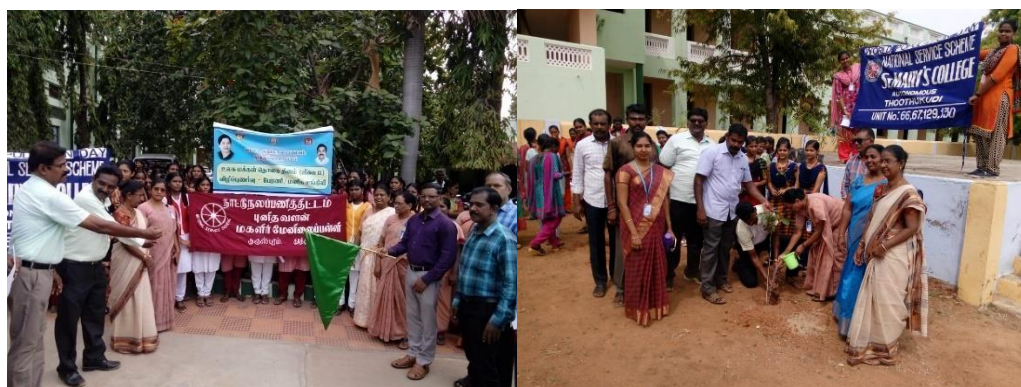


St. Mary's College (Autonomous) Thoothukudi
Report of N. S. S Activities for the year 2019-2020
NSS Units- 67

The NSS unit 67 of St. Mary's College (Autonomous) Thoothukudi, set the ball rolling for the academic year 2019-2020 with the observation of International Yoga day on 26th June 2019.



To raise awareness about the exploding global population and the importance of family planning, World Population Day was celebrated in the college. To mark the significance of this day, an elocution competition in Tamil was conducted to all the students on 8-7-2019 in collaboration with the collectorate under the guidance of Dr. M. Senthil Kumar, District Extension Educator of Collectorate, Thoothukudi and Mr. P. Melwin Victor, Administrative Officer and Deputy Director of Medical, Rural Health and Family Welfare, Thoothukudi.



To increase people's awareness on global population issues such as the importance of family planning, gender equality, poverty, maternal health and human rights, World Population Day was observed on 11 July 2019. The N.S.S units of the college organised a human chain under the guidance of District Revenue Officer Mr. M. Veerappan and the principal Dr. S. A. J Lucia Rose. Nearly 300 N. S. S volunteers actively participated in the human chain along with the students of St. Joseph's Higher Secondary School, Thoothukudi. The students gave awareness about female infanticide, human rights, child marriages, early pregnancy, birth control, women's education and environmental protection.



To prune the juvenile minds into active social workers, an Orientation programme was organized on 18-07-2019 for the freshers. Ms. Vanmathi, Assistant Professor of Chemistry, Kamaraj College, Thoothukudi addressed the students on the importance of social service and how to serve the nation through different channels.



To impart the significance of eye donation and its usefulness to the visually impaired people, an eye donation awareness camp along with the Lions club of Sivakasi Cracker City and the Lions club of Tuticorin Centennial was organized on 19 August 2019. The principal Dr. Sr. A. S. J Lucia Rose presented the presidential address. Lion JKR Murugan, Lion's Governor delivered a motivational address on eye donation. Then Lion Dr. J. Ganesh, World Record Achiever, District Chairman for Sight First acted as the guest speaker who created awareness through quiz competition on eye care and eye safety.



To celebrate the launching of FIT India Movement at Indira Gandhi Stadium in New Delhi by our honourable prime minister Mr. Narendra Modi on 29 August, 2019, the N.S.S programme officers of the college arranged for a fitness walk at 8.30 a.m. in the sports ground. Nearly 500 students and 50 staff members actively participated in the walk under the leadership of the principal Dr. Sr. A.S.J Lucia Rose and the Deputy Principal Dr. Sr. C. Shibana.

To create awareness among the people on the hazards of using plastic and to motivate them towards the use of paper or fabric bags, the N.S.S organized a plastic free environment campaign in collaboration with the Eco club. On 16-09-19, a team of 150 students (80 N.S.S volunteers and 70 members of Eco club) and six teachers actively participated in cleaning Muthu Nagar Beach.

As a part of Poshan Abhiyan, the students were given awareness on nutrition, healthy diet and healthy habits on 9th September 2019. The students were insisted to have a balanced diet containing variety of foods that are rich in iron and vitamins.



To eradicate plastic carry bags and encourage the use of cloth bags, competitions such as slogan writing and poster painting on banning the plastic were conducted on 26-09-19 in the college premises. Moreover an essay writing competition on “No plastic is fantastic” was also organized. To commemorate the former president Dr. P. J Abdul Kalam’s birthday as Youth Awakening day, on 15-10-2019, a meeting was convened for the III year students. Mr. Selvam Selva, P G Assistant in English, St. Xavier’s Higher Secondary School, Thoothukudi, delivered an address on the strategies to awaken the youth. Quoting the words of Abdul Kalam, he pointed out the duties of the youth to dream big, apply logic to everything, to grow to be responsible youth and make the nation proud.



A meeting was convened on 24-10-19 to give awareness on One Stop Centres (OSCs) to support women affected by violence, in private and public spaces, within the family, community and at the workplace. A team of six members from the Department of Social Welfare, Thoothukudi, OSC addressed the first year N.S.S students as to how to redress themselves from physical, sexual, emotional, psychological and economic abuse, irrespective of age, class, caste, education status, marital status, race and culture.



World AIDS day was observed on 9 January 2020, under the leadership of Thoothukudi District Collector Mr. Sandeep Nanduri. The Department of Health and Hygiene and doctors from Government Hospital, Thoothukudi actively participated in the human chain on AIDS formed by the N.S.S volunteers and the awareness programme on AIDS.





தூத்துக்குடி செயின்ட் மேரிஸ் கல்லூரியில் நடைபெற்ற உலக எய்ட்ஸ் தினம் நிகழ்ச்சியில் மாவட்ட ஆட்சித் தலைவர் திரு.சந்தீப் நந்தூரி, இ.ஆ.ப., அவர்கள், உலக எய்ட்ஸ் தினத்தையொட்டி நடைபெற்ற பல்வேறு போட்டிகளில் வெற்றி பெற்ற கல்லூரி மாணவ, மாணவியர்களுக்கு பரிசுகள் வழங்கினார். அருகில், துணை இயக்குனர் சுகாதாரப்பணிகள் / மாவட்ட எய்ட்ஸ் தடுப்பு மற்றும் கட்டுப்பாடு அலுவலர் மரு.ஜிகிருஷ்ணலீலா, தூத்துக்குடி மருத்துவக்கல்லூரி மருத்துவமனை முதல்வர் மரு.பி.திருவாசகமணி மற்றும் அலுவலர்கள், கல்லூரி மாணவ, மாணவியர்கள் உள்ளனர் (09.01.2020)

Women cell organised awareness on legal rights for women in collaboration with N.S.S units of the college on 23-01-20. Advocate N. Pasamalar gave an energetic address on the laws of women throwing light on the protection of children from sexual offences (POCSO) Act.



To observe Swachata Pakhwada, N. S. S organized several activities from 20.01.2020 to 31.01.2020 as per UGC D. No. 14-5/2016(CPP-II), 3rd January 2020.

A cleanliness drive was carried out in the college premises on 20-01-20 to support the cause for clean and better environment as the cleanliness not only brings prosperity in our lives but keeps us away from all kinds of diseases.



On 21st January 2020, Slogan writing and Poster making competitions were conducted on the topic “**Swachhata**”.

Elocution, Slogan Writing and Poster Making competitions were conducted on the topic “**Water Conservation**” on 22-01-2020.

On 24-01-2020 elocution, slogan writing and poster painting competitions were conducted on the topic **Forest conservation**.

Best out of Waste competition was conducted on 27th January 2020. Students used eco friendly products for the competition



To observe the World Cancer Day, a cancer care awareness campaign and a rally were jointly organized by Red Ribbon Club and N. S. S units in association with Thoothukudi Multipurpose Social Services (TMSS), Caritas India under the leadership of Thoothukudi district collector Thiru. Sandeep Nanduri on 04-02-2020.



In order to rejuvenate the life of the sick and the dying people, a blood donation awareness programme was organized on 24 February 2020. Mr. Ajeez, Treasurer of District Blood Donation Association and Anbu Manidham Trust was the resource person who addressed the students on the need to donate blood and revived the spirit of the volunteers to help the needy. Mr. Loodas, the auto driver who donated blood for more than 100 times also spoke on the value of blood and how people can stay healthy despite their donation. Mr. Sheik Muhammad, Coordinator of Anbu Manidham Trust had an interactive session with the students on blood donation.



In view of observing World TB Awareness Day, Centre for Eco-feminine Excellence and NSS units organised an awareness programme on TB on 12 March 2020. Dr. K. Sundaralingam, M.B.B.S., DTCD, Deputy Director of Medical Services, TB Centre, Thoothukudi, discussed the causes and effect of TB and detailed on how to identify, treat and eliminate TB. Mr. S. Kuppusamy, District Treatment Organiser and Mr. B. Mohan, District PPM Co-ordinator, conducted a Quiz on TB and students were given prizes.





Report of NSS Special Camp

A seven day special camp was organized by unit 129 and 130 at Punnaikayal and Seranthapoomangalam from 24-02-2020 to 01-03-2020. A team of 84 volunteers actively took part in rendering service to the villagers. The Special camp was inaugurated by Dr. A. Rajarathinam, NSS Co-ordinator of Manonmaniam Sundaranar University, Tirunelveli. Dr.D. Jockim, Assistant Professor of St. Xavier's College, delivered the keynote address. Rev. Sr. Dr. A.S.J. Lucia Rose, Principal, St. Mary's College, Rev. Sr. Dr. C. Shibana, Vice Principal of St. Mary's College and Mr. Chandra Bose, President of Village administration committee, felicitated the gathering. Ms. M. Mangalaeswari, Programme Officer of Unit 129, and Dr. P. Maria Jenifer Thaya, Programme Officer of Unit 130, made arrangements for the successful and smooth conduct of the special camp.



Cleanliness drives were conducted in and around Punnaikayal and Seranthapoomangalam through mass cleaning at the beach, schools and streets.

Rallies were conducted to create awareness on cancer and healthy living, the hazards of plastic usage and need to avoid it.

A general medical camp was organized with Sundaram Arulrhaj Hospital, Thoothukudi. The villagers were given free medical check up and medicines.

Free Eye check-up camp was organized with the help of Vasan Eye Care, Thoothukudi. A special medical camp was arranged for the people of Seranthapoomangalam with the assistance of Primary Health Centre, Authoor. These camps proved beneficial to the public.

In addition to these rallies and medical camps, invited talks and lecture were also given to the people on healthy living. Sapling plantation, fencing, teaching basic English grammar to primary school students, hands on training on jewellery making were some of the service rendered to the public.

St. Mary's College (Autonomous), Thoothukudi
Report of N. S. S Activities for the year 2020-2021
(Units 66, 67, 129 & 130)

National Service Scheme is introduced in our college with the prime objective of infusing the spirit of selfless service to the poor and the needy in the juveniles. “Not Me but You” being the motto of NSS, the tender minds are groomed and trained to nurture the underprivileged and marginalized sections of the society and uphold nation building. The NSS units of St. Mary's College strive to realize this with much focus and grit with well planned awareness campaigns and drives. The four units – 66, 67, 129 & 130 of NSS develop a sense of social and civic responsibility among students. Camps, social awareness talks and visits to the underprivileged create an enriching concern for humanity among the students.

The NSS units of St. Mary's college kick started the academic year with an online Quiz on 13th July 2020 on “NSS and Important Days” to make the students aware of NSS, its motto and the national and international days to be observed.

On 15th August 2020 a webinar on “Role of Youth in Social Development” was organised. Dr. R. Princee, Assistant Professor of English, St. Xavier's College, Palayamkotai, served as the resource person and insisted on the need of youth's participation in the social development of a nation.



The slide is divided into three columns: 'What?', 'Why?', and 'Problems'. Below the columns is a quote by Henry James and an illustration of silhouettes.

What?	Why?	Problems
UN 15 to 24 years	<ul style="list-style-type: none">• Energetic• Passionate• Competitive	<ul style="list-style-type: none">• Impulsive• Impatient• Unable to take critical decisions

Youth is the joy, the little bird that has broken out of the eggs and is eagerly waiting to spread out its wings in the open sky of freedom and hope – Henry James

The illustration at the bottom shows a line of silhouettes of people walking, with some carrying bags. The video inset on the right shows a woman with a headset, identified as 'Princee Ramesh'.

On 19 November 2020, an Orientation was given to the newly enrolled NSS volunteers to chisel and involve them in voluntary services. Due to the spread of Covid 19, the N.S.S Volunteers actively involved themselves in taking thermal power scanning at the entrance of the college in order to detect the students' temperature as a precautionary step and provided hand sanitizers. This is a daily practice done by the N.S.S volunteers.





Thermal Power Scanning in the campus

On January 20, 2021 various competitions such as essay writing, slogan writing and poster making were conducted for the students on the topic COVID 19 in order to give awareness about Corona virus and its heavy toll. The following students were the winners.

Essay Writing:

I Prize - F. Vesta Serapha (I B. A English)

II Prize - A. Melciya Ancilin (IB. Sc. Physics)

Slogan Writing: I Prize – M. Apshan (II B. A English)

Poster Making: I Prize – A. Apigsha (II B. A English)

II Prize – D. Bavani (II B. A English)

A cancer awareness programme was organised on 22 February 2021 with an objective to safeguard women from cancer especially breast cancer as early diagnosis is the most effective way to reduce morbidity and mortality of breast cancer. Considering that breast cancer is the most common type of cancer among women with an increasing incidence, there is a need to develop community-based, well-organized screening programs for breast cancer. Dr R. Synthia Saroja BSMS, Screening Medical Officer in Nellai Cancer Care Centre at Tirunelveli addressed all the I UG students on “cancer awareness” and emphasized the need to protect them by taking precautionary methods.





Cancer Awareness speech in Auditorium on 22 Feb. 2021

The NSS Units (66, 67, 129 & 130) organised a free medical camp in collaboration with the Centre for Eco Feminine Excellence of the college under the guidance of the principal Rev.Dr. Sr. A.S.J Lucia Rose on 8th March 2021.

Keeping in mind the good health of the women during this pandemic period, the free medical check up was conducted by Be-Well Hospital on the auspicious occasion of International Women's Day on 8th March. The medical check up included healthy devices like,

1. General physical examination.
2. Ophthalmologist consultation.
3. 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.





மற்றும் ஏராளமான
யிகள் கலந்து கொண்டனர்.

பொது மருத்துவ முகாம்

தூத்துக்குடி, மார்ச்.10-
தூத்துக்குடி தாய்மரியன்னை
மகளிர் கல்லூரி சுற்றுச்சூழல்
மேலாண்மைமையம் மற்றும்
நாட்டு நலப்பணித்திட்டம்
சார்பில் பொதுமருத்துவ
முகாம் நடந்தது. முகாமை
கல்லூரி முதல்வர் லாசியா
ரோஸ் தொடங்கி வைத்தார்.
டாக்டர்கள் ஷாலினி, ஜெபி,
ராஜேஷ் ஆகியோர் கலந்து
கொண்டு பரிசோதனை மேற்
கொண்டனர். முகாமில் கல்
லூரி மாணவிகள், பேராசிரி
யைகள் கலந்து கொண்டு
மருத்துவ பரிசோதனை
செய்து கொண்டனர்.



Medical Camp in Star Hall on Women's Day on 8 March 2021

To commemorate 75 years of Indian Independence, an e-quizz on India's freedom struggle was organized on 12 March 2021 to give awareness about Indian leaders' contribution to India's freedom.

In order to safeguard water and give awareness about the significance of water and celebrate World Water Day on 22nd March 2021, a meeting was convened for the I Year students with the theme "valuing water". Dr. Shivakumar, Head and Assistant Professor of Tamil, Kamaraj College, Thoothukudi addressed the students on "The preservation of water".





World Water Day Celebration in Star Hall on 22 March 2021

To emphasize voting as a constitutional right and remove the negative attitude “my vote doesn’t make a difference” and give awareness on 100 percent voting, a voters’ awareness virtual meeting was organized for the II year students on 23 rd March 2021. The resource person of the session Mr. K. Ganesan, a social worker cum District Secretary of Consumer Protection Council gave an address on “Voting Rights”.

Report of N.S.S activities for the year 2021-2022

COVID – 19 Vaccination Camp

In order to reduce the risk of contracting the virus that causes COVID – 19 and strengthen the immune system and to protect the student community from the threat of COVID – 19, N. S. S organized a **COVID – 19 Vaccination camp** in the college premises on **28 August 2021**. The medical team comprising 7 members under the headship of Dr. V. Sruthi, Primary Health Centre Thoothukudi helped in promoting the vaccination drive. Nearly 70 professors and 15 Non-teaching staff actively participated in the camp and got vaccinated.





N. S. S and N. C. C jointly organised a **Two day COVID- 19 Vaccination Camp** on **2 & 3 September 2021** to dispel COVID – 19 threat and improve health literacy state. This vaccination drive helped both the UG and the PG students obtain COVID – 19 vaccinations in the college campus to ensure whether the students comply with the university requirements prior to moving to their classrooms or hostels. A medical team of 5 members from Lourdhammalpuram, Primary Health Centre under the guideship of **Dr. Jesintha** actively rendered their medical service and nearly 55 students got benefitted from this vaccination camp.





**St. Mary's College (Autonomous), Thoothukudi
(Re-accredited with A+ Grade by NAAC)**

**Two day
Covid-19 Vaccination camp
on
02. 09. 2021 and 03. 09. 2021**

Organized by
NCC and NSS Units

Coordinators

NCC

**Lt. Dr. F. Mary Priya
Sumathi (Unit No 66)
Dr. Muthu Maha Laxmi
Betsy (Unit No 67)
Dr. G. Priscilla Pacifica
(Unit No 130)
Ms. Anusia
(Unit No 129)**

NSS

**Dr. N.
Dr. Josephine Alangara
Dr. S. Arul Josephine
Dr. B. Divya**

Best Wishes From

Rev. Sr. Flora Mary

Secretary

Dr. Sr. A. S. J. Lucia Rose

Principal

**Dr. Sr. S. Kulandai
Therese**

Vice Principal

On 22 September 2021, in view of the monsoon rain, the 16 rainwater tanks in the college campus were cleaned under the supervision of the N.S.S programme officers to collect the rainwater to meet the great demand of water. This cleaning and dredging work was carried in order to welcome the north east monsoon rain and preserve water.



On 4 October 2021, N.S.S organized a COVID-19 awareness programme in collaboration with Institution's Innovative Cell, N.C.C and Health and Hygiene Club in which the volunteers and cadets along with other members distributed masques to the passers-by and advised them to wear masques and maintain social distance. They also issued notices to the public to be wary of COVID-19.





On **25 October 2021**, Mr. P. Surian, Assistant Inspector of Labour I Circle, Ms. S. S Fathima, Assistant Inspector of Labour II Circle and Ms. K. Hema, Assistant Inspector of Labour Circle III were the resource persons. Ms. Hema, Labour Officer Level III Collectorate, Thoothukudi addressed the III Year students on the benefits of registering on e-SHRAM Portal and the welfare of Workers and other unauthorized works.

Beneficiaries (III Year B.B.A, History, Economics and Commerce)





On 2nd November 2021, Orientation programme was organized for the I Year N.S.S volunteers. **Dr. R. Princee, Assistant Professor of English St. Xavier's College (Autonomous) Palayamkottai** addressed the students on N.S.S, its motto, and functions and the duties of the volunteers. (Beneficiaries: I year N.S.S students 200)

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Voi LTE2 74%



MOTTO

NOT ME BUT YOU



To raise awareness about the violence against women, International Day for the Elimination of Violence Against Women was celebrated on 25 November 2021. Essay writing, Slogan writing and Poster Making competitions were held online and the following students were the winners.

Essay writing: I Prize: Lourdhu Jeba. M (I Economics)

II Prize: Abiseka Praissy. K (I Maths)

Slogan Writing: I Prize: Malavika (I Physics)

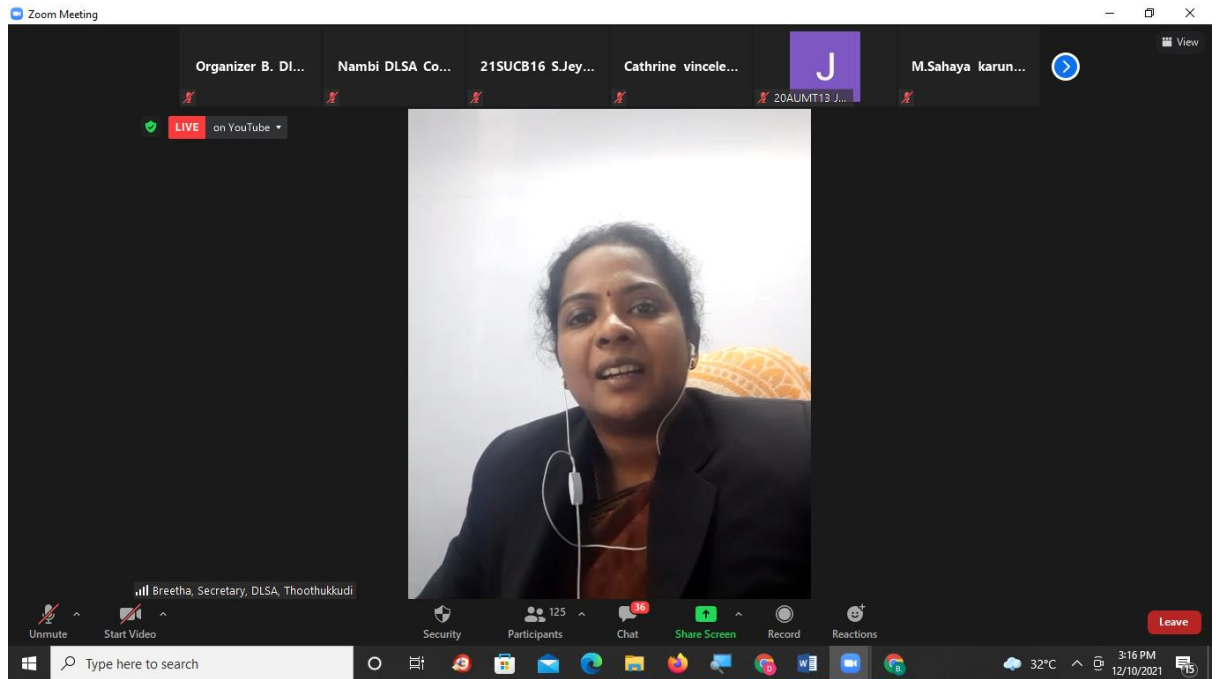
II Prize: Madhumitha (I History)

Poster Making: I Prize: Jerlin Hebsiba (I Physics)

II Prize: Sharon Shantha Seeli (I Maths)

To observe **12th National Voters' Day, SVEEP competitions** such as Essay writing, Poster Making, Slogan Writing and Drawing were held online on **12 December 2021**. Ferdinand Josephine Prescila . U of II B. Sc Computer Science and D. Sneha of II B.A English secured the prizes in Essay writing and Poster Making respectively. G. M Nithyasri of II Physics and G. Monisha Rose of III Maths won the prizes in Slogan Writing and Drawing competitions respectively.

To celebrate International Human Rights Day, a legal awareness programme was organized on 10 December 2021. Tmt. M. Breetha M. L Secretary cum Sub Judge, District Legal Services Authority, Thoothukudi addressed all the N.S.S students on diverse legal schemes to empower the girls with the knowledge of their legal rights and duties and enable them to face the challenges in the society.



On 24 February 2022, a meeting was convened in which Dr. M. Murali, Assistant Professor of Tamil, Kamaraj College, Thoothukudi addressed the II year volunteers on “Fulfil what we envisage”. (beneficiaries- II Year volunteers: 200)



To bring awareness among the public on “My vote is my future; Power of one vote”, Indian Election Commission organized diverse competitions such as Quiz, Slogan Writing, Singing, Video Making and Poster making for all the students on the same theme. The students participated in all the competitions and won e-certificates. The details are as follows:

On **7 March 2022**, a meeting was convened to celebrate the Women’s Day. All the II Year volunteers actively participated in it. Ms. Micheal Santha Forgia B. A., B. L, Advocate, Thoothukudi District Court addressed the students on “Laws for the Women and Children”.

Nithyasri of II B.Sc Physics delivered a speech on women empowerment and D. Sneha of II B.A English presented a verse on “The Role of Women”.



Memento Presentation to the chief guest

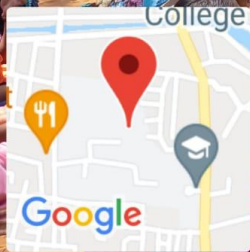


Chief guest's address



Marian Maiden Art – Women's Day Celebration

In order to prevent and protect against the destruction caused by fire, a Fire Safety Awareness Programme was conducted for all the II Year students on 18 March 2022. **Mr. Kumar, Thoothukudi District Fire Officer, Tamil Nadu Fire and Rescue Services** addressed the students on different types of fire and the strategies to extinguish fire. A team of seven firemen along with the district fire officer exhibited a fire demo which was very useful to the students.



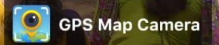
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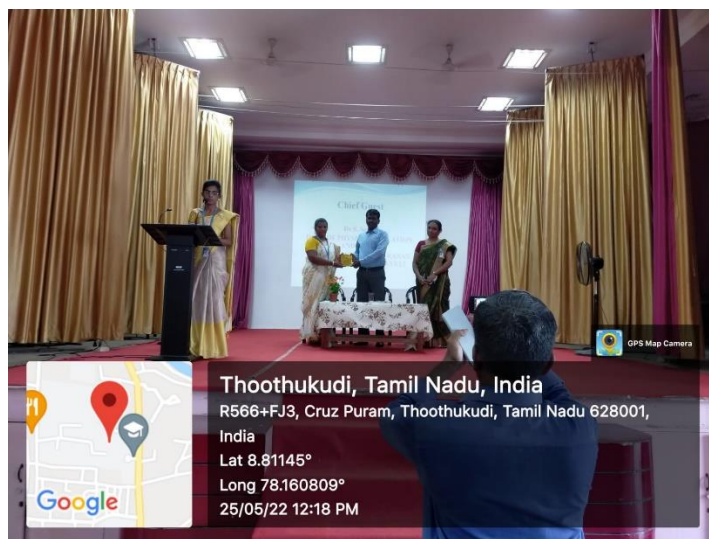




NSS Report 2022-2023

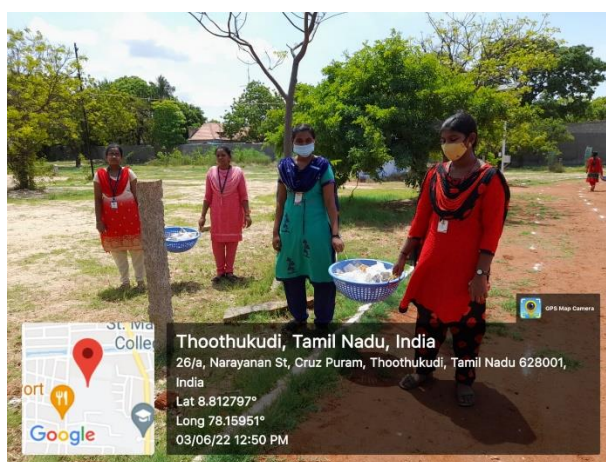
Seminar on Yoga for Women Well – being

NSS units along with Yoga team and NCC of St. Mary's College (Autonomous), Thoothukudi organised a seminar on “Yoga for Women Well-Being on May 25, 2022 for all the second year students. This event was conducted in view of celebrating International Yoga Day. Dr. N.Sethu, Assistant Professor, Department of Physical Education, Manonmaniam Sundaranar University, Tirunelveli is the Resource Person. The Resource person inculcates the importance of maintaining health. He explained how yoga helps during the pandemic situation. He interacted with the students and insisted on taking care of their breath and health daily.



Mass Cleaning Programme

To celebrate Kalaigiar M. Karunanithi's birthday, a mass cleaning programme was arranged to clean our college campus on 3.6.2022. Thoothukudi municipality sanitary workers along with our college students cleaned our college. They separated bio decomposable and recyclable wastes. Sanitary officer explained the need for separating the waste and the harmful effects of plastics.



International Yoga day

International yoga day was celebrated on 21st June 2022. Yoga for all programme was conducted by NSS units along with the Yoga team of our college through zoom platform. NSS volunteers did their yoga from their home.



Poster making competition and Video competitions were conducted and the results were announced on Yoga day.

Prize winners for poster presentation are

Vesta Serapha II BA English

Fathima Beevi M I BSc Chemistry

Anitha Ansara.A II BSc Mathematics

Prize winners for video making competition are

Deepa K. II B.Com.

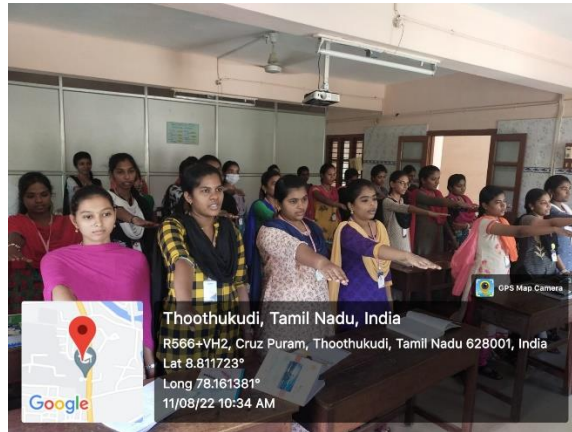
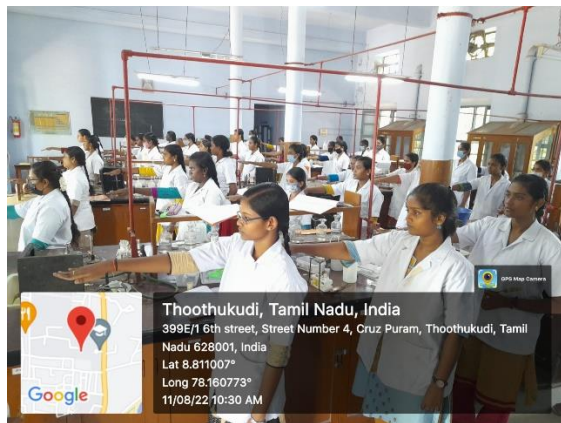
Jefina Gomez II BSc Zoology

Preethi Paikaray II B. Com.



Pledge – Drug free Tamilnadu

All the NSS programme officers along with NSS volunteers took drug free Tamilnadu pledge on 11.8.2022 for as instructed by Government of Tamilnadu.



Distributing National Flag

National flag was distributed by NSS volunteers to the people of the village Anthoniarpuram on 12.08.2022. NSS volunteers distributed 100 flags to the houses in that area. Also insisted the people to hoist the flag in their houses on Independence day.



Drive Against Drugs- E-pledge

Drive Against Drugs – E-Pledge was taken by NSS Programme coordinators on 17.08.2022.

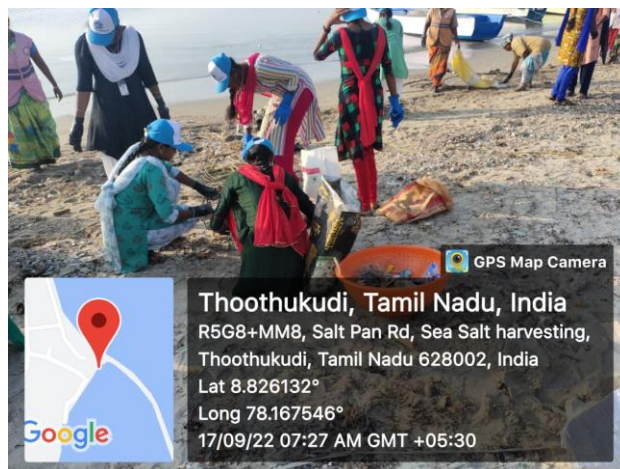
Sabdhavava Diwas - Pledge

To promote national integration and communal harmony among the people of all religions, languages and regions, Sabdhavava Diwas is observed nation wide on 20.8.2022. NSS volunteers and programme officers took pledge for “Sabdhavava Diwas” on 18.8.2022 at 11.00 am.



Coastal clean up day

Beach cleaning was done in Inigo Nagar on International Coastal Cleanup day (17/09/2022). 100 NSS volunteers from all the four units along with the municipal workers cleaned the sea shore. Students collected and separated wastes materials found in the beach



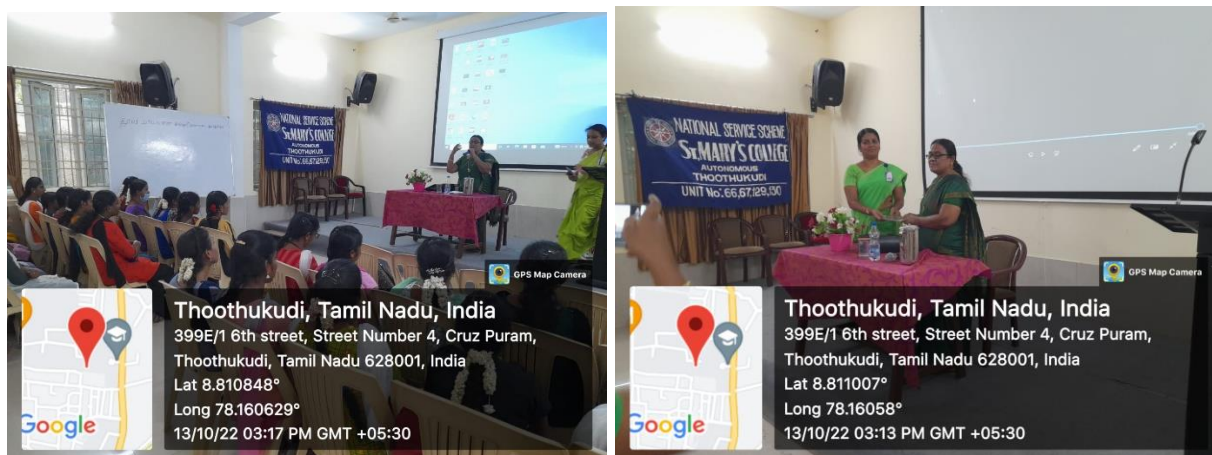
Talk on Solid Waste Management

An talk on solid waste management was held on 29.10.22 in the college auditorium. Officers from municipal addressed the students about solid waste management. They instructed the students about the separations of garbage into biodegradable and non biodegradable. They also explained the volunteers about the need for the reuse of biodegradable wastes and recycling of the non-biodegradable wastes.. Certificates were also distributed for the students who cleaned the sea shore on coastal clean up day.



Health and Hygiene of Adolescent girls

On 13.10.22 Dr. T. A. Manjula, MBBS, DGO, DHA, Chief civil surgeon (Rtd), Tuticorin Medical College hospital addressed the volunteers about health and hygiene of adolescent girls. NSS volunteers from both first and second years attended the meeting. Students participated enthusiastically and asked various doubts to the doctor.



Youth Awakening Day

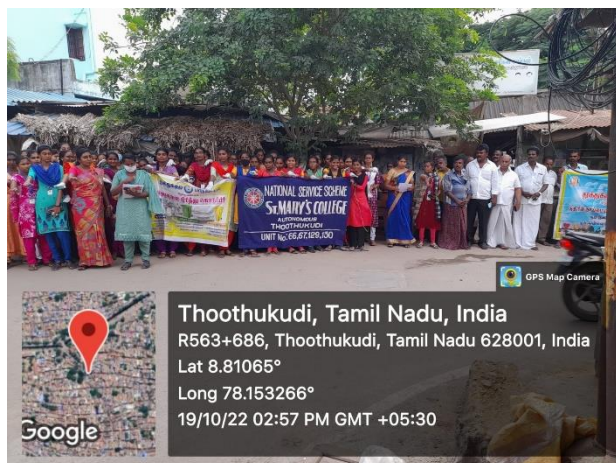
To celebrate Youth Awakening Day (15.10.2022) in remembrance of Dr. A.P.J Abdul Kalam, our college NSS organized Essay writing competition on the Topic The responsibilities of the youth in the advancement of Science and Drawing competition on the Topic A tribute to Bharat Ratna Dr. A.P.J. Abdul Kalam

The following students won the prizes



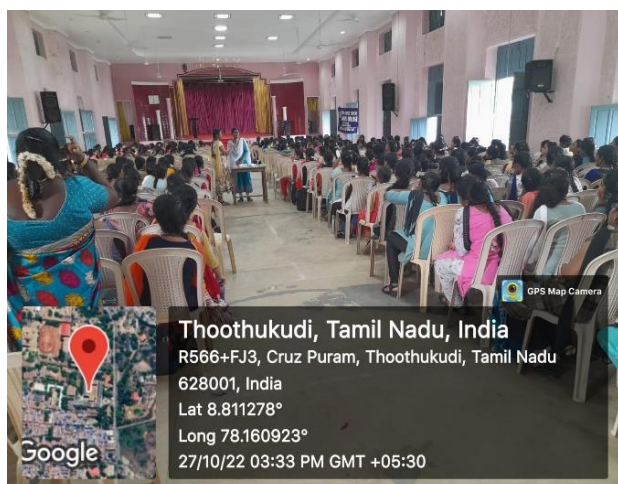
Cleaning Public places

Mass cleaning campaign was conducted by the students of all NSS units. Seventy one students from Unit No 67 and 129 cleaned SS Pillai market in thoothukudi on 17.10.22. Students collected and separated biodegradable waste and plastic waste and handed it over to the municipality. Counselor of that area attended the program and took pledge with students and people. Students also went around the houses in that area and gave awareness about solid waste management. 50 volunteers of units 66 and 130 cleaned the coastal area in Thoothukudi. They collected and separated waste and handed it over to Thoothukudi municipality.



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.



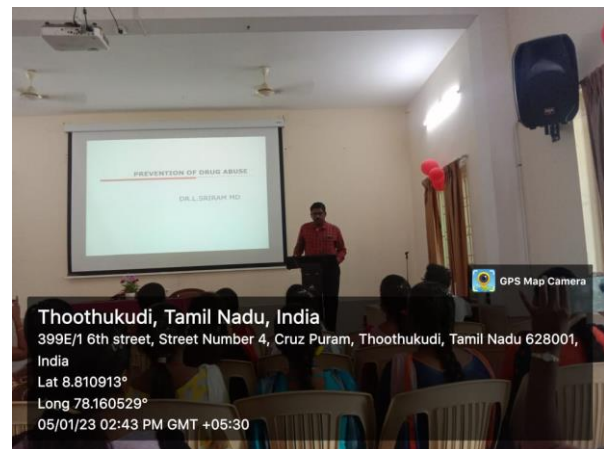
Pledge - National Unity Day

To know the meaning and value of unity, pledge was taken by the NSS programme officers, NSS volunteers with other students on National Unity day which is celebrated on 31.10.2022.



Prevention of Drug Abuse

An awareness programme on 'Prevention of Drug Abuse' was conducted at St. Mary's College (Autonomous), Thoothukudi on 5th January 2023 in Star Hall. Dr. L. Sriram MD., Assistant Professor, Department of Psychiatry, Government Thoothukudi Medical College Hospital, Thoothukudi was the chief guest. The active participants were the volunteers of NSS, Youth Red Cross and Red Ribbon Club. A realization on consumption of alcohol and its negative impacts was conveyed to the participants by Dr. L. Sriram. The volunteers were asked to help the alcoholics, by directing them for a medical observation, counseling, mental and physical health support from a Psychiatrist. At the end volunteers were interrogated regarding their understanding towards the message conveyed by Dr. L. Sriram. Nearly 300 students from various disciplines were the beneficiaries.

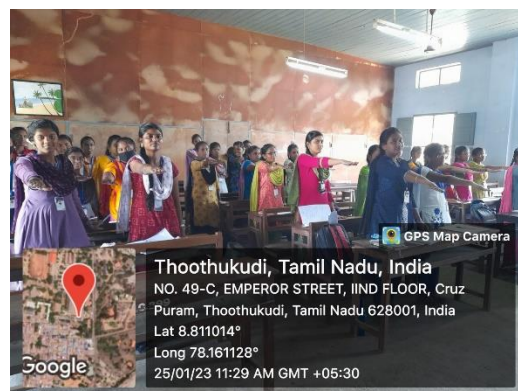
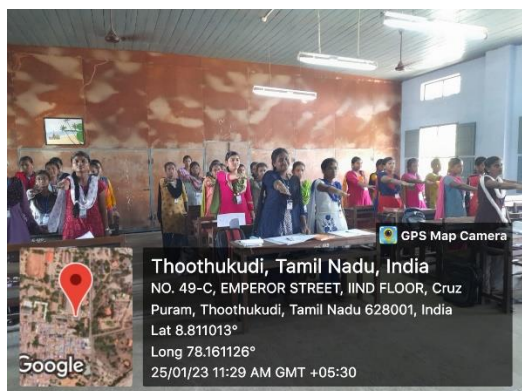


National Youth day quiz

To celebrate national youth week, a quiz competition was conducted on 17.01.2023 through online mode. More than 200 students attended the quiz.

Pledge on National voters day

A Pledge on National voters day were taken on 25.1.2023. NSS Volunteers along with other students took pledge at 11.am.



Pledge on Martyr's day

A pledge on 30.01.2023 was taken by all the students and staff members of our college to commemorate Martyr's day.

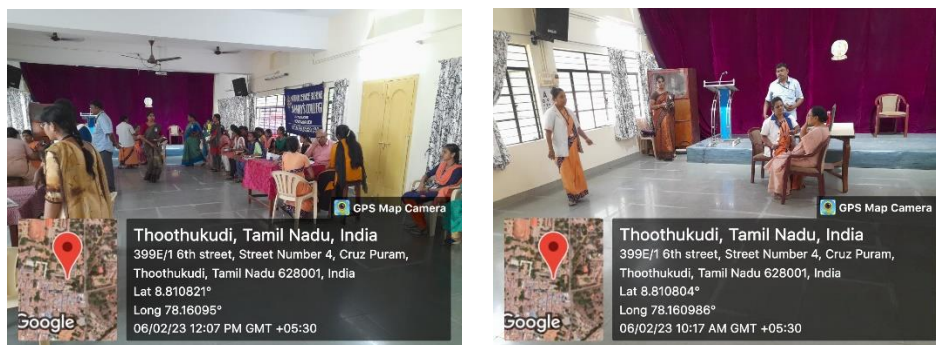


Pledge on prevention of slavery against labourers

A Pledge on prevention of slavery against labourers was taken by NSS volunteers along with programme officers on 9.02.2023

Eye camp

NSS units in association with Vasana Eye care, hospital, Thoothukudi organized an eye camp on 06.02.2023 in college campus from 10am to 4 pm. Dr. Sr. A.S. J. Lucia Rose, Principal inaugurated the camp. Dr. Sugumar with this team members checked the eyes of the students and gave them suitable advices. 328 students participated in the camp.



Awareness programme on plastic free India

An awareness program on cleanliness was organized on 13.02.2023. Mr. V. Ariganesan M.sc, MBA, sanitary officer, North zone, Thoothukudi corporation and Mr. Rajasekaran, sanitary officer, East zone, Thoothukudi corporation were the resource persons. They insisted the not to use plastics. They also explained the safe methods to dispose plastics Students interacted with them cleared their doubts about plastic waste disposal.



Total number of programs 21