

ETHIRAJ COLLEGE FOR WOMEN (Autonomous)

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5.1.3 Capacity Development and Skills Enhancement Activities

Life Skill

2021- 2022



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Stockathon 2021 - Ethiraj Integrated Stock Market Challenge

1. **Date:** 2.09.2021 to 13.10.2021
2. **Club:** Financial Literacy Club
3. **Chief Guest/ resource person:** Research Analyst of Integrated Enterprises
4. **Number of participants:** 186
5. **Event Report:**

Registrations for the Ethiraj-Integrated Stock Market Challenge (Stockathon'21) were open from the 18th to the 25th of August. A qualification round was conducted on 27th August 2021 through Google Meet and the top 20 teams were selected based on their performance in the quiz.

The competitive trading period began on 2nd September 2021 and ended on 13th October 2021 where students of Ethiraj College for Women competed in a stock trading competition in teams of 3, trading virtually using the Dalal Street Investment Journal application with Rs. 10 Lakhs virtual cash for 30 trading days and teams with highest portfolio values won cash prizes.

The participating teams were asked to submit a summary of their investment decisions which was forwarded to the Research Analyst of Integrated Enterprises for evaluation. The following teams and students were declared winners of the Ethiraj-Integrated Stock Market Challenge:

First Prize (Cash Prize of ₹7,500) - Team Stock Diggers

Second Prize (Cash Prize of ₹5,000) - Team Stonks!

Third Prize (Cash Prize of ₹2,500) - Team Future Billionaires

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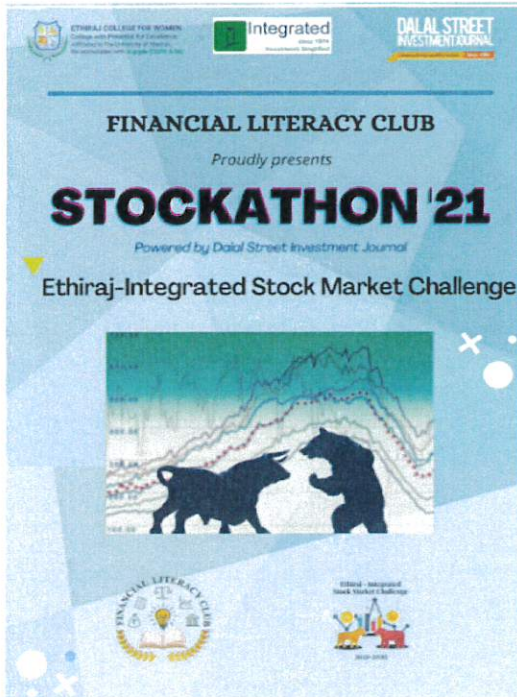
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6. Invite:



7. Photographs of the Event:



S. Manjowria

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Healthy Meals Activity

1. **Date:** 3rd October 2021 – 9th October 2021
2. **Timings:** Every meal time for a week
3. **Venue:** One's homes
4. **Department:** PSYCHOLOGY
5. **Number of participants / beneficiaries:** 110
6. **Description of the event in a minimum of 150 – 200 words:**

The students were required to document their meal plan for the day along with its recipe and health benefits. The aim of this activity was to promote a healthy diet while spending quality family time away from gadgets. This event occurred during the mental health week.

7. **Pictures of the event:**



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7	2013321086007	DURGA SHREE V
8	2013321086008	HARITHA R
9	2013321086009	HATHIJATH FALIHA K
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11	2013321086011	LAVANYA S
12	2013321086012	LIVETHA G
13	2013321086013	LOGASRI P
14	2013321086014	MADHUMITHA A
15	2013321086015	MADHUVARSHINI V
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18	2013321086019	RAMYA J
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21	2013321086022	SHRUTHIKA S
22	2013321086023	SREEMUGAI N
23	2013321086024	SUBIKSHA R
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25	2013321086026	AARTHI RAAJASEKAR
26	2013321086027	AARTHI S
27	2013321086029	ANAUM SHABEER HUSSAIN
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29	2013321086032	APARNA U
30	2013321086033	MALAVIKA C
31	2013321086034	MEGHASRI V
32	2013321086035	NITHYA K C
33	2013321086036	NITHYA K
34	2013321086037	SHARANYA R
35	2013321086038	TEJAASWENE M
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76	1913321086027	GAYATHRI J
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98	2013322042002	AKSHAYA .K.S
99	2013322042003	AKSHAYA. M
100	2013322042004	HARSHHITHA .N
101	2013322042005	KANNIGA PARAMESHWARI.S
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FORMAT FOR EVENT WISE REPORT

NAME OF THE EVENT – IOCL - VIGILANCE AWARENESS WEEK

1. Date: 08.10.2021
2. Venue: Ethiraj college for women
3. Department: Students' Union
4. Name of the Agency involved: Ethiraj college for women
5. Number of participants / beneficiaries: 10 Students
6. Description of the event in a minimum of 150 – 200 words: During the vigilance awareness week there were various competitions held through virtual platforms. The competitions like Poster making and a Elocution on the theme “Greater Vigilance, Better Governance” were conducted. The elocution competition was conducted in both Tamil and English language. The total no. Of participants were 10 for elocution and poster making competition.
7. At least 2 quality photographs of the event (Preference given to student's picture)



V. A. Deepa

S. Muralidharan
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**INTRACOLLEGIATE EVENT ON SUICIDE PREVENTION – HUMAN FIGURE
CHAIN**

Date: Month of October 2021

Venue: Ethiraj College for Women, College Campus

Department: Psychology

Number of participants/beneficiaries: The event was thrown open to all the college students

Description of the event in a minimum of 150-200 words:

The Department of Psychology, Ethiraj College for Women organized a Suicide Prevention Awareness video to spread awareness about the rising rates of suicide and how one can prevent them. The video was posted on the Departments social media handles – Instagram and YouTube on ‘World Mental Health Day; and it was also shared with the rest of the college with the aim that it would help the people who are battling with suicidal ideations. The II year Undergraduate students of the department took the effort to make a video that highlighted on what triggers suicidal thoughts. The video posted on YouTube gained substantial views and the comments section was filled with encouraging messages.

The Human Chain Activity: Students made paper cut out human chains and wrote quotes on positivity and hope and distributed them around the campus. The event took place on 11th and 13th October 2021 and the display of the paper human chain took place on the 25th of October 2021.

Link to the awareness video:

<https://youtube/uRyK9Nr0QuY>

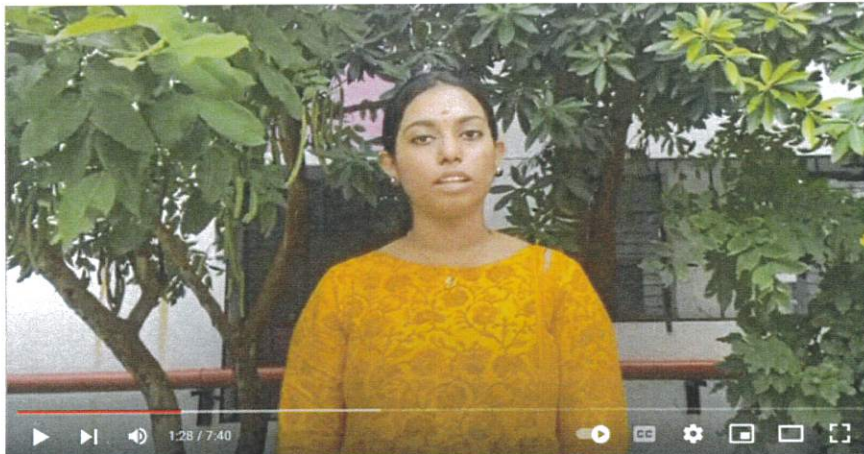
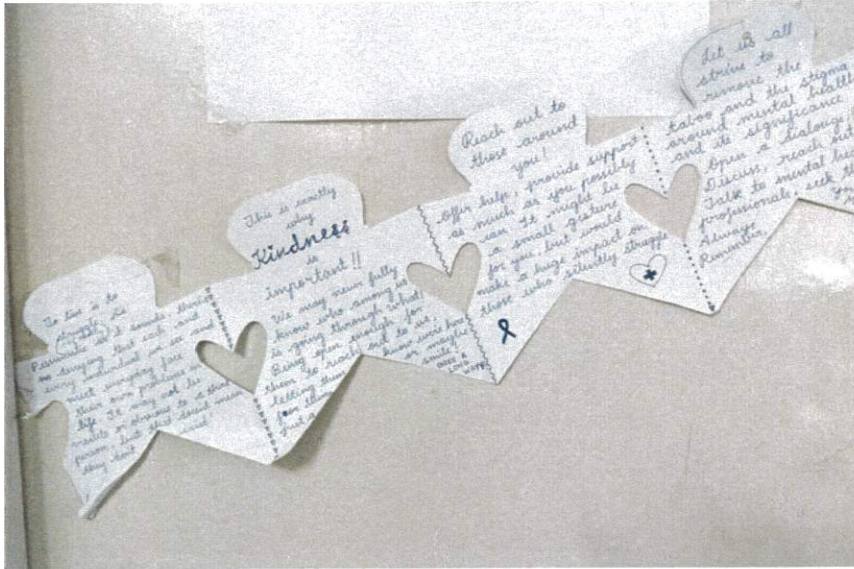
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Head of the Department
Department of Psychology
Ethiraj College for Women
Chennai - 600 008.



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Chennai – 600 008**

Pictures of the event:



#mentalhealth #suicidpreventionawareness

SUICIDE PREVENTION AWARENESS VIDEO



Department of Psycholog...
192 subscribers

Subscribed

128



Share



Clip



S. Manjureshi

PRINCIPAL

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ref

**Head of the Department
Department of Psychology
Ethiraj College for Women
Chennai - 600 008**



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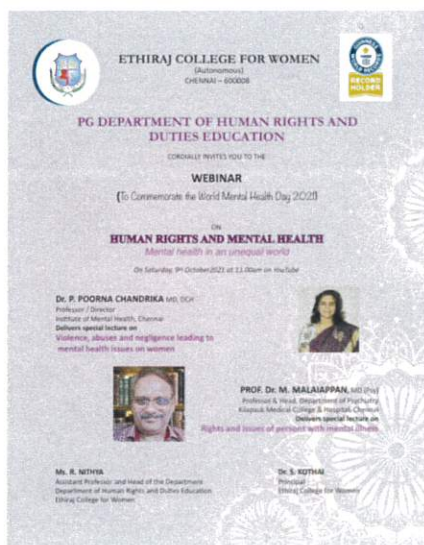
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PG Department of Human Rights and Duties Education

NAME OF THE EVENT – Mental Health in an unequal world

1. Date: 09.10.2021
2. Timings: 11.00am –1.00pm
3. Venue: Ethiraj college for women (Online)
4. Department: PG Department of Human Rights and Duties Education
5. Name of the Agency involved:
 - Ethiraj college for women
 - Institute of Mental Health, Kilpauk
 - Kilpauk Medical College and Hospital
6. Number of participants / beneficiaries: 509 Students
7. Description of the event in a minimum of 150 – 200 words: To commemorate the International Mental Health Day, a webinar on ‘Mental health in an unequal world’ was organized on Saturday, 9th October 2021 at 11am. Dr. Poorna Chandrika MD, DCH, Professor/Director, Institute of Mental Health, Chennai delivered a special lecture on “Violence, abuses and negligence leading to mental health issues on women. Prof. Dr. M. Malaiappan, MD (Psy), Professor & Head, Department of Psychiatry, Kilpauk Medical College & Hospital, Chennai delivered special lecture on “Rights and issues of persons with mental illness’.
8. Brochure / Circular of the event as an image:



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9. At least 2 quality photographs of the event (Preference given to student's picture)



10. List of participants / beneficiaries: Staff and Students from Ethiraj College for Women, Presidency College and University of Madras

S. Manjureshi
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Department of Bank Management

SHE

1. Date: 17th November 2021
2. Timings: 5.00 PM
3. Venue: Google Meet
4. Department: Department of B.Com Bank Management (SS)
5. Name of the Agency involved: YI - CII Yuva
6. Number of Participants / beneficiaries: 147
7. Description of the event in a minimum of 150 – 200 words:

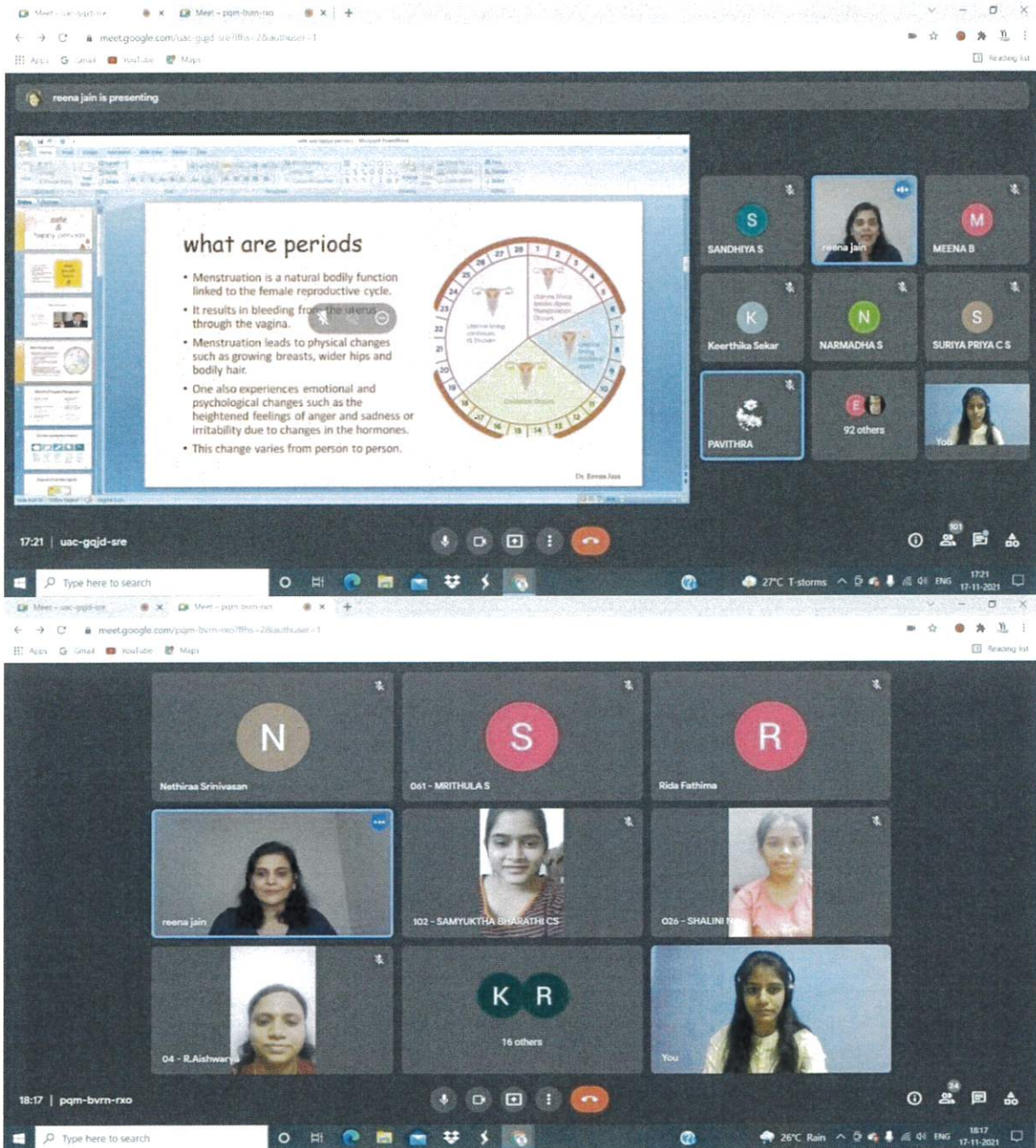
A webinar on "SHE" - Menstrual health and hygiene was organised by the Department of Bank Management in association with YI - CII Yuva. Dr. Reena Jain, a nutritionist and naturopath who has been practising for the past eight years, was the session's speaker. She had interaction with the audience about their personal hygiene routines during their periods, eating patterns throughout the cycles, the challenges they face and so on. In addition, she included a list of natural diets that help the bodies in regaining nutrition and energy. Her suggestions included native fruits, flax seeds, chia seeds, and pumpkin seeds. For instance, eating more greens and spinach will replenish the iron, calcium, and vitamins during the periods. She gave a few recommendations on how to relieve stress and pain during periods, like eating healthily, taking a bath in a tub, washing your hair to cool down, and apply a hot cloth to the affected area to relieve any pain.

8. Brochure/Circular of the Event as image:

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Chennai – 600 008**



9. At least 2 quality photographs of the event (Preference given to student's picture):



List of Participants / Beneficiaries:

S.NO	REG NO	NAME
1	2113321035001	ABHINITI S
2	2113321035002	S ADITHI ANCHANA
3	2113321035003	AFRAA FAHEEMA T
4	2113321035004	AGJHATHA GR
5	2113321035005	CHAMINI PG
6	2113321035006	DEEPIKA S

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7	2113321035007	DHARANI N
8	2113321035008	DHIVYA DHARSHINI S
9	2113321035009	DURGA K
10	2113321035010	EZHIL OVIYA M
11	2113321035011	HARENE DEVI N
12	2113321035012	HEMAPRIYA V
13	2113321035013	JAYASUDHA P T
14	2113321035014	R KALAIARASI
15	2113321035015	KALAIVANI C
16	2113321035016	KAVIYA KALPANA P
17	2113321035017	KAVIYA T
18	2113321035018	KAVYA H
19	2113321035019	T KRITTHIKA SRI
20	2113321035020	LAHARI LALITHA LAKSHMI K
21	2113321035021	MADHUMITHA R
22	2113321035022	MEENAKSHI D
23	2113321035023	S MONIKA
24	2113321035024	MONISHA S
25	2113321035025	NARMADHA S
26	2113321035026	NISHA B
27	2113321035027	PADMA ROSHINI B
28	2113321035028	POOJA S
29	2113321035029	POORVAJA U S
30	2113321035030	SAMYUKTHA V
31	2113321035031	SHREENIDHI A
32	2113321035032	SHRIJHA V
33	2113321035033	SHYAMALA V
34	2113321035034	SONAKSHI N
35	2113321035035	SONALI S
36	2113321035036	S SRIHARITHA
37	2113321035037	SRUTHI S
38	2113321035038	SURIYA PRIYA CS
39	2113321035039	SUSHMITHA M
40	2113321035040	SWETA G S
41	2113321035041	SWETHA B
42	2113321035042	SWETHA SELVARAJ
43	2113321035043	S SWETHA SATISH
44	2113321035044	SWETHA SARATHI V
45	2113321035045	SWETHASREE G
46	2113321035046	B VAISHALI
47	2113321035047	VIKASINI G
48	2113321035048	VINOTHINI

S. Mageswari

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49	2113321035049	YAMINI N
50	2113321035050	DEEPIKA ASHOK
51	2113321035051	DEEPIKA JANGID
52	2113321035052	DISHA V
53	2113321035053	DIVYA SHREE
54	2113321035054	SHRUTHI P
55	2113321035055	YASHNA P
56	2113321035056	ANITA SUNDARRAJ
57	2113321035057	DEEKSHA SHARMA
58	2113321035058	HARIDHA M
59	2113321035059	HARINI PAARVATI S M
60	2113321035060	KEERTHIKA B
61	2113321035061	KRITHIKA R
62	2113321035062	LALITHA B
63	2113321035063	MADHUMITHA B
64	2113321035064	MAHALAKSHMI S
65	2113321035065	MRIDULA G
66	2113321035066	NEERAJA V
67	2113321035067	PREETHI G
68	2113321035068	RIDA FATHIMA
69	2113321035069	ROSHINI S
70	2113321035070	SRINISHA S
71	2113321035071	SUVASHINI R
72	2113321035072	THARUNIKA A
73	2113321035073	VARSHINI R
74	2113321035074	M VEDHA SRUTHI
75	2113321035075	AKSHAYA A
76	2113321035076	AKSHAYA S
77	2113321035077	ANEHA M
78	2113321035078	ANUSREE. P. M
79	2113321035079	ASHA L
80	2113321035080	AVANTHIKA M
81	2113321035081	BHAVADHARINI C T
82	2113321035082	COLIN PRIYA M
83	2113321035083	DATCHINI PRIYA M
84	2113321035084	DHIVYADARSHINI D
85	2113321035085	GANGA DEVI K
86	2113321035086	GEETHA R
87	2113321035087	GUNASUNDARI S
88	2113321035088	HARINI M
89	2113321035089	HARINI R
90	2113321035090	HARIPRABHA C

S. Manjowara
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91	2113321035091	HARITHA K
92	2113321035092	IRFANA BANU S A
93	2113321035093	JANANI A
94	2113321035094	JANANI G
95	2113321035095	JANANI R
96	2113321035096	JAYASHREE S
97	2113321035097	JAYASRI P
98	2113321035098	KALPANA D
99	2113321035099	KEERTHIGA BG
100	2113321035100	KRISHNAVENI V
101	2113321035101	MADHUMITA S P
102	2113321035102	MADHUMITA SHREE J R
103	2113321035103	MATHUMITHA K
104	2113321035104	MEENA B
105	2113321035105	MONIKA R
106	2113321035106	MONISHA DEVI R
107	2113321035107	NIVIYA B
108	2113321035108	RAGAVI P
109	2113321035109	RAJA PRIYA T
110	2113321035110	RAJALAKSHMI M
111	2113321035111	RAKSHITHA R
112	2113321035112	RETHIKA S
113	2113321035113	ROSHINI V
114	2113321035114	SANDHIYA S
115	2113321035115	SARVESHINI KG
116	2113321035116	SHAKTHI PRIYA
117	2113321035117	SHALINI
118	2113321035118	SHARANI
119	2113321035119	SHRUTHI S P
120	2113321035120	SUHI AISWARYA M
121	2113321035121	SWARNALAKSHMI A
122	2113321035122	SWARNAVALLI K
123	2113321035123	THAMARAISELVI M
124	2113321035124	UVANGALIN CAMILUS E
125	2113321035125	VIDHYA LALITHA PB
126	2113321035126	VIDYA M
127	2113321035127	VIJAYALAKSHMI S
128	2113321035128	VIJAYALAKSHMI S
129	2113321035129	VINISHA J
130	2113321035130	VINISHA V
131	2113321035131	ANUSHREE S R
132	2113321035132	RADHIKA RAVIKUMAR

S. Mayasura

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133	2113321035133	AISHWARYA M
134	2113321035134	ABIRAMI R
135	2113321035135	ANITHA C
136	2113321035136	BHARGHAVI V
137	2113321035137	DHANYASHREE M
138	2113321035138	ESHA K L
139	2113321035139	INDUJA Y
140	2113321035140	JYOTHI PRAJAPATHI
141	2113321035142	MADUSHA M
142	2113321035143	MANSI D
143	2113321035144	MIZPAH KAARUNYA G
144	2113321035145	MOHANA PRIYA S
145	2113321035146	PAVITHRA K
146	2113321035147	RIYA S
147	2113321035148	VARNIKA K H

S. Mahalingam
Principal
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YOGA 2021-2022

Date: 07.04.2022

Timings: 9:00am – 4:45pm

Venue: Ethiraj college for women

Department: Physical Education

Name of the Agency involved: Ethiraj college for women

Number of participants / beneficiaries: 1000 Students

Quality photographs of the event (Preference given to student's picture)

List of participants / beneficiaries: All Department Aided and Self-Supporting Students



Dr. C. UMA DEVI
Director of Physical Education
Ethiraj College For Women
(Autonomous)
Ethiraj Salai, Chennai-8.

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Uma Devi

Dr. C. UMA DEVI
Director of Physical Education
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S. Manjamma

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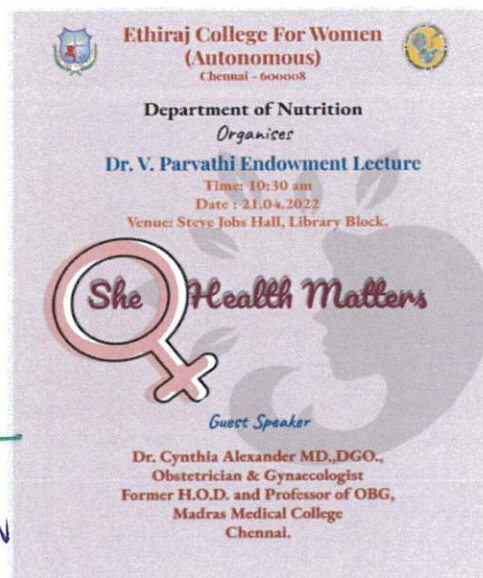
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Dr. Parvati Endowment Lecture 2022 “She Health Matters”

1. **Date:** 21.04.2022
2. **Timings:** 11am
3. **Venue:** Ethiraj College for Women, Chennai
4. **Department:** Nutrition, Food Service Management and Dietetics
5. **Chief Guest/ resource person:** Dr.Cynthia Alexander, MD., DGO.,
Obstetrician & Gynaecologist, Chennai
6. **Number of participants / beneficiaries:** 150
7. **Description of the event:**

Dr.V. Parvathi Endowment Lecture was organised on 21.04.2022 on the topic “She Health Matters” at Steve Jobs Hall, Library Block, Ethiraj College for Women, Chennai. The guest speaker of the day was Dr.Cynthia Alexander, MD.,DGO., Obstetrician & Gynaecologist, Chennai, who gave an enthralling address on adolescent health issues and importance of pre-marital counselling. The session witnessed enthusiastic participation from the audience through the question answer session. The event was attended by more than 150 students.

8. **Brochure / Invite / Circular of the event as an image:**



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9. At least 2 quality photographs of the event



S. Murugesan

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P. Mathanaradhani

A circular blue stamp with the text "DEPARTMENT OF NUTRITION" around the top edge, "CHENNAI 600 008" in the center, and "ETHIRAJ COLLEGE FOR WOMEN" around the bottom edge.



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1. Date: 31st October 2022
2. Department: B. Sc Visual Communication
3. Number of participants / beneficiaries: 46
4. Description of the event in a minimum of 150 – 200 words: The department took the initiative to organize this trip for enhancing the student's photography skills on 31st October to Vandaloor Zoo. The students were grouped in teams for the activity. Photography is an art; therefore, it should be fun and relaxing, and this field trip provided educational lessons in a fun and direct environment. It was an outdoor photography workshop with plenty of practical exercises in location to capture moments, which included a variety of wildlife creatures. The Photography Field Trip focused on Exposure and how to achieve correct Exposure in all light conditions. Every team was given attention and special guidance. It helped to rectify the errors that we made during the activity. It was a broad experience for the new bees learning photography. There were plenty of birds, including large Rosy pelicans, painted storks, flamingos etc along with animals like chimpanzees, elephants, giraffes, deer, ostrich, tiger, lion etc. The students found distanced animals and the caged wildlife a little hard to focus in a DSLR. Yet, many students excelled in their performance by taking amazing pictures. Altogether, it was a fun learning as well as tiring task as we had to walk a lot to keep exploring and shoot one by one. Altogether, it was really an informative experience in the Zoological Park.



S. Manojawala
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Shrudevi
V. SHRIDEVI
Assistant Professor and Head
Department of Visual Communication
Ethiraj College for Women(Autonomous)
Chennai-8



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5. List of participants:

S.NO	NAME OF THE STUDENT	REGISTER NUMBER	Name of the Institution
1	ABINAYA	2213321090001	Ethiraj College for Women
2	ASHWADHA S	2213321090002	Ethiraj College for Women
3	DEEPIKAA M V	2213321090003	Ethiraj College for Women
4	DIVYAA RC	2213321090004	Ethiraj College for Women
5	HARINI P	2213321090005	Ethiraj College for Women
6	JANAVI M	2213321090006	Ethiraj College for Women
7	JOSHIKA G	2213321090007	Ethiraj College for Women
8	KEERTHANA K	2213321090008	Ethiraj College for Women
9	KRISHNA DEEPTHI G D	2213321090009	Ethiraj College for Women
10	LAKSHANA	2213321090010	Ethiraj College for Women
11	NASHATRA M K	2213321090011	Ethiraj College for Women
12	PRAGATHEESWARI G	2213321090012	Ethiraj College for Women
13	PURVA B	2213321090013	Ethiraj College for Women
14	RAKSHANAH N	2213321090014	Ethiraj College for Women
15	RESHMA S	2213321090015	Ethiraj College for Women
16	ROHINI SRIDHARAN	2213321090016	Ethiraj College for Women
17	SRINIDHI T K	2213321090017	Ethiraj College for Women
18	SUJITHA R	2213321090018	Ethiraj College for Women
19	VARSHA PRIYADHARSHINI A	2213321090019	Ethiraj College for Women
20	VASUNDHARA G	2213321090020	Ethiraj College for Women

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Shruti V. Shridevi
V. SHRIDEVI
Assistant Professor and Head
Department of Visual Communication
Ethiraj College for Women (Autonomous)



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21	VISHALI R	2213321090021	Ethiraj College for Women
22	YASHAWINI H K	2213321090022	Ethiraj College for Women
23	YUVASRI S	2213321090023	Ethiraj College for Women
24	CHEHAK S	2213321090024	Ethiraj College for Women
25	NIKHITA RAMAKRISHNAN	2213321090025	Ethiraj College for Women
26	PREETI KUMARI SHAH	2213321090026	Ethiraj College for Women
27	ROSANN ANNA ROBINSON	2213321090027	Ethiraj College for Women
28	ROSHINI A	2213321090028	Ethiraj College for Women
29	SAHITHYA S	2213321090029	Ethiraj College for Women
30	SHAMRUTHI DHARA CHINMAYA M	2213321090030	Ethiraj College for Women
31	SHREYA Y S	2213321090031	Ethiraj College for Women
32	THRITHIKSHA R	2213321090032	Ethiraj College for Women
33	VANDANA	2213321090033	Ethiraj College for Women
34	AISHWARYA M	2213321090034	Ethiraj College for Women
35	GAYATHRI VAIBHAVI SP	2213321090035	Ethiraj College for Women
36	HARITHAA V	2213321090036	Ethiraj College for Women
37	KAMINI MADAN	2213321090037	Ethiraj College for Women
38	KAVINAA KABILANE	2213321090038	Ethiraj College for Women
39	POOJA S N	2213321090039	Ethiraj College for Women
40	VESHALI V	2213321090040	Ethiraj College for Women
41	VYSHALI V	2213321090041	Ethiraj College for Women
42	KEERTHI VAASAVI S	2213321090043	Ethiraj College for Women
43	MIRA SHREE V	2213321090044	Ethiraj College for Women
44	NAZLI AFRA TN	2213321090045	Ethiraj College for Women
45	REETA DEVI S	2213321090046	Ethiraj College for Women
46	SRUTHI K U	2213321090047	Ethiraj College for Women

V. SHRIDEVI
Assistant Professor and Head
Department of Visual Communication
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