



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



**Criterion: III – Research Innovation and Extension**  
**3.6 Extension Activities.** Year 2018-2023

**3.6.2 Number of extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community year wise during the last five years**

- Photographs and any other supporting document of relevance should have proper captions and dates

**Extension and Outreach Programmes - Photographs and Captions**



**Observation of International Yoga day on 26th June 2019**



**World Population Day was celebrated on 8-7-2019 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**



**World Population Day was observed on 11 July 2019.**





**To prune the juvenile minds into active social workers, an Orientation programme was organized on 18-07-2019**



**Eye donation awareness camp on 19 August 2019**



**As a part of Poshan Abhiyan, the students were given awareness on nutrition, healthy diet and healthy habits on 9th September 2019**



**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 on 26-09-19**





**One Stop Centres (OSCs) gave awareness on 24-10-19**



**Awareness Programme on Mental Health**



**Awareness Programme on World AIDS day was conducted on 9 January 2020, under the leadership of Thoothukudi District Collector Mr. Sandeep Nanduri.**



**World Cancer Day, a cancer care awareness campaign and a rally on 04-02-2020.**





தூத்துக்குடி செயின்ட் மேரிஸ் கல்லூரியில் நடைபெற்ற உலக எய்ட்ஸ் தினம் நிகழ்ச்சியில் மாவட்ட ஆட்சித் தலைவர் திரு.சந்திப நத்தாரி, 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)

#### Newspaper Clip



#### Awareness on legal rights for women on 23-01-20





**Cleanliness drive on 20-01-20**



**Blood Donation Awareness Programme was on 24 February 2020**





**World TB Awareness Day programme on TB on 12<sup>th</sup> March 2020**



**Awareness Programme on TB conducted on 10.03.2020**



**TB Awareness on 10.03.2020**



**A seven day special camp was organized at Punnaikayal and Sernthanoomangalam from 24-02-2020 to 01-03-2020.**



Webinar on Role of Youth in Social Development (2020-08-14 at 22:31 GMT-7)



What?

UN | 15 to 24 years

Why?

- Energetic
- Passionate
- Competitive

Problems

- 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



**15th August 2020 a webinar on “Role of Youth in Social Development”**



**19 November 2020, an Orientation was given to the newly enrolled NSS Thermal Power Scanning at the entrance of the college**



**A cancer awareness programme was organised on 22 February 2021**





**An awareness talk given by Cancer Survivor on 22 February 2021**

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





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



**World Water Day Celebration in Star Hall on 22 March 2021**



**World Water Day Celebration in Star Hall on 22 March 2021**



**Covid Vaccination Camp on 28 August 2021**





**N. S. S and N. C. C jointly organised a Two day COVID- 19  
Vaccination Camp on 2 & 3 September 2021**

## COVID-19 awareness programme on 4 October 2021







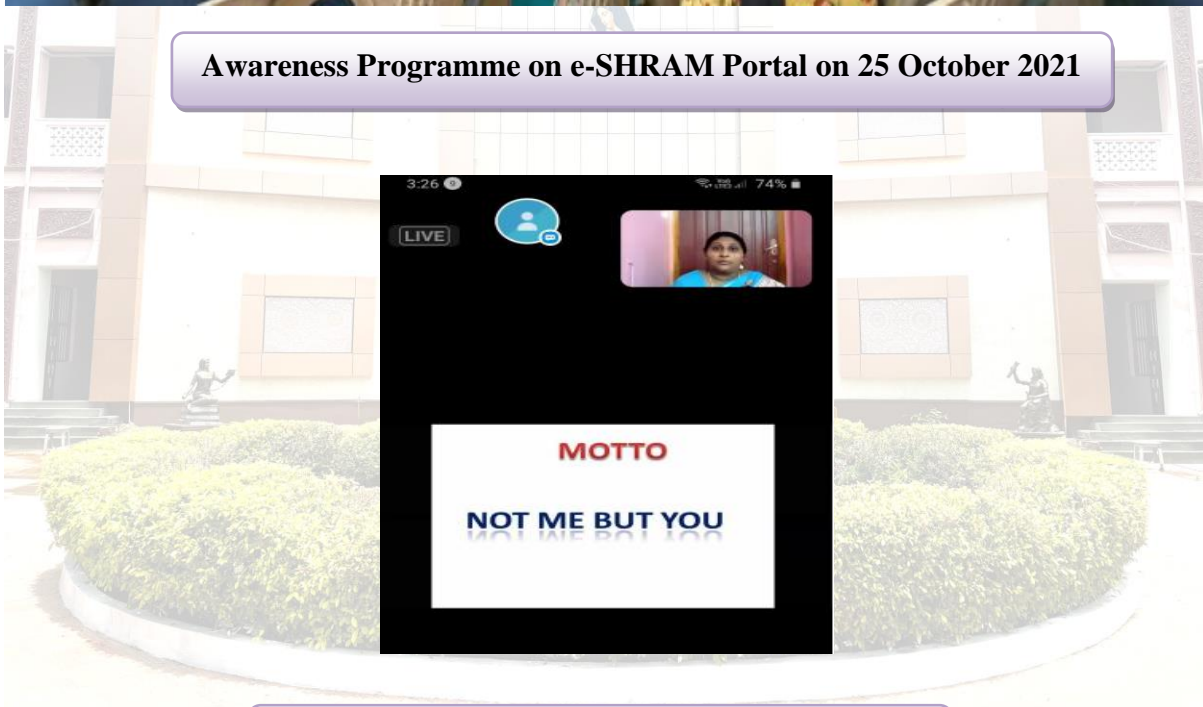
**Distribution of masques to the passers-by on 4 October 2021**



**Awareness Programme on e-SHRAM Portal on 25 October 2021**

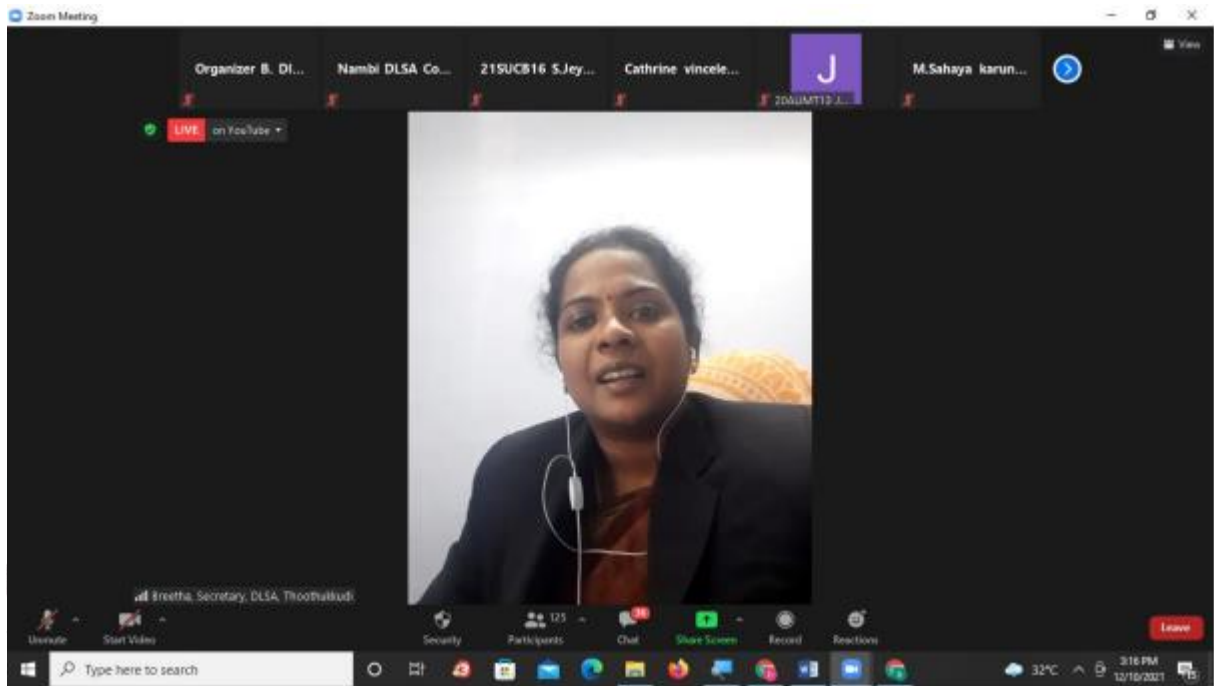


**Awareness Programme on e-SHRAM Portal on 25 October 2021**



**Orientation programme on 2nd November 2021**





### Human Rights Day on 10 December 2021



### 'Fulfil what we envisage' programme on 24 February 2022



Memento Presentation to the chief guest



Chief guest's address

**“Laws for the Women and Children” on 7 March 2022**





### Fire Safety Awareness Programme on 18 March 2022





**“Yoga for Women Well-Being on May 25, 2022**



**Mass Cleaning Programme on college campus on  
3.6.2022**





**International yoga day on 21st June 2022**



**Drug Free Tamilnadu Pledge on  
11.8.2022**



**Distribution of National Flag by NSS volunteers on 12.08.2022**



**Pledge for “Sabdhavava Diwas” on 18.8.2022**





**Beach cleaning was done in Inigo Nagar on  
International Coastal Cleanup day (17/09/2022)**



**Talk on Solid Waste Management on 29.10.22**

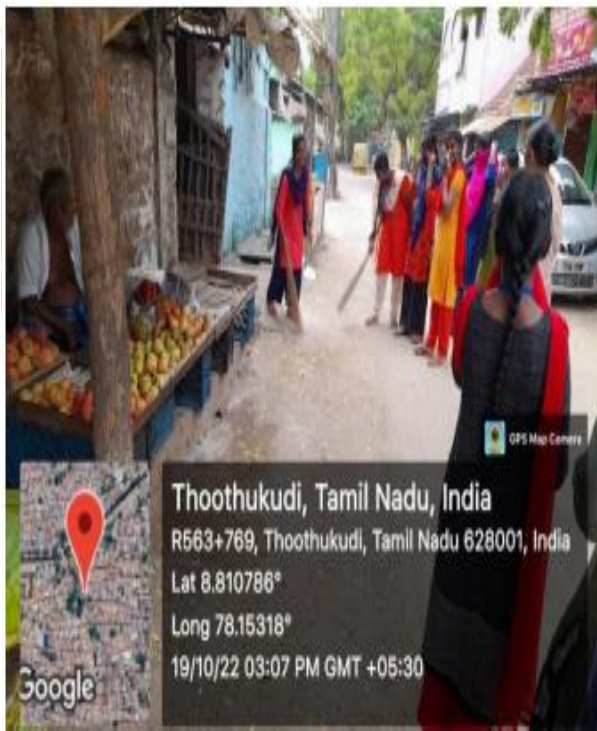


### **‘Health and Hygiene of adolescent girls’ on 13.10.22**



### **Youth Awakening Day (15.10.2022) in remembrance of Dr. A.P.J Abdul Kalam**





### Mass cleaning campaign on 17.10.22





### Female Health Care and Empowerment on 27.10.2022



Pledge was taken on National Unity day which is celebrated on 31.10.2022





**Awareness Programme on 'Prevention of Drug Abuse' on 5th January 2023**



**A Pledge on National voters day were taken on 25.1.2023**



**A pledge on 30.01.2023 was taken to commemorate Martyr's day**



**Eye Camp on 06.02.2023**





**An awareness program on cleanliness was organized on 13.02.2023**



**CUO. PouletManusha (III Physics) and Sgt. Sahaya Saniya (III Computer Science) attended five camps in TSC and reached till TSC Training –III which held at NTA, Idayapatti, Madurai**



**An Awareness Campaign on Swachhata Hi Sewa – Best Hygienic Practices in the Labour colony, Thoothukudi**





**Special Training Camp – Map Reading**



**Creating awareness to the Public – Thresepuram on 26th June 2019**



**Cpl. C. Jesintha Joselin of II B.A. English attended Thalsainic Camp (TSC Girls – 2019), New Delhi**



**UO. Vijayalakshmi attended Rock Climbing Training Camp at Gwalior**





**Swatchata Pakhwada mission on 12th December, 2019**



**Ms. Esther Mereen. NCC Alumna delivered an invited lecture**



**Training Programme for NCC Cadets**



**Beach Cleaning at Thoothukudi Harbour**





**Biscuit packets were distributed to the little ones in North Korampallam Panchayat and South Kalangarai on 28th April 2020**



**Rice and Grocery items distribute to handloom weavers in Namalvaur Nagar, Servaikaramadam Panchayat near Pudukkottai on 1st May 2020**





**Face Mask, Rice, Wheat, Vegetables and Grocery items were distributed to 75 Gipsies who are doing Basket Weaving in Poopandiyapuram on 2 nd May 2020**



**Face Mask, Rice, Wheat, Vegetables and Grocery items were distributed to 50 poor families in Poopandiyapuram on 9th May 2020**



**Face Mask, Vegetables and Grocery items were distributed to 75 financially backward families in Rajapalayam on 15th May 2020**

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