



ST. MARY'S COLLEGE (AUTONOMOUS)- TOOTHUKUDI

(Re-accredited with 'A+' Grade by NAAC – 4th Cycle)

Thoothukudi – 628001, Tamil Nadu, India

(Affiliated to Manonmaniam Sundaranar University)

Centre of Eco Feminine Excellence

Health and Hygiene Club

2023 – 2024

Report on Benefits of Millets

Invitation



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

Centre for ECO - Feminine Excellence

Organizes
a competition on

BENEFITS OF MILLETS

- ✦ Pencil sketching
- ✦ Slogan writing

Date: 10/08/2023 Time: 01:15p.m. Venue: Zoology lab

With Best Wishes From

Rev.Dr.Sr. C.Shibana
Secretary

Rev.Dr. Sr.S.Kulandai Therese
Deputy Principal

Dr. N. Arokiya Mary
Director of
Centre for ECO- Feminine Excellence



Rev. Dr.Sr. Jessie Fernando
Principal

Rev. Sr. Josephine Jeyarani
Director, SSC

Dr. P. Banumathi
Assistant Director of
Centre for ECO -Feminine Excellence

Faculty of Centre for ECO-Feminine Excellence

<i>ECO Friendly Campus</i> Ms. S Pauline Jenifer Dr. R. Sri Priya Ms. V.Rivitha	<i>Clean Campus</i> Ms. A. Christina Ms. D. Carolin Jeniba Rachel Ms. G. Ponbala Priya	<i>Green Campus</i> Dr. B. Maria Sumathi Ms. Irudaya Sahaya Lancy	<i>Health & Hygiene</i> Dr. S. Sabri Ms. Vadhana
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Report

The Centre for Eco-Feminine 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 Benefits of Millets. 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 will be awarded with the certificate and prizes in the next meeting. Number of Beneficiaries is 83.

Images:





Report on Invited Talk on Wildlife Management

Invitation:

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

In Commemoration of *Wild Life Week*

Centre for Eco-feminine Excellence
Organizes an
Invited Talk
on
Sustainable Wildlife Management

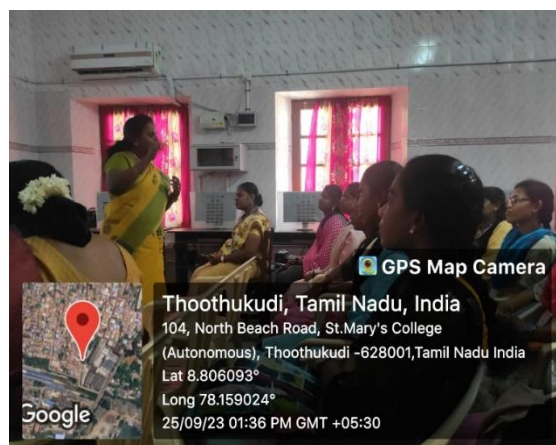
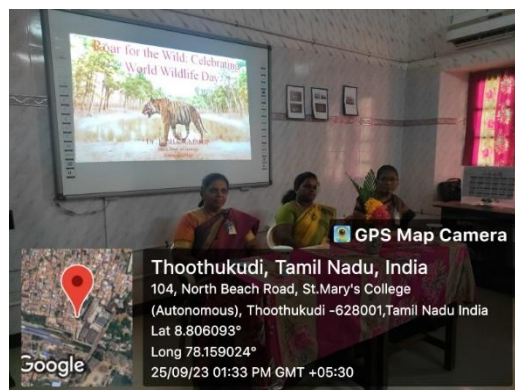
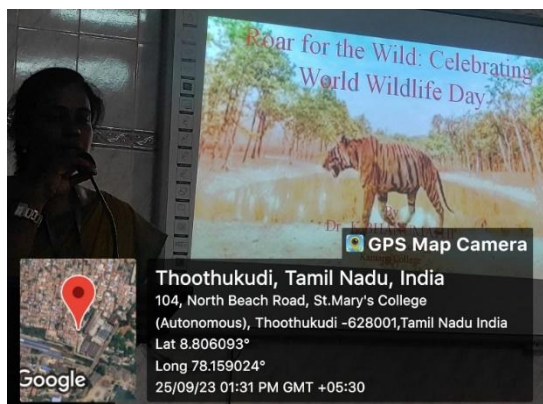
Resource Person
 **Dr. K. Bhanumathi** Date: 25.09.2023
Head & Associate Professor Time : 1:15 p.m. to 2:00 p.m.
Department of Zoology Venue : Zoology Lab
Kamaraj College
Thoothukudi

With Special Wishes From
Rev. Dr. Sr. C. Shibana, Secretary
Rev. Dr. Sr. Jessie Fernando, Principal
Rev. Dr. Sr. S. Kulandai Therese, Deputy Principal
Rev. Sr. Josephine Jeyarani, Director (SSC)

Organizing Team
Dr. N. Arokiya Mary, Director
Dr. P. Banumathi, Assistant Director
Faculty of Centre for Eco-Feminine Excellence

Eco-Friendly Campus Ms. S. Pauline Jennifer Dr. R. Sripriya Ms. V. Rivitha	Clean Campus Ms. A. Christina Ms. D. Carolin Jeniba Rachel Ms. G. Ponbala Priya	Green Campus Dr. B. Maria Sumathi Ms. S. Irudhaya Sahaya Laucy	Health & Hygiene Dr. S. Selvi Ms. Vadhana Devi
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Images:



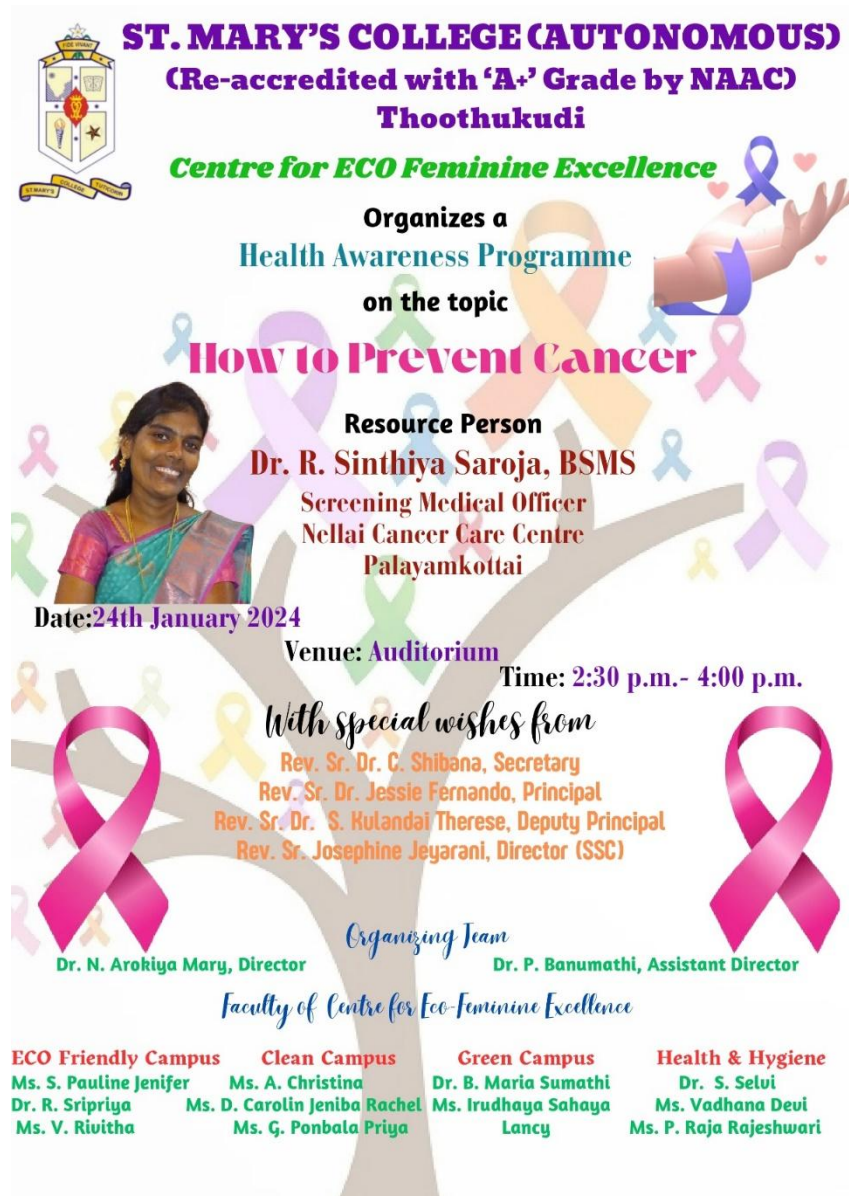
Report:

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 on “How to prevent Cancer”

Invitation:



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(Re-accredited with 'A+' Grade by NAAC)
Thoothukudi
Centre for ECO Feminine Excellence

Organizes a
Health Awareness Programme
on the topic
How to Prevent Cancer

Resource Person
Dr. R. Sinthiya Saroja, BSMS
Screening Medical Officer
Nellai Cancer Care Centre
Palayamkottai

Date: 24th January 2024
Venue: Auditorium **Time: 2:30 p.m. - 4:00 p.m.**

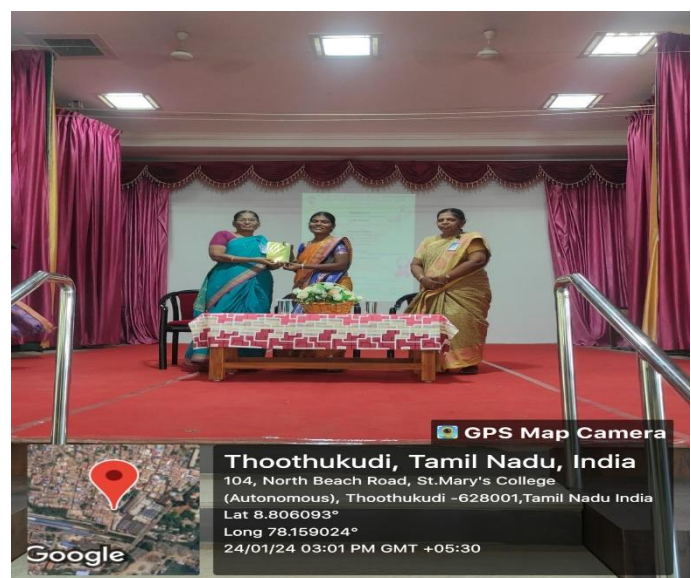
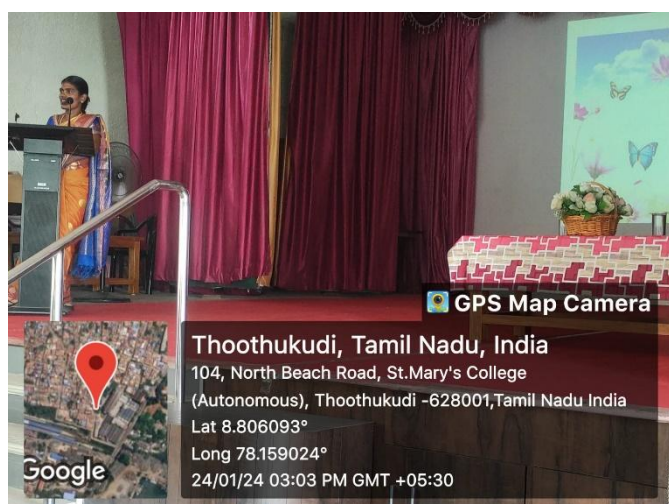
With special wishes from
Rev. Sr. Dr. C. Shibana, Secretary
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Rev. Sr. Dr. S. Kulandai Therese, Deputy Principal
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Organizing Team
Dr. N. Arokiya Mary, Director Dr. P. Banumathi, Assistant Director

Faculty of Centre for Eco-Feminine Excellence

ECO Friendly Campus	Clean Campus	Green Campus	Health & Hygiene
Ms. S. Pauline Jenifer	Ms. A. Christina	Dr. B. Maria Sumathi	Dr. S. Selvi
Dr. R. SriPriya	Ms. D. Carolin Jeniba Rachel	Ms. Irudhaya Sahaya	Ms. Vadhana Devi
Ms. V. Rivitha	Ms. G. Ponbala Priya	Lancy	Ms. P. Raja Rajeshwari

Photos:



Report

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