

## St. MARY'S COLLEGE (AUTONOMOUS)

(Re-accredited with 'A+' Grade by NAAC – 4th Cycle) Thoothukudi – 628001, Tamil Nadu, India (Affiliated to Manonmaniam Sundaranar University)

## **NSS Report- 2024-2025**

## International Day Against Drug Abuse and Illicit Trafficking on 26.06.2024

The NSS volunteers and students of St.Mary's College (Autonomous), Thoothukudi took a pledge on International Day Against Drug Abuse and Illicit Trafficking on June 26<sup>th</sup> 2024, to stay away from drugs and the community awareness about the harmful effects of drug. This programme motivated the younger generation to stay away from drugs and raise awareness about the importance of living a healthy, drug-free life.



### Ek Ped Maa Ke Naam – Plant One Tree in Mother's Name on 30.07.2024

National Service Scheme (Unit No. 66, 67, 129 and 130) of St. Mary's College (Autonomous), Thoothukudi organized a tree plantation programme Ek Ped Maa Ke Naam – Plant One Tree in Mother's Name on 30.07.2024 at 2.30 p.m. Rev. Sr. Dr.M.S.Ezhilarasi, Deputy Principal initiated the programme by planting the neem tree. The NSS Programme officers Dr.A.Lakshmi, Assistant Professor of Chemistry (Unit No.67), Dr.S.M.Vimala, Assistant Professor of History (Unit No. 130), Dr.P.Subavathy, Assistant Professor of Zoology (Unit No.66), Ms.X.Amala Steffi, Assistant Professor of English (Unit No.129) and NSS

student volunteers organized the programme. Trees are the foremost source for producing the oxygen in environment, they helps to reduce the level of CO<sub>2</sub>. As we all know that the whole world is facing the problem of global warming and to recover from such problem planting the trees is become one of the most important aspects today.













# Orientation session on the topic "Drug Awareness, Addiction and Eradication" on 05.09.24

National Service Scheme (Unit No. 66, 67, 129 and 130) and Anti – Drug Club of St. Mary's College (Autonomous), Thoothukudi jointly organized an Orientation session on the topic, "Drug Awareness, Addiction and Eradication" on 5<sup>th</sup> September 2024. Dr. A.A. Achuthan, MBBS, DMRD, Member of Indian Red Cross Society, Lions Club of Tuticorin was the resource person. He created awareness about the risks of drug addiction, available treatments like Psychotherapy, etc. The initial step in controlling drug addiction is to educate and increase awareness among individuals, that provide a better understanding about the issue and how to manage it effectively.







## Awareness Programme on TB (Tuberculosis) on 05.09.24

National Service Scheme (Unit No. 66, 67, 129 and 130) of St. Mary's College (Autonomous), Thoothukudi organized an Awareness Programme on TB (Tuberculosis) on 5<sup>th</sup> September 2024. Mr. Bala Guru Sami, Public Health Manager, Ms. N. Indhu, District Coordinator, Mrs. Shobana and Mrs. Latha, Out Reach Workers created awareness about the devastating health, social and economic consequences of Tuberculosis, the transmission, treatment and Prevention of TB.



Human Chain on "Black Day" Protest Against Sexual Harassment Thoothukudi, 10 September 2024

The National Service Scheme (NSS) of St. Mary's College (Autonomous) in collaboration with All India Catholic University Federation (AICUF) organized a "Black Day" on 10 September 2024 as a powerful stand against sexual harassment. The event was held to protest the recent incident involving a postgraduate trainee doctor in Kolkata and to raise awareness about all forms of harassment. The students demonstrated their protest by organizing a human chain to symbolically break the chains of sexual harassment. The protest commenced at 8:30 AM with active participation from students and staff members. The students emphasized the message that "Sexual harassment is a crime, not a violence. NO means NO, break the chain

together." This event reflects the institution's ongoing efforts to promote a safe and respectful environment for everyone, standing firm against injustice and sexual harassment. The students pledged to continuously advocate for justice, equality, and the dignity of all individuals, urging the community to join the fight against sexual harassment and violence. The Human chain was led by the Principal Rev. Sr. Dr. Jessie Fernando and Deputy Principal Rev. Sr. Dr. M. S. Ezhilarasi.







## Leadership Programme "Youth Leadership: Changing the World through Service on 10.09.24

National Service Scheme (Unit No. 66, 67, 129 and 130) and Youth Red Cross of St. Mary's College (Autonomous), Thoothukudi and Youth Red Cross jointly organized a programme on the topic, "Youth Leadership: Changing the World through Service" on 10<sup>th</sup> September 2024. Dr. T. Jayanthi, Assistant Professor of History, Sarah Tucker College (Autonomous), Tirunelveli, Chairman of Women Empowerment Committee, Indian Red Cross Society, Kanniyakumari District Branch was the resource person. She addressed the students about Social Service, Humanity, Fundamental Principles of Red Cross and Social responsibilities of youth to the students. Nearly 300 students actively participated and benefited.







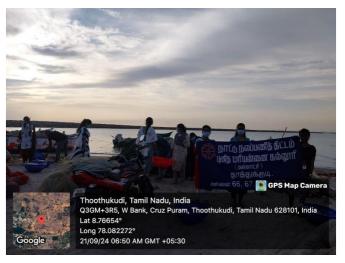


Interdepartmental Competitions on Slogan Writing, Tamil Elocution, Essay Writing (Tamil & English) on 20.09.24

National Service Scheme (Unit No. 66, 67, 129 and 130), Amalorpava Matha Mathuvilaku Movement and Anti – Drug Club of St. Mary's College (Autonomous), Thoothukudi jointly hosts an Interdepartmental Competitions like Slogan writing, Tamil Elocution and Essay Writing (Tamil and English) on the topic, "Podhai Vilipuarvum – Ilayorin Pangu" on 20<sup>th</sup> September 2024. Totally 20 students participated enthusiastically to expose their talents.

## Coastal Cleanup Drive by NSS Volunteers, Thoothukudi on 21st September 2024

The National Service Scheme (NSS) of St. Mary's College (Autonomous), Thoothukudi in collaboration with 'We Can' Trust organized a coastal cleanup drive in commemoration of International Coastal cleanup day at Vivekananda Nagar and Therespuram on 21st September 2024. The objective was to spread awareness about the harmful effects of plastic and other waste on marine life and to contribute towards a cleaner and healthier environment. A total of 197 NSS volunteers participated in the event. The students from various departments gathered at 6 am in the morning at the designated area. NSS coordinators supervised the event, ensuring that the necessary precautions were taken during the cleanup. The students were provided with gloves, garbage bags, and other cleaning equipment. They were divided into groups, and each group was assigned a particular section of the coastline. The waste collected included plastic bottles, wrappers, discarded fishing nets, and other non-biodegradable materials that pose a threat to marine and coastal ecosystems. The volunteers worked diligently for hours, meticulously collecting and segregating the waste. Emphasis was placed on recycling and properly disposing of the collected materials. The cleanup drive was successful in not only removing a significant amount of waste from the coastline but also in raising awareness among the participants and the local community about environmental conservation.





## Rural Women Empowerment (Global World Record Attempt) on 27.09.24

The NSS programme officers Dr.A.Lakshmi and Dr.S.M.Vimala participated in the Rural Women Empowerment programme held in Manonmaniam Sudaranar University, Tirunelveli on 27<sup>th</sup> September 2024. As part of the Global World Record Attempt for Rural Women Empowerment, 1,000 blazers were skillfully stitched by rural women over a period of 20 days. This initiative not only provided these women with a platform to showcase their talents but also empowered them economically and socially. The blazers were worn by NSS (National Service Scheme) volunteers, symbolizing the collective efforts of rural women and the spirit of youth service. The collaboration between the rural women and the NSS volunteers highlighted the intersection of empowerment and community service. The programme was organized to bring global attention to the issues rural women face and highlight their contributions to society and to encourage the skill development, economic independence, and leadership among rural women.





## Conference on "Thaimaye vellum" on 02.10.24

On 2.10.2024 the National Service Scheme (NSS) unit of St.Mary's College (Autonomous), Thoothukudi participated in a prestigious conference titled "Thaimaye Vellum" in Tirunelveli. The event focused on promoting the rich cultural heritage of Tamil Nadu and Tamil language while also emphasizing the role of community service in preserving and enhancing these values. About 20 NSS volunteers and the NSS programme officer participated in the programme. It provided valuable insights into the importance of cultural preservation and the

role of community service in building a better society. The conference not only strengthened the connection of the volunteers with their cultural roots but also motivated them to take a more active role in serving their communities.

## Participation in the Book Fair on 10.10.2024

The book fair has been organised by Thoothukudi District Administration as Neithal Kalai Vizha. The fair is organized in association with various publishers. Book fairs have a great role to play in promoting the reading habit among people of all age groups. The fifth book fair in Thoothukudi had plenty of books on history and the younger generation would benefit through them and understand the significant contribution made by stalwarts in many spheres.

The fair provides a unique platform for business to business transactions, establishing new contacts, entering into co-publishing arrangements, translation and copy right arrangements, reprinting of old and rare books, apart from providing retailing opportunities as a multitude of visitors to the fair.

The National Service Scheme (NSS) of St. Mary's College (Autonomous) arranged the students to visit the book fair on10th October 2024. The students have participated in various competitions held in the book fair. Few students served as volunteers to regulate the book fair held from 3<sup>rd</sup> October to 13<sup>th</sup> October 2024. Hence, people must make it a habit to read different types of books that would be useful to them. On many occasions, reading books helped the students to connect with the people and get in touch or understand their problems. The younger generation had the opportunity to learn and understand the nuances of the culture and tradition of the State and the district.

The organisers said the book fair on Sankaraperi ground had 100 stalls set up by leading publications and books of well-known authors were on display. The government had also put up 13 stalls to create awareness on use of plastics, among other issues. Apart from special events such as *patti mandram*, the organisers had several events to demonstrate the art and traditions of the people. A food court with participation from key players across southern districts were present.









## Essay writing and poster making competition on 17.10.2024

The National Service Scheme (NSS) of St.Mary's College (Autonomous), Thoothukudi organized an essay writing and poster making competition on 17.10.2024 from 10.30 a.m to 11.30 a.m on the topic "Nothing Like Voting – I Vote for Sure." This event was part of the NSS's initiative to promote awareness and encourage active participation in the electoral process, especially among young voters. The competition aimed to inspire students and community members to understand the significance of voting and exercise their right to vote

responsibly. A total of 102 participants registered for essay writing and poster making competition. The posters created by the students will be displayed in the college foyer, drawing attention to the significance of voting among the younger generation. The three panel of judges, evaluated the entries based on creativity, relevance to the theme, and the effectiveness of the message conveyed.







## **Constitution Day Celebration**

## 26.11.2024

On the occasion of Constitution Day, celebrated on 26th November 2024, a special programme was organized to honour the adoption of the Constitution of India and to reaffirm our commitment to its guiding principles. The programme commenced with a brief address by the principal, who emphasized the historical significance of the day and the vital role of the Constitution in shaping the democratic framework of the nation. The students and staff were reminded of the values of justice, liberty, equality, and fraternity that form the foundation of our Republic. The highlight of the event was the collective reading of the Preamble to the Constitution of India. All participants read the Preamble aloud, echoing the spirit of national pride and constitutional awareness.



# Online quiz competition on "Human Rights: Promoting Awareness and Understanding" 10.12.2024

## Report

The goal of the Event Quiz competitions is always interesting and informative, which keeps the students interested. Human Rights Day is celebrated annually around the world on 10th December every year. The date was chosen to honor the United Nations General Assembly's adoption and proclamation, on 10th December 1948, of the Universal Declaration of Human Rights (UDHR), the first global enunciation of human rights and one of the first major achievements of the new United Nations. The main objective of the programme was to create awareness of basic human rights and to educate them about the safeguards for their protection. Human rights are moral entitlements that every individual in the world possesses simply in virtue of the fact that he or she is a human being. In claiming our human rights, we are making a moral claim, normally on our own government, that you cannot do that, because it is a violation of my moral sphere and my personal dignity. No-one – no individual, no government – can ever take away our human rights. Fundamentally, because everyone is a human being and therefore a moral being. The majority of individuals, if shown that they are violating someone else's personal dignity, will try to refrain. In general, people do not want to hurt other people. However, in addition to the moral sanctions of one's own conscience or that of others, there is now legislation in most countries of the world which obliges governments to respect the basic human rights of citizens, even when they may be unwilling to do so. The online quiz competition on 'Human Rights: Promoting Awareness and Understanding' in commemoration of 76th Anniversary of the International Human Rights Day was organized by National Service Scheme (Unit No. 66, 67, 129 and 130) and YRC. Around 50 students were participated in this quiz competition. This competition highlighted the importance of Human Rights and the need to uphold them in our daily lives. The questions were framed on various human rights issues, such as gender equality, freedom of speech, and the right to education.

## Participation in Nehru Yuva Kendra '2024'

National Service Scheme (Unit No. 66, 67, 129 and 130) of St. Mary's College (Autonomous), Thoothukudi took part in various competitions like Declamation Contest – Speech Competition (English & Tamil) Young Artist's Competition, Young Writer (Tamil & English) Folk Dance and Mobile Photography in Nehru Yuva Kendra '2024' organized by Ministry of Youth Affairs & Sports, Government of India, conducted District Youth Festival on 11th December 2024 at Kamaraj College, Thoothukudi. Totally 28 students participated enthusiastically to showcase their talents.



#### Principal

ST. MARY'S COLLEGE (Autonomous) (Re-accredited with A Grade by NAAC) THOOTHUKUDI - 628 001.

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Date: 10.12.2024

#### Certificate

This is to certify that the following are the bonafide students of our college during the year 2024-2025 to take part in various competitions in the Nehru Yuva Kendra '2024' on 11th December 2024 at Kamaraj College, Thoothukudi.

#### STUDENTS NAME LIST

#### Declamation Contest - Speech Competition (English) V.Vijaya I B.A. English

1 B.Sc Microbiology M. Ahamathu kathija Banu -

#### Declamation Contest - Speech Competition (Tamil) I M.A. History

 A. Muthumadhumitha
M.Ahamathu Kathija Banu I B.Sc. Microbiology

## Young Artist's Contest

1. K. G. Karthika 1 B.Sc Psychology S. Karpaga Mahalakshmi 1 B.Sc Psychology III B.Sc Microbiology V. Sakthi Thanga Kanniga III B.Sc Psychology 4. G. Amala Harini III B.A. History

5. S. Parvathi Priva II B.Sc. Mathematics 6. R.Abinaya Young Writer Tamil 1 B.Sc Psychology

## B. Maha Kamatchi

I B.Sc Psycology 2. B. Karishma R. Freeda Ruby Judith III B.Sc Psychology III B.A. History 4. E. Ponselvi II B.Sc Mathematics 5. M.Abirami Gomathi 6. J.Ozola II B.Sc Mathematics

#### Young Writer English

1 B.Sc Psycology , S. Harini 1 B.Sc Psycology M. Anu Petchi C. Angelin Gracita
M.Aishwarya II B.Sc Mathematics

#### Folk Dance

1 B.Sc Psychology V. Mercy Diana I B.Sc Psychology G. Divya I B.Sc Psychology 3. R. Sathya A. Selva Jeyashree 1 B.Sc Psychology I B.Sc Psychology 5. A. Madhumitha 6. M. Priyadharshini 1 B.Sc Psychology

#### Mobile Photography

 B. Logadharshini
V. Mangala Priya 1 B.Sc Psycology I B.Sc Psycology

St. Mary's College (Autonomous)

## **Orientation Programme – 17.12.2024**

## **Report**

National Service Scheme (Unit No. 66, 67, 129 and 130) of our college have organized an orientation programme – Not Me, But You on 17<sup>th</sup> December 2024. Dr.A. Veliappan, Associate Professor, NSS Coordinator, M. S. University, Tirunelveli served as the resource person. He explained about the NSS motto, emblem, objective and activities. The session gave a clear understanding on various activities carried out by NSS. He explained about the needs of NSS and the role of the volunteers towards the society. The program likely covered the history, growth, aims, and objectives of the NSS. Volunteers were informed about various activities undertaken by NSS, including organizing camps and special programs. The program emphasized the importance of community service and the role of NSS volunteers in serving the community. The orientation likely included discussions on youth development activities, team building, leadership skills, and developmental issues. He also addressed disaster management and the role of NSS in such situations. The program aimed to inspire and motivate new NSS volunteers to actively participate in community service. Volunteers gained knowledge about the NSS, its activities, and the importance of community involvement. He elaborated on how NSS contributes to the holistic growth of students by fostering a sense of social responsibility and community service. He encouraged the new students to actively participate in various NSS activities that promote leadership skills, teamwork, and a commitment to societal well-being. NSS volunteers actively participated in the discussion and cleared all their doubts and got ready to put forth their hands of service. The Orientation Programme concluded with a sense of excitement and a shared commitment among the new Volunteers to uphold the values of NSS and contribute meaningfully to the community.

## **Photos**









## Leprosy Eradication Awareness Rally on 30th January 2025

The National Service Scheme (NSS) of St. Mary's College (Autonomous), Thoothukudi in collaboration with Youth Red Cross Club, St. Mary's College (Autonomous) Thoothukudi and Directorate of Public Health and Preventive Medicine (DPH) organised a Leprosy Awareness Rally in commemoration of the World Leprosy Day on 30<sup>th</sup> January 2025. The Flag of ceremony was initiated by District Revenue Officer Thiru. A. Ravichandran. The aim of the rally was to educate the public about leprosy, dispelling myths, and promoting early diagnosis and treatment. A total of 197 NSS volunteers participated in the event. The students from various departments gathered at 11 am in the morning at college portico. District Revenue Officer Thiru. A. Ravichandran addressed the students before the rally, emphasizing the importance of awareness and timely treatment in eradicating the disease. He also highlighted the government schemes available for leprosy patients and the need to treat them with compassion and dignity.

The rally commenced from St. Mary's College (Autonomous), Thoothukudi and concluded at The Indira Gandhi Statue, North Beach Road, Thoothukudi, covering a distance

of approximately 4 kilometers. Students carried placards and banners bearing slogans such as "Leprosy is Curable," "Stop the Stigma," and "Early Treatment Saves Lives." Pamphlets containing information about the symptoms, causes, and treatment of leprosy were distributed to the public throughout the route.

On the whole the awareness rally proved to be a successful initiative, spreading muchneeded knowledge about leprosy and reinforcing the collective responsibility of society in eliminating both the disease and the stigma associated with it.







## Martyrs' Day- 30th January 2025

The National Service Scheme (Units 66, 67, 129, and 130) of St. Mary's College (Autonomous), Thoothukudi, observed Martyrs' Day (Shaheed Diwas) on 30th January 2025 — a solemn occasion dedicated to remembering and honoring all those who laid down their lives for India's freedom, especially Mahatma Gandhi. On this day, the nation pays heartfelt tribute to the brave souls who fought for the country's independence. As part of the observance, a pledge was taken to eliminate untouchability, reaffirming the commitment to social equality and justice.



## Mega Free Eye Check-up Camp 23.03.2025



National Service Scheme (Unit No. 66, 67, 129 and 130) of St.Mary's College (Autonomous), Neyveli Lignite Corporation (NLC) and Aravind Eye Hospital, Thoothukudi organized a Mega Free Eye Check-up camp on 23<sup>rd</sup> March 2025 at Government Higher Secondary School, M.Thangammalpuram, Thoothukudi as part of a joint initiative to promote community health and eye care awareness. The event was graced by the presence of Hon'ble Minister for Social Welfare and Women Empowerment, Smt. Geetha Jeevan, who attended the camp as the Chief Guest. She appreciated the efforts for bringing essential eye care services to the local community, especially to the underprivileged. She highlighted the importance of early detection and regular eye check-ups in preventing avoidable blindness. The camp witnessed an overwhelming response from the public, with more than 500 beneficiaries availing free eye screening, consultation, and treatment. A dedicated team of ophthalmologists and staff from Aravind Eye Hospital conducted comprehensive eye examinations, distributed medicines and free eye glasses, and identified cases requiring further treatment or surgeries, which were arranged at no cost to the patients. The event was coordinated efficiently with the support of NSS volunteers of St.Mary's College (Autonomous), Thoothukudi. The Mega Eye Camp was a significant step toward community welfare, providing vital healthcare services to hundreds of individuals. The presence and encouragement of Minister Geetha Jeevan added great value and inspiration to the event. The programme served as a shining example of successful publicprivate partnership in healthcare outreach.









