



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



NATIONAL SERVICE SCHEME

REPORT

(2016-2021)

CONTENTS

2020 - 2021

1. International Yoga Day
2. Webinar On Transform, Rebuild and Move On
3. Webinar - Art of Successful Communication
4. Webinar- How to Stay Healthy and Motivated in this Pandemic
5. Webinar- River Restoration and Wetland Conservation
6. APJ Abdul Kalam Birth Anniversary Celebration
7. National Unity Day Celebration
8. Webinar- Health and Hygiene for Young Women
9. Webinar- National Cancer Awareness Day
10. Webinar World Diabetics Day
11. Children's Day Celebration
12. International Volunteers Day Celebration 2020
13. Launch of SCB Talent Search Competition
14. Women's Day Celebration

2019 - 2020

15. International Day Against Drug Abuse and Illicit Trafficking
16. World Population Day Rally
17. Disaster Management Training
18. Swachh Bharat Pakhwara Fortnight
19. Human chains
20. Ayushman Bharat Pakhwara
21. Poshan Maaha
22. Fit India
23. World Elders' Day
24. Dr. Mrs. Kausalya Moorthy and Justice M.N Moorthy Endowment
Blood Donation Camp
25. Leprosy Awareness Rally
26. Special Camp

2018 - 2019

- 27.** Human Chain on International Day Against Drug Abuse
- 28** Awareness On Breast Feeding
- 29** Swachh Bharat Fortnight
- 30** Conducted Blood Donation Camp in Collaboration with MMC at Rajiv Govt Hospital
- 31** Awareness And Street play on Cleanliness
- 32** Awareness on Sexual Abuse
- 33** Organised Street Play on Criminal Act of Child Abuse
- 34** Rally On Mark World Cancer Day
- 35** Special Camp at Mathur Greater Chennai

2017 - 2018

- 36** Observation of Swachhtapakhwara
- 37** NSS & YRC Units of Ethiraj College Collaborated with MMC Conducted A Blood Donation Camp
- 38** A Rally On Dengue Awareness Was Conducted In Collaboration With Health Department,Royapuram
- 39** Special Camp At Chinnasekkadu,Balajipalayam & Kakkanpuram

2016 - 2017

- 40** Anti-Narcotics Day Human Chain
- 41** Human Chain to Create Awareness ON Breast Feeding Week And Seminar Followed By A Rally From Kannagi Statue To Light House
- 42** NSS Day AR Thamarai Blind School and Blood Donation Camp
- 43** World Elder'S Day
- 44** Deworming Programme & Eye Camp
- 45** NSS orientation and Personality development
- 46** Youth Day Celebration

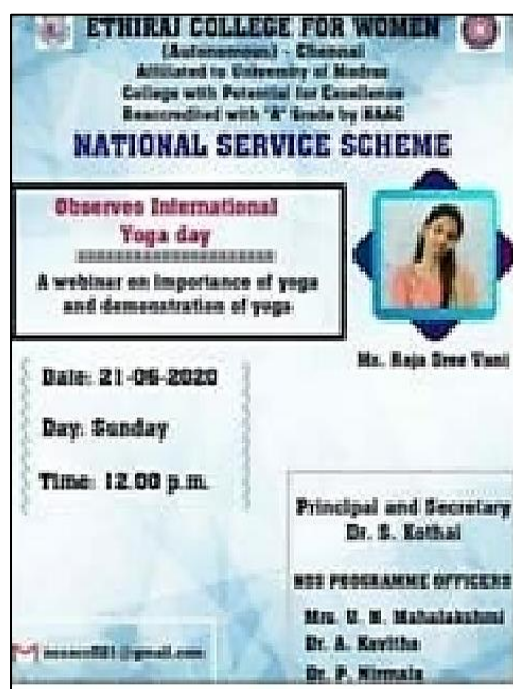
2020 – 2021

1. INTERNATIONAL YOGA DAY

On June 21st, the NSS of Ethiraj College for Women conducted a webinar on “IMPORTANCE OF YOGA AND LIVE DEMONSTRATION OF YOGA” commemorating International Yoga Day. The keynote speaker of the day was Ms. Raja Shree Vani who enlightened the students about the importance and benefits of Yoga. Then she demonstrated some Asanas and Surya Namaskar. Then they had a question-and-answer session where the students clarified their doubts about the same. It was a very useful and interactive session.

2. WEBINAR ON TRANSFORM, REBUILD AND MOVE ON

On June 30th, 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 a 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.



3. WEBINAR- ART OF SUCCESSFUL COMMUNICATION



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.

4. WEBINAR- HOW TO STAY HEALTHY AND MOTIVATED IN THIS PANDEMIC



The NSS of Ethiraj College for Women conducted a webinar on “HOW TO STAY HEALTHY AND MOTIVATED 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 yoga asanas for back pain as we sit for long hours in front of our computers. The students enjoyed the session very much.

5. WEBINAR- RIVER RESTORATION AND WETLAND CONSERVATION



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 180 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.

6. APJ ABDUL KALAM BIRTH ANNIVERSARY CELEBRATION

On October 15th, the NSS of Ethiraj College for women conducted competitions commemorating APJ Abdul Kalam's Birth Anniversary. Events like poetry writing, poster making and e-quiz were organized on APJ with Student Community/ மாணவர்களுக்காகத் துடன் ஏ.பி.ஜே. Students of various departments participated with complete involvement in every single event. It was immense pleasure to see them eagerly participating. The process occurred during the event was so enjoyable. It was a productive event as a whole which made the students realize their talents.

7. NSS DAY CELEBRATIONS

On September 24th we conducted an E-Quiz from 6.00p.m to 7.00p.m on "THE ROLE OF NSS IN COMMEMORATING THE NSS DAY OF 2020. Totally, 122 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 own abilities.

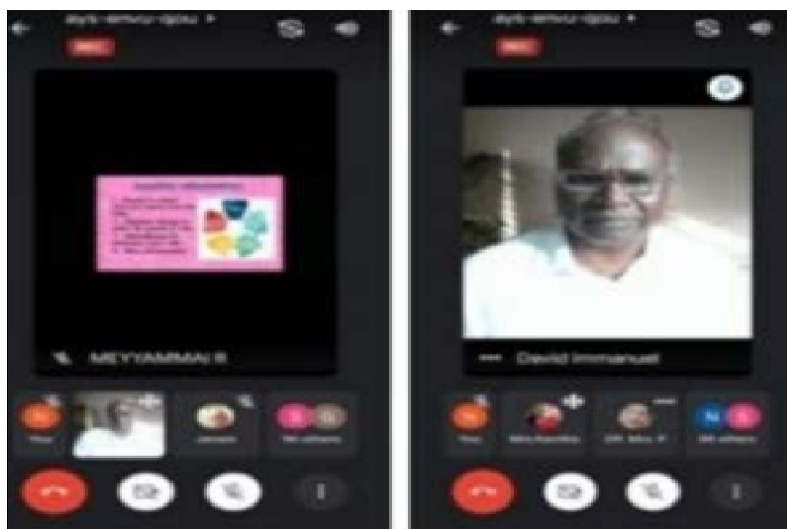
8. WEBINAR- HEALTH AND HYGIENE FOR YOUNG WOMEN

NSS of Ethiraj College for Women conducted a webinar on "HEALTH AND HYGIENE FOR YOUNG WOMAN. 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.

9. WEBINAR- NATIONAL CANCER AWARENESS DAY

On November 7 the NSS of Ethiraj College for women conducted a webinar on Cancer Awareness. The Speaker of the webinar Dr. Balu David explained about the causes and ways of preventing cancer to the NSS Volunteers. We got to know more about cancer in depth, which was so new to most of them. Every single person attended the webinar were so eager to explore more about cancer. It was presented with a short video and a

power point presentation by one of our NSS Volunteers. It was fruitful session for every one of us as we able to learn the key concepts of cancer in just a single session. It was a very production, interactive and informative session as a whole.



10. WEBINAR WORLD DIABETICS DAY

NSS of Ethiraj College for women conducted a webinar commemorating Diabetes Day. The speaker of the webinar R. Jayanthi, M. Sc, M. Phil., Food and Nutrition, Home Science explained about causes and remedies for Diabetes. A lot of volunteers and 3 programme officers benefitted from the program. Every single person attended the webinar were so eager to explore more about cancer. It was fruitful and useful session for every one of us as we were able to learn the key concepts of Diabetes. It was a productive interactive and informative session as a whole.

11. CHILDREN'S DAY CELEBRATION



From November 13th to 14th of 2020, the NSS of Ethiraj College for women conducted competitions commemorating Jawaharlal Nehru's Birth Anniversary or Children's Day Celebration. Events like Drawing, Fancy Dress, and Greeting Card Making were organized for school students and Drawing, Photography; Singing was organized for college students on "Future India". Students of various Schools and Colleges participated with complete involvement in every single event. It was immense pleasure to see them eagerly participating. The process occurred

during the event was so enjoyable. It was a productive event as a whole which made the students realize their talents. Winners have got their Certificate.

12. INTERNATIONAL VOLUNTEERS DAY CELEBRATION 2020

Saturday on December 5th, NSS of Ethiraj College for women conducted an E- Quiz on “Serve People with Knowledge” commemorating the Volunteers Day of 2020. Students of various departments participated with complete involvement in this event. It was immense pleasure to see them eagerly participating. Totally, 109 students were participated from various departments. 100 students received their E-Certificate with the score of above 60%. The process occurred during the event was so enjoyable. It was a productive event as a whole which made the students realized their abilities.

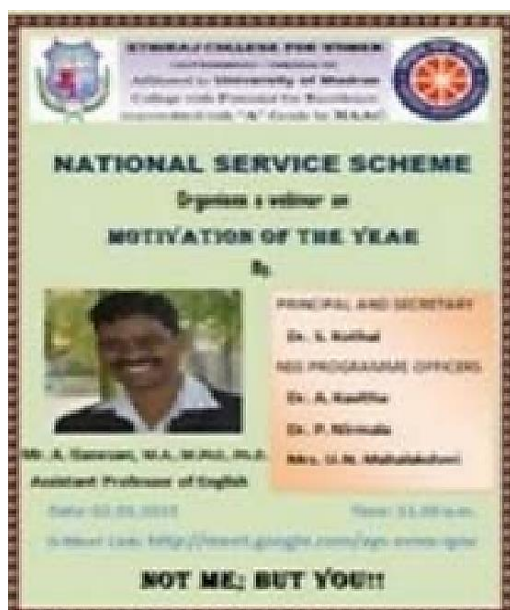
13. LAUNCH OF SCB TALENT SEARCH COMPETITION

The SCB (Senior Citizens Bureau) organised a zoom meet with the NSS of Ethiraj College for Women for launch of SCB silver Jubilee Talent search competition for the students and for observation of the commemoration of Uzhavar Thirunal & Thai Pongal. A speaker of the webinar Thiru. K. T. Srinivasa Raja, Managing Director – Adyar Ananda Bhavan Sweets and snacks, Chennai gave a brief explanation about the senior citizen scheme and it was an completely interactive session and there were a lot of students asking questions regarding this. It was a very informative session which benefited nearly 100 volunteers.



14. Women's Day Celebration

The NSS of Ethiraj College for Women conducted a webinar to celebrate International Womens Day. The speaker of the event Dr. P. Amulsofiya, HOD and Assistant professor in Dept of Tamil from Malolan College of Arts and Science addressed the volunteers. More than 70 volunteers participated in this session. It was an interesting and motivational session as a whole. Girls with dreams become women with vision thus, a lot of women were benefited by this webinar and some students from our college were holding placards with quotes written on it. It was a joyous event for everyone one of us.



2019 – 2020

15.INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

On 26th June, International Day Against Drug Abuse and Illicit Trafficking was observed. The volunteers from the NSS units, along with other extension clubs rallied from Rajaratnam Stadium to Egmore Railway Station, to raise awareness on the issue.



16.WORLD POPULATION DAY RALLY

On 11th July 2019, the NSS units took part in the WorldPopulation Day rally organized by the Government of Tamil Nadu, to create awareness about population control.



17.DISASTER MANAGEMENT TRAINING



On 26th July, the volunteers engaged in a disaster management training session by Mr. Sindhuram, CEO, Care & Welfare. On the same day, the new volunteers were inducted in an orientation event, wherein our principal received the award for the service rendered by our NSS volunteers in distributing health mix protein powders and giving music therapy to cancer patients in Government hospital and Adyar Cancer Institute.

18.SWACHH BHARAT PAKHWADA FORTNIGHT

The Swachh Bharat Pakhwada fortnight was observed from 1st August 2019 to 15th August 2019. The NSS volunteers took an oath to keep our country clean. Various events including campus cleaning, street play on cleanliness, rally to highlight the importance of cleanliness, cleaning of Egmore eye hospital, a seminar by Team Care & Welfare on cleanliness and importance of organ donation, an awareness on the importance of wearing helmets, cleaning of orphanages, were organized.

PLEDGE TO KEEP
SURROUNDINGS CLEAN



CLEANING AT
EGMORE EYE
HOSPITAL



19.HUMAN CHAINS

On the 3rd September 2019, our volunteers formed human chains on either side of the road, in front of the college, in order to raise awareness about the drying up of the Cauvery river.



20. AYUSHMAN BHARAT PAKHWARA

On 21st September, our volunteers participated in the Ayushman Bharat Pakhwara awareness walkathon held at Besant Nagar.



21. POSHAN MAAHA

On 28th September, the volunteers rallied from Ethiraj College to the Egmore Eye Hospital, raising slogans like “Eat healthy, stay healthy”, supporting the theme of Poshan Maaha.



22.FIT INDIA

Our volunteers, along with other volunteers from the college, participated in the “Fit India” blogging event conducted by the University of Madras, highlighting the importance of keeping our environment plastic free and free from pollution. The volunteers jogged and picked up plastic from the locality around the University of Madras.



23.WORLD ELDERS' DAY

On the 4th of October, the NSS unit of Ethiraj College for Women collaborated with the Senior Citizens Bureau to organize the World Elders' Day event in our college campus. A lot of senior citizens were invited and felicitated for their guidance and service to the society. A free medical camp was also organized by Apollo Clinic, Anna Nagar for the senior citizens.



24. DR. MRS. KAUSALYA MOORTHY AND JUSTICE M.N MOORTHY ENDOWMENT BLOOD DONATION CAMP

On 27th November, Dr. Mrs. Kausalya Moorthy and Justice M.N Moorthy endowment blood donation camp was organized by NSS and YRC along with the staff and students of Madras Medical College. The camp witnessed a surging number of students donating blood.



25. LEPROSY AWARENESS RALLY

On 5th February 2020, a pledge to eradicate leprosy was taken by the NSS volunteers. On the 13th of February, an awareness rally on 150th National Leprosy Eradication Day was conducted.



26. SPECIAL CAMP

A Special Camp from 14th February to 20th February 2020, was organized at Puliur Kandigai, Kaliyanur Kandigai and Kakha Kandigai



2018 – 2019

27.HUMAN CHAIN `INTERNATIONAL DAY AGAINST DRUG ABUSE

Our NSS volunteers formed a human chain to mark the `International day against Drug Abuse that fell on 26th June 2018.



28.AWARENESS ON BREAST FEEDING



A week long awareness programme on the importance of breast feeding was inaugurated on 1st August 2018 by the Hon'ble Minister for Health and Family Welfare of Tamil Nadu Dr. C.Vijaya Bhaskar. Our students conveyed the importance of breast milk through Street Play, Rangoli, and a rally.

29.SWACHH BHARAT PAKWADA FORTNIGHT

The swachh Bharat Pakwada fortnight was observed from the 6th August to 30th August 2018. The NSS volunteers took oath to keep our country clean. Various events including campus cleaning, street play on cleanliness, cleaning of Egmore Eye Hospital, Cleaning of Korratur Lake and planting saplings were organized in Association with Corporate Social Responsibility Club and Madras Medical College.



30.BLOOD DONATION CAMP

The blood donors of our NSS units organized a Blood Donation camp on 12th September 2018.



31.AWARENESS AND STREET PLAY ON CLEANLINESS

To Emphasize the importance of cleanliness, our volunteers performed a street play on cleanliness at Egmore railway station on the 19th September 2018.



32.AWARENESS ON SEXUAL ABUSE

The NSS units of our college joined hands with an NGO` - SAVE THE SMILE' and organised a workshop to create awareness of child sexual abuse on 1st October 2018.

33.STREET PLAY ON CRIMINAL ACT OF CHILD ABUSE

To showcase the highlights of child abuse, our volunteers performed a street play at Egmore Railway station on 20th December 2018.



34.RALLY ON MARK WORLD CANCER DAY

A rally to mark the World Cancer Awareness Day was organized on 4th February 2019.



35.SPECIAL CAMP AT MATHUR GREATER CHENNAI

Special camp conducted at Manali, Mathur on 1st to 7th of March 2019 where in our NSS students organized various activities including autism screening, wall painting at Balwadi Rally, street play, dengue awareness, eye checkup, health checkup etc.



2017– 2018

36.OBSERVATION OF SWACHHTAPAKHWARA

This year's regular activities commenced with the "Swachhta Pakhwara" Scheme with the direction from the central government for a clean India – SWACHH BHARAT. Our volunteers divided into groups, cleaned various places in Chennai metro viz., bus stop, hospitals, orphanage, railway station and our college premises.



37.NSS & YRC UNITS OF ETHIRAJ COLLEGE COLLABORATED WITH MMC CONDUCTED A BLOOD DONATION CAMP

On 26.09.2017 in coordination with the YOUTH RED CROSS a blood donation camp was conducted. Students overwhelming participated and generously donated blood for a good cause.

38.DENGUE AWARENESS RALLY

With the escalating dengue incidence in our city, to create an awareness on the measures to prevent the breeding of mosquitoes a rally was conducted in association with the Chennai corporation around our college premises . To highlight the same, a street play was organized at various places including, Egmore railway station, bus stand, etc.,



39.SPECIAL CAMP

Our three NSS units joyfully came together to serve the community during the special camp organized from 5.3.2018 to 11.3.2018 at Chinnasekaadu, Baliji Palayam And K.K Thazhalai Near Mathur, Chennai. The camp was inaugurated by our Principal Dr.A.Nirmala and our Zonal Coordinator Dr.G.Bhaskaran. Our volunteers engaged themselves in various activities like tree plantation, painting of the balvaadi premises, cleaning the school premises, and organising rally on woman's day to create an awareness about women's liberation and her rights. Students conducted classes on jewellery making and yoga for the school children near the camp. A first aid orientation programme for the NSS volunteers and the nearby school children was organized. A two-day medial camp including general health checkups and eyecamp was also organised at the camp premises.



2016 – 2017

40.ANTI NARCOTICS DAY HUMAN CHAIN

The National Service Scheme of Ethiraj College for Women with 3 units consisting of 300 volunteers under the guidance of three Programme Officers - Dr. K. Navaneetha Lakshmi, Dr. B. Uma and Mrs. Mahalakshmi commenced its activities for the academic year 2016-2017 with the Human Chain to create an awareness on **Drug Abuse** and **Illicit Trafficking** on 26th June 2016, **Anti- Narcotics Day**.

41.HUMAN CHAIN TO CREATE AWARENESS ON BREAST FEEDING WEEK AND SEMINAR FOLLOWED BY A RALLY FROM KANNAGI STATUE TO LIGHT HOUSE

On 3rd August 2016, a Human Chain was formed to bring about the awareness on Breast Feeding among the society. A Seminar was conducted thereafter on the same topic in the main auditorium. A Breast Feeding Rally from Kannagi Statue to Light House of Marina Beach was organized joining hands with Youth Red Cross on 5th August 2016 from 7 am to 9 am.



42.NSS DAY AT THAMARAI BLIND SCHOOL AND BLOOD DONATION CAMP

On 29th September, a blood donation camp was organized in a healthier way with the help of our NSS volunteers



43.WORLD ELDER'S ABUSE DAY

A Seminar on the World Elder's Abuse day was arranged on 22nd July 2016 to know about how the elders get affected on the base of health grounds.



44.DEWORMING PROGRAMME & EYE CAMP

Tablet distribution for deworming college students was done on 10th August 2016. On 19th August 2016, to impart knowledge about the eye problems among the NSS volunteers, a seminar on eye camp was arranged.

45.NSS ORIENTATION AND PERSONALITY DEVELOPMENT

Dr. Sara, Assistant Professor, Madras school of Social Sciences gave an informative and delighting talk to the fresher's during the orientation programme conducted on 25th October 2016. A Personality development programme was arranged on 5th December 2016 with the thought-provoking presentation of Mr. Moses, Faculty and Trainer, Empanelled Training Institute for NSS, from Madras School of Social Work, Chennai.

46.YOUTH DAY CELEBRATION

Our volunteers took part in Youth day celebration at University of Madras on 21st June 2016. They also joined their hands with NGO's in Traffic awareness programme conducted at Koyambedu on 9th July 2016. They participated in Digital India Workshop on 24th August 2016 at Madras University, attended a One Day Workshop on Coovam river management organized by the Government of Tamil Nadu and participated in the Child Marriage Awareness

