# 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



7.1.8

Disabled-Friendly Barrier Free Environment

Culture of Sharing

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# **CULTURE OF SHARING** LIST OF ACTIVITIES

S.No.	Activities
1	Music therapy was provided to cancer patients of Adyar Cancer Institute which helps in improving their physical and emotional well-being.
2	Aerobics and Yoga classes were conducted in Little Flower Convent – School for Deaf and Dumb to help in improving their physical and mental health.
3	The Rotaractors sent their write-ups and poems in the form of post letters as a small gesture to show love and respect towards our courageous army officials.
4	"Rhythm that Heals" A music therapy session was held by our Club for children affected by Autism, Dyslexia and ADHD.
5	A Gender diversity workshop and Intercollegiate fest "PAAVAI - 2020" was organized on 7th January, 2020.
6	On the occasion of Kaanum Pongal, The NCC Cadets went to an old age home at Old Washermenpet, Chennai, on 17.01.2020 to celebrate the festival, spread cheer love and savor joy, as is it said that Joy is increased by spreading it to others.
7	The Music Therapy session for children affected by ADHD, Autism, Dyslexia and slow learners titled 'Ragabhairavi V2.0-Rhythm that Heals' Benefitting 53 Special Children was conducted in a simple, soothing and relaxing way.



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8	Vocational skills to the women of Self-Help Groups in order to help them in their start-ups and enhance their business.
9	Nutrition Education Programme on 16th February 2018 at Nemilicherry Village on the theme "Women's Health Issues"
10	The students and Faculty also visited Chennapuri Annatha Samajam and offered Community Development Services in the form of educational support in English Communication and grammar classes.
11	The cadets of Ethiraj NCC Company along with other colleges represented 1(TN) Girls BN NCC on 12th January 2019 at Kalyanapuram Slum to create awareness on dengue.
12	GRAMATHIL ORU NAAL - Conducted a free 185 medical checkup, eye checkup, breast and cervical cancer Screening camp benefiting all the members of Karunakaracheri village.

S. Kothani
Principal

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## **OLD AGE HOME**



Our NCC Cadets distributed food articles and old clothes to the needy at the old age home.

S. Kothai

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Our NCC Cadets visited an old age home in Old Washermanpet, Chennai, to rekindle the festive spirits among the residents on the occasion of Kanum Pongal. The residents participated enthusiastically in the games and the cultural programs that were conducted. They also shared their insightful experiences with the cadets. The cadets distributed sweets and snacks to celebrate the occasion.

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The NCC Cadets of our college took pride in helping the senior citizens in "KAKUM KARANGAL" an old age home for women. They conducted cultural programmes to entertain them and also distributed snacks to them.

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Celebration with Children: Our NCC cadets celebrated Christmas and New Year with the orphan children in the "SHEILD" orphanage.

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#### **MUSIC THERAPHY**





On Every Monday and Wednesday from 8<sup>th</sup> august 2016 till date Ethiraj college singers and programme organizers visit Cancer Institute, Adayar to sing for children and adult cancer patients as part of ASHWIN MAHARAJ FOUNDATION.

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