



# CHEVALIER T. THOMAS ELIZABETH COLLEGE FOR WOMEN

(No.16, St.Mary's Road, Maryland, Sembium, Perambur,Chennai-11)  
Affiliated to the university of Madras & Re- accredited by NAAC with Grade 'A'

**3.4.3 Number of extension and outreach Programmes conducted by the institution through NSS/ NCC/Government and Government recognized bodies (including the programmes such as Swachh Bharat, AIDS awareness, Gender issues etc. ) and/or those organised in collaboration with industry, community and NGOs during the year & 3.4.4 Number of students participating in extension activities at 3.4.3. above during**

## Youth Red Cross

**Name of the Activity:** Webinar on Maternal and Child Health

**Date:** 11.07.2021

**Organising unit/ agency/ collaborating agency:** YRC

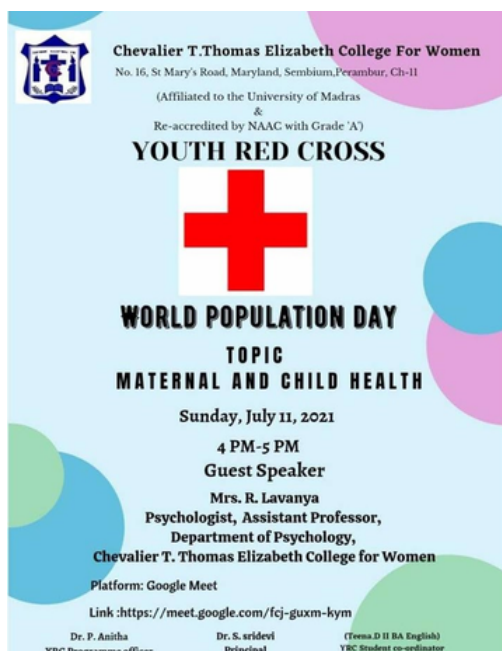
**Name of the scheme:** YRC

**Participants:** 50

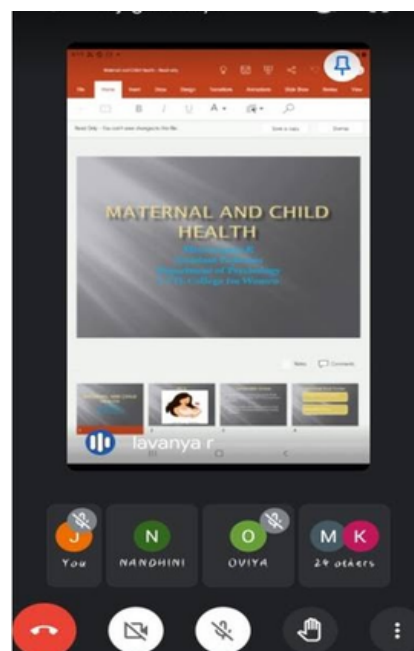
### Report:

The Youth Red Cross (YRC) of C.T.T.E College for Women, with the help of YRC Programme Officer Dr. P. Anitha, Assistant Professor, Department of Language, organized a webinar on Maternal and Child Health on 11.07.2021 via G-meet on account of World Population Day.

Mrs. R. Lavanya, Assistant Professor, Department of Psychology, C.T.T.E College for Women, was the guest speaker who spoke on the importance of maternal and child health, easily overlooked by many today. She commenced her speech by listing the causes of the rise of infertility among men and women in the country. Mrs. Lavanya delivered a persuasive lecture that spread awareness among young women in the audience. Furthermore, she offered a few essential pointers supported by facts about taking care of oneself during maternity and post-partum. The session engaged nearly 50 students and faculties. The speaker made it interactive and lively. The webinar ended with the Q&A session, where many students had their doubts clarified and questions answered.



*e-invitation for the Webinar on Maternal & Child Health*



*Resource Person Mrs. R. Lavanya addressing the students through G-Meet*



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**Name of the Activity:** Seminar on Parameter to reduce missing victims

**Date:** 31.08.2021

**Organising unit/ agency/ collaborating agency:** YRC

**Name of the scheme:** YRC

**Participants:** 25

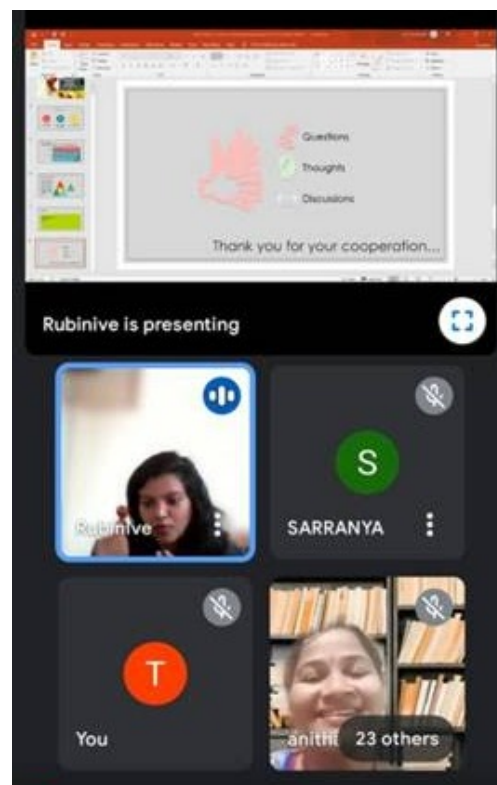
## Report:

The Youth Red Cross (YRC) Club, coordinated by Dr. P. Anitha, Assistant Professor, Department of Language, organized an online seminar on Understanding Victimization Rights on 31/ 08 / 2021 via G- meet. The guest speaker Ms. V. Rubini, CRS Dentsu International Founder, Mind Craft Café, discussed various risk factors involving possible victimization and human trafficking.

Adhering to human safety measures and understanding human rights are factors in guarding oneself against impending dangers that are prevalent outside our comfort zones. Ms. V. Rubini's seminar was an awakening session for young students. It is undeniably, an intimidating fact that the world we live in today is teeming with crime, cruelty, and whatnot. The seminar made the audience realize that safeguarding is the only thing an individual can do to avoid being victimized by inhumane acts. Ms. V. Rubini also helped the audience with the knowledge of human rights in case we, or someone we know, are caught in the tangled web of cruelty against humans. The seminar taught young students to stay aware and awake. Ms. V. Rubini concluded the seminar by urging the audience to gain more insight into everything that is taking place in the society around us. Staying cautious and careful are the only two ways that help us from being victimized but to a certain extent.



*e-invitation for the event*



*Resource Person Mrs.V.Rubini addressing the students through G-Meet*



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**Name of the Activity:** Seminar on Use Heart to Connect

**Date:** 29.09.2021

**Organising unit/ agency/ collaborating agency:** YRC

**Name of the scheme:** YRC

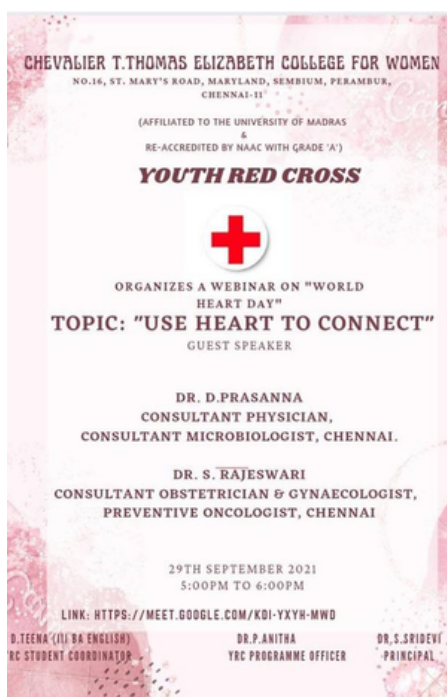
**Participants:** 30

**Report:**

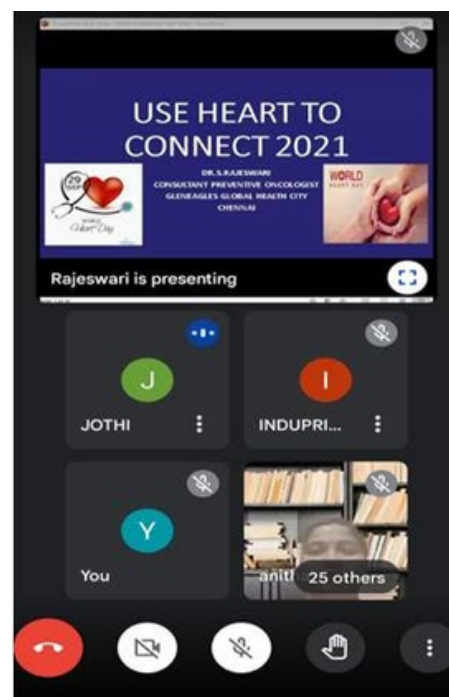
**Topic:** "Use Heart to Connect"

**Resource person:** Dr. Prasanna, Consultant Physician, Consultant Microbiologist, Chennai.

Dr. S. Rajeswari, Consultant Obstetrician & Gynaecologist, Preventive Oncologist The Youth Red Cross (YRC) Club, coordinated by Dr. P. Anitha, Assistant Professor, Department of Language, organized an online seminar on 'Use Heart to Connect' on account of World Heart Day. The guest speakers: Dr. Prasanna (Consultant Physician, Consultant Microbiologist) and Dr. S. Rajeswari (Consultant Obstetrician & Gynecologist, Preventive Oncologist), spoke about leading a healthy lifestyle for a healthy heart. According to Dr. Rajeswari: "Untimely or skipped meals, irregular sleep cycle, extreme stress, junk foods, sedentary lifestyle, etc. can cause irreparable damage to the heart." She went on to insist on the importance of heart health, taking good care of which can revitalize the entire body. Dr. Prasanna presented supporting points by explaining how other organs of the human body could benefit from a healthy lifestyle and diet; also counterfeiting, that a careless lifestyle may also affect the heart and all the other organs. The guest speakers cited examples from their interactions with various patients, informing the audience about what and what not to do for good cardio health. Following the explanation of biological science correlating to a person's longevity, the seminar ended with a few pointers on how to care for heart health.



*e-invitation for the Webinar on World Heart Day*



*Resource Person Dr. S. Rajeswari addressing the students with a presentation through G-Meet*



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(No.16, St.Mary's Road, Maryland, Sembium, Perambur, Chennai-11)  
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**Name of the Activity:** Seminar on Every Blood Donor is a Life Saver

**Date:** 04.10.2021

**Organising unit/ agency/ collaborating agency:** YRC

**Name of the scheme:** YRC

**Participants:** 28

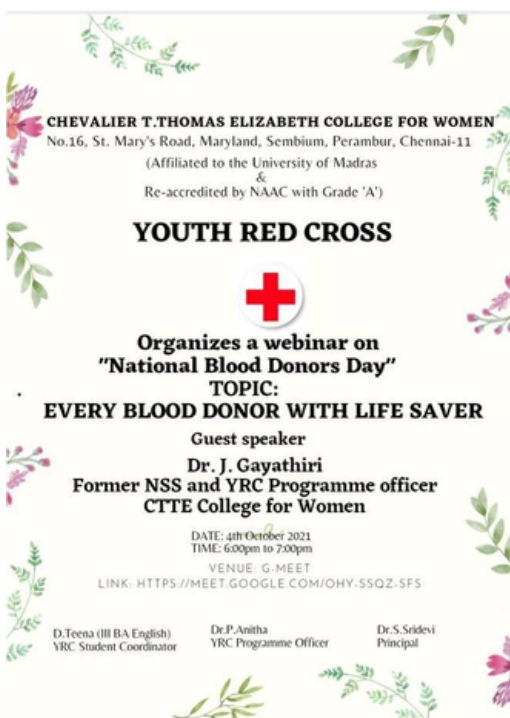
**Report:**

**Topic:** "Every Blood Donor is a Life Saver"

**Resource person:** Dr. J. Gayathri, former NSS and YRC Programme Officer, CTTE College for Women.

The Youth Red Cross (YRC) Club, coordinated by Dr. P. Anitha, Assistant Professor, Department of Language, organized an online seminar on how 'Every Blood Donor is a Life Saver' on National Blood Donors' Day. The YRC club organized an online seminar on the importance of blood donation to create awareness among students.

According to Dr. J. Gayathri, "There may exist many misleading videos on the internet on how blood donation sites are not to be trusted. While it may be true in rare cases, it is not entirely validated. Blood donation does not only happen in camps. Any individual can visit any hospital and donate blood after evaluating the urgency of the donation." She also shared a few real-life scenarios of dire urgencies for blood donation and real heroes who came forward to save lives. The resource person also provided a lot of points to validate the information about blood donation sites and camps. The presentation of statistical data on the number of people who lost their lives without a blood donor was a shocking revelation to the audience. Dr. J. Gayathri concluded the session by urging the audience to take the first step forward in saving humanity while we still can.



*e-invitation for the Webinar on National Blood Donors Day*



*Participants in G-Meet*



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(No.16, St.Mary's Road, Maryland, Sembium, Perambur, Chennai-11)  
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**Name of the Activity:** Seminar on Importance of Mental Wellbeing

**Date:** 30.10.2021

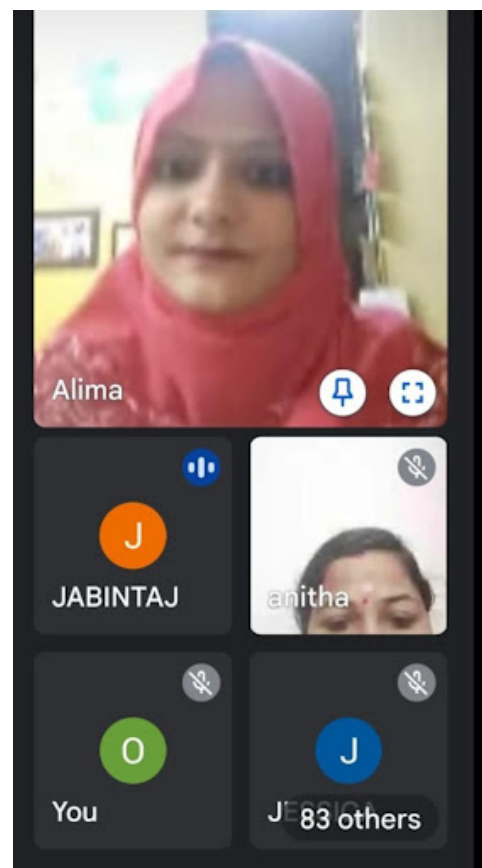
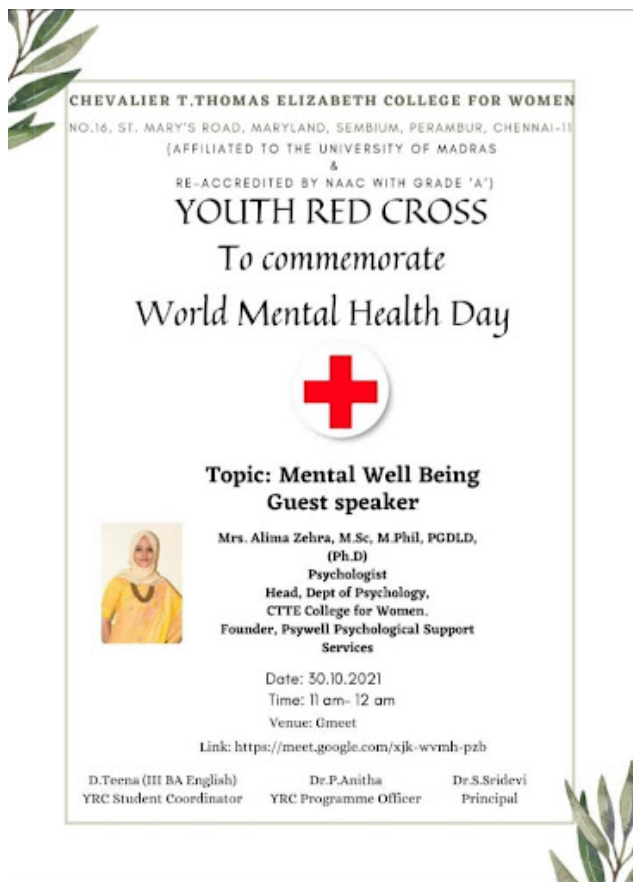
**Organising unit/ agency/ collaborating agency:** YRC

**Name of the scheme:** YRC

**Participants:** 92

## Report:

The Youth Red Cross (YRC) Club, coordinated by Dr. P. Anitha, Assistant Professor, Department of Language, organized an online seminar on 'Mental Well-being on 30.01.2021 via G-Meet. The resource person was Dr. Alima Zehra, Assistant Professor of Psychology and founder of Psywell Psychological Support Services. Dr. Alima Zehra began her address by saying, "Mental health correlates with physical health. The mind is so powerful that it controls every move of the body. The body reacts to the perceptions of the mind. A happy state of mind boosts energy levels and keeps an individual calm. Whereas a depressed mind weakens thoughts and reflects in poor physical health." The guest speaker advised young students to practice yoga and deep meditation to stay mentally active and physically fit. Learning to overcome overthinking, gaining confidence, mustering the courage to face challenges with an optimistic attitude, and believing in oneself were some of the few takeaways from the seminar. The seminar ended with a Q&A session. The audience clarified doubts and also sought help to improve their mental well-being.



*e-invitation for the Seminar to commemorate World Mental Health Day*

*Mrs. Alima Zehra addressing the students in G-Meet*



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**Name of the Activity:** Be Aware – Know your Risk

**Date:** 26.11.2021

**Organising unit/ agency/ collaborating agency:** YRC

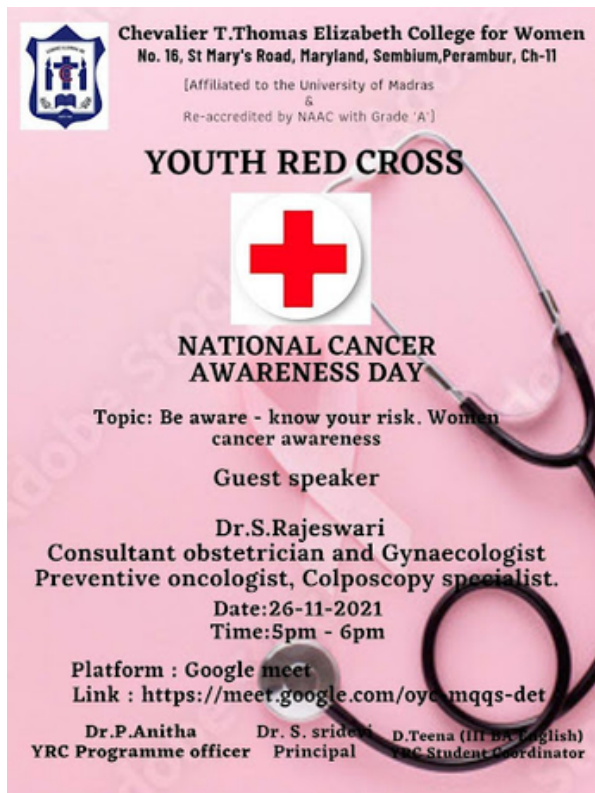
**Name of the scheme:** YRC

**Participants:** 50

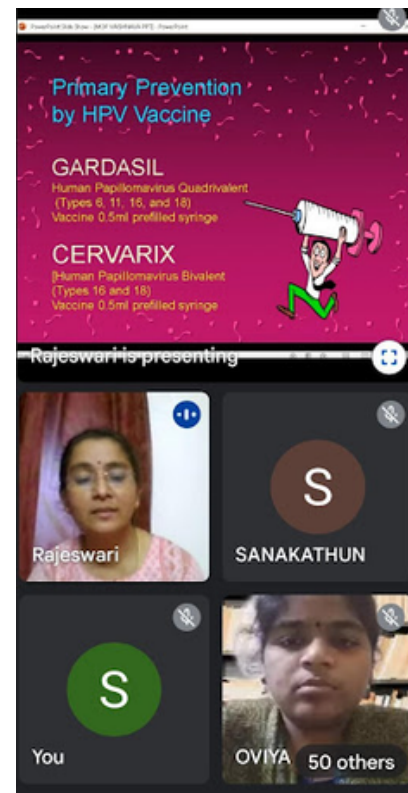
## Report:

The Youth Red Cross (YRC) Club, coordinated by Dr. P. Anitha, Assistant Professor, Department of Language, organized an awareness session on 'Be aware – Know your Risk' on National Cancer Awareness Day via G-meet.

The guest speaker, Dr. S. Rajeswari, Consultant Obstetrician and Gynecologist, talked about the never-dying significance of consuming age-old traditional recipes that are proven to have a tremendous effect on women's health. She taught the students different ways of examining breasts periodically to spot abnormalities. In addition, the guest speaker discussed the importance of Gardasil and Cervarix vaccines that may prevent Cervical cancer to a certain extent. Several other causes of cancer were also listed and explained in detail. Dr. Rajeswari advised the audience to limit their junk food intake and refrain from carcinogenic foods. While the fear of cancer could be devastating, negligence in taking good care of one's body should be the greatest fear. The session ended with a Q&A session where Dr. Rajeswari answered questions from the audience.



*e-invitation for the Seminar to commemorate National Cancer Awareness Day*



*Resource Person Dr. S. Rajeswari explaining the Primary Prevention by HPV Vaccine*



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(No.16, St.Mary's Road, Maryland, Sembium, Perambur,Chennai-11)  
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**Name of the Activity:** Seminar on Diabetes in Women

**Date:** 26.11.2021

**Organising unit/ agency/ collaborating agency:** YRC

**Name of the scheme:** YRC

**Participants:** 46

## **Report:**

The Youth Red Cross (YRC) Club, coordinated by Dr. P. Anitha, Assistant Professor, Department of Language, organized a session on 'Diabetes in Women' on 26/11/2021 via G-meet.

The guest speaker, Dr. D. Prasanna, Consultant Physician, and Consultant Microbiologist, talked about the increasing risk of diabetes that causes abnormal glucose levels. Dr. Prasanna began his address by discussing the early symptoms of diabetes. "India largely reports several cases of insulin resistance and hormonal imbalance. Most people might think consuming sugar might be the only cause of diabetes which is not entirely true. A sedentary lifestyle, irregular sleep cycle, fast food, untimely meals, and so on, can have a horrible impact on the blood glucose levels." Dr. Prasanna elaborated on Impaired Insulin Sensitivity and also provided remedial measures to increase the secretion of Insulin through natural methods. The awareness session was beneficial and informative to students.



*Resource Person Dr. D. Prasanna addressing the students on the topic  
Diabetes in Women*



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**Name of the Activity:** Seminar on Prevention of AIDS & Social stigmas

**Date:** 31.12.2021

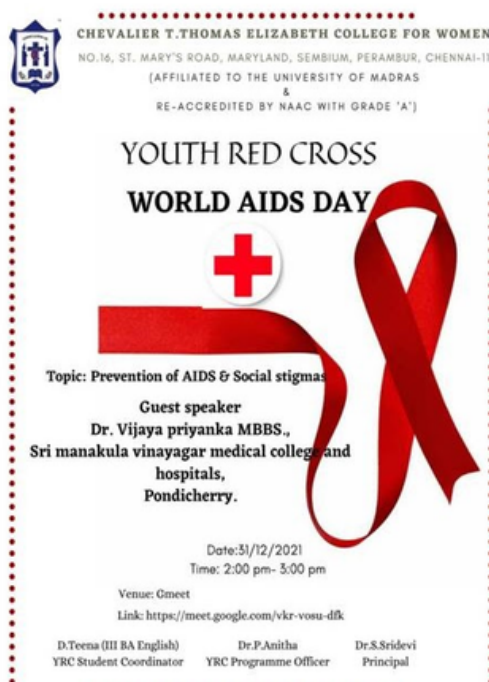
**Organising unit/ agency/ collaborating agency:** YRC

**Name of the scheme:** YRC

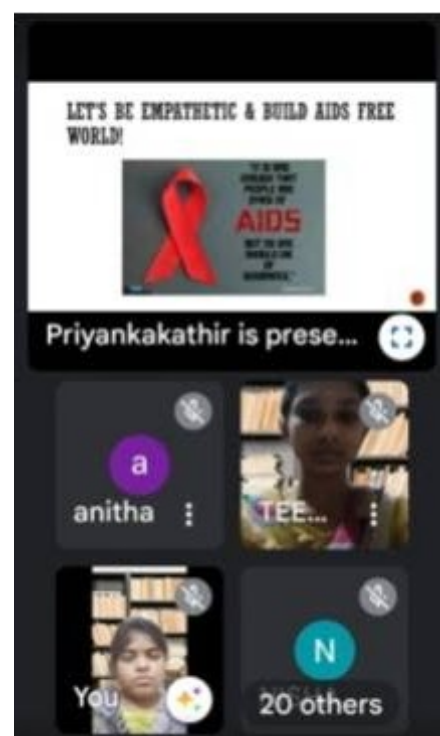
**Participants:** 23

## Report:

The Youth Red Cross (YRC) Club, coordinated by Dr. P. Anitha, Assistant Professor, Department of Language, organized a session on 'Prevention of AIDS & Social Stigmas' on 31/12/2021 via G-meet. The guest speaker, Dr. Vijaya Priyanka, spoke about how the immune system fights against infectious viruses and bacteria. Although the immune system functions to prevent harmful bacteria and virus, highly contagious and potentially life-threatening diseases like AIDS damages the immune system, interfering with the body's ability to fight infection and disease. Dr. Vijaya discussed the alarming signs and symptoms of AIDS, its preventive measures, and early screening to reduce the risk of contraction. She then talked about the incubation period of the virus and also about HIV tests such as Antibody tests, Antigen/Antibody tests, and Nucleic Acid Tests. In addition, Dr. Vijaya listed various protocols in case of contact with an infected member. She also advised students to be empathetic towards the affected patients of AIDS and not to treat them like an outcast. It is ethically wrong to assume an infected person is someone promiscuous. Disrespecting their feelings and preaching moral standards could be brutal. It is humane to try and help them fight the infection by giving them moral support and helping them financially. The speaker ended the session by saying that learning about AIDS is not only to prevent oneself but also to understand the social stigmas concerning the disease.



*e-invitation for the Seminar to commemorate World Aids Day*



*Resource Person Dr. Vijaya Priyanka addressing the students through G-Meet*





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**Name of the Activity:** “Building Solidarity Among Youth” - National Youth Day

**Date:** 13.01.2022

**Organising unit/ agency/ collaborating agency:** YRC

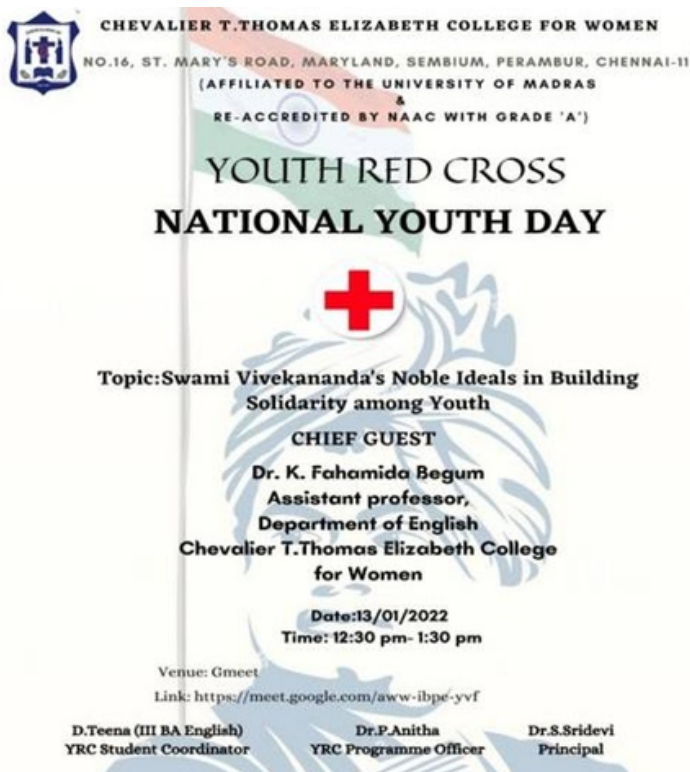
**Name of the scheme:** YRC

**Participants:** 37

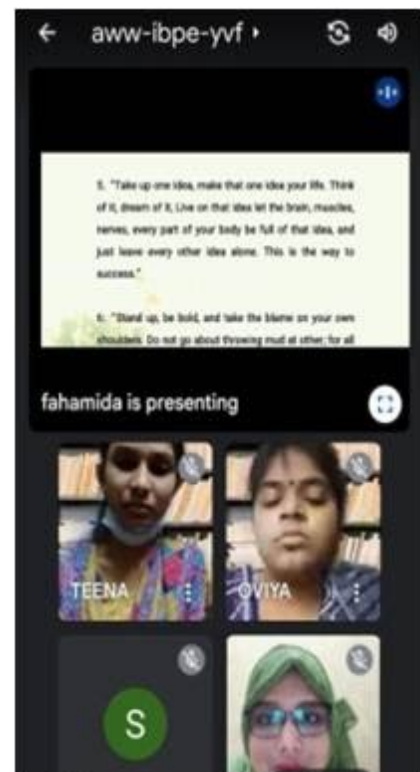
## Report:

The Youth Red Cross (YRC) Club, coordinated by Dr. P. Anitha, Assistant Professor, Department of Language, organized a session on ‘Building Solidarity Among Youth’ on National Youth Day via G-meet.

The Guest Speaker, Dr. K. Fahamida Begum, talked about the life of Swami Vivekananda - his struggles and his success. The speaker read from one of his books, explaining the noble ideas of Swami Vivekananda in building solidarity among youth. The younger generation has to build and create a stronger nation free from bias, prejudices, and corruption. The efforts of Swami Vivekananda in training the younger generation to become the nation’s future were inspiring and captivating to the audience. Dr. Fahamida Begum also added a lot of examples from his life where he had rendered tremendous service without expecting anything in return. The session ended with a Q&A session where the guest speaker addressed the doubts of students and provided clarification.



*e-invitation for the event*



*Resource person addressing the students through G-Meet*



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(No.16, St.Mary's Road, Maryland, Sembium, Perambur,Chennai-11)  
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**Name of the Activity:** Cancer Awareness Programme

**Date:** 21.02.2022

**Organising unit/ agency/ collaborating agency:** YRC

**Name of the scheme:** YRC

**Participants:** All Students in the College

## **Report:**

The Youth Red Cross (YRC) Club, coordinated by Dr. P. Anitha, Assistant Professor, Department of Language, organized a 'Cancer Awareness Session' on 21.02.2022.

In India, men and women alike are unaware of symptoms that indicate the presence of cancer cells in the body. Cancer is curable if diagnosed early. Treating the early signs of cancer can save the individual from reaching the fatal end. Fearing cancer diagnosis, many individuals refrain from visiting doctors for a screening resulting in an increased number of cancer patients treated only in the fourth or final stage. To educate young minds on the early symptoms of cancer, the YRC club conducted an awareness session to help them identify the signs at an earlier stage. A few of the symptoms are listed below:

- 1.Red or white patches in the mouth.
- 2.A lump in any part of the body.
- 3.Unexplained bleeding from any part of the body.
- 4.Change in mole or wart.
- 5.Hoarseness or difficulty in swallowing.
- 6.Changes in bladder or bowel movement.

Cancer is, undoubtedly, one of the most life-altering diseases. However, early detection of cancer cells in the body will give every individual a fighting chance of survival.

*YRC Student Co ordinator creating awareness among the students on the signs & symptoms of Cancer*





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**Name of the Activity:** Medical Camp

**Date:** 17.03.2022

**Organising unit/ agency/ collaborating agency:** Prashanth Hospital, Kolathur

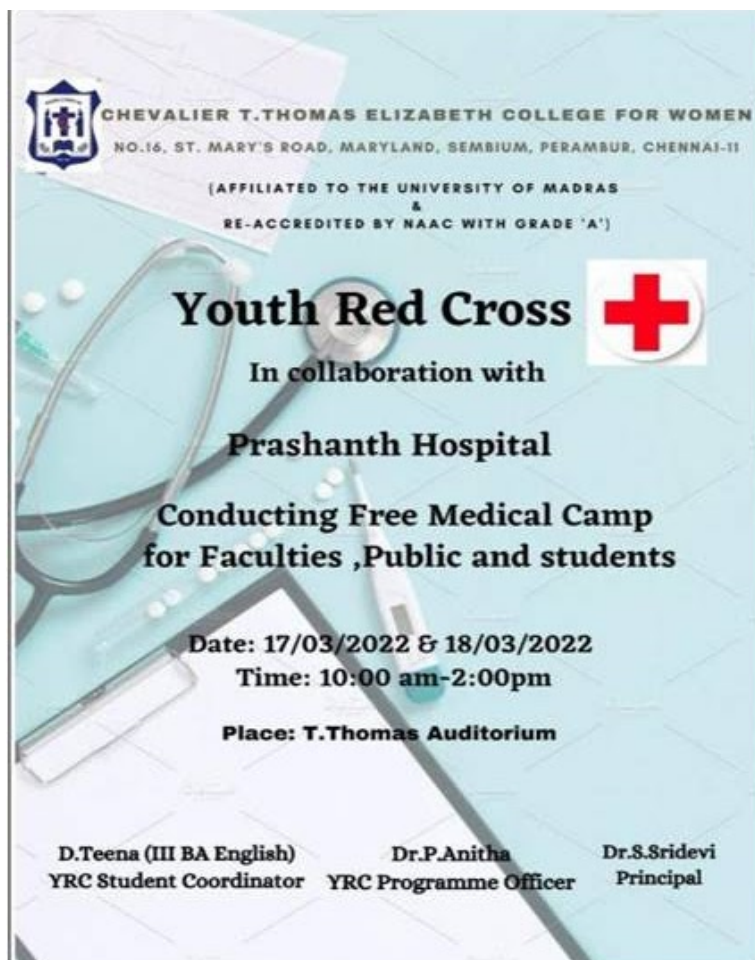
**Name of the scheme:** YRC

**Participants:** 100

## **Report:**

The Youth Red Cross (YRC) of our CTTE College for Women conducted a free medical camp in collaboration with Prashanth Hospital coordinated by, Dr. P. Anitha, Assistant Professor, Department of Language, on 17.03.2022 and 18.03.2022.

The medical camp commenced with a short address by Dr. Abrajda, who spoke about the importance of regular health check-ups and medical care. The medical camp session was open to the staff, students, and to the public for free of cost. Before the consultation, medical professionals also checked blood pressure and glucose levels. The doctors examined the issues and offered medical advice to many, requesting some of them to visit their hospital for tests and medication.



*Medical Camp*

*e-invitation for the event*



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(No.16, St.Mary's Road, Maryland, Sembium, Perambur,Chennai-11)  
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**Name of the Activity:** Seminar on Women's Health

**Date:** 18.03.2022

**Organising unit/ agency/ collaborating agency:** Prashanth Hospital, Kolathur

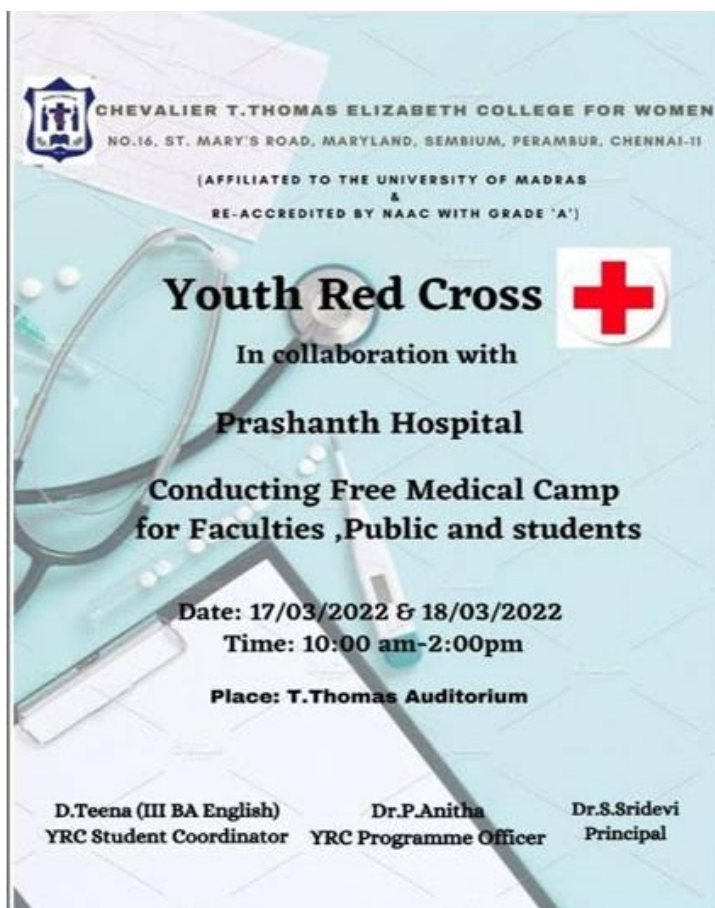
**Name of the scheme:** YRC

**Participants:** 100

## Report:

The Youth Red Cross (YRC) of our CTTE College for Women conducted a seminar on, 'Women's Health' in collaboration with Prashanth Hospital, coordinated by, Dr.PAnitha, Assistant Professor, Department of Languages, on 18.03.2022.

The guest speaker, Dr. Abrajda, spoke about women's self-hygiene and feminine care, explaining menstrual disorders that have become common due to improper care and unhygienic food habits. The guest speaker provided insights on maintaining good hormonal balance through good eating habits, regular exercise, and meditation, also listing the reasons for the increased cases of infertility among women due to Polycystic Ovary Syndrome (PCOS) and Primary Ovary Insufficiency (POI). The session concluded with a few strategies for good ovarian health.



*e-invitation for the event*



*Dr. Abrajda, spoke about women's self-hygiene and feminine care*





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**Name of the Activity:** Seminar on Physical Wellness

**Date:** 30.04.2022

**Organising unit/ agency/ collaborating agency:** YRC

**Name of the scheme:** YRC

**Participants:** 28

## **Report:**

On World Health Day, the Youth Red Cross Club (YRC) of C.T.T.E College for Women organized a seminar on 'Physical Wellness' via G-meet on 30/ 04 / 2022, coordinated by, Dr. P. Anitha, Assistant Professor, Department of Languages.

The guest speaker, Ms. Smrithi Lakshmi Narasimhan, Psychologist and Assistant Professor, Department of Psychology, C.T.T.E College for Women, emphasized the forgotten importance of physical fitness, elaborating on the vital part played by nutrition in our body. The guest speaker says that many ailments we challenge today have risen from nutritional deficiency. In the busyness of our lives, balancing careers and personal life, we have failed to give our body the nutrition it requires. All bodily functions need natural protein and nutritional supplements to build stamina and strength. Ms. Smrithi also advised the audience to say no to steroids and other unauthorized supplements that can only worsen the condition. Toward the end of the session, a short video on the 'Role of Nutrition' was played for the audience.

**Chevalier T. Thomas Elizabeth College For Women**  
No. 16, St Mary's Road, Maryland, Sembium, Perambur, Ch-11  
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**YOUTH RED CROSS**

**WORLD HEALTH DAY**

**TOPIC: PHYSICAL WELLNESS**  
Saturday, April 30, 2022  
Time : 5:00 to 6:00

**Guest Speaker**  
Ms. Smrithi Lakshmi Narasimhan  
Psychologist , Assistant Professor,  
Department of Psychology,  
Chevalier T. Thomas Elizabeth College for Women.

Platform: Google Meet  
Link : <https://meet.google.com/uvv-yuwb-ypm>

Dr. P. Anitha  
YRC Programme officer

Dr. S. sridevi  
Principal

(Terna D II BA English)  
YRC Student co-ordinator

*e-invitation for the Seminar to commemorate  
World Health Day*



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**Name of the Activity:** Blood Donation Camp

**Date:** 09.05.2022

**Organising unit/ agency/ collaborating agency:** Indian Red Cross Society (Tamilnadu Branch)

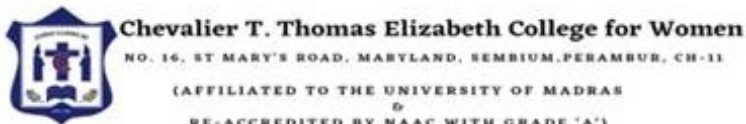
**Name of the scheme:** YRC

**Participants:** 102

## Report:

Blood is one of the essential fluids in our body that helps with the smooth functioning of our body. When the body loses excess blood, it is prone to deadly diseases that are sometimes fatal. Therefore, to raise awareness, the Youth Red Cross Club of C.T.T.E College for Women organized a blood donation camp coordinated by Dr. P. Anitha, Assistant Professor, Department of Languages, C.T.T.E College for Women.

At the blood donation camp, 102 students volunteered as representatives of the Youth Red Cross Club (YRC), where 26 students donated their blood. The students went through a preliminary health check-up before donating blood. This blood donation camp helped students realize the importance of life and how precious human lives are. The event encouraged many students to donate blood once every few years, at the least.



**YOUTH RED CROSS**



IN COLLABORATION WITH

**INDIAN RED CROSS SOCIETY  
(Tamil nadu branch)**

**"Blood Donation Camp"**

MONDAY, 09.2022  
TIME: 9.00 AM - 2.00 PM

VENUE: LECTURE HALL 1 AND 2



**World Red Cross Day**



Teena.D, (III BA. English)  
YRC Student Co-ordinator

Dr.P. Anitha  
YRC Programme Officer

Dr.S.Sridevi  
Principal

*e-invitation for the Blood Donation Camp*



*preliminary health check-up before donating blood*

