

ETHIRAJ COLLEGE FOR WOMEN (Autonomous)
Chennai – 600 008

Affiliated to the University of Madras
College with Potential for Excellence
Re-accredited with A Grade by NAAC



**5.1.3 Capacity Development and
Skill Enhancement Activities**

Life Skills

2017-2018

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YOGA 2017 – 2018

Date : event was organized for 46 days from 21.06.2017 to 15.03.2018

Time : 3.30 pm - 4.30pm

Venue : Ethiraj college for women

Department : Physical Education

Number of participants: 200 Students

We have conducted "yoga for healthy life" for our students benefit and wellness throughout every Tuesday and Thursday Themes like Yoga for Better health and wellness , Yoga for mental health , practicing variety of breathing techniques like pranayama , kabalapathi , Brahmari pranayama , Pranav dhavni varieties , and also focusing on yoga for Flexibilities, practiced throughout every Tuesday and Thursday. Also we will provide Healthy snacks to our students after practice.

Pictures from Yoga Day



List of participants: All Department Aided Students.

S. Kothari
Principal

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CARCINOMA EPICK VERSION 4

Date : 23.07.2017

VENUE : BESANT NAGAR BEACH

Number of beneficiaries: 350

"The first step towards change is awareness. The CARCINOMA EPICK VERSION 4_ project on awareness about _SARCOMA CANCER_ was a huge success and had a big reach. The response from the public was unbelievable. During our awareness programme our Retractors had an opportunity to meet a few cancer survivors and talk to them. They were very much impressed with our innovative ideas and were proud about the fact that we wanted to spread awareness about cancer which is not known by many. Some of them even shared their very emotional stories. There was a survivor who had written a song about her journey of getting cured. We got the chance to listen to her sing along with other few people in the beach.

Ethiraj Students spreading awareness about cancer to public



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HEALTHY WOMEN-HEALTHY SOCIETY

Date : 12th August 2017

Venue : Main Auditorium

Name of the Agency involved: GG Hospital

Number of participants: 44

This year's activity commenced with "**REPLICA**", the Annual Association Meet of the Department of Biochemistry, which through various programs and competitions served as a platform to showcase the undiscovered talents of the young minds. **REPLICA – 17** held on 12th August 2017 took the theme of "**Healthy Women – Healthy Society**". Dr.Kamala Selvaraj, Obstetrician and Gynecologist, Associate Director – GG Hospital was the chief guest for the inaugural function. In her inaugural address, she covered various aspects of holistic health. Mrs.Saras Bhaskar, Counseling Psychologist and Coach,Bloom Health Care, Velachery, was the Guest of honor, presented the Key Note Address. Her interactive session focused on the importance and need for psychological cleansing. Dr.A.Nirmala, Principal and Secretary, Ethiraj College for Women released the **E-Magazine** which included articles compiled by the students highlighting issues related to women's health. A "**Well Women Kit**" was presented to the dignitaries on the dais by Dr.M.Sujatha, Head, Department of Biochemistry. The cultural activities included on-stage events – street play, block and tackle, 60 seconds to fame and the off stage events - bio puzzle, T-shirt designing, salad dressing, story in 6 words and treasure hunt. The events were held at both inter-collegiate and inter-departmental level.

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INVITATION

ETHIRAJ COLLEGE FOR WOMEN	
DEPARTMENT OF BIOCHEMISTRY	
REPLICA '17	
'HEALTHY WOMEN - HEALTHY SOCIETY'	
PROGRAMME	
10:30 – 11:30am	INAUGURAL ADDRESS
INAUGURATION	Dr. KAMALA SELVARAJ MD, DGO, PHD., (Fertility Expert) Obstetrician and Gynaecologist Associate Director - GG Hospital
	KEYNOTE ADDRESS
	Mrs. SARAS BHASKAR Counselling Psychologist & Coach
	RELEASE OF e-MAGAZINE
	Dr. A. NIRMALA Principal and Secretary Ethiraj College for Women
11:30am – 12:30pm	BLOCK & TACKLE (on stage)
	TREASURE HUNT (off stage)
12:30pm – 01:00pm	LUNCH BREAK

RELEASE OF THE CD



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GUEST OF THE DAY



LIST OF PARTICIPANTS

1	AKSHAYA PRIYA S	16-S209001	23	NIVETHA P	16-S209023
2	ANUPRIYA M	16-S209002	24	PAVITHRA R	16-S209024
3	BAVANI S	16-S209003	25	PRAMILA E	16-S209025
4	CHANDHINI PC	16-S209004	26	RANJINI R	16-S209026
5	CHANDRALEKHA B	16-S209005	27	RATHIKA V	16-S209027
6	CHARUHASANI S	16-S209006	28	ROSHINIPREETHA R	16-S209028
7	DEVASAGAYAMARY L	16-S209007	29	SANDHIYA SD	16-S209029
8	DIVYADHARSHINI G	16-S209008	30	SANGAVI D	16-S209030
9	HEMALATHA V	16-S209009	31	SHALINI V	16-S209031
10	JANA VI E	16-S209010	32	SHRUTHI CM	16-S209032
11	JAYANTHI K	16-S209011	33	SNEHA S	16-S209033
12	JIGILIN REMISHA JM	16-S209012	34	SWEATHA V	16-S209034
13	KAMATCHI S	16-S209013	35	VARSHA S	16-S209035
14	KAVIBHARATHI.J	16-S209014	36	VIDHYA S	16-S209036
15	KAVIYA M	16-S209015	37	YOGAPRIYA G	16-S209037
16	KIRUTHIKA L	16-S209016	38	YOGA LAKSHMI V	16-S209038
17	LAVANYA D	16-S209017	39	AISHVARYA S	16-S209039
18	LAVANYA R	16-S209018	40	PRITIKUMARI	16-S209040
19	MALESWARI B	16-S209019	41	BHAMA SL	16-S209041
20	MUTHULAKSHMI S	16-S209020	42	SREEVITHA S	16-S209042
21	NAVEENA A	16-S209021	43	AKSHYA S	16-S209043
22	NIVETHA H	16-S209022	44	MITHRA PANDEISWARI I	16-S209044

S. Kothari

Principal

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