



# Ethiraj College For Women

(AUTONOMOUS)

## Criterion III

3.6.3 - Number of extension and outreach programs conducted by the institution through NSS/NCC, Government and Government recognised bodies during the last five years

### DVV Finding:

Provide Detailed report for Webinar On Transform, Rebuild And Move On Art Of Successful Communication Webinar- How To Stay Healthy And Motivated In This Pandemic Webinar- River Restoration And Wetland Conservation New Education Policy NSS Day Celebration Date NSS Orientation Program APJ Abdul Kalam Birth Anniversary Celebration Webinar- Health And Hygiene For Young Women with specific mention of number of students participated and collaborating agency signed by competent authority for 2016-17, 2017-18 , 2018-19 and 2019-20, 2020-21.

### Response of HEI:

As per the DVV requirement, the following has been provided in the document attached.

Detailed report for

1. Webinar On Transform, Rebuild And Move On
2. Art Of Successful Communication
3. Webinar- How To Stay Healthy And Motivated In This Pandemic
4. Webinar- River Restoration And Wetland Conservation
5. New Education Policy
6. NSS Day Celebration
7. NSS Orientation Program
8. APJ Abdul Kalam Birth Anniversary Celebration
9. Webinar- Health And Hygiene For Young Women with specific mention of number of students participated and collaborating agency signed by competent authority

*S. Uthairai.*  
Principal

ETHIRAJ COLLEGE FOR WOMEN  
Chennai - 8



ETHIRAJ COLLEGE FOR WOMEN (Autonomous) Chennai  
Affiliated to the University of Madras  
College with Potential for Excellence  
Reaccredited with A grade by NAAC

## Webinar on Transform, Rebuild and Move on

**Date: 30-06-2020**

**No. of participants: 25**

On June 30<sup>th</sup>, the NSS of Ethiraj College for Women conducted a webinar on the topic "TRANSFORM, REBUILD AND MOVE ON". This webinar was about how to keep mental health stable during this quarantine and how to use this quarantine in the better way to find one's inner self. The speaker of the day was Ms. Manju Mudit who is a psychologist, NLP practitioner and a life coach. She educated the volunteers about the importance of maintaining good mental health and the ways to improve it. It was a very interactive session and Students felt free in clarifying their doubts regarding mental health. Overall it was an efficient and knowledgeable session.

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**NATIONAL SERVICE SCHEME**

**Organises a webinar on**  
"TRANSFORM, REBUILD AND MOVE ON!"

**Date: 30-06-2020**  
**Time: 10.00 a.m.**  
**Session - 2**


**Ms. Manju Mudit**  
Psychologist, NLP  
Practitioner and  
Life Coach

**Online platform: Google meet**  
<https://meet.google.com/suu-zpbo-xom>

**Principal and Secretary**  
**Dr. S. Kothai**

**NSS PROGRAMME OFFICERS**  
Mrs. U. N. Mahalakshmi  
Dr. A. Kavitha  
Dr. P. Nirmala

**nssecc021@gmail.com**

  
**Dr. P. Nirmala**  
NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008



Principal  
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TRANSFORM, REBUILD AND MOVE ON

Date: 30.06.2020

List of participants:

Sl.No	Name	Name of the institution
1.	Raseena Nilofer. S	Ethiraj college for women
2.	Uma Mageshwari. R	Ethiraj college for women
3.	Karishma	Ethiraj college for women
4.	Neha Shree. N	Ethiraj college for women
5.	Doshini. V	Ethiraj college for women
6.	Snehalatha. V	Ethiraj college for women
7.	Vedhika S	Ethiraj college for women
8.	Shraddhaa. G	Ethiraj college for women
9.	Nivedhitha. R	Ethiraj college for women
10.	Ananya. S	Ethiraj college for women
11.	Sneka. K	Ethiraj college for women
12.	Sadhvikaa	Ethiraj college for women
13.	Yamuna. S	Ethiraj college for women
14.	Malini. R	Ethiraj college for women
15.	Sushmitha. N	Ethiraj college for women
16.	Sajani. M	Ethiraj college for women
17.	Brindha Lakshmi. S	Ethiraj college for women
18.	Raha. R	Ethiraj college for women
19.	Sarmila. V	Ethiraj college for women
20.	Mayuri. S	Ethiraj college for women
21.	Anisha. P	Ethiraj college for women
22.	Arsha Santhosh. N	Ethiraj college for women
23.	KungumaHrithika. M	Ethiraj college for women
24.	Roopavahini	Ethiraj college for women
25.	Bhoomika. B	Ethiraj college for women

  
**Dr. P. Nirmala**  
NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008



Principal

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## Art of Successful Communication

**Date: 13-07-2020**

**No. of participants: 32**

The NSS of Ethiraj College for Women conducted a webinar on “THE ART OF SUCCESSFUL COMMUNICATION”. This session was about building our interpersonal skills and shaping it to have a successful career in life. The spokesperson of the day was Dr.Senthamarai Gokulakrishnan, co-founder of Betamonks and founder of Azbag. It was a much needed session for the students and it was very impactful. We learnt a lot on how to develop our communication skills.The speaker was very interactive and encouraged us to participate as well.

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**NATIONAL SERVICE SCHEME**

Organises a webinar on  
**"ART OF SUCCESSFUL COMMUNICATION"**

**Date: 13-07-2020**  
**Time: 11.00 a.m.**  
**Session - 3**

Online platform: Google meet  
<https://meet.google.com/tbm-ehak-vlj>

Dr. Senthamarai Gokulakrishnan  
 Co-founder of Betamonks and Founder of Azbag

Principal and Secretary  
**Dr. S. Kothai**

**NSS PROGRAMME OFFICERS**  
 Mrs. U. N. Mahalakshmi  
 Dr. A. Kavitha  
 Dr. P. Nirmala

nssecc021@gmail.com  
 ethiraj\_nss

REC

71% 12:00

You

(65)

Uniqueness

Pavithra Teekaram 21 mins  
Behaviour

Ritika Kashyap 20 mins  
Appearance

Hemalatha Varthini 20 mins  
appearance

Send a message to everyone here

**Dr. P. Nirmala**  
 NSS Programme Officer  
 Ethiraj College for Women  
 Chennai - 600008

**Principal**  
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THE ART OF SUCCESSFUL COMMUNICATION

Date: 13-07-2020

List of participants

Sl. No	Name	Name of the Institution
1.	Tharshini. S	Ethiraj college for women
2.	Sarvalakshmi. B. N	Ethiraj college for women
3.	Aachaya. K	Ethiraj college for women
4.	Roshini. M	Ethiraj college for women
5.	Vismaya. R	Ethiraj college for women
6.	Doshini. V	Ethiraj college for women
7.	SaruBhavani. D	Ethiraj college for women
8.	Sandhya. T	Ethiraj college for women
9.	Avanthi. S	Ethiraj college for women
10.	Ellammal. S	Ethiraj college for women
11.	Dhivyadharsha. M	Ethiraj college for women
12.	Sagarika. S	Ethiraj college for women
13.	Suruthika	Ethiraj college for women
14.	Varshini. P. H	Ethiraj college for women
15.	Archana. C. L	Ethiraj college for women
16.	Yogasri. V	Ethiraj college for women
17.	Devadharshini. R	Ethiraj college for women
18.	Shivani. M	Ethiraj college for women
19.	Somyuktha. S	Ethiraj college for women
20.	Monika. M	Ethiraj college for women
21.	Reshma Shree	Ethiraj college for women
22.	Amrithavarshini. P	Ethiraj college for women
23.	ManyeshwariGayathri. R	Ethiraj college for women
24.	VarshaAbirami	Ethiraj college for women
25.	Jayalakshmi. R	Ethiraj college for women
26.	ManthankiRoja. S	Ethiraj college for women
27.	Chudarkkodi. M	Ethiraj college for women
28.	Dheeksha. S	Ethiraj college for women
29.	Lavanya. C. G	Ethiraj college for women
30.	Sarmila. V	Ethiraj college for women
31.	Harishree. B	Ethiraj college for women
32.	Sneha. M	Ethiraj college for women

**Dr. P. Nirmala**

NSS Programme Officer  
Ethiraj College for Women  
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## How to stay motivated and healthy in this pandemic

**Date: 13-08-2020**

**No. of participants: 30**

The NSS of Ethiraj College for Women conducted a webinar on “HOW TO STAY MOTIVATED AND HEALTHY DURING THIS PANDEMIC”. The keynote speaker of the session was Dr.Kush Panchal. He is an International Yoga Trainer who has trained many celebrities in Bollywood and Hollywood. It was a very lively and interactive session. This session was about how to stay motivated and positive in this pandemic. He also demonstrated some yogaasanas for back pain as we sit for long hours in front of our computers. The students enjoyed the session very much.

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**NATIONAL SERVICE SCHEME**

Organises a Webinar  
on  
"How to stay motivated and  
healthy in this pandemic"

 Dr. Kush Panchal  
International Yoga Trainer

**Date : 13.08.2020**  
**Time : 1.30pm to 3.00pm**  
**Session : 4**  
**(E-Certificate will be provided)**

Online Platform : Google meet  
<http://meet.google.com/wiv-wjwg-ahv>

**Principal and Secretary**  
**Dr. S. Kothai**  
**NSS Programme Officers**  
**Mrs. U.N.Mahalakshmi**  
**Dr. A. Kavitha**  
**Dr. P. Nirmala**

 nsecc021@gmail.com  
 ethiraj\_nss

**Dr. P. Nirmala**  
NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008

Principal  
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**NATIONAL SERVICE SCHEME**

This is to certify that Ms./ Mr  
**SOUNDARYA LAKSHMI A**  
has participated in the webinar on "How to stay motivated and healthy in this pandemic" organised on  
13-08-2020 by National Service Scheme, Ethiraj College for Women, Egmore, Chennai- 600008.

 Dr. S. Kothai (Principal and Secretary)	 Dr. A. Kavitha (PO)	 Dr. P. Nirmala (PO)	 Mrs. U. N. Mahalakshmi (PO)
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**Dr. P. Nirmala**  
NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008

  
Principal

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## HOW TO STAY MOTIVATED AND HEALTHY DURING THIS PANDEMIC

Date: 13-08-2020

List of participants

Sl.No	Name	Name of the institution
1.	Monisha. C. R	Ethiraj college for women
2.	Soundarya Lakshmi. A	Ethiraj college for women
3.	Mahalakshmi. K	Ethiraj college for women
4.	ArunaRajeshwari. A. G	Ethiraj college for women
5.	Sarmilla. V	Ethiraj college for women
6.	Sushmitha. Sswathika. A	Ethiraj college for women
7.	Hariyah. M. R	Ethiraj college for women
8.	Miruthula. S	Ethiraj college for women
9.	Jayalakshmi. R	Ethiraj college for women
10.	Jothi Lakshmi	Ethiraj college for women
11.	Anisha. P	Ethiraj college for women
12.	Hemavarithini. V	Ethiraj college for women
13.	Sushmitha. M	Ethiraj college for women
14.	Arsha Santhosh. N	Ethiraj college for women
15.	Preethi. P	Ethiraj college for women
16.	Dhivyashri. S	Ethiraj college for women
17.	Elakiya. V	Ethiraj college for women
18.	Jayadharshini. M	Ethiraj college for women
19.	Tharshini. S	Ethiraj college for women
20.	Vismaya. R	Ethiraj college for women
21.	Geethapriya. A	Ethiraj college for women
22.	Karshima	Ethiraj college for women
23.	Kiruthikasri. S	Ethiraj college for women
24.	Srinithi. V	Ethiraj college for women
25.	Sagarika. S	Ethiraj college for women
26.	SaruBhavani. D	Ethiraj college for women
27.	Priyadharshini. K	Ethiraj college for women
28.	Varshithashri. S	Ethiraj college for women
29.	Nanthitha. M	Ethiraj college for women
30.	Aachaya. K	Ethiraj college for women

**Dr. P. Nirmala**

NSS Programme Officer

Ethiraj College for Women

Chennai - 600008

Principal

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## River Restoration and Wetlands Conservation

**Date: 29-08-2020**

**No. of participants: 30**

NSS of Ethiraj College for Women conducted a webinar on "RIVER RESTORATION AND WETLANDS CONSERVATION". It was open to all the NSS students from various colleges and around 30 volunteers participated in the webinar. The Resource Person of the day was Mr. J.Jayanth who is a Social Expert cum Information and Communication specialist, Chennai Rivers Restoration Trust. It was a very informative session. He imparted his knowledge about rivers and wetlands with our students and He kindled the spirit of service in all our volunteers.

Google meet: <https://meet.google.com/ibm-ehak-ejj>

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NATIONAL SERVICE SCHEME  
Organises a webinar in association with  
**CHENNAI RIVERS RESTORATION TRUST**  
(A trust wholly owned by Government of Tamilnadu)  
ON  
**River Restoration and Wetlands Conservation**

Introductory Address: Dr.V.Kalaiarasan,  
Project Officer, CRRT

Resource Person  
**J.JAYANTH**  
Social Expert cum  
Information and Communications Specialist  
CHENNAI RIVERS RESTORATION TRUST

- Session - 05
- Date: 29 - 08 - 2020
- Time: 11.00 A.M.
- Online platform: Google Meet
- E-certificate will be provided

Principal and Secretary  
**Dr. S. Kothai**

NSS PROGRAMME OFFICERS  
Mrs. U. N. Mahalakshmi  
Dr. A. Kavitha  
Dr. P. Nirmala

nssecc021@gmail.com  
ethiraj\_nss

**Dr. P. Nirmala**  
NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008

**Dr. S. Kothai**  
Principal  
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**CHENNAI RIVERS RESTORATION TRUST**

(Wholly owned by the Government of Tamil Nadu)

Adyar Eco-Park, Dr. D.G.S Dinakaran Salai, Raja Annamalai Puram, Chennai - 600 028

[www.chennaiivers.gov.in](http://www.chennaiivers.gov.in)

NSS Unit

ETHIRAJ COLLEGE FOR WOMEN  
Egmore, Chennai

**Certificate of Participation**

This is to certify that Dr./Ms/Mrs. SHALINI B  
has participated in the Webinar - 'Sensitization Programme on River Restoration & Wetlands Conservation'  
held on 29<sup>th</sup> August, 2020 organized by CRRT & NSS Unit, Ethiraj College for Women, Chennai.

Dr. S. Kothai  
Principal & Secretary  
Ethiraj College for Women

Dr. V. Kalaiarasan  
Project Officer  
CRRT

Mrs. U. N. Mahalakshmi  
Programme Officer  
NSS

Dr. P. Nirmala  
NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008

Principal

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RIVER RESTORATION AND WETLANDS CONSERVATION

Date: 29-08-2020

List of participants

Sl.No	Name	Name of the institution
1.	Nanthitha. M	Ethiraj college for women
2.	Shalini. B	Ethiraj college for women
3.	Tharshini. S	Ethiraj college for women
4.	RaseenaNilofer. S	Ethiraj college for women
5.	Sarvanalakshmi. B. N	Ethiraj college for women
6.	Roshini.M	Ethiraj college for women
7.	Aishwarya Lakshmi	Ethiraj college for women
8.	Preethi. R	Ethiraj college for women
9.	Keerthana. S	Ethiraj college for women
10.	Neha Shree. N	Ethiraj college for women
11.	Vismaya. R	Ethiraj college for women
12.	Kousalaya. G. R	Ethiraj college for women
13.	Nivedhitha. R	Ethiraj college for women
14.	HashiniSree. V	Ethiraj college for women
15.	Divya Lakshmi. M	Ethiraj college for women
16.	Swathika. A	Ethiraj college for women
17.	Soundarya Lakshmi. A	Ethiraj college for women
18.	Subhikshaa. S	Ethiraj college for women
19.	Akshaya. N	Ethiraj college for women
20.	Sneha. S	Ethiraj college for women
21.	Shruthi. S	Ethiraj college for women
22.	Monika. M	Ethiraj college for women
23.	KungunaHrithika. M	Ethiraj college for women
24.	Roopavahini	Ethiraj college for women
25.	Miruthula. S	Ethiraj college for women
26.	Raga.R	Ethiraj college for women
27.	Mayuri. S	Ethiraj college for women
28.	Ananda Lakshmi. J	Ethiraj college for women
29.	Anisha. P	Ethiraj college for women
30.	Somyuktha. S	Ethiraj college for women

  
Dr. P. Nirmala

NSS Programme Officer

Ethiraj College for Women

Chennai - 600008

  
S. Kothari

Principal

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## New Education Policy

**Date: 19-09-2020**

**Number of participants: 25**

On September 19<sup>th</sup> the NSS unit of Ethiraj College for women conducted a webinar on the topic "NEW EDUCATION POLICY". The chief guest of this webinar was Dr.B.Sankaran, Msc., MPhil., PGDSD, Ph.D., Assistant Professor, Department of Botany, Presidency College. He explained about New Education Policy and its benefits.

Google meet: <https://meet.google.com/ibm-ehak-ejj>

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**NATIONAL SERVICE SCHEME**

National Education Policy  
2020


**Dr. B. Sankaran**  
Organises an webinar on  
**NEW EDUCATION POLICY 2020**

**Time: 4:00pm - 5:00pm**      **Date: 19-09-2020**

**Talk to us:**  
Email - nssec021@gmail.com  
Instagram - ethiraj\_nss

**PRINCIPAL AND SECRETARY**  
DR. S. KOTRAI

**NSS PROGRAMME OFFICERS**  
MRS. U. N. MANALAKSHMI  
DR. A. KAVITHA  
DR. P. NIRMALA

  
**Dr. P. Nirmala**  
NSS Programme Officer  
Ethiraj College for Women  
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Principal  
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## NEW EDUCATION POLICY

Date: 19-09-2020

### List of participants

Sl.No	Name	Name of the institution
1.	Aachaya. K	Ethiraj college for women
2.	Preethi. R	Ethiraj college for women
3.	Vedhika. S	Ethiraj college for women
4.	Keerthana. S	Ethiraj college for women
5.	Ghayathiri. V	Ethiraj college for women
6.	Snehalatha. V	Ethiraj college for women
7.	Geethapriya. A	Ethiraj college for women
8.	Nanthitha. M	Ethiraj college for women
9.	Uma Mageshwari. R	Ethiraj college for women
10.	Doshini. V	Ethiraj college for women
11.	Ellammal. S	Ethiraj college for women
12.	Sagarika. S	Ethiraj college for women
13.	Hashinisree. V	Ethiraj college for women
14.	Shraddha. G	Ethiraj college for women
15.	Ananya. S	Ethiraj college for women
16.	Malini. R	Ethiraj college for women
17.	Pavithra. T	Ethiraj college for women
18.	Amrithavarshini. P	Ethiraj college for women
19.	Sneha. S	Ethiraj college for women
20.	Hemavarithini. V	Ethiraj college for women
21.	Monisha. C. R	Ethiraj college for women
22.	Raga. R	Ethiraj college for women
23.	Mayuri. S	Ethiraj college for women
24.	Anisha. P	Ethiraj college for women
25.	Sushmitha. M	Ethiraj college for women

**Dr. P. Nirmala**  
NSS Programme Officer  
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## NSS DAY CELEBRATIONS

**Date: 24-09-2020**

**No. of participants: 107**

On September 24<sup>th</sup> we conducted an E Quiz from 6.00 p.m to 7.00.p.m on "THE ROLE OF NSS in commemoration of NSS day, 2020. Totally, 107 students participated from various departments. 100 students received their E-Certificate with the score of above 50 % .the process occurred during event was so enjoyable. It was productive event as a whole which made the students realize their understanding and responsibility as a NSS volunteer.

Google meet: <https://meet.google.com/ibm-ehak-ejj>

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**NATIONAL SERVICE SCHEME**

**'HAPPY NSS DAY'**  
"NOT ME BUT YOU"  
"Be the change that you wish to see in the world."  
MAHATMA GANDHI

**Organises an E-Quiz**  
**E-Certificates will be provided**

**Time: 4:00pm - 5:00pm**      **Date: 24-09-2020**

**Talk to us:**  
Email - [nsecc021@gmail.com](mailto:nsecc021@gmail.com)  
Instagram - [ethiraj\\_nss](https://www.instagram.com/ethiraj_nss)

**PRINCIPAL AND SECRETARY**  
DR. S. KOTHAI

**NSS PROGRAMME OFFICERS**  
MRS. U. N. MAHALAKSHMI  
DR. A. KAVITHA  
DR. P. NIRMALA

*P. Nirmala*  
**Dr. P. Nirmala**  
NSS Programme Officer  
Ethiraj College for Women  
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*S. Kothai*  
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NSS day celebrations



**Dr. P. Nirmala**  
NSS Programme Officer  
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### NSS DAY CELEBRATIONS

Date: 24-09-2020

List of participants

Sl. No	Name	Name of the institution
1.	Sushmitha. M	Ethiraj college for women
2.	Anisha. P	Ethiraj college for women
3.	Vasundhara Devi. A	Ethiraj college for women
4.	Arsha Santhosh. N	Ethiraj college for women
5.	Hemavarithini. V	Ethiraj college for women
6.	Raga. R	Ethiraj college for women
7.	Preethi. P	Ethiraj college for women
8.	Sneha. S	Ethiraj college for women
9.	Brindha Lakshmi. S	Ethiraj college for women
10.	Sushmitha. S	Ethiraj college for women
11.	Sarmila. V	Ethiraj college for women
12.	ArunaRajeshwari. A. G	Ethiraj college for women
13.	Hariyah. M. R.	Ethiraj college for women
14.	Swathika. A	Ethiraj college for women
15.	Shruthi. S	Ethiraj college for women
16.	Mayuri. S	Ethiraj college for women
17.	Ananda Lakshmi. J	Ethiraj college for women
18.	Jayadharshini. M	Ethiraj college for women
19.	Nanthitha. M	Ethiraj college for women
20.	Shalini. B	Ethiraj college for women
21.	Roshini. M	Ethiraj college for women
22.	Aachaya. K	Ethiraj college for women
23.	Sarvalakshmi. B. N	Ethiraj college for women
24.	Nivedhitha. B	Ethiraj college for women
25.	RaseenaNilofer. S	Ethiraj college for women
26.	Tharshini. S	Ethiraj college for women
27.	Aishwarya Lakshmi	Ethiraj college for women

**Dr. P. Nirmala**  
NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008

Principal

ETHIRAJ COLLEGE FOR WOMEN  
Chennai - 8





ETHIRAJ COLLEGE FOR WOMEN (Autonomous) Chennai  
Affiliated to the University of Madras  
College with Potential for Excellence  
Reaccredited with A grade by NAAC

28	Miruthula. S	Ethiraj college for women
29	Khushi	Ethiraj college for women
30	Suruthika	Ethiraj college for women
31	Bhoomika. B	Ethiraj college for women
32	Somyuktha. S	Ethiraj college for women
33	Ananya. S	Ethiraj college for women
34	Malini. R	Ethiraj college for women
35	Dhivyashri. S	Ethiraj college for women
36	Aachaya. K	Ethiraj college for women
37.	Aakshaya. N	Ethiraj college for women
38.	Reshmashree	Ethiraj college for women
39	Pavithra. T	Ethiraj college for women
40	Amrithavarshini. P	Ethiraj college for women
41	Jothi Lakshmi	Ethiraj college for women
42.	Monisha. C. R	Ethiraj college for women
43.	Geethapriya. A	Ethiraj college for women
44	Snehalatha. V	Ethiraj college for women
45.	Ghayathri. V	Ethiraj college for women
46.	Keerthana. S	Ethiraj college for women
47.	Sarvalakshmi. B. N	Ethiraj college for women
48.	Nanthitha. M	Ethiraj college for women
49.	Monika. M	Ethiraj college for women
50.	Harishree. B	Ethiraj college for women
51.	Yamuna. S	Ethiraj college for women
52.	Sneha. K	Ethiraj college for women
53.	Preethi. R	Ethiraj college for women
54.	Vismaya. R	Ethiraj college for women
55.	Srinithi. V	Ethiraj college for women
56.	Shweta. S	Ethiraj college for women
57.	Lavanya. C. G	Ethiraj college for women
58.	Hashinisree. V	Ethiraj college for women
59.	Thripurasundari. N	Ethiraj college for women
60.	Yogasri. V	Ethiraj college for women
61.	Ananya. S	Ethiraj college for women
62.	Nivedhitha. R	Ethiraj college for women
63	Archana. C. L	Ethiraj college for women
64	Varshithashri. S	Ethiraj college for women
65	Priyadharshini. K	Ethiraj college for women
66	Varshini. P. H	Ethiraj college for women
67.	Suruthika	Ethiraj college for women
68	Kousalaya. G. R	Ethiraj college for women
69	Devadharshini. R	Ethiraj college for women

S. Kothari

Dr. P. Nirmala

NSS Programme Officer  
Ethiraj College for Women

Principal

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70.	Shivaani. M	Ethiraj college for women
71.	Ananya. S	Ethiraj college for women
72.	Sneha. K	Ethiraj college for women
73.	Sadhvikaa	Ethiraj college for women
74.	Sushmitha. M	Ethiraj college for women
75.	Anisha. P	Ethiraj college for women
76.	Jayadharshini. M	Ethiraj college for women
77.	Shalini. B	Ethiraj college for women
78.	Roshini. K	Ethiraj college for women
79.	Dhivyashri. S	Ethiraj college for women
80.	Monisha. C. R	Ethiraj college for women
81.	Khushi	Ethiraj college for women
82.	Miruthula. S	Ethiraj college for women
83.	Akshaya. N	Ethiraj college for women
84.	Harishree. B	Ethiraj college for women
85.	Amrithavarshini. P	Ethiraj college for women
86.	Reshmashree	Ethiraj college for women
87.	ManyeshwariGayathri. R	Ethiraj college for women
88.	Monika. M	Ethiraj college for women
89.	VarshaAbirami	Ethiraj college for women
90.	Sushmitha. N	Ethiraj college for women
91.	Khushi	Ethiraj college for women
92.	Bhoomika. B	Ethiraj college for women
93.	Somyuktha. S	Ethiraj college for women
94.	Yamuna. S	Ethiraj college for women
95.	Jayalakshmi. R	Ethiraj college for women
96.	MathankiRoja. S	Ethiraj college for women
97.	Roopavahini	Ethiraj college for women
98.	Sneha. M	Ethiraj college for women
99.	Malini. R	Ethiraj college for women
100.	KungunaHrithika. M	Ethiraj college for women
101.	Avanthi. S	Ethiraj college for women
102.	Shweta. S	Ethiraj college for women
103.	Sandhya. T	Ethiraj college for women
104.	Ellammal. S	Ethiraj college for women
105.	Diva Lakshmi. M	Ethiraj college for women
106.	Shraddha. G	Ethiraj college for women
107.	Sagarika. S	Ethiraj college for women
108.	Sadhvikaa	Ethiraj college for women
109.	Snehaa	Ethiraj college for women
110.	Yamuna	Ethiraj college for women
111.	Raha	Ethiraj college for women
112.	Anisha	Ethiraj college for women

*R. Nirmala*

Dr. R. Nirmala

NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008

*S. Kothari*

Principal

ETHIRAJ COLLEGE FOR WOMEN  
Chennai - 8



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## NSS Orientation Program 2020

**Date: 26.09.2020**

**No.of Participants: 100**

On September 26th, the NSS of Ethiraj College for women conducted an NSS orientation program for the 1st year NSS Volunteers. This event was organized by our programme officers. The chief guest of this event was Dr. J. Sulaiman, M.Sc., M.Phil, PGDSD, Ph.D. He gave an informative speech about serve in the community through NSS. He explained about NEP-2020 for the Youth and Adult literacy which focusses to remove disparities to equalize educational opportunities. As a whole the program was an intellectual and informative session.

Google meet: <https://meet.google.com/ibm-ehak-ejj>

The poster is for the NSS Orientation Program 2020 at Ethiraj College for Women. It features the college's name and affiliation at the top, followed by the NSS logo and the title 'NSS ORIENTATION'. Below this, a word cloud lists various NSS activities such as 'TRIPS ROAD SAFETY campaign', 'NSS DAY VILLAGE adoption', 'SIC street play', 'debates', 'BLOOD DONATION', 'CLOTHES BOOKS', 'EARTH HOUR', 'CLEANING DRIVE', 'MEDICAL CAMPS', and 'TREE PLANTATION'. The poster also mentions a webinar by Dr. J. Sulaiman, the time (4:00pm - 5:00pm), and the date (26-09-2020). Contact information for the NSS Programme Officers and the Principal and Secretary is provided at the bottom.

*Dr. P. Nirmala*

NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008

*S. Kothari*

Principal  
ETHIRAJ COLLEGE FOR WOMEN  
Chennai - 8



ETHIRAJ COLLEGE FOR WOMEN (Autonomous) Chennai  
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College with Potential for Excellence  
Reaccredited with A grade by NAAC

NSS ORIENTATION PROGRAM 2020

Date: 26.09.2020

List of Participants

Sl. No	Name	Name of the institution
1.	Dhivyashri. S	Ethiraj college for women
2.	Ananya. S	Ethiraj college for women
3.	Ghayathri. V	Ethiraj college for women
4.	Dhoshini. V	Ethiraj college for women
5.	Khushi	Ethiraj college for women
6.	Resume shree	Ethiraj college for women
7.	Aakshaya. N	Ethiraj college for women
8.	Doshini. V	Ethiraj college for women
9.	Miruthula. S	Ethiraj college for women
10.	Aachaya. K	Ethiraj college for women
11.	Sushmitha. M	Ethiraj college for women
12.	Monisha. C. R	Ethiraj college for women
13.	Bhoomika. B	Ethiraj college for women

14.	Srinithi. V	Ethiraj college for women
15.	Mahalakshmi. K	Ethiraj college for women
16.	Nanthitha. M	Ethiraj college for women
17.	Geethapriya. A	Ethiraj college for women
18.	Snehalatha. V	Ethiraj college for women
19.	Preethi. P	Ethiraj college for women
20.	Suruthika	Ethiraj college for women
21.	Keerthana. S	Ethiraj college for women
22.	Anisha. P	Ethiraj college for women
23.	ManyeshwariGayathri. R	Ethiraj college for women
24.	KungunaHrithika. M	Ethiraj college for women
25.	Sarvalakshmi. B. N	Ethiraj college for women
26.	Vishalatchi. D	Ethiraj college for women
27.	Nivedhitha. R	Ethiraj college for women
28.	Ellammal. S	Ethiraj college for women
29.	Dheeksha. S	Ethiraj college for women
30.	Nivedhitha. B	Ethiraj college for women
31.	Yamuna. S	Ethiraj college for women
32.	VarshaAbirami	Ethiraj college for women

*P. Nirmala*  
**Dr. P. Nirmala**

NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008

*S. Kothari*

Principal

ETHIRAJ COLLEGE FOR WOMEN  
Chennai - 8



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33	MathankiRoja.S	Ethiraj college for women
34	Chudarkkodi. M	Ethiraj college for women
35	Shalini. M	Ethiraj college for women
36	Sajani. A.K	Ethiraj college for women
37	Jothi Lakshmi	Ethiraj college for women
38	Akshaya. N	Ethiraj college for women
39	Brindha Lakshmi. S	Ethiraj college for women
40.	Khushi	Ethiraj college for women
41.	HemaVarthini. V	Ethiraj college for women
42.	Sushmitha. M	Ethiraj college for women
43.	Diva Lakshmi. M	Ethiraj college for women
44.	Yogasri. V	Ethiraj college for women
45.	Niveditha. R	Ethiraj college for women
46.	ThirupuraSundari. N	Ethiraj college for women
47.	Geethapriya. A	Ethiraj college for women
48.	Kiruthika Sri. S	Ethiraj college for women
49.	Sadhvikaa	Ethiraj college for women
50.	Ghayathri. V	Ethiraj college for women
51.	Aachaya. K	Ethiraj college for women
52.	Nanthitha. M	Ethiraj college for women
53.	Monisha. C.R	Ethiraj college for women
54.	Pavithra. T	Ethiraj college for women
55.	Dhivyashri. S	Ethiraj college for women
56.	Ananda lakshmi. J	Ethiraj college for women
57.	Subikshaa. S	Ethiraj college for women
58.	Preethi. P	Ethiraj college for women
59.	Vasundhara Devi. A	Ethiraj college for women
60	Miruthula. S	Ethiraj college for women
61	RaseenaNilofer. S	Ethiraj college for women
62	Uma Mageshwari. R	Ethiraj college for women
63	Karishma	Ethiraj college for women
64.	Neha Shree. N	Ethiraj college for women
65.	Doshini. V	Ethiraj college for women
66.	Snehalatha. V	Ethiraj college for women
67.	Vedhika S	Ethiraj college for women
68.	Shraddhaa. G	Ethiraj college for women
69.	Nivedhitha. R	Ethiraj college for women
70.	Ananya. S	Ethiraj college for women
71.	Snaka. K	Ethiraj college for women
72.	Sadhvikaa	Ethiraj college for women
73.	Yamuna. S	Ethiraj college for women
74.	Malini. R	Ethiraj college for women
75.	Sushmitha. N	Ethiraj college for women
76.	Sajani. M	Ethiraj college for women
77.	Brindha Lakshmi. S	Ethiraj college for women

*Dr. P. Nirmala*

*S. Kothari*

**Dr. P. Nirmala**

Principal

NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008

ETHIRAJ COLLEGE FOR WOMEN  
Chennai - 8



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78.	Raha. R	Ethiraj college for women
79.	Sarmila. V	Ethiraj college for women
80.	Mayuri. S	Ethiraj college for women
81.	Anisha. P	Ethiraj college for women
82.	Arsha Santhosh. N	Ethiraj college for women
83.	KungumaHrithika. M	Ethiraj college for women
84.	Roopavahini	Ethiraj college for women
85.	Bhoomika. B	Ethiraj college for women
86.	Tharshini. S	Ethiraj college for women
87.	Sarvalakshmi. B. N	Ethiraj college for women
88.	Aachaya. K	Ethiraj college for women
89.	Roshini. M	Ethiraj college for women
90.	Vismaya. R	Ethiraj college for women
91.	Doshini. V	Ethiraj college for women
92.	SaruBhavani. D	Ethiraj college for women
93.	Sandhya. T	Ethiraj college for women
94.	Avanthi. S	Ethiraj college for women
95.	Ellammal. S	Ethiraj college for women
96.	Dhivyadharsha. M	Ethiraj college for women
97.	Sagarika. S	Ethiraj college for women
98.	Suruthika	Ethiraj college for women
99.	Varshini. P. H	Ethiraj college for women
100.	Archana. C. L	Ethiraj college for women

**Dr. P. Nirmala**  
NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008

Principal

ETHIRAJ COLLEGE FOR WOMEN  
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## APJ Abdul Kalam Birth Anniversary Celebration 2020

**Date: 15.10.2020**

**No. of participants: 30**

On October 15th, College for women conducted competitions commemorating APJ Abdul Kalam Birth Anniversary. Events like poetry writing, poster making and e-quiz were organized on APJ with Student Community. Students of various departments participated with complete involvement in every single event. It was a productive event as a whole which made the students realize their talents.

Google meet: <https://meet.google.com/ibm-ehak-ejj>

The poster is for an event at Ethiraj College for Women (Autonomous) - Chennai, affiliated to the University of Madras. It is for the National Service Scheme (NSS) and commemorates the birth anniversary of Dr. APJ Abdul Kalam. The event includes poetry writing, poster making, and an e-quiz. The event is scheduled for 6:00pm to 7:00pm on 15-10-2020 at the college. The poster features a portrait of Dr. APJ Abdul Kalam and the text 'Missile Man And Former President Of India'. The poster also lists the Principal and Secretary, Dr. S. Kothari, and the NSS Programme Officers, Mrs. U. N. Mahalakshmi, Dr. A. Kavitha, and Dr. P. Nirmala.

**Ethiraj College for Women**  
(AUTONOMOUS) - Chennai  
Affiliated to the University of Madras  
COLLEGE WITH POTENTIAL FOR EXCELLENCE  
Re-accredited with "A" Grade with NAAC

**NATIONAL SERVICE SCHEME**

You Have To Dream Before Your Dream Can Come True

**Missile Man And  
Former President Of India  
DR. APJ Abdul KALAM**

**Events - Poetry writing, Poster, E-Quiz**

**Time: 6:00pm - 7:00pm**      **Date: 15-10-2020**  
**Venue: Ethiraj College For Women**

**Talk to us:**  
Email - nssecc021@gmail.com  
Instagram - ethiraj\_nss

**PRINCIPAL AND SECRETARY  
DR. S. KOTHARI**  
**NSS PROGRAMME OFFICERS  
MRS. U. N. MAHALAKSHMI  
DR. A. KAVITHA  
DR. P. NIRMALA**

**Dr. P. Nirmala**

NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008

Principal  
ETHIRAJ COLLEGE FOR WOMEN  
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APJ ABDUL KALAM BIRTH ANNIVERSARY CELEBRATION 2020

Date: 15.10.2020

List of participants

Sl.No	Name	Name of the institution
1.	Nanthitha.M	Ethiraj college for women
2.	Reshmashree	Ethiraj college for women
3.	Karishma	Ethiraj college for women
4.	Raga. R	Ethiraj college for women
5.	Ghayathri. V	Ethiraj college for women
6.	Srinithi. V	Ethiraj college for women
7.	Mayuri. S	Ethiraj college for women
8.	Dhivyashri. S	Ethiraj college for women
9.	Geethapriya. A	Ethiraj college for women
10.	Roopavahini	Ethiraj college for women
11.	Preethi. P	Ethiraj college for women
12.	Sarvalakshmi. B. N	Ethiraj college for women
13.	Mahalakshmi. K	Ethiraj college for women
14.	Aachaya. K	Ethiraj college for women
15.	Suruthika	Ethiraj college for women
16.	Keerthana. S	Ethiraj college for women
17.	Monisha. C. R	Ethiraj college for women
18.	Malini. R	Ethiraj college for women
19.	Bhoomika. B	Ethiraj college for women
20.	Soundarya Lakshmi. A	Ethiraj college for women
21.	Sneha. S	Ethiraj college for women
22.	Sarmila. V	Ethiraj college for women
23.	Snehalatha. V	Ethiraj college for women
24.	Doshini. V	Ethiraj college for women
25.	Divyadharsha. M	Ethiraj college for women
26.	Diva Lakshmi. M	Ethiraj college for women
27.	Avanthi. S	Ethiraj college for women
28.	Nivedhitha. B	Ethiraj college for women
29.	Sneka. S	Ethiraj college for women
30.	Miruthula. S	Ethiraj college for women

**Dr. P. Nirmala**

NSS Programme Officer

Ethiraj College for Women

Chennai - 600008

Principal

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Chennai - 8





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## Health and Hygiene for Young Woman

**Date: 31-10-2020**

**No. of participants: 30**

NSS of Ethiraj College for Women conducted a webinar on "HEALTH AND HYGIENE FOR YOUNG WOMAN" on 31<sup>st</sup> October 2020 in association with Inner Wheel club of Madras Bay City District 323. The Resource Person of the day was Dr. Prasad Manne and team and PDC Nalini Prabhakar, Advisor -rubella, IWD 323. They educated us on health and personal hygiene and how beneficial and important it is for not just women but for everyone to exercise on a regular basis. PDC Nalini Prabhakar created awareness on Rubella and Rubella vaccine and how adverse it can be if not vaccinated. Overall, it was a very informative and a useful session.

Google meet: <https://meet.google.com/ibm-ehak-ejj>

**NATIONAL SERVICE SCHEME**

Organises a webinar  
in association with  
Inner Wheel Club of  
Madras Bay City  
District 323

Dr. Prasad Manne & Team  
Hony. secretary - KMC Alumni  
Association

PDC Nalini Prabhakar  
Advisor - rubella, IWD 323


Topic: Health and Hygiene for Young Woman  
Date: 31.10.2020  
Time: 3.00 p. m.

E-Certificate will be  
provided for the participants

Dr. S. Kothai  
Principal and Secretary

NSS PROGRAMME OFFICERS  
Ms. U. N. Mahalakshmi  
Dr. A. Kavitha  
Dr. P. Nirmala

nssecc021@gmail.com  
ethiraj\_nss

  
**Dr. P. Nirmala**  
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Principal

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## HEALTH AND HYGIENE FOR YOUNG WOMAN

Date: 31-10-2020

List of participants

Sl. No	Name	Name of the institution
1.	Ghayathri. V	Ethiraj college for women
2.	Suruthika	Ethiraj college for women
3.	Nivedhitha. R	Ethiraj college for women
4.	Nanthitha. M	Ethiraj college for women
5.	Shivaani. M	Ethiraj college for women
6.	Vishalatchi. D	Ethiraj college for women
7.	Monisha. C. R	Ethiraj college for women
8.	Shweta. S	Ethiraj college for women
9.	Yogasri. V	Ethiraj college for women
10.	Sadhvikaa	Ethiraj college for women
11.	Snehalatha. V	Ethiraj college for women
12.	Ellamma. S	Ethiraj college for women
13.	Geethapriya. A	Ethiraj college for women
14.	Shraddha. G	Ethiraj college for women
15.	Aachaya. K	Ethiraj college for women
16.	Srinithi. V	Ethiraj college for women
17.	Avanti. S	Ethiraj college for women
18.	Dhivyashri. S	Ethiraj college for women
19.	KungumaHrithika. M	Ethiraj college for women
20.	Khushi	Ethiraj college for women
21.	Mayuri. S	Ethiraj college for women
22.	VarshaAbirami	Ethiraj college for women
23.	Swathika. A	Ethiraj college for women
24.	Monika. M	Ethiraj college for women
25.	Miruthula. S	Ethiraj college for women
26.	Hariyuh . M. R	Ethiraj college for women
27.	Dheeksha. S	Ethiraj college for women
28.	Lavanya. C. G	Ethiraj college for women
29.	Sushmitha. N	Ethiraj college for women
30.	Roopavahini	Ethiraj college for women

  
**Dr. P. Nirmala**  
NSS Programme Officer  
Ethiraj College for Women  
Chennai - 600008

  
Principal  
ETHIRAJ COLLEGE FOR WOMEN  
Chennai - 8