



# Emerald Heights College for Women

Affiliated to Bharathiar University, Coimbatore.

Re-Accredited with Grade B++ by NAAC (4<sup>th</sup> Cycle)

Finger Post, Ootacamund – 643 006

**3.3.3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., ( including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. and/or those organised in collaboration with industry, community and NGOs ) during the year**

## 1. INTERNATIONAL YOGA DAY

Name of the Activity	Venue	Date & Time	Resource person	NO. OF PARTICIPANTS
INTERNATIONAL YOGA DAY	EHC, AUDITORIUM	21.06.2024	MRS. POOSAPAN YASODHA	112

**REPORT :** International Yoga Day was celebrated at Emerald Heights College for Women, Fingerpost, Ooty on 21.06.2024 at 10 am . Mrs. Poosapan Yasodha, Associate Professor, Department of Chemistry was the resource person. 112 students and all the members of the faculty participated in the programme.





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## 2. INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

Name of the Activity	Venue	Date & Time	Resource person	NO. OF PARTICIPANTS
INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING	EHC AUDITORIUM	04.07.2024 11AM	DR. K. SUJATHA	125
<p><b>REPORT :</b> An awareness programme was conducted and pledge taken to create awareness against drug abuse and illicit trafficking among youth. Dr. K. Sujatha, Principal, Emerald Heights College for Women, Ooty was the resource person and she spoke about the impact and dangers of drugs and the importance of being aware of drugs among the youth. 125 students participated in the programme.</p>				
 <p>Ooty, Tamil Nadu, India Seagore road Butfire junction, Anna Nagar, Ooty, Tamil Nadu 643006, India Lat 11.416446° Long 76.673958° 04/07/24 11:07 AM GMT +05:30</p> <p>Google GPS Map Camera</p>				



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## 3. AWARENESS PROGRAMME ON POCSO

Name of the Activity	Venue	Date &Time	Resource person	NO. OF PARTICIPANTS
AWARENESS PROGRAMME ON POCSO	EHC AUDITORIUM	22.07.2024	MRS. ALLIRANI, SI, POLICE DEPARTMENT, OOTY	105
<p><b>REPORT :</b> An awareness programme was conducted on 22.07.2024 at 11.30 am at the college auditorium on POCSO. Mrs Allirani, Sub Inspector of Police, Ooty, The Nilgiris was the resource person and she spoke about how to defend themselves from the abuses of the society.</p>  <p>Ooty, Tamil Nadu, India Seagore road Butfire junction, Anna Nagar, Ooty, Tamil Nadu 643006, India Lat 11.41657° Long 76.673878° 22/07/24 11:52 AM GMT +05:30</p> <p>GPS Map Camera</p> 				



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## 4. AWARENESS ON DRUG ABUSE AND PLEDGE TAKEN

Name of the Activity	Venue	Date & Time	Resource person	NO. OF PARTICIPANTS
Awareness on drug abuse and pledge taken	EHC AUDITORIUM	12.08.2024	DR. RAMESH	110
<b>REPORT :</b> An awareness programme was held on 12.08.2024 at 11. 30 am at the college auditorium to create awareness on Drug Abuse and Illicit trafficking among the young students. A pledge was also taken by the students				



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## 5. AWARENESS ON POCSO AND SEXUAL HARASSMENT

Name of the Activity	Venue	Date & Time	Resource person	NO. OF PARTICIPANTS
<b>AWARENESS PROGRAMME ON POCSO AND SEXUAL HARASSMENT</b>	<b>EHC AUDITORIUM</b>	<b>03.09.2024</b> <b>11.30 am</b>	<b>DR. K. SUJATHA</b>	<b>94</b>
<b>REPORT :</b> An awareness programme on POCSO and Sexual Harassment was held on 03.09.24 for the college students at 11.30 am at the College Auditorium to create Awareness on the safety of Women and girl children. Awareness speech was given by Dr. K. Sujatha, Principal, Emerald Heights College for Women, Ooty.				



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## 6.RALLY ON SWACHHATA HI SEVA – CLEAN INDIA PROGRAMME

Name of the Activity	Venue	Date & Time	Resource person	NO. OF PARTICIPANTS
SWACHHATA HI SEVA – CLEAN INDIA	FROM EHC TO FINGERPOST JUNCTION	25.09.2024 1.30PM	VAIRAM , SANITARY INSPECTOR, HEALTH DEPARTMENT, OOTY	85

**REPORT :** A Rally was conducted on 25.09.2024 at 1.30pm from Emerald Heights College premises to the Fingerpost Bus stop Junction , Ooty. The rally was conducted in collaboration with Sanitary Health Department, Ooty, The Nilgiris





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## 7. AWARENESS ON KAVALAN SOS APP

Name of the Activity	Venue	Date & Time	Resource person	NO. OF PARTICIPANTS
Awareness programme on Kavalan SOS App	I BCOM CLASSROOM	30.09.2024 12PM	MRS. A. LAKSHMI & MRS. SEVANTHI, AWPS, OOTY	60
<b>REPORT :</b> An awareness programme on Kavalan SOS App was held at Emerald Heights College for Women at 12pm on 30.09.2024 At I BCom Classroom. Mrs. A. Lakshmi & Mrs. Sevanti from AWPS, Ooty were the Resource Person.				
				



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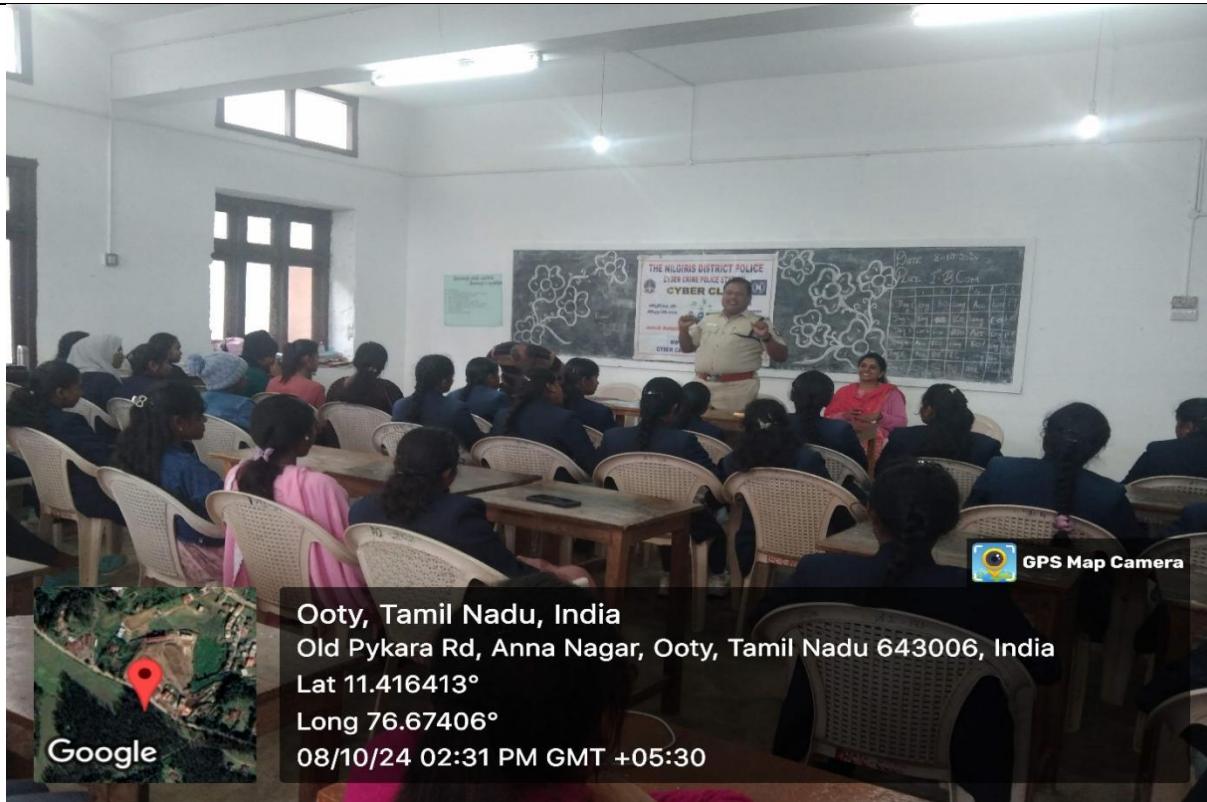
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## 8.AWARENESS PROGRAMME ON CYBER SECURITY

Name of the Activity	Venue	Date & Time	Resource person	NO. OF PARTICIPANTS
Awareness Programme on Cyber Security	I BCom Class Room	08. 10.24 2.15pm	Mr. Soundarajan, Additional SP  Mrs. Praveena  Inspector of Police, Ooty	60

**REPORT :** An awareness programme on Cyber Security was held on 08.10.2024 was held on 08.10.2024 at 2.15 pm at I BCom Class room of Emerald Heights College for Women, Ooty. Mr. Soundarajan , Additional SP of The Nilgiris and Mrs. Praveena, Inspector of Police were the resource persons.





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## 9. PROGRAMME ON POLICE AKKA

Name of the Activity	Venue	Date & Time	Resource person	NO. OF PARTICIPANTS
PROGRAMME ON POLICE AKKA	EHC AUDITORIUM	17.10.2024 11AM	MRS. NITHYA, INSPECTOR OF POLICE, MR. PRASAD, SUB INSPECTOR OF POLICE, PUDUMUND POLICE STATION, OOTY	112

**REPORT :** A Programme on Police Akka was conducted at 11 am on 17.10.2024 at the College Auditorium. Mrs. Nithya, Inspector of Police and Mr. Prasad, Sub Inspector of Police Pudumund Police Station were the Resource Persons. Mrs. Muthumani, Police, Pudumund Police Station was designated as the Police Akka of Emerald Heights College for Women, Ooty.





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## 10. AWARENESS PROGRAMME ON DRUG ABUSE

Name of the Activity	Venue	Date & Time	Resource person	NO. OF PARTICIPANTS
AWARENESS PROGRAMME ON DRUG ABUSE	EHC, OOTY	18.10.2024	CONDUCTED BY GOV. OF TAMILNADU  Mr. Vadivelan, Pro. Officer, Ooty	80

**REPORT :** An awareness programme on Drug Abuse by Vehicle Video Show was held at Emerald Heights College for Women, Ooty at 2pm on 18.10.2024. The programme was conducted by Government of Tamilnadu, The Nilgiris Collectorate. Mr. P. Vadivelan , Programme Officer , Ooty was the Coordinator of the programme.





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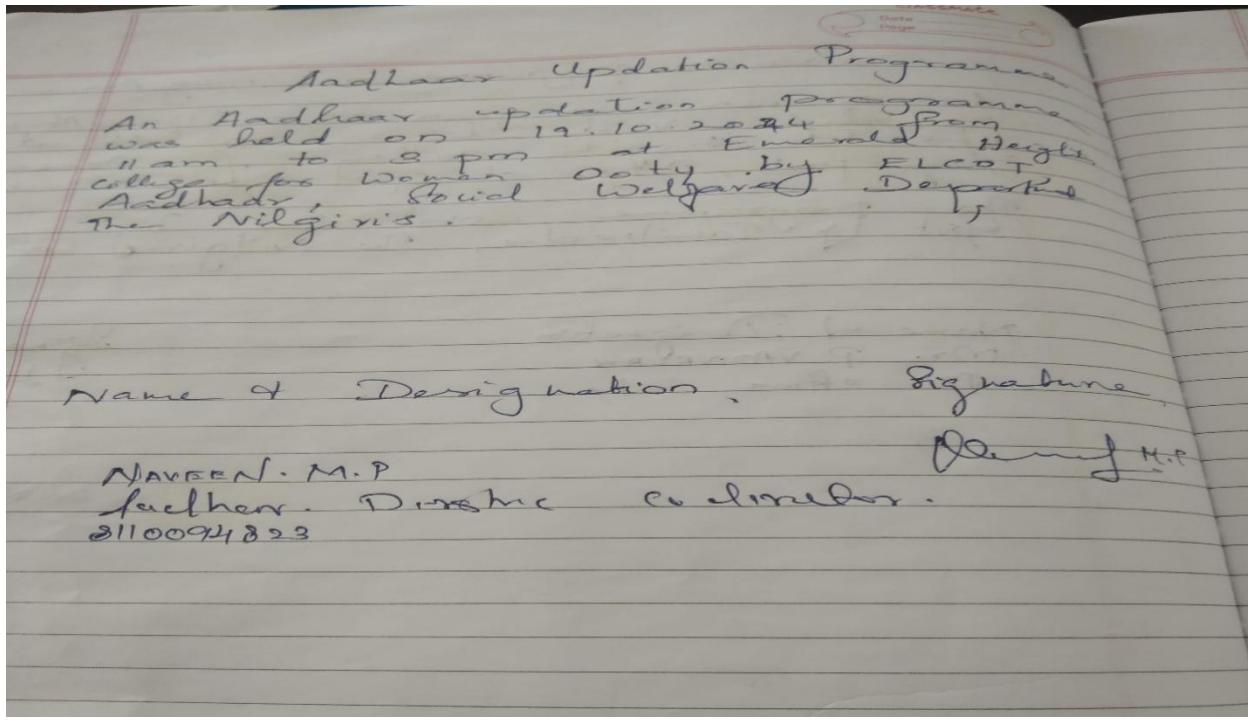
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## 11. AADHAAR UPDATION PROGRAMME

Name of the Activity	Venue	Date & Time	Resource person	NO. OF PARTICIPANTS
ADHAAR UPDATION PROGRAMME	EHC AUDITORIUM	19.10.2024 3 PM	MR. NAVEEN, ADHAAR DIST. COORDINATOR, THE NILGIRIS	102

**REPORT :** An Adhaar updation programme was held on 19.10.2024 from 11 am to 3pm at Emerald Heights College for Women, Ooty by ELCOT, Adhaar, Social Welfare Department, The Nilgiris.





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## 12. PLEDGE ON VIGILANCE AWARENESS

Name of the Activity	Venue	Date & Time	ADMINISTERED BY	NO. OF PARTICIPANTS
PLEDGE ON INDIAN CONSTITUTION DAY	EHC	26.11.2024 11AM	Dr. A. Rosilda Manju	65

**REPORT :** A pledge on Indian Constitution Day was taken on 26.11.2024 at 11 am . 65 students took the pledge along with the members of the faculty. Dr. A. Rosilda Manju administered the pledge





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## 13.PLEDGE ON HUMAN RIGHTS DAY

Name of the Activity	Venue	Date &Time	ADMINISTERED BY	NO. OF PARTICIPANTS
PLEDGE ON HUMAN RIGHTS	EHC	10.12.2024	DR. A. ROSILDA MANJU	70

**REPORT :** A pledge on Human Rights Day was taken on 10.12.2024 at 11 am . 70 students took the pledge along with the members of the faculty. Dr. A. Rosilda Manju administered the pledge





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## 14.RALLY ON VOTER'S DAY

Name of the Activity	Venue	Date & Time	Resource person	NO. OF PARTICIPANTS
<b>RALLY ON VOTER'S DAY</b>	<b>FROM OOTY BUS STAND TO CHARRING CROSS</b>	<b>25.01.2025</b> <b>10AM</b>	<b>CONDUCTED BY THE ELECTION DEPARTMENT, THE NILGIRIS DISTRICT</b>	<b>125</b>

**REPORT :** A rally was held on 25.01.2025 from Ooty Bus Stand to Charring Cross at 10.30 am. A total number of around 100 students participated in the rally. The rally was conducted as an event to create awareness among the public about the importance of voting





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## 15. PLEDGE ON MARTYR'S DAY

Name of the Activity	Venue	Date & Time	Administered by	NO. OF PARTICIPANTS
PLEDGE ON MARTYR'S DAY	EHC	30.01.2025	Dr. A. Rosilda Manju	70
<b>REPORT :</b> A pledge on Martyr's Day was taken on 30.1.2025 at 11 am . 70 students took the pledge along with the members of the faculty. Dr. A. Rosilda Manju administered the pledge				





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**. 16.NSS SPECIAL CAMP FROM 12.02.2025 TO 18.02.2025**

Name of the Activity	Venue	Date & Time	Resource person	NO. OF PARTICIPANTS
<b>NSS SPECIAL CAMP</b>	<b>KALLAKORAI VILLAGE NEAR M. PALADA</b>	<b>12.02.2025 TO 18.02.2025</b>	<b>CONDUCTED BY DR. A. AKILA, DR. A. ROSILDA MANJU</b>	<b>53</b>

**REPORT :** The NSS Special camp of Emerald Heights College for Women was conducted at Kallakorai village near Muthorai Palada from 12.02.2025 to 18.02.2025. Dr. A. Rosilda Manju, NSS Programme Officer, Emerald Heights College for Women, along with Dr. K. Akila, Assistant Professor in the Department of Physical Education, Dr. B. Kalpana, Assistant Professor in Mathematics, Dr. G. Dhavamani, Assistant Professor in Tamil organized the camp. The following is a detailed report about the Camp

## **DAY 1 : 12.02.2025**

The inauguration programme took place at the Community Hall at 11.30 am on 12.02.2025. The meeting was presided and inaugurated by Dr. K. Sujatha, Principal, Emerald Heights College for Women. Mrs. Hemalatha, HOD, Department of Mathematics, Emerald Heights College for Women and Mr. RajKumar, President of Kallakorai Village, Mr. Bojan, Rtd. Headmaster, Kallakorai and Mr. Joge, Village Elder, Kallakorai also participated in the meeting. Ms Amie Zita of I BCOM welcomed the gathering. Mrs. Hemalatha, Mr. Rajkumar, the Village president, Mr. Bojan, Rtd. Headmaster, Kallakorai and Mr. Joge, Kallakorai, Village Elder felicitated the gathering. Ms. Fathima Nasreen, I BSc Mathematics proposed the Vote of Thanks. The meeting ended with The National Anthem.



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**DAY 2: 13.02.2025**

The second day of the camp started with an inter religious prayer with a reading from the holy books The Bible, The Bhagavatgita and The Quran. The NSS volunteers did cleaning activities and then visited the village houses and gave awareness on the importance of education, health and hygiene, government schemes for the people and enquired them about the needs of the people from the government. In the afternoon Dr. K. Akila, Assistant Professor in Physical Education, Emerald Heights College for Women gave an awareness programme to the volunteers on the Topic “How Routine Physical Exercise can help to overcome stress”.



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**DAY 3: 14.02.2025**

On the third day of the Camp, an Awareness programme on Drug Abuse was held in the village by the NSS Volunteers in the form of Street play, Dance and Drama. The villagers gathered in the open ground of Kallakorai village and the NSS Volunteers performed the awareness programme on Drug Abuse. DR. B. Kalpana, Assistant Professor in Mathematics and the Co-ordinator for Anti Drug Committee, Emerald Heights College for Women, Ooty gave a speech on the Drug Abuse.

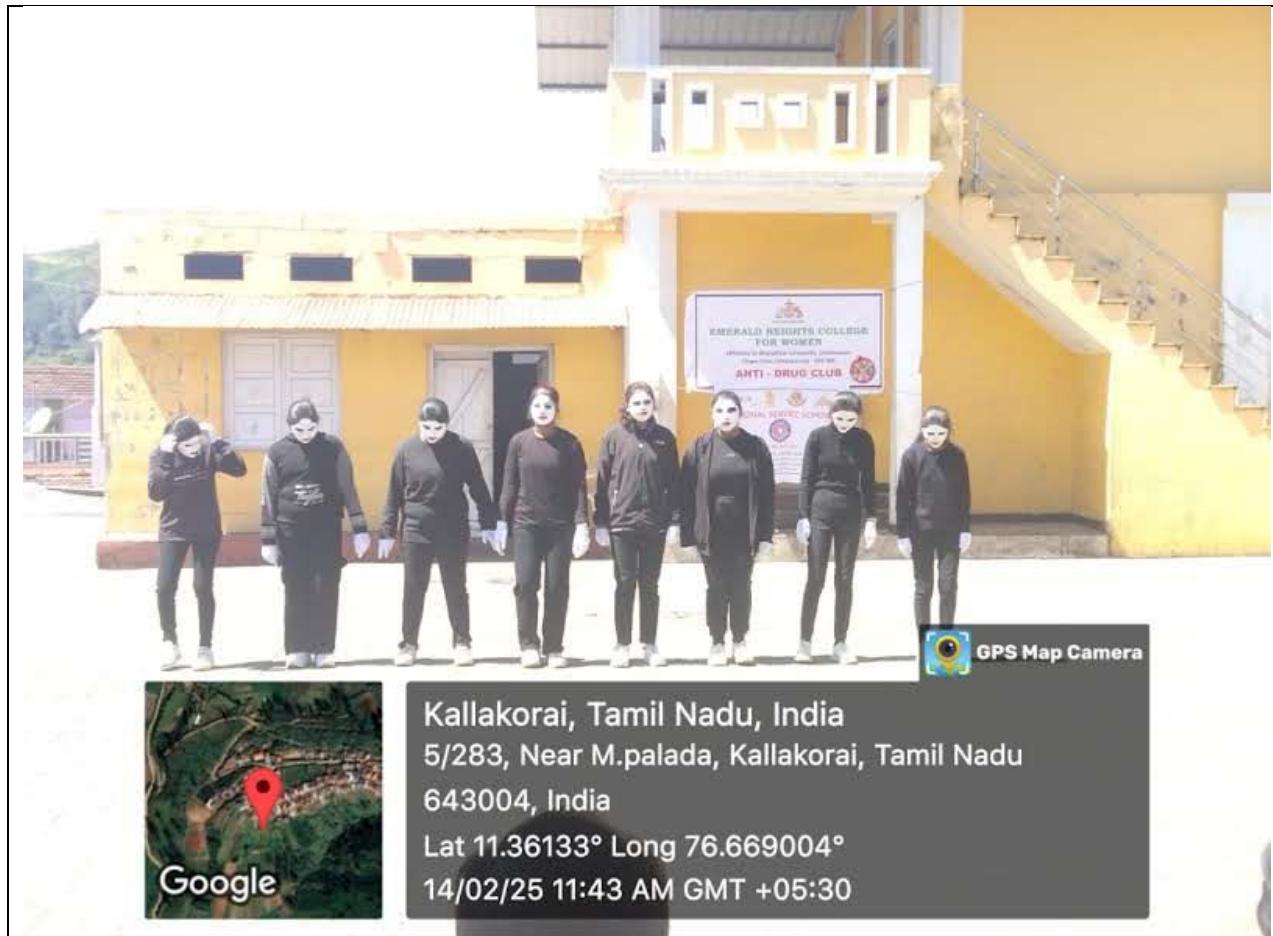


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**DAY 4 : 15.02.2025**

On the fourth day of the camp, the NSS Volunteers, visited the Tribal Museum at Muthorai Palada and gained knowledge about the various tribes of The Nilgiris District. There are six tribes in The Nilgiris District. The Todas, the Kurumbas, The Kotas, the Paniayas, the Kattau Nayakars, and the Irrulas. The NSS volunteers of the camp learned about their various cultures, languages and their life styles. They also learned about the Jarwa tribes of Andaman Nicobar Islands.



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**DAY 5: 16.02.2025**

On the fifth day of the camp, the NSS volunteers visited the Nanjanad Mercy Old age home. The NSS Volunteers served the old age home by cleaning the campus and entertained the old inmates by dancing and singing. The inmates were extremely happy on meeting the NSS Volunteers.



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 GPS Map Camera

Nanjanad, Tamil Nadu, India  
9j9x+732, Nanjanad, Tamil Nadu 643004, India  
Lat 11.368225° Long 76.647751°  
16/02/25 04:44 PM GMT +05:30



## DAY 6: 17.02.2025

On the sixth day of the camp, the NSS Volunteers visited the Government High School at Kallakorai and gave awareness to the school students on Digital Literacy. More than hundred students were benefitted by the programme on digital literacy. The world is digitalized and everyone has to upgrade their knowledge by digital literacy.



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**DAY 7: 18.02.2025**

On the seventh day of the Camp, the Valedictory function was conducted at Kallakorai Community Hall at 12 pm. The meeting was presided over by Mr. Bojan, Rtd Headmaster, Kallakorai and Mr. Sivarajan and Mr. Raman, the Village Elders. They felicitated the gathering. Ms. Fathima Nasreen, Ms. Yogeswari, Ms. Anushiya, Ms. Dhakshithasree shared their camp experience. Dr. A. Rosilda Manju, Programme Officer proposed a special Vote of thanks and the meeting ended with the National Anthem.



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## 17. AWARENESS PROGRAMME ON SWACCH BHARAT

Name of the Activity	Venue	Date & Time	Resource person	NO. OF PARTICIPANTS
AWARENESS PROGRAMME ON SWACCHH BHARAT	I BCOM CLASS ROOM	27.02.2025	MS. REGINA MS. YASMEEN	50
<p><b>REPORT :</b> An awareness programme on Swatch Bharat was held on 27.02.2025 at the first BCom classromm at 10.15am. MS. Yasmeen and Ms . Regina Animators of the Health Department , The Nilgiris were the resource persons</p>				
				



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## 18.EXTENSION ACTIVITY [2024-2025]

DEPARTMENT :	COMMERCE & COMPUTER SCIENCE	
NAME OF THE ACTIVITY:	EXTENSION ACTIVITY	NUMBER OF PARTICIPANTS: 40
COORDINATOR NAME:	Mrs. DEVI.U	DATE: 09/10/2024  PLACE: ASIA ROTARY SCHOOLS, VANNARAPET, OOTY
REPORT	<p>On October 09,2024, II B.Sc CS, II BCA, II BSC IT &amp; II BCOM CA students from our college visited the physically challenged (Autism, Mental Retardation)school in Ooty and conducted various sports activities, distributed grocery items to help the institution. The event heightened awareness and inspired more students to engage in community service, fostering a culture of giving and support within our college</p>	





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## 19. Extension Activity by the Department of Mathematics- School Visit

No. of Beneficiaries : 55

Date/Time : From 24/3/2025-28/3/2025

Venue/Platform: Nirmala Primary School, Kakkathopu, Ooty

Report : The department of Mathematics undertakes extension activities. The department felt the need to impart the importance of Mathematics right from the childhood. Hence our students visit Nirmala Primary School, Kakkathopu, Ooty everyday from 1/2/2024 to 28/3/2024 and teach the students about basics of Mathematics. By the active participation of our department students, the small children of the school were motivated to learn basics of Mathematics. The children were taught mathematics through activities and games. This extension activity promotes self confidence, social responsibility and groom overall personality in students. Our Students donated notebooks to the students of Nirmala Primary School. The Headmistress and staff members of the school appreciated the service rendered by our department students.





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## 20. YOGA FOR HUMAN EXCELLENCE

<b>Committee:</b>	Yuvathi Club					
<b>Name of the Activity</b>	<b>International Yoga Day</b>	<b>No. of Beneficiaries</b>	All The Students			
<b>Date/Time</b>	<b>21/06/2024</b>	<b>Venue/Platform</b>	College Auditorium			
<b>Coordinator Name:</b>	<b>DR. M.C. NISHA DR.B.VIMALA</b>	<b>Type of Activity</b>	Health Skills			
<b>Chief Guest/Resource Person</b>	<b>Dr. Poosappan Yesodha</b> Associate Professor in Chemistry, EHC, Ooty.					
<b>Objectives</b>	To promote yoga for physical and mental well-being					
<b>Report</b>	<b>Dr. Poosappan Yesodha</b> emphasized yoga's health benefit during the international yoga day celebration.					



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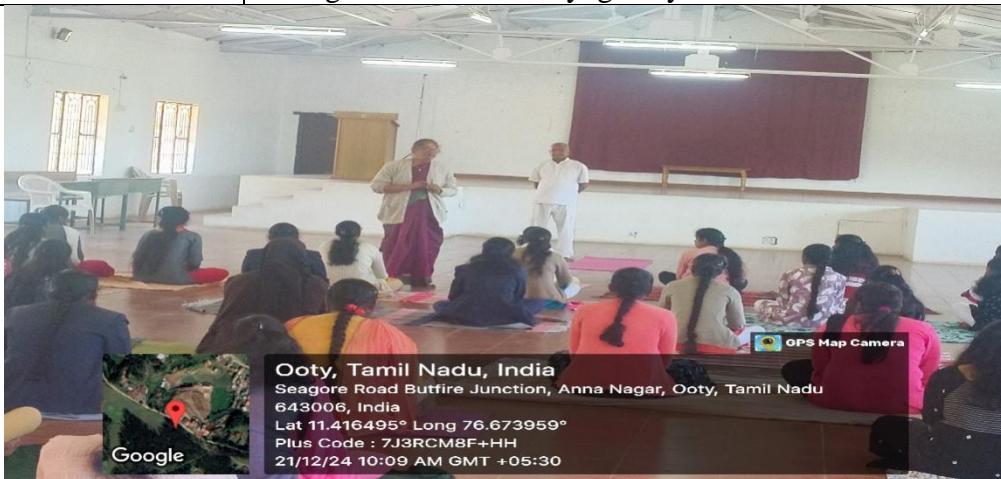
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## 21. WORLD MEDITATION DAY

<b>Committee:</b>	Yuvathi Club		
<b>Name of the Activity</b>	<b>World Meditation Day</b>	<b>No. of Beneficiaries</b>	All The Students
<b>Date/Time</b>	<b>21/12/2024</b>	<b>Venue/Platform</b>	College Auditorium
<b>Coordinator Name:</b>	<b>DR. M.C. NISHA DR.B.VIMALA</b>	<b>Type of Activity</b>	Health Skills
<b>Chief Guest/Resource Person</b>	<b>Mr. Narayana Murthy, Yoga Trainer, EHC,Ooty.</b>		
<b>Objectives</b>	To promote yoga for physical and mental well-being		
<b>Report</b>	<b>Dr. Poosappan Yesodha</b> emphasized yoga's health benefit during the international yoga day celebration.		





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## 22.COLLEGE BAZAAR

<b>Committee:</b>	Yuvathi Club					
<b>Name of the Activity</b>	<b>College Bazaar</b>	<b>No. of Beneficiaries</b>	All The Students			
<b>Date/Time</b>	<b>19/02/2025 – 20/02/25</b>	<b>Venue/Platform</b>	College Auditorium			
<b>Coordinator Name:</b>	<b>DR. M.C. NISHA DR.B.VIMALA</b>	<b>Type of Activity</b>	Women Empowerment			
<b>Chief Guest/Resource Person</b>	Mr. Ravi Ellappan Assistant Project Officer, Additional Collector Office, Finger post, The Nilgiris					
<b>Objectives</b>	Enhancing Entrepreneurial Skills, Marketing strategies, networking opportunities , develop students skills in teamwork, creativity and innovation					
<b>Report</b>	The college bazaar is organized by the Yuvathi club, aiming to provide students with a platform to showcase their entrepreneurial skills and gain business exposure. The event typically selling snacks, sweets, home decors and other products.					



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## **YRC/RRC Activities - 2024 - 2025**

### **YOUTH RED CROSS**

<b>Date</b>	<b>Program</b>	<b>Venue</b>	<b>Participants</b>
<b>12.8.2024</b>	<b>Online quiz competition- TANSACS TN-Nilgiri Dist</b>	<b>Intensified IEC Campaign 2024</b>	<b>123</b>
<b>25.9.2024</b>	<b>YRC Zonal Level Orientation</b>	<b>KCAS, Coimbatore</b>	<b>PO-Dr.M.Swarnalatha</b>
<b>9.10.2024</b>	<b>RRC- Flash Mob</b>	<b>Flash mob on awareness and prevention of HIV &amp; AIDS</b>	<b>General Public-Finger Post Bus Stop Ooty</b>
<b>17.2.2025</b>	<b>Plastic &amp;Plastic Waste Management</b>	<b>Mr.Mohammed Jakkariya, CSR-Executive, Coimbatore and Nilgiris- Bisleri International Pvt Ltd.,</b>	<b>36 students of Zoology Department</b>



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EDUCATION FOR EXCELLENCE

<b>Name of the Activity</b>	<b>23. Online quiz competition</b>	<b>No. of Beneficiaries</b>	<b>123</b>
<b>Date/Time</b>	<b>12.8.2024</b>	<b>Mode</b>	<b>Online</b>
<b>Objectives</b>	<b>TANSACS TN-Nilgiri Dist - Intensified IEC Campaign 2024</b>		
<b>Report</b>	An online State level Quiz program was conducted by the <b>TANSACS</b> ,		

<b>Name of the Activity</b>	<b>24. Red Ribbon Club- Flash Mob</b>	<b>No. of Beneficiaries</b>	General Public
<b>Date/Time</b>	<b>9.10.2024</b>	<b>Venue</b>	Finger Post Bus Stop
<b>Objectives</b>	To create awareness about AIDS and HIV diseases.		
<b>Report</b>	A flash mob was organised by the Tamilnadu State AIDS Prevention Centre, Nilgiri District along with the Red Ribbon Club of Emerald Heights College For Women, Ooty had organized a Flash mob on the 9.10.2024. The RRC Volunteers of our college performed a flash mob for creating awareness on AIDS and HIV related problems to the public.		





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<b>Name of the Activity</b>	<b>25.Plastic and Plastic Waste Management Awareness</b>	<b>No. of Beneficiaries</b>	<b>36</b>
<b>Date/Time</b>	<b>17.2.2025 /2.30 pm</b>	<b>Venue</b>	<b>Zoology Lab</b>
<b>Chief Guest</b>	<b>Mr.Mohammed Jakkariya, CSR-Executive, Coimbatore and Nilgiris- Bisleri International Pvt Ltd.,</b>		
<b>Objectives</b>	<b>To create an awareness about plastics and Plastic waste management.</b>		
<b>Report</b>	<p>The students were given awareness about the Plastic pollution and the reuse of plastics in better environmentally friendly manner. The segregation of plastics according to the chemical composition and reuse of the plastics in preparing various products. Different products from waste plastics were displayed and methods of eco-friendly substances to reduce pollution of the environment.</p>		





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