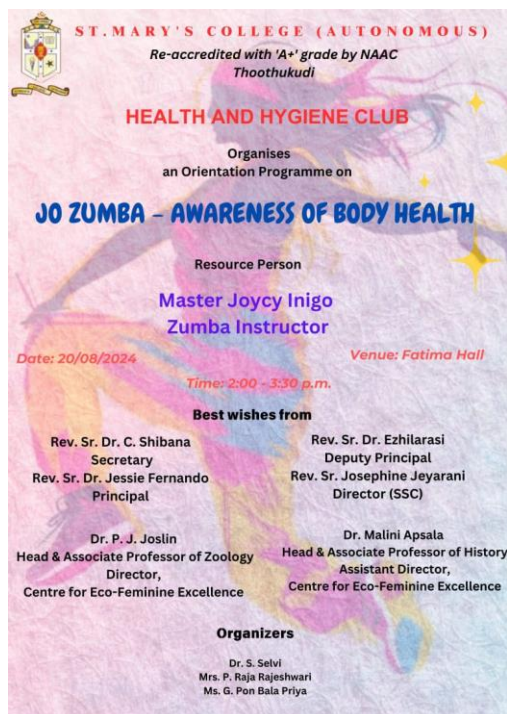


ST. MARY'S COLLEGE (AUTONOMOUS), THOOTHUKUDI

Health and Hygiene Club – Report 2024 June to October

Report – 1 Health and Hygiene Club orientation programme on “Jo Zumba- Awareness of body health” – 20.08.2024, 22.08.2024, 27.08.2024 and 05.09.2024

Invitation



Photos





Report

ST. MARY'S COLLEGE (AUTONOMOUS), THOOTHUKUDI

Health and Hygiene Club orientation programme on “Jo Zumba- Awareness of body health” – 20.08.2024, 22.08.2024, 27.08.2024 and 05.09.2024

Health and Hygiene Club, St. Mary's College (Autonomous), Thoothukudi conducted an orientation programme on 20th August 2024, 22nd August 2024, 27th August 2024 and 05th September 2024 on the topic “Jo Zumba- Awareness of body health”. The programme started with the prayer song. Dr. S Selvi Assistant professor of zoology delivered the welcome address and Dr.P.J. Joslin, Head and Associate Professor of Zoology, Director Centre for Eco Feminine Excellence St. Mary's College (Autonomous), Thoothukudi gave felicitation. Master Joycy Inigo Zumba Instructor was the resource person she explained about Zumba a wide range of benefits and uses, making it a versatile workout for various fitness goals and lifestyles like weight loss,

reducing stress, building endurance, toning muscles, stress relief and mental health. Incorporating Zumba into a regular fitness routine can lead to long-term physical and mental health benefits while keeping workouts engaging and enjoyable. Third- and second-year arts and science students (nearly 700) get benefitted and the programme came to the end with college anthem.

Report – 2 Health and Hygiene Club World Food Day on நாம் மறந்த நமது பாரம்பரிய உணவுகள் – 16.10.2024

Invitation



ST.MARY'S COLLEGE (AUTONOMOUS)
Re-accredited with 'A+' grade by NAAC
Thoothukudi

Health and Hygiene club
Organizes
WORLD FOOD DAY

நாம் மறந்த நமது பாரம்பரிய உணவுகள்

Resource Person
Mrs.K.Gomathi B.A

Date: 16.10.2024
Time: 9:30 a.m.
Venue: Fatima Hall

Best wishes
Rev. Sr. Dr. C. Shibana, Secretary
Rev. Sr. Dr. Jessie Fernando, Principal
Rev. Sr. Dr. Ezhilarasi, Deputy Principal
Rev. Sr. Josephine Jeyarani, Director (SSC)

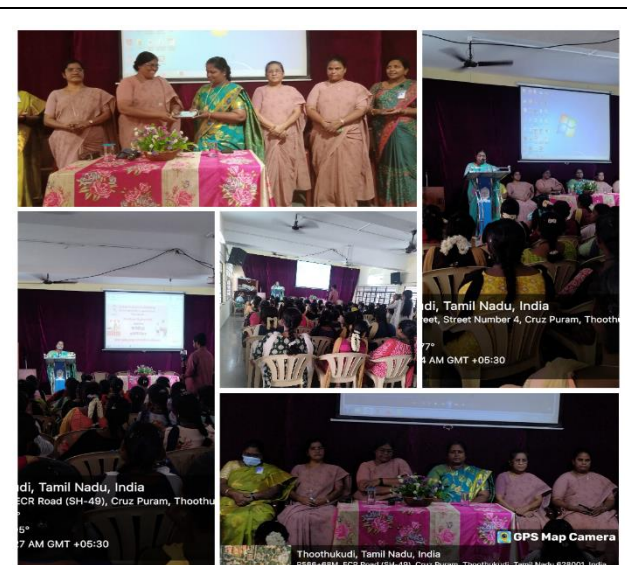
Dr. P. J. Joslin
Head & Associate Professor of Zoology
Director of Centre for Eco-Feminine Excellence

Dr. Malini Apsala
Head & Associate Professor of History
Assistant Director of Centre for Eco-Feminine Excellence

Organizers
Dr. S. Selvi
Mrs. P. Raja Rajeshwari
Ms. G. Pon Bala Priya

Join us to feast your taste buds...

Photos



Report

Health and Hygiene Club World Food Day on நாம் மறந்த நமது பாரம்பரிய

உணவுகள் – 16.10.2024

Health and Hygiene Club, St. Mary's College (Autonomous), Thoothukudi organizes a World Food Day on 16th October 2024 on the topic “நாம் மறந்த நமது பாரம்பரிய உணவுகள்”. The programme started with the prayer song. Dr. S Selvi Assistant professor of zoology delivered the welcome address and Rev. Dr. Sr. Jessie Fernando, Principal gave felicitation. Mrs. Gomathi B.A was the resource person explained about the traditional foods we have forgotten and commonly used traditional foods of our culture, which were once an integral part of our ancestors' diets. These foods are often highly nutritious, sustainable and suited to the local climate and lifestyle but have been overlooked due to the modern diet and changing food habits. She also insists about the Millets (like finger millet, pearl millet, and sorghum), which were once staple grains but have been replaced by rice and wheat. Black Kavuni rice and Kattu Yanam is a traditional variety of rice native to South India has gained popularity for its health benefits due to its rich in antioxidants and improves digestive health due to its fiber content, Karuppu Kavuni rice aids digestion, improves gut health, and promotes regular bowel movements. It can also help reduce the risk of colon-related disorders. Kattu Yanam which is rich in Nutrients Kattu Yanam rice is packed with essential nutrients, including vitamins, minerals and antioxidants. It contains high levels of iron, calcium, magnesium, and zinc, which are crucial for various bodily functions. Nearly 240 students get benefitted and the programme came to the end with college anthem.