



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



Criterion: V - Student Support and Progression
5.3 - Student Participation and Activities
Year: 2018-2023



5.3.3 The institution conducts / organizes following activities:

- 1. Sports competitions/events**
- 2. Cultural competitions/events**
- 3. Technical fest/Academic fest**
- 4. Any other events through Active clubs and forums**

Activities of Clubs and Forums **2021 - 2022**

International Day of Yoga

On 21st June, 2021, the International Day of Yoga, our NCC unit along with college Yoga Team organised an online yoga quiz test for the NCC cadets and second year students of our college. Then, a common online yoga practical session "Yoga for All" was done by our college students and teachers for 30 minutes. A Webinar was organised along with the Physical Education department on the topic "Yoga for Health and Well Being" at 3 p.m. Dr. A. Selvalakshmi, Asst. Prof. & Head (I/c) of Yoga, Tamil Nadu Physical Education and Sports University, Chennai is the resource person. Then NCC cadets exclusively prepared a Vlog with their 60 yoga videos on the same day.



Yoga for Health and Well Being

Online Quiz Test on Yoga

An online quiz test on yoga was conducted for both I and II year students to motivate them to develop a healthy habit and lifestyle and thereby promote emotional and mental wellbeing in students through yogic practices. 867 students of our college attended this quiz. As the theme of 2021 Yoga Day is "Yoga for Well-Being", a webinar on "Yoga for Health and Wellbeing" was organized in the evening in which Dr. S. Selvalakshmi, Assistant Professor and Head (i/c), Department of Yoga, Tamil Nadu Physical Education & Sports University, Chennai acted as the resource person and addressed the students on yoga and its importance. She discussed in detail, the five aspects of holistic health such as physical, mental, emotional, social and spiritual wellbeing of humans. Also, she threw light on the eight stages in yoga and the union of mind, body and spirit. Her informative and thought-provoking speech enlightened the students and the staff.



Yoga for All

NCC Activities

National Cadet Corps in St. Mary's unit inculcates unity & discipline among the cadets. It develops character, courage and comradeship to build a better India. It instills a spirit of selfless service to mankind through various social service activities and guides the people with awareness programmes.

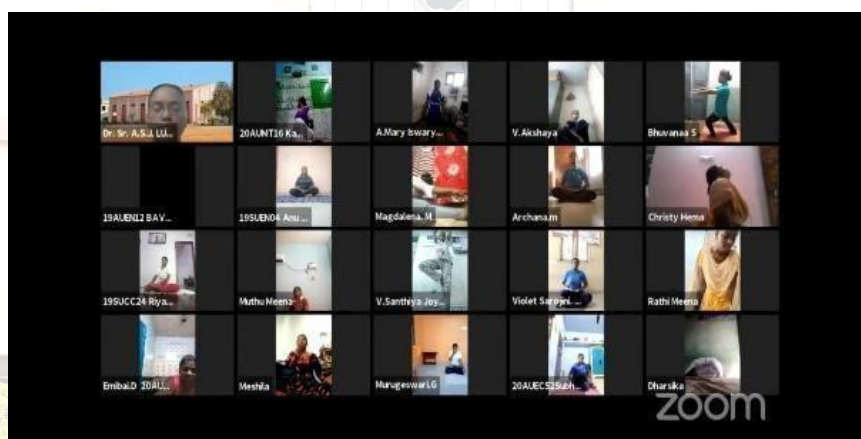
A National Webinar on "Well Being Amidst COVID- 19" was organised on 22nd May, 2021. Mr. Sreejesh OV, Founder and Clinical Counsellor, Peace Hub Foundation, Kerala is the resource person. Around 964 participants like NCC cadets, ANOs and their family members actively participated in it and gave fantastic feedback because this was about spending one's time usefully in lockdown at home and also gave tips to keep oneself emotionally balanced during the lockdown period.

On 21st June, 2021, the International Day of Yoga, our NCC unit along with college Yoga Team organised an online yoga quiz test for the NCC cadets and second year students of our college. Then, a common online yoga practical session "Yoga for All" was done by our college students and teachers for 30 minutes. A Webinar was organised along with the Physical Education department on the topic "Yoga for Health and Well Being" at 3 p.m. Dr. A. Selvalakshmi, Asst. Prof. and Head (I/c) of Yoga, Tamil Nadu Physical Education and

Sports University, Chennai is the resource person. Then NCC cadets exclusively prepared a Vlog with their 60 yoga videos on the same day.

Yoga For All – International Yoga Day Event

Many NCC activities and events were organised through online mode. This year cadets downloaded many apps recommended by DGNCC and uploaded and posted their activities in itlike DGNCC App, Rashtragaan, Fit India Pledge, Fit India Freedom Run. All the 60 second and third year NCC cadets participated in all these activities in the month of July, August and September. They also took part in various pledge taking activities and online creative and cultural competitions and got many e-certificates to their credit.



Fit India Pledge

On 3rd September, 2021 COVID - 19 vaccination drive was conducted for our college students and it organised by the NCCunit. 43 students and 5 teachers got vaccinated on that day.



COVID - 19 Vaccination Drive

Madurai Group Commander honoured UO. Chelestin Thesi

Seven cadets got selected for RDC – IUC training programme which was conducted for ten days randomly in the month of August. UO. L. Blessy and UO. U. Chelestin Thesi of III English and Sgt. S. Bhuvanaa of II English attended RDC - IUC from 23.09.2021 to 02.10.2021 held at NTA, Idaiyapatti. UO. Chelestin Thesi of III English got selected for RDC - IGC which was held at NTA, Idaiyapatti from 03.10.2021 – 12.10.2021



Selection for RDC - IGC

Creating Awareness and Distribution of Masks to Public

NCC unit organised online Elocution and Essay Writing competitions on 2nd October, 2021, Gandhi Jayanthi for the NCC cadets of Thoothukudi region. Totally, 126 JW, SW & SD cadets participated in the competitions.

On 4th October, 2021 an Awareness Campaign on COVID – 19 was organised by IIC and NCC unit in front of our college.



Distribution of Masks to Public

Dr. Sr. A.S.J. Lucia Rose inaugurated the awareness programme. 1000 handmade masks were distributed to the Public by IIC. NCC unit sponsored 1000 notice papers insisting the people to follow SOP. NCC cadets gave 50 hand sanitizers to the people of Threspuram area on the same afternoon as part of Awareness Campaign. Thirty cadets actively participated in this campaigning and distribution.

On 11th October, 2021 a painting competition on “Peace and Unity” was conducted to our NCC cadets in view of the conduct of social harmony events. Thirty-six cadets participated in the competition held in our college campus. Cdt. Kiruthika of I Commerce won the first prize.



Peace and Unity

On 12th October, 2021, fifty NCC cadets participated in the Human Rights Programme in the college auditorium organised by Human Rights forum, YRC and NCC unit.

In the month of November, 2021, a twelve-day cadre camp for the second year and third year NCC cadets was organized from 22nd November to 3rd December at Sri Sarada College, Tirunelveli. Forty-five of our cadets actively participated in the camp. Sgt. S. Bhuvanaa of II English won the first prize in the theory exam among all the “B” certificate cadets. UO. Chelestin Thesi of III English was awarded as the best guard commander in our battalion and was also appreciated by Madurai Group Commander. UO. Blessy was also awarded as the best senior in our Battalion camp. Our cadets also won various prizes in cultural competitions and sports events. Our Commander appreciated U.O. Blessy during Guard of Honour



Twelve-Day Cadre Camp

Weapon Training: Assembling and Disassembling of Rifle

Cpt. Kamaladharshini of II Maths was selected for Basic Leadership Camp by our Commanding officer. She also attended national level ALC camp (Advanced Leadership Camp) at Coimbatore from 25th November to 5th December, 2021. She won prizes in group discussion and dance competition with her active and vibrant participation. First year cadets were given firing practice and few of them fired well and were selected for the forthcoming TSC camps. Cdt. Snowlin Ramani of II Commerce and Cdt. Hannah Jaflet Antonika of II English got shortlisted for the next level of national level Shooting Competition



Advanced Leadership Camp

Tree Plantation Activity

On 16th December, our cadets commemorated Vijay Diwas by conducting online debate competitions on the topic “Which makes the people to join Armed Forces: Patriotism or Employment” to the SW cadets of the battalion. All the nine colleges participated enthusiastically. Our cadets also involved in tree plantation activities on the same day. Our cadets had their cadre camp on 28th February, 2022, they were trained for their B and C certificate examinations. This year 32 cadets from second year attended B certificate and 15
Criterion V

SSR Cycle V

cadets appeared in their C certificate examination successfully. During the “C” certificate examination Army Officers commented our students as best cadets. They also motivated and guided our students to enter the armed forces of our country.



Saving the Future

Thus, the cadets actively participated in all the indoor and outdoor activities and came back with pride and brought laurels to our college. They also invite chief guest as guards and with their piloting. They also remain as volunteers in many college functions and programmes to ensure discipline inside the campus. They grew as an integrated personality through regular parades, adventure activities, knowledge-oriented classes, seminars, leadership training, awareness programmes, social service activities and various competitions.

NCC unit functions effectively always. Our NCC cadets served as Volunteers in many of the college programmes like Graduation Day, College Day, Job Fair – 2022 and PTA Meeting in maintaining the discipline and decorum of the college. They are active in developing their mental courage by doing Yoga practices and also maintain their physical strength through regular parades and fitness activities.

41 cadets from first and second years attended Combined Annual Training Camp

(CATC) from 1st May to 10th May 2022 at Sarah Tucker College, Tirunelveli. This is the selection camp for the forthcoming RDC and TSC camps. Seven of our cadets got selected for next level RDC camps and two got selected for TSC camps. Sgt. S. Bhuvanaa of II English won the first prize in individual drill competition and also in Best Cadet competition and brought laurels to our college. Sgt. Kamaladharshini of II Maths got selected as Best Cadet category under TSC. NCC cadets actively participated in all the activities of the camp and also won prizes in cultural competitions.

L/Cpl. Arney Infancia of II English got selected for the EBSB camp which is to be conducted in June – 2022. NCC unit is also planning to conduct more activities related to yoga and awareness campaigns.

NSS Activities

The National Service Scheme comprising four units such as Units 66, 67, 129 & 130 has been functioning well under the guidance of the Principal Dr. Sr. A.S.J Lucia Rose and the programme officers Dr. N. Sumathi, Dr. Josephine Alangara Betsy, Dr. B. Divya and Dr. Arul Josephine. Many regular activities were carried out successfully with the support of the N.S.S volunteers.

N. S. S organized a COVID – 19 Vaccination camp in the college premises on 28th August 2021. The medical team comprising 7 members under the leadership 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.



Vaccination Camp

NSS and NCC jointly organised a Two day COVID- 19 Vaccination Camp on 2nd & 3rd September 2021 to dispel COVID – 19 threat and improve health literacy state. A medical team of 5 members from Lourdhammalpuram, Primary Health Centre under the guidship of Dr. Jesinth actively rendered their medical service and nearly 55 students got benefitted from this vaccination camp.

On 22nd 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.



Campus Cleaning

On **4th 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 masks to the passer-by and advised them to wear mask and maintain social distance.



Social Distancing

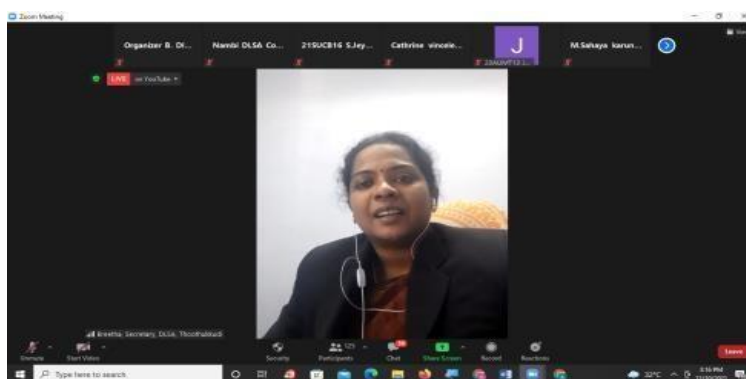
On **25th October 2021**, Mr. P. Surian, Assistant Inspector of Labour I Circle, Ms. S. S Fathima, Assistant Inspector of Labour II Circle and Ms. K. Hema, Assistant Inspector of Labour Circle III were the resource persons. Ms. Hema, Labour Officer Level III Collectorate, Thoothukudi addressed the III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

On **2nd November 2021**, An 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.

To raise awareness about the violence against women, International Day for the Elimination of Violence Against Women was celebrated on 25th November, 2021. Essay writing, Slogan writing and Poster Making competitions were held online and the following students were the winners. Lourdhu Jeba. M of I Economics and Abiseka Praissy. K of I Maths won the First and Second Prize in Essay Writing. Malavika of I Physics and Madhumitha of I History won the First and Second Prize in Slogan Writing. Jerlin Hebsiba of I Physics and Sharon Shantha Seeli of I Maths won the First and Second Prize in Poster Making

To observe 12th National Voters' Day, Systematic Voters' Education and Electoral Participation (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 first prize in Essay writing and Poster Making respectively. G. M Nithyasri of II Physics and G. Monisha Rose of III Maths won the first prizes in Slogan Writing and Drawing competitions respectively.

To celebrate International Human Rights Day, a Legal awareness Programme was organized on 10th 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.



Legal Services Authority Act

Criterion V

SSR Cycle V

On 24th 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”. 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.



My vote is my future; Power of one vote

On 7th 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”.



The Role of Women

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 18th 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.



Fire Safety Awareness Programme

CENTRE FOR HUMAN EXCELLENCE

Campus Ministry

The 2021 - 2022 academic year began with the receiving of God's blessings through holy mass. Prayers were held at the beginning of both semesters of the year to welcome the students and to get Lord's wisdom. Holy mass was conducted on important days of every month like beginning of the semester, Feast of mother of sorrows, Christmas, New Year Pongal, Ash Wednesday and Father Soosainather's death anniversary. Students and staff members participated in the holy mass celebration.

During the month of December, in the view of Jesus birth each department conducted a morning prayer. In January, Pongal prayer was conducted and all staff members participated in the prayer with devotion. Morning prayer was conducted by the members campus ministry on days like first day of semester, New year, Women's day.

Novena was conducted in the college chapel to meditate the 7 sorrows of mother of sorrows in the month of September 2021. During lent days messages related to the season was displayed on the notice board. In lent season way of the cross was conducted for the students during catechism hour. In all Fridays of lent season way of the cross was conducted by the staffmembers. In account of seven holy Founder's Day the history of the seven founders was told to the students. For first and second-year students awareness was given on religious reconciliation.



Novena

Catechism and Ethics

Ethics and Catechism Committee of St. Mary's College (Autonomous), Thoothukudi organized a webinar on "LOOKING FORWARD- Ethics Class" on 26th July 2021 through Zoom Platform and You Tube Live Streaming. The meeting commenced at 08.30 a.m. Dr. Joys Selva Mary Albert, Assistant Professor of Microbiology, delivered the welcome address.

Dr. J. M. Anto Ruban, Headmaster Govt. Hr. Sec. School, Tharuvaikulam, explained about the ethical values and principles to be followed to lead an ethical life, through various anecdotes and real-life incidents. The vote of thanks was delivered by Ms. Sherina, III B.Sc Microbiology. Nearly 768 students enthusiastically participated and benefited by this programme. The programme was organized by Dr. Mary Joyce Baby, Dr. Mary Manonmani, Dr. Joys Selva Mary and Dr. Anbarasi Rodrigo.



Ethics and Catechism Committee organized a webinar on "BE A WINNER" on 30th November 2021 through Zoom Platform and You Tube Live Streaming. The meeting commenced at 08.30 a.m., Dr. V. Joys Selva Mary Albert, Assistant Professor of Microbiology, gave the welcome address. Dr. P. Anandha Nayagi, Head of the Department of Tamil, NKR Govt Arts College for Women, Namakkal, explained the students about the positive vibes and how to be a winner and how to face the problems in current scenario. The vote of thanks was delivered by Ms. B. Florence Steffy, III B.Sc Mathematics (SSC). Nearly 757 students enthusiastically participated and were benefited by this programme. The programme was initiated by Dr. Mary Joyce Baby and the committee.

Ethics and Catechism committee organized an Inter - Departmental Chalk Art Competition on the topic "NATIVITY" on 22nd December 2021. All the departments participated in the competition and a classroom was allotted for each department to exhibit their creativity on the topic "Nativity". Ms. Thenmathi Dhanushkodi and Ms. Vani were the judges of the competition. The first place was secured by the Department of Commerce Regular, second and third places were secured by the Departments of B. Com General A and Mathematics - Regular respectively. It was an exhilarating opportunity for the students created by Dr. Mary Joyce Baby, Dr. Mary Manonmani, Dr. Joys Selva Mary and Dr. Anbarasi.



NATIVITY - Chalk Art Competition

On 17th February, observing the Feast Day of the Seven Holy Founders of the Order Servants of Mary. The Catholic students gathered in the chapel to pay devotion to Our Lady of Sorrows to meditate on her seven sorrows. Prayers were said with devotion. Rev. Dr. Sr. Kulandai Therese and Rev. Dr. Sr. Maria Shanthi led the prayer service and supported by the Ethics committee team members. It was a rejuvenating spiritual experience for the students. On 17th March the Catholic students gathered in the chapel to recite the Rosary.



Feast Day of the Seven Holy Founders

All-India Catholic University Federation – AICUF

On 29th October 2021 the first meeting of the academic year started with the special lecture on “AICUF – Voice and Ways” by Rev. Fr. Parthasarathy S.J., State Advisor of AICUF, Chennai through the Zoom platform. The first and second year AICUF students participated in this programme. Father threw light on the history and evolution of AICUF during the course of time and also encouraged the new AICUF students to take up social responsibilities. Many street play videos were relayed and an awareness about voting campaign was also done. The students were happy to learn on the aims and objectives of AICUF and their role in the society. The meeting ended with college anthem.



AICUF – Voice and Ways

On 9th November 2021 a meeting was organized for the first year AICUF students in the college campus. The meeting started with a silent prayer. Dr. Sr. Mary Joyce Baby initiated the students on the importance of being AICUFers and encouraged the students to take active part in all the meetings and activities of AICUF. Faculty Ms. Patricia Romila, Ms. Pauline Jenifer, Ms. Vinobini Samprasitta Abila and Ms. Ajitha were also present to orient the students for PART V. The students were instructed with the duties of AICUF as a unit. Personal experience as an AICUF volunteer was also shared by Ms. A. Patricia Romila.

On 12th November 2021 a meeting was organized for the second year AICUF students in the college campus. Dr. Sr. Mary Joyce Baby, Professors Patricia Romila, Pauline Jenifer, Vinobini Samprasitta Abila and Ajitha were present. They deliberated on organising events and educating the AICUF students on its mission. A discussion was had about the office bearers to be elected in the next meeting. Students expressed their willingness to be leaders. The AICUF students gathered at the Star Hall of St. Mary's College on 17th November 2021. The meeting was organized to select the various office bearers. The following students were the office bearers for the academic year: President- S. Snofar, Vice- President Petchiammal. G, Secretary Subiksha. V, Joint Secretary Rijola, Women's - coordinator Buhari Fathima, Cultural coordinators Jemima and Prasanna, Literary- coordinator Hafsa and Treasurer Anima Bage.



AICUF - Meeting

The AICUF students of the college actively participated in Tamil Nadu AICUF State council 2021 held at St. Joseph's college, Trichy on 19th November 2021 on the theme “Youth Establishing Democracy”. Students from various colleges in Tamil Nadu were enrolled. The welcome ceremony commenced at 6:15 pm with Mr. Salo, Professor of St. Joseph's college, Trichy as special guest. The College AICUF President S. Snofar, Vice president G. Petchiammal, Secretary V. Subiksha and Treasurer Anima Bage participated in this programme.

In commemoration of the Indian Constitution Day - 26th November, the AICUF observed the day on 2nd December 2021 in the college premises. The morning assembly was led by AICUF students. An awareness was initiated by the AICUF on the significance of the constitution. The staff and students undertook the pledge to uphold and respect the Indian constitution. This event was led by the Principal, Dr. Sr. A. S. J. Lucia Rose, AICUF Coordinator, Dr. Sr. Mary Joyce Baby, Ms. Pauline Jenifer, Ms. Patricia, Ms. Ajitha and Ms. Abila staff-in-charge of the forum. The celebration reinstated the responsibility of every citizen to realize the importance of the Indian Constitution among the students.



Indian Constitution Day - Pledge

On 23rd December 2021 the AICUF students were taken to Bethany, a home for the aged sisters. The Christmas day celebration was organised for them. The celebration began with a prayer song and welcome address by Dr. Sr. Mary Joyce Baby. The students enacted the nativity scene and Santa clause Ms. Osheen entertained the sisters with joyful dance. Rev. Sr. Sandra, the Superior of the house and Sr. Jemina gave the Christmas message. It was a great experience for the students to meet the sisters and spend time with them. The students also distributed Christmas gifts to the sisters and the supporting staff of the convent.

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 momento 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.

The AICUF students Anima Bage, Snofar, Hafsa and Buhari Fathima guided by faculty Ms. Vinobini Samprasitta Abila, participated in the Women's Commission Training Programme held at AICUF House, Chennai, from 10th March to 12th March 2022. They were oriented on the struggles and toils of Migrated women in the society. A sensitising on the AICUFers role to recognise and support them was motivated on the first day. The second day

had an interactive introspection on the topic “Who am I?” In this session participants were asked to raise an inner question as to who they were, and their role in the society. On the third day First Aid training was provided and certificates were distributed. This training certified them as capable of providing first aid in the event of a need.

An active participation of the AICUF student representatives outside campus ensured a good reputation for the college. National level representatives Anima Bage and Hafsa participated in all AICUF meetings organised at the national level on 22nd December 2021, 23rd January 2022, and 6th February 2022. AICUF students, Snofar, Prasanna and Jemima participated in the Workshop conducted in Beschy College, Dindigul from 26th to 29th December 2021. They were trained in folk art, street theatre to sensitise and create awareness in the society. They become torchbearers and harbingers of the orientation they received to the inmates of AICUF students in the college.

Friends of Servite Sisters – FSS

A rosary was offered to commemorate the feast of our lady of Fatima. Around 15 professors prayed the rosary together in the kebi of our lady of Fatima. The prayer was conducted on 13th October 2021 at 12.30 p.m. Arrangements for this prayer were made by members of the FSS. This prayer event brought peace to the minds of the professors.

For the preparation of our lady of sorrows feast 9 days novena was prayed in college chapel. The members of FSS organized the novena prayer on 13.09.2021 at 8.30a.m. in our college chapel. All the catholic staff members and students participated in the novena and received grace of Our Lady of Sorrows.



Rosary and Novena - FSS



FSS members visited the 'Paul Alangaram Blind Ashram' on 15.12.2021 (Wednesday) at 3 p.m. FSS members celebrated Christmas and shared gifts with the women in Paulalangaram Blind Ashram on behalf of staff members of our college. The women in the Ashram felt happy and sang songs for FSS members and shared their experiences.



Paul Alangaram Blind Ashram - Visit

FSS members made arrangements to pray Way of the Cross at our College Chapel for five consecutive Fridays from 11.03.22 onwards from 1.30 p.m. to 2.00 p.m. during the season of Lent. Staff members of our college participated in way of the cross piously.

The members of FSS visited St. Joseph's School for the Blind and Arulagam, Aged Home of Servite sisters in Paravai, Madurai on 02.04.2022. 100 children are residing and studying in St. Joseph's School for the Blind. FSS donated lunch to the children and gave them a small amount to buy what they need. The children of the school offered various programmes to the FSS members. The members also visited Arulagam, Aged Home of Servite sisters and conversed with the aged sisters. The members of FSS happily spent their time with the children and aged sisters and made them happy.

Yoga and Meditation

Yoga and Meditation Club has planned to cultivate the therapeutic importance of yoga. Yoga classes were conducted on all Tuesday and Wednesday during the afternoon session for the second-year students. The importance of meditation, self-awareness, Yoga, Mindfulness and Heartfulness were taught during this session. To raise awareness worldwide about the benefits of Yoga in daily life, on 21st June, 2021, the Yoga team, N.C.C Unit, Criterion V

SSR Cycle V

N. S. S Units and Sports team of the college jointly celebrated its 7th International Yoga day” virtually with the aim “Be with Yoga, Be at Home”.. Under the guidance of the principal Dr. Sr. A.S. J Lucia Rose three events were organised for teachers and faculty.

Yoga for All was the first session. Principal, faculty and the students attended the session. I and II Year UG actively participated in the celebration by practising yoga at home by clicking on their videos in the morning at 8. 15 a.m. Students and staff performed various yoga postures and asanas enthusiastically. At the end of the programme, sports officer, Mrs. A. Christy Ananthi Hemalatha, Director of Physical education, St. Mary’s College (Autonomous), Thoothukudi has taken the oath. Ms. Varsha Antanitta of II B.Sc Chemistry discussed the physical, mental and psychological benefits of doing yoga. 489 participants (Zoom-253, YouTube 186) attended this event through online mode.

An online quiz test on yoga was conducted for both I and II-year students to motivate them to develop a healthy habit and lifestyle and thereby promote emotional and mental wellbeing in students through yogic practices. 867 students of our college attended this quiz. As the theme of 2021 Yoga Day is "Yoga for Well-Being", a webinar on “Yoga for Health and Wellbeing” was organized in the evening in which Dr. S. Selvalakshmi, Assistant Professor and Head (i/c), Department of Yoga, Tamil Nadu Physical Education & Sports University, Chennai acted as the resource person and addressed the students on yoga and its importance. She discussed in detail, the five aspects of holistic health such as physical, mental, emotional, social and spiritual wellbeing of humans. Also, she threw light on the eight stages in yoga and the union of mind, body and spirit. Her informative and thought-provoking speech enlightened the students and the staff. All the students were excited and energetic. The day was celebrated with a lot of eagerness and joy. It was a very remarkable and interesting Day for all the staff and the students. 475 participants attended this webinar through online mode. (Zoom- 264, Youtube - 210). All the second-year students got trained with the yoga trainer

Mrs. Muthuselvi.

CENTRE FOR JOB EXCELLENCE CAREER GUIDANCE AND PLACEMENT

As a great effort, Career Guidance and Placement Cell collaborated with IBM Volunteers for the uplift of girl students who were economically challenged. Final year UG and PG (more than two hundred) students were the beneficiaries of the training programme offered by IBM Volunteer. Students were asked to register their names in National Career Service (NCS) under Ministry of Labour and Employment. In the month of July 2021, every Saturday, this team conducted career opportunity and skill building programmes. Students were segregated according to their job preference. Motivation and mentoring were given to the targeted students through Google meet platform. Students were advised to do skill development programmes and trained to write good resume. Mr. Naveen. K. Prathapaneni, Service Lead, MIND and Mrs. Chandrakala Vootkar, Co- Service Lead, MIND along with Dr. Flora and members of the Career Guidance and Placement Cell were the organizers of the programmes.

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

Career Guidance and Placement Cell Organises

A REMOTE MENTORING PROGRAMME FOR EMPLOYABILITY IN COLLABORATION WITH IBM VOLUNTEERS AND MINISTRY OF LABOUR AND e EMPLOYMENT, GOVERNMENT OF INDIA

Resource Persons

Mr. Naveen Prathapaneni
Senior Architect, IBM
India

Mr. V. Mathan
Ministry of Labour
& Employment, India

Ms. V. Chandrakala
Program Manager,
IBM, India

Mr. Mahindhan
Learning Developer,
IBM, Bangalore

Date
19.06.2021
Time
10.30 am

Rev. Sr. Flora Mary
Secretary
St. Mary's College (Autonomous),
Thoothukudi

Rev. Sr. A.S.J. Lucia Rose
Principal
St. Mary's College (Autonomous)
Thoothukudi

PROGRAMME

Welcome Address
Dr. J. Arul Jestil
Assistant Professor of Mathematics,
St. Mary's College (Autonomous),
Thoothukudi

Felicitations :
Dr. Sr. Lucia Rose
Principal,
St. Mary's College (Autonomous),
Thoothukudi

Resource person's Address
Introduction to MIND
(Mentoring in New Dimension)
Mr. Naveen Prathapaneni

NCS introduction
Mr. V. Mathan

Mentoring of Students
Ms. V. Chandrakala
Scope of Visual Graphics
Mr. Mahindhan

Discussion
Vote of thanks
Dr. G. Flora
Assistant Professor of Botany
St. Mary's College (Autonomous),
Thoothukudi

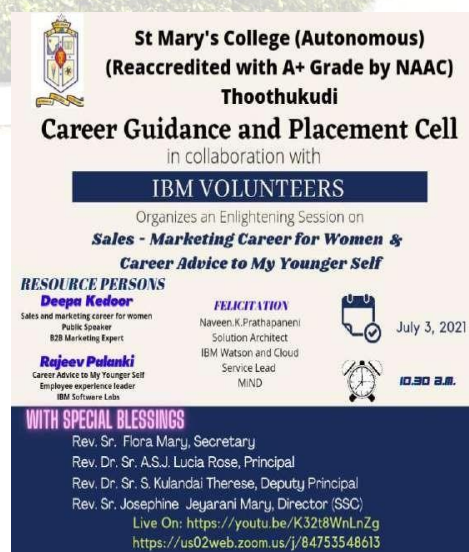
All are Cordially Invited

Career Guidance and Placement Cell of St. Mary's College organized a webinar on "A Remote Mentoring Programme for Employability" in collaboration with IBM Volunteers and Ministry of Labour and e-Employment Govt. of India on 19th June 2021. Mr. Naveen Prathapaneni, Senior Architect, IBM, India, has given introduction to MiND (Mentoring in

New Dimension). He gave insight into the nature and purpose of MiND Programme and National Career Service (NCS), a project by Ministry of Labour & Employment of India. Mr. V. Mathan, Ministry of Labour & Employment India, made the students familiar with the process of enrollment in the NCS portal. Ms. V. Chandrakala, Program Manager, IBM, elaborated the process and programme schedule to be followed in mentoring the students. Mr. Mahinthan, Learning Developer, IBM, Bangalore, had spoken on the scope of visual graphics. Nearly 350 students participated and benefited.

Career Guidance and Placement Cell organized a training session on “General Career Awareness/Importance of Goal Setting” dated 26th June 2021 in collaboration with IBM Volunteers. Mr. Naveen Prathapaneni, Senior Architect, IBM and Service Lead MiND, gave a clear picture of the upcoming training and development agenda for the students. The session was carried forward by the day’s resource person Mr. P. Chandrashekar, CEO of Vidya Helpline, NIRMAAN organization who elaborated and ignited the young minds on further opportunities available in various streams of education and guided the students on technological impact on career. Also, he enlightened the students and encouraged them to pursue a better career of their interest and capability. More than 350 Students participated enthusiastically and were benefited.

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



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

Career Guidance and Placement Cell
in collaboration with
IBM VOLUNTEERS

Organizes an Enlightening Session on
Sales - Marketing Career for Women & Career Advice to My Younger Self

RESOURCE PERSONS
Deepa Kedoor
Sales and marketing career for women
Public Speaker
B2B Marketing Expert

FELICITATION
Naveen K. Prathapaneni
Solution Architect
IBM Watson and Cloud
Service Lead
MIND

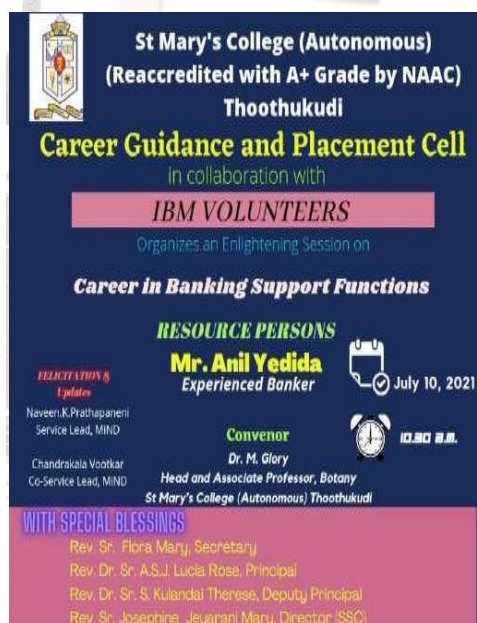
Rajeev Palanki
Career Advice to My Younger Self
Employee experience leader
IBM Software Labs

WITH SPECIAL BLESSINGS
Rev. Sr. Flora Mary, Secretary
Rev. Dr. Sr. A.S.J. Lucia Rose, Principal
Rev. Dr. Sr. S. Kulandai Therese, Deputy Principal
Rev. Sr. Josephine Jejarani Mary, Director (SSC)
Live On: <https://youtu.be/K32t8WnLnZg>
<https://us02web.zoom.us/j/84753548613>

July 3, 2021
10.30 A.M.

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.



Career Guidance and Placement Cell organized webinar on “Careers in Banking Support Function” in Collaboration with IBM Volunteers on 10th July 2021. Mr. Naveen Prathapaneni, Senior Architect, IBM, India, has given brief functioning of MiND (Mentoring in New Dimension). He threw light on the nature and purpose of MiND Programme. Ms. V. Chandrakala, Program Manager, IBM, India, introduced the mentors of various groups and elaborated the

responsibilities of mentors and the students. Mr. Anil Yedidi, experienced banker, has highlighted various opportunities in banking sector, modes of preparation for bank exams and code of attending the interviews. About 350 students participated and benefitted.

The first mentoring meeting of MIND-Neptune group was conducted on 11th July 2021 at 6.00 p.m. The students and mentors were connected through Zoom platform. Mr. Manish Aggarwal and Mr. Venkatesan, IBM Volunteers were the mentors of the group. Mr. Manish Aggarwal gave an introduction about NCS portal and profile building. Dr. Glory,

Associate Professor of Botany and Dr. J. ArulJesti, Assistant Professor of Mathematics, St. Mary's College motivated the students to work hard for their future goals. The session was very interactive and interesting. The first meeting of the groups Uranus and Mars were conducted on 11th July 2021 at 6pm. All the students and mentors were connected through ZOOM platform. The session was conducted by mentor Mrs. Vani and Dr. S. Bulomine Regi. It was an introductory session. Dr. Regi motivated and encouraged the students to discuss their career plan. The students introduced themselves and shared their future goals. The session was very interactive and interesting.

On 11th July 2021, an insightful mentoring session was conducted for the group Moon. Mr. Naveen K Prathapaneni, Service Lead, MIND and Mr. Raja and Dr. B. Geetha Maheswari, Assistant Professor, St. Mary's College meet MOON Group students through Google Meet in order to bridge the gap between the campus and corporate and they talked about NCS registration, Skills Build Programmes, Trainings and the Badges they could gain after successful completion of the Skill Build Programmes. The first meet of Saturn was held on 12th July 2021 in Zoom platform. The mentors asked the students to interact and to give a self-introduction about them. The Saturn group was mentored by Mrs. Jayasri and Mr. Jagadeesh from IBM and guided by Dr. D. Vinoba Gladis Assistant Professor, Department of History. The first mentoring meet of Earth group was convened on 13th July 2021 at 5 pm. The meeting was hosted by Ms. Akshaya, IBM volunteer. Everyone was virtually connected through Zoom platform. It was an introductory session. Students were taught how to register in NCS portal. The mentor gave insight into the IBM Skill Build courses and also insisted the need of team building activities. The meeting came to an end by 6 pm.

The second meet of the Saturn group was held on 16th July, 2021 through Google meet. Dr. D. Vinoba Gladis (Assistant Professor of History) stressed the importance of acquiring a job, to become economically independent in this competitive world. The

second meet for the group Earth was convened on 16th July 2021 at 5 pm. Students were given some topics in advance and asked them to choose a topic of their interest to speak on the chosen topic for 2 to 3 minutes. Ms. Akshaya, Ms. Vidhya, Ms. Mangalaeswari and Mr. Muthu Nayagan were the observers and commented on their performance. The meeting came to an end by 6 pm.

The First meeting of PLUTO group was conducted as a Skill build introductory programme on 16th July 2021 at 4:30 P.M. The students and mentors were connected through the Google Meet platform. The meeting started with an introduction of the mentors. Mr. Murali Srinivasan welcomed the gathering. The students were asked to give a self introduction. The mentor gave sufficient information about Skillbuild MiND and about the registration on skillbuild and its importance. The session was very interactive and interesting. Mrs. Sneha John Machado motivated the students to share their thoughts.

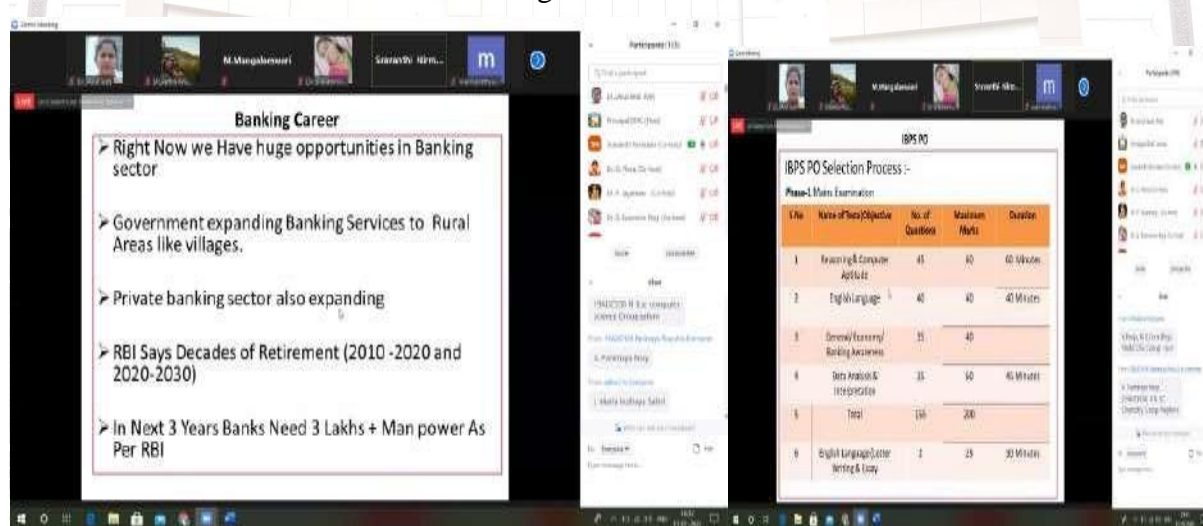


Skillbuild MiND

The Career Guidance and placement cell of St. Mary's College (Autonomous), Thoothukudi organized a remote training session on "Banking Careers Opportunities, How to prepare?" in collaboration with IBM Volunteers on 17th July 2021. Ms. B. Sravanthi, Expert Counsellor, Nirman Vidhya Help Line, Mr. T. Ramakrishnan, Lecturer in Computer Science,

JVR Govt. College, Sathupally, Mr. J. Lava Kumar, Senior Counselor, Nirman Vidhya Help Line were the Resource Persons.

The first meeting of SUN group was conducted as a Skill build introductory programme on 17th July 2021 at 9A.M. The students and mentors were connected through the Google Meet platform. The meeting started with an introduction of the mentors. Mr. Sathish, who welcomed the gathering. The students were asked to give a self-introduction. The mentor gave sufficient information about Skill build MIND and about the registration on Skill build portal and its importance. The session was very interactive and interesting. Mrs. Padmavathi motivated the students to share their thoughts.

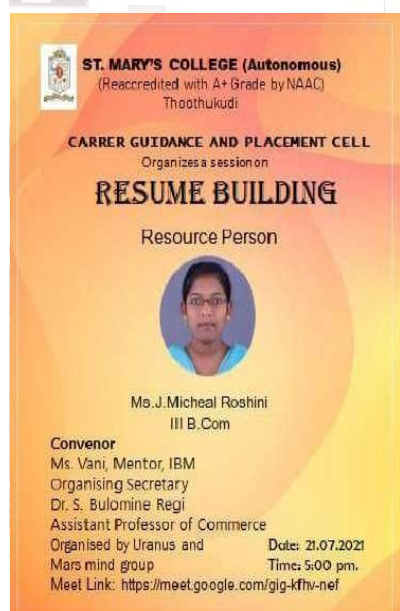


Skill Build Portal

The first mentoring meet for the students of Jupiter group was convened on 17th July 2021 at 3 pm. The session was handled by the mentors Mr. Rajadesikan and Mr. Arunachalam, IBM volunteers. All the students and mentors were virtually connected through Zoom platform. It was an ice breaking session; all the students were asked to introduce themselves. It was an interactive session. The meeting came to an end by 4 pm.

The second meeting of the MIND-Neptune group was started at 10.00 AM on 18th July 2021 in the presence of Dr. Glory and Dr. J. ArulJesti. The session was handled by Mr.

Manish Aggarwal. He gave an enlightening address on “Importance of communication skill” and informed the possible questions which would be asked in most of the interviews. He questioned the strength and weaknesses of students facing interviews. He guided the students to follow some communication apps for communication practice. He explained how to gain points in IBM skill build courses. Second meet of Moon group was organized on 18th July 2021, to explain the students about job description, resume writing, mock group discussion and mock interviews to enhance the confidence of the students to face the placement process of various companies.



On 19th July 2021, Mr. Manish Aggarwal posted 100 interview questions to Neptune and asked the students to prepare their own answers. On 21st July 2021, all the students from Mars and Uranus Group attended the meeting via Google Meet. This meeting was organised by the mentor Mrs. Vani. This session was handled by Ms. J. Micheal Roshini of III B.COM with the topic “Resume Building”. Being the resource person, she taught how to build a refined resume. The concept was neatly and clearly explained to the participants.

The meeting of VENUS group was conducted as a Skill build Introductory Programme on 21st, 23rd and 24th of July 2021 at 5:00P.M. The students and mentors were connected through the Google Meet platform. It was an introductory session. The mentors from MIND, Ms. Veera Sundari and Mr. Uther Kumar gave sufficient knowledge and information about Skill build MIND Programme and motivated the students to participate actively in the mentoring sessions. They also gave a clear explanation about the registration on Skill build and its importance. The session was very interactive and interesting. Dr. Glory and Mrs. Sneha John Machado gave constant support and motivated the students to

share their thoughts about the session. The meeting was very useful and informative.

The third meet of Earth group was conducted on 23rd July 2021 at 5 pm. Students were asked to come prepared with their resume for this session. Ms. Akshaya highlighted how to prepare an effective resume. The session came to an end by 6 pm. The Second meeting of Pluto group was conducted as a Skill build introductory programme on 23rd July 2021 at 4:30P.M. The students and mentors were connected through the Google Meet platform. The meeting started with an introduction of the mentors. Mr. Murali Srinivasan and Neethu were the mentors. The students were asked to give a self-introduction. The mentor gave sufficient information about Skill build MiND and about the registration on skill build and its importance. The session was very interactive and interesting. Mrs. Sneha John Machado motivated the students to share their thoughts. The meeting came to an end with vote of thanks. at 5:30 P.M.

St. Mary's College (Autonomous), Thoothukudi
(Re-accredited with 'A+' grade by NAAC)
Career Guidance and Placement Cell in collaboration with
IBM VOLUNTEERS
Organises the Remote Training Sessions Date : 24-07-2021, 11.30 AM

SkillsBuild for Job-seekers Platform Orientation Jyoti Baswal Sr. Program Manager, Edunet	Taking Courses on SkillsBuild Manogna AVS Maverick Edutech Pvt Ltd.	Way Forward with SkillsBuild Jyoti Baswal Sr. Program Manager, Edunet
Felicitation & Updates Naveen K. Prathapaneni Service Lead, MiND Chandrakala Vootkar Co-service Lead, MiND		Q&A Session Vaibhav Ostwal Director, Program Management - Edunet
Convenor Dr. M. Glory Head & Associate Professor, Botany St. Mary's College (Autonomous) Thoothukudi.		Best Wishes from: Rev. Sr. Flora Mary Secretary Rev. Dr. Sr. A.S.J Lucia Rose Principal Rev. Dr. Sr. S. Kulandai Therese Deputy Principal Rev. Sr. Josephine Jayaram Director, SSC

The Career Guidance and placement cell organized the remote training sessions in collaboration with IBM Volunteers on 24th July 2021. Ms. Jyoti Baswal, Sr. Program Manager, Edunet, explained the students on the topics “Skills Build for Job Seekers Platform Orientation” and “Way Forward with Skills Build”. Ms. Manogna AVS, MaverickEdutech Pvt

Ltd discussed on the topic” Taking Courses on Skills Build”. The Question & Answer Session was handled by Mr. Vaibhav Ostwal, Director, Program Management- Edunet. More than 118 students were benefitted.

The second meet of JUPITER group was conducted on 24th July 2021 at 3.30 pm. Students were taught how to register in NCS portal and profile creation. Students were divided into four groups for future activities. Students were insisted to prepare their resume and share it with the mentors to discuss how to build an effective resume for the next session. On 25th July 2021, the third meet of MOON group was conducted and the mentors explained the students about how to improve soft skill careers in banking and also exam pattern of Banking Sector were discussed. The fourth meeting of Earth group was organised on 29th July 2021 at 5 pm. The module was designed to focus on listening skill. The students were made to listen to the audio played and comprehend and answer simple questions. The session came to an end by 6 pm.

The third meeting of the NEPTUNE group was organised by the mentors Mr. Manish Agarwal and Mr. Venkatesan on 31st July 2021 at 12 p.m. All the students and mentors were virtually connected through Zoom Platform. The students and the mentors had an interactive discussion on the topic "How to become a good leader." They also clearly defined the methods and techniques to be followed while answering the questions asked by an interviewer. Dr. Glory and Dr. J. Arul Jesti provided their support throughout the meeting by motivating and intimating the mentors the various impediments faced by the students. The meeting came to an end by 1:45 p.m with a decision to conduct the next meeting on the topic "How to effectively take part in a Group Discussion." The third meet of SATURN was held on 31st July, 2021 in Zoom platform. The mentors guided the students on how to prepare Curriculum Vitae for a profession. The students started to interact with the mentors more freely and expressed their thoughts on their future goals.

The fourth meeting of MIND-Neptune group was conducted on 01st August 2021 at 5.00 p.m. The mentor Mr. Manish Aggarwal discussed on the topic “Group Discussion”. He instructed the Do’s and Don’ts of participating in a group discussion. Also insisted the points to be kept in mind before the group discussion. He assigned some task for that week. He asked each student to collect 52 words from A-Z words and write it in a notebook with meaning and post in the Mind-SMCTU-Neptune WhatsApp group. On the same meeting he advised the students to complete the badge and certificate courses in IBM Skills build website which would be useful for the student’s career.

On 1st August 2021, Fourth meet of MOON group was organized to motivate the students to face and prepare for the first round in placement process. The discussion was on quantitative, aptitude, logical reasoning, verbal ability and soft skills training.

The fourth meet of Saturn was held on 6th August, 2021 in Zoom platform. The students interacted with each other and were motivated to converse in English. Tips were provided by the mentors on how to improve the communication skills. There was a group discussion on the topic “My favorite city”.

The fifth meeting of MIND-Neptune group was on 14th August 2021. The mentor Mr. Manish Aggarwal organised the word game among students. One student should start a word with its meaning and the next one should continue with another word starting from the ending letter. It was a fantastic word chain. It increased the students Vocabulary Skill. The fifth meet of SATURN group was held on 19th August, 2021 in Zoom platform. Students were asked to prepare SWOT analysis of oneself prior to the meet. Each student’s SWOT were analyzed and tips were provided on how to overcome their weaknesses and threats. The meet was concluded with a feedback from the students.

In the third week of August 2021, the students Ms. Lirancitha, Ms. Sharon, Ms. Japhia Wiselin, Ms. Keerthika, Ms. Shunmuga Lavanya from NEPTUNE group has successfully

completed the course- Introduction to Data Science powered by IBM and received the badges and certificates.

The sixth meet of SATURN group was held on 27th August, 2021 in Zoom platform. Students were asked to narrate a story in both English and native language and they performed well. Tongue twisters and translation of jokes to English were practiced. The meet was extremely interactive. The seventh meet of SATURN group was held on 3rd September, 2021 in Zoom platform. The mentors suggested some beneficial badges and courses available in IBM Skills build portal. Expected interview questions were also discussed.

The sixth meeting of MIND-Neptune group was organised on 4th September 2021. Mr.Manish gave a topic “Impact of COVID-19 on Global Economy” for Group discussion and called each student to discuss on the particular topic. The students were very much interested and participated enthusiastically in the Group discussion.

The second meeting of SUN group was conducted as a Skill build introductory programme on 4th September 2021 at 02.00 P. M. The students and mentors were connected through the Google Meet platform. The meeting started with an introduction of the mentors. Mr. Sathish, who welcomed the gathering. The students were asked to prepare their resume. The mentor gave corrections in the prepared resume. The session was very interactive and interesting. Mrs. Padmavathi and Ms. Akila, IBM Volunteer motivated the students.

The seventh meeting of the NEPTUNE group was on 5th September 2021. It was a continuation of the Group Discussion that was conducted the previous day. The eighth meet of SATURN group was held on 17th September, 2021. Saturn’s mentor Mr.Jagadeesh (IBM) raised valuable accounting questions which evaluated students’ understanding of concepts. He then suggested few websites and exams that would help to build a strong foundation on the concepts.

The ninth meet of SATURN group was conducted on 24th September, 2021 in Zoom

platform. Student's future goals and ambitions were discussed. The mentors provided constructive suggestions that would help students in achieving their goals in forthcoming years. The meet was productive with new ideas and career paths suggested by the mentors. The mentors promised to help the students and be their well-wisher at all times. Students expressed their gratitude to their mentors.

Placement Cell in collaboration with ICT Academy, Department of Information Technology, Government of Tamilnadu participated in the "ASPIRING ENTREPRENEURS PROGRAM" for youth in the age group of 20 - 25 years in the rural and backward districts of Tamil Nadu and Kerala, focused on the entrepreneurship cluster development initiative. It is a CSR initiative programme of HDFC Bank, Parivartan in association with ICT Academy of Tamilnadu. The programme was live telecast through Cisco WebEx to the registered 250 UG and PG final year students in the college auditorium on 11th Dec 2021 from 9.30 a.m. – 1.30p.m. Through this program the students takes the young aspiring entrepreneurs into a journey of three stages, to equip them with Competence, Confidence and Connections to build a strong foundation for their entrepreneurial journey. Participants received practical knowledge and guidance on how move from an idea to start-up using a three-stage framework with solid foundation and at improving long termsustainability and profitability.



Aspiring Entrepreneurs Program

A campus drive was organized by career guidance and Placement cell and ZOI Fintech services at St. Mary's College (Autonomous), Thoothukudi on 18th February 2022. More than 110 students were participated from various departments. Among these 15 students were selected and they had their certificate verification on 5th March 2022 at ZOI Fintech Services, Tirunelveli.

On the event “On Board Campus Drive” on 25th February 2022 at 10:30 am in the Auditorium. It was presided over by the Resource Person Mr.Vigneshwara Vijayaram, Executive Director, Port City Nidhi Ltd., President of AICCI Young Minds. The session was started by the welcome address given by Ms. Gayathri, Head and Assistant Professor of Department of Business Administration. The Resource person addressed the gathering about on-board campus drive. The students of Final year Science and II PG Science attended the session from 10:30 am to 11:30 am. The students of Final year Arts and II PG Arts attended the session from 11:30 am to 12:30 am. The resource person offered more information on availability of employment opportunities in global level. The session ended with feedback collection from the students. The entire session was coordinated by Dr. Flora, Assistant Professor of Botany, and Placement coordinator of the Institution. Nearly 310 students of final year UG and PG were the beneficiaries.



On Board Campus Drive

Career Guidance and Placement Cell, took yet another initiative to offer on board Campus training to the final students on 1st March 2022. Mr. Kamalanathan Sethu, Head, Team Lease EdTech, South Zone, an expert trainer was the resource person. He interacted with the students and found the areas in which they have to equip themselves for employability. He insisted the need to build their career and the skills expected from the employers. He highlighted the need for up skill too. Nearly 200 students got benefited from this session.



Mr. Kamalanathan Sethu, Head, Team Lease EdTech, South Zone, Expert Trainer - Address

The Career Guidance and Placement Cell and Sureti Insurance Marketing Pvt.Ltd. jointly organised Two Days Campus Drive on 2nd & 3rd March 2022 in our College Auditorium for the Undergraduate and Postgraduate Arts & Science students for the post of Business Development Officers. All the registered Final year student candidates are asked to bring their updated RESUME on the first day of their Campus Drive.



Two Days Campus Drive

On 2nd March 2022, S.Vani, Senior Branch Head, Sureti Insurance Marketing Pvt.Ltd gave an open talk about their Company profile and the nature of business they are doing. She described in detail about their Insurance products and services to the student candidates and also told about the businessstricks of how to approach the customers. She also gave a training of how to canvass and convert theprospective Insurance buyers to permanent Insurance customers. There were around 350 students who had attended the session. On the basis of willingness of students after giving lecture about the Company profile and on the basis of their Resume, 165 Students have got filtered and have been asked to come for the next day selection process.

On 3rd March 2022, the selected 165 students had been grouped into 12 groups for Group Discussion (GD) from which 78 students were selected for the final Direct Interview based on theirviews and thoughts put forth by them in the given topic of GD. The Panel of members consisting of following officials of Sureti Insurance Marketing Pvt.Ltd. Vani S - Senior Branch head, Vijaya Basker G - Branch head, Monisha S - Senior Reporting Manager, Periyasamy P - Senior Reporting Manager, Maheshwari M - Reporting Manager conducted Face to Face Direct interview from which 59 students have been selected for the

appointment of post of BUSINESS DEVELOPMENT OFFICERS. In the afternoon, feedback session was conducted to elucidate the opinion of selected students towards the opinion of Campus Drive conducted by Placement Cell.



Face to Face Direct interview

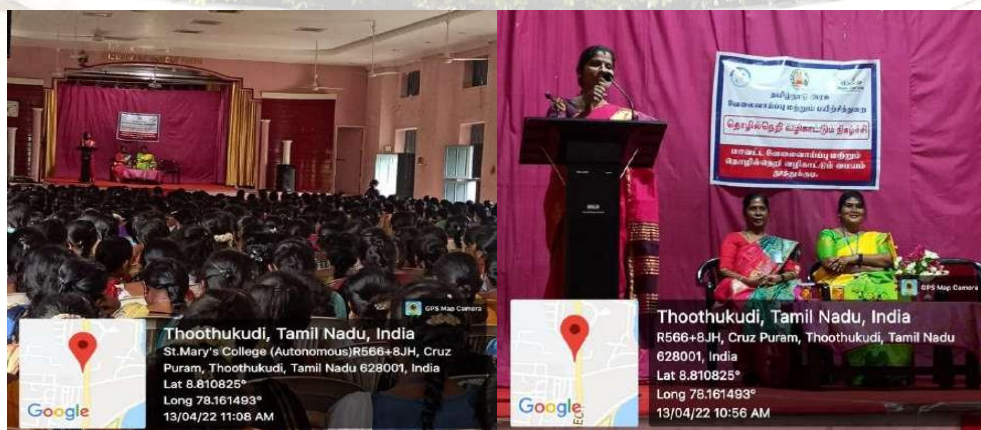
Finally, JOB ORDER has been given to the selected students and they were asked to join the job after completing their final semester exams followed by one-month pre-training program given by Sureti Insurance Marketing Pvt.Ltd

The Career Guidance and Placement Cell organized an Orientation Programme on CA Foundation, Inter and Final on 25th March 2022 in Star Hall. Mr. Rajaguru Chellappa, State Head- Institutional Sales, Ms. CA Srinidhi.V., CA Advisor (Project Manager), and Mr. CMA Sai Vijai.S., CA Advisor (Team Leader) were the Resource Persons. The three were from Veranda Learning Solutions Ltd., Chennai. The first session was handled by Mr. Rajaguru Chellappa. He explained about the CA Foundations Veranda Learning Solutions and its Coaching methodology. The second session was handled by both Ms. CA Srinidhi.V. and Mr. CMA SaiVijai.S. They insisted on the value of writing the CA Examinations. Also, they discussed clearly CA Inter and Final. Nearly 200 students benefitted.



Orientation Programme - CA Foundation, Inter and Final

The Career guidance and placement cell college jointly organize a Motivational talk on "Power Moves for a Successful Career" on 13th April 2022 at 10.30 am in the college auditorium. Mrs. Petchiammal, Asst. Director of Employment, Thoothukudi is the resource person. She motivated the students by delivering the significance of attending the TNPSC exam and cracking the competitive exams in order to secure their future. All the final year UG and PG students are the participants. Second PG English student Ms. Smeha welcome the gathering and Selva Lakshmi III B.Com student proposed the vote of thanks. The sessions were extremely useful for the students. 700 students of final UG and PG were the beneficiaries.



Cracking the Competitive Exams

Career Guidance and Placement Cell in association with the District Employment Office, Thoothukudi, organized a “Job Fair” on 06th May 2022, from 9 a.m to 1 p.m. The Job fair was inaugurated by Dr. Sr.A.S.J. Lucia Rose, Principal, St.Mary's College (Autonomous), Thoothukudi and Dr.Sr. S.Kulanthai Therese, Deputy Principal of St.Mary's College graced the occasion. Mrs. Petchiammal, Assistant Director of District Employment Office, Thoothukudi, introduced the 17 employers from the Private sector. These employers in turn addressed the candidates about their requirements. 253 Job seekers from in and around the District registered for this job fair for private jobs. The recruiters called the job seekers based on their requirement. They underwent the recruitment process of Group Discussion and a personal interview to reap the fruit of success. Of these 124 candidates were screened and shortlisted for the next level of recruitment. 33 people got selected and were given the selection letter. Selection for Skill Training was also a part of the programme, 66 candidates were selected for Skills Development Training. Members of the Career Guidance and Placement Cell planned meticulously for the smooth conduct of the Job Fair. The following is the list of Employers for the Job Fair.

1. Agsar Paints, Thoothukudi
2. Sahaya Matha Salt Refinery Salt Pvt Ltd., Thoothukudi.
3. Asir Automobiles (P)Ltd (MARUTI, SUZUKI) Thoothukudi.
4. DCS Business Solution Pvt Ltd, Thoothukudi & Chennai
5. ICICI Bank
6. Thangamayil Jewellery Ltd, Thoothukudi.
7. “B” Chain Software, Thoothukudi.
8. TRA-AUGMENT, Thoothukudi.
9. Sakthi Computers, Thoothukudi.

10. 5K CAR Care Pvt Ltd, Thoothukudi.
11. Sathya Techno soft Pvt Ltd, Thoothukudi.
12. Ayyanar Auto Mobiles Pvt Ltd, Thoothukudi.
13. LIC of India, Thoothukudi.
14. Aravind Auto Agency (Hero), Thoothukudi.
15. Equitas Bank
16. Aswin Fisheries Pvt Ltd, Thoothukudi.

SBI Life Insurance Company Ltd., Thoothukudi



Job Fair

Guidance and Counselling

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.,

Criterion V

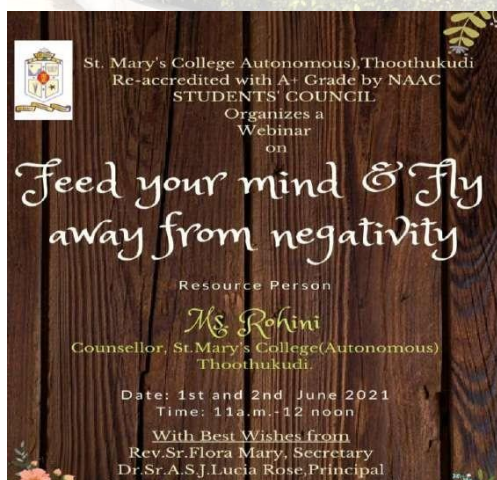
SSR Cycle V

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.



Gender-Based Sexual Harassment Myth and Reality

The college counseling forum jointly organized a Mind Spa program with the Psychology department and IQAC on 19.11.2021. Counsellor Mrs. Rohini conducted a session for the staff on the topic Fun with pen an anti-stress relief doodling activity, all the professors energetically participated in all the activities.

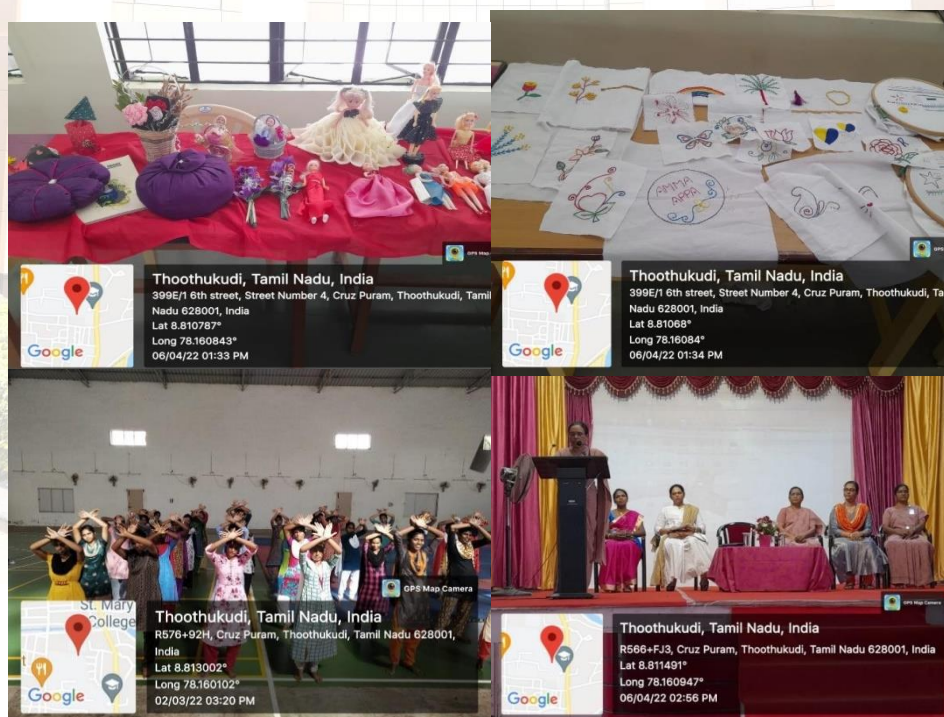


Counsellor Mrs. Rohini has been a resource person to the webinar conducted by Union of St. Mary's College (Autonomous) and addressed in the topic "Feed Your Mind And fly Away from Negativity" on 1.06.2021. Counsellor Mrs. Rohini has been a resource person for the webinar conducted by the college Union of St. Mary's college Autonomous Tuticorin, on 2.06.2021 and motivated the 2nd year and the PG students.

CENTRE FOR ENTREPRENEURSHIP AND SKILL EXCELLENCE

Certificate Course

Certificate courses were conducted for first year UG students for 15 days from 2.00 to 4.00pm in the month of February and March. The courses offered are Spoken English, Spoken Hindi, Basics of Computer, Tailoring, Jewellery making, Fashion Designing, Cookery, Dance Art and Aariwork. The courses were chosen to improve the skills of the students, to increase the employability, to make the students more creative. Both theory classes and practical training were given for each course by skillful tutors. At the end of the course, separate theory and practical exams were conducted. Based on the performance of the students, grades were given.

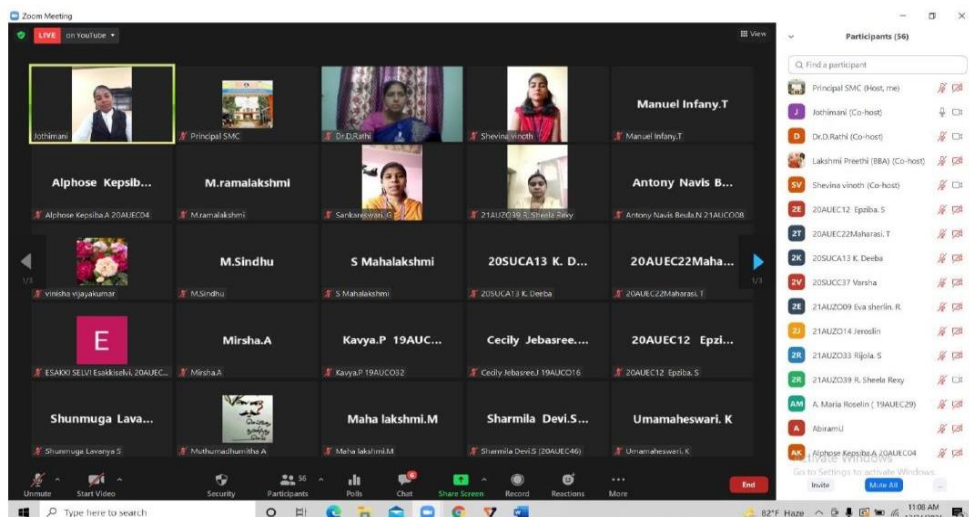


Activities of Certificate Course

The valedictory function for the certificate courses were held on April 6th, 2022. All the first year students and the staff in charges attended the program. Our Principal Dr. Sr. A.S. J. Lucia Rose felicitated. Mrs, Shankari, tutor for cookery, Ms. Apshan, tutor for Jewelry making and Mrs. Samantha, Million hopes Academy were the guest speakers. Speakers explained the importance of skill development and entrepreneurship. Students from each course were performed to show the outcome of their learning. Students gave feedback for all the courses. Students also exhibited the work done by them.

Consumer Club

Ms. P. Dhanalakshmi, Assistant Professor of Physics and Ms. Manuel Infancy, Assistant Professor of Commerce (SSC) to elect the office bearers. Ms. G. Sankareswari of III B.A. Economics, Ms. V. Shevina of II B.Com Corporate and Ms. I. Austika of I B.Sc. Physics were elected as President, Secretary and Vice President respectively. The second meeting of the consumer club was held on 4th December 2021. The meeting was presided over by Mrs. M.Mala Devi, B.C.S, B.L, Additional Public Prosecutor, Sub Court, Thoothukudi. She delivered a speech on “Consumer Protection Act”. In his address she insisted that poor quality of the product, an awareness to note about the manufacturing and expiry date of the products, basic procedure of the consumer to file the cases against the fraud producers and some of the handled cases discussed. She concluded that the consumer club most powerful weapon to identify the producers fraud. Finally, the chief guest answered the questions of the students. Around the average of 150 participants participated in the webinar. The meeting came to an end with College Anthem.



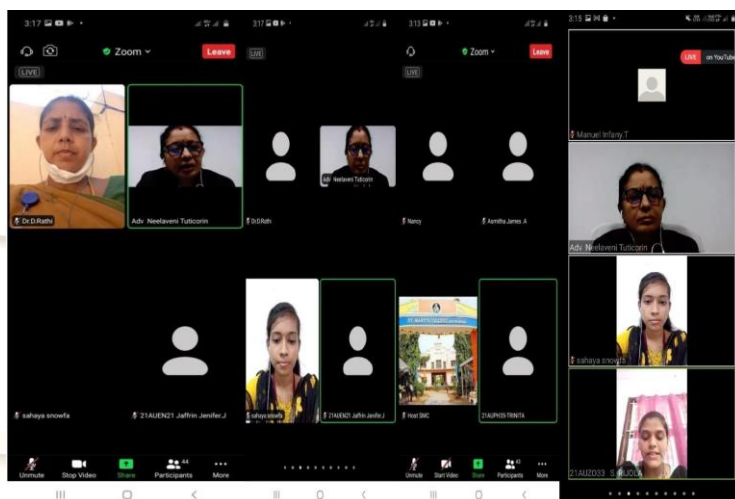
Consumer Protection Act

In commemoration of the National Consumer Day the Consumer club organized a special guest lecture was held on 24th December 2021 on the topic “Role of Consumer Court in India”. The meeting started with prayer. The meeting was presided over by Ms. U. Jothimani, Advocate, District Court, Thoothukudi addressed the gathering and gave an excellent speech on Consumer Right, Consumer Awareness and on procedure of filing cases in Consumer forum. The chief guest shared his experiences and highlighted many points regarding consumer rights, protection awareness and clearly explained the three tier- structure of the consumer court. The members of our club interacted and clarified many doubts related to consumer court cases. 97 students actively participated in the online webinar. After the guest lecture the National level quiz competition was conducted in the same day. 225 students attended in the online quiz from various states. E- Certificates were distributed to all the participants.

The consumer club meeting commenced on 4th April at 3 p.m. Ms. Trinta of I B.A. Physics welcomed the gathering. Mrs. V. Neelaveni, M.A., B.L., Advocate, Notary Public, Thoothukudi was the resource person spoke on the topic “Food Adulteration and misleading

Advertisements” She clearly explained about the types of food adulteration and also emphasized the disease caused by the adulteration of foods and gave the preventive measures.

And how can the complaints be raised against the adulterated foods in consumer club meeting. There were 88 participants along with the three-organising staff of the consumer club who were the participants. Ms. V. Shevina of II B.Com corporate gave vote of thanks.



Food Adulteration and misleading Advertisements

Quiz Club

The Quiz Club part of the centre, has trained 234 students on NET /SET General paper I and conducted an Online Quiz competition on 30 October 2021. Students also participated in Quiz Competition at GVN college Kovilpatti.

CENTRE FOR WOMEN EXCELLENCE HUMAN RIGHTS FORUM

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 in the auditorium. Rev. Sr. Kulandai Teres, Deputy Principal and Ms. J. AnilaMaily, Director of Centre for Women Excellence graced the occasion. Mr. Daniel Raj Xavier, Advocate, 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 and 20 faculty were the beneficiaries.

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.



Building Gender Parity Through Human Rights

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.

Women Cell

The Women Cell in association with the Inner Wheel Club of Thoothukudi organized a webinar to spread awareness on the World Nutrition Week on 28.09.2021. The theme of the webinar was “Nutrition and Health for Adolescent Girls”. The Chief Guest of the day was Dr. Archana Ambujan, MS (OG), DRMC (Germany), Executive Director of Sundaram Arulraj Hospital, Tuticorin. Mrs. Ramya Mariappan, Secretary, Mrs. Jayanthi, Zonal Deputy Officer, Mrs. Judy Ivan, President, and Mrs. Aarthi Kannan, Project Coordinator of Inner Wheel Club, Thoothukudi graced this occasion. The speaker rendered a speech on the importance of the transitional period of adolescence. She discussed on the characteristics of adolescent that bridge between the immature childhood and the responsible adulthood. The physical change and the mental change in men and women, psychological disorders, educational problems, the experience of adulthood and family life, challenges in adolescent development, importance of diet and exercise and the reasons for obesity in women were highlighted. The major health issues faced by women during the adolescent phase of life were also discussed. The speaker presented the parameters for healthy life, preventive measures for adolescent health problem during the session. She explained about the symptoms, complications and treatments available for Anaemia, PCOS and Cancer Cervix. 428 students were benefitted out through this program.

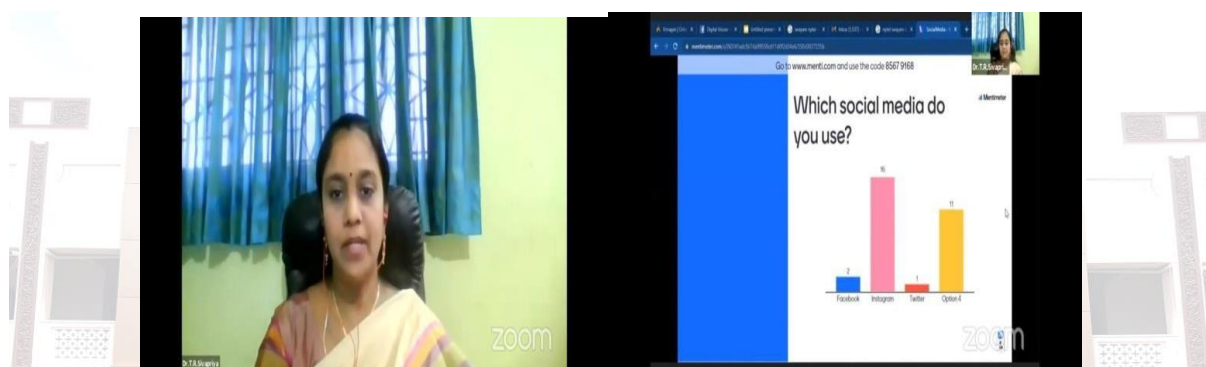


Nutrition and Health for Adolescent Girls

The Centre for Women's Excellence a two-day workshop conducted on "Capacity Building and Personality Development" sponsored by the National Commission for Women, India between 11th and 12th November, 2021. The workshop was conducted through Zoom platform. The objective of the workshop was to enrich women in their interpersonal and communication skills. On the first day the workshop started at 9.00 a. m. with Batch I and the next day with Batch II students respectively. Dr. Rev. Sr. A. S. J. Lucia Rose, Principal, gave the presidential address followed by felicitation by Dr. Rev. Sr. S. Kulandai Therese, Deputy Principal. The key speakers were welcomed by the programme organizers. Session 1 was on the topic "Professional- Career Skills. The resource person was Ms. Ramya Mariappan, Global Process Governance Lead, HP India Sales Pvt. Ltd, Bangalore. She explained the importance of framing Resume and cover letter for job application. She highlighted on the types of resume, components of a resume, specimen of freshers resume, tips on how to write a resume and how to improve presentation skills. Dr. T. R. Sivapriya, Coordinator of Information Technology, Lady Doak College, Madurai chaired the second session on the topic "Digital Literacy and Effective use of Social Media". The resource person stressed women being ripples to change the society. She explained about multitude literacies required for the digital age, skills in digital literacy, digital citizenship, digital wellness, role of social media, effective use of social media, its cautions, cyber security and specific provisions in IT Act for cybercrime against women. She also discussed about Government schemes - ekranti Electronic delivery of services like the digital India internship offered by the Govt. of India.

The third session was on "Personality Development". The resource person of the session was Dr. P. Shanmugavadivu, Professor of Computer Science and Application, Gandhigram Rural Institute Deemed University, Dindigul. The speaker defined the term personality and the reasons to develop it. She discussed on the topic of "How and Why?- Personality Development" and the parameters to successfully attain it. She underlined the 10

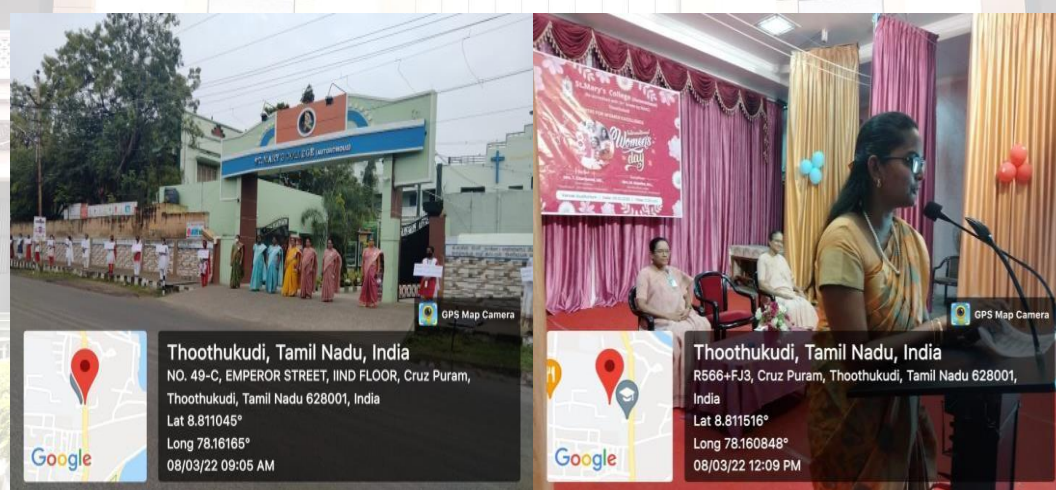
principles of the Japanese Kaizen to mould one's personality. She differentiated goal and dream in which a dream is a desire and a goal is a dream with plan of action and deadline. Ms. J. Anila Maily, Associate Professor, Department of Computer Science thanked each resource persons in a special way for bringing the programme to success and proposed the vote of thanks. 347 students were benefitted through this program. The programme ended at 3.30 p.m. with the College Anthem on both the days.



Capacity Building and Personality Development

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. Charu Sree 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. The programme ended with the college anthem.



Mrs T. Charu Sree IAS – Address on Women’s Day

Anti-sexual Harassment Cell

The Anti-Sexual Harassment Cell organized an awareness program on the topic "Gender- Based Sexual Harassment Myth and Reality" on 10.11.2021 through Zoom Platform mode of a webinar. Ms. V. Subachini B. A., B. L., Spl. Public Prosecutor, Mahila Court Thoothukudi was the resource person. She 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. Students actively participated and clarified their doubts in the question- answer session. 337 students and 20 Faculty were attended the meet.

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.



Signature Campaign - International Day Elimination of 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.

An online webinar was organised on the topic "Cost of Being Silent: Recognising and Combating Abuse in Relationships" the webinar was organised on the Zoom platform at 4pm. Ms. Meera Iyer, Head, Counselling Division, Emango Education Pvt. Ltd. Faridabad, Haryana, was the resource person of the Day. She spoke on the varied dimensions of the cost

of being silent in an abusive relationship. She pointed out the need for recognising and combating abuse in relationships. She condemned all forms of violence against women. She discussed at length the historical dimension of the problem of violence against women to the present-day scenario and the prevailing legal remedies. She strongly argued that this social and legal problem must be eliminated from society. The Students actively participated in the programmes.

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.

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.



Vigilance on Sexual Harassment at Work places

Anti – ragging Cell

The Anti – Ragging Cell was introduced to the students on 07.09.21 during the Student Induction Programme for I year Under Graduate students Organized by IQAC of St. Mary's College (Autonomous), Thoothukudi. Dr. A Nirmala Shirley, Co-ordinator of Anti-Ragging Cell and Assistant Professor of Physics, gave an elaborate view of the functions of the cell. She also explained the Ragging Act and emphasized the importance of the Cell in the College premises. She gave a brief note on the Complaint Mechanisms of the cell. Students were familiarised with the Anti Ragging Helpline number and the email address to file complaints. More than 500 students and 10 staff members were connected through the virtual mode in Zoom platform.

A meeting was conducted by the Anti-Ragging Cell through Google meet platform on 27.09.2021 to elect the office bearers. T. Rubina of III B.A History, U. Mala of III B.A History and B. Rajalakshmi of II B. A History were elected as Secretary, President and Vice President respectively under the guidance of Dr. A Nirmala Shirley, Ms. S.S. Anuja and Dr. Angel Beulah Graceline.

The students of Anti-Ragging Cell in association with Women Cell created a public awareness on women empowerment by marching out with placards with slogans

related to the importance of women to mark Women's Day in front of the college premises.

The Anti- Ragging Cell organized an awareness programme on the topic "Ragging Free Zone: Love Each Other" on 4th April 2022. Mrs. H. Vallithai, Advocate, Thoothukudi was the guest speaker. She emphasized the Role of Ragging, the Ragging Act and the punishments given for ragging in the present scenario. She motivated the young minds to sustain their lives through proper time management and decision making. These thoughts encouraged the students to develop their self-reliance in all walks of life. It also paved way for the students to face the challenges of the digitalized world and prove themselves to become ideal citizens of the human society. Around 100 first year undergraduate students from various Departments of the Anti- Ragging Cell and 7 staff members took part in the meeting.



Ragging Free Zone: Love Each Other

CENTRE FOR DIGITAL EXCELLENCE

The College's digital excellence has instilled the use of technology and innovative engagement models to conduct Department activities through online mode a platform where they can have rapid interaction and almost instantaneous knowledge building and developing. Around 50 activities from various departments at the college have been live streamed, with around 6000 people benefiting.

The Centre organized an Awareness programme on "Secured Usage of Social Media

and Prevention of Cyber Crime” on 17th November, 2021. Mr. S. Jeyakumar M.Sc (Agri), Superintendent of Police, Thoothukudi District, Mr. P. Elangovan, Additional Superintendent of Police, Cyber Our Crime Wing, Thoothukudi District, Mr. B. Ganesh, Deputy Superintendent of Police, Town Subdivision, Thoothukudi, Tmt. S. Vanitha, Inspector of police, All Women Police Station, Thoothukudi, Mr. M. Sivasankaran, Inspector of Police, Cybercrime Police Station, Thoothukudi District graced the occasion with their honourable presence.



Mr. S. Jeyakumar M. Sc (Agri), Superintendent of Police, Thoothukudi – Address on Secured Usage of Social Media and Prevention of Cyber Crime

The Centre looks after the Digital board which allow information to be shared within the college grounds regarding the events conducted in the college, providing a more spatially appropriate context for the data. The events organized by various Clubs and forums of the college and various community updates are posted in social media like Twitter and Facebook. The College ERP streamline and automate processes, creating a more accurate and efficient operation of conducting Online exams for students and fee payment. Regular update of the College website and scroll events conducted by the college are managed by the Centre.

CENTRE FOR CULTURAL EXCELLENCE

The Centre for Cultural Excellence makes Marians hone their artistic potentialities in promoting art and culture with interconnectedness to tradition and modernity. The Centre trains our students to involve themselves in all the cultural activities including dance, drama, orchestra, band inside and outside of the college. Traditional classical dance Bharathanatyam is a regular performance. College Band with teams regularly trained is a highlight feature. Folk art – dances of the soil – Karagam, Kazhiyal, Parai, Oyil and others promoted. Theatrical art both in English and Tamil gave striking performance. Students are recipients of laurels in cultural activities in and out the region. About 40% students are involved in culturals in some form or the other. The institution caters thus to the creative energy of the students and would continue to enrich the process.



Folk art – Dances of the soil

The World Food Day was celebrated on 23rd October 2021 organized by the Department of Zoology and Microbiology. The Resource person for the event was Mrs. S Jenita Sharmila Freeda, Dietician in AVM Hospital. The students from the Zoology department gave a spectacular dance performance related to nature.

Christmas was celebrated on 23rd December 2021. The Guest for the event was Rev. Fr. Starwin, Director and Co-ordinator of Commissions, Good News Centre, Pathinathapuram, Thoothukudi. The dance committee graced the occasion with spectacular performances which

included the classical dance and folk dance. Our students from various departments together enhanced the celebration with their spectacular dance performances.



Cultural Extravaganza

The patriotism of our country was portrayed through semi-classical dance and flag hoisting. Ms. X. Esther Vimala, Head and Associate Professor, Department of Economics was the Chief Guest for the celebration. Women's Day was celebrated on 8th March 2022. The Resource person for the event were Mrs. T. Charusree, IAS, Commissioner, Thoothukudi City Municipal Corporation and Mrs. M. Breetha, M. L, Sub Judge, District Legal Services Authority Thoothukudi. The Dance committee made the occasion lively with spectacular performances which included the classical dance and fusion dance. Students rendered a graceful performance.

Tamil Nadu Government Arts and Culture Department organized a competition for college students on 12th March 2022. A total of 12 students from various departments participated in Bharathanatyam, Drawing competition, Silambam and Folk Dance. Annie Pushpa Jeffi from III B.Sc Psychology won 2nd place in Bharathanatyam and Muthu Sweetha S from III B.A English SSC won 3rd place in Bharathanatyam. Students participated in the Inter Collegiate Competition 2022 organized by TMM College of Arts & Science, Kulathur, Thoothukudi District 628903 on 30th March 2022.

A total of 45 students from various departments from both Regular and SSC participated in various events like Mime, As you like it, Group dance, Ad act and Facial painting. Rafina R, Vigneswari A, Joice Anna Marie A, Renuka K from III B.A English and Jordan Ruth Mitra N from II B.A English won 3rd place in Group Dance. Emima R, Swetha Gomez M from III B.A English and Jaffrin Jenifer J, Blessi S, Muthu Mathana K from I B.A English won 3rd place in Mime Show.



Tamil Nadu Government Arts and Culture Department - Competitions

Choir Report

The Choir Committee of the College actively involves in coordinating singers to create an elevating spiritual presence in all the Masses conducted in the college chapel. It initiates programmes with prayer song sung by the members. The Choir members is headed by Dr. Sr. Joyce Baby, Dr. Irudaya Antonat, Ms.O.Sony Fernando, Ms. P. Maria Sahaya Rossiyana and Dr. J. Antony Rajam along with a team of 25 students and keyboardist Miraclin . The Choir committee regularly engages in practice. The prayerful and soulful singing elevated the celebration of Mass on the following days: 1st July, 12th November, 12th December,

23rd December 2021.



Soulful Melodies

On 21st December, 2021 the Choir team members Dr. Sr. Joyce Baby, Dr. Irudaya Antonat, Ms. O. Sony Fernando, Ms. P. Maria Sahaya Rossiyana and Dr. J. Antony Rajam, visited the home for the aged near Sahaya Matha Church, Lions town. The inmates greeted warmly and they were handed over provisions to them. They joyfully shared their experiences in that home. Finally, a small prayer was said and songs were sung in front of the crib.



Visit - home for the aged

The Students Union Council and Choir Committee jointly organised Heralds of Joy – Carols 2021“ an Inter-departmental carols competition, on 22nd December at 2.00 pm, in the Auditorium. All the departments participated with enthusiasm, sounding the bells of Christmas joy. Ms. Evangeline and Ms. Lolita of Holy Cross Anglo-Indian Higher Secondary School were the judges. In her address Ms. Lolita appreciated the talent of Marian choristers and the harmony music and singing brings to one’s life. The department of English bagged the first prize, followed by English SSC second and Physics third respectively. The organizing of the event was led by Dr. S. Sudha Rani and Dr. F. Mary Joyce Baby and their team of Students Council and Choir Committee.



Christmas Mode

The Choir committee continued its activities in Christmas celebrations on 23rd and activities that followed in the year 2022. The Choir members participated in the Pongal celebration rendering a traditional song. Meaningful and solemn singing elevated the Ash Wednesday Mass on 2nd March 2022. Mass in memory of Rev. Fr. Soosainathar, commemorating his death anniversary was held on 10th March. The choir sang with commitment.

Orchestra Report

Marian Orchestra identifies the hidden talents of students on instruments. The team is

guided by Dr. Josephine Alangara Betsy, Ms. M. Reeda Albin Mary, Ms. S. Jenitta, and Sr. Maria Clara. The members of Marian Orchestra have regular practice on various instruments like Keyboard, drums, and Pad. Orchestra members have given harmonious performance during Christmas celebration which is held on 23.12.2021.

The Centre for Cultural Excellence staged a visual representation “Live by Faith”, for the College Annual Day on 30th April 2022. A thirty minutes programme with dramatization, dances and orchestra was presented. Powerful women characters from religion and epic were dramatically portrayed. Four dances – Classical, Hebrew, Gujarati and Bravery, were beautifully rendered. Two songs were sung by the orchestra team. The entire event was under the guidance of Ms. Jeya Mary, Director, Centre for Excellence and coordinated by Tamil and English Drama committees Dr. S. Sudha Rani, Dr. Arul Josephine, Dr. Josephine Alangara Betsy, Orchestra, Ms Diana- Dance and the respective team members. A total of 70 students participated. The meaningful and spectacular extravaganza was well received by the audience.



Spectacular Extravaganza

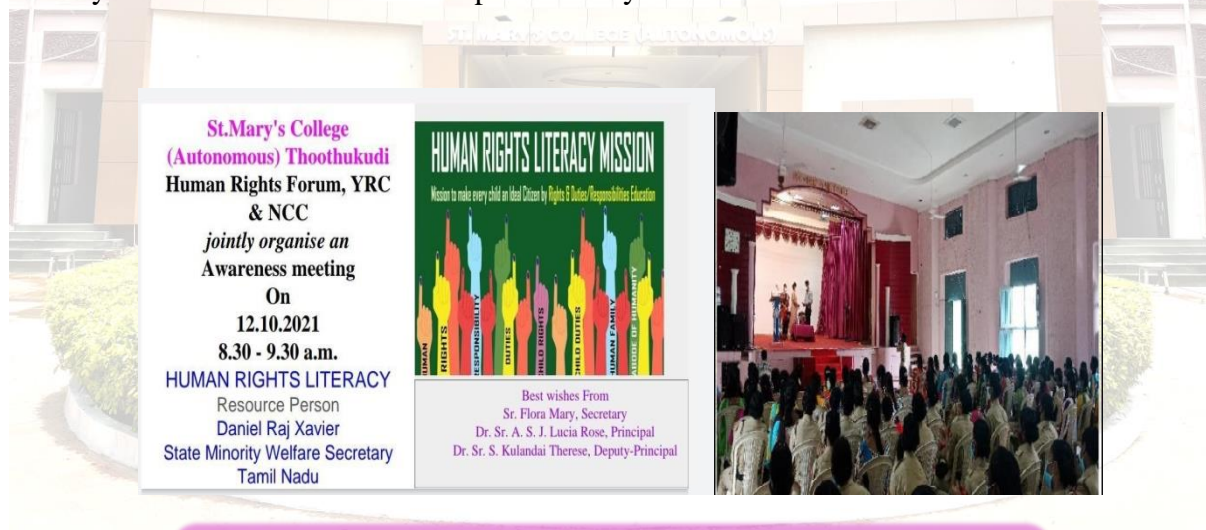
CENTRE FOR SERVICE EXCELLENCE

Youth Red Cross

The Psychology department, along with the YRC, organized an awareness program
Criterion V SSR Cycle V

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.

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. Mr. 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.



Human Literacy

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.

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

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

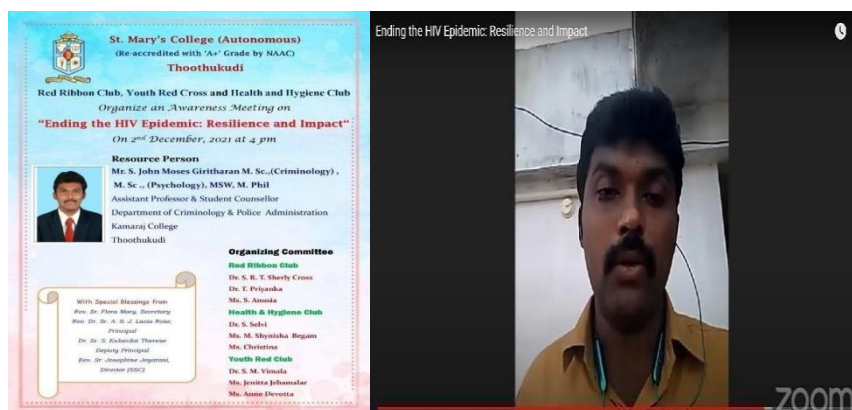
the first aid and the acts passed by the Government of Tamil Nadu. Mask and sanitizers was provided to the participants of the village. With the guidance and support of Mr. S.P. Madasamy, Village President and Child Rights Activist, Keezha Alagapuri, the programme was organized in a well manner. II UG Students of History, Student volunteers of Youth Red Cross and Rotaract Club participated in the programme. Nearly 50 participants were the beneficiaries.



First Aid – Be the First

Red Ribbon Club

Red Ribbon Club, Youth Red Cross and Health and Hygiene Club of St. Mary's College (Autonomous), Thoothukudi in collaboration organized an online awareness meeting on the topic "Ending the HIV Epidemic: Resilience and Impact" on 2nd December, 2021 at 4 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. Dr. S. Selvi, Assistant Professor, Department of Zoology, St. Mary's College (Autonomous), Thoothukudi welcomed the audience and introduced the resource person.



Ending the HIV Epidemic: Resilience and Impact

Mr. S. John Moses Giritharan, the resource person enlightened the audience on the importance of spreading awareness. He elaborately explained the history, prevention and treatment methods for HIV. More than four hundred students participated via zoom and youtube platform. Ms. S. Anusia, Assistant Professor of English (SSC) delivered the vote of thanks. The awareness meeting ended opportunely with the college anthem.

A State Level Online Quiz was held on 29th December, 2021 for the students of Red Ribbon Club. It was conducted by Tamil Nadu State AIDS Control Society. The quiz was about Adolescent Health, Mental Health, Covid 19 and Public Health Threat. The event witnessed enthusiastic preparation and participation of the students of Red Ribbon Club. The students received the certificates after the completion of the certificate. Red Ribbon Club of St. Mary's College (Autonomous), Thoothukudi organised an Awareness Meeting on the topic, "AIDS Awareness for Youth" on 5th April, 2022 at Fatima Hall. Dr. S. Sivasailam, Senior Consultant Psychiatrist, Rengaswamy Nursing Home, Thoothukudi was the resource person.



AIDS Awareness for Youth

On 22nd April 2022 RRC Co-ordinator Dr. S. R. T. Sherly Cross attended RRC Programme officers and peer educators training at MS University campus Tirunelveli. The fund meant for the RRC for the year 2021-2022 Rs 3,100 was distributed during the meeting. Peer Educators Training Programme for Thoothukudi District RRC Volunteers was organised by RRC Cell, Manonmaniam Sundarnar University, Thirunelveli at Kamaraj College, Thoothukudi at 28th April, 2022. Mr. Devraj, Organizer of the event spoke on the topic "Awareness on HIV" and conducted many mind games with life lessons. S. K. Akshayaa Dharani of I B. A English Literature (SSC) and V. Shalom Dafni Vinitha of I B.Com Corporate (SSC) participated in the event.

Rotaract Club

The members of the Rotaract Club Ms. M.Mangalaeswari, Assistant Professor of English and Dr. J. Jane D Almeida, Assistant Professor of History, selected the following students S. Haseena Beevi, III B.A English as President, B. Soniya, II B.A History, as Secretary and K. AliceAncy, I B.A English as Vice President.

The first Rotaract club meeting for the academic year 2021-2022 was convened on 29th October 2021, in collaboration with the Students Council Union. Ms. M. Chandan, Criterion V

SSR Cycle V

Language and Soft-skill Trainer and Founder of Gurukula Language School, addressed the students on “Essential Etiquette for Personality Development”.



Essential Etiquette for Personality Development

The second Rotaract club meet was convened on 29th October 2021. A Leadership Training Programme was organized in association with the Rotary Club of Spic Nagar and Greenstar. Mr. Ephrem Xavier, International Trainer, Alchemist Training, Chennai, addressed the students on “Be Resilient”. He motivated the students to take part in the discussion. Nearly 180 students actively took part in the Training session.



Be Resilient

The fourth Rotaract Club meet was organized on 31st March 2022. Department of History, members of Rotaract Club and Youth Red Cross jointly organized an awareness programme on “First Aid-Be the First” at Keezha Alagapuri of Mappilaiurani Panchayat. Student Volunteers gave awareness on first aid, acts passed by the government of Tamil Nadu and “Narkarunai Veeran” award for the people who rescue victims from the accident. Mask and sanitizer were provided to the participants of the village. The programme was organized under the guidance and support of Mr. S. P. Madasamy, Village President and Child Right Activist, Keezha Alagapuri.

Road Safety Patrol

An awareness programme on “Rules to be followed during Bus Travel” was organized by the Road Safety Patrol, St.Mary’s College (Autonomous), Thoothukudi on 28.3.2022 at 8.30 a.m. in the College Auditorium. Mr. S. Vinayagam, Regional Transport Officer, Thoothukudi and Mr. R. Mayilerumperumal, Inspector of Police, Traffic Regulation Wing, Thoothukudi were the resource persons. Mr. S.Vinayagam addressed the students about the importance of wearing helmets also explained about the road safety rules. He advised the students to avoid attending the call while two-wheeler travelling. Mr. R. Mayilerumperumal insisted the rules and regulations during bus travel and asked the students to avoid the footboard travelling.

A guest lecture on “Road Safety Rules and Regulations” was organised by the Road Safety Patrol, on 18.12.2021 at 12.30 p.m. in the College Auditorium under the guidance of the members of the club. Mr. N. Venkatesh, Proprietor and Mr. S. Vignesh, Instructor, Balasivaranjani Driving School, Thoothukudi were the resource persons. The session started with a prayer song followed by the welcome address by Ms. M. Lesharlin. Mr. N. Venkatesh addressed the students on the importance of road safety rules and insisted on the measures to be taken to avoid accidents. He also explained about the road safety laws. Mr. S. Vignesh

insisted on the tips to be followed for safe driving. Ms. Uttika of I B.Sc., Psychology delivered the vote of thanks



Road Safety Rules and Regulations

SCRIBES Forum

The Scribes forum arranged for scribes for students of Caldwell Higher Secondary School 09th February to 15th Feb 2022. 7 visually challenged students benefitted. The Scribes forum arranged for scribes for students of Caldwell Higher Secondary School on 28th March to 04 April 2022. 8 visually challenged students benefitted. The Scribes forum arranged for scribes for students of St. Mary's College from 20 to 27th November 2021 and 13 December 2021 to 04 Jan 2022. The Scribes forum arranged for scribes for students of St. Mary's College, from 14 to March 2022. 1 visually challenged student benefitted.

The Second Revision Exam for SSLC students commenced from 28.03.2022 and ended on 04.04.2022 from 10.00 am to 01.00 pm. The following students from Scribes Forum, St. Mary's College (Autonomous) rendered their help as a scribe and wrote the exams for seven SSLC students alternatively. II B.Com General A SSC - A. Janosha, T. Srigayathri, P. Vinusha, A.R. Aanika V.M. Muthumari, II B.Com Corporate SSC, K. Ruthira and I. Sterisha. The CIA I internal exam for the academic year (2021-2022) commenced from 14.03.2022 till 22.03.2022. Ms. A.Maria Deenu Steniza, Ms. P. Virgin Pratheeppha, M. Phil.

Research Scholars, Department of English (SSC) and Ms. D. Srikeerthanalakshmi, I M.A English Literature rendered their help as scribes and wrote the internal exam for S. Mookkammal, II B.A English Literature alternatively. The First Revision Exam for SSLC students commenced from 09.02.2022 and ended on 15.02.2022 from 10.00 am to 01.00 pm. The following students from Scribes Forum, St. Mary's College (Autonomous) rendered their help as a scribe and wrote the exams for seven SSLC students alternatively. The End Semester Model Exam for the academic year 2021-2022 commenced from 13.12.2021 for both II UG and III UG till 04.01.2022. Ms. A.Maria Deenu Steniza and Ms. P.Virgin Pratheepa, M.Phil. Research Scholars, Department of English (SSC) rendered their help as the scribes for Ms. K.Subiksha, III B.A English Literature (SSC) and Ms. S.Mookkammal, II B.A English Literature alternatively.



Empathy in Action

The CIA III internal exam for the academic year (2021-2022) commenced from 20.11.2021 and ended on 27.11.2021. Ms. C. Jesintha Joselin, I M.A English Literature rendered her help as a scribe for Forenoon and Afternoon session and wrote the internal exams for Ms. S. Mookkammal, II B.A English Literature. The scribe dutifully followed the guidelines given by the teachers meticulously.

CENTRE FOR ECO-FEMININE EXCELLENCE

As a part of world nutrition week commemoration an awareness program was conducted by the Health and Hygiene Club of Eco Feminine Excellence and Centre for Women Excellence of St. Mary's College (Autonomous), Thoothukudi in collaboration with Inner Wheel Club of Tuticorin – Spic Nagar on 28.09.2021 through Zoom platform. Dr. Archana Ambujan MS(OG), RM (Germany), Executive director of Sundaram Arulrhaj Hospital, Tuticorin delivered the lecture on "Nutrition and Health for Adolescent Girls". Dr. Archana Ambujan clearly explained the health issues like overweight, skin colour, facial deformities, undergrowth of hair in girls and abnormal growth of genitals. She also explained the importance of exercise. Around 150 students and faculty members were participated in the program.

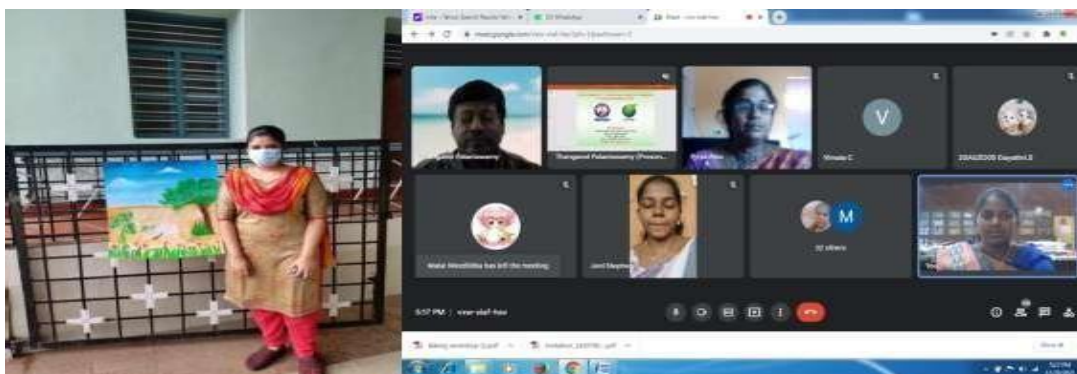
The second programme of Eco Feminine Excellence was organised by Health and Hygiene Club. In the view of COVID – 19, an Awareness Campaign was organized by health and Hygiene Club in association with IIC, NCC Unit and NSS of St. Mary's College (Autonomous), Thoothukudi on 04.10.2021 in front of the College. Dr. Sr. A.S.J. Lucia Rose, Principal, St. Mary's College (Autonomous), Thoothukudi inaugurated the campaign. The students from the above clubs distribute the mask to the people who did not wear mask. Around 900 people were benefited.

In order to make awareness to the student community Eco feminine excellence forum observed the ozone day and car free day on September 16th and 22nd respectively. Slogans, quotes, data's and facts related to the causes and impact of ozone layer depletion were displayed in the placards in and around the college campus. Students and staff members of the college are requested to use the common transport to decrease the air pollution.

Red Ribbon Club, Youth Red Cross and Health and Hygiene Club of St. Mary's College (Autonomous), Thoothukudi in collaboration organized an online awareness meeting

on the topic “Ending the HIV Epidemic: Resilience and Impact” on 2nd December, 2021 at 4 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. The meeting started with an invocation. Dr. S. Selvi, Assistant Professor, Department of Zoology, St. Mary’s College (Autonomous), Thoothukudi welcomed the audience and introduced the resource person. Mr. S. John Moses Giritharan, the resource person enlightened the audience on the importance of spreading awareness. He described the objectives of the club. He elaborately explained the history, prevention and treatment methods for HIV. He illustrated the benefits of eating healthy food. The students of various clubs of I UG and II UG of St. Mary’s College (Autonomous), Thoothukudi participated in the awareness meeting. More than four hundred students participated via zoom and youtube platform. Ms. S. Anusia, Assistant Professor of English (SSC) delivered the vote of thanks. The awareness meeting ended opportunely with the college anthem.

To commemorate the Soil Day which is celebrated on December 5th, Soil awareness was created among the staff and students of the college by displaying banners and plug cards in the college campus. A webinar on soil awareness programme was arranged. Dr. P. Thangavel, Assistant Professor, Department of Environmental Sciences, Periyar University, Salem was the resource person. He gave a lecture on “Soil Management Techniques”. He gave a vivid idea of soil contamination with heavy metals and remediation methodologies. Students of the Centre for ECO-Feminine Excellence were the beneficiaries. 40 students participated in the programme.



Soil Management Techniques

In the view of COVID – 19, a Vaccination Camp was organized by health and Hygiene Club and NSS units of our college on **22.12.2021** in the College premises. Dr. Sr. A. S. J. Lucia Rose, Principal, St. Mary's College (Autonomous), Thoothukudi inaugurated the camp. The students and faculties from various departments attended. More than 50 students and faculty were the beneficiaries of this camp.



COVID – 19 Vaccination Camp

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