

ETHI – SHAKTHI (2016 – 2023)

ABOUT ETHI – SHAKTHI

The Students League of Ethiraj College which had its humble beginning on 18.3.2016 on the occasion of the 125th birth centenary celebrations (2015-2016) of our reverend Founder was christened 'ETHI-SHAKTHI' during 2017-18, the Platinum Jubilee Year of the College.

The goal of forming the League was to involve more number of students to render service/support in the administration and smooth functioning of the college, thereby giving them the opportunity to hone their administrative skills, interpersonal skills, communication skills, leadership skills, team coordination and creativity. Each league conducts two projects per semester.

The League's motto being "Impress, Influence & Inspire," has unified the Undergraduate students of all disciplines from the Aided and Self Supporting Streams in response to the inherent call towards Institutional and Societal development. The purpose of the league is to unwrap the flair and hone the plausible skills of the multi-talented students of the Institution.

ETHI-SHATHI makes up of the following eight leagues:

- Holistic Well –Being League
- Disaster Mitigation League
- Campus Innovation League
- Green Enviro League
- Social works League
- Swachh Ethiraj League
- Alumnae Connect League
- Website Committee League

OBJECTIVES OF THE LEAGUES

> HOLISTIC WELLBEING LEAGUE

The Holistic Wellbeing League helps the students understand the concept of health and wellness; recognise the interconnection between the different aspects of an individual's life, including physical, emotional, mental, spiritual, and social well-being.

DISASTER MITIGATION LEAGUE (BEST LEAGUE AWARD: 2020-2021)

The Disaster Mitigation League aims to prepare the students with Disaster related awareness, management, mitigation process, relief and response mechanism and to act with responsibility during emergency situations at local and global levels.

CAMPUS INNOVATION LEAGUE (BEST LEAGUE AWARD 2018-2019 & 2019-2020)

The Campus Innovation League dedicatedly works to cultivate innovative practices in the College, thereby looking into the wholesome development of the Institution, students and all its stakeholders.

GREEN ENVIRO LEAGUE (BEST LEAGUE AWARD 2018-2019 & 2019-2020)

The Green Enviro League encourages the students to revive the essence of nature and practice environmentalism through its diverse schemes of making the Campus green and to convert the Institution into a practical green functioning unit.

SOCIAL WORKS LEAGUE

The Social Works League intends to sensitise the students to the needs of the society by making them conscious of their inherent humaneness and become aware of the inequalities in the society. The League has conducted several significant awareness programmes to help them understand the aim of this League.

> SWACHH ETHIRAJ LEAGUE

The Swachh Ethiraj League, modelled after the prime minister's 'Swachh Bharath' campaign, is aimed at maintaining cleanliness in the College Campus and to prepare the students to be responsible future citizens through their cleanliness activities.

> ALUMNAE CONNECT LEAGUE (BEST LEAGUE AWARD 2021-2022)

The Alumnae Connect League is significant in connecting with the Alumnae, the lifeline of the College. This League maintains a strong network of students who gather and maintain contact and other details of the alumnae.

➤ WEBSITE LEAGUE

The Website League of Ethi-Shakthi is the unit that looks after the regular updation and maintenance of the College website.

ETHI-SHAKTHI LEAGUE ACTIVITIES CAMPUS INNOVATIONS LEAGUE

LEADERSHIP WORKSHOP:

A Leadership Workshop, conducted by The Palkhivala Foundation, Nani-Palkhivala Arbitration Centre (NPAC) in association with Forum of Free Enterprise, Mumbai and Ethiraj College for Women on 6th and 7th of August, 2016.



Leadership workshop

PUBLICATION OF RESEARCH JOURNAL

To encourage the scientific quest for knowledge and learning, the Campus Innovation League of Ethiraj College for Women had invited research articles from the UG, PG and M.Phil students of all disciplines for publication in the Journal "CATALYST" (with ISBN number).

DISASTER MITIGATION LEAGUE

MOCK FIRE DRILL

The Disaster Mitigation League had conducted a Mock Fire Drill on 5th October, 2016 and on 28th February 2017 by Mr. Rajesh Kannan, Joint Director of Indian Fire Service and his team. About 25 Fire Fighters of the Fire and Rescue Department of Tamil Nadu Government demonstrated methods to combat fire accidents.



Mock fire drill- Indian Fire Service Department

GREEN ENVIRO LEAGUE

TRIBUTE TO Dr. A.P.J. ABDUL K ALAM

As a maiden venture, the League commemorated the first death anniversary of Bharat Ratna Dr. A.P.J Abdul Kalam, the 11th President of India on 27thJuly, 2016 by planting 52 tree saplings in Campus II of Ethiraj College for Women. The saplings were planted by Dr. A. NIRMALA, Principal, Ethiraj College for Women, Dr. POORNIMA NAYAK, Vice-Principal (Aided) Vice-Principal (Self Supporting) Dr. MARAGATHAVALLI, Heads of the Departments, Faculty Members, Student Union Members, Association Secretaries and Students of Ethiraj College for Women.



Tree planting programme- first Remembrance Day of Dr.A.P.J.Abdul Kalam

HOLISTIC WELL-BEING LEAGUE

YOGA

The third project inculcated the students with the various easy-to-do yoga asanas which was coordinated with Krishnamachari Yoga Kendra. A well-trained professional Mrs.Muneeshwari taught them the basic asanas from 16^{th} February to 3^{rd} of March 2017.



Yoga class

SOCIAL WORKS LEAGUE

JOY OF GIVING WEEK

In association with GOONJ Foundation an NGO, stationery items, paper materials and clothes was collected from 2nd to 8th August 2016 and were distributed for a social cause.



Joy of giving week

FREE EYE CAMP

Radha Nethralaya and Ethiraj College for Women in association with The Rotaract Club of Chennai Bharti, organized a free eye camp on 5th August 2016. 584 students, staff members and non teaching staff had their eye tested.



Free eye camp

MUSIC THERAPY

Ethiraj college singers and programme organizers visited Cancer Institute, Adyar to sing for children and adult patients suffering from cancer as a part of Ashwin Maharaj foundation.



Music therapy at Cancer Institute, Adyar



Newspaper Clippings - Music therapy at Cancer Institute, Adyar

YOUTH AND ENVIRONMENT PROGRAMME

Mr. Arun Krishnamoorthy, a social and environmental activist from Environ Foundation of India and Mr. Indra Kumar, President, home EXNORA created awareness among the students on sustainable environment protection and environment cleanliness on 2/9/2016.



HOLISTIC WELL-BEING STUDENT'S LEAGUE

"WALK WITH US"

Holistic Well Being League conducted a walkathon during the Nutrition week celebration. Students of our college participated in this event named NUTRITHON 2017 and created an awareness of "BETTER CHILD HEALTH: Optimal Infant and Young Child Feeding Practices" among public on 5th September, 2017 (7.00-8.30am)



Elliots Beach, Besant Nagar

DISASTER MITIGATION LEAGUE

A Street play on 'AZHIVAI ARIVAAL AZHIPOM' was performed by Ethiraj Koothu Pattarai and an awareness programme on Disaster Management was conducted in collaboration with the Disaster Management Authority of India.



CAMPUS INNOVATION LEAGUE

An innovative Project 'Mutatio' - a dynamic open forum which aims at spreading interdisciplinary knowledge and awareness amidst the student population was conducted on topics related to Food Adulteration, Mental Health Awareness, Globalisation and Make in India and Personal effectiveness.



Painting at PSBB School - Project 'Mutatio'

WEBSITE LEAGUE

The League has included many new features to the college website making it more attractive and informative such as including a calendar compartment and a new link under the Library section to enable access of the EBSCO data base for research purposes.



Library EBSCO database

The involvement and commitment of the student leaders enabled garnering of more student members of Ethiraj College for Women to foster the growth of the activities of all the leagues resulting in the evolution of a youth movement – 'ETHI-SHAKTHI' which culminated in a one day Conclave for students of City colleges held on 14.03.2018 as a part of the Platinum Jubilee celebrations.



Inaugural of the Conclave by Dr. Santhosh Babu I.A.S., Chairman and MD, Poompuhar (Tamilnadu Handicrafts Development Corporation Ltd).

CAMPUS INNOVATION LEAGUE

Jogathon promoted the idea of outdoor activities to help improve health and fitness. Pink Ribbon formation created awareness of breast cancer. Project- Say No to Plastics created awareness among the students and staff on the hazardous effects of usage of plastics and encouraged students to make and use cloth and paper bags. The Nemilicherry village project was an outreach programme where the students of the league painted the compound wall of the Government school with appropriate themes.



SWACHH ETHIRAJ LEAGUE

Swachh Ethiraj League and Social Works League of Ethi-Shakthi organised an enlightening programme on the topic "Adolescent Health Care" for students on 9th of October, 2019. Dr. Mrs. R.V. Dhakshayani, Senior Assistant Professor of Paediatrics, Institute of Child Health, Madras Medical College. The students of Swachh Ethiraj League and Alumnae League conducted an activity-based learning session for the students of Government Higher Secondary School at Nemilichery in Tiruvallur District on 12-03-2020.



Activities organised at the Government Higher Secondary School, Nemilichery

CAMPUS INNOVATION LEAGUE

To educate and create awareness amongst the students on the importance of Water Conservation, the participants submitted the posters of their perception of the theme **Water Conservation and Rain Water Harvesting**, and a street play was performed on 30th September 2019. *Polychrome*, a wall painting event was organized on 9th October 2019 in order to spread awareness on pressing environmental issues. Students painted the entrance wall highlighting the importance of avoiding the indiscriminate usage of plastic and the consequences of the same. On 17th October 2019, a seminar was conducted on the topic of **"Nature and Wild Life Conservation"**. Mrs. Radha Sharma, co-Founder of Earth Calling Expeditions, shared her experiences as a wildlife and nature enthusiast.



Polychrome (9/10/19)

Street Play on Rain water Harvesting (30/9/19)



SOCIAL WORKS LEAGUE

The League, together with Swachh Ethiraj League organized an enlightening session on "Adolescent Health Care". Dr.R.V. Dakshayani, Senior Assistant Professor of Paediatrics, ICH.



The talk by Dr.Mrs.R.V.Dhakshayani, Senior Assistant Professor, on "Adolescent Health Care"



Volunteers of the League walked the neighbourhood surrounding the college to raise awareness among the masses about the vices of plastics.



The students interacting with the children in the Bhalvaadi, explain through charts and distributing handmade cloth bags.



Visit to the Institute Of Child Health and Hospital for Children

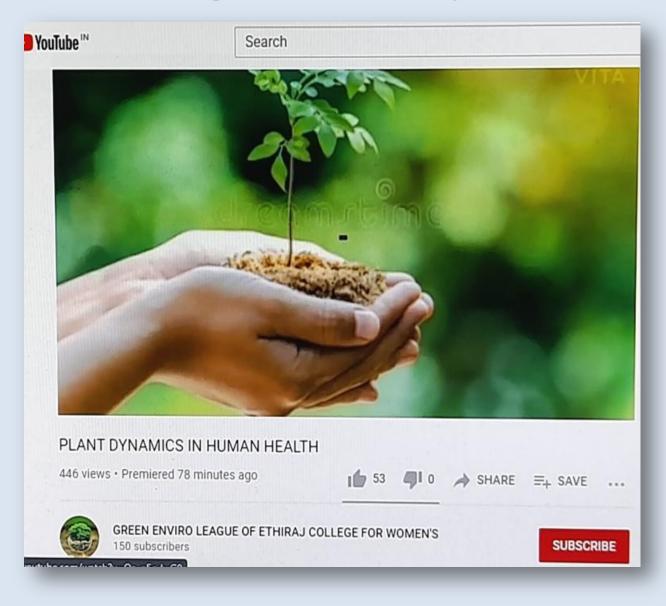
The Leagues were instrumental in conducting a Youth Conclave on 8th January 2020 on the "**Dimensions of Intellectual Property Rights**". The Conclave opened floor to speakers from legal, industrial and research fields of IPR with 639 student participants.



GREEN ENVIRO LEAGUE

PLANT DYNAMICS IN HUMAN HEALTH

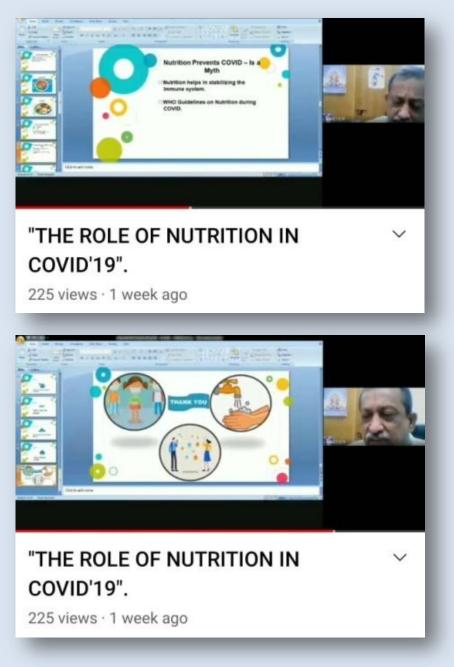
The second programme on **"Plant Dynamics in Human Health"** was recorded live in Google Meet Platform with full audience strength of 100 participants on 6th February 2021. Dr. Pauline. R. Associate Professor, Dept. of Plant Biology and Plant Biotechnology, Women's Christian College, Chennai, delivered an effective and informative talk covering the lines of botanical therapeutics for holistic wellbeing.



SWACHH ETHIRAJ LEAGUE

THE ROLE OF NUTRITION IN COVID 19

The Swachh Ethiraj League, in association with the Disaster Mitigation League organized a virtual programme on "THE ROLE OF NUTRITION IN COVID 19" on 24.02.2021 which 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.



HOLISTIC WELL BEING LEAGUE

The Holistic Well Being League and Social Works League of ETHI-SHAKTHI, organized a talk on "General Awareness on Covid Vaccines" on the 8th on January, 2021. The talk was presented by Dr. Dorairajan Sureshkumar MD, FNB from the Department of Infectious Disease, Apollo Hospitals, Chennai. A webinar on "Fighting Covid-19", on 22.04.21 was delivered by Dr. R. Madhumitha, FNB (Infectious Diseases), from Apollo Hospitals.



DISASTER MITIGATION LEAGUE

A five Day Webinar Series ''Turning Crisis to Opportunities'' dated from 16.06.20 - 20.06.20 was conducted by ETHI-SHAKTHI -Students League.

Day 1 (16-6-2020)

Topic: Motivational Enhancement for Students During Lockdown



Dr. Keerthi Pai Psychologist Apollo Hospital

Day 2 (17-6-2020) Topic: Entrepreneurship - A Viable Career Option



Dr. Senthamarai Gokulakrishnan Co-Founder-Betamonks tech; Founder-Azhag

Day 3 (18-6-2020)

Topic: Career Prospects Post Covid



Mr. Daya Murthy Country Head-India International Skill Development Corporation (ISDC)

Day 4 (19-6-2020) Topic: Student to Civil Servant-Challenges to Crack IAS Exam



Mr. P. Saravana Moorthy Advocate Madras High Court

Day 5 (20-6-2020) Topic : Life Skills-The Catalyst to Self Development



Mr. Karthikeyan Shanmugam Executive Director/Chairman of Kennedy Educational Institutions

Patron:

Dr. Mrs. S. Kothai, M.Sc., M.Phil., Ph.D. Principal & Secretary

Convenor:

Dr. Ms. T. Punithavathy Dean of Students (Aided)

Dr. Ms. Anusha Balasingh Dean of Students (SS)

Organizing Secretaries :

Dr. Ms. E. Ajitha (Campus Innovation League)

Dr. Ms. C. Ganga Baheerathi (Holistic Well-being League)

Ms. B.I. Sathyaprabha (Social Works League)

Ms. Gracie P.J (Green Enviro League)

Dr. Ms. Archana Soman (Disaster Mitigation League)

Ms. M.R. Rathika (Swachh Ethiraj League)

Ms. P. Yamini (Alumnae Connect League)

Ms. G. Thilagavathi (Website League)

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Registration Link: https://forms.gle/XquQ3HFJeNHQfv6s5 QR Code for Registration :



ETHIRAJ COLLEGE FOR WOMEN (AUTONOMOUS) CHENNAI-600 008

ETHISHAKTHI (Students League)



Five -day Webinar series on "Turning Crisis to Opportunities" for students

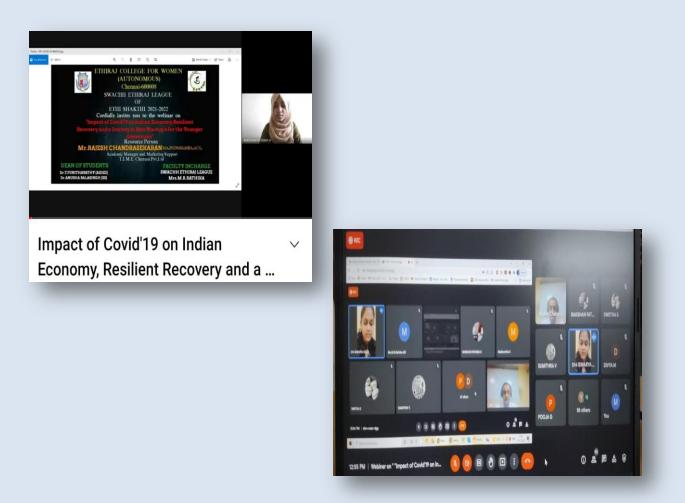
(16.06.2020-20.06.2020)

Time : 3.00 pm to 4.00 pm

HOLISTIC WELL-BEING LEAGUE

IMPACT OF COVID-19 ON INDIAN ECONOMY, RESILIENT RECOVERY AND A JOURNEY TO NEW STARTUPS FOR THE YOUNGER GENERATIONS

The Swachh Ethiraj League of Ethi-Shakthi organised a webinar on "Impact of Covid-19 on Indian Economy, Resilient Recovery and a Journey to New Start-up's for the Younger Generations" on 27.01.2022 which was live recorded in Google meet platform. The resource person for the session was Mr. Rajesh Chandrasekaran MA,PGDMM, MBA, ACS., Academic Manager and Marketing support T.I.M.E Chennai Pvt Ltd.

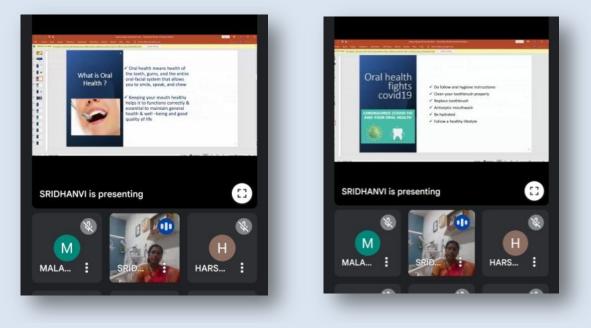


Impact of Covid-19 on Indian Economy, Resilient Recovery and a Journey to New Start-ups for the Younger Generations

DISASTER MITIGATION LEAGUE

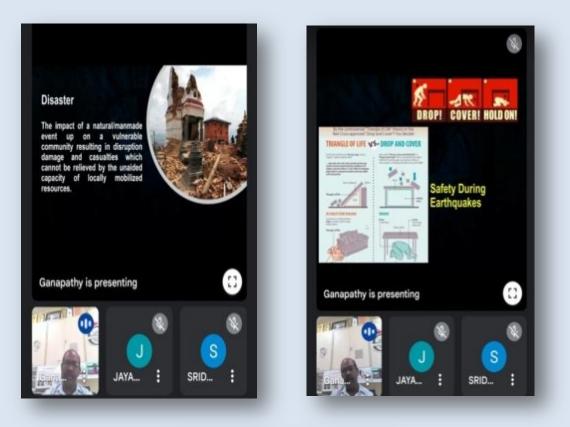
ORAL HYGIENE DURING COVID-19

The Disaster Mitigation League of Ethi-Shakthi, Ethiraj College for Women had organized a webinar on "Oral Hygiene during COVID-19" on 21.01.2022 on Google meet platform with a maximum of 101 participants. The resource person for the session was Dr. G. Sathya Prabha, B.D.S., Dental Surgeon, Mother's Gift Dental Centre, Hosur.



DISASTER RISK REDUCTION AND CHALLENGES

The Disaster Mitigation League of Ethi-Shakthi, Ethiraj College for Women had organized the second webinar on "Disaster Risk Reduction and Challenges" on 29.01.2022 on Google meet platform with a maximum of 100 participants. The resource person for the session was Dr. G.P. Ganapathy, Professor, Centre for Disaster Mitigation and Management, Vellore Institute of Technology, Vellore.





Disaster Risk Reduction and Challenges

TRAINING ON EMERGENCY CARE AND BASIC LIFE SUPPORT

A session training students and staff on Emergency Care and Basic Life Support was conducted on 26.04.2022 by Rekha Sreekumar, Assistant manager, Social Initiatives, ALERT.





SWACHH ETHIRAJ LEAGUE AND SOCIAL WORKS LEAGUE

WORKSHOP ON CARDIOPULMONARY RESUSCITATION

A workshop on CPR – "RESTART A HEART", was conducted for the students and teachers by Dr. Vidya Saketharaman, Consultant, Emergency Medicine, Kauvery Hospital, Chennai.



GREEN ENVIRO LEAGUE

HOLISTIC WASTE MANAGEMENT

Green Enviro League of Ethi-Shakthi organized two day event on Holistic Waste Management on 30.05.2022 and 31.05.2022. On the first day we organized an orientation programme, Speakers were Dr. Prof. Veerapathan, Founder/Secretary of Save Tirupur Movement and Mr. Saravanan, Tri-tech system, E-waste recycling.



PLANTATION DRIVE

On the momentous occasion commemorating the 75th year of Ethiraj College for Women, celebrating the contributions to women's empowerment by one single man, Thiru.V.L. Ethiraj, in the year 1948, the Green Enviro League of Ethiraj College organized The Plantation Drive, an initiative to improve the environment by planting saplings in the College, in association with the Rotary Club of Chennai Legends, and the Tamil Nadu Forest Department. This day was marked by the successful planting of 75 saplings by Dr. S. Kothai, Dr. D.B. Usha Rani, staff and students of Ethiraj College as a start to the upcoming years of greenery.





HOLISTIC WELL-BEING LEAGUE

CYBER CRIME AWARENESS

Ethi-Shakthi organized a Seminar on Cyber Crime Awareness on 27/08/22 in the mini auditorium to create awareness on Cyber Security and Cyber Crime. The resource person was Dr. Pattathil Dhanya Menon, Managing Director of Avanzo, Cyber Security Solutions Thrissur,Kerala.

ALUMNAE CONNECT LEAGUE

YOUTH EMPOWERMENT

Alumnae Connect League of ETHI-SHAKTHI organised a Seminar on '**Youth Empowerment**' on 17-09-2022, Saturday, 12.00 pm to 1.00 p.m. **Ms. Thushanthika**, Actor, Dubbing Artist, and Teacher.



Activities during the seminar



Alumnae Connect League Collected alumnae details from 2016 till 2022 and released the Directory on 26th January 2023, 75th Alumnae Association Day with 6000 data.



Collected details of Notable Alumnae of various departments