



St. Mary's College (Autonomous), Thoothukudi

(Re-accredited with 'A+' Grade by NAAC - 4th Cycle)

(Affiliated to Manonmaniam Sundaranar University)



Report For-2018 – 2019

Role of Youth in Nation Building

The International Youth Day was celebrated on 14th August 2018 by Youth Red Cross for all II UG students. Dr. A. Devaraj, Assistant Professor of History, Kamaraj College, Thoothukudi was the resource person. The Chief Guest addressed the students on the topic 'Role of Youth in Nation Building'. Nearly 150 students were the beneficiaries.



Dr. A. Devaraj, Assistant Professor of History, Kamaraj College, Thoothukudi

Orientation Programme

Youth Red Cross organized an 'Orientation Programme' on 27th August 2018. The meeting was presided over by Dr. S. Vasekaran, Chairman, Indian Red Cross Society, Thoothukudi. He motivated the students to engage in social services to the society. M. Muthu Raj, Secretary, Indian Red Cross Society, delivered a talk on 'Services and Learning'. M. Subhulakshmi, Organizer of Youth Red Cross, Thoothukudi addressed the students on the



topic 'Important Principles and Objectives of Youth Red Cross'. She distributed a pamphlet to the students about the short history of Youth Red Cross.

M. Muthu Raj, Secretary, Indian Red Cross Society, Thoothukudi - Services and Learning



M. Subhulakshmi, Organizer of Youth Red Cross, Thoothukudi - Important Principles and Objectives of Youth Red Cross

May I Help You Programme

The members of Youth Red Cross make periodical visits to Thoothukudi Government Hospital and served the sick and needy people through the 'MAY I HELP YOU' scheme from 17th September 2018 – 06th October 2018. The Youth Red Cross members created awareness about free medical schemes for the people.



Total Number of Events Conducted: Three



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Report For-2019-2020

First Aid During Accidents

Youth Red Cross Club organized an awareness meeting on the title, 'First Aid During Accidents' on 9th October 2019. Dr. S. Vaseekaran, Chairman, IRCS, Thoothukudi District was the resource person. He gave training on first aid to the students which save the precious life of a fellow being and reduce the accidental deaths. Nearly 250 students were the beneficiaries.



First Aid During Accidents - Dr. S. Vaseekaran, Chairman, IRCS, Thoothukudi District

May I Help You

The volunteer service of the Youth Red Cross members rendered selfless service to poor, sick, needy and disabled patients in the hospital at 'May I Help You' Service Centre at Thoothukudi Government Medical College Hospital, Thoothukudi from 20th January 2020 – 5th February 2020.



‘May I Help You’ Service Centre, Thoothukudi Government Medical College Hospital, Thoothukudi

Emergency First Aid During Road Accidents

Youth Red Cross Society organized a meeting on 3rd February 2020. Dr. S. Vaseekaran, Chairman of Indian Red Cross Society, Thoothukudi District was the resource person. He gave a training on ‘Emergency First Aid During Road Accidents’. He explained various appropriate safety, precautionary measures and techniques. He taught how to recover at the time of minor attack, severe blood loss, head injury, wound care, how to manage every day minor accidents and how to treat unconscious and breathing casualties. He gave a demo to the students when they happen to see a victim on road with dummy apparatus. He led the students to involve themselves in his Demo session by practicing CPR (Cardio-Pulmonary Resuscitation). The various procedures included stop bleeding, managing the crowd, trying to prevent unconscious stage, reassuring the victim things would be fine, informing the family and calling the ambulance. Nearly 70 students were the beneficiaries.



Emergency First Aid During Road Accidents - Dr. S. Vaseekaran, Chairman of Indian Red Cross Society, Thoothukudi District

Total Number of Events Conducted: Three



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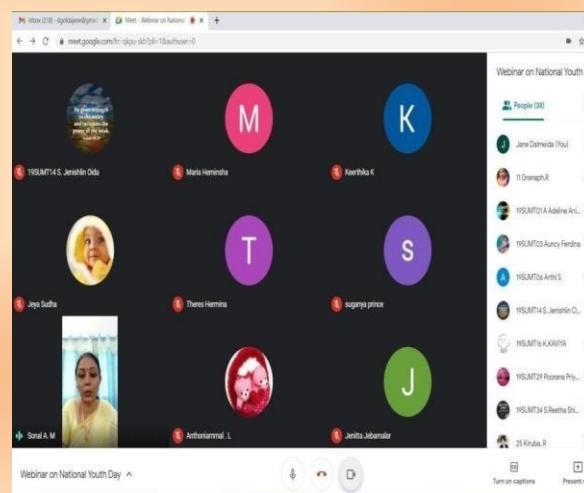
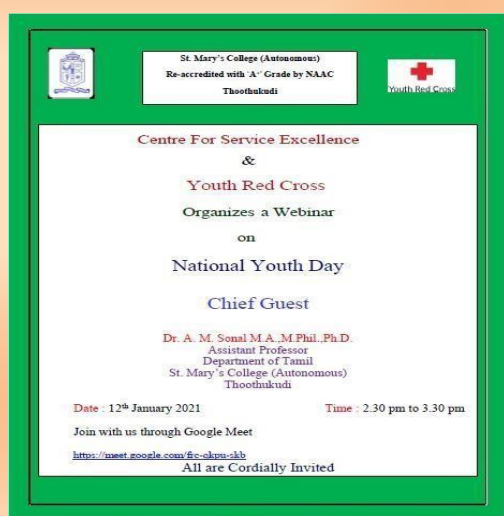
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Report For-2020 – 2021

Vivekananda A Role Model for Youth

On 12th January 2021, the birth anniversary of Swami Vivekananda was celebrated as "National Youth Day". The Centre for Service Excellence and Youth Red Cross of St. Mary's College (Autonomous) Thoothukudi organized a webinar. Dr. A. M. Sonal, Assistant Professor, Department of Tamil, St. Mary's College (Autonomous) Thoothukudi was the resource person. She gave a lecture on the topic 'Vivekananda A Role Model for Youth'. All the U.G students and members of Youth Red Cross were the beneficiaries and provided with E-certificate.



Dr. A. M. Sonal, Assistant Professor, Department of Tamil, St. Mary's College (Autonomous) Thoothukudi – Vivekananda A Role Model for Youth

Total Number of Events Conducted: One



St.Mary's College (Autonomous), Thoothukudi

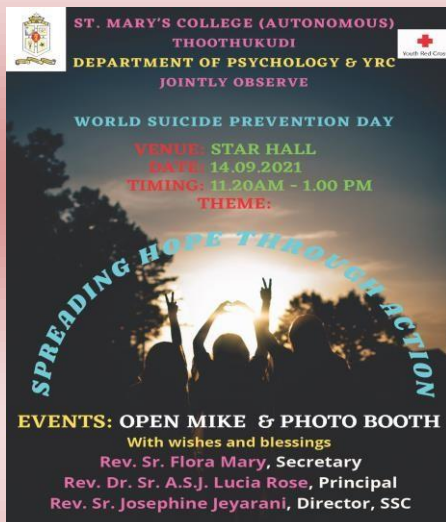
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2021 – 2022

World Suicide Prevention Day

The Psychology department, along with the YRC, organized an awareness program on 14.9.2021 with reference to **World Suicide Prevention Day** that was observed on 10.9.2021. A photo booth was set up by the department students near the college chapel during the morning break followed by an Open Mike Performance on the topic “Value of Life” in Fatima Hall from 12.00 noon to 1.30 pm. Both the events received wide appreciation from the college staff and students of various departments. All the participants of the Open mike performance were gifted with a memento in appreciation of their participation.



World Suicide Prevention Day Photo Booth



Open Mike Performance on the topic “Value of Life”



Human Rights Literacy

Human Rights Forum, Youth Red Cross and National Cadet Corps jointly organized an awareness meeting on Human Literacy on 12.10.2021 from 8.30 – 9.30 a.m. Daniel Raj Xavier, State Minority Welfare Secretary, Tamil Nadu was the resource person. He elucidated the Human Rights Commission role in Human Rights Literacy Mission which focused on free education on Human Rights, Duties and Responsibilities to develop ideal citizens of our country. Students from various disciplines nearly 284 were the beneficiaries.

**St.Mary's College
(Autonomous) Thoothukudi
Human Rights Forum, YRC
& NCC**

***jointly organise an
Awareness meeting***

On

12.10.2021

8.30 - 9.30 a.m.

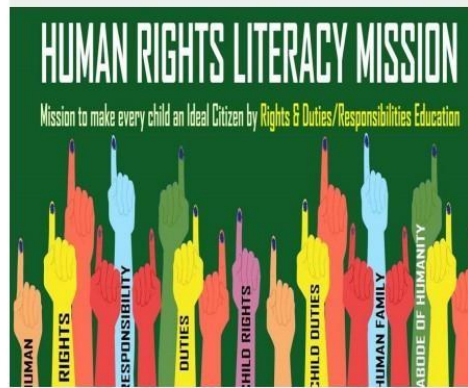
HUMAN RIGHTS LITERACY

Resource Person

Daniel Raj Xavier

State Minority Welfare Secretary

Tamil Nadu



Best wishes From

Sr. Flora Mary, Secretary

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

Dr. Sr. S. Kulandai Therese, Deputy-Principal

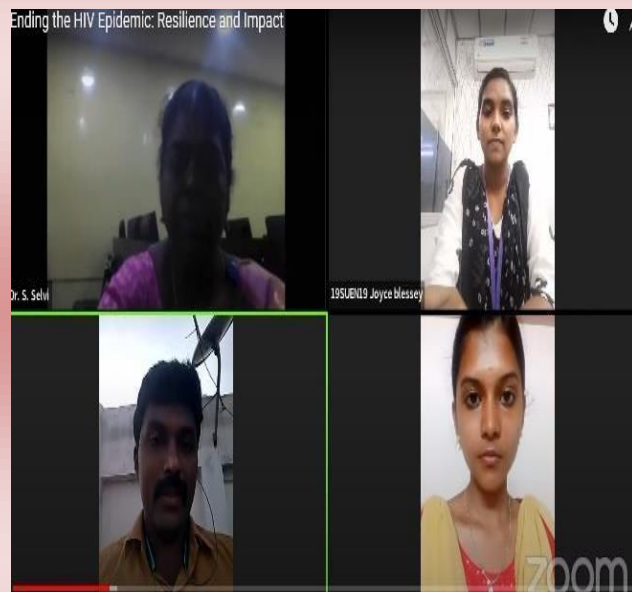
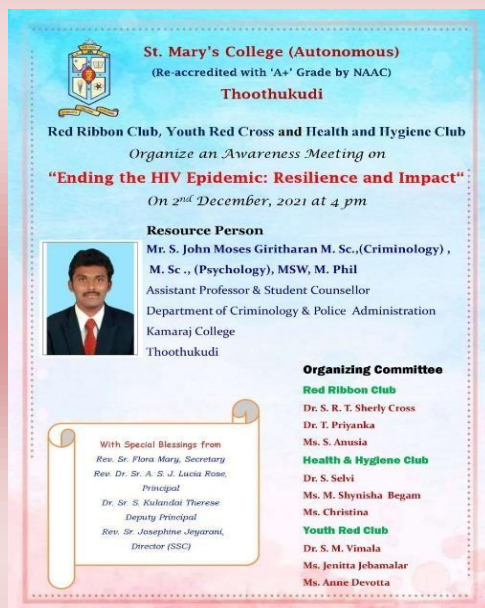


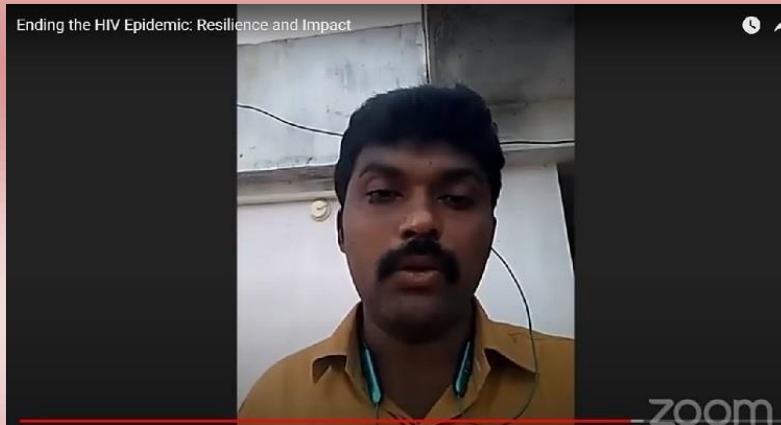
Human Rights Literacy Mission - Mr. Daniel Raj Xavier, State Minority Welfare Secretary, Tamil Nadu



Ending the HIV Epidemic: Resilience and Impact

Red Ribbon Club, Youth Red Cross, Health and Hygiene Club in collaboration organized an online awareness meeting on the topic, “Ending the HIV Epidemic: Resilience and Impact” on 02.12.2021 at 4.00 p.m. Mr. S. John Moses Giritharan, M.Sc (Criminology), M.Sc (Psychology), MSW, M.Phil, Assistant Professor and Student Counsellor, Department of Criminology and Police Administration, Kamaraj College, Thoothukudi was the resource person. Mr. S. John Moses Giritharan enlightened the audience on the importance of spreading awareness and described the objectives of the club. He elaborately explained the prevention and treatment methods for HIV and illustrated the benefits of eating healthy food. More than 400 students participated via zoom and you tube platform.





Ending the HIV Epidemic: Resilience and Impact - S. John Moses Giritharan, M.Sc (Criminology), M.Sc (Psychology), MSW, M.Phil, Assistant Professor, Student Counsellor, Department of Criminology and Police Administration, Kamaraj College, Thoothukudi

Setting Healthy Boundaries

Youth Red Cross and Rotaract Club jointly organized an awareness meeting on the topic, “Setting Healthy Boundaries” on 07.03.2022. Ms. Rohini, Counsellor of St. Mary’s College (Autonomous), Thoothukudi was the resource person. She elaborated on Setting Healthy Boundaries for the physical and mental wellbeing and also insisted on zone management. She made the session lively and interactive with anecdotes and live examples. A pack of masks and sanitizers were distributed to all the participants as a part of the programme to ensure safety. Nearly 60 students attended and benefited from the programme.



Setting Healthy Boundaries - Ms. Rohini, Counsellor, St. Mary's College (Autonomous), Thoothukudi

First Aid – Be the First

On 31.03.2022, Department of History, Members of Youth Red Cross and Rotaract Club jointly organized an awareness programme on the title, "First Aid – Be the First" at Keezha Alagapuri of Mappilaiurani Panchayat. Student volunteers gave awareness about the first aid and the acts passed by the Government of Tamil Nadu ('Narkarunai Veeran'). Mask and sanitizers was provided to the participants of the village. With the guidance and support of Mr. S.P. Madasamy, Village President and Child Rights Activist, Keezha Alagapuri, the

programme was organized in a well manner. II UG Students of History, Student volunteers of Youth Red Cross and Rotaract Club participated in the programme. Nearly 50 participants were the beneficiaries.



St. Mary's College (Autonomous)-Thoothukudi
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(AISHE Code: C-41151)
Department of History
In Collaboration with
Youth Red Cross & Rotaract Club
Community Development Programme & Unnat Bharat Abhiyan
Organize an Awareness Meeting
on
"First Aid – Be the First Help"
Date: 31.03.2022 Venue: Keezha Alagapuri Time: 02.00 p.m
Guidance and Support
Mr.S.P.Madasamy (Village President & Child Right Activist, Keezha Alagapuri)



Volunteers
II B.A History, Youth Red Cross
Rotaract Club

Best Wishes From
Rev. Sr. Flora Mary
Secretary
Rev. Dr. Sr. A. S. J. Lucia Rose
Principal



Organised by
Dr. Sr. S. Kulandai Therese
(CDP/UBA Coordinator & Deputy Principal)
Youth Red Cross
Dr.S.M.Vimala
Ms.Jenitta Jebamalar
Ms.Anne Devotta
Rotaract Club
Ms.M.Mangalacswari
Dr.J.Jane D'Almeida





Awareness Programme on ‘First Aid – Be the First’ – Keezha Alagapuri of Mappilaiurani Panchayat

Total Number of Events Conducted: Five



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Report For-2022 – 2023

Bibliotherapy – A Solution to Stress


Department of Library, Youth Red Cross and Rotaract Club jointly organized an awareness programme on the topic, “Bibliotherapy – A Solution to Stress” on 20th October 2022. Dr. G. Antony Suresh, Assistant Professor of Tamil, Sadakathullah Appa College, Tirunelveli was the resource person. Dr. G. Antony Suresh elaborated how library occupies a prominent position and stimulates the students to obtain, evaluate and recognize knowledge and to familiarize themselves with the trends of knowledge for further education and learning new disciplines. He enlightened the audience how the libraries develop each student a sense of responsibility in the pursuit of knowledge. Nearly 60 students attended and benefited from the programme.



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Department of Library, Youth Red Cross and Rotaract Club




Jointly organise a programme on

“Bibliotherapy – A Solution to Stress”

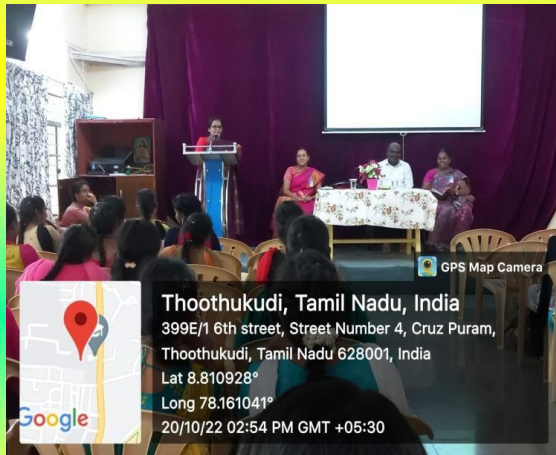
Date: 20.10.2022 Venue: Fatima Hall Time: 2.30 p.m.

Resource Person
Dr. G. Antony Suresh
Assistant Professor of Tamil
Sadakathullah Appa College,
Tirunelveli

Best Wishes
Dr. Sr. C. Shibana,
Secretary
Dr. Sr. A. S. J. Lucia Rose,
Principal
Dr. Sr. S. Kulandai Therese
Deputy Principal



Organising Committees
Department of Library
Youth Red Cross
Rotaract Club

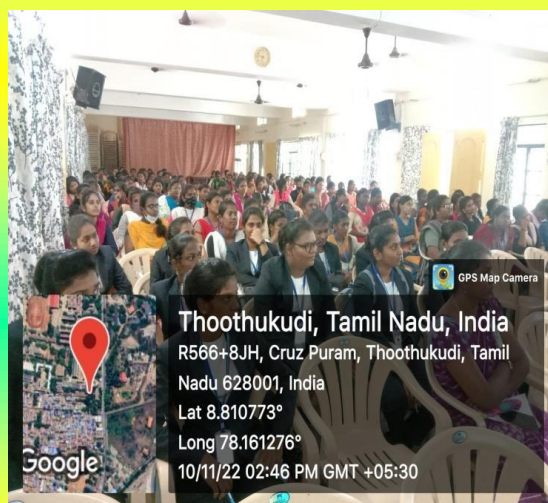
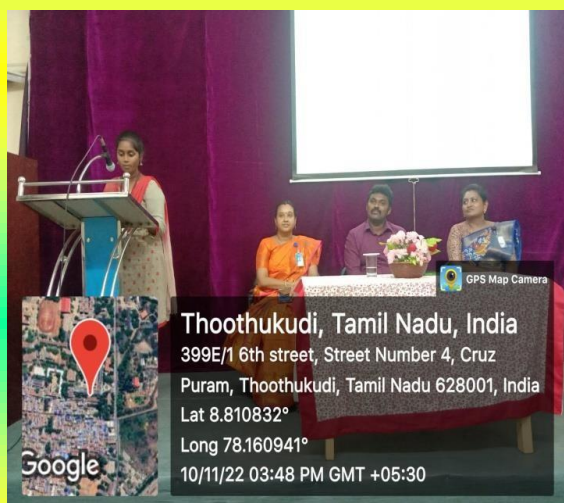


Bibliotherapy – A Solution to Stress - Dr. G. Antony Suresh, Assistant Professor of Tamil, Sadakathullah Appa College, Tirunelveli

Challenges In Modern Society

On the occasion of **World Peace Day** on 13.11.2022, Youth Red Cross and Counselling Forum organized an insight programme on “Challenges In Modern Society” on 10th November 2022. Mr. S. John Moses Giritharan, Assistant Professor, Department of Criminology, Kamaraj College, Thoothukudi was the resource person. Mr. S. John Moses Giritharan addressed various challenges of adolescent girls issues such as gender discrimination, eve teasing, abuse, trafficking, child marriage, adolescent pregnancy, rape, cybercrimes, etc. He also created awareness about the various help lines. Nearly 100 students from various disciplines were the beneficiaries.





Challenges In Modern Society - Mr. S. John Moses Giritharan, Assistant Professor, Department of Criminology, Kamaraj College, Thoothukudi

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. This programme was coordinated by Dr. Hermin Pasangha, Associate Professor of Zoology. 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.



Prevention of Drug Abuse - Dr. L. Sriram MD., Assistant Professor, Department of Psychiatry, Government Thoothukudi Medical College Hospital, Thoothukudi Let's Make Good Vibes

Youth Red Cross and Counselling Forum organized an insight programme on "Let's Make Good Vibes" on 9th February 2023 at Government Children's Home, Thattaparai. Mr. S. John Moses Giritharan, Assistant Professor, Department of Criminology, Kamaraj College, Thoothukudi was the resource person. First UG 23 students' volunteers of Youth Red Cross accompanied and attained insight into the neglected children's life. In the home, most of the children are neglected by their relatives and are financially and emotionally helpless. Youth Red Cross students actively involved and kept games for the home children. Nearly 50 students of home were benefitted from the programme.



Let's Make Good Vibes - Mr. S. John Moses Giritharan, Assistant Professor, Department of Criminology, Kamaraj College, Thoothukudi

Frozen Frame

Anti-Drug Club holding hands with various clubs of Youth Red Cross, Red Ribbon Club, Counselling Forum displays “Frozen Frame” on Anti-Drug awareness on 15th February 2023. The active participants were the volunteers of Youth Red Cross and Red Ribbon Club who impressed the message through a frozen frame display and placards insisting the prohibition on the usage of drugs and its negative impacts over the society. They also imparted the ill effects of substance abuse and dependence and highlighted the best practices to overcome negative human emotions was shown to the students of the campus in order to promote a drug free social set up leading to peace and harmony. Nearly 50 students from various disciplines were the beneficiaries.



Total Number of Events Conducted: Five