



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



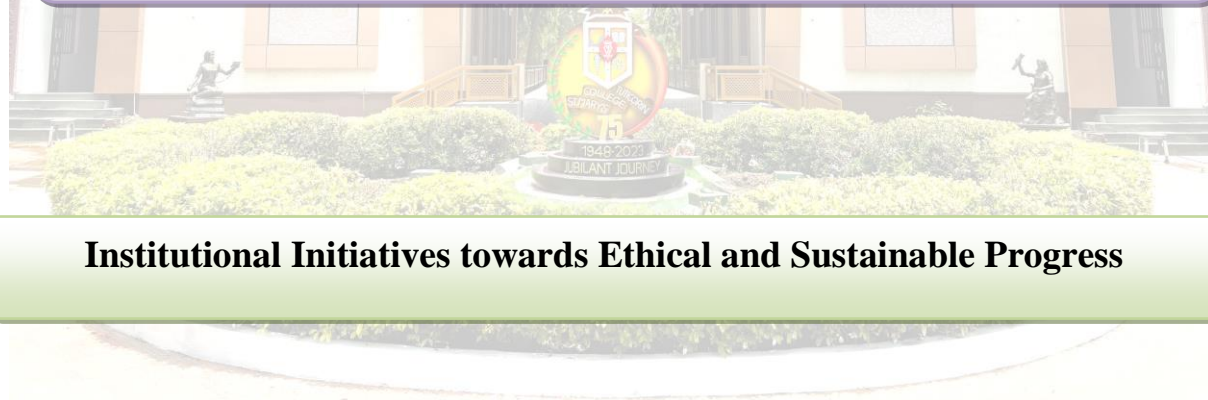
CRITERION 7 - INSTITUTIONAL VALUES AND BEST PRACTICES
7.2 Best Practices
Year 2018 -2023



7.2.1 Describe two Best Practices successfully implemented by the Institution as per NAAC format provided in the Manual

Best Practice II

Efficacy of Ethical and Sustainable Progress



Institutional Initiatives towards Ethical and Sustainable Progress

Institutional Initiatives towards Efficacy of Ethical and Sustainable Progress

St. Mary's College (Autonomous), Thoothukudi transforms the lives of young women belonging to the disadvantaged sections of the society. It has 31 clubs and forums functioning under eight Centres for Excellence namely, Centre for Human Excellence, Centre for Job Excellence, Centre for Women's Excellence, Centre for Digital Excellence, Centre for Cultural Excellence, Centre for Service Excellence, and Centre for ECO Feminine Excellence.

The Centre for Human Excellence promotes activities that help Marians understand the social reality, the ethical forms and the values. The spiritual and moral charism of the institution is imparted through the ethics classes and forums. All India Catholic United Federation –AICUF, Campus Ministry, Catechism/ Ethics, Foundation Course, Friends of Servite Sisters- FSS, Parents-Teachers Association- PTA and Yoga and Meditation serve to promote human excellence. Career Guidance and Placement Cell and Guidance and Counselling Cell under the Centre for Job Excellence develop professionalism, train and facilitate a spirit of endeavour to excellence among the students.

The Centre for Entrepreneurship and Skill Excellence offers the Career Oriented Certificate courses which have increased the potentiality of the learners, making the students aware of consumer rights through the activities of the Consumer Club, moulding the students as competitive performers by increasing their confidence level and IQ through the activities of the Quiz Club, builds an entrepreneurial ecosystem through the Entrepreneurship and Innovation cell, promotes the culture of reading book among the millennials and instigate a curiosity to acquire knowledge about disciplines other than their own through the ELTAI Readers' Club.

Anti Sexual Harassment Cell, Anti Ragging Cell, Human Rights Forum and Women's Cell under the Centre for Women's Excellence enhance the understanding of issues related to women. These cells create awareness about the rights and responsibilities of women in the society and encourage them to fight for their own problems. They strive to promote a culture of respect and equality for female gender. The young women are educated to develop assertiveness, optimism and emotional maturity to deal with their day-to-day problems. Guest lectures, seminars, workshops, awareness programmes and other welfare activities are arranged by the Cells to empower the women students.

Criterion VII

SSR Cycle V

The Centre for Digital Excellence backs up the process of e-content development. Disseminating information to all the faculty members and students about the seminars, and the important events in the campus is done through Digital notice board.

The activities of the Centre for Cultural Excellence are aimed at channelising the youth towards appreciating aesthetic art forms. The Marian Band performs on special occasions, honours and leads the dignitaries with its enthralling march during all the important occasions held in the institution. The Marian Orchestra enhances the musical talents of the Marians and offers performances during the celebrations organised by the college. The Marian Choir enlivens the holy mass celebrations in the college chapel with its soulful renderings. The choir also performs the invocation prayer songs during all the important ceremonies of the college. The Dance Club of the college offers platform to the dancers of various styles including Classical (Bharatnatyam), Western and Folk to participate and exhibit their talents both within the campus and outside of the campus. The Drama Club produces and stages various famous plays from Literature during College Day and other important occasions.

The activities of the Centre for Service Excellence promote an integrated education among the students on the need and obligation to render a committed service to the people. The institution through the Community Development Programme (CDP) serves the villagers with a view to promote an egalitarian society in the adopted villages of the neighbourhood Korampallam, Maravanmadam, Pazhaiyakalay, Servaikaranmadam, and Tharavaikulam. UBA awarded the institution for its service to the society as the Best Performing Institution in Tamil Nadu. Road Safety Patrol creates an awareness among the students on the traffic rules and regulations and assists the students to acquire driving license. Red Ribbon Club and Youth Red Cross Club organise programmes to motivate the students to help others during accidents and natural calamities. The Scribes Forum sends the student representatives as scribes to the neighbourhood schools to assist the visually challenged children in writing their exams.

The Centre for Eco Feminine Excellence fosters a culture of sustainability, and encourage eco-friendly practices among the students, the faculty and the staff. Eco-Friendly Campus Club members, maintain the Bio-Gas plant installed near the Hostel kitchen which functions with the input from the Hostel wastes. The Green Campus Club has initiated drip

Criterion VII

irrigation in the campus as a measure to conserve water. As an innovative measure, students are encouraged to present saplings as their birthday gifts for the beautification of the campus and the garden is maintained as “Birthday Garden.” The Health and Hygiene club organises awareness programmes on personal health and hygiene for the students.

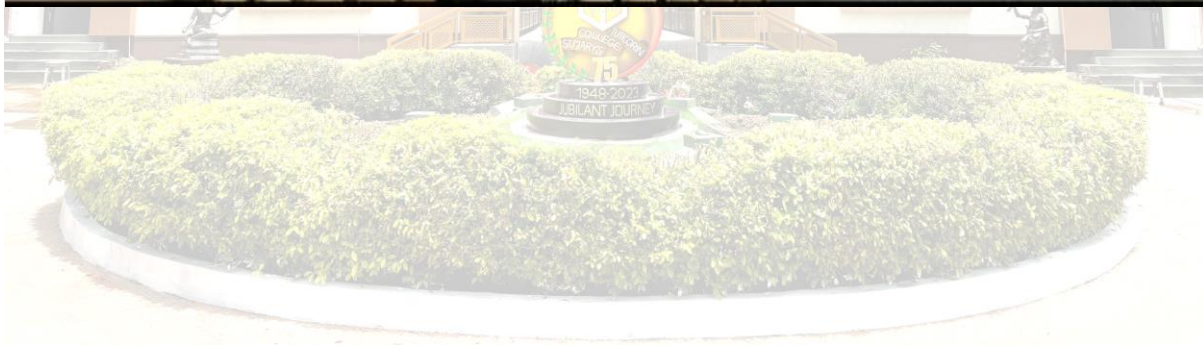
Programme related to Ethical Values

Venue	Faculty Name	Date	Topic
St. Mary's College (Autonomous), Thoothukudi	Ms. R. Rohini	09.10.2020	Mental health and its importance
		16.10.2020	Like and to be liked
		27.09.2021	Emotional Wellness
		01.06.2021 & 02.06.2021	Feed your Mind and Fly Away from Negativity
		02.9.2022	Life on Purpose
		12.01.2023	Good Start for a Positive Carnival
		02.03.2023	Developing Gratitude in Mind and Body
		22.02.2023	Managing the mental health barriers

Mrs. R. Rohini, Counsellor addresses the students







Mentee's Record

MENTEE'S RECORD

Name of the Student: VESTA SERAPHA

Register No: 23 APFN 26

Department: I MA ENGLISH LITERATURE

Name of the Mentor: Dr. L. Jacqueline Leo

Designation: HEAD and ASSOCIATE PROFESSOR of ENGLISH



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Thoothukudi – 628001

Tamil Nadu

Records of Sessions with the Mentor

2023-2025

Academic Year	Sem.	Ward Meet						Remarks
	I	June	28/6					Systematic, & Committed.
		Sign	<u>SC</u>					
		July	6/7	14/7				Performs well in all activities.
		Sign	<u>SC</u>	<u>SC</u>				
		Aug	14/8	23/8				Leads the class as Class Representative
		Sign	<u>SC</u>	<u>SC</u>				Motivates others
		Sep	2/9	12/9				
		Sign	<u>SC</u>	<u>SC</u>				
		Oct	6/10	11/10				Shows consistency in studies.
		Sign	<u>SC</u>	<u>SC</u>				
		Nov	30/11					Performs well in competition
		Sign						
	II	Dec	7/12	15/12				Brings laurels to the Department & college
		Sign	<u>SC</u>	<u>SC</u>				
		Jan	12/1	24/1				Participates in cultural events
		Sign	<u>SC</u>	<u>SC</u>				
		Feb	2/2	9/2				
		Sign	<u>SC</u>	<u>SC</u>				Concentrates more on extempore
		Mar	7/3	15/3				Strong in script writing.
		Sign	<u>SC</u>	<u>SC</u>				
		Apr						
		Sign						
		June	2/6	24/6				won Rs. 25,000/- in the elocution competition
		Sign	<u>SC</u>	<u>SC</u>				Represented Tatticorin Dt. in State Level competition
	III	July	25/7					Attended camps in and around Tatticorin.
		Sign	<u>SC</u>	<u>SC</u>				
		Aug	1/8	20/8				
		Sign	<u>SC</u>	<u>SC</u>				
		Sep	3/9	17/9				President of the English Literary Association
		Sign	<u>SC</u>	<u>SC</u>				Participate & win the Inter departmental & Inter college competition
		Oct	3/10					
		Sign	<u>SC</u>					
		Nov						
		Sign						
		Dec						
		Sign						
	IV	Jan						
		Sign						
		Feb						
		Sign						
		Mar						
		Sign						
		Apr						
		Sign						
		June						
		Sign						

MENTEE'S RECORD

Name of the Student: Nandhini . M.

Register No: 23SPEC08

Department: I.M.A Economics

Name of the Mentor: Dr. B. Mahesh Vanitha

Designation: Assistant professor



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Records of Sessions with the Mentor

2023-2025

Academic Year	Sem.	Ward Meet						Remarks
2023-25	I	June						
		Sign						
		July	1/7	15/01				Soft spoken
		Sign	M.A.	M.A.				Moreover straight forward
		Aug	26/8					Must Participate
		Sign	M.A.					extra curricular activities
		Sep	2/9	9/9	30/9			Advised her to improve her extra curricular activities
		Sign	M.A.	M.A.	M.A.			Good hearted student
		Oct	19/10					
		Sign	M.A.					
2023-24	II	Nov						
		Sign						
		Dec						
		Sign						
		Jan	20/1	27/1				Good relationship with their friends
		Sign	M.A.	M.A.				Advised her to improve her extra curricular activities
		Feb	3/2					To give suggestions to most in case of their health
		Sign	M.A.	M.A.				Hard worker
		Mar	2/3	9/3	16/3	23/3		
		Sign	M.A.	M.A.	M.A.	M.A.		
2024-25	III	Apr	6/4	13/4				
		Sign	M.A.	M.A.				
		June						
		Sign						
		July	2/7					Must take care of her health
		Sign	M.A.					Good communication skills
		Aug	3/8					Good at her studies
		Sign	M.A.					
		Sep	3/9					
		Sign	M.A.					
	IV	Oct	3/10					Shared her personal
		Sign	M.A.					
		Nov						
		Sign						
		Dec						
		Sign						
		Jan						
		Sign						
		Feb						
		Sign						
		Mar						
		Sign						
		Apr						
		June						
		Sign						

MENTEE'S RECORD

Name of the Student: NASREEN BANU - M

Register No: 22 SUMBIT

Department: MICROBIOLOGY

Name of the Mentor: MS. E. SHANKARI

Designation: Assistant professor



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2022-2025

Academic Year	Sem.	Ward Meet						Remarks
2022	I	June	20/6					Shankar
		Sign	Agreed	Agreed	Agreed	Agreed	Agreed	Shankar
		July	21/7	9/7	16/7	22/7	27/7	Shankar
		Sign	Agreed	Agreed	Agreed	Agreed	Agreed	Shankar
		Aug	5/8	20/8	26/8			Shankar
		Sign	Agreed	Agreed	Agreed			Shankar
		Sep	16/9	30/9				Shankar
		Sign	Agreed	Agreed	Agreed			Shankar
		Oct	11/10	21/10	28/10			Shankar
		Sign	Agreed	Agreed	Agreed			Shankar
		Nov	11/11	18/11				Shankar
		Sign	Agreed	Agreed	Agreed			Shankar
2023	II	Dec	11/12	18/12	23/12			Shankar
		Sign	Agreed	Agreed	Agreed			Shankar
		Jan	6/1	27/1				Shankar
		Sign	Agreed	Agreed	Agreed			Shankar
		Feb	3/2	10/2	17/2			Shankar
		Sign	Agreed	Agreed	Agreed			Shankar
		Mar	10/3	17/3	25/3			Shankar
		Sign	Agreed	Agreed	Agreed			Shankar
		Apr	8/4	13/4	20/4			Shankar
		Sign	Agreed	Agreed	Agreed			Shankar
		June	23/6	30/6				Shankar
		Sign	Agreed	Agreed	Agreed	Agreed	Agreed	Shankar
2023	III	July	1/7	7/7	15/7	22/7	28/7	Shankar
		Sign	Agreed	Agreed	Agreed	Agreed	Agreed	Shankar
		Aug	5/8	12/8	19/8	26/8		Shankar
		Sign	Agreed	Agreed	Agreed	Agreed		Shankar
		Sep	2/9	9/9	23/9	30/9		Shankar
		Sign	Agreed	Agreed	Agreed	Agreed		Shankar
		Oct	6/10	13/10	27/10			Shankar
		Sign	Agreed	Agreed	Agreed			Shankar
		Nov	20/11					Shankar
		Sign	Agreed	Agreed				Shankar
		Dec	9/12	15/12				A. Adhin Var
		Sign	Agreed	Agreed	Agreed			A. Adhin Var
2024	IV	Jan	5/1	12/1	19/1			A. Adhin Var
		Sign	Agreed	Agreed	Agreed			A. Adhin Var
		Feb	3/2	10/2	25/2			A. Adhin Var
		Sign	Agreed	Agreed	Agreed			A. Adhin Var
		Mar	9/3	16/3	23/3			A. Adhin Var
		Sign	Agreed	Agreed	Agreed			A. Adhin Var
		Apr	12/4	20/4				A. Adhin Var
		Sign	Agreed	Agreed				A. Adhin Var
		June	20/6					A. Adhin Var
		Sign	Agreed					A. Adhin Var

Luis Rose

Principal

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

Criterion VII

SSR Cycle V