



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

Thoothukudi-628001, Tamil Nadu, India

(Affiliated to Manonmaniam Sundaranar University)

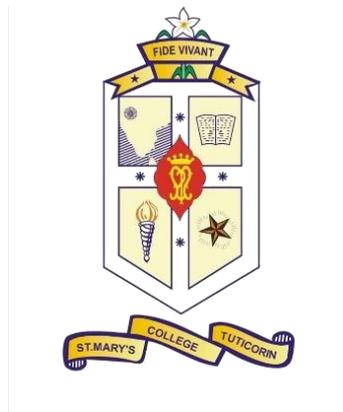


UNNAT BHARAT ABHIYAN

&

Community Development Programme (TOUCH)

AISHE Code: C-41151



Low Cost and No Cost Activities

(Sponsored by the State Institute of Rural Development & Panchayat Raj (SIRD & PR))

Submitted by

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St. Mary's College, Thoothukudi, undertook a series of impactful community development initiatives in the month of February, March and April in the adopted areas. Sponsored by the State Institute of Rural Development & Panchayat Raj (SIRD & PR) and under the Unnat Bharat Abhiyan and Community Development Programme. These efforts aimed to enhance the well-being and sustainability of local communities.

Aari Work Training and Voter Awareness Rally

On February 8, students from the Department of Chemistry conducted Aari work training for self-help groups, empowering 26 women with valuable skills. Concurrently, a Voter Awareness Rally was held in Anthonyarpuram, Korampallam Panchayat emphasizing the significance of democratic participation. Vibrant posters and community engagement highlighted the transformative power of voting.



Nutri Garden Awareness Camp

On February 28, students from the Department of Mathematics organized an enlightening Nutri Garden Awareness Camp in Kalangarai, Korampallam Panchayat. Through practical demonstrations, villagers were educated about cultivating medicinal herbs and vegetables at home, promoting nutritional self-sufficiency. The event saw the distribution and planting of various beneficial plants, enriching both nutrition and sustainability within households.



Malnutrition Awareness Camp

Continuing their commitment to holistic development, Department of Microbiology organized an Awareness Camp on Malnutrition in Periyannayagapuram, Korampallam Panchayat on February 28, 2024. Through educational sessions, villagers were enlightened about the importance of balanced diets and healthy lifestyle practices. This initiative aimed to address nutritional deficiencies prevalent in the community, striving to improve overall well-being.

These collective efforts underscore St. Mary's College's dedication to community engagement and empowerment, embodying the spirit of sustainable progress and societal upliftment.



Awareness camp on Health and hygiene

An awareness camp on Health and hygiene was conducted at St. Antony's Higher Secondary School, Pazhayakayal on 28.02.2024. Mr. Jenoris Kagoo, Head Master St. Antony's Higher Secondary School, Pazhayakayal presided over the program. Mr. Ashok, Swatch Bharath Mission, Zonal Supervisor, Thoothukudi Corporation was the resource person. He addressed the higher secondary students on the importance of personal hygiene and sanitation for a healthy livelihood. The program was important for the students to inculcate good hygienic habits and practise them. Second B.Sc. Zoology students of St. Mary's College participated in the program. Dr. M. Paripooranaselvi, Assistant Professor of Zoology and Ms. Esther Elsy, Department of Zoology accompanied the students.



Awareness on Malnutrition

The II B.A. Students from the Department of English provided awareness on Malnutrition, lack of sufficient nutrients in the body on **28.02.2024**. It manifests in four forms such as Wasting, Stunting, Underweight, micronutrient deficiencies. Students realized the important causes of malnutrition as a result of poor diet or problems absorbing nutrients from food. The students were motivated to consume healthy foods to maintain a proper balanced diet. After the event, students distributed Pearl millet porridge, a nutritional drink to cool and refresh the body in the summer and to increase immunity, to the students and villagers.



Roof and Kitchen Gardening

Department of History organized constructive programme under the central government scheme Sansad Adarsh Gram Yojana- SAGY on the title “No Cost-Low Cost -Roof and Kitchen Gardening” in Panchalamkurichi on 28th February 2024. II B.A History students visited every house and created an awareness on organic farming and the nutritious values of vegetables and fruits. They highlighted the roof and kitchen gardening in every house will strengthen their health and environment without any cost.



Lack of clean drinking water (Health & Nutrition – Awareness Talk)

Awareness Program on Lack of clean drinking Water” at Thiraviapuram Village, Maravanmadam Panchayat held on 28th February, 2024 Organized by the Department of Economics, St. Mary’s College (Autonomous), Thoothukudi. Water is essential for food and energy security. The student community, understand the importance of water conservation. Public awareness of Lack of clean drinking water conservation is necessary to increase knowledge of water resources, water use, and the need to conserve water. The village people were found it very valuable to know the facts and importance of drinking purified water. Village people and Children were learned more knowledge of every single drop of pure water. 28 People & 62 Students from R.C. Primary School, Thiraviapuram benefited from this awareness talk.



Awareness programme on Nutrition & Healthy Eating Habits:

The Departments of Business Administration of St. Mary’s College (Autonomous), Thoothukudi organized a programme on Nutrition & Healthy Eating Habits in the adopted area of Maravanmadam on 1st April, 2024. The training programme was conducted as a part of the Community Development Programme by 19 students of II BBA. Firstly, Mrs. R. Rohini, Counsellor of our college studied the understanding level of the students on Augmented Reality and Virtual Reality to enhance the learning. Around 57 children enthusiastically and cheerfully participated and got benefitted in this program. It was organised under the approval of the Principal, Rev. Sr. Dr. Jessie Fernando, the Deputy Principal and CDP/ UBA Coordinator Dr. Sr. S. Kulandai Therese and the Director of SSC, Sr. Josephine Jeyarani. Mrs. Lilly Malar and Mrs. Selvi Prabha, Panchayat leaders honoured the event with their presence. The CDP staff incharge, Ms.V.Rivitha of the Department of BBA took part in the training programme along with the students. At last Bajra Porridge along with some side dishes were provided to the students.



Awareness Programme on Lack of Clean Drinking water

The Department of Chemistry of St. Mary's College (Autonomous), Thoothukudi organized an awareness programme on "Lack of clean drinking water under" Unnat Bharat Abhiyan -Community Development Programme on 4th April 2024 in the adopted area Korampallam and Maravanmadam Panchayat. The students of II B.Sc Chemistry created an awareness about the clean drinking water and the diseases which were caused due to the lack of clean drinking water. Through drama and speech, the students of chemistry made the people to realize the impact of water. A rally was organised to encourage active participation of the village people. Hand notice was also distributed to the people regarding the importance of clean drinking water. This programme was sponsored by the State Institute of Rural development and Panchayat Raj under low cost and no cost activities, Grama Panchayat Development Plan.



Celebration of Village Health and Nutrition Day

On 4th April 2024, the Department of Chemistry of St. Mary's College (Autonomous), Thoothukudi organized the "Celebration of village health and nutrition day" under Unnat Bharat Abhiyan Community Development Programme in the adopted area Korampallam and Maravanmadam Panchayat. The students of II B.Sc chemistry explained the diseases which were caused due to the nutrients deficiency. The students highlighted the foods that supply essential nutrients in our daily life. The second year students of chemistry explained the importance of

nutritional foods through drama and speech. A rally was organized to encourage active participation of the village people. Hand notice was also distributed to the people regarding the nutritional foods. This programme was sponsored by the State Institute of Rural development and Panchayat Raj under low cost and no cost activities, Grama Panchayat Development Plan.



Awareness Camp on Inclusion of Name in Health Card/Health Insurance List

On April 4, 2024, the Community Development Programme (CDP) and Unnat Bharat Abhiyan (UBA) of the Department of Mathematics collaborated to organize an "Awareness Camp on Inclusion of Name in Health Card/Health Insurance List" in Kalangarai village, Korampallam Panchayat, Thoothukudi District. This initiative, part of the Low Cost and No Cost Activities sponsored by the State Institute of Rural Development (SIRD), aimed to educate villagers about the benefits of government-provided health cards and health insurance. The students of II B.Sc. Mathematics played a pivotal role by conducting a rally and visiting villagers at their homes.



Awareness Programme on Early Registration of Pregnant Women in Government Hospitals

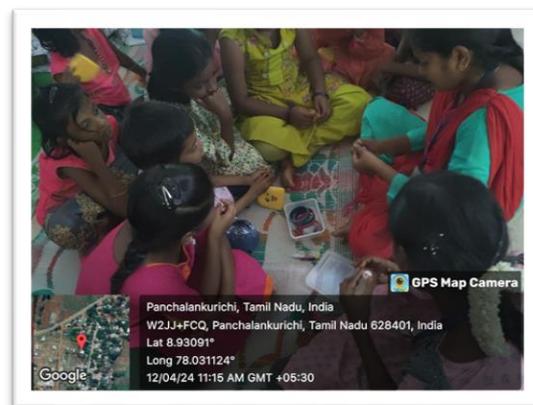
On 6th April 2024, the Community Development Programme (CDP) and Unnat Bharat Abhiyan (UBA) of the Department of Mathematics jointly organized an impactful "Awareness Programme on Early Registration of Pregnant Women in Government Hospitals" This initiative was conducted as part of the Low Cost and No Cost Activities sponsored by SIRD, held in the Kalangarai village of Korampallam Panchayat, Thoothukudi District.

During the event, Ms. G.Abinaya and Ms. C. Muthar Suvitha both students of II B.Sc. Mathematics, delivered speeches. Ms. G.Abinaya eloquently emphasized the importance of early registration for pregnant women, stressing its role in ensuring optimal maternal and child health outcomes. Meanwhile, Ms. C. Muthar Suvitha shed light on the manifold benefits associated with early registration, underlining its potential to positively impact maternal and infant well-being.



Jewellery Making

Physics department conducted a Low cost no cost developmental programme for the students of the Panchalankurichi village as a part of the Community Development Programme. On 10.04.2024. Our students brought samples of the jewellery they made using silk thread and beads. They displayed their handmade jewellery such as bangles made using silk thread, chains made using beads, earrings, and studs. They also taught the students on how to make those jewellery. The children were very much excited and gave in their full involvement in making jewellery. Our students made them do some jewellery in their guidance and the village students participated with full interest and co- operation. Our students were very happy in teaching those little ones and the kids were also enjoying the art of jewellery making. Our students had a great time in helping the kids to make jewellery.



Voting Right awareness

Department of History organized an awareness programme under the central government scheme UBA on the title “No Cost-Low Cost -“Civic Responsibility of Citizens with reference to

Voting Right” at Ceylone Colony in Panchalamkurichi on 11th April 2024. II B.A History students visited every house and created an awareness on the significance of voting right and explained the bogus vote without any cost.



Brushing Towards Brighter Futures:

In a proactive stride towards community welfare, the Department of Mathematics, St. Mary's College (Autonomous), Thoothukudi, led a significant event on April 12, 2024, in Kalangarai village, under Korampallam Panchayat. The event, tailored to enhance child health and sanitation, was part of the nationwide Unnat Bharat Abhiyan initiative, supported by the State Rural Development and Panchayat Raj (SIRD & PR) Institution's Low-Cost and No-Cost Activities Scheme. With zeal and dedication, students from St. Mary's College wielded brushes and paint to embellish various village walls, showcasing their commitment to nurturing a healthy and clean environment for local children. The carefully planned endeavour reaped tangible benefits for the village populace, underscoring St. Mary's College's steadfast commitment to comprehensive community development and social responsibility.



Beat the Heat with Natural Healthy Diet

Department of History organized an awareness programme under the central government scheme UBA on the title “No Cost-Low Cost -“Beat the Heat with Natural Healthy Diet” at Panchalamkurichi on 12th April 2024. II B.A History students visited every house and created an

awareness on the healthy and natural ways and means to protect their family from the extreme summer without any cost.



Sapling Distribution through Pregnant Mothers

The CDP visit to Tharuvaikulam was on 15.04.24 AN, with the group of five students from II B.A English Literature (Regular) visited the adopted village Tharuvaikulam Govt. Hr. Sec. School to organize a programme on “Sapling Distribution through Pregnant Mothers” with the motivation of the Secretary, Rev. Dr. Sr. C. Shibana , the Principal, Rev. Dr. Sr. Jessie Fernando and the Deputy Principal, Rev. Dr. Sr. S. Kulandai Therese. The students distributed the fruit tree saplings to pregnant mothers. The II BA students organized the sapling distribution programme for the pregnant mothers to create more awareness on the importance on the growth of man and trees . The students created awareness on the significance of saving trees to save the future generation. The teachers of the school thanked the college students, staff and the management.



Awareness Campaign on PM – Jan Arogya Yojana Scheme

Department of Economics conducted an awareness campaign on PM- Jan Arogya Yojana Scheme funded by State Institute of Rural Development & Panchayat Raj under Low cost

and No cost on 15.04.2024 in adopted area of Maravanmadam, Maravanmadam Panchayat, Thoothukudu District started at 10o'clock morning.

"Ayushman Bharat" is the largest healthcare scheme in the world. It provides an annual coverage of 500,000 rupees to a family for medical treatment in both public and private hospitals in India. This has been communicated to the villagers by the students. The students explained the approximate cost included in services like consultation fees of the doctor, outpatient treatment charges, as well as expenses for OT (Operation Theater) and ICU (Intensive Care Unit). They also discussed the procedures to avail these services, such as how to obtain them and the process involved.



Nutrition Wellness for Pregnant and Lactating Women'

Department of Zoology organized a Awareness programme ' Nutrition Wellness for Pregnant and Lactating Women' on 15.04.24 in Palayakayal village of Palayakayal Panchayat sponsored by State Institute of Rural Development & Panchayat Raj (SIRD & PR) under Low Cost and No cost Activities. The students prepared charts for nutritional requirements for pregnant and lactating women and distributed it to the young women. They walked through the village streets and took a survey of houses with pregnant and lactating women. They ensured that they have registered themselves in the Government hospitals. They interacted with them and explained the importance of nutrition during pregnancy and lactation. They also distributed notices bearing information regarding the diet. The awareness drive was supported by the Mr. Selvakumar, President of the Palayakayal Panchayath. Dr. R. Sri priya , Assistant Professor of Zoology and Ms. Esther Elsy, Department of Zoology accompanied the students.



Awareness campaign on ‘Sanitation

On 15th April 2024 the department of Economics gave an awareness campaign on ‘Sanitation’ in the adopted area of Maravanmadam village to the village people. Sanitation in villages is essential for India. It is fundamental for people's livelihoods. They emphasized that a disease-free life and good hygiene are necessary for health. Furthermore, the students provided sanitation guidelines through Pamphlets.

Eating healthy foods, following proper ways to maintain a balanced diet, adopting practices that promote sanitation such as hand washing, methods to reduce air pollution, utilizing clean water, promoting vaccination and regular exercise, were all communicated by the students to raise awareness among villagers. Through this event, over 30 families and numerous women benefited in rural areas.



VPRP SDP Issues Related to Sanitation Health and Nutrition

The CDP visit to Tharuvaikulam was on 17.04.24, with the group of five students from II B.A English Literature (Regular) visited the adopted village Tharuvaikulam Govt. Hr. Sec. School to organize a programme on “ VPRP SDP Issues Related to Sanitation Health and Nutrition” with

the motivation of the Secretary, Rev. Dr. Sr. C. Shibana , the Principal, Rev. Dr. Sr. Jessie Fernando and the Deputy Principal, Rev. Dr. Sr. S. Kulandai Therese.



Bin it Right: Promoting Waste Management in Villages

Department of Zoology organized a Awareness programe ‘ Bin it Right: Promoting Waste Management in Villages’ on 17.04.24 in Palayakayal village of Palayakayal Panchayat sponsored by State Institute of Rural Development & Panchayat Raj (SIRD & PR) under Low Cost and No cost Activities. The programe was organized to create awareness and train the sanitary workers for safe handling of solid waste and the importance of proper waste management. Dr. R. Sri Priya, Assistant Professor of Zoology interacted with the sanitary workers on the methods of waste collection. The workers were given protocols of personal protection during waste collection. The students walked through the village streets and created awareness on waste segregation at home. As an initiative for safe waste handling, waste handling equipment was provided to the sanitary workers. This initiative was presided by the village Panchayat president Mr. Selvakumar. Dr. R. Sri priya , Assistant Professor of Zoology and Ms. Esther Elsy, Department of Zoology accompanied the students.



Greening Villages: Planting Seeds for a Sustainable Future

Department of Zoology organized a Environment Awareness Drive ‘ Greening Villages: Planting Seeds For a Sustainable Future’ on 18.04.24 in Palayakayal village of Palayakayal

Panchayat sponsored by State Institute of Rural Development & Panchayat Raj (SIRD & PR) under Low Cost and No cost Activities.

The aim of the drive is to stress the importance of trees in upkeeping the environmental health. The students walked through the village and stressed on the role of trees in mitigating the environmental pollution. They encouraged the village people to plant more trees and they explained the health benefits of a green village. As an initiative to a Greener village the students planted trees in the village. This initiative was presided by the village Panchayat president Mr. Selvakumar. Dr. R. Sri priya , Assistant Professor of Zoology and Ms. Esther Elsy, Department of Zoology accompanied the students.

