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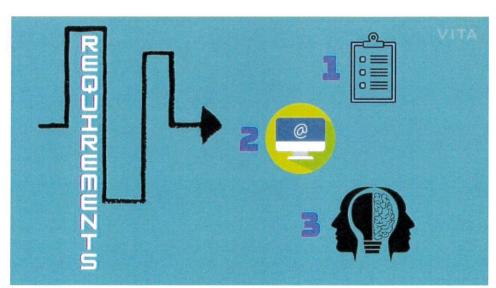
### ETHI-SHAKTHI-ALUMNAE CONNECT LEAGUE

### How to host a meet in Google Meeting and How to go You Tube live streaming

Date of Event: 10th April 2021

No of Participants: 714

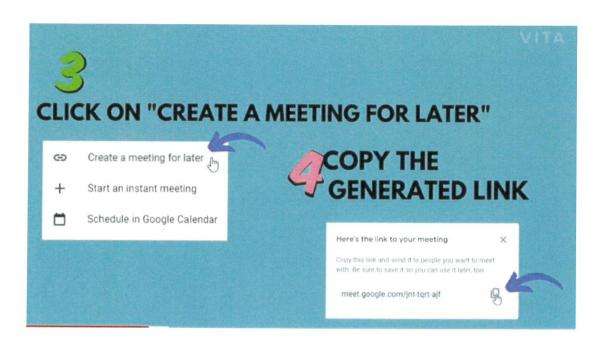
The League organised a webinar in "How to host a meet in Google Meeting and How to go You Tube live streaming". The speakers for the webinar were Ms.P.Devika, BCA and Ms. B. Aarathy, BCA, both being alumnae of the BCA Department of Ethiraj College for Women. The webinar was premiered on You Tube on 10th April 2021 with 714 views. In this webinar Ms. P. Devika spoke about how to schedule and host a meeting in the google platform. Ms. B. Aarathy explained the protocol for live streaming in You Tube and also added information in regard to edit recorded video and to upload it in You Tube.



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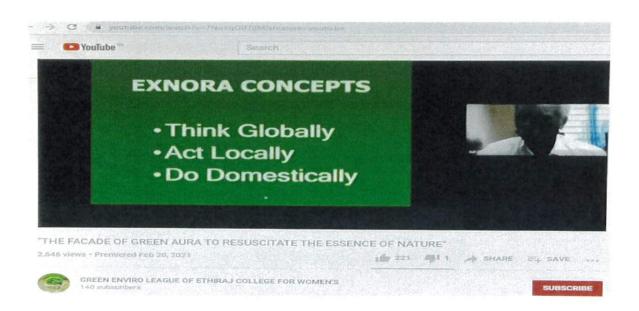
#### ETHISAKTHI-GREEN ENVIRO LEAGUE

### Lecture on The Facade of Green Aura to Resuscitate the Essence of Nature

Date of Event: 5th February 2021

No of Participants: 100

Mr. S. Indrakumar, Senator, Exnora, a multi-faceted personality and a field expert delivered the Invited Lecture on "The Facade of Green Aura to Resuscitate the Essence of Nature" on 5th February 2021. The speaker highlighted the importance of terrace gardening, vermi-composting and a whole range of natural remedies, essential for our daily routine. Field work and practical pictures of green coverage around his home front, converted into a practical green functioning unit that was projected during the webinar, was indeed a much sought after thought that encouraged the students to revive the essence of nature.





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### ETHISAKTHI-GREEN ENVIRO LEAGUE

### Lecture on Plant Dynamics in Human Health

Date of Event: 6th February 2021

No of Participants: 100

The programme on "Plant Dynamics in Human Health", was recorded live in Google Meet Platform with a full audience strength of 100 participants on 6th February 2021. Dr. Pauline. R. Associate Professor, Dept. of Plant Biology and Plant Biotechnology, Women's Christian College, Chennai, a versatile personality and ardent Researcher delivered an effective and informative talk covering the lines of botanical therapeutics for holistic wellbeing. The perspective of the topic was more apt in the present context, wherein the students had a better comprehension of the ways of approaching the pandemic with a more traditional approach. The recorded sessions in google meet was later premiered via You Tube on 20th February 2021.

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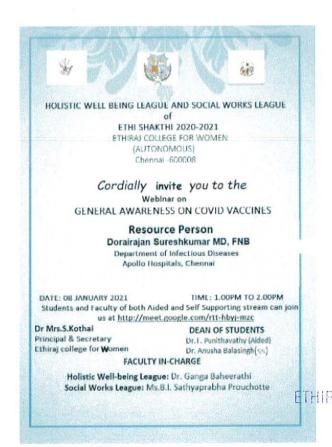
## ETHISHAKTHI- THE HOLISTIC WELL BEING LEAGUE AND SOCIAL WORKS LEAGUE

### **General Awareness on Covid Vaccines**

Date of Event: 8th on January 2021

No of Participants: 100

The Holistic Well Being League and Social Works League of Ethi Shakthi, organized a talk on "General Awareness on Covid Vaccines" on the 8 th January, 2021. The talk was presented by Dr. DorairajanSureshkumarMD, FNB from the Department of Infectious Disease, Apollo Hospitals. Chennai. The session covered two main points, Covid protocols and also included about the Covid vaccines. A webinar on "Fighting Covid-19", on22.04.21 was delivered by Dr. R. Madhumitha, FNB (Infectious Diseases), from ApolloHospitals. Shegave a clear insight into the second wave of Covid-19.





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### ETHISHAKTHI- THE HOLISTIC WELL BEING LEAGUE AND SOCIAL WORKS LEAGUE

Fighting Covid-19

**Date of Event: 22.04.21** 

No of Participants:100

A webinar on "Fighting Covid-19", on22.04.21 was delivered by Dr. R. Madhumitha, FNB (Infectious Diseases), from ApolloHospitals.Shegave a clear insight into the second wave of Covid-19.









HOLISTIC WELL BEING LEAGUE AND SOCIAL WORKS LEAGUE OF ETHI SHAKTHI 2021-2022

ETHI SHAK IHI ZUZI-ZUZZ ETHIRAJ COLLEGE FOR WOMEN(AUTONOMOUS) CHENNAI - 600 008

> Cordially invite you to the Webinar on

FIGHTING COVID-19



Resource Person
Dr R Madhumitha

MBBS, Diploma in Family Medicine, RCGP, UK, DNB (General Medicine), FNB (Infectious Disease)

Date: 22 April 2021 (Thursday)

Time: 6:00 PM to 7:00 PM

Join us with Google Meet code rzb-kqbw-scg

**Dr S Kothai** Principal and Secretary Ethiraj College for Women Dean of Students Dr T Punithavathy (Aided) Dr Anusha Balasingh (SS)

Faculty Incharge Holistic Well-Being League: Dr Ganga Bahecrathi Social Works League: Mrs B I Sathyaprabha Prouchotte

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### ETHI-SHAKTHI-SWACHH ETHIRAJ LEAGUE AND DISASTER MITIGATION LEAGUE

### THE ROLE OF NUTRITION IN COVID 19

Date of Event: 24.02.2021

No of Participants:100

The Swachh Ethiraj League, in association with the Disaster Mitigation League organized a virtual programme on "THE ROLE OF NUTRITION IN COVID 19" on 24.02.2021which was hosted in Google meet platform. The resource person for the session was Dr. S. Srinivasan MBBS., DCH., State Nodal Officer for Child Health, Registrar, Institute of Child Health & Hospital for Children, Egmore, Chennai. The resource person highlighted the importance of nutrition for a healthy lifestyle and safe walk through the pandemic. Students actively participated and interacted with great enthusiasm and made the programme a huge success and the recorded session was premiered via you tube on 27.03.2021.



"THE ROLE OF NUTRITION IN COVID'19".

225 views · 1 week ago



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## "THE ROLE OF NUTRITION IN COVID'19".

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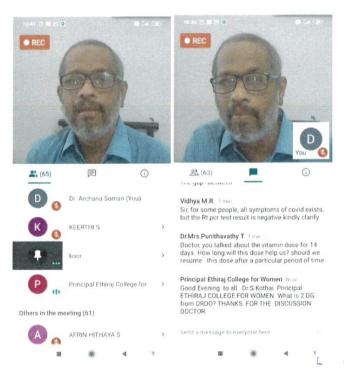
## ETHI-SHAKTHI-SWACHH ETHIRAJ LEAGUE AND DISASTER MITIGATION LEAGUE

**Covid Crisis: Awareness and Preparedness** 

Date of Event: 15.05.2021

No of Participants: 100

The webinar was hosted on 15.05.2021 in You tube platform on "Covid Crisis: Awareness and Preparedness". The resource person for the topic was Dr. Chelliah Babu Ganesh, Senior Assistant Surgeon, Department of Public Health, Government of Tamil Nadu. Dr. Chelliah Babu Ganesh briefed clearly on the concept of COVID and its new variants, especially in the wake of the second wave of the virus attack in India.



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### WEBINARSERIES-ETHISHAKTHI STUDENTS LEAGUE

"Turning Crisis to Opportunities"

Date: 16.06.20

No of Participants: 500

Day 1 (16.06.20) Motivational Enhancement for Students During Lockdown

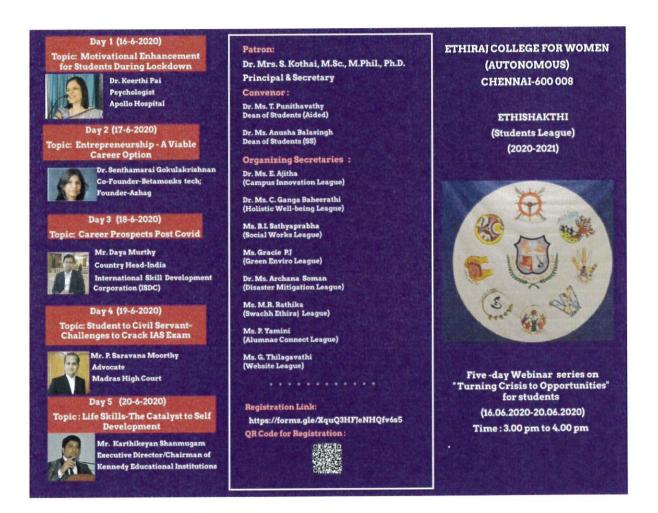
The first day (16.06.20) of the webinar commenced with a welcome address by our beloved Principal Dr.Mrs.S.Kothai. Dr.Ms.Keerthi Pai, Psychologist ,Apollo Hospitals, Chennai, spoke on "Motivational Enhancement for Students During Lockdown".Dr.Keerthi Pai gave a spectacular speech to the students, touching upon all the psychological aspects the students face during the lockdown period. Her talk gave them an insight into how to overcome the uncertainties and stress of today's world.



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### Day 2 (17.06.20) - Entrepreneurship - A Viable Career Option

Topic - "Entrepreneurship - A Viable Career Option". The Speaker, Dr. SenthamaraiGokulakrishnan, shared her experiences as an entrepreneur and gave a presentation on the basics of entrepreneurship. She guided the students on how to start their own enterprise.

## **Startup Support**

### NEEDS - Between 10 Lakhs to 5 Crores

- Women entrepreneurs, Between 21 to 45 years of age
- Educated youth will be given entrepreneurship training to groom them as first generation entrepreneurs on the essectials of conceiving, planning, initiating and launching a manufacturing or service enterprise successfully.
- On completion of the training program they would be assisted to prepare their business plans and helped to tie up with financial institutions to get term loan, to set up manufacturing or service enterprises with a project cost not exceeding

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### Day 3 (18.06.20) - "Career Prospects Post Covid"

The Speaker of the day, Mr. Daya Murthy, Country - Head, International Skills Development Corporation, gave a complete detour of the career prospects available post covid. He spoke to them on how to create the SMART Goal Sheet, how to improve their employability skills and also shared the government skill programmes available, to the students. It proved to be an enriching session for the students.

## ETHIRAJ COLLEGE FOR WOMEN(AUTONOMOUS) ETHISHAKTHI-STUDENTS LEAGUE DAY 3 (18-06-2020) CAREER PROSPECTS POST COVID



MR.DAYA MURTHY
COUNTRY HEAD-INDIA
INTERNATIONAL SKILL
DEVELOPMENT
CORPORATION (ISDC)

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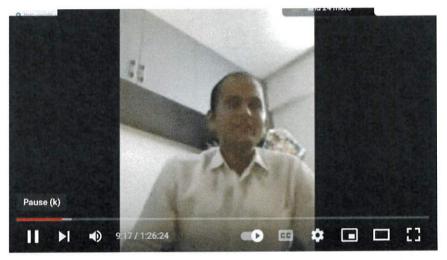
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### Day 4 (19.06.20) - "Student to Civil Servant- Challenges to crack IAS Exam"

Mr. P. Saravana Moorthy, Advocate, Madras High Court, Chennai gave a very interesting session on "Student to Civil Servant- Challenges to crack IAS Exam". The resource person, in his address to the students discussed the challenges involved in cracking the Civil Services and also shared his own



Webinar on Challenges to crack IAS exam for students

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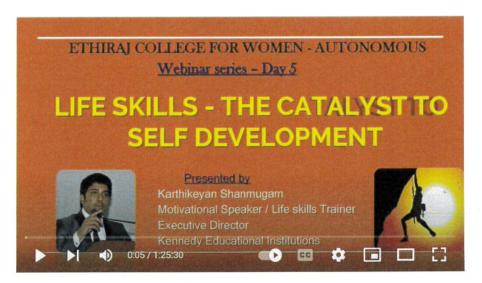
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### Day 5 (20.06.20) - "Life Skills - The Catalyst to Self-development"

The Catalyst toSelf-development". Mr.Karthikeyan Shanmugam, Executive Director/Chairman of Kennedy Educational Institution, a school topper, a motivational speaker, an educationist and the Best Motivator awardees (2018), gave an inspiring speech on how adopting values in life help us achieve our goals. His awe-inspiring words on self motivation would have definitely proved the dormant spirit to the fore front and urged them to work towards making their dreams come true.



Webinar on Life Skills - The Catalyst to Self Development

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