



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: World Breast Feeding Week

Date: 05.08.2022

Organising unit/ agency/ collaborating agency: YRC

Name of the scheme: YRC

Participants: 250

Report:

The Youth Red Cross club organized a seminar on the importance of Breastfeeding on the occasion of "World Breast Feeding Week". The World Breastfeeding Week theme for 2022-23 was "Step Up for Breastfeeding: Educate and Support". Breastfeeding is crucial - A baby's healthy growth and development depend heavily on breastfeeding. The guest speaker Dr. Kalpana Bharani Kumar, who has over 15 years of expertise working with children and new-borns, briefed on how young mothers should schedule their nutrition intake and the steps that are to be taken in order to have a safe delivery and most importantly she proposed that post-natal care is high priority. The session was very interactive and innovative. The guest speaker also cleared doubts of students by giving clear explanation about the queries.



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Tamil Nadu 600011.

YOUTH RED CROSS



Organizes a Session on
"World Breastfeeding week"

Guest Speaker
Dr. Kalpana Bharani Kumar
Consultant Pediatrician and
Neonatologist, Meridian Hospital
Kolathur, Chennai, Tamil Nadu 600099

T.Thomas Auditorium
1:45 to 2:30 pm
05.08.2022 Friday

K. Sabithasri
Bac CS
YRC Student Coordinator

Dr. S. Sridevi
Principal



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Name of the Activity: International Youth Day

Date: 12.08.2022

Organising unit/ agency/ collaborating agency: YRC

Name of the scheme: YRC

Participants: 25

Report: International Youth Day is celebrated on the 12th of August every year. This particular day aims to battle ageism and raise awareness of legal issues related to youth. "Let's join hands across generations to break down barriers and work as one to achieve a more equitable, just, and inclusive world for all people." is this year's motto. Dr. Preetha K, the Head of the Department of Language, was the guest speaker for this event on International Youth Day. The guest speaker emphasised the importance of being true to ourselves. In this new era, we women should stand in unity and be fearless in expressing our thoughts, not only for ourselves but also for those around us. The importance of equal opportunities for people and how we should be individuals who uplift our community.

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YOUTH RED CROSS

Organizes a Session on
"International Youth Day"

Guest Speaker
Dr.K.Preetha
MA,M.phil, P.hd
Head of the Language Department,
CTTE College for Women

Lecture Hall 01
1:30 to 2:30 pm
12.08.2022
Friday

K. Sabithasri
III B.sc CS
YRC Student Coordinator

Dr S. Sridevi
Principal





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Name of the Activity: World Missing Person's Day

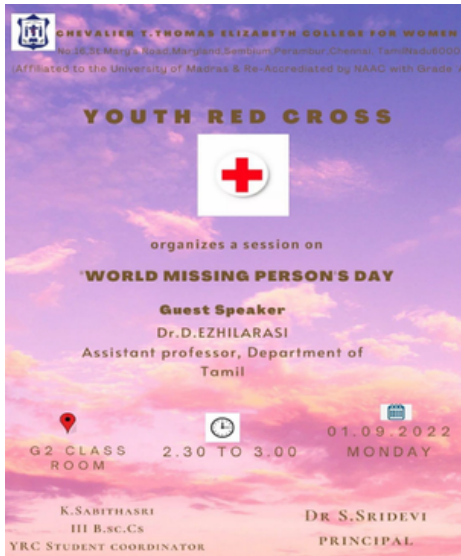
Date: 01.09.2022

Organising unit/ agency/ collaborating agency: YRC

Name of the scheme: YRC

Participants: 25

Report: Every year on August 31, people around the world honour missing people. This day is significant because it raises awareness of the numerous incidents of missing persons around the nation. The day is a great occasion to educate the public about the missing persons, which enhances the likelihood that they will be located. National Missing Persons Day is marked not only in honour of the missing, but also in memory of the relatives and friends of those who have lost a loved one and are now dealing with the trauma of that disappearance. This day recognises and honours their loss. Dr. D. Ezhilarasi, Assistant professor, Department of Tamil, was the guest speaker for the event on World Missing Person's Day. The reason for persons going missing was revealed by the guest speaker. Since it no longer only affects one area of the world, forced disappearance has grown to be a global issue. Enforced disappearances, historically a feature of military dictatorships, now occur in a wide range of internal conflicts, particularly when used to persecute political opponents.



The guest speaker addressing the students



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Name of the Activity: World Humanitarian Day

Date: 22.09.2022

Organising unit/ agency/ collaborating agency: YRC

Name of the scheme: YRC

Participants: 30

Report: On August 19, humanitarian relief workers from all across the world are recognized on World Humanitarian Day. This day, which was established by the UN in 2009, honours the day of the attack of the UN offices in Iraq. The day set aside to honour those who devote their life to serving the needs of others is known as World Humanitarian Day. It is a day to commemorate the efforts of relief workers who risk their lives to assist impacted people during times of global disaster and serves as a reminder that these are the people who greatly simplify and secure our way of life. Mrs. P. Sandhya Mohanan, Assistant Professor of Department of French, was the guest speaker for the event on World Humanitarian Day. The guest speaker gave a speech outlining the rationale behind the creation of Humanitarian Day and recognized those who have worked tirelessly to improve the lives of countless people while displaying amazing strength in the process. She urged the students to participate in charitable deeds for the community.

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YOUTH RED CROSS

organizes a session on
"WORLD HUMANITARIAN DAY"

Guest Speaker
Mrs P. Sandhya Mohanan
Assistant professor Department of
French
(Red Ribbon club Coordinator)

22.08.2022
G2 CLASS ROOM 2.30 TO 3.00 MONDAY

K. SABITHASRI
III B.Sc.Cs
RC STUDENT COORDINATOR

DR S. SRIDEVI
PRINCIPAL



The guest speaker addressing the audience



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Name of the Activity: Medical Camp


Date: 14.10.2022

Organising unit/ agency/ collaborating agency: Thulasi Pharmacy

Name of the scheme: YRC

Participants: 160

Report: In the past, people would only go to the doctor if they were ill or experiencing any diseases. Due to increased health awareness and education among the general population, preventive healthcare is now becoming more and more crucial. On 14.10.22, the Youth Red Cross Society of Chevalier T. Thomas Elizabeth College for Women in association with Thulasi Pharmacy from Perambur organized a free medical camp. In this free medical camp, eye check-ups, blood pressure tests, diabetes tests, lung tests, etc. were conducted. All the college students benefited by availing the free medical advice. The free medical camp was completed as per the guidance of the Principal and Vice-principal of the College.

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YOUTH RED CROSS

IN ASSOCIATION WITH THULASI PHARMACY



Organizes a medical camp

(General checkup, eye checkup,
cipia bretho test, PEFR, PFT)

DATE
14 October 2022

TIME
9 am to 1.30 pm

VENUE
lecture halls
1 and 2

K.SABITHASRI
III Bsc. Cs
YRC STUDENT COORDINATOR

Dr. P. ANITHA
YRC PROGRAMME OFFICER

Dr. S. SRIDEVI
PRINCIPAL

Invitation



Chennai, Tamil Nadu, India
11-13, St Maris St, Kennedy Nagar, Ramana Nagar, Perambur,
Chennai, Tamil Nadu 600112, India
Lat 13.123256°



Medical Camp



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Name of the Activity: Drug Awareness

Date: 16.12.2022

Organising unit/ agency/ collaborating agency: YRC

Name of the scheme: YRC

Participants: 25

Report: Young individuals who are addicted to alcohol and drugs put their lives, those of their family and friends, and society at large in grave peril. Drug and alcohol abuse among our youth is closely associated with other high-risk behaviours such as risky sex, violence, suicide, and academic failure. Early use might potentially result in reliance that lasts a lifetime. S.Sinduja, II B.Sc Psychology, gave a speech outlining the definition of drugs, their many uses, as well as some facts on how certain drugs are linked to other high-risk behaviours.





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Name of the Activity: International Day of Mind & Body Wellness

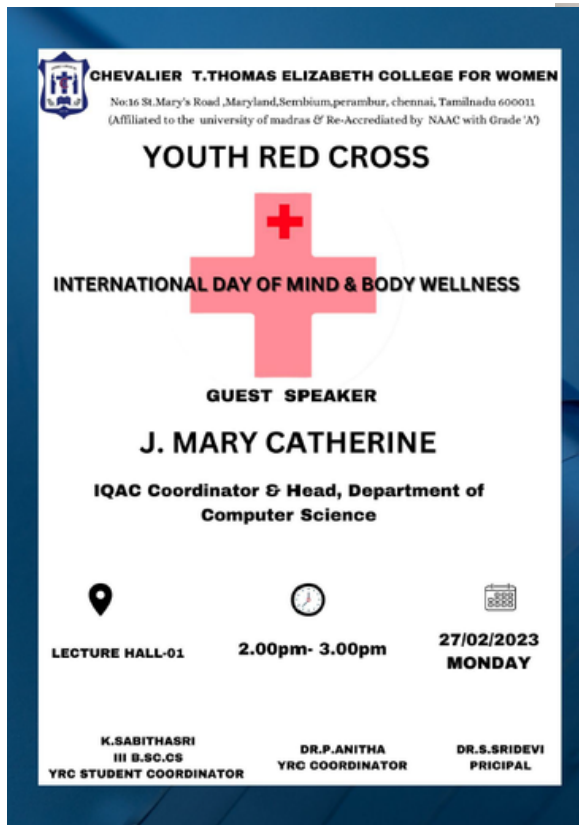
Date: 27.02.2023

Organising unit/ agency/ collaborating agency: YRC

Name of the scheme: YRC

Participants: 25

Report: A special talk on Mental Wellness was organised on the occasion of International Mind-Body Wellness Day, an opportunity to celebrate how a healthy mind and healthy emotions means a healthy body! The guest speaker Mrs. J.Mary Catherine, IQAC Coordinator & Head, Department of Computer Science highlighted the connection between the mind, body and soul, and the integral role in our overall health and well-being. The impact of our emotions on overall health was discussed. The guest speaker gave a speech outlining the definition of drugs, their many uses, as well as some facts on how certain drugs are linked to other high-risk behaviours.



Invitation

The Guest Speaker handling the Session