

Report for Centre for Eco - Feminine Excellence

Report on Competition on Millets for Women's Health - 10th August 2023

The Centre for Eco-Feminine

Excellence organized pencil sketching and slogan writing competition for the member of the Centre for Eco Feminine Excellence on 10th August, 2023 in the Zoology lab on the topic 'Millets for Women's Health'. The event started with the prayer song. The students were given lots for the smooth conduction of the competition. The students were valued based on the content, originality, creativity and presentation. The selected students were awarded with the certificate and prizes in the next meeting held on 21st September. Number of beneficiaries is 83

Report on Tree Plantation Campaign - 14th August 2023

The Centre for Eco-Feminine Excellence along with IQAC of our college organized a tree plantation campaign in the college campus on 14th August 2023. The event started with the prayer song and the formal welcome address. The students and the chief guests were gathered in the college sports ground. Rev. Sr. Dr. C. Shibana, Secretary of our college explained the students about the indigenous varieties of trees to be grown to save nature. Rev. Sr. Dr. Jessie Fernando, Principal of our college lectured the students about the plantation of trees and their effect on the environment. Rev. Sr. Dr. C. Shibana, Secretary of our college, Rev. Sr. Dr. Jessie Fernando, Principal of our college, Rev. Sr. Josephine Jeyarani, Director of Self Supporting Courses of our college, Dr. Serena Margret, IQAC coordinator and Dr. Arokiya Mary, Director for Centre for Eco - Feminine Excellence planted the trees in the college premises. The students were motivated about Van Mahotsav process and the uses of planting trees. The number of beneficiaries were 45

Report on the awareness programme on 'Thoothukudi Ecosystem'(21.09.23)

An awareness programme on the topic 'Thoothukudi Ecosystem' was organised by the Centre for Eco-feminine Excellence on 21st September, 2023. Mr. D. Christopher , Director of Inspire Techno park, LLP and Mr. Ariganesan, Sanitary Inspector, Thoothukudi Corporation were the resource persons. Dr. N. Arokiya Mary, Associate Professor and Head, Department of Zoology and Director of the Centre for Eco -feminine Excellence welcomed the gathering and introduced the chief guests. The programme was arranged to create an awareness on the perils of plastic waste to the ecosystem Thoothukudi. The resource persons emphasised the

importance of waste segregation at source, that may help the sanitary workers to manage solid waste of Thoothukudi effectively. They gave an insight of how waste disposal is carried out in Thoothukudi. They explained the efforts of Thoothukudi Corporation to establish waste disposal yard and the artificial forest located in Tharuvaikulam, Thoothukudi. In the programme the students who participated and won prizes in various competitions conducted by the Centre for Eco-Feminine Excellence were honoured. The faculty members of the Centre for Eco-Feminine Excellence organized the meeting. About 60 student members of the club participated and were benefitted by the program.

Report on invited lecture on 25th September 2023

The Centre for Eco-Feminine Excellence of our college organized an invited lecture on Sustainable Wildlife Management, in commemoration of Wildlife Week in the Zoology Virtual Laboratory for the member of Centre for Eco-Feminine Excellence on 25th September, 2023. Dr. K. Bhanumathi, Head and Associate Professor of Zoology, Kamaraj College, Thoothukudi was the resource person. She started the session with a small mind game to engage the students in the invited talk. The session was started by asking simple questions to the students about the difference between the domestic and wildlife. Then, she spoke about what were the causes for depletion of wildlife and how to conserve them by making changes in our daily life style. The session was very interesting and interactive. At the end of the session three members of the Eco Feminine Excellence shared their concern about the wildlife conservation through poetry. The number of beneficiaries is 75.

Report on Health Awareness Programme

The Centre for Eco feminine Excellence of our college, organized a Health Awareness Programme on "How to Prevent Cancer" on 24th January, 2024. The event aimed to educate the students and faculty about the preventive measures against common cancers prevalent in India. Dr. Sindhya Saroja BSMS, Screening Medical Officer, Nellai Cancer Care Centre, Palayamkottai, served as the resource person for the event. The event commenced with a warm welcome address emphasizing the significance of health awareness in the context of women's well-being.

Dr. Saroja focused on three prevalent types of cancer in India: oral cancer, breast cancer, and cervical cancer. She provided comprehensive information on the causes, risk factors, and symptoms associated with each type. Her presentation emphasized the role of

lifestyle choices, environmental factors, and genetics in the development of these cancers. Dr. Saroja also stressed the importance of adopting a healthy lifestyle, including a balanced diet, regular exercise, and avoiding tobacco and excessive alcohol consumption. The Health Awareness Programme on "How to Prevent Cancer" was a resounding success, contributing to the overall well-being of the college community. The informative session by Dr. Sindhya Saroja empowered the audience with knowledge to make informed choices for a healthier lifestyle and highlighted the importance of early detection through regular screenings.

Number of beneficiaries: 650