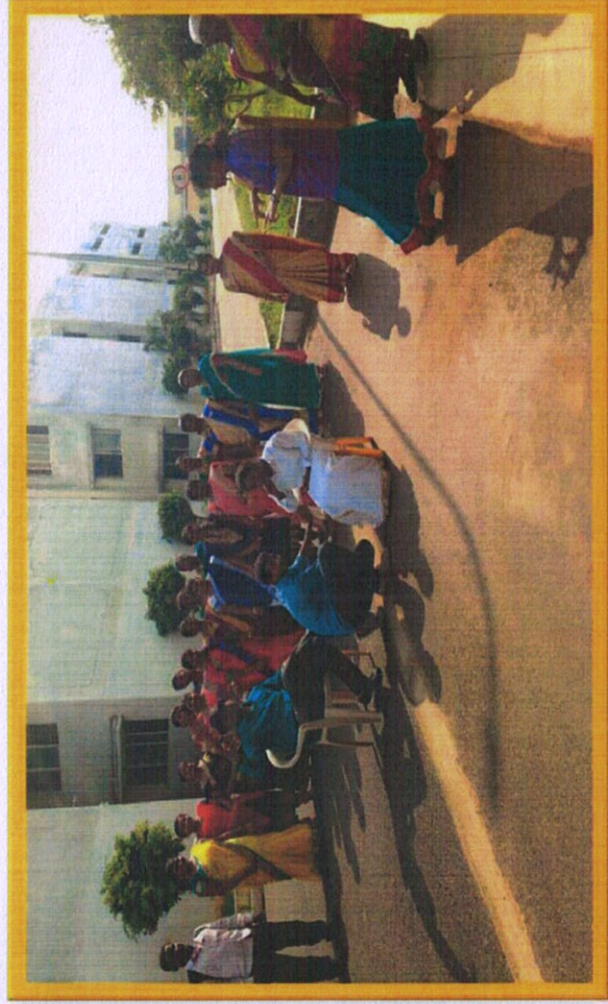
The students can also communicate their grievances directly to the Principal. The action will be taken immediately. The details of the committee members have been displayed in the college notice board for student reference, a suggestion box has been kept in the college entrance.

Ajay Firdle

PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

ANTI RAGGING AWARENESS PROGRAMME AND STREET PLAY

17.02.2020



Ajay Prasad

PRINCIPAL
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PANDUR, TIRUVALLUR-631 203

ACTIVITY 10

NATIONAL SCIENCE DAY SCIENCE EXPERIMENTS EXHIBITON

(Conducted by Science Department)

28.02.2020

National Science day celebrated on 28.02.2020 in Indhira College of Education, Department of Science. Students exhibit their experiments in the science exhibition. National Science Day is a fantastic opportunity to celebrate the wonders of science and promote scientific temper in the community. Hosting a science experiments exhibition is a great way to engage students and the public, showcasing innovative experiments, demonstrations, and projects that highlight various scientific principles and discoveries.

A. Jeyaraj
PRINCIPAL

INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

**NATIONAL SCIENCE DAY
SCIENCE EXPERIMENTS EXHIBITON**

(Conducted by Science Department)

28.02.2020



Ajay Perumal

**PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203**

**NATIONAL SCIENCE DAY
SCIENCE EXPERIMENTS EXHIBITION**

(Conducted by Science Department)

28.02.2020



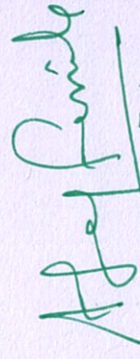
A. Jeyaraj
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

ACTIVITY 11

AWARENESS PROGRAMME ON AVOID PLASTIC

24.03.2020

Indhira College of Education organized an impactful awareness program to advocate for the reduction of plastic usage. The event, held on [insert date], aimed to educate students and the community on the detrimental effects of plastic pollution. Through informative presentations, interactive discussions, and visual aids, participants learned about sustainable alternatives and practical tips to minimize plastic consumption in daily life. Engaging activities, such as upcycling workshops and waste audits, highlighted the importance of responsible waste management.



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Awareness programme on "Avoid Plastic"

24.03.2020



Ajy female
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ACTIVITY 12

Date : 10.04.2020

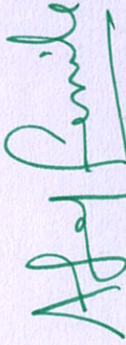
Programme Category : Traffic awareness programme

Indhira College of Education conducted Traffic Awareness Programme on 1.04.2020.

This program is aimed at raising public awareness about traffic rules and ultimately to reduce casualties due to road accidents.

The key objectives of celebrating 'National Road Safety Week' are; To create awareness and promote road safety in Colleges goers.

Road safety is a most common and important topic and has been added to various fields like education, social awareness etc, in to order to bring more awareness in the public especially among school and college students. Road safety is an issue that affects everyone in India. We all need to use the roads to get around- to school, to work, to the hospitals, to the shops, to the cinema. Most of us use the roads every day, as drivers, passengers, cyclists and pedestrians, and for many people driving is the main part of their job. It is essential therefore, to ensure that, as far as possible, we can all use the roads safely. The human and economic damage caused by road crashes is largely preventable.


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Traffic awareness programme

10.04.2020



Ajay Periyal

**PRINCIPAL
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PANDUR, TIRUVALLUR 203**

Criterion III - Research and Outreach activities

Key Indicator – 3.3 Outreach Activities

STUDENTS PARTICIPATION IN NATIONAL
PRIORITY PROGRAMMES SUCH AS SWACHH
BHARAT, AIDS AWARENESS, GENDER
SENSITIVITY, YOGA, DIGITAL INDIA,
NATIONAL WATER MISSION DURING THE
LAST FIVE YEARS

ACADEMIC YEAR: 2021-2022

A. S. Senthil

PRINCIPAL

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Digitally signed by A. S. Senthil



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Student participation in national priority programmes such as Swachh Bharat, AIDs awareness, Gender sensitivity, Yoga, Digital India, National Water Mission during the last five years

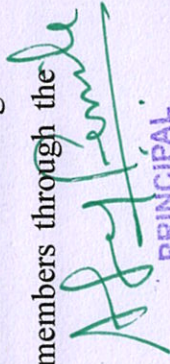
Academic Year 2021-2022

ACTIVITY 1

NATIONAL YOGA DAY CELEBRATION

21.06.2021

Indhira College of Education conducted yoga on 21.06.2021. Yoga experts Mr. S. Dasarathan guided attendees through asanas (poses), pranayama (breathing exercises), and meditation techniques, emphasizing their transformative effects on both body and mind. Additionally, workshops and discussions delved into the scientific principles behind yoga and its therapeutic benefits in managing stress, improving flexibility, and enhancing overall quality of life. The celebration underscored the college's commitment to nurturing a culture of wellness and self-care among its community members through the timeless practice of yoga.



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NATIONAL YOGA DAY CELEBRATION

21.06.2021



A. S. Sankar
PRINCIPAL
INDHIRA COLLEGE OF EDUCATION
PANDUR, TIRUVALLUR-631 203

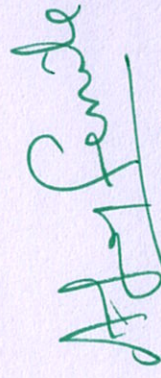
ACTIVITY 2

DISTRICT LEVEL WEBINAR - Swachhta & Health

CREATING AWARENESS ON ANTI TOBACCO DAY

16.08.2021

Indhira College of Education took a proactive stance in raising awareness on Anti-Tobacco. A Rally conducted on August 16, 2021, in Thirupachur village. The event was designed to educate the local community about the harmful effects of tobacco use and to encourage smoking cessation. Through engaging activities such as informative talks, skits, and poster exhibitions, participants were informed about the health risks associated with tobacco consumption and the benefits of quitting. Additionally, counseling sessions and distribution of informational materials were provided to support individuals in their journey towards a tobacco-free life. The initiative underscored the college's commitment to promoting public health and well-being in the community.



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CREATING AWARENESS ON ANTI TOBACCO DAY
RALLY ON 16.08.2021



Ajeeyam
PRINCIPAL

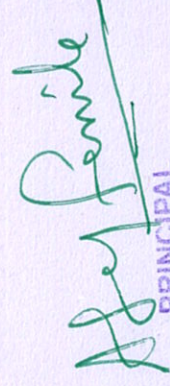
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ACTIVITY 3
COMMUNITY ENGAGEMENT MEDICAL CAMP
(SWACHH BHARAT)

Date : 26.09.2021

Place: Ilupur Village, Thiruvallur District.

Indhira College of Education organizing a medical camp in Ellupur village on September 26, 2021. Despite the challenges posed by the pandemic, the college ensured the safety and well-being of villagers by implementing strict health protocols. The medical camp provided essential healthcare services, including general check-ups, distribution of medicines, and vaccination where applicable. Medical professionals and volunteers worked tirelessly to address the health needs of the community and educate villagers about preventive measures against covid-19. The initiative reflected the college's dedication to serving society during challenging times.



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MEDICAL CAMP 26.09.2021



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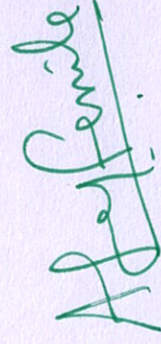


ACTIVITY 4

NATIONAL AIDS DAY - SKIT

1.12.2021

On National AIDS Day, Our B.Ed students of Indhira College of Education participated skit programme on 1.12.2021 showcased a compelling skit, shedding light on the importance of HIV/AIDS awareness and prevention. Through dramatic storytelling and powerful performances, the skit highlighted the realities of living with HIV/AIDS, the stigma associated with the disease, and the importance of compassion and support for those affected. The students creatively conveyed key messages about practicing safe sex, getting tested, and challenging misconceptions surrounding HIV/AIDS. By engaging and educating their audience, the skit aimed to inspire positive behavior change and foster empathy towards individuals living with HIV/AIDS. The performance exemplified the college's commitment to promoting awareness and combating the spread of HIV/AIDS in the community.



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NATIONAL AIDS DAY – SKIT PROGRAMME

1.12.2021



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ACTIVITY 5
NATIONAL SCIENCE DAY
TREE PLANTATION AT PANAPAKKAM VILLAGE

28.02.2022

On National Science Day, Indhira College of Education organized a tree plantation drive at Panapakkam village, on 28.02.2022 emphasizing the vital connection between science and environmental conservation. On this special occasion, students, faculty, and local residents came together to plant a variety of native trees, promoting biodiversity and sustainability. Through hands-on participation, participants learned about the ecological benefits of trees in mitigating climate change, conserving soil, and enhancing air quality. The event also included informative sessions on the importance of preserving natural habitats and adopting eco-friendly practices in daily life.

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TREE PLANTATION ON NATIONAL SCIENCE DAY

28.02.2022



A. Jeyaraj

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Criterion III - Research and Outreach activities

Key Indicator – 3.3 Outreach Activities

STUDENTS PARTICIPATION IN NATIONAL
PRIORITY PROGRAMMES SUCH AS SWACHH
BHARAT, AIDS AWARENESS, GENDER
SENSITIVITY, YOGA, DIGITAL INDIA,
NATIONAL WATER MISSION DURING THE
LAST FIVE YEARS

ACADEMIC YEAR: 2020-2021

Ajay Fernando

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Student participation in national priority programmes such as Swachh Bharat, AIDs awareness, Gender sensitivity, Yoga, Digital India, National Water Mission during the last five years

Academic Year 2020-2021

ACTIVITY 1

INTERNATIONAL LEVEL WEBINAR (SWACHHTA & HEALTH)

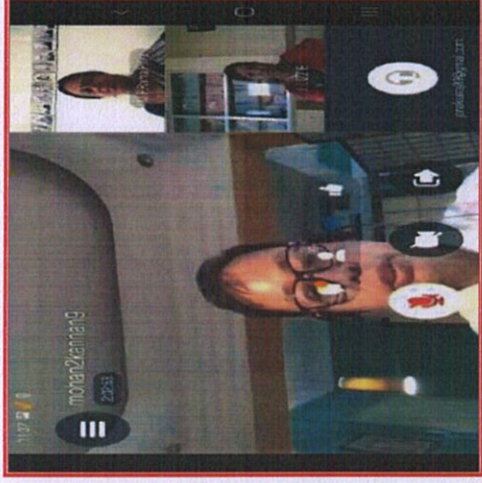
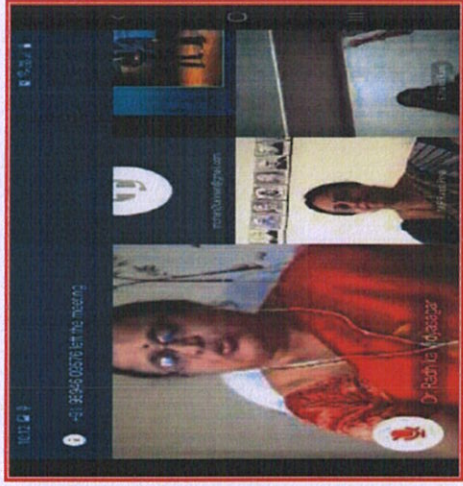
08.08.2020

International webinar on Introduction to Lean six sigma was our initial accomplishment which had added a feather to our crown. Upgrading ourselves with the changing times and cruising through the digital transformation in online learning a webinar was hosted were 484 participants benefited across the world through the free conference call platform. Lean Six Sigma is a concept on indentifying, sorting and removing the waste systematically to improve performance in all walks of life. Managing the wastes in whatever we do gains its signifance today. NSS unit of Indhira College of Education is proud that we had the privilege and opportunity of acknowledging the presentation of Mr.Thein Than Oo (Andrew), Associate Adult Educator, IAL -Skills Future Singapore served as the resource person.

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INTERNATIONAL LEVEL WEBINAR (SWACHHTA & HEALTH)

08.08.2020



A. Jeyaraj

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ACTIVITY 2

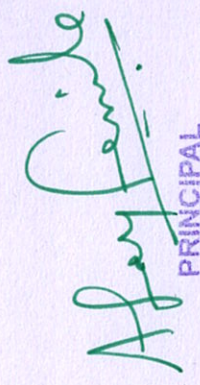
DISTRICT LEVEL WEBINAR (CREATING AWARENESS ON FUNDAMENTAL DUTIES)

Swachhta & Health

17.08.2020

We the Indhira College of Education in the motto of creating awareness on Fundamental duties of every citizen organized a District level webinar. Prospective Teachers were the target people who had the privilege of witnessing the presentations of Tr. Selvanadhan ,Principal District Judge, Thiruvallur District, Tmt. Saraswathi, Secretary/ Senior Civil Judge, DLSA Thiruvallur District and Prof.Udayakumar, Guest lecturer of Tamil Nadu Dr. Ambedkar Law University.

Ample inputs on fundamental duties of every citizen to uphold and protect the Sovereignty, Unity and Integrity of India was made known to the future teachers, Students participated enthusiastically and raised their doubts. Doubts were clarified by the honorable Judges. Vote of thanks was delivered by Dr.Radhika Vidyasagar, Principal, Indhira College of Education, Thiruvallur District. The total beneficiaries were 98 teacher educators.

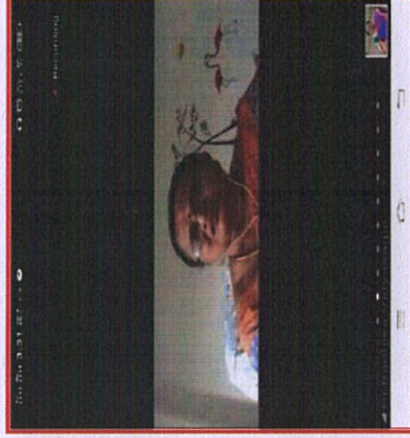


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**DISTRICT LEVEL WEBINAR (CREATING AWARENESS ON
FUNDAMENTAL DUTIES)**

Swachhta & Health

17.08.2020

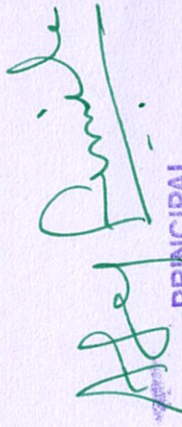


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ACTIVITY 3
SWACHHTA & HEALTH (TREE PLANTATION)

03.09.2020

We the NSS unit of Indhira College of Education is actively engaged in the extension activities serving the community. As a part our service, Afforestation is the best service one do to this environment.NSS of Indhira College of Education has stepped in to serve the environment by planting 700 trees in and around Pandur village. These saplings would be planted this whole week from (1.09.2020 to 7.09.2020).


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SWACHHTA & HEALTH (TREE PLANTATION)

03.09.2020



A. J. Parvathi
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ACTIVITY 4

NATIONAL RAMANUJAM DAY 22.12.2020

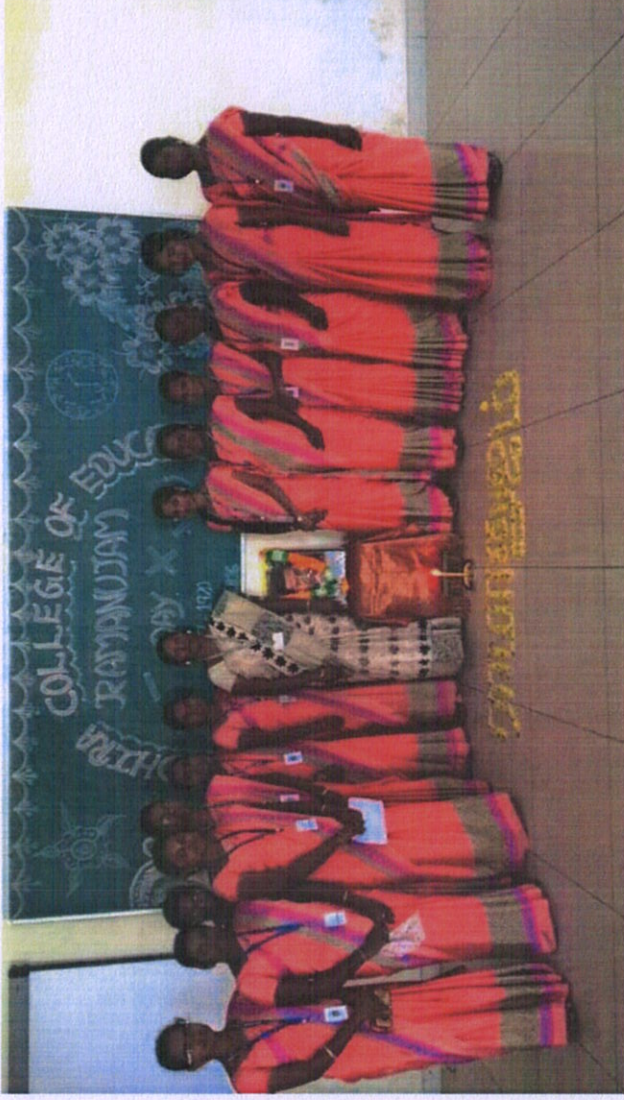
Ramanujam Day celebrated at Indhira College of Education held on 22.12.2020 by department of Mathematics

Every year, on **December 22**, India observes its National Mathematics Day in honour of Srinivasa Ramanujan, regarded as one of the greatest mathematicians to ever grace the planet. December 22, the birth anniversary of legendary mathematician Srinivasa Ramanujan (1887-1920), is celebrated as National Mathematics Day. The Mathematics Department in Indhira College of Education organized a vibrant celebration in honor of Ramanujan Day. On this special occasion, students and faculty gathered to pay tribute to the remarkable contributions of Srinivasa Ramanujan to the field of mathematics.

Students had the opportunity to engage in discussions about Ramanujan's life, his unique approach to mathematics, and the significance of his discoveries. The event also provided a platform for showcasing the talents of budding mathematicians through mathematical games and puzzles.


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**Ramanujam Day celebrated at Indhira College of Education held
on 22.12.2020 by department of Mathematics**



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ACTIVITY 5

ONLINE AWARENESS PROGRAMME FOR NATIONAL

VOTERS DAY

25.01.2021

Indhira College of Education conducting online awareness programme for national voters day on 25.01.2021 by Ms. J. Lizzie, Assistant Professor. The initiative aimed to enlighten participants about the significance of voting and active participation in the democratic process. Through a series of webinars, social media campaigns, and interactive sessions, Lizzie effectively conveyed the importance of exercising one's right to vote and making informed choices during elections.

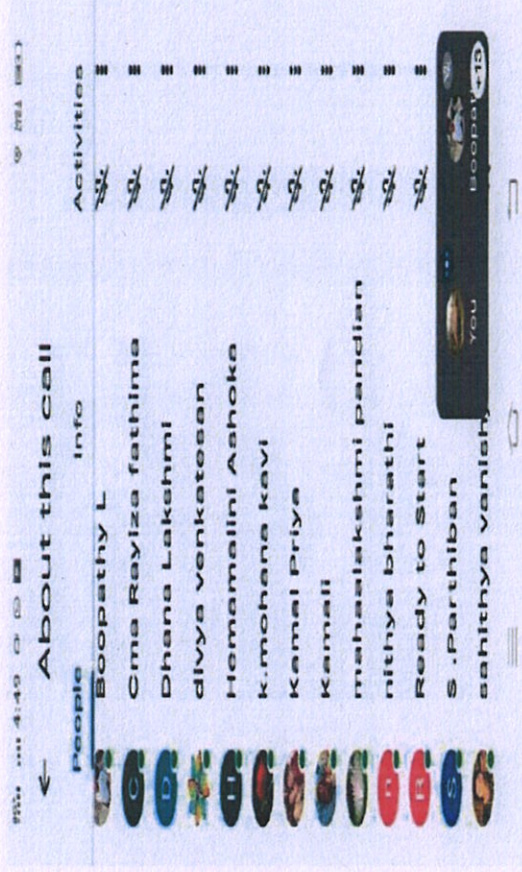
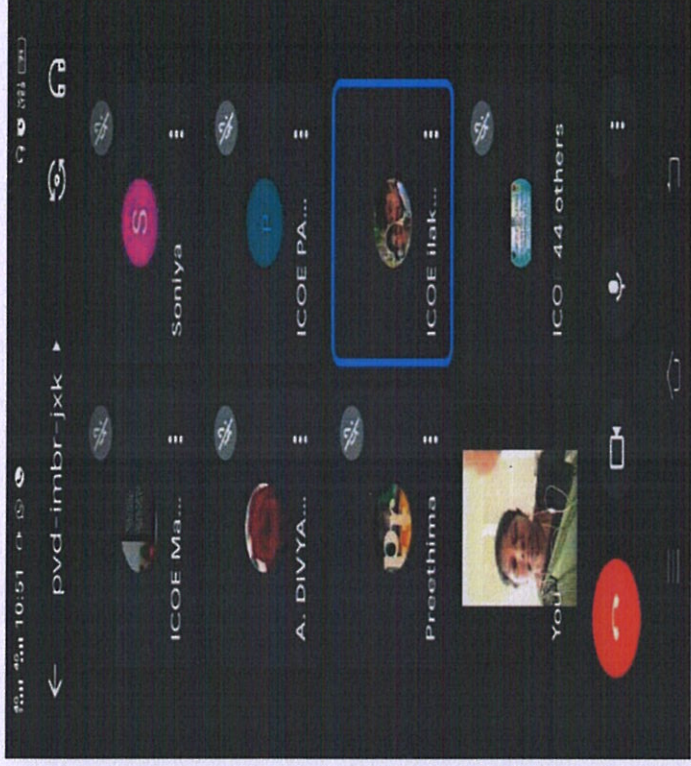


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ONLINE AWARENESS PROGRAMME FOR NATIONAL VOTERS DAY

25.01.2021



A. J. Fathima

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ACTIVITY 6

NATIONAL SCIENCE DAY CELEBRATED ON 28.02.2021

CONDUCTING ONLINE AWARENESS PROGRAMME ON COVID 19

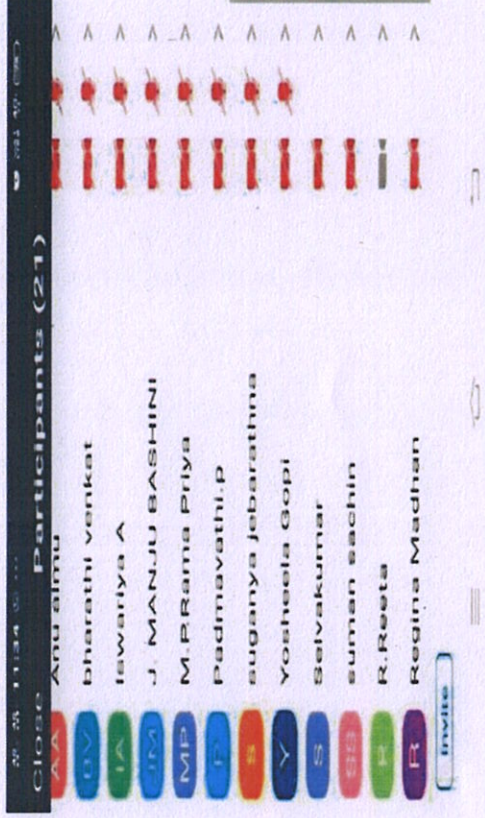
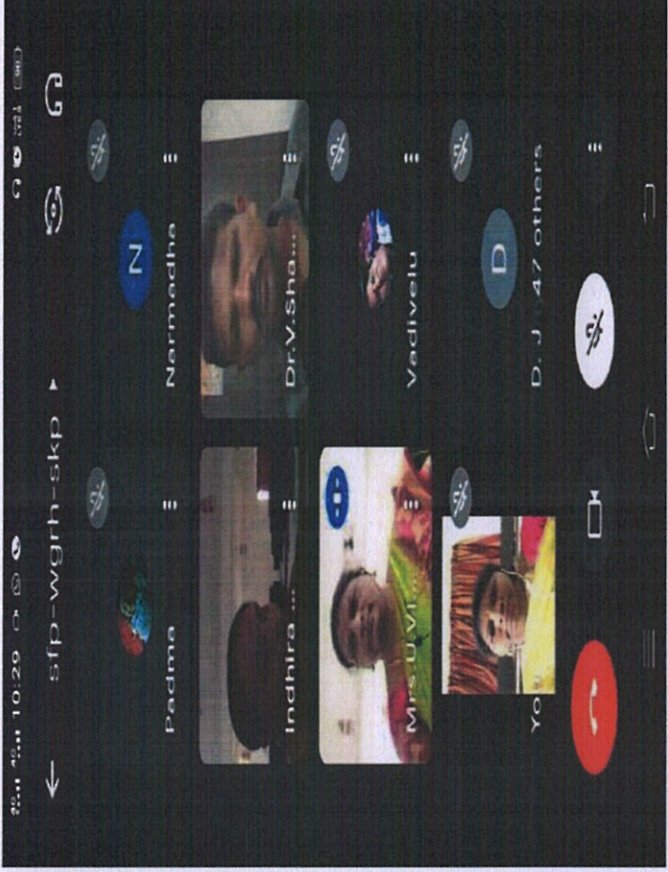
On National Science Day, February 28, 2021, Mrs. Rama Priya organized an online awareness program for COVID-19 at Indhira College of Education. The event aimed to disseminate crucial information about the pandemic, emphasizing preventive measures and scientific developments. Through interactive sessions and expert insights, participants gained a deeper understanding of the virus and its implications. Mrs. Rama Priya's leadership and dedication contributed to the success of the program, fostering community engagement and empowering individuals to make informed decisions regarding their health. The event served as a testament to the importance of leveraging scientific knowledge to combat global health challenges effectively.

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NATIONAL SCIENCE DAY CELEBRATED ON 28.02.2021

CONDUCTING ONLINE AWARENESS PROGRAMME ON COVID 19



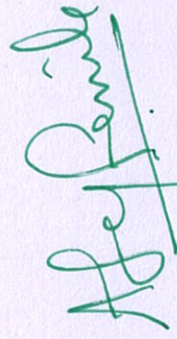
A. J. Sankar
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Criterion III - Research and Outreach activities

Key Indicator – 3.3 Outreach Activities

STUDENTS PARTICIPATION IN NATIONAL
PRIORITY PROGRAMMES SUCH AS SWACHH
BHARAT, AIDS AWARENESS, GENDER
SENSITIVITY, YOGA, DIGITAL INDIA,
NATIONAL WATER MISSION DURING THE
LAST FIVE YEARS

ACADEMIC YEAR: 2022-2023



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Student participation in national priority programmes such as Swachh Bharat, AIDs awareness, Gender sensitivity, Yoga, Digital India, National Water Mission during the last five years

Academic Year 2022 – 2023

ACTIVITY 1

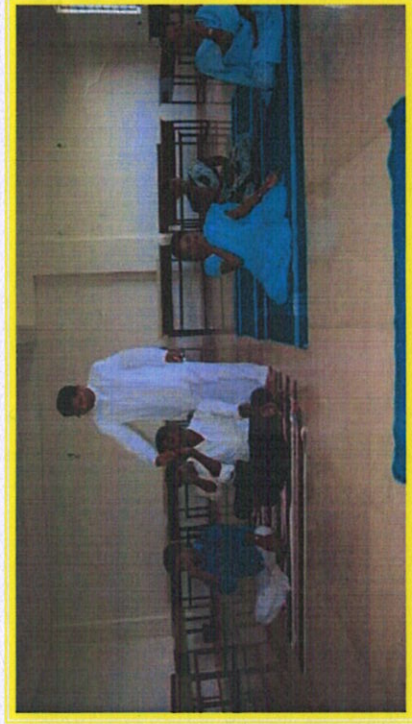
INTERNATIONAL YOGA DAY CELEBRATED BY INDHIRA COLLEGE OF EDUCATION ON 21.06.2022

Dr. Chandra Sekaran, a seasoned yoga trainer, led the commemoration of International Yoga Day on June 21, 2023, at Indhira College of Education. His expertise guided participants through various yoga asanas and breathing exercises, promoting physical and mental well-being. Under his instruction, students and faculty members enthusiastically embraced yoga's holistic benefits, fostering a sense of inner peace and rejuvenation. Dr. Sekaran's sessions emphasized the importance of yoga in managing stress and enhancing concentration, aligning with the day's global theme of wellness and unity. The event underscored yoga's timeless relevance in promoting harmony between mind, body, and spirit.

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INTERNATIONAL YOGA DAY CELEBRATED ON

21.06.2022



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ACTIVITY 2

NATIONAL YOUTH AWAKENING DAY

12.10.2022


In honor of the esteemed Dr. APJ Abdul Kalam's birthday, a visionary leader and advocate for youth empowerment and education, the B.Ed and M.Ed students of Indhira College of Education organized a Youth Awakening Day Rally. This event served as a tribute to Dr. Kalam's legacy and sought to inspire and empower students to actively contribute to societal progress. This report highlights the objectives, activities, outcomes, and future plans of the rally.

Objectives:

1. To commemorate the birthday of Dr. APJ Abdul Kalam and celebrate his contributions to youth empowerment and education.
2. To raise awareness among B.Ed and M.Ed students about the values and principles embodied by Dr. Kalam, including perseverance, innovation, and social responsibility.
3. To inspire students to emulate Dr. Kalam's commitment to excellence, leadership, and service to society.
4. To foster a sense of civic responsibility and encourage students to become proactive agents of positive change in their communities.

Activities:

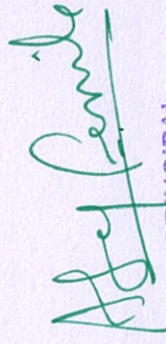
1. **Rally March:** Led a spirited rally through the streets, carrying banners, placards, and portraits of Dr. Kalam, while chanting slogans that encapsulated his ideals and vision for India's youth.


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Outcomes:

1. **Tribute and Inspiration:** The rally served as a fitting tribute to Dr. APJ Abdul Kalam, inspiring students with his exemplary life and teachings, and motivating them to strive for excellence in their endeavors.

Conclusion: The Youth Awakening Day Rally organized by B.Ed and M.Ed students of Indhira College of Education was a heartfelt tribute to Dr. APJ Abdul Kalam's enduring legacy and a celebration of youth empowerment and inspiration. By honoring Dr. Kalam's values and teachings, the event inspired students to embody the spirit of leadership, innovation, and service in their own lives, contributing to a brighter future for themselves and society as a whole. Moving forward, the students remain committed to carrying forward Dr. Kalam's vision and making a positive impact in their communities and beyond.



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YOUTH AWAKENING DAY – RALLY 12.10.2022



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ACTIVITY 3

PLASTIC FREE TOMORROW: A RALLY ADVOCATING FOR SUSTAINABLE

PRACTICES BY B.ED AND M.ED STUDENTS

NSS – YELLOW BAG RALLY 29.10.2022

In response to the pressing need for environmental conservation and sustainable practices, the B.Ed and M.Ed students of Indhira College of Education organized a Yellow Bag Rally as part of the "Plastic-Free Tomorrow" campaign. The rally aimed to raise awareness about the detrimental effects of plastic pollution and promote eco-friendly alternatives among the local community. This report encapsulates the objectives, activities, outcomes, and future prospects of the event.

Objectives:

1. To raise awareness about the adverse effects of plastic pollution on the environment and human health.
2. To encourage the adoption of sustainable practices, including reducing, reusing, and recycling plastic.
3. To engage the local community in collective action towards a plastic-free future.
4. To inspire behavioral change and promote the use of eco-friendly alternatives to plastic.

Activities:

1. **Yellow Bag Distribution:** Distributed reusable yellow bags to participants and community members as symbols of commitment to reducing plastic usage.
2. **Rally March:** Organized a colorful rally through the streets, carrying banners, placards, and wearing yellow attire to attract attention and spread the message of plastic-free living.

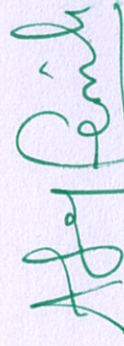


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Outcomes:

1. **Increased Awareness:** The rally succeeded in reaching a wide audience, sparking conversations about plastic pollution and sustainability within the community.
2. **Behavioral Change:** Many participants expressed a willingness to reduce their plastic usage and adopt eco-friendly practices in their daily lives.
3. **Community Empowerment:** The event fostered a sense of solidarity and collective responsibility among participants, motivating them to take proactive steps towards a plastic-free future.
4. **Public Support:** The initiative garnered support from local stakeholders, including businesses and policymakers, signaling a growing commitment to addressing plastic pollution at the grassroots level.

Conclusion: The Yellow Bag Rally organized by B.Ed and M.Ed students of Indhira College of Education exemplifies the power of collective action and community engagement in addressing environmental challenges. By raising awareness, promoting behavioral change, and fostering community empowerment, the event has laid the groundwork for a more sustainable and plastic-free tomorrow. Moving forward, the students remain committed to advocating for environmentally responsible practices and inspiring positive change in their communities.



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YELLOW BAG RALLY ON 29.10.2022



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ACTIVITY 4

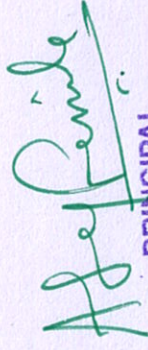
NATIONAL AIDS DAY CELEBRATED ON 1.12.2022

On AIDS Day, B.Ed and M.Ed students of Indhira College of Education organized an impactful oath-taking program dedicated to raising awareness about HIV/AIDS. The event commenced with a solemn ceremony where students, faculty, and community members gathered to pledge their commitment to fighting the stigma associated with HIV/AIDS and promoting awareness and prevention efforts.

Throughout the program, informative presentations, skits, and speeches were delivered, emphasizing the importance of safe practices, destigmatization, and access to healthcare services. Expert speakers provided valuable insights into the current status of HIV/AIDS and the significance of education in combating the disease.

The oath-taking segment was the highlight of the event, as participants solemnly vowed to uphold principles of inclusivity, support, and compassion towards individuals affected by HIV/AIDS. The program concluded with a renewed sense of purpose and solidarity among attendees, reaffirming their dedication to creating a more informed and supportive community.

Overall, the AIDS Day oath-taking program by B.Ed and M.Ed students at Indhira College of Education served as a poignant reminder of the on going fight against HIV/AIDS and the crucial role that education plays in shaping a healthier and more compassionate society.



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NATIONAL AIDS DAY – OATH TAKING PROGRAMME 1.12.2022



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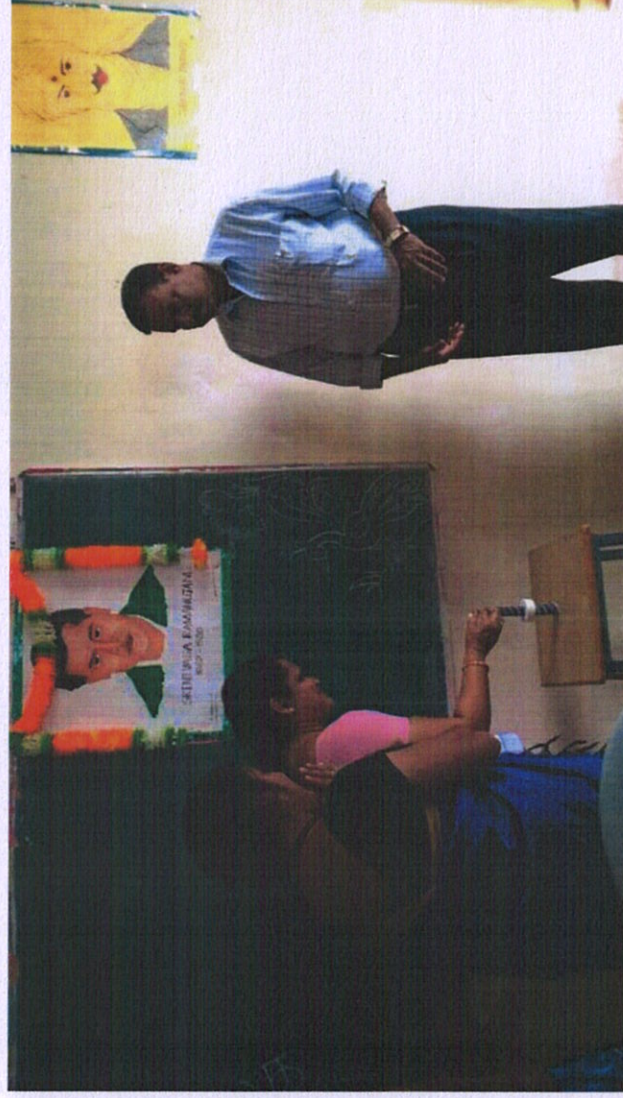
ACTIVITY 5
NATIONAL RAMANUJAM DAY CELEBRATED BY
DEPARTMENT OF MATHEMATICS

22.12.2022

On December 22, 2022, the Department of Mathematics commemorated Ramanujam Day, celebrating the extraordinary contributions of the renowned mathematician Srinivasa Ramanujan. The event showcased Ramanujan's life, work, and mathematical legacy through various activities such as lectures, seminars, and quiz competitions. Eminent mathematicians and scholars delivered insightful talks, shedding light on Ramanujan's mathematical brilliance and his impact on the field. Students actively participated, displaying their enthusiasm and passion for mathematics. The event served as a platform to inspire and educate the academic community about Ramanujan's unparalleled genius, fostering a deeper appreciation for mathematics and its profound significance in our lives.

RAMANUJAM DAY CELEBRATION

22.12.2022

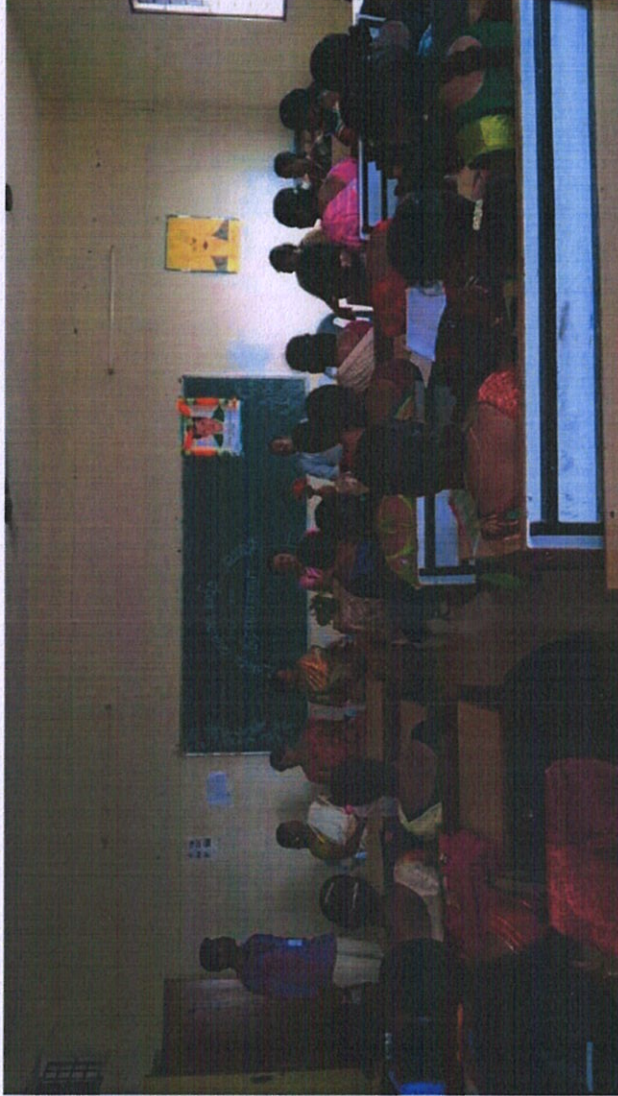


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RAMANUJAM DAY CELEBRATION

22.12.2022

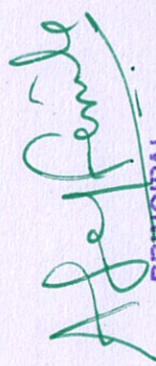


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ACTIVITY 6

SWACHH BHARAT - CLEAN INDIA PROGRAMME ON 27.01.2023

On January 27, 2023, Indira College of Education hosted a significant event dedicated to the Swachh Bharat (Clean India) campaign. The initiative, championed by the Indian government, aims to promote cleanliness and hygiene across the nation. The event witnessed enthusiastic participation from students, faculty, and local community members. Various activities such as cleanliness drives, awareness sessions, and competitions were organized to highlight the importance of maintaining cleanliness in our surroundings. The event served as a platform to in still a sense of responsibility towards cleanliness and to encourage active participation in the Swachh Bharat mission, fostering a cleaner and healthier environment for all.


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SWACHH BHARAT - CLEAN INDIA PROGRAMME

27.01.2023



Ajay Kumar

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ACTIVITY 7

NATIONAL SCIENCE DAY – EXHIBITION

28.02.2023

Indhira College of Education celebrated National Science Day on February 28, 2023, with a vibrant exhibition showcasing the wonders of science. The event served as a platform for students and faculty to demonstrate innovative projects and experiments across various scientific disciplines. From cutting-edge research to interactive demonstrations, the exhibition provided a stimulating environment for learning and discovery. Attendees were treated to engaging displays, hands-on activities, and insightful presentations, fostering a deeper appreciation for the role of science in our daily lives. The event underscored the college's commitment to promoting scientific education and fostering a culture of curiosity and exploration.

NATIONAL SCIENCE DAY – EXHIBITION

28.02.2023

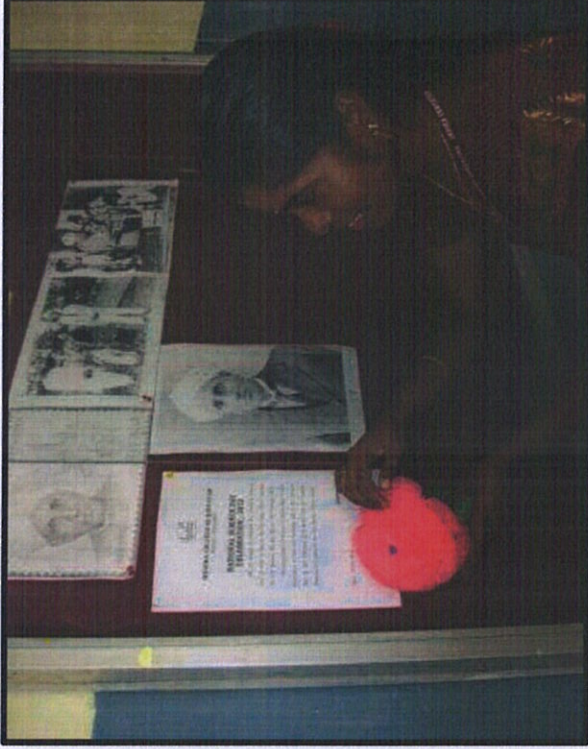


Ajay Periyasamy

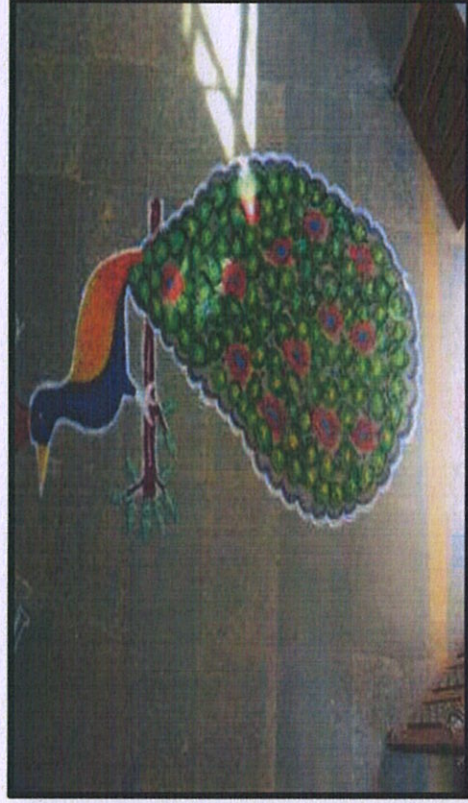
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NATIONAL SCIENCE DAY – EXHIBITION

28.02.2023



Display board decoration on National Science Day



Welcome Rangoli for National Science Day

Ajay Fensile
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ACTIVITY 8

NATIONAL CONSUMER DAY CELEBRATED ON 15.03.2023

CONDUCTED RALLY

B.Ed and M.Ed students organized a dynamic Consumer Awareness Rally in Kaivandur Village, showcasing their commitment to community education. Colorful banners and spirited chants characterized the procession, as students engaged villagers with informational materials on consumer rights and fair trade practices. Interactive skits vividly illustrated common consumer issues. The rally culminated in a gathering where students delivered impassioned speeches, emphasizing the importance of informed decision-making. Esteemed guests Panchayat President Mr. S. Murugan, enriched the discourse. This impactful event empowered villagers with knowledge to make informed choices, exemplifying the students' dedication to fostering responsible consumerism and positive change within the community.



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RALLY ON CONSUMER AWARENESS DAY - 15.03.2023



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ACTIVITY 9

TRAFFIC AWARENESS - NATIONAL ROAD SAFETY WEEK

11.01.2023 TO 17.01.2023

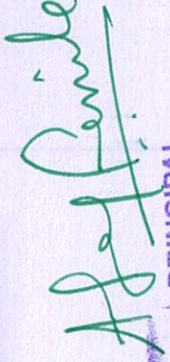
Indhira College of Education celebrated Road Safety Awareness Week with fervor, emphasizing the importance of safe practices on the road. Demonstrations on helmet and seatbelt usage, pedestrian safety, and responsible driving habits were organized to educate participants. The week-long event also featured campaigns highlighting the dangers of speeding, drunk driving, and distracted driving. By actively promoting road safety, the college aimed to in still a sense of responsibility among its community members and contribute to creating safer roads for all.

The key objectives of celebrating 'National Road Safety Week' are;

- To create awareness and promote road safety in schools, colleges and to customers.
- Minimizing injuries and deaths because of road accidents by applying road safety measures including wearing seat belts and helmets.

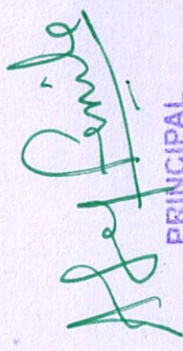
Based on recommendations of the WHO, following general safety tips if implemented would help make our roads safer:*

- ❖ Wear a helmet (of ISI standard) which is strapped on while riding a two-wheeler. Wearing a good quality helmet can reduce the risk of death by 42% and severe injury by approximately 70%.
- ❖ Wear seat belt (both driver and passenger) to avoid injury. Wearing a seat-belt reduces the risk of injuries and deaths among front seat occupants by 45-50% and rear-seat car occupants by 25-75%.
- ❖ Do not make children sit in front seats. Placing children in child restraints reduces the risk of death by at least 60%, particularly for children aged less than 4 years.
- ❖ Do not use mobile phones or other gadgets that can distract concentration while driving. Driver reaction times are 50% slower while using a telephone than without.
- ❖ Ensure the voice level of music systems are within safe audible limits.


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- ❖ Avoid unwanted honking on the road which may distract other vehicle drivers or pedestrians.
- ❖ Ensure your vehicle is properly serviced as per the vehicle maintenance frequency.
- ❖ Do not drive under the influence of alcohol. Drinking and driving increase the risk of an accident dramatically when the driver has a blood-alcohol concentration (BAC) of above 0.05 g/dl.

These are some important safety measures that everyone should follow in order to stay safe and secure. Also, it is very important to teach these safety measures to the children at an early age so that they can avoid unfortunate incidents in the future.



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ACTIVITY 10
ANTI DRUG ABUSE AWARENESS EXHIBITION

12.02.2023

Anti drug abuse awareness exhibition collaboration with Indira college of Nursing at Manavala Nagar on 12.02.2023.

Indhira College of Education hosted an impactful Anti-Drug Abuse Awareness Exhibition on February 12, 2022. The event aimed to educate students and the community about the dangers of drug abuse and addiction. The exhibition also provided resources for prevention and intervention, empowering participants to make informed choices and seek help when needed. By fostering dialogue and raising awareness, the college demonstrated its commitment to combating drug abuse and promoting a healthier, drug-free environment for all.



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