



St. Mary's College (Autonomous) Thoothukudi

Re-accredited with A+ Grade by NAAC-4th cycle

(Affiliated to Manonmaniam Sundaranar University)

CENTRE FOR SERVICE EXCELLENCE

RED RIBBON CLUB

Report for 2018-2019

Event 1: Lecture on Blood Donation

Date: August 20, 2018

Venue: Star Hall

Resource Person: Dr. Selvarathanam, Block Medical Officer, Primary Health Centre, Pudukottai, Thoothukudi

Beneficiaries: First-Year Students

Report: This lecture, delivered by Dr. Selvarathanam, aimed to educate students on the importance and benefits of blood donation. He discussed the criteria for eligible donors, the health benefits of donating blood, and the crucial role it plays in saving lives. The talk encouraged students to consider blood donation as a vital contribution to the community. Many students expressed an increased willingness to donate blood, recognizing it as a valuable way to help those in need.

Event 2: Lecture on Nutrition

Date: August 20, 2018

Venue: Star Hall

Resource Person: Mrs. Banumathi Nachiyar, Counsellor, Pudukottai

Beneficiaries: First-Year Students

Report: Mrs. Banumathi Nachiyar delivered a lecture focused on the importance of balanced nutrition for maintaining good health. She explained essential nutrients, dietary requirements, and the impact of diet on overall wellness. Practical advice was provided on meal planning, balanced diets, and avoiding processed foods. Students found the session valuable, gaining a better understanding of how their dietary choices affect both their physical and mental health.

Event 3: Speech on HIV

Date: August 20, 2018

Venue: Star Hall

Resource Person: Mrs. Uma, Counsellor, District TB Centre, Thoothukudi

Beneficiaries: First-Year Students

Report: Mrs. Uma's speech aimed to raise awareness about HIV, addressing common misconceptions and providing accurate information on transmission, prevention, and treatment. She emphasized the importance of empathy towards individuals living with HIV and encouraged students to be advocates for a stigma-free society. This session helped students better understand HIV and the importance of inclusive and supportive attitudes.

Event 4: Lecture on Tuberculosis (TB)

Date: August 20, 2018

Venue: Star Hall

Resource Person: Mrs. Leelambal, Counsellor, Thoothukudi Medical College,

Thoothukudi **Beneficiaries:** First-Year Students

Report: Mrs. Leelambal conducted an informative lecture on Tuberculosis (TB), covering its symptoms, modes of transmission, and prevention methods. She highlighted the importance of early diagnosis and the availability of free treatment options. This lecture aimed to educate students on how to recognize TB symptoms and seek timely medical

attention. The students left with a better understanding of TB, its risks, and the importance of health checks.

Event 5: Lecture on Achieving Holistic Health and Integration of All Medical Systems

Date: February 4, 2019

Venue: Star Hall

Resource Person: Dr. S. Vaseekaran, Chairman, Indian Red Cross Society, Thoothukudi

Beneficiaries: NSS Students

Report: Dr. S. Vaseekaran's lecture focused on the concept of holistic health, emphasizing the integration of various medical systems. He explained the benefits of combining traditional, alternative, and modern medicine to achieve comprehensive wellness. Students were introduced to practices such as yoga, meditation, and Ayurvedic approaches that complement allopathic medicine. This session encouraged students to adopt a balanced and integrative approach to health, appreciating diverse medical systems for complete wellness.



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Report for 2019-2020

Event 1: Awareness Meeting on Healthy Life

Date: September 30, 2019

Venue: Star Hall

Resource Person: Ms. R. Rohini, Assistant Professor of Psychology, St. Mary's College (Autonomous), Thoothukudi

Beneficiaries: First-year NSS Students

Report: The session aimed to raise awareness among first-year NSS students about the importance of maintaining a healthy lifestyle. Ms. R. Rohini shared insights on physical well-being, mental health, and healthy habits. The students were encouraged to adopt balanced diets, engage in regular physical activities, and develop positive coping strategies for stress. The event was well-received, with active participation and interest from the students, who found the practical tips on health and wellness highly relevant to their daily lives.

Event 2: Cancer Day Rally

Date: February 4, 2020

Venue: St. Mary's Boys School, Thoothukudi

Resource Person: Thiru. Sandeep Nanduri, I.A.S, Thoothukudi District

Beneficiaries: First-year NSS Students

Report: In honor of World Cancer Day, a rally was organized to raise awareness about cancer prevention and early detection. Led by Thiru. Sandeep Nanduri, I.A.S, the rally witnessed enthusiastic participation from NSS students. The students carried posters and slogans emphasizing the importance of cancer awareness and the need for regular health check-ups. This event served as an impactful reminder to the community on the importance of proactive health measures and early diagnosis.

Event 3: Awareness about PCOD, Irregular Periods, Hemoglobin Imbalance, and Breast Cancer

Date: February 10, 2020

Venue: 1st B.Com Classroom

Resource Persons: Dr. Agastina B.E.M.S and Dr. Benisha B.E.M.S, Viruthunagar

Beneficiaries: First-year NSS Students

Report: This session aimed to address key health issues affecting young women, specifically focusing on PCOD, menstrual irregularities, hemoglobin imbalance, and breast cancer awareness. Dr. Agastina and Dr. Benisha provided detailed explanations on the symptoms, causes, and preventive measures related to these health concerns. Students were educated on maintaining balanced nutrition, the importance of regular medical check-ups, and self-examination for early detection of breast cancer. The session was both informative and engaging, with students actively participating in the Q&A session.

Event 4: Awareness about Cancer

Date: February 24, 2020

Venue: Star Hall

Resource Person: Dr. R. Sinthiya Saroja, BSMS, Nellai Cancer Care Centre

Beneficiaries: First-year NSS Students

Report: Dr. R. Sinthiya Saroja led this informative session on cancer awareness. The program focused on educating students about the different types of cancer, symptoms, risk factors, and preventive measures. Emphasis was placed on the importance of lifestyle choices, such as maintaining a healthy diet, avoiding tobacco and excessive alcohol, and the benefits of regular exercise. Students gained valuable knowledge on the role of early detection in cancer treatment, which encouraged them to prioritize health screenings and raise awareness in their communities.

Event 5: Eve's Health (Physical Health) and Mental Health

Date: March 9, 2020

Venue: Star Hall

Resource Persons: Dr. Pethukani (Gynaecologist) and Dr. Poongothai (Gynaecologist)
B.E.M.S, Thoothukudi

Beneficiaries: First-year NSS Students

Report: This session was dedicated to discussing women's physical and mental health. Dr. Pethukani and Dr. Poongothai spoke extensively on issues like menstrual health, reproductive wellness, and the mental health challenges faced by young women. They also highlighted the importance of self-care practices and maintaining mental well-being alongside physical health. The students were encouraged to break the stigma surrounding mental health discussions and seek support when needed. This interactive session concluded with practical tips on managing stress and promoting a healthy lifestyle.



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RED RIBBON CLUB

Report for 2020-2021

Event 1: World AIDS Day Awareness Program by Red Ribbon Club

Date: December 1, 2020

Platform: Online (PowerPoint Presentation shared with first-year students)

Beneficiaries: First-Year Students

Report: In observance of World AIDS Day, the Red Ribbon Club organized an online awareness program due to the pandemic restrictions. A PowerPoint presentation detailing essential information about HIV/AIDS, including modes of transmission, prevention strategies, and the importance of supporting those affected, was shared with all first-year students. The presentation also highlighted global efforts to combat HIV/AIDS and the role of youth in reducing stigma and fostering an inclusive society. This online format allowed students to access the information safely from home, ensuring continuity in awareness efforts despite the challenges posed by the pandemic. Feedback from students indicated that the presentation was informative and served as a valuable resource for understanding HIV/AIDS better. This initiative effectively maintained engagement with students and underscored the importance of health education in challenging times.

Event 2: Webinar on Attitude Costs Health

Date: January 29, 2021

Venue: Google Meet

Resource Person: Dr. M. Lucy Nirmal, MBBS, MD, Professor and HOD, Department of Microbiology, Government Medical College and ESIC, Coimbatore

Beneficiaries: First- and Second-Year Students

Report: This online webinar, led by Dr. M. Lucy Nirmal, focused on the impact of attitude and mindset on personal health. The speaker discussed how positive thinking, self-care, and stress management can significantly affect physical health. Students were encouraged to maintain a healthy outlook towards life and health-related practices. The session concluded with an interactive Q&A, where students shared their thoughts on managing stress and maintaining a positive lifestyle, particularly amid academic pressures.



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RED RIBBON CLUB

Report for 2021-2022



Event 1: Webinar on "Ending the HIV Epidemic: Resilience and Impact"

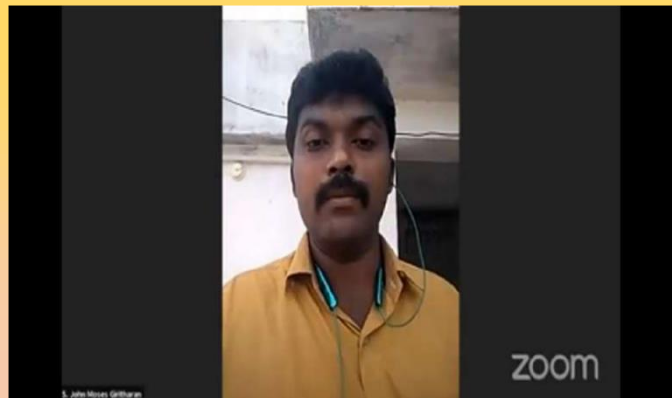
Date: December 2, 2021

Venue: Zoom and YouTube

Resource Person: Mr. S. John Moses Giritharan, Assistant Professor and Student Counsellor, Department of Criminology and Police Administration, Kamaraj College, Thoothukudi

Beneficiaries: First- and Second-Year Students

Report: This webinar, held to mark World AIDS Day, focused on global efforts to end the HIV epidemic and the importance of resilience and impact in this mission. Mr. S. John Moses Giritharan led an insightful discussion on HIV prevention, the latest advancements in treatment, and overcoming societal stigma. He emphasized the role of youth in creating a supportive environment for those affected by HIV/AIDS. Students engaged through Zoom and YouTube, learning how they could contribute to awareness and prevention efforts in their communities.



Event 2: State-Level Online Quiz Competition

Date: December 29, 2021

Platform: Google Forms



Activity: Organized by the Tamil Nadu State AIDS Control Society

Beneficiaries: RRC (Red Ribbon Club) Students of First and Second Year

Report: The State-Level Online Quiz Competition, conducted by the Tamil Nadu State AIDS Control Society, tested students' knowledge on HIV/AIDS, its prevention, and social impact. The quiz encouraged students to delve deeper into HIV/AIDS awareness, fostering a strong understanding of the subject. RRC students from different batches actively participated, showing enthusiasm and competitive spirit. This event effectively increased HIV/AIDS knowledge among the students, motivating them to act as informed ambassadors for HIV awareness.

Event 3: AIDS Awareness Program for Youth

Date: April 5, 2022

Venue:

Fatima Hall

Resource

Person: Dr. S.

Sivasailam,

Senior

Consultant

Psychiatrist,

Rengasamy

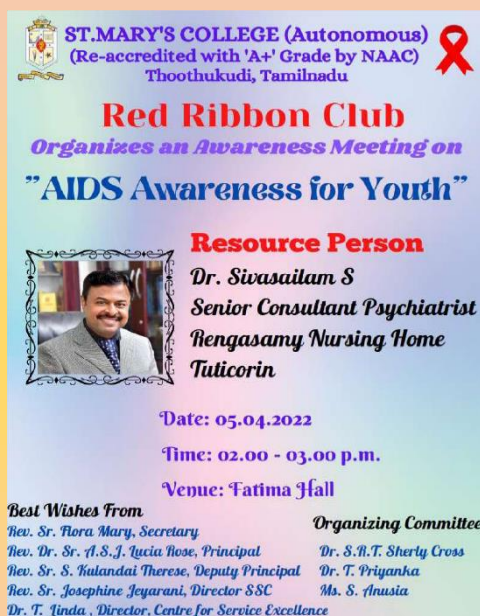
Nursing

Home,

Thoothukudi

Beneficiaries:

RRC Students



of First and Second Year

Report: This awareness program, conducted by Dr. S. Sivasailam, aimed to educate students on HIV/AIDS prevention, treatment options, and mental health support for those affected by HIV. He shared information on safe practices, dispelled myths about HIV transmission, and discussed how to support individuals living with HIV. The session was interactive, with students asking questions and expressing a desire to spread HIV awareness in their communities. The program reinforced the significance of empathy and knowledge in addressing the challenges related to HIV.

Event 4: RRC Programme Officers and Peer Educators Training

Date: April 22, 2022

Venue: MS University, Thirunelveli

Activity: Training session for RRC Programme Officers and Peer Educators

Beneficiaries: Dr. S. R. T. Sherly Cross, RRC Coordinator

Report: This training, hosted by MS University, was designed to equip RRC Programme Officers and Peer Educators with the skills necessary to lead HIV/AIDS awareness activities on campus and in the community. The training covered leadership, effective communication, and strategies for organizing impactful awareness campaigns. Dr. S. R. T. Sherly Cross attended the training, gaining new tools to support and lead future Red Ribbon Club initiatives aimed at health education and HIV prevention.



Event 5: Awareness on HIV – Peer Educators Training

Date: April 28, 2022

Venue: Kamaraj College, Thoothukudi

Participants: S.K. Akshayaa Dharani (I B.A English Literature, SSC) and V. Shalom Dafni Vinitha (I B.Com Corporate, SSC)

Report: This training session was organized specifically for peer educators, focusing on educating and empowering students to lead HIV awareness programs. S.K. Akshayaa Dharani and V. Shalom Dafni Vinitha actively participated in discussions on HIV prevention strategies, combating stigma, and the role of peer support. They returned from this training as health ambassadors ready to initiate peer-led HIV awareness initiatives within their college and beyond. This program was crucial in empowering youth leaders to spread knowledge and promote a supportive approach to HIV awareness.





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Report for 2022-2023

Event 1: State-Level Online Quiz Competition for International Youth Day

Date: August 12, 2023

Platform: Online website (tnsacs.in)

Beneficiaries: 50 Students

Report: In celebration of International Youth Day, a state-level online quiz competition was held to engage students in learning about youth issues, health, and social responsibilities. Organized on the online platform tnsacs.in, the quiz encouraged participants to expand their knowledge on various topics related to youth empowerment and health awareness. Students showed enthusiastic participation, and the competition successfully promoted awareness and critical thinking among the youth. This event provided a platform for students to celebrate International Youth Day through learning and self-improvement.



Event 2: Awareness Program on “Blood Donation – Beyond the Basics”

Date: October 13, 2023

Venue: Commemoration of National Voluntary Blood Donation Day

Resource Person: Ms. Caroline, M.Sc, Head and Assistant Professor, Food Science and Nutrition, Holy Cross Home Science College, Thoothukudi

Beneficiaries: 280 Students

Report: In observance of National Voluntary Blood Donation Day, an awareness program titled “Blood Donation – Beyond the Basics” was conducted. Ms. Caroline led the session, discussing the science and significance of blood donation. She emphasized the vital role blood donors play in healthcare, debunked common myths, and shared the health benefits of regular blood donation. Students engaged in discussions about donation eligibility, the donation process, and how they could contribute to this noble cause. This program empowered students with knowledge and motivated many to consider becoming blood donors.



Event 3: State-Level Online Quiz Competition

Date: November 21, 2022

Platform: Online website (tnsacs.in)

Beneficiaries: 50 Students

Report: A state-level online quiz competition was organized on November 21, 2022, aimed at educating students on various aspects of public health and awareness. Hosted on the tnsacs.in website, the competition saw 50 students participate, testing their knowledge on topics relevant to youth health and public health initiatives. Shalini K., a first-year B.Sc. Microbiology student, won first place at the district level and received a cash prize of Rs. 5,000. This event not only encouraged students to learn but also provided recognition and rewards for their achievements.



Event 4: Awareness Program on “HIV Infection and Cancer Risk”

Date: February 20, 2023

Venue: Conference Hall

Resource Persons:

- Dr. Manikandan Dhanushkodi, Medical Oncologist, Thoothukudi Cancer Care, Thenmani Hospital
- Mr. A. Amalavalan, MSW and MBA, District Programme Manager, District AIDS Prevention and Control Unit (Thoothukudi, Thenkasi, Tirunelveli)

Beneficiaries: 350 Students

Report: This awareness program focused on the correlation between HIV infection and increased cancer risk. Dr. Manikandan Dhanushkodi discussed the medical aspects, explaining how compromised immune systems in HIV-positive individuals can elevate their cancer susceptibility. Mr. A. Amalavalan shared insights on preventive measures and the importance of early diagnosis. The event raised awareness among students about HIV-related health risks, emphasizing the importance of proactive health measures. Through this informative session, students gained a deeper understanding of the complexities of HIV and its potential health consequences.

