

**St. Mary's College (Autonomous)**  
Reaccredited with 'A+' Grade by NAAC (Cycle IV)  
Thoothukudi



**Criterion: III – Research Innovation and Extension**  
**Metric: 3.6.3 & 3.6.4 – Number of Extension Activities**  
**Year: 2018-2023**

### **3.6 Extension Activities**

**3.6.1 Outcomes of extension activities in the neighbourhood community in terms of impact and sensitizing the students to social issues and holistic development, and awards received if any during the last five years**

#### **St. Mary's College (Autonomous) Thoothukudi**

##### **Sensitizing Students on Social Issues**

➤ **2022-2023**

##### **Yoga for Women Well-Being**

On 25.06.2022 Sports Team, Yoga team, NSS and NCC of St. Mary's College (Autonomous), Thoothukudi organized a seminar on "Yoga for Women Well-Being on June 25, 2022 for all the second-year students. Dr. N.Sethu, Assistant Professor, Department of Physical Education, Manonmaniam Sundaranar University, Tirunelveli is the Resource Person. Around 800 students attended the meeting



##### **Gender Sensitization Awareness Programme**

On 27th October 2022, Anti – sexual Harassment organized a Gender Sensitization Awareness Programme on "Preventing Sexual Harassment Against Women" at 2.00 p.m. Dr. M. Vaijo Prema, Assistant Professor of History, Sarah Tucker College, Tirunelveli was the resource person. 252 students of II year of all departments were the participants.



## Legal Rights of Women

The Women's Cell organized a guest lecture on 06.10.2022 at 2.30 p.m. in our college auditorium. The resource person of the day was Mr. J. Joseph Zinoson, Advocate from Thoothukudi. The topic for the day was "Legal Rights of Women". The resource person delivered a talk on the three main constitutional rights for women. 200 students from various disciplines were the beneficiaries. The programme came to an end with the College Anthem.

## Women Entrepreneurship and Innovation

On 15-Oct-2022, an International Webinar on "Women Entrepreneurship and Innovation" organised by the Department of Economics, St. Mary's College (Autonomous) Thoothukudi. Dr. Yobbe Lungu, Senior Lecturer & Director of Quality Assurance at DMI, St. John, the Baptist University, Lilongwe, Central Region, Malawi, South Africa was the resource person. Number of beneficiaries were 110.



## Preventing Sexual Harassment Against Women

On 27th October 2022, Anti – sexual Harassment organized a Gender Sensitization Awareness Programme on “Preventing Sexual Harassment Against Women” at 2.00 p.m. Dr. M. Vaijo Prema, Assistant Professor of History, Sarah Tucker College, Tirunelveli was the resource person. 252 students of II year of all departments were the participants

## Female Health Care And Empowerment

On 27.10.2022, a meeting was organized for the all the NSS volunteers about female health care and empowerment. J. Esther, Product advisor from Femi Health Care, Female Empowerment Movement of India addressed the students about health care and female empowerment.



## Child Abuse and Child Rights

Department of Economics, St. Mary's College (Autonomous), Thoothukudi along with 26 students of II B. A. Economics organised awareness programme on “Child Abuse and Child Rights” in their adopted area. The Chief Guest Mrs. Jothimani, Advocate, District Court, Thoothukudi explained the child abuse is a basic violation of child rights. She focused on child abuse as a form of physical/ emotional ill- treatment, sexual abuse, neglect or negligent treatment, commercial, other exploitation, resulting in actual or potential harm to the child's health, survival and development. She also insisted that children should have access to contact services to help them in case of emergency or distress. The emergency toll- free phone service for children in distress –Child Line 1098 should be expanded and awareness generated about such help lines. Orphanages and shelter homes are required to assist children without families. Adoption should be given first priority to the best interests of the child concerned. In villages, the panchayat officials should be given the responsibility to ensure that basic education, nutrition, health care and sanitation are available for the proper development of every child.



Finally, Chief Guest advised parents to care and communicate with their children. 50 people from the Maravanmadam were benefitted from the awareness programme. After the awareness programme the celebration mood started from Thiraviyapuram. To mark such an occasion children's day was celebrated in our adopted area of Thiraviyapuram premises at 4 p.m. The day focused on children and their enjoyment. The day commemorated with immense joy, enthusiasm and magnificence. The tiny tots of Thiraviyapuram came and participated in various games like running, Breaking Balloons Competition etc.. Children took part in celebrations very actively. The prizes were distributed to the winners. In the end, chocolate was distributed to the children. Parents were also very happy to see their children participating in the celebration. In a way, these little kids made the day very special for everyone there. The children were overwhelmed with the entire effort. The village was buzzing with excitement and joy. The day ended in a beautiful resonance lingering in everybody's minds. Dr. D. Rathi, Assistant professor of Economics, staff in -charge of CDP/ UBA and the II B.A. Economics students actively organised the programme. Programme was successfully conducted under the guidance of Dr.Sr. C. Shibana, Secretary, Dr. Sr. S. S. J. Lucia Rose, Principal and Dr. Sr. S. Kulandai Therese, Co-ordinator of UNNAT BHARAT ABHIYAN, St. Mary's College (Autonomous), Thoothukudi.



### **Constitutional Remedies for Women**

On 02.02.2023, the Anti-Ragging Cell conducted its meeting on “Constitutional Remedies for Women”, Adv. Ruban Kishore, Child Welfare Committee, Thoothukudi was the resource person. He inculcated the significance of Indian Constitution and the various aspects regarding the Constitutional remedies for women in detail. More than 225 students were participated and benefitted out of this meeting



## Women in Public and Private Space

Human Rights Forum conducted a Poster making competition on the theme “Women in Public and Private Space” on 20.02. 2023. Dr. Jessie Fernando Head and Associate Professor of Physics served as the Judge for the competition. All students showcased their own creativity and artistic composition in Poster making. The students conveyed their powerful messages on Women Empowerment and Gender Equality. The winners are given prizes



## Legal Rights of Women

On 22.02.2023, “Legal Rights of Women” an Awareness Talk was organized by the Ethics and Catechism Committee. JFM. Adv. V. Subachini Wilson, Advocate, Former Public Prosecutor, Mahila Court, Thoothukudi was the Resource Person. All the ethics student were the beneficiaries



## International Women's Day

The Center for Women's Excellence celebrated the International Women's Day on 8th March 2023. Rev Sr. Josephine, Regional Secretary TNBC Health Commission, presided over the



function. Rev. Fr. Amalan TMSS Director motivated the students to know about the power of the word as it was more powerful than the sword to change the world and care without expectations. Cultural Extravaganza such as Tableau, Classical Dance, Non – Classical Dances and Song which revealed the evolution of women through the ages, justice for women, Women empowerment and gender parity, were the theme behind the cultural.

The International Women's Day is celebrated on 8th March in the adopted area of Maravanmadam by the Department of Economics, St.Mary's College(Autonomous),Thoothukudi. The Chief Guest of the occasion Ms. Anita Roseline, VaazhandhuKaattuvom Project, Enterprise Community Professional (ECP), Maravanmadam Panchayat focused the various schemes that the government has established for the women entrepreneurs and outlined the experiences of different women empowerment programmes undertaken under the different Government Sponsored Schemes. After that the awareness was given to the women especially the Women Pregnancy and Child Birth Defects. Mr. Thanga Selvan, Special Educator, Ms. Jeya, Physiotherapist, Ms. Amutha, Speech Trainer and Ms. Manju, Community- Based rehabilitation worker, Amar seva Sangam, Ayikudi, Tenkasi were chief guests. In this meet, women were urged to get regular vaccinations during pregnancy. They said to avoid relational marriage to control birth defects and if women belong to negative blood group, by taking proper vaccination during pregnancy. It should prevent the child from being born with congenital defects. However, with many of the young female CHD patients now having entered adulthood and marriage, obstetricians and gynaecologists are increasingly encountering a vexing issue, of a rise in high-risk pregnancies in young women who previously had significant congenital cardiac issues. The village women were got more general information about health. 40 village people benefitted from this awareness programme. Programme was successfully conducted under the guidance of Dr. Sr. C. Shibana, Secretary, Dr. Sr. S. S. J. Lucia Rose, Principal and Dr. Sr. S. Kulandai Therese, Co-ordinator of UNNAT BHARAT ABHIYAN, St. Mary's College (Autonomous), Thoothukudi. Dr. D. Rathi,

Assistant professor of Economics, staff in -charge of CDP/ UBA and the II B.A. Economics students were actively organised the programme.

### **Women Empowerment Training**

A special training programme on Women Empowerment Training to celebrate Women's Day was organised by Second year students of Microbiology Department, St. Mary's College, Thoothukudi at Veeranayakanthattu on 08th March 2023. It was held under the leadership of Mr. Chandana Kumar, the Panchayat President of Veeranayakanthattu. In this exercise Mrs. Arivumathi, Women Self Help Group Leader, and Women Self Help Group Helpers were present and honoured. Students gave a special speech on topic "Women's Employment Training". In this training, practical training on business which was done by women, training on easy business through Online, short-term tailoring awareness and women were encouraged by the benefits of higher education. We also imparted training in home-based small-scale industries such as basket-weaving and Agarbathi-making. They also provided training on how to grow and sell mushrooms at home. It was easy to train our students as the women self-help groups enthusiastically expressed their interest. This training is organized by St. Mary's College (Autonomous) Thoothukudi, Secretary Rev.Sr.Dr.C.Shibana, Principal Rev.Sr.Dr.A.S.J. Lucia Rose, Deputy Principal and College Coordinator of Unnat Bharat Abhiyan Rev.Sr.Dr.S. Kulandhai Therese. The arrangements for these events were made by the Second year Microbiology students of St. Mary's College, Thoothukudi and Unnat Bharat Abhiyan and Community Development Program Microbiology Department incharge Prof. Ms.R. Shynisha Begum also graced the occasion. The Panchayat President of Veeranayakanthattu, Mr. Chandana Kumar who was supportive in conducting these event and also we thanked Women's Self Help Group President Mrs. Arivumathi.

#### **➤ 2021-2022**

### **Aari embroidery workshop for the women**

On 21st June 2021, P.G. and Research Department of English, conducted a two-week Aari embroidery workshop for the women of Tharuvaikulam Village from May to June. 32 women from the village participated in the workshop.

On 28th June 2021, P.G. and Research Department of English, conducted a two-week Aari embroidery workshop for the women of Tharuvaikulam Village in the month of June. The



Valediction of the workshop took place on 28th June 2021. 32 women from the village participated in the workshop.



On 30th June 2021, P.G. and Research Department of English conducted the second two week Aari embroidery workshop for the women of Tharuvaikulam Village in the month of June. 28 women from the village participated in the workshop.



### **Sales Marketing Career for Women & Career Advise to Younger Self**

Career Guidance and Placement Cell organized an enlightening session on “Sales Marketing Career for Women & Career Advise to Younger Self” on 03rd July 2021 in collaboration with IBM Volunteers. Ms. Deepa Kedoor, Senior Content Marketing Consultant, LinkedIn who elaborated on marketing techniques, terminologies and acronyms related to the field to become a better marketer. She also guided the students on building a marketing career with strategies and execution. Further the session was taken over by Mr. Rajeev Palanki, Employee Experience Leader, IBM Software Labs, who insisted the students to break their comfort zone and develop the learners’ mind-set where in students learn, unlearn and re-learn. The Speaker enriched the students with a sense of integrity and honesty to have a dignified career. Later Mr. K. Naveen Prathapaneni, Service Lead, MiND and Ms. Chandrakala Vootkar, Co- Service Lead, MiND gave an introduction of the mentors, MiND grouping and students guidelines for further training programs. More than 550 students from St Mary’s College and other colleges participated enthusiastically and benefitted



### **Aari embroidery workshop for the women**

On 3rd August 2021, P.G. and Research Department of English conducted the third two- week Aari embroidery workshop for the women of Tharuvaikulam Village was conducted in the month of August. 27 women from the village participated in the workshop.



### **Entrepreneurial Skill Development Training on Tailoring for Women&Preparation of organic House Hold essentials**

On 16th August 2021, PG and Research Department of Commerce conducted a training program on the title “Entrepreneurial Skill Development Training on Tailoring for Women” from 12th April to 8th July 2021. 10 students participated and more than 30 students were the beneficiaries.

On 24th September 2021, Department of Chemistry conducted hands on training programme on “Preparation of organic House Hold essentials” for empowering rural women with entrepreneurial skills was organized for the women of Anthonyarpuram, Thoothukudi. 10 students’ participated and around 50 people got benefitted through this training.

### **Women Entrepreneurship**

On the occasion of “World Entrepreneurship Day” the Department of Economics and Institution’s Innovation Council jointly organized a poster making competition on the topic “Women Entrepreneurship” through Zoom platform on 24th August, 2021. Mrs. Anila Maily, IIC Ambassador and Associate Professor, Department of Computer Science, St. Mary’s College (Autonomous) Thoothukudi graced the occasion as the judge and chief guest for the competition. The judge briefed the criteria for poster presentation. There were nearly 49 registrations for the competition and students submitted their posters through Google classroom. There were nearly 22 members in the meeting and 11 students presented, explained and elucidated their posters.

## **Gender-Based Sexual Harassment Myth and Reality**

The Anti-Sexual Harassment Cell and the college Counselling Forum - jointly organized an awareness program on the topic "Gender-Based Sexual Harassment Myth and Reality" for the students through online mode on 10.11.2021 as a webinar. Ms. V. Subhachini B.A., B.L., Spl. Public Prosecutor, Thoothukudi was the resource person. Dr. Rohini, the college counselor welcomed the resource person and the gathering. V. Subhachini, the resource of the day gave an awareness talk related to the prevention of sexual harassment, how to know the unwelcomed sexually determined behavior and the ways to ensure a safe environment for girls

## **International Day for the Elimination of Violence against Women**

The Anti-sexual Harassment Cell Commemorated the International Day for the Elimination of Violence Against Women on 25.11.2021 endorsing the title of the year "End Violence Against Women". The Students and the Faculty of the college staged a silent observation in front of College from 8.40 - 9. 20 am. During the silent observation the students expressed their solidarity for the cause of elimination of violence against women by holding placards with the slogans against sexual harassment and violence against women. A Signature Campaign was conducted in the campus at 11.30 a.m. The signed documents were handed over to P. Geetha Jeevan, Minister for Social Welfare and Women Empowerment and Commissionerate of Social Welfare, Saidapet, Chennai

## **Vigilance on Sexual Harassment at Work places**

Anti - Sexual Harassment cell of St. Mary's College (Autonomous) Thoothukudi organised an awareness meeting on 'Vigilance on Sexual Harassment at Work places'. An oath of zero tolerance towards sexual harassment was pledged by the staff members of the college in the college campus at 10.30am. The Oath was led by Dr. Sr. Kulandai Therese, Deputy Principal, followed by the oath of the Non-Teaching Staff.

## **Building Gender Parity Through Human Rights**

In commemoration of Human Rights Day, Human Rights Forum and Department of History jointly organized a special lecture on Building Gender Parity Through Human Rights on December 4th 2021 in the college auditorium. Dr. A. Malini Apsala, Head & Assistant Professor of History welcomed the gathering. Dr. Sr. A. A. J. Lucia Rose, Principal gave the

Presidential address and Rev Sr. Flora Mary, Secretary felicitated the programme. Rev. Sr. Josephine Jeyarani, Director of Self-Supporting Course and Ms. Anila Maily, Director of Centre for Women Excellence graced the occasion. Mr. Issac Mohanlal, senior Advocate, Madurai Bench of Madras High Court, Madurai was the resource person. He spotlighted the Articles of Gender Parity in the Indian constitution and elucidated the protective discrimination and equal affirmative discrimination which ensured Gender Parity and respect of women in all respects. It was followed by the Interactive session by providing the students the chance to clarify their doubts on Gender discrimination in theory and practice. Dr. S. Theresammal, Assistant Professor of History proposed the vote of thanks. Nearly 532 students from various disciplines were the beneficiaries.

### **Anti - Sexual Harassment-In Legal Perspectives**

Anti - Sexual Harassment cell organised an awareness meeting on 9.12.21 on the title Anti - Sexual Harassment-In Legal Perspectives. Dr. Sr. Kulandai Therese, Deputy Principal, Rev. Sr. Josephine Jeyarani, Director of Self-Supporting Course and Ms. Anila Maily, Director of Centre for Women Excellence graced the occasion. Ms. S. M. Rojapoo, Assistant Professor of History welcomed the gathering. Ms. N. V. SubhaPriya Advocate, Kovilpatti, Thoothukudi District was the resource person. She addressed the essence of Anti - Sexual Harassment Act and its latest amendments with special reference to complaint mechanisms to redress the grievances. It was followed by the Interactive session which provided the students a chance to raise their queries to the resource person. Dr. C. Zozimus Divya Lobo, Assistant Professor of Chemistry proposed the vote of thanks. The meeting ended with the college anthem. Students and faculty from various disciplines were the beneficiaries.

### **Women Empowerment**

The students of Anti-Ragging Cell in association with Women Cell created a public awareness on women empowerment by marching out with pluck cards with slogans related to the importance of women to mark Women's Day in front of the college premises.

### **Development of Rural Women with Entrepreneurial Skills**

On 9th December 2021, Department of Mathematics conducted various training program were conducted under the title "Development of Rural Women with Entrepreneurial Skills". Around 15 students' participated and more than 20 members were the beneficiaries.



## Career Opportunities in Pastries

On 25th February 2022, a one day entrepreneurial development programme for women on “Career Opportunities in Pastries” was conducted by the Department of English (SSC) a group of ten students from II B.A. English Literature (SSC) visited Palayakaayal and 35 members were benefited.

## The Empowered Woman is Powerful beyond Measure and Beautiful beyond Description

The Women Cell celebrated the International Women’s Day on 08.03.2022. The theme of the day that was taken for reflection was “The Empowered Woman is Powerful beyond Measure and Beautiful beyond Description”. The students from the Centre for women Excellence hold the pluck cards to create public awareness on Women Empowerment. The chief guest of the day was Mrs. T. CharuSree IAS, Commissioner of Thoothukudi District and the guest of honor was Ms. M. Breetha M. L., Secretary/ Sub Judge, District Legal Services Authority, Thoothukudi. Ms. Sneha John of II M. A. English Literature welcomed the gathering and introduced the chief guest and guest of honor of the day. Rev Sr. Secretary and Dr. Rev. Sr. Principal welcomed the guests with bouquets and mementos. Mrs T. Charu Sree IAS, explained the status of women as “We are in a tough world and we have to put our foot down and stand for our self”. She encouraged women to be physically active, creatively independent and verbally powerful. Tmt. M. Breetha M. L. emphasized on “Gender Equality for a Sustainable Future. She advocated that women are always “not” victims but through their spirits they turn out to be “warriors”. She accentuated the ways to overcome three main hurdles in life through 3 B’s- Be Confident, Be Honest and Be Alert. She underlined that women should learn to express “NO”. Tmt. M.

Breetha authenticated her talk by quoting a few case studies, lines from Tamil Literature and Workplace experiences. The college choir, AICUF, mime team, singing team, cultural team, tableau team and dance team showcased the stages of womanhood and their



achievements through various art forms. Ms. Maria Joshy Roy of I B. Sc. Mathematics proposed the vote of thanks. The total numbers of beneficiaries are 546 students.

## Women's Freedom, Equality and Representation

On 11th March, 2022, the AICUF unit of St. Mary's organised a seminar on "Women's Freedom, Equality and Representation". Rev.Fr.John Wilson, State Advisor of AICUF, from St. Joseph's College, Trichy was the chief guest. The meeting started with prayer song. Ms .P. Rahina of II Chemistry gave the welcome address. Ms. Patricia Romila introduced the Chief Guest. Rev. Dr. Sr. Lucia Rose, Principal of St. Mary's College honoured him with the memento and Dr. Sr. Mary Joyce Baby honoured him with shawl. He enlightened the students with practical examples from daily life that gender equality, besides being a fundamental human right, is essential to achieve peaceful societies, with full human potential and sustainable development. Women and girls represent half of the world's population and, therefore, also half of its potential. The AICUF students performed two dances representing the life of women. This was very much appreciated by the State Advisor. Students took active part in raising questions. Finally, Ms. A. Ceenithai of II Chemistry extended the vote of thanks and the meeting ended with college anthem.



## Women's Health and Menstrual Hygiene

On 25th March 2022, Department of Psychology organized an Awareness program on "Women's Health and Menstrual Hygiene". The participants included students and staffs along with the people of Ramdoss Nagar, especially girl children and women





### **Learning Penwomanship: Multimodal Skills for Media and Literature**

The PG and Research department of English organised a two-day webinar on the topic, "Learning Penwomanship: Multimodal Skills for Media and Literature" on 10th and 11th May 2022 through the Zoom platform. Dr. N. Bhuvana, Head & Assistant Professor, Department of Postgraduation and Research in English shared her expertise on the topic, "A Rainbow in someone's Cloud: Inspiring Women in Literature." She highlighted on the themes, narratology and the perceptions of women writers which helped the students grasp the standpoints of women across the nations. On the second day, Ms. Akila Kannadasan, Principal Correspondent, The Hindu, Coimbatore delivered her expert talk on "Evolving strategies and Multimodal Literacy skills for a successful career in Media." Her session highlighted the need to equip oneself with the Multimodal skills which would transform a student into a promising journalist



#### **➤ 2021-2022**

### **Glass Ceiling Effect in Indian Women's Writing**

Department of English organised a National Level Webinar on "Glass Ceiling Effect in Indian Women's Writing" on 6 th June 2020. Dr. R Malathy, Assistant Professor of English, Government Arts College, Coimbatore was the resource person

### **Women Empowerment through Education, Employment and Entrepreneurship**

In association with National Foundation for Entrepreneurship Development jointly organised a Two day International Web Conference on “Women Empowerment through Education, Employment and Entrepreneurship (WE through E3 )”on 26th& 27th June 2020. KVJ. Prof. Dr. Ganesan, the Conference Chair and Founder & Chairman of National Foundation for Entrepreneurship Development (NFED) Coimbatore, Mrs. Ramya Kandavel, NFED Patron of the Conference and Executive Chairman at National Foundation for Entrepreneurship Development (NFED), Coimbatore, Dr. Reshmy Krishnan, Head of Research, Muscat College, Sultanate of Oman, Ms. Saeeda Ahmed, Founding Director,



Education Partnerships UK Ltd, London, United Kingdom, Ms. T. Vanadhi Devi, President, Southern Industrial Academy for Women Entrepreneur Development (SIAWED) & Director, Vista Expedition, Chennai, Tamil Nadu, Prof. Dr. T. Lavanya Kumari, Principal, Emerald Institute of Advanced Management Studies, Tirupati, Andhra Pradesh and Dr. Suganda Ramamoorthy, Associate Professor, Department of Economics, Lady Doak College, Madurai, Tamil Nadu were the resource persons. Out of 90 participants nearly 21 faculty and research scholars presented their Research papers in this Web Conference. Research articles were published by CIIR (Centivens Institute of Innovative Research) both as E journal and Hard Copy with ISBN 978-91-942938-2-8

### **Consumer Rights, Awareness, Protection and Women welfare**

The Consumer Club organized three days' workshop on "Consumer Rights, Awareness, Protection and Women welfare" on July 09 to 11, 2020. The objectives of the workshop were to: acquaint the participants with the need and importance of consumer awareness, rights, protection and consumer welfare; enlighten the participants with consumer protection act and redressal mechanism available under the Act; critically analyse the effectiveness of consumer redressal forums in India and to analyse the role of civil society and curbing consumer exploitation. The Resource Persons are Dr Sachin Sabharwa, Associate Professor, Tecnia Institute of Advanced Studies, Delhi, Dr. Leena Jeneffa, Associate Professor, Tecnia Institute of Advanced Studies, Delhi, Dr. D. Amutha, Associate Professor, Department of Economics, St. Mary's College (Autonomous), Thoothukudi and Dr. Urvashi Sharma, Associate Professor, Department of Commerce, University of Delhi gave in-depth information and gave their condensed material related to their topics such as consumer rights, consumer awareness, consumer protection and women welfare. Around the average of 250 participants participated in the workshop daily which included academicians, research scholars, students, business people and house wife from different states of the country including Rajasthan, Uttar Pradesh, Delhi, Telangana, Andhra Pradesh, Karnataka, Puducherry, Maharashtra, Kerala and Tamil Nadu and also International participants from Turkey, Republic of Maldives, Malawi, Zambia, Malaysia, Thailand and Philippines. Participants from the state of Tamil Nadu include Chennai, Kancheepuram, Coimbatore, Trichy, Salem, Namakkal, Madurai, Virudhunagar, Kanyakumari, Thoothukudi and from Tirunelveli district.



## Hope for Women

In view of the Women's Day Celebration, Women's Cell – Center for Women's Excellence conducted various competitions on 2 March 2021 on the title ' Hope for Women'. 74 students participated in the competition. The Women's Day Celebrations were held on 8 March 2021. The theme was - “Hope: She Believed She Could So She Did”. Rev. Dr. Sr. Mary Gilda, Principal, Holy Cross Home Science College, Thoothukudi was the Chief Guest. In her address, Dr. Sr. Mary Gilda highlighted virtues of womanhood and insisted on giving respect to mothers especially. She made the day significant by honoring mothers who selflessly sacrificed their lives for their children. Then a visual representation - “Penmai Enbathu Peyarchol Alla, Athu Vinaichol” was depicted effectively. It focused on powerful women who made their history with their tolerance and noble virtue which was a combination of classic feat, song, pathos and success.

## Women Empowerment

On 8 th October 2020 Association meeting was organized Dr. Sasikala, Assistant Professor of History, V.O.C. College, Thoothukudi was the resource person. She delivered a lecture on “Women Empowerment” and highlighted the achievements of women through the age

## Rural Self Employment Training Institute

Awareness about the role of Rural Self Employment Training Institute (RSETI) in empowering rural women by various training programmes was explained to the village people in Tharuvaikulam and Anthoniyarpuram. The application of RESTI was distributed to the below poverty line rural women.

### **Empowering Rural Women with Holistic Entrepreneurial Skills**

The Community Development Programme and Unnat Bharat Abhiyan of Department of Mathematics organized a Training Programme Sponsored by Servite Sisters, on “Empowering Rural Women with Holistic Entrepreneurial Skills” in Korampallam, Thoothukudi District from 21st December 2020 to 28th January 2021. Ms. X. Rajathi, M.D of Morning Star Social and Educational trust was the Resource Person. The selected women in the village were trained in making different types of Jute products and Palm Product



### **Emotional Intelligence and Gender Difference in Indian Literature**

A Two Days International E Conference was organized jointly by the Departments of Psychology (SSC), Tamil (SSC) & English (SSC) on 22.01.2021 and 23.01.2021 on the topic “Emotional Intelligence and Gender Difference in Indian Literature”. Mr. Antony Amarnath Navis, Life Coach, Trichy; Mr. K. Thangamani, Kavingar, Singapore and Dr. Prashant Subhashrao Mothe, Editor-in-Chief, Langlit were the resource persons. The beneficiaries were the students of Departments of Psychology (SSC), English (SSC) and all the I & II UG Students who learnt Tamil as their second language. Thirty papers were presented from researchers from all the 3 departments that were also published and the best papers from each department were awarded





## **Entrepreneurial development programme**

Entrepreneurial development programme on career opportunities in jewellery making in Periyankapuram on 05.02.2021 was given to the rural women in Periyankapuram.

## **Jewellery Making and Handmade Craft**

A Three day entrepreneurial developmental programme in Tharuvaikulam from 24.02.2021 to 26.02.2021 was given to the rural women on various skills like Jewellery Making and Handmade Craft

## **Entrepreneurial Skill Training Programme**

Holistic entrepreneurial skill training programme was given to rural women to uplift their livelihood in the village Maravanmadam from 01.03.2021 to 03.03.2021

## **International Women's Day**

Keeping in mind the good health of the women during this pandemic period, the free medical checkup was conducted by Be-Well Hospital on the auspicious occasion of International Women's Day on 8th March. The medical checkup included healthy devices like General physical examination, Ophthalmologist consultation, BMI and Glucose checkup. The doctors who rendered their great service to the college were Dr.Jeffie M.B.B.S, Dr.Shalini M.B.B.S and Dr.Rajesh from Agarwal hospital accompanied by staff nurses and the manager and Marketing executive of Be-Well hospital. All the second year UG students participated in this camp and benefited from the free medical services provided by the Be-Well hospital.



## Discourse on Feminist Writings

An Online Two Day National Webinar “Discourse on Feminist Writings” was held on 8th & 9th February, 2021 through Google Meet platform. The first day session was on “Highlights on Feminism, the Feminist and the Female” by Dr. Nila, Associate Professor of English, Mercy College, Palakkad, Kerala. The second day session was on “Feminists in Dialogue: New Approaches to Reading and Writing Gender” by Dr. Sushma V. Murthy, Associate Professor of English and Cultural Studies, Christ (Deemed to be University), Central Campus, Bangalore.

### ➤ 2019-2018

## Sexual Assault Prevention

The Anti-sexual Harassment Cell of the College organised an awareness programme on 'Sexual Assault Prevention' on 08 July 2019 at 2.30 p.m. in the auditorium. Mr. Prakash, Deputy Superintendent of Police, Thoothukudi Town, addressed the first and second year students on the ways to oppose the sexual harassment and the supportive laws to prevent sexual abuse. He also revealed the latest technologies created for the security of women. Mrs. Muthulakshmi, Inspector, All Women Police station, Thoothukudi, explained the current issues against women with various examples from life. The Principal, Rev. Dr. Sr. A.S.J Lucia Rose and the Secretary Dr. C. Shibana presided over the programme



The second meeting of the consumer club was held on 26th September 2019. The meeting was presided over by Mr. S. Ruban Kishore, Advocate, Member, Juvenile Justice Board, Thoothukudi. He delivered a speech on “Legal status and rights of women and children in Indian constitution”



### **Need for Women Entrepreneurship**

The Economics Association was held on 10th December 2019. The meeting was presided over by Prof. Dr. Ganesan, Founder & Chairman National Foundation for Entrepreneurship Development (NFED) Coimbatore, addressed the gathering. He delivered a speech on “Need for Women Entrepreneurship”



### **Women Safety and Health Campaign: Crime Awareness and Prevention**

On 25.10.2019 Association Meeting was organised on the topic “Women Safety and Health Campaign: Crime Awareness and Prevention” Mr. Ramesh Kanna Ramar, Head, Criminology Department, Kamaraj College addressed the students and stressed the importance of women safety and also offered a list of helpline numbers that was of great use to the students.

### **Women Empowerment and Women Entrepreneurship**

An International Seminar was organized by the Department of Economics on Women Empowerment and Women Entrepreneurship (WE2 - 2019)“ On 09.12.2019. The inaugural address was given by Dr. Sugandha Ramamoorthy, Associate professor of Economics and Head i/c, Coordinator, Centre for Women Studies, Lady Doak College, Madurai. Dr.S.Anuzsiya, Senior Lecturer and Head, Department of Social Science, Faculty of Arts and



Culture & Founding Director, Centre for Gender Studies, South Eastern University of Sri Lanka, Sri Lanka, Dr.B.Ramanathan, Founder and Managing Director, ACE International Pte Ltd, Singapore, KVJ. Prof. Dr.R.Ganesan, Founder & Chairman, National Foundation for Entrepreneurship Development (NFED), Coimbatore, Dr.V.Sasirekha, Professor, Sairam Institute of Management Studies and Coordinator of women empowerment Cell, Sri Sairam Engineering College, West Tambaram, Chennai were the resource persons.



### **Laws for Women**

The Women's Cell, organized a meeting on 23 January 2020 at 2.30 pm. Advocate Ms. K. Paasamalar M.Phil., M.L., Guest Lecturer in Govindammal Adithanar College and practising lawyer in Tirunelveli High Court was the Chief Guest. She delivered a speech on "Laws for Women" and oriented the students on many new laws useful for women. She also advocated the students to boldly face issues and challenges. The meeting was organised under the guidance of Dr.Stella Arputha Mary, Dr. Sudha and Ms. Aspin Chithra.



### **Dynamism in women Entrepreneurship**

On 27th January 2020 the BBA Club forum conducted its association meeting on the topic "Dynamism in women Entrepreneurship". Mr.D.Jagannathan, Managing Director of IDEA, Thoothukudi, presided over the meeting.



### **Eve's Health**

An awareness meeting on the topic Eve's Health (Physical health) and Mental Health was conducted on February 10, 2020 at 1st B.com class room from 2.30 pm to 4.00pm. The awareness speech has given by Dr. Pethukani (Gynaecologist) and Dr. Poongothai (Gynaecologist) B.E.M.S, Thoothukudi



### **Entrepreneurship Training on Palm leaf for Rural Women**

The Department of Mathematics, St.Mary's College(Autonomous),Thoothukudi, and Unnat Bharat Abhiyan jointly organised Two weeks free training programme on the topic "Entrepreneurship Training on Palmleaf for Rural Women" in Korampallam, Thoothukudi district from 10/02/2020 to 21/02/2020 .Ms.X.Rajathi,M.D of Morning Star social and Educational trust is the trainer of the Programme.

### **Prevention of sexual harassment of women**

Anti-sexual harassment Cell organised an awareness programme on 'Prevention of sexual harassment of women' on 2<sup>th</sup> February. Mrs.V.Subashini B.A., B.L., Public Prosecutor, Mahila court, Thoothukudi addressed the first year students on how to oppose the sexual harassment and on the supportive laws to prevent sexual abuse. Students enquired the resource

person about ways of approaching the authority and report the abuse. Dr.Sr.C.Shibana, Deputy Principal presided over the function. Dr. G. Priscilla, Ms. K.Saravana Devi and Ms Maria Nevis Jeyaseeli organized the meeting and motivated the students to raise their voice boldly against any sort of abuse meted out by them



### **Women in Science**

The National Science day was celebrated at St. Mary's College (Autonomous), Thoothukudi on the 28<sup>th</sup> of February 2020. Dr. Booma Devi, Women Scientist, National Institute of Technology, Trichirapalli graced the occasion as the chief guest. In her address, she emphasized on the theme of the year 2020, "Women in Science". In view of the National Science day, various competitions for college and school 21 students were conducted. The winners were honoured with certificates, trophies and cash awards during the celebration

### **Young Women in the area of Women Entrepreneur Award**

On 7<sup>th</sup> March 2019, Ms. S. Gayathri, Assistant Professor of Business Administration was awarded "Young Women in the area of Women Entrepreneur" by Venus International Foundation.



### **➤ 2018-2019**

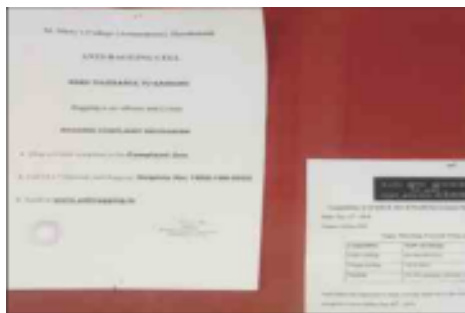
### **Tamilnadu Prohibition of Ragging Act 1997**

As instructed by the collector at the meeting held at the Collectorate on 13<sup>th</sup> July, Anti-Ragging Helpline No: 1800-180-5522 and Web address [www.antiragging.in](http://www.antiragging.in) are inscribed in the ID card of students of first year. On 27 August, a meeting was conducted on the topic  
Criterion III

SSR Cycle V



'Tamilnadu Prohibition of Ragging Act 1997' and Mrs. Escalin, Advocate and Visiting Professor, Law College, Tirunelveli, addressed the students on ragging, penalty and deemed abetment.



### **Top Ten Rights of Women**

Women Cell organized a lecture on 18<sup>th</sup> September 2018. Dr. Vanitha, Assistant Professor of Commerce, APC Mahalakshmi College, Thoothukudi delivered a speech on the topic, "Top Ten Rights of Women"

### **Rights of Women**

On 24 September 2018, Mr. B. Kannan, an Advocate of the Tirunelveli District Court addressed the members of the Human Rights Forum on the topic, "Rights of Women".

### **Work-life Balance**

A seminar was conducted on 25<sup>th</sup> September 2018 for the I and II MHRM students at Fatima Hall. Mrs. Rajamenakshi, GM (HR), NLC Thermal Power Ltd, Thoothukudi, delivered a speech on the topic "Work-life Balance".



### **Sexual Abuse**

On 1<sup>st</sup> October 2018, Mr. David Prathiban addressed the students on the topic "Sexual Abuse"

### **Consumer Club**

Consumer Club provides education about consumer protection and also creates awareness in the student community of the rights and responsibilities of the consumer. The Club organizes a number of events and field visits for the students



### **Consumer Protection Rights**

On 23<sup>rd</sup> October 2018, Dr. A. Ashok, The Head and Associate Professor of Economics, Kamaraj College, Tuticorin addressed the students of the consumer club on “Consumer Protection Rights”.

### **Best NCC Cadet**

About 45 best cadets from all over our directorate (Tamilnadu, Pudhuchery and Andaman & Nicobar) participated in the Army Attachment Camp for SW cadets. NCC senior, SUO. E. Shalini of the college cleared the interview from Madurai Group and stood first in our Battalion and got selected for this vacancy. Our ANO, Lt. Dr. F. Mary Priya and SUO Shalini attended AAC from 1 February to 16 February 2019 at Secunderabad. The cadets were trained and motivated to become Army Officers. She attended the camp with strong determination and hard work, stood as one of the best cadets and leader



### **Consumer Protection Act**

On 12 February 2019 Ms. Pasmalar, Advocate, District Court, Tirunelveli, addressed the students on “Consumer Protection Act”.



## Cyber Crime

On 15<sup>th</sup> February an awareness programme on Cyber Crime was organized. Ms. Kohila, Inspector, Cyber Crime, addressed the students.



## Legal rights of Women in India

In connection with International Women's Day, a legal awareness programme was arranged on 7<sup>th</sup> March 2019. Ms. Snabaga Sheela, Advocate of Thoothukudi District Court, addressed the students on “Legal rights of Women in India”

## Campus Ministry

Campus Ministry encourages the students to exercise their spirit, intellect and body. Campus Ministry's primary mandate is to help students deepen their faith through worship, reflection and service.



*Lucia Rose*  
**Principal**  
St. Mary's College (Autonomous)  
Thoothukudi-628 001.