



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



CRITERION 7 - INSTITUTIONAL VALUES AND BEST PRACTICES
7.1 Institutional Values and Social Responsibilities.
Year: 2018-2023



7.1 Institutional Values and Social Responsibilities

7.1.8 Institutional efforts/initiatives in providing an inclusive environment

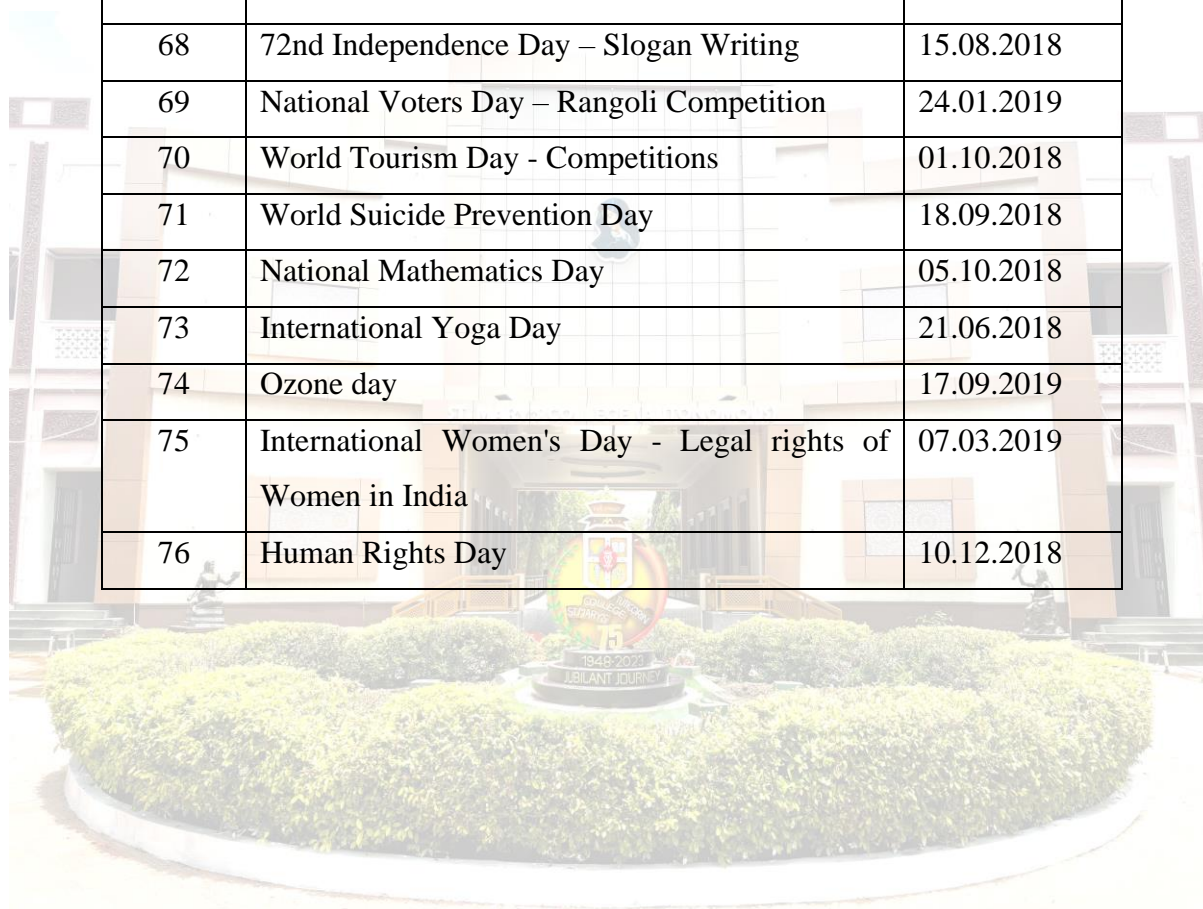
➤ **Institutional efforts/initiatives**

S. No	Name of the Programme	Date
1	International Youth Day	12.08.2022
2	75 th Anniversary of UDHR -Human Rights – An Insignia of Dignity, Freedom and Justice for all	10.12.2022
3	Blood Donation – Beyond to Basic	13.10.2022
4	Legal Rights of Women	06.10.2022
5	International Women's Day	08.30.2023
6	World Peace Day - Challenges in Modern Society	13.11.2022
7	National Science Day - Thinamum Oru Plant	28.02.2023
8	Suicide Prevention Day	09.09.2022
9	World Mental Health Day	10.10.2022
10	Make a Friend Day	11.02.2023
11	Independence Day – Indian Economy after Independence	15.08.2022
12	World Food Day – Leave No One Behind	17.10.2022
13	Eating Disorder Awareness Week	20.02.2023 to 26.02.2023
14	International Year of Millets – Importance of Millets in Today's Global Scenario	22.02.2023
15	Yoga for Women Well-Being	25.05.2022

16	Kalaignar M. Karunanithi's birthday – Campus Cleaning	03.06.2022
17	International yoga day –Yoga for Holistic Life	21.06.2022
18	International Coastal Cleanup Day – Beach Cleaning	17.09.2022
19	Youth Awakening Day – Essay Writing Competition	15.10.2022
20	Youth Awakening Day – Mass Cleaning Campaign	17.10.2022
21	Prevention of Drug Abuse	05.01.2023
22	National Unity Day – Pledge	31.10.2022
23	World Women Day – Essay Writing, Poem Writing & Slogan Writing	23.03.2022
24	World Soil Day – Soil Awareness	05.12.2022
25	World Mental Day – Cultural activities in Keezha Alagapuri	10.10.2021
26	World Language Day – Kavithai Punaivom, KATHai Sethukkum Kalai Arivom	18.02.2022
27	World Food Day	16.10.2021
28	World Entrepreneurship Day – A Day with the Start -up Founder & Best Entrepreneur Awardee	23.08.2021
29	National Consumer Day – Role of Consumer Court in India	24.12.2021
30	National Birds Day – Awareness on Birds Ecosystem	05.01.2022
31	International Yoga Day – Be with Yoga, Be at Home	21.06.2021
32	Indian Constitution Day	02.12.2021
33	Human Rights Day – Gender Parity	04.12.2021
34	International Day for the Elimination of Violence Against Women – End Violence against Women	25.11.2021
35	Suicide Prevention Day – Spreading Hope through Education	14.09.2021

36	World Gratitude Day – Students visit to Government Hospital	24.09.2021
37	Teachers Day – International Living as A Teacher	05.09.2020
38	National Voters Day - Oath	25.01.2021
39	Independence Day	26.01.2021
40	Awareness on Food Adulteration and Testing	02.03.2021
41	Leadership Programme – Lead to Hope	05.03.2021
42	AICUF Awareness Programme	11.03.2021
43	Indian Freedom Struggle – India: Her Struggle for Independence	13.03.2021
44	National Science Day – Quiz for School Children	20.02.2020
45	73 rd Independence Day	15.08.2020
46	World Food Day – Food Wastage	09.01.2020
47	Worlds Aids Day – Aids Prevention	09.01.2020
48	National Library Day – Vasiyungal Vasipathai Nesiungal	19.08.2019
49	Ulaga Thaimozhi Thinamon	20.02.2020
50	137 th Birth Anniversary of Bhararthiyar – Poetry Writing Competitions	09.12.2019
51	150 th Birth Anniversary of Mahatma Gandhi	30.09.2019
52	World Tourism Day – Inter Collegiate Histo Fest	26.09.2019
53	150 th Year of Gandhi Jeyanthi – Competitions	30.09.2019
54	National Voters Day – Awareness Rally	25.01.2020
55	Republic Day – Grama Sabha	26.01.2020
56	International Youth Day – Celebration	22.01.2020
57	Suicide Prevention Day - Awareness program on Suicide Prevention	12.09.2019
58	World Mental Health Day - Psychological Resilience	25.10.2019
59	World Tourism Day - EuropeanTour	26.09.2019
60	Human Rights Day collaboration with Siragugal Viriya- Shout for Freedom and Child Line	10.12.2019
61	Women’s Day - Celebration	09.03.2020
62	Cancer Day - Awareness about Cancer	04.03.2020

63	International Yoga Day - Celebration	26.06.2019
64	World Population Day - Awareness about the exploding global population	11.07.2019
65	Youth Awakening Day - Abdul Kalam's birthday	15.10.2019
66	World Aids Day – Awareness about Swachata Pakhwada	09.07.2020
67	World Cancer Day – Campaign awareness	04.02.2020
68	72nd Independence Day – Slogan Writing	15.08.2018
69	National Voters Day – Rangoli Competition	24.01.2019
70	World Tourism Day - Competitions	01.10.2018
71	World Suicide Prevention Day	18.09.2018
72	National Mathematics Day	05.10.2018
73	International Yoga Day	21.06.2018
74	Ozone day	17.09.2019
75	International Women's Day - Legal rights of Women in India	07.03.2019
76	Human Rights Day	10.12.2018



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

7.1.8 Institutional efforts/initiatives in providing an inclusive environment

St. Mary's College (Autonomous) Thoothukudi International Youth Day

➤ Invitation



➤ Photos



➤ **Report**


On the occasion of celebrating International Youth Day 2022, TANSACS organized an Online Quiz Competition for all RRC students across the state in various colleges. The students of Red Ribbon Club from St. Mary's College (Autonomous) were motivated to participate in the competition. Students were requested to ensure their participation through an online registration from 05.08.2022 to 11.08.2022, prior to the competition. On the day 12.08.2022, students attended the quiz through the online website tnsacs.in. Students participated in the competition enthusiastically. Nearly 50 students participated in the competition.

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St. Mary's College (Autonomous) Thoothukudi Universal Declaration of Human Rights Day

➤ Invitation



St. Mary's College (Autonomous) Thoothukudi
(Re-accredited with A+ Grade by NAAC)
Human Rights Forum
In Commemoration of 75th Anniversary of UDHR
Organises a Special Lecture
On
Human Rights – An Insignia of Dignity, Freedom and Justice for All
Cheif Guest
Adv.S. Ruban Kishore
Chairperson, Child welfare committee
Thoothukudi

Date 10.12.2022

With Best Wishes From
Dr. Sr. C. Shibna Secretary
Dr. Sr. A. S. J. Lucia Rose, Principal
Dr. Sr. S. Kulandai Therese, Deputy Principal
Sr. Josephine Jeyarani, Director (SSC)

Organising Committee
Ms. S. M. Rojapoo
Dr. P. Subavathy

➤ Photos



➤ Report

In Commemoration of 75th Anniversary of Universal Declaration of Human Rights, the forum organized a seminar on the topic “Human Rights – An Insignia of Dignity, Freedom and Justice for All” on 10th December 2022 at 12 p.m. to 1 p.m. through online mode. Mr. S. Ruban Kishore, Advocate and Chairperson, Child welfare committee, Thoothukudi was the resource person.

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St. Mary's College (Autonomous) Thoothukudi National Voluntary Blood Donation Day

➤ Invitation



➤ Photos



➤ **Report**

The National Voluntary Blood Donation Day was celebrated in India on 1st October to share the importance of blood donation. To recognize and to commemorate this event, Red Ribbon Club, St. Mary's College (Autonomous), Thoothukudi organized an awareness programme on the topic, "Blood Donation: Beyond to Basic" on 13th October 2022 at 2.30 p.m. in the college auditorium. Ms. Caroline, M.sc, Head and Assistant Professor, Food Science and Nutrition, Holy Cross Home Science College, Thoothukudi, was the resource person. The meeting started with the invocation of almighty. The resource person enlightened the audience on the need of blood donation and all its procedures. She explained how blood transfusion was preserved and the ways it is used. She shared the facts in detail about the benefits of the donor and the requirements of a healthy donor, starting from the apt age for donor to give blood. She gave some precautionary measures for the donor before blood transfusion and the steps one need to follow after blood donation. She also stressed upon the need to have healthy food and diet. Students gave positive feedback and the queries were answered. The Red Ribbon club students and all the II UG students from various clubs and forum participated and nearly 280 students were benefited from the awareness programme. The awareness meeting ended with the college anthem.

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St. Mary's College (Autonomous) Thoothukudi

International Women's Day

Centre for Women Excellence

Women's Cell

The Women's Cell organized a guest lecture on 06.10.2022 at 2.30 p.m. in our college auditorium. The resource person of the day was Mr. J. Joseph Zinoson, Advocate from Thoothukudi. The topic for the day was "Legal Rights of Women". The resource person delivered a talk on the three main constitutional rights for women. 200 students from various disciplines were the beneficiaries. The programme came to an end with the College Anthem.



The Center for Women's Excellence celebrated the International Women's Day on 8th March 2023. Rev Sr. Josephine, Regional Secretary TNBC Health Commission, presided over the function. Rev. Fr. Amalan TMSS Director motivated the students to know about the power of the word as it was more powerful than the sword to change the world and care without expectations. Cultural Extravaganza such as Tableau, Classical Dance, Non – Classical Dances and Song which revealed the evolution of women through the ages, justice for women, Women empowerment and gender parity, were the theme behind the cultural.

On 08.03.2023, on behalf of the Centre for Women Excellence students of our college participated the International Women's Day Competition organised by the Department of Criminology and Criminal Justice, Manonmaniam Sundaranar University, Tirunelveli, out of 10 participants 5 students have won the prizes for various competitions. The prize winners are Ms. A. Muthumadhumitha (II B.A History) won the third prize in Tamil elocution competition and Ms. F. Vesta Serapha (III B.A English Literature) won the third in the English elocution

IQAC, St. Mary's College (Autonomous), Thoothukudi

completion. In Slogan writing competition Ms. A. Selvi Abarna (I B. Sc Botany) won the first prize and B. Manjula (II B. Sc Chemistry) won the third prize. In the Poster Making competition T. Princy Sophia (III B. Com SSC 'B') won the first prize respectively.



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St. Mary's College (Autonomous) Thoothukudi

World Peace Day

➤ Invitation



➤ Photos



➤ **Report**

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

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➤ Invitation



ST. MARY'S COLLEGE (AUTONOMOUS)
(Re-accredited with 'A+' Grade by NAAC)
Thoothukudi, Tamil Nadu

Department of Botany
Organizes
COMPETITION ON
PLANT'S SCIENTIFIC EPITHETS
28th February 2023



Department of
BioTechnology,
Government
of India

UNDER STAR COLLEGE SCHEME

2022-2023

Sponsored by

Department of Biotechnology
Ministry of Science & Technology, Govt. of India, New Delhi.

Venue: Botany Lab
Time: 10.00 – 1.00 PM

With best wishes from

Rev. Sr. Dr. C. Shibana
Secretary
Rev. Sr. Dr. Lucia Rose
Principal
Rev. Sr. Dr. Kulandai Therese
Deputy Principal
Rev. Sr. Josephine Jeyarani
Director, SSC

Over all Co Ordinator

Rev. Dr. Sr. Arockia Jenecius Alphonse

Convenor

Dr. M. Glory

Head & Associate Professor of Botany

Co-ordinators

Dr. A. Jacintha Tamil Malar,
Dr. F. Dayana Lobo

Organizers

Dr. G. Flora, Dr. S. Beualh Jerlin,
Dr. E. Daffodil D Almeida, Dr. Maria Sumathi,
Ms. S. Pauline Jenifer, Dr. R. Mary Santhi,
Dr. P. Hermalin

➤ Photos

AY 2022-2023



➤ Report

In commemoration of National Science Day on 28th February 2023 competition on Plant's Scientific Epithet was organized by Dr. Jacintha Tamil Malar, Assistant Professor of Botany and Dr. Dayana Lobo, Assistant Professor of Botany for UG and PG Botany students. Twenty five plants were selected from the list of 110 plants which have kept for learning binomial everyday as "Thinamum Oru Plant". A total of 103 students participated, Lavanya. G, II M.Sc. Botany and Satheeswari. P, III B.Sc. Botany won the prizes.

m. Glory
Head of the Department
HOD of Botany
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Lucia Rose
Principal
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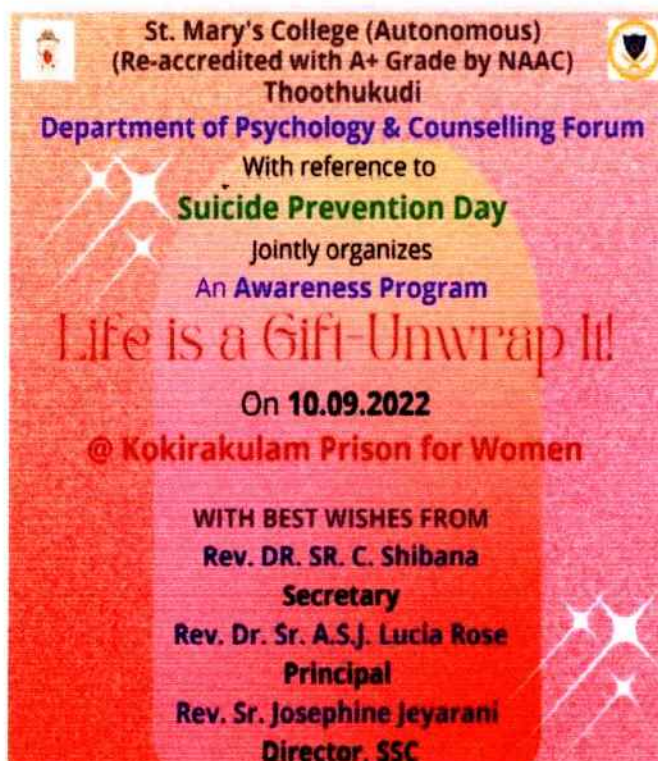
DEPARTMENT OF PSYCHOLOGY

SUICIDE PREVENTION DAY

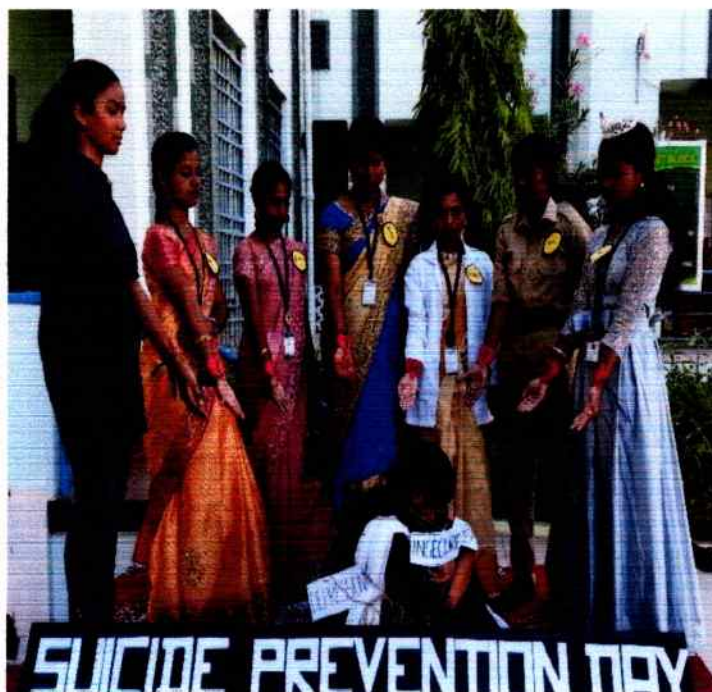
Reach out for help (9.9.2022)

Celebrating life (10.9.2022)

Invitation:



Photos:



Report:

The department, to create an awareness among the college students regarding the prevention of Suicide and to create an awareness regarding the availability of various resources to whom we can reach out during times of crisis, organized an Awareness Still at both the entrances of the college on 9.9.2022, between 8.00 am to 8.40 am. The still was self-explanatory, depicting the presence of family, friends, psychologists, psychiatrists, law and spirituality to whom we should be willing to reach out and seek help to maintain our mental health.

The department, with reference to Suicide Prevention Day, along with the Counselling Forum of the college, organized a Field Trip to Kokirakulam Prison for Women, Tirunelveli on 10.9.2022. The trip was initiated to insist the value of life and need for leading a model life amongst the inmates of the prison. The students performed cultural activities that uplifted the mood and wellbeing of the inmates. Biscuits and towels were distributed as a token of love for the inmates.


Head of the Department

Dr. S. JEYA BHARATHI
Co-Ordinator
Department of Psychology
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B. Serena Margaret
IQAC Coordinator

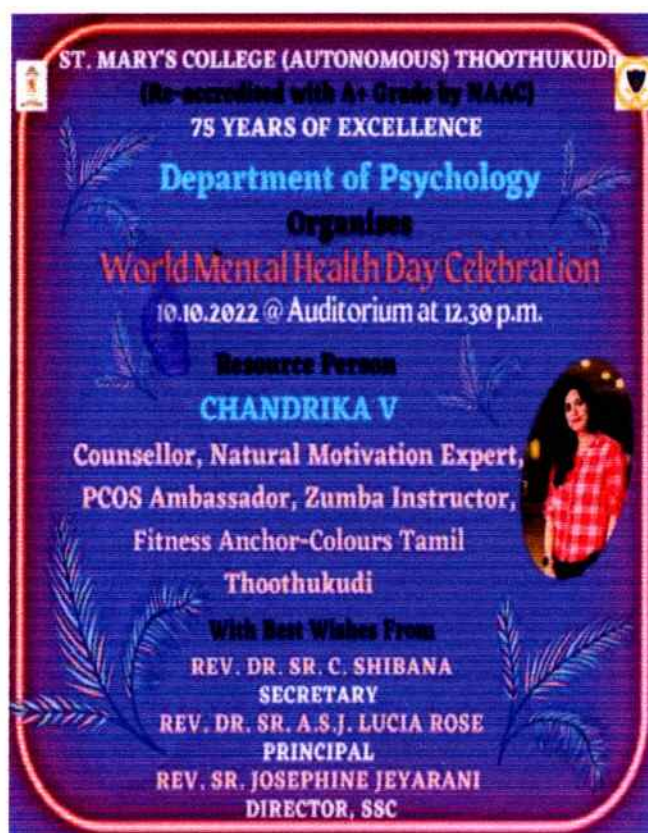
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Thoothukudi

Lucia Rose
Principal

St. Mary's College (Autonomous)
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DEPARTMENT OF PSYCHOLOGY
MENTAL HEALTH DAY CELEBRATIONS
(10.10.2022)

Invitation:



Photos:



Report:

The department, with reference to World Mental Health Day, organized a Mental Health Day Celebrations on 10.10.2022. All III UG students, both from the Regular and SSC Streams were the beneficiaries. Ms. Chandrika V, Counsellor, PCOS Ambassador, Zumba Instructor and Fitness Anchor, Colours Tamil was the resource person. The program included a short motivational session on the importance of mental health and a Zumba session which the participants enjoyed a lot. The students had fun dancing for their favourite cine songs to the steps of the resource person.


Head of the Department

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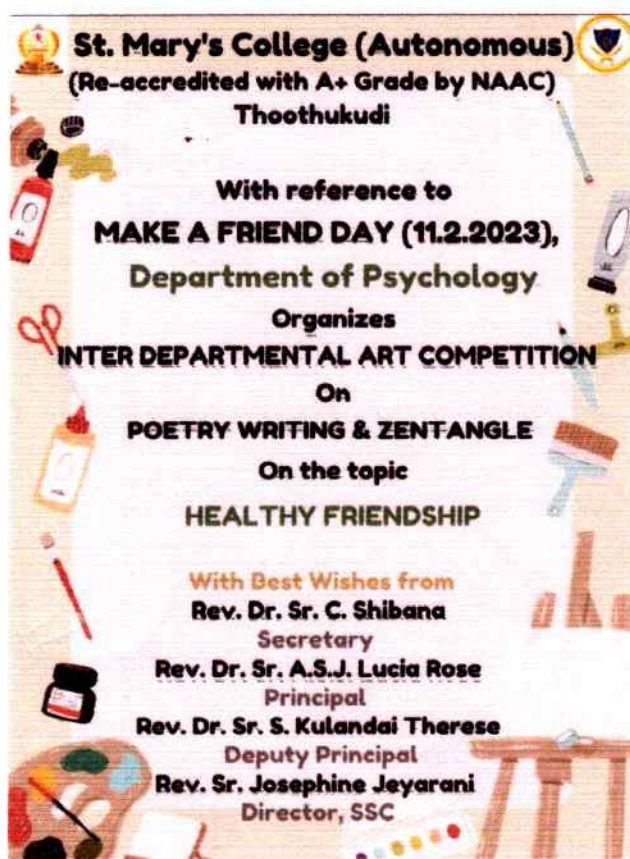
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DEPARTMENT OF PSYCHOLOGY

MAKE A FRIEND DAY (11.02.2023)

**Inter Departmental Art Competition on the topic
Healthy Friendship**

Invitation:



IQAC, St. Mary's College (Autonomous), Thoothukudi

Photos:



Report:

With reference to Make a friend day which was observed worldwide on 11.2.2023, the Department of Psychology organized an Inter Departmental Art Competition on the topic "Healthy Friendship". Poetry writing and Zentangle drawings were the entries that were encouraged. More than 90 entries were received from enthusiastic participants from all the departments. The event was organized to create an awareness on healthy friendship that is the need of the hour among the youth of today.



Head of the Department

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Department of Psychology
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IQAC Coordinator

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St. Mary's College (Autonomous)
Thoothukudi



Principal

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St. Mary's college (Autonomous) Thoothukudi
Department of Economics
Report of National Level E-Quiz (15.08.2022)

➤ **Invitation**




St. Mary's College (Autonomous)
Re-accredited with 'A+' Grade by NAAC
Thoothukudi -628001, Tamilnadu


Department of Economics
Organises
National Level E-Quiz
"Indian Economy after Independence"
On the celebration of 75 years of Independence
"Azadi Ka Amrit Mahotsav"

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

On 15th August 2022
(Time: 10.00 a.m – 10.00 p.m)
E-Quiz link: <https://forms.gle/GGbsxeEzxcqcdwxJD6>

Organising Committee
Convener:
Dr. D. Amutha Head & Associate Professor of Economics
Organising Secretary
Dr. Muthu Maha Laxmi Assistant Professor
Co-ordinators
Dr. D. Rath Assistant Professor
Ms. T. A. Alfreeda Assistant Professor

E-Certificates to all those who
secure 50 % and above

"Let's celebrate and cherish the memories
of Independent India together"

➤ **Certificate**




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


DEPARTMENT OF ECONOMICS
NATIONAL LEVEL E-QUIZ
On
INDIAN ECONOMY AFTER INDEPENDENCE
(Azadi Ka Amrit Mahotsav)
CERTIFICATE

This is to certify that **S.Manickam**
Deputy Director (Ret) Evaluation and Applied Research Department
has successfully completed the Online Quiz on "Indian Economy After
Independence" organised by the Department of Economics, St. Mary's College
(Autonomous) Thoothukudi with the passing score of 65% held on 15.08.2022





Dr. Muthu Maha Laxmi
Organising Secretary

Dr. D. Amutha
Head of the Department

Dr. A.S.J Lucia Rose
Principal



➤ **Report**

The Department of Economics, St. Mary's College (Autonomous) Thoothukudi conducted an E-Quiz on the topic "Indian Economy after Independence" **on the occasion of the celebration of 75 years of Independence "Azadi Ka Amrit Mahotsav"** on 15th August 2022. The e-quiz link was active from 10.00 a.m. till 10.00 p.m. Nearly 335 members attended the e-quiz. The participants comprised of the students and faculties from various institutions and organisations of different parts of Tamil Nadu and various states of India. There were also some international participants as well. E-Certificates were given to those participants who secured the score of 50% and above. The convener of the E-quiz was Dr. D. Amutha, Head and Associate Professor of Economics and it was organized by Dr. Muthu Maha Laxmi, Assistant Professor of Economics.

E-Quiz Link : <https://forms.gle/GGbsxeEzxqcdwxJD6>



Head of the Department

Dr. Mrs. D. AMUTHA, M.A., M.Phil., Ph.D.,
Associate Professor in Economics
St. Mary's College (Autonomous)
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B. Serena Margaret
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Thoothukudi

Lucia Rose
Principal

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IQAC, St. Mary's College (Autonomous), Thoothukudi

Department of Botany

➤ Invitation

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



Integrated Educational Partnership
Between
Marian and Xaverian



Caussanel Science Club Commemorates
World Food Day on 17th October 2022
Theme
Leave NO ONE behind

Organized by
PG and Research Department of Botany
St. Mary's College (Autonomous), Thoothukudi



Initiated by
Department of Biotechnology
Ministry of Science and Technology
New Delhi

Date: 17.10.2022
Time: 2.00 PM

Venue : St. Mary's College
Place : Thoothukudi

IQAC, St. Mary's College (Autonomous), Thoothukudi

Programme

Prayer song

Welcome address:

Dr. Jacintha Tamil Malar. A
Assistant Professor of Botany
St. Mary's College (Autonomous), Thoothukudi

Felicitation:

Rev. Bro. Arockiadoss
Principal
St. Francis Xavier Hr. Sec. School

Introduction on World Food Day

Dr. Glory. M
Head and Associate Professor of Botany
St. Mary's College (Autonomous), Thoothukudi

Competitions:

Quizzer - Ms. Pauline Jenifer
Elocution
Food habits and well being
உணவு பழக்கமுதல் நல்வாழ்வு

Culturals

Science song

Feedback

Vote of thanks

Best wishes from

Rev. Dr. Sr. C. Shibana
Secretary
St. Mary's College (Autonomous)
Thoothukudi

Rev. Dr. Sr. A.S.J. Lucia Rose
Principal
St. Mary's College (Autonomous)
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Rev. Fr. Dr Arockiasamy SJ
Superior

Rev. Fr. K A Augustine SJ
Correspondent
St. Francis Xavier Hr. Sec. School
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Rev. Bro. Arockiadoss SJ
Principal
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Organizing Committee

Dr. M. Glory
Head and Associate Professor of Botany
St. Mary's College (Autonomous)
Thoothukudi

Dr. Sr. A. Arockia Jenecius Alphonse
Overall Coordinator & Member Secretary
DBT STAR College Scheme
Assistant Professor of Botany
St. Mary's College (Autonomous)
Thoothukudi

Faculty Members Department of Botany
St. Mary's College (Autonomous)
Thoothukudi

Science Teachers
St. Francis Xavier Hr. Sec. School
Thoothukudi

All are Cordially Invited

➤ **Photos**



➤ **Report**

Integrated Educational Partnership between St. Mary's College (Autonomous), Thoothukudi and St. Francis Xavier Higher Secondary School, Thoothukudi commemorated World Food Day on 17th October 2022 under Caussanel Science Club organized by PG and Research Department of Botany, initiated by DBT Star Scheme, St. Mary's College (Autonomous).

M. Glory
Head of the Department
HOD of Botany
St. Mary's College (Autonomous)
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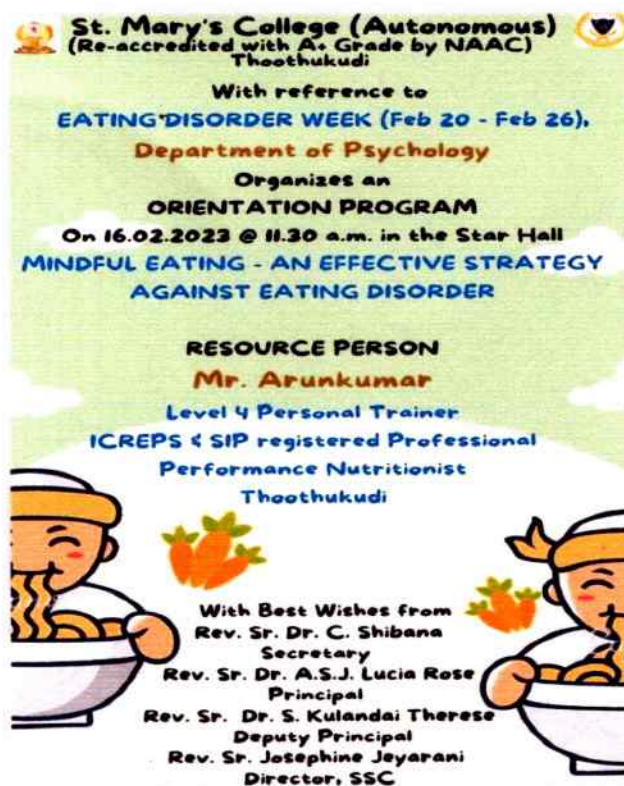
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DEPARTMENT OF PSYCHOLOGY
EATING DISORDER AWARENESS WEEK (20.2.2023-26.2.2023)
Orientation Program
Mindful eating - An effective strategy against Eating Disorders

Invitation:



Photos:



IQAC, St. Mary's College (Autonomous), Thoothukudi

Report:

With reference to Eating Disorders Awareness week that is observed worldwide during Feb 20 to Feb 26, the Department of Psychology organized an Orientation Program on the topic "Mindful eating: An effective strategy against eating disorders". Mr. Arunkumar, Level 4 Personal trainer, Registered Professional under ICREPS & SI and Performance Nutritionist, Thoothukudi was the resource person who addressed the gathering on the importance of healthy diet and a balanced diet. He also gave useful and easy techniques to maintain a healthy life style. It was an interactive and interesting session.



Head of the Department

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Department of Economics (Regular)

**INTERNATIONAL WEBINAR ON "IMPORTANCE OF MILLETS IN TODAY'S
GLOBAL SCENARIO" -IN COMMEMORATION OF THE INTERNATIONAL YEAR
OF MILLETS 2023 REPORT (22 . 02 . 2023)**

Invitation

St. Mary's College (Autonomous)
Re-accredited with 'A+' Grade by NAAC
Thoothukudi -628001, Tamilnadu

Department of Economics
in collaboration with
Internal Quality Assurance Cell
Organizes an
International Webinar on
"IMPORTANCE OF MILLETS IN TODAY'S GLOBAL SCENARIO"
In commemoration of the International Year of Millets 2023

Prof. Dr. M.Narayani
Dean- Postgraduate Studies,
Chreso University, Zambia, Africa

Date: 22nd February 2023
Time : 5.00 p.m. – 6.00 p.m

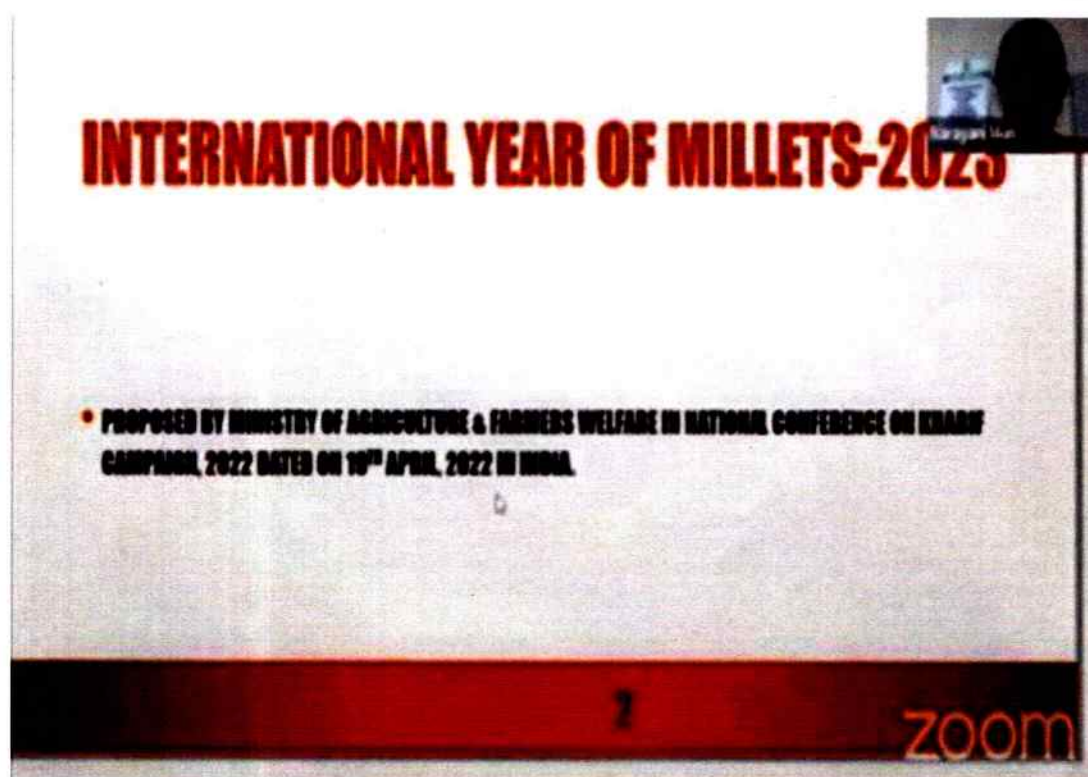
Best wishes from
Rev. Sr. Dr. C. Shiban *Secretary*
Rev. Sr. Dr. A.S.J. Lucia Ro *Principal*
Rev. Sr. Dr. Kulandai Theres *Deputy Principal*
Rev. Sr. Josephine Jeyarani, *Director(SSC)*

Convener
Dr. D. Amutha, Head & Associate Professor of Economics
Organising Secretary
Mrs. I.A. Alfreeda - Assistant Professor
Organising Committee
Dr. D. Rathi - Assistant Professor
Dr. Muthu Maha Laxmi - Assistant Professor

E-Certificates will be given to all participants

Screenshots

IQAC, St. Mary's College (Autonomous), Thoothukudi



Certificate



Report

Title : International Webinar on "IMPORTANCE OF MILLETS IN TODAY'S GLOBAL SCENARIO" *In commemoration of the International Year of Millets 2023*

Date: 22.02.2023

Speaker:

Topic: Importance of Millets in Today's Global Scenario

Prof. Dr. M.Narayani
Dean- Postgraduate Studies,
Chreso University, Zambia, Africa.

No. of. Beneficiaries: 130 participants which includes present and former students, present faculties of the department and participants from different parts of the country and Africa.

Department of Economics in collaboration with IQAC organized an **International Webinar on "IMPORTANCE OF MILLETS IN TODAY'S GLOBAL SCENARIO" In commemoration of the International Year of Millets 2023** on 22-02-2023 on Zoom. At 5 pm to 6 pm.

IQAC, St. Mary's College (Autonomous), Thoothukudi

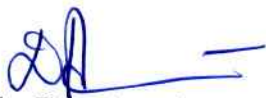
The invited resource person was **Prof. Dr. M.Narayani**. She is working as the Dean-Postgraduate Studies, Chreso University, Zambia, Africa.

.Almost 130 participants from different parts of the country and Africa attended the webinar. All the participants were issued the certificate of participation.

The feedback received from the participants was excellent and most of them suggested to have more sessions. The international webinar convener was Dr.D. Amutha Head and Associate Professor and Organizing secretary was Alfreeda T.A,Assistant Professor. Organizing team comprises of Dr.D.Rathi and Dr. Muthu Maha Laxmi.

YouTube Link

<https://www.youtube.com/live/oUnv0G6J7Fg?feature=share>



Head of the Department

Dr. Mrs. D. AMUTHA, M.A.,M.Phil.,Ph.D.,
Associate Professor in Economics
St. Mary's College (Autonomous)
Tuticorin- 628 001



IQAC Coordinator

IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi



Principal

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

St. Mary's College (Autonomous) Thoothukudi

Commemorative days and Events organised by National Service Scheme

NSS units along with Yoga team and NCC of St. Mary's College (Autonomous), Thoothukudi organised a seminar on “Yoga for Women Well-Being on May 25, 2022 for all the second year students. This event was conducted in view of celebrating International Yoga Day. Dr. N.Sethu, Assistant Professor, Department of Physical Education, Manonmaniam Sundaranar University, Tirunelveli is the Resource Person. The Resource person inculcates the importance of maintaining health. He explained how yoga helps during the pandemic situation. He interacted with the students and insisted on taking care of their breath and health daily.



To celebrate Kalaingar M. Karunanithi's birthday, a mass cleaning programme was arranged to clean our college campus on 03.06.2022. Thoothukudi municipality sanitary workers along with our college students cleaned our college. They separated bio decomposable and recyclable wastes. Sanitary officer explained the need for separating the waste and the harmful effects of plastics.



International yoga day was celebrated on 21st June 2022. Yoga for all programme was conducted by NSS units along with the Yoga team of our college through zoom platform. NSS volunteers did their yoga from their home.



Poster making competition and Video competitions were conducted and the results were announced on Yoga Day. Prize winners for poster presentation are: Vesta Serapha, II B.A English, Fathima Beevi. M, I B.Sc Chemistry, Anitha Ansara. A, II BSc Mathematics and Prize winners for video making competition are: Deepa. K, II B.Com, Jefina Gomez, II B.Sc Zoology and Preethi Paikaray, II B.Com.

All the NSS programme officers along with NSS volunteers took Drug Free Tamil Nadu Pledge on 11.8.2022 for as instructed by Government of Tamil Nadu.



National flag was distributed by NSS volunteers to the people of the village Anthoniarpuram on 12.08.2022. NSS volunteers distributed 100 flags to the houses in that area. Also insisted the people to hoist the flag in their houses on Independence Day.



Drive Against Drugs – E-Pledge was taken by NSS Programme coordinators on 17.08.2022.

To promote national integration and communal harmony among the people of all religions, languages and regions, Sabdhavava Diwas is observed nationwide on 20.8.2022. NSS volunteers and programme officers took pledge for “Sabdhavava Diwas” on 18.8.2022 at 11.00 am.



Beach cleaning was done in Inigo Nagar on International Coastal Cleanup Day 17.09.2022. 100 NSS volunteers from all the four units along with the municipal workers cleaned the sea shore. Students collected and separated wastes materials found in the beach.



A talk on solid waste management was held on 29.10.22 in the college auditorium. Officers from municipal addressed the students about solid waste management. They instructed the students about the separations of garbage into biodegradable and non-biodegradable. They also explained the volunteers about the need for the reuse of biodegradable wastes and recycling of the non-biodegradable wastes. Certificates were also distributed for the students who cleaned the sea shore on coastal day.



On 13.10.22, Dr. T. A. Manjula, MBBS, DGO, DHA, Chief civil surgeon (Rtd), Tuticorin Medical College hospital addressed the volunteers about health and hygiene of adolescent girls. NSS volunteers from both first and second years attended the meeting. Students participated enthusiastically and asked various doubts to the doctor.



To celebrate Youth Awakening Day on 15.10.2022 in remembrance of Dr. A.P.J Abdul Kalam, our college NSS organized Essay writing competition on the Topic The responsibilities of the youth in the advancement of Science and Drawing competition on the Topic A tribute to Bharat Ratna Dr. A.P.J. Abdul Kalam. The following students won the prizes.



Mass cleaning campaign was conducted by the students of all NSS units. Seventy-one students from Unit No 67 and 129 cleaned SS Pillai market in Thoothukudi on 17.10.22. Students collected and separated biodegradable waste and plastic waste and handed it over to the municipality.

Counselor of that area attended the program and took pledge with students and people. Students also went around the houses in that area and gave awareness about solid waste management. 50 volunteers of units 66 and 130 cleaned the coastal area in Thoothukudi. They collected and separated waste and handed it over to Thoothukudi municipality.



On 27.10.2022, a meeting was organized for the all the NSS volunteers about female health care and empowerment. J. Esther, Product advisor from Femi Health Care, Female Empowerment Movement of India addressed the students about health care and female empowerment.



To know the meaning and value of unity, pledge was taken by the NSS programme officers, NSS volunteers with other students on National Unity day which is celebrated on 31.10.2022.



An awareness programme on 'Prevention of Drug Abuse' was conducted at St. Mary's College (Autonomous), Thoothukudi on 5th January 2023 in Star Hall. Dr. L. Sriram MD., Assistant Professor, Department of Psychiatry, Government Thoothukudi Medical College Hospital, Thoothukudi was the chief guest. The active participants were the volunteers of NSS, Youth Red Cross and Red Ribbon Club. A realization on consumption of alcohol and its negative

impacts was conveyed to the participants by Dr. L. Sriram. The volunteers were asked to help the alcoholics, by directing them for a medical observation, counseling, mental and physical health support from a Psychiatrist. At the end volunteers were interrogated regarding their understanding towards the message conveyed by Dr. L. Sriram. Nearly 300 students from various disciplines were the beneficiaries.



To celebrate national youth week, a quiz competition was conducted on 17.01.2023 through online mode. More than 200 students attended the quiz.

A Pledge on National voters' day were taken on 25.1.2023. NSS Volunteers along with other students took pledge at 11.am.



A pledge on 30.01.2023 was taken by all the students and staff members of our college to commemorate Martyr's Day.



A Pledge on prevention of slavery against labourers was taken by NSS volunteers along with programme officers on 9.02.2023. NSS units in association with Vasan Eye care, hospital, Thoothukudi organized an eye camp on 06.02.2023 in college campus from 10am to 4 pm. Dr. Sr. A.S. J. Lucia Rose, Principal inaugurated the camp. Dr. Sugumar with this team members checked the eyes of the students and gave them suitable advices. 328 students participated in the camp.



An awareness program on cleanliness was organized on 13.02.2023. Mr. V. Ariganesan M.sc, MBA, sanitary officer, North zone, Thoothukudi Corporation and Mr. Rajasekaran, sanitary officer, East zone, Thoothukudi Corporation were the resource persons. They insisted the not to use plastics. They also explained the safe methods to dispose plastics Students interacted with them cleared their doubts about plastic waste disposal.



B. Serena Margaret
IQAC Coordinator
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi

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

➤ **Report**

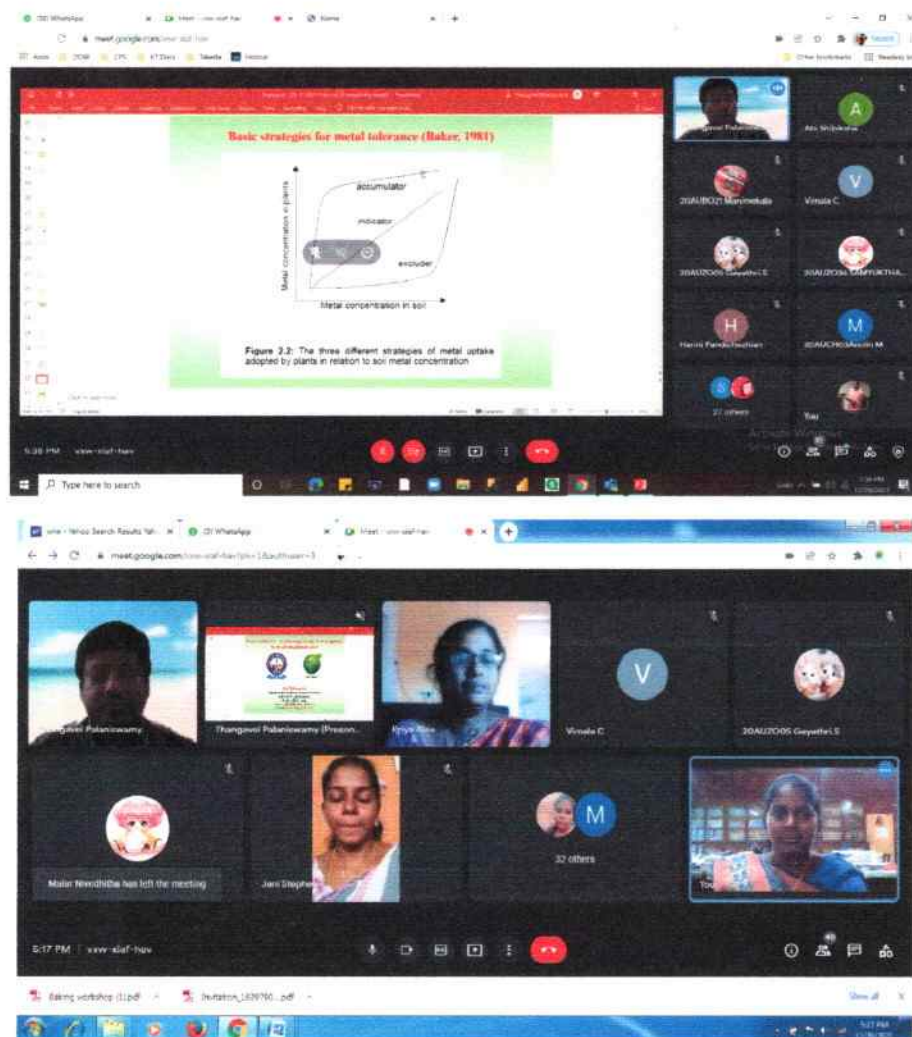
In commemoration of World Women's Day, the IIC and Department of Tamil conducted various Competition - Essay Writing, Poem Writing, Slogan Writing competitions on 25.03.2022 totally 86 participated in the competition.

B. Serena Margaret
IQAC Coordinator
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi

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

World Soil Day

➤ Photos



➤ Report

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 pug 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.


B. Serena Margaret
IQAC Coordinator
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi


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

IQAC, ST. MARY'S COLLEGE(AUTONOMOUS), THOOTHUKUDI

St. Mary's College (Autonomous) –Thoothukudi
Department of History

Invitation:

 **St. Mary's College (Autonomous)**
(Re-accredited with A+ Grade by NAAC)
Thoothukudi, Tamil Nadu
(AISHE Code C - 41151)
Department of History
Community Development Programme & Unnat Bharat Abhiyan
Celebrates



**World Mental Health Day at
Paul Alangar Parvaiyattor Ashram**

Culturals :
Song : Soniya. B
Group Song : B. Rajalekshmi, J. Jemima, S. Pavithra,
B. Shipani, Maria Pradeepa, S. Iswarya, B. Soniya

Time : 12 p.m
Date : 10 October 2021
**Venue : Paul Alangar
Parvaiyattor Ashram**

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

Organized by
Dr. Sr. S. Kulandai Therese
(CDP/UBA Coordinator & Deputy Principal)
Ms. Keerthana Santhosh
(CDP/UBA Staff Incharge)
Dr. D. Jane D'Almeida
(CDP/UBA Staff Incharge)

Photos:



**World Mental Health Day at Paul Alangara Parvaiattor Ashram, Keezha Alagapuri on
10th October 202**

Report:

On 10th October 2021 Students of St. Mary's College celebrated World Mental Health Day at Paul Alangara Parvaiattor Ashram, Keezha Alagapuri. Cultural activities were performed by the students for the happiness of the inmates of the Ashram. The students entertained them and gave them mental support to face the difficulties. It was participated by Mr. Jesuraj, in-charge of the Ashram, Ms. Keerthana Santhosh, Dr. J. Jane D Almeida and Ms.K. Mary Vino Lobo and the students of II B.A History of St.Mary's College(Autonomous), Thoothukudi.

B. Serena Margaret
IQAC Coordinator
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi

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

St. Mary's College (Autonomous) Thoothukudi World Language Day

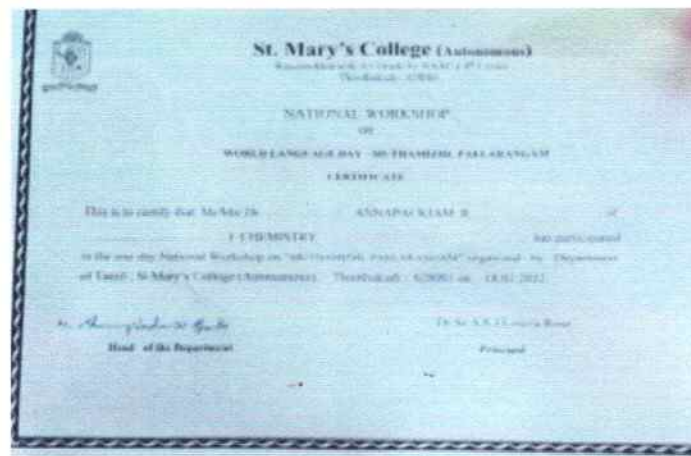
➤ Invitation



➤ Photos



➤ Certificate



➤ Report

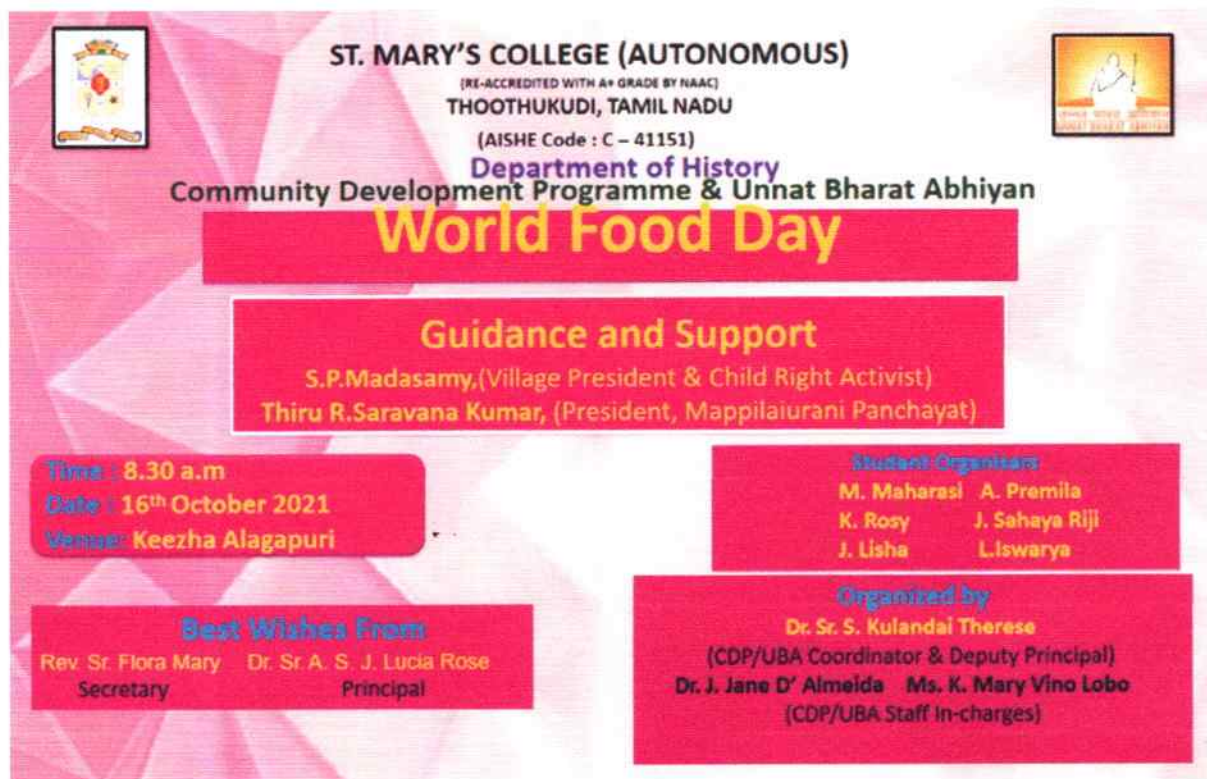
World Language Day was celebrated on 18th February 2022 - Muthamil Paelarangam conducted a programme on the topic “Kavithai Punaivom, Kathai Sethukkum Kalai Arivom, Innisai Paadi Pannisai Valarppom, Naadagamae Ulagam”, Dr.Kurinchi Veathan, Associate Professor, Tamil University, Thanchavoor, Dr. N. Siva kumar, Associate Professor, Nooral Islam Arts and Science College, Kanyakumari, Mrs. M. Sivagama Sunthari, Govt. Music School, Thoothukudi, Dr. K. Parthiba Raja, Assistant. Professor, Holy Cross College, Thirupathur, were the resources person and the beneficiaries were nearly about 450 students.

B. Serena Margaret
IQAC Coordinator
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi

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

St. Mary's College (Autonomous) –Thoothukudi
Department of History

Invitation:



ST. MARY'S COLLEGE (AUTONOMOUS)
(RE-ACCREDITED WITH A+ GRADE BY NAAC)
THOOTHUKUDI, TAMIL NADU
(AISHE Code : C – 41151)

Department of History
Community Development Programme & Unnat Bharat Abhiyan

World Food Day

Guidance and Support
S.P.Madasamy, (Village President & Child Right Activist)
Thiru R.Saravana Kumar, (President, Mappilaiurani Panchayat)

Time : 8.30 a.m
Date : 16th October 2021
Venue: Keezha Alagapuri

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

Student Organizers
M. Maharasi A. Premila
K. Rosy J. Sahaya Riji
J. Lisha L. Iswarya

Organized by
Dr. Sr. S. Kulandai Therese
(CDP/UBA Coordinator & Deputy Principal)
Dr. J. Jane D' Almeida Ms. K. Mary Vino Lobo
(CDP/UBA Staff In-charges)

Photos:



World Food Day at Keezha Alagapuri on 16th October 2021

Report:

On 16th October 2021 II B.A History Students of St. Mary's College organized World Food Day at Keezha Alagapuri of Mappilaiurani Panchayat and food was served to the poor people of the village. With the guidance and support of Mr.S.P.Madasamy, Village President and Thiru. R.Saravana Kumar, President, Mappilaiurani Panchayat the programme was organized in a well manner. Dr. J. Jane D Almeida and Ms. K. Mary Vino Lobo, the faculties from St. Mary's College and second year history students participated in the programme.

B. Serena Margaret

IQAC Coordinator

**IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi**

Luce Rose

Principal

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

St. Mary's College (Autonomous) –Thoothukudi
Department of History

Invitation:




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

Through Online Webinar
Celebrates World Entrepreneurship Day
 with
A Start up Founder & Best Entrepreneur Awardee

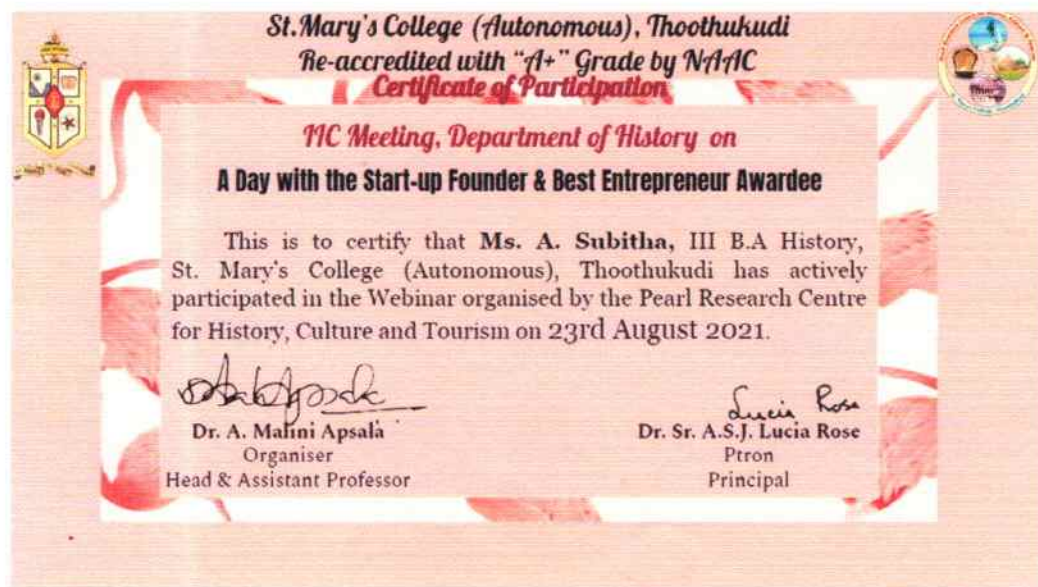

Ms. RENISHA WINSTON
Prop - I - manager Publications,
Kayarcoil.

Through Online Webinar
 Date : 23.08.2021 Time : 3.00 p.m. to 4.00 p.m.

With Best Wishes from:	Dr.Sr.A.S.J. Lucia Rose	Ms.A. Anura
Principal & HC President	Dr.Sr.C.Shibana HC Vice - President	HC Convener
Dr. A. Malini Apsala	Ms.S.M.Rajapoo	S.S.Amija
Head & Assistant Professor of History	HC Member	HC Member

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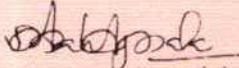
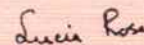
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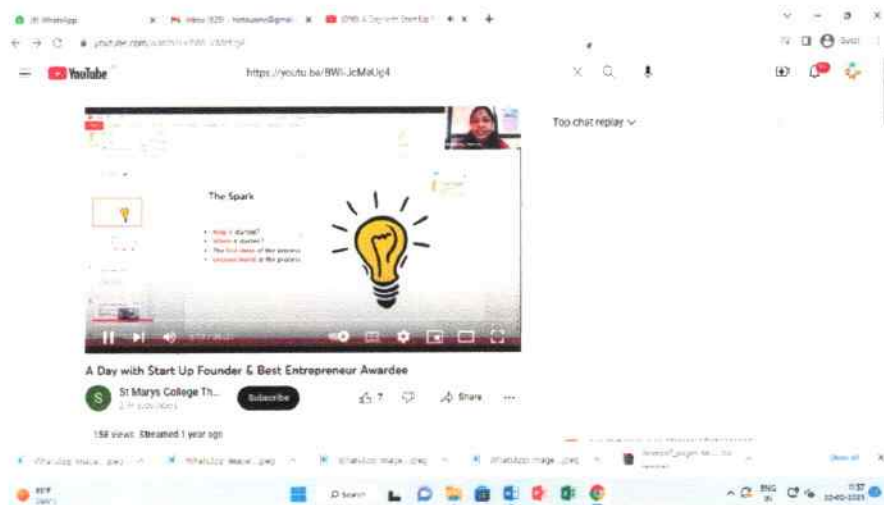
St. Mary's College (Autonomous), Thoothukudi
 Re-accredited with "A+" Grade by NAAC
Certificate of Participation

HC Meeting, Department of History on
A Day with the Start-up Founder & Best Entrepreneur Awardee

This is to certify that **Ms. A. Subitha**, III B.A History,
 St. Mary's College (Autonomous), Thoothukudi has actively
 participated in the Webinar organised by the Pearl Research Centre
 for History, Culture and Tourism on 23rd August 2021.

 Dr. A. Malini Apsala Organiser Head & Assistant Professor	 Dr. Sr. A.S.J. Lucia Rose Ptron Principal
---	---

Screenshot:



Report

Title: A Day with the Start-up Founder & Best Entrepreneur Awardee

Date: 23.08.2021

Speaker: Ms.Renisha Winston

No. of Beneficiaries: 100

Department of History and Institution's Innovation Cell jointly organised a Webinar on A Day with the Start-up Founder & Best Entrepreneur Awardee. Ms.Renisha Winston, Prop. I- Manager Publications, Nagercoil was the chief guest. She highlighted the ways and means to become a successful entrepreneur.

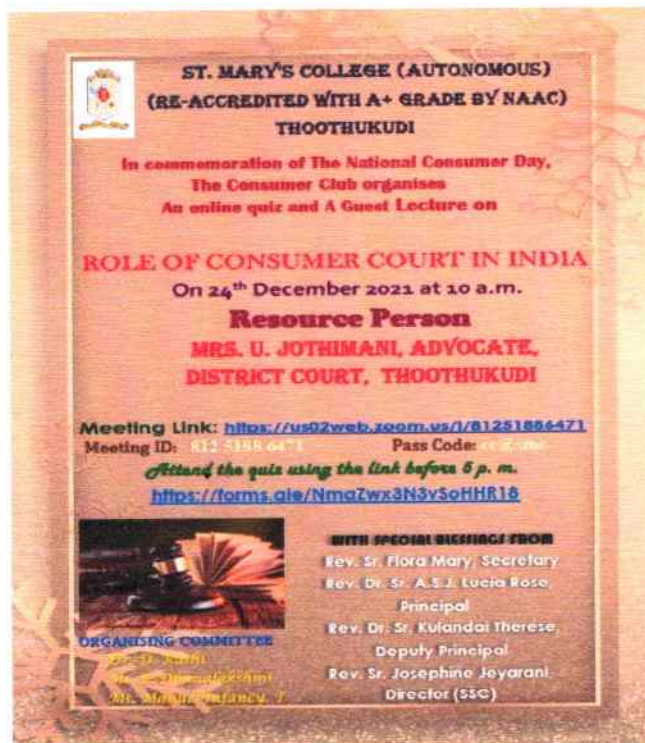
You tube Link: <https://youtu.be/BWl-JcMeUg4>

B. Serena Margaret
IQAC Coordinator
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi

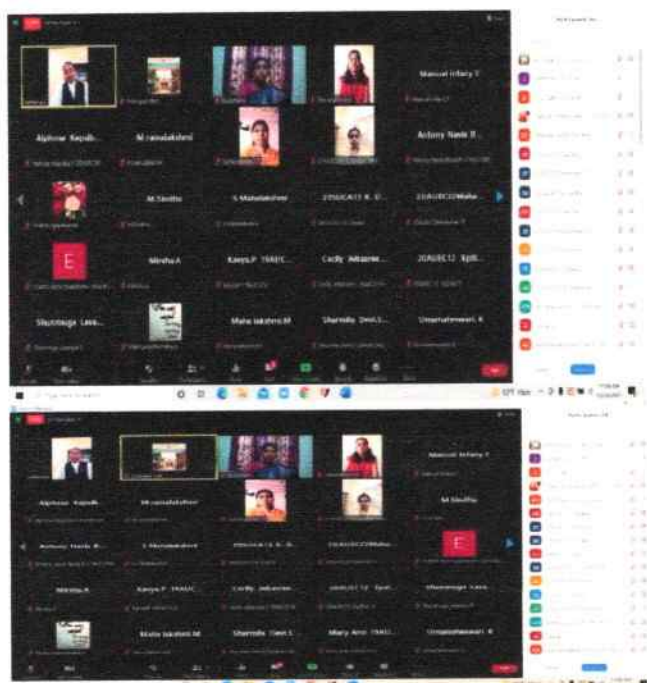
Serena Rose
Principal
St. Mary's College (Autonomous)
Thoothukudi-628 001.

ST. MARY'S COLLEGE (AUTONOMOUS) THOOTHUKUDI NATIONAL CONSUMER DAY

➤ Invitation



➤ Photos



IQAC, ST. MARY'S COLLEGE(AUTONOMOUS), THOOTHUKUDI

➤ Report

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. The meeting came to an end with College Anthem.

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 meeting came to an end with College Anthem.

Meeting Link: <https://www.youtube.com/watch?v=izuS-gh8Jg>

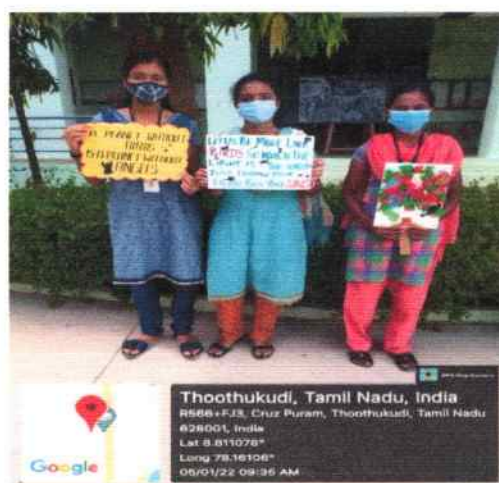
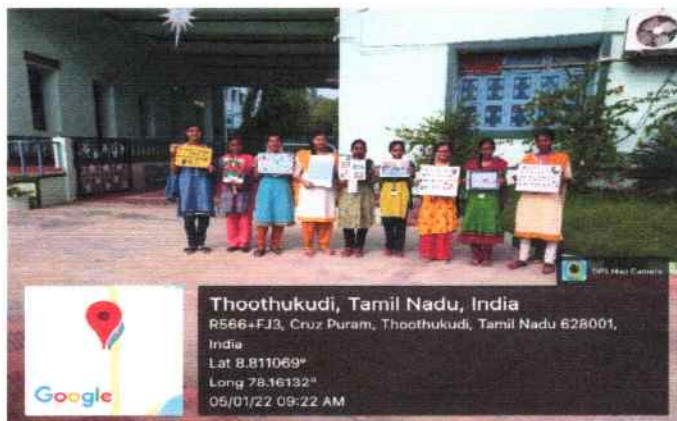
Online Quiz Link: <https://forms.gle/NmaZwx3N3vSoHHR18>

B. Serena Margaret
IQAC Coordinator
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi

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

National Birds Day

➤ Photos



➤ Report

National Birds Day was celebrated by Health and Hygiene Club, St. Mary's College (Autonomous), Thoothukudi on 05.01.2022. A rally was conducted to bring awareness among the students and public about the importance of birds in our ecosystem and how to protect them. Placards with quotes about birds and ways to conserve birds were displayed by the students. The students participated enthusiastically and reported that the rally brought awareness to them.

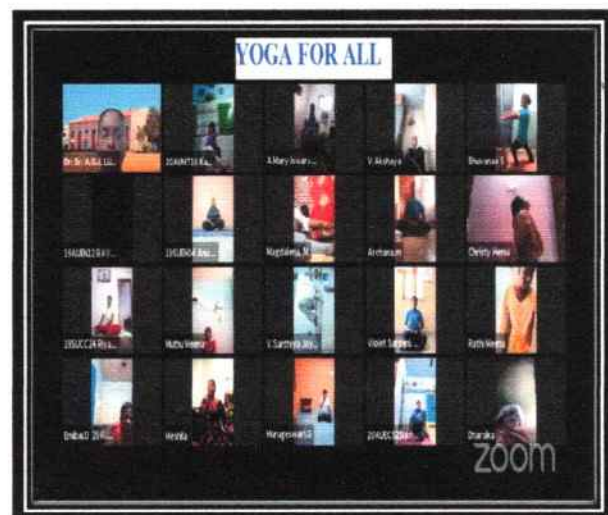
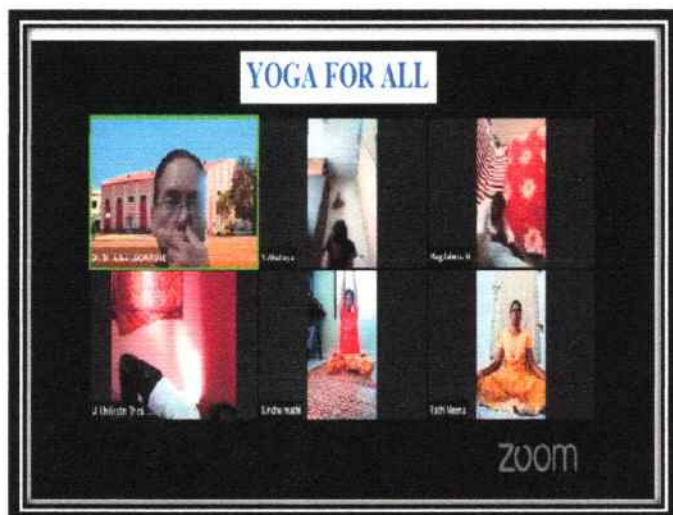
B. Serena Margaret
IQAC Coordinator
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi

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

IQAC, ST. MARY'S COLLEGE(AUTONOMOUS), THOOTHUKUDI

International Yoga Day

➤ Photos



➤ Report

To raise awareness worldwide about the benefits of Yoga in daily life, on 21 June, 2021, the Yoga team, N.C.C Unit, N. S. S Units and Sports team of the college jointly celebrated its 7 th “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.

IQAC, ST. MARY'S COLLEGE(AUTONOMOUS), THOOTHUKUDI

Event 1: Yoga for All!

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 apaticipants (Zoom-253, YouTube 186) attended this event through online mode.

Event 2: Online Yoga Quiz

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.

Event 3: Yoga for Health and Well Being

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).

B. Serena Margaret

IQAC Coordinator

IQAC Co-ordinator

**St. Mary's College (Autonomous)
Thoothukudi**

Luis Rose

Principal

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

Indian Constitution Day

➤ Photos



➤ Report

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.

B. Serena Margaret
IQAC Coordinator
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi

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


Human Rights Day

➤ Invitation

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

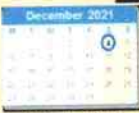
Pearl Research Centre for History, Culture & Tourism
&
Human Rights Forum


Jointly organize a Special Lecture on
"BUILDING GENDER PARITY THROUGH HUMAN RIGHTS"



Resource Person
Mr. Isaac Mohanlal
Senior Advocate
Madurai Bench of Madras High Court

Organiser
Dr. A. Malini Apsala
Head & Assistant Professor

Organising Committee
Dr. S. Theresammal
Ms. S. M. Rojapoo
Dr. J. Jane D'Almeida
Dr. S. M. Vimala
Ms. Keerthana Santhosh
Dr. D. Vinoba Gladis
Ms. S. Sheela
Ms. K. Mary Vino Lobo
Dr. P. Subavathy
Ms. K. Saravana Devi


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


Convenors
Dr. M. Mary Hepsi Bai
Ms. J. Anila Maily



➤ Photos



➤ Report

In commemoration of Human Rights Day, Human Rights Forum and Department of History jointly organised 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. Rev. Sr. Josephine Jeyarani, Director of Self-Supporting Course and Ms. Anilamailly, 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. The meeting ended with the college anthem.


B. Serena Margaret
IQAC Coordinator
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi

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

St. Mary's College (Autonomous), Thoothukudi - 628001.


Anti-Sexual Harassment Cell

2021-2022



St. Mary's College (Autonomous)
Thoothukudi
Re-accredited with 'A+' Grade by NAAC (4th Cycle)

Anti-sexual Harassment Cell
Commemorates the
**International Day for the Elimination of
Violence Against Women**
**"Cost of Being Silent : Recognising and Combating
Abuse in Relationships"**



Resource Person
Ms. Meera Iyer,
Head, Counselling Division,
Emango Education Pvt. Ltd.,
Faridabad, Haryana

November 2021

30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

4pm

Convenor
Dr. C. Zozimus Divya Lobo

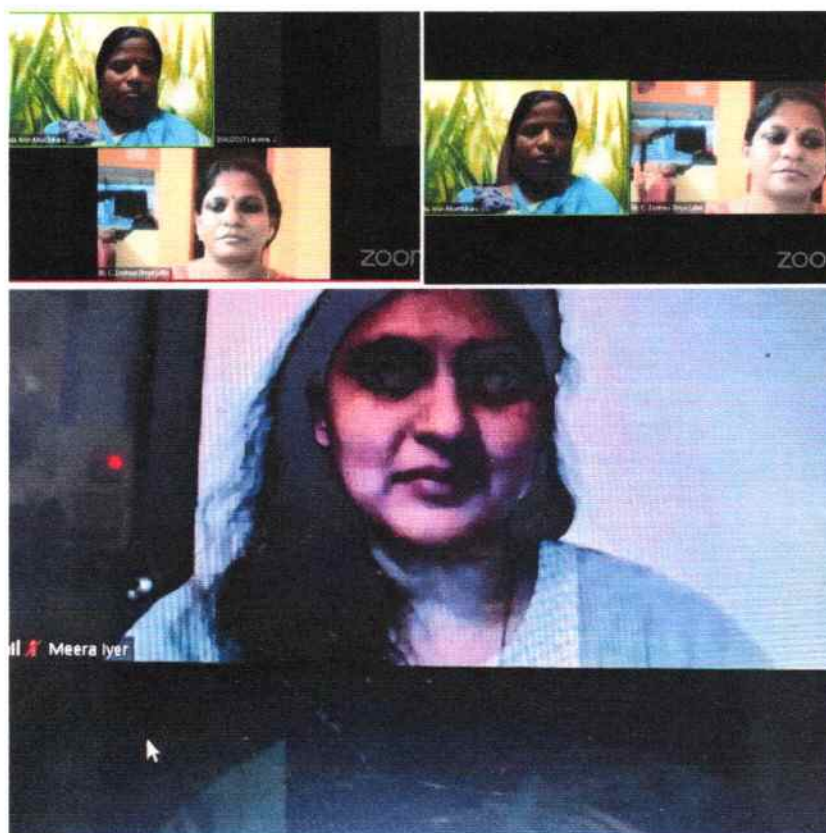
Organising Members
Dr. R. Maria Irudhaya Aspin Chitra
Ms. T.A. Alfreeda

Best wishes from
Rev. Sr. Flora Mary, Secretary
Dr. Sr. A. S. J. Lucia Rose, Principal
Dr. Sr. S. Kulandai Therese, Deputy Principal
Rev. Sr. Josephine Jeyarani, Director, SSC
Ms. J. Anila Mally, Director, Centre for Women Excellence

Meeting ID: 860 7530 7555

Passcode: ashc@smc

Contact details: smcantisexualharassment@gmail.com





In this occasion District Rural Development director R.Sankar, Rural Development Engineer Vanilla and Department Officials participated.

PEPPERFRY LAUNCHES ITS FIRST STUDIO IN VELLORE, TAMIL NADU

Vellore, Nov 26: Pepperfry, India's No.1 furniture and home products marketplace, announced the launch of its first Studio in Vellore, Tamil Nadu. The offline expansion is in line with the company's aim to penetrate niche markets and build the largest omni-channel business in the furniture and home products segment in India. Pepperfry, which launched its first Studio in 2014, currently has more than 100 Studios across 50 plus cities in the country. South India, which forms the biggest market for Pepperfry, alone, houses 32 Studios across Bangalore, Chennai, Hyderabad, Mangalore, Kochi, Trivandrum, Kozhikode, Coimbatore, Vizag, Madurai, Kottayam, Kollam, Salem, Gulbarga,



Trichy and now in Vellore.

The Studio, which is launched in partnership with B&B Homescape, is situated in a prime location at Gandhi Nagar in Vellore, spanning a carpet area of 850 sq.ft. It offers customers a first-hand experience of a curated range of furniture and décor, which is carefully selected from the differentiated portfolio of more than 1 lakh products available on Pepper-

fry's website. These Studios provide the touch and feel experience for consumers to understand wood finishes and quality of these big-ticket items before purchasing them. It also houses design experts that offer complementary design consultancy thereby aiding consumers in creating their dream homes. Speaking of the launch Amruta Gupta, Business Head, Pepperfry said,



K. Balasubramanian

26 ter

On this years ago, harashtra-c Sadanand I that he wou most challe of his caree minutes to had just fir his residence ing about when sudde was watch me news r at multiple Mumbai," realised that away from

Uber

Chenna said on We welcomed to allow q entry to vac from 99 co looking for ing helping experience With ra vaccination ism for busi fast recove open and Even befo announcem tors to Ind

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

Thoothukudi, Nov 26: The Anti-sexual Harassment Cell of St. Mary's College (Autonomous), Thoothukudi Commemorated the International Day for the Elimination of Violence Against Women 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. 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 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 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 the society. The session was presided over by Dr. Sr. A. S. J. Lucia Rose, Principal, Rev. Sr. Flora Mary, Secretary, Dr. Sr. S. Kulandai Therese, Deputy Principal, Rev. Sr. Josephine Jeyarani, Director, Self-Supporting Courses and Ms. J. Anila Maily, Director, Centre for Women Excellence. The events were well orchestrated by the Convenor of the Anti-Sexual Harassment Cell, Dr. C. Zozimus Divya Lobo and the organising committee Members Dr. R. Maria Irudhaya Aspin Chitra and Ms. T.A. Alfreeda.

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.

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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.

B. Serena Margaret
IQAC Coordinator

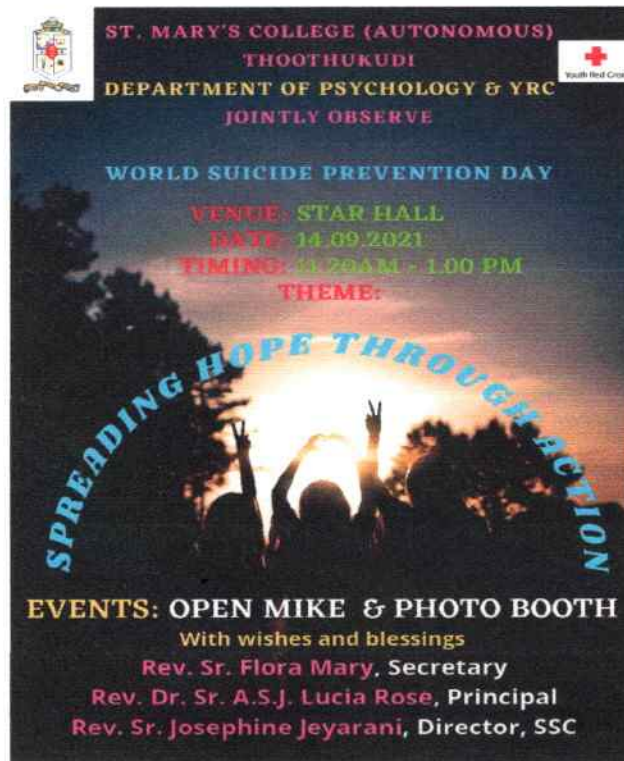
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi

Luce Rose
Principal

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

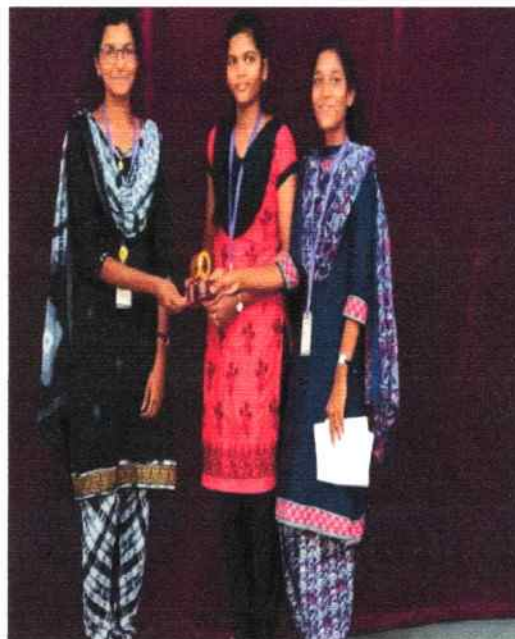
SUICIDE PREVENTION DAY PROGRAM

➤ Invitation



➤ Photos





➤ Report

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

B. Serena Margaret
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 St. Mary's College (Autonomous)
 Thoothukudi

Lucia Rose
PRINCIPAL
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WORLD GRATITUDE DAY

➤ Invitation



➤ Photo



IQAC, ST. MARY'S COLLEGE (AUTONOMOUS), THOOTHUKUDI



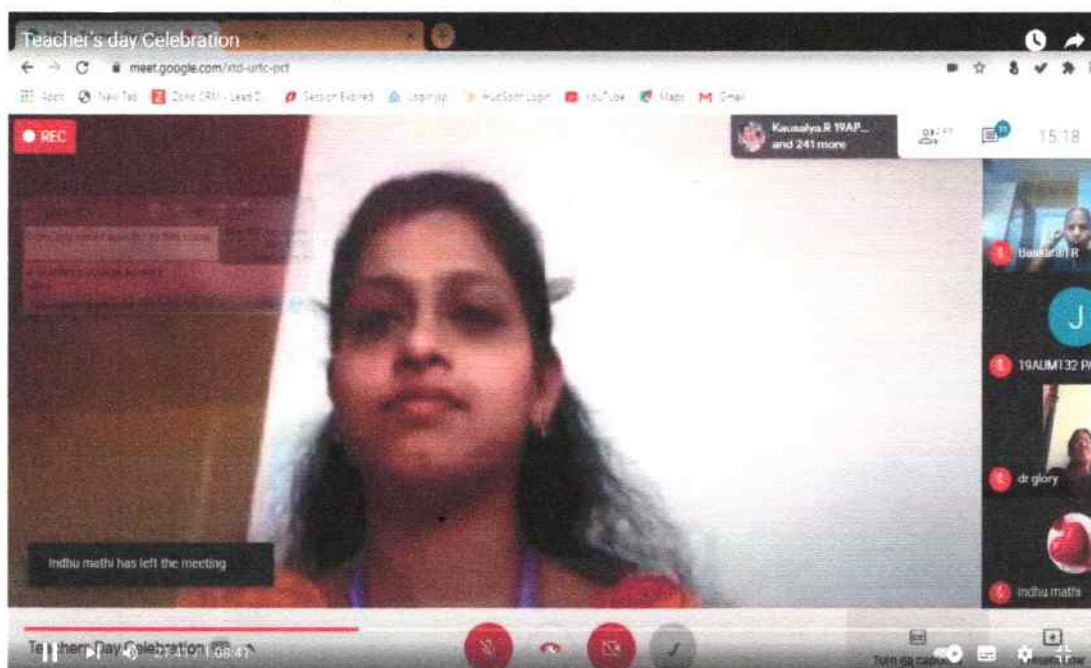
➤ Report:

The Psychology department, along with the CDP celebrated the **World Gratitude Day** that was observed on September 21 on 24.9.2021. The department staff and students visited the Government Hospital at 2.00 pm to express their gratitude for the Doctors, Lab Technicians and Attenders from the Radiology Department for their selfless service during the critical pandemic period. The students performed art forms like singing, dancing, poetry reading, etc for the audience. This little act of gratitude was highly appreciated and the Covid Warriors also expressed their personal experiences during the critical stages of Covid duty which was the high light of the program.

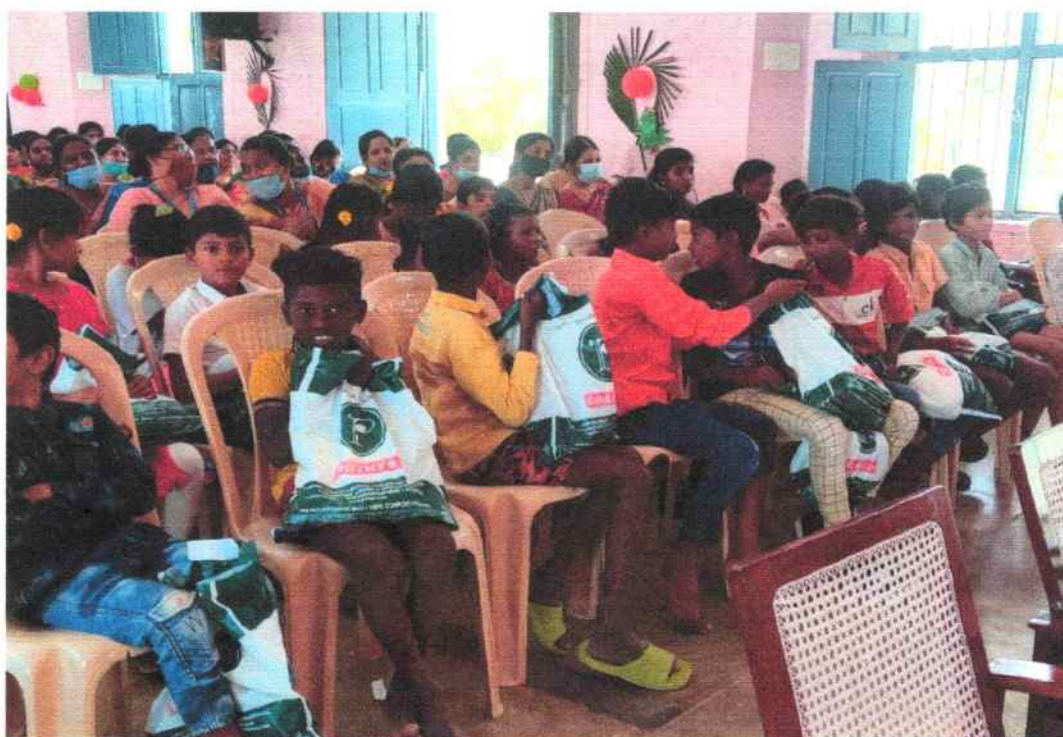
B. Serena Margaret
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Thoothukudi

Lucia Rose
PRINCIPAL
St. Mary's College (Autonomous)
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7.1.8 Institutional efforts/initiatives in providing an inclusive environment



05.09.2020 - Teachers Day Intentional Living as A Teacher



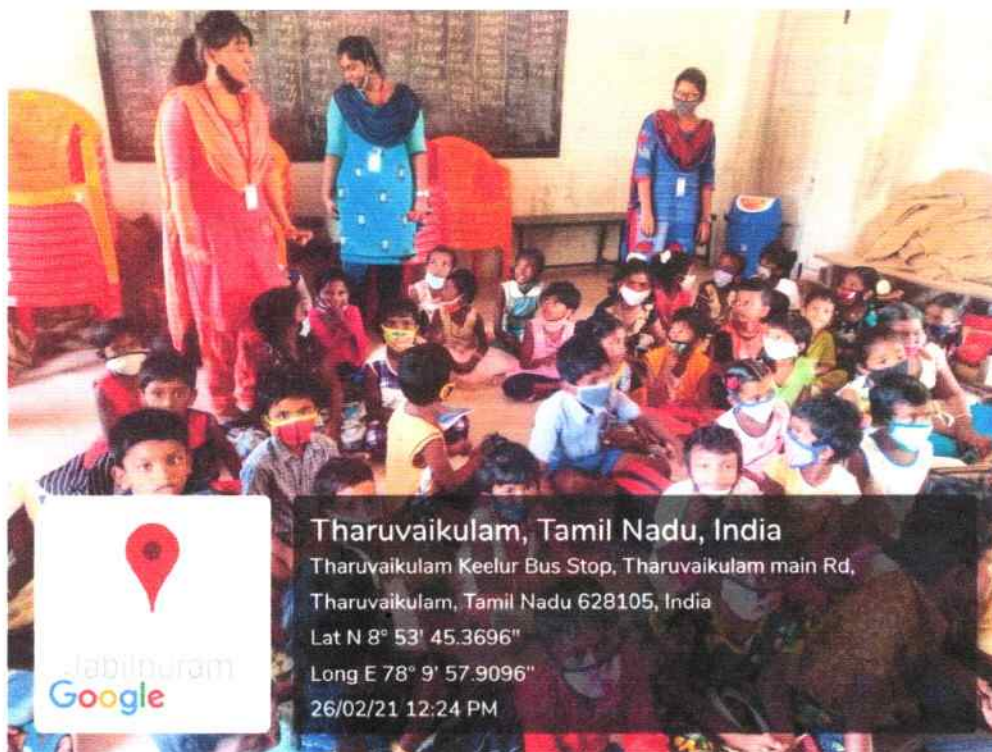
22.12.2021 – Christmas Day Celebration



25.01.2021 – Oath for National Voters Day



26.01.2021 – Independence Day Celebration



26.02.2021 – Community Development Programme



26.02.2021 – Community Development Programme

IQAC, ST. MARY'S COLLEGE(AUTONOMOUS), THOOTHUKUDI



02.03.2021 – Awareness on Food Adulteration and Testing



05.03.2021 - Leadership Programme “Lead to Hope”



11.03.2021 – Jewel Making



11.03.2021 – All India Catholic University Federation Awareness Programme



13.03.2021 – India Freedom Struggle

B. Sarana Margaret

IQAC Coordinator
IQAC Co-ordinator
St. Mary's College (Autonomous)
Thoothukudi

Luisa Rose

Principal

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

7.1.8 Institutional efforts/initiatives in providing an inclusive environment

2019-2020

Institution celebrates/ organizes National and International commemorative days, events and festivals

➤ National Science Day Celebration (Marian Star Science Fest 2020)

An interschool quiz competition (Science Quiz) was organized for the school children of Thoothukudi district as a part of Marian Star Science Fest 2020 by Marian Star Centre, sponsored by DBT, Star College Programme, New Delhi in the STAR Hall, on 20th February 2020. Ten schools had registered for the quiz competition. The students of Holy



Cross Anglo Indian School, Thoothukudi, bagged the first prize. The team from Spic School, Spic Nagar and the team from Alagar Public School, Tuticorin won the second and the third prizes respectively.

An Inter-School working model exhibition was arranged by Marian Star Centre on 20.02.2020 in the Fatima hall as a part of STAR COLLEGE PROGRAMME sponsored by DBT, New Delhi. Sixteen teams from various schools actively participated in the competition. Excellent working models on various concepts of science and technology were displayed. The team from Alagar Public School won the first place. Second place was given to Spic School, and the third prize goes to St. Thomas Matric Hr. Sec. School. Consolation prizes were also given to the four team.

As part of the science day celebrations inter-collegiate competitions were organized under Star college scheme sponsored by Department of Biotechnology, Govt. of India, and New Delhi by Marian Star Centre on 21st February 2020 from 9A.M to 4P.M. Nine off stage events like collage, logo making, slogan writing, poetry, photography, clay modeling, vegetable carving, poster making and art from waste were arranged in various halls. Twenty teams from colleges in and around Thoothukudi participated actively in the competition.

As a part of Science day celebrations an intra-collegiate quiz competition was conducted under the Star College program supported by DBT, New Delhi on 26th February, 2020 in the

Star Hall between 2 pm and 4 pm.UG students of the Science Departments (Botany, Zoology, Physics, Chemistry, Maths and Computer Science) of our College were the participants. One UG student from each department represented a team. Six teams participated in the quiz competition.

As a part of Marian Star Science Fest 2020, National level short film making competition on “scientific concepts” was organized on 27th February, 2020.Sixteams from various institutions had participated. Among six teams, 2 participants were from Uttar Pradesh. Short films on different scientific concepts like time travel, importance of plants, Newton’s law, detrimental of cell phones, superstitions beliefs were displayed. Judges Ist prize was given to the team from Kamaraj College (Regular). II nd and III rd prizes were secured by the team from Dr. Sivanthi Aditanar College of Engineering and Kamaraj College (SF) respectively.

The National Science day was celebrated at St. Mary’s College (Autonomous),Thoothukudi on the 28th of February 2020. Dr. Booma Devi, Women Scientist, National Institute of Technology, Trichirapalli graced the occasion as the chief guest. In her address, she emphasized on the theme of the year 2020, “Women in Science”. In view of the National Science day, various competitions for college and school students were conducted. The winners were honoured with certificates, trophies and cash awards during the celebration.

➤ **73rd Independence Day**

73rd Independence Day was celebrated on 15th August 2019. Ms. K. Regina Paul, Placement Training Officer, Francis Xavier Engineering College, Tirunelveli, hoisted the flag and addressed the gathering.

➤ **Teacher’s Day**

Teacher’s Day was celebrated on 5th September 2019.

➤ **World Food Day**

On 21st October 2019 “World Food Day” was observed. Rev. Fr. Benjamin D’Souza, Director, T.M.S.S.S Thoothukudi and Mrs. Rajalakshmi, Nature Charitable Trust, Thoothukudi, motivated the students not to waste food and share food with the less fortunes.

➤ **World Aids Day**

HIV-AIDS Awareness Programme washeldon9th January 2020, in collaboration with District Aids Prevention Control Unit (DAPCU). Thoothukudi District Collector, Mr. Sandeep

Nandhuri was the Chief Guest. Various competitions were conducted with regard to observance of World Aids Day.

➤ **Republic Day**

Republic Day was celebrated, on 26th January 2020. The Chief Guest Mr. Antonyraj, ex-service man hoisted the flag.

➤ **National Library Day**

On 19th August 2019 “National Library Day” was celebrated with the topic “Vasiyungal Vasipathai Nesiyungal”.

➤ **Uлага Thaimozhi Thinam**

The Department of Tamil celebrated Uлага Thaimozhi Thinam on 20.02.2020 at St. Mary's College (Autonomous), Thoothukudi. Tamizh Isai Ayvalar Mr. Mammathu, Innisai Arakattalai, Madurai was the Chief Guest. 574 students participated and benefited.



➤ **137th Birth Anniversary of Bharathiyar**

137th Birth Anniversary of Bharathiyar was celebrated by the Department of Tamil on 09.12.2019. State Level Elocution, Essay writing & Poetry Writing Competitions were conducted for College Students. 75 Students from other Colleges participated. Our Principal Dr. Sr. A.S.J. Lucia Rose distributed the prizes to the winners



➤ **150th Birth Anniversary of Mahatma Gandhi**

150th Birth Anniversary of Mahatma Gandhi was celebrated on 30.09.2019 by the Department of Tamil. Various competitions like Elocution, Essay writing and Poetry Writing competitions were conducted.



➤ World Tourism Day

An Inter-Collegiate Competition Histo-Fest 2019 was hosted on 26.09.2019 to celebrate World Tourism Day. Dr. S. Gowsalya Baskaran, Former Principal of Chermathai Vasan College, Madurai gave the inaugural address. Various competitions were conducted and five colleges participated. Dr. A. Devaraj, Assistant Professor in History, Kamaraj College, Thoothukudi gave the valedictory address and distributed the prizes for the winners.



➤ 150th year of Gandhi Jeyanthi

To commemorate the 150th year of Gandhi Jeyanthi, various competitions like Eco Carpet, Pencil Drawing and PowerPoint Presentation were conducted on 30.09.2019.

➤ National Voters day

On 25/01/2020 the department celebrated National Voters day in Korampallam Village (Vadakku Kalangarai). Thus organised a rally and created awareness on voting among people. Also in order to develop the economical background of unemployed women, the department inaugurated the Workshop on Palm Leaf Craft for Women which is to be held from 10/02/2020 to 21/02/2020



➤ RepublicDay

The department celebrated Republic Day with the people of Korampallam and participated in the Grama Sabha held on 26/01/2020.



➤ International Youth Year

The AICUF members participated in the inauguration of the International Youth Year celebrated by the Tamilnadu Catholic Youth Movement on 22 January, 2020 at Kulaisal, Kanyakumari.



International Youth Day was celebrated in our College on 08.08.2019. Mr. Richard Armstrong, Social Activist, CMC Hospital, Vellore, was the chief Guest. He delivered a talk on “Youth Empowerment”.

➤ Suicide Prevention Day

The Counselling Forum in association with the Psychology Department organized an awareness program on Suicide Prevention on 12.09.2019 in the college auditorium from 11.30 am to 1.30 pm. International Speaker and Psycho therapist Mr. Vasantha Kumar addressed all the III UG students on the topic “Nerkonda Paarvai”.

➤ **World Mental Health Day**

The Counselling Forum in association with the Psychology Department organized an Awareness Program for World Mental Health Day on 25.10.2019 in the Fatima Hall from 9.30am to 11.00am. Dr. Bharathi Mathan, MBBS, MD, Assistant Professor in General Medicine, Thoothukudi Medical College, addressed the Psychology students and the III UGBBA students on the topic “Psychological Resilience”. Posters made by the students on Mental Health were displayed in the hall.

➤ **World Tourism Day**

On 26th September 2019 world Tourism day was celebrated. Dr. Gousalya, former H.O.D of History department and present counsellor delivered a speech on her experiences during her European Tour.

➤ **Human Rights Day**

Human Rights Day was commemorated on 10 December 2019 by Human Rights Forum in collaboration with Siragugal Viriya- Shout for Freedom and Child Line (1098), Thoothukudi District. Mr. Samuel Benjamin, Senior Civil Judge was the Guest of Honour. Mr. C. J. Rajan Senior Advocate and President, Samam Kudimakkal Iyakam, Madurai, was the Key speaker. Dr. N. Rajendra Prasath Director, PAD, Vembar, gave a special address on basic human rights. As a special feature, there was a cultural feat by Kodangi Kalai Kuzhu, Chennai. The programme was observed in the presence of the Principal Rev. Dr. Sr. A. S. J. Lucia Rose, Deputy Principal Rev. Dr. Sr. Shibana and Director of Self Supporting Stream Rev. Sr. Mary Joyce Baby. The programme was organized by Mrs. A. Nirmala Shirley Co-ordinator of Human Rights Forum, Dr. C. Zozimus Divya Lobo and Ms. T. A. Alfreeda under the able guidance of Dr. Sudha Rani, Director of Centre for Women Excellence.



➤ Women's Day

Women's Day was celebrated on 9 March 2020 at 11.30 pm. Dr. Sr. S. J. Lucia Rose presided over the function. Chief Guest, Rev. Eben Jason, Counsellor and Social Service Advocate, in her powerful address highlighted the virtues and values of womanhood. She exhorted the students to face challenges with courage and spirituality. Guest of Honour, Sr. Lillian Maryosm, Director, Servite Social Service Society, Trichy brought to light the problems faced by women and the need to work together as women with solidarity. The meaningful cultural highlighted the power of women. Dr. C. Shibana, Deputy Principal, Sr. Mary Joyce Baby, Director Self- Supporting Stream graced the occasion. The event was coordinated by Dr. S. Sudha Rani, Dr. Banumathi, Dr. Stella Arputha Mary, Dr. Sudha, and Ms. Aspin Chithra. All the Arts students were present.

➤ Cancer Day

On 04.03.2020 the red ribbon club members were participated in a rally to create awareness about cancer on the February 4, CANCER DAY. The programme was organized by TMSSS and our district collector. Thiru. Sandeep Nanduri I.A.S was the chief guest on that day.



➤ International Yoga Day

The NSS units 66, 67, 129 and 130 of our college set the ball rolling for the academic year 2019-2020 with the observation of International Yoga day on 26th June 2019.

➤ World Population Day

To raise awareness about the exploding global population and the importance of family planning, World Population Day was celebrated in the college.



➤ Youth Awakening Day

To commemorate the former president Dr. P. J Abdul Kalam's birthday as Youth Awakening day, on 15-10-2019, a meeting was convened for the III year students. Mr. Selvam Selva, P GA ssistant in English, St. Xavier's Higher Secondary School, Thoothukudi delivered an address on the strategies to awaken the youth.



➤ World Aids Day

World AIDS day was observed on 9 January 2020, under the leadership of Thoothukudi collector Mr. Santheep Nanthoori. To observe Swachata Pakhwada, N.S.S organized several activities from 20.01.2020 to 31.01.2020 as per UGC D.No.14-5/2016 (CPP-II), 3rd January 2020. 20.01.2020



➤ **World Cancer Day**

To observe the World Cancer Day, a cancer care campaign awareness and a rally were jointly organized by Red Ribbon Club and N.S.S units in association with Thoothukudi Multipurpose Social Services (TMSS), Car it as India under the leadership of Thoothukudi district collector Thiru. Sandeep Nanduri on 04-02-2020.



7.1.8 Institutional efforts/initiatives in providing an inclusive environment

St. Mary's College (Autonomous), Thoothukudi

Commemorative Days – 2018-2019

On 10th December 2018, in view of The Human Rights Day, Mr. A. Athisaya Kumar, Advocate, Thoothukudi District court addressed the students.

In connection with International Women's Day, a legal awareness programme was arranged on 7th March 2019. Ms. Snabaga Sheela, Advocate of Thoothukudi District Court, addressed the students on "Legal rights of Women in India".

Ozone day was observed on 17th September, Fr. Sagesh, Parish priest of Jeevanagar, highlighted the need of the hour.

The NSS units set its ball rolling for the academic year 2018-2019, with the observation of the International Yoga day on 21st June 2018. Dr. Stella Beatrice Nirmala and Ms. Muthu Selvi instructed and directed the students on various Asanas and Mudhras.

The Department celebrated the National Mathematics Day on 20th December 2018. Dr.R.Kala, Professor at Manonmaniam Sundaranar University was invited as the Chief Guest.

In view of the "World Suicide Prevention Day" on 18th September 2018 an awareness programme to develop positivity among the students was conducted. The chief guest Inspector, Padmakumari, Alwarthirunagairi addressed the III UG & II PG students on the causes and the after effects of committing suicide which the youth usually don't think of.

Department of History hosted 'HISTO FEST' 2018, Inter-Collegiate Meet to celebrate World Tourism Day on 1st October, 2018. Competitions like Quiz, Eco-Carpet, Pencil Drawing and Spot out the Spot were conducted.

National Voters Day was celebrated on 24th January 2019. All the students present at the function took the Voters' Day pledge.

Rangoli Competition and Snake and Ladder Game connected to Voters' Day were conducted to encourage and facilitate the student voters to exercise their votes.

In commemoration of the 72nd Independence Day, various competitions like Rangoli, Card Making and Slogan Writing were conducted. Ms. Latha Freeda Joan, Lecturer in Medical Entomology, Thoothukudi Medical College, hoisted the National Flag and addressed the gathering.

