



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**

Cultural Competitions / Events

2018 - 19

Talentia

'Talentia' was organized on 18th July 2018 for the I UG students as a platform to exhibit their talents. The main intention behind the talent show was to promote bonding the new comers with their seniors and with the faculty. Moreover, since it did not have the flavour of a competition in itself the performers focussed more on giving their best for the sake of it, rather than for any accolades.

Face Painting Contest

In order to reinforce the importance of mental health, an awareness programme was organized by the Department of Psychology on 6.10.18. A face painting contest was conducted for the students in which they actively participated. The students exhibited their skills by painting various emotions on the face. A display of these face paintings was also arranged in the Open-Air Auditorium for the students belonging to other disciplines. The visitors were given awareness about the significance of mental health during the display. The programme

was highly fruitful to the students, as it focused on one of the most important topics that need to be addressed to teenagers



Face Painting Contest – 06.10.2018

Journey of Empowered Marians (JEM) programme

The Journey of Empowered Marians (JEM) programme was conducted from 28th November 2018 to 1st December 2018 for the III-year UG students. Various skill development activities like Cookery, Photoshop, Short film making, Soft Skills, Life Skills and Aerobic Dance etc., were organized. Well qualified instructors in the respective field gave training to the students. Mr. Stephen and troupe trained the students to perform Kondathattam, Kazhiyal and Silambattam. Dr.S.Vaseekaran& his team members trained our students on First aid treatments. They gave examples, explanations and demonstrations on various treatments. Mrs. V. Malathi, Yoga Instructor in the Art of living Association, Thoothukudi taught the students asanas for better kidney, heart and lung functioning. Ms. Muthu Selvi, Yoga Trainer, St. Mary's

College (Autonomous) made the students do certain yoga asanas for better eyesight, to cure wheezing, asthma, cold. The students were also instructed to do asanas for better body flexibility and movement. Sr. Filo, Acupuncture and Pressure Trainer, Asuntha School, Thoothukudi, explained the history and background of the treatment with reference to Bodhidharma. Mr. Sahaya Rajan a documentary photography and screenplay consultant and Mr. Saravanan, Assistant Director, Tamil Cinema Industry displayed few motivational snippets and conveyed their ideas and messages through it. Mr. A.S.J. Aloysius Devadass, Art Director & Graphic Designer, Media Education Trust, Chennai, gave hands on training to students on “Photoshop”. Dr. Sr. Rubha, Head & Associate Professor of Food Science & Nutrition and Ms. Mari Thangam, Assistant Professor of Food Science & Nutrition, Holy Cross Home Science College, Thoothukudi, gave training on “Baking Preparation”.



Dancing to the Tune



Array of Vibrant Accessories Making

Pongal Celebrations

Pongal day was celebrated on 13th January 2019 in the college premises. The chief guests were Mr. Rajendra Boopathy, Head of Korampallam River Farmers Union and Mrs. Rajathi, Founder of Morning Star Social and Educational Society. Traditional Games like Uri adithal, Hop Race, Rangoli, Hide and Seek, Kaai Maraithal were conducted for the students, teaching and non-teaching staff. The students performed traditional dances like Karagam, Oyilatam, Parai, Silambatam, and Gummi.



Tug of War Competition

Marian Art Fest

On 28th February 2019 and 1st March 2019, the grand “Marian Art Fest-2019” was celebrated. Every year, this event is looked forward to and celebrated with great pomp. Every department strives to showcase their best talents. Dr. Chandra Pushpam, Senior Announcer, All India Radio, Tirunelveli inaugurated the fest on 28 Feb 2019. 15 solo events, 2 duet events and 7 group events were conducted and 41 judges were invited. Ms. Sivakami, Principal, Government Music School, Thoothukudi was the chief guest for the valedictory function. The

Department of English bagged the Over All Shield for group events and the Department of Commerce for single events in the Marian Art fest 2019.



Dazzling Artists of Choral Singing

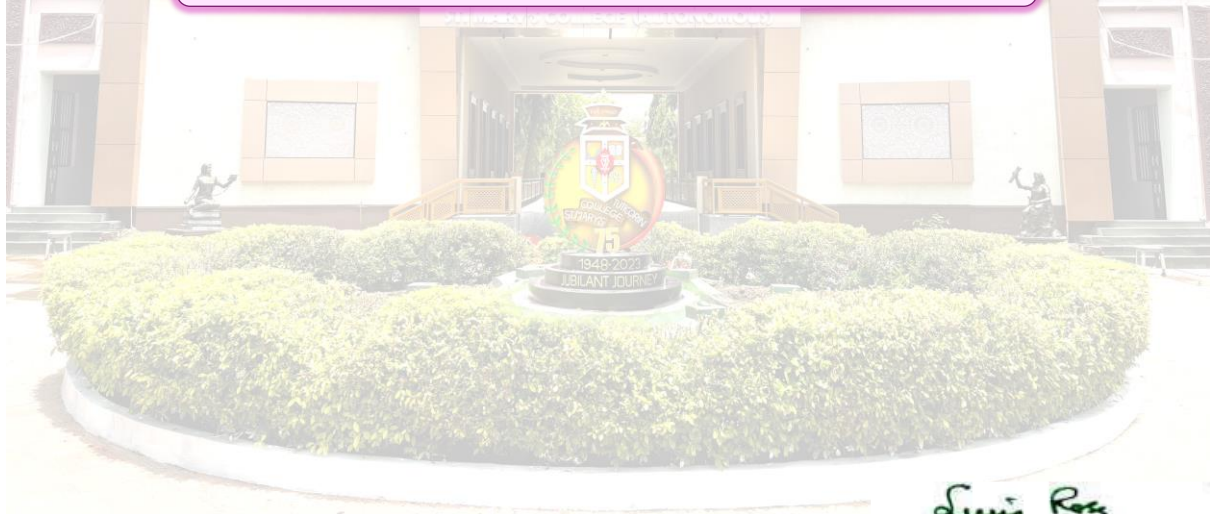
Annual Day

The 71st Annual Day was celebrated on 15th March 2019. Dr. C. Pandiammal, Regional Joint Directorate of Collegiate Education, Tirunelveli was the Chief Guest. She pointed out the importance of women's education in the development of the society. Dr. C. Vasuki, Principal, Wavoo Wajeeha College, Kayalpatnam, Tiruchendur was the Guest of Honour. She spoke about how education plays a prominent role in shaping the career. The principal, Dr. Sr. A.S. J. Lucia Rose presented the annual report and highlighted the key achievements of the year. The retiring teaching and non-teaching staff members were felicitated. The meritorious and

academic toppers were awarded and appreciated. The Marian Artists rocked the stage with colourful performance.



Graceful Movements



Lina Rose
Principal
St. Mary's College (Autonomous)
Theothukudi-628 001.