



# **St. Mary's College (Autonomous) Thoothukudi**

Re-accredited with A+ Grade by NAAC-4<sup>th</sup> cycle  
(Affiliated to Manonmaniam Sundaranar University)

## **CENTRE FOR SERVICE EXCELLENCE**

### **RED RIBBON CLUB**

#### **Report for 2019-2020**

##### **Event 1: Awareness Meeting on Healthy Life**

**Date:** September 30, 2019

**Venue:** Star Hall

**Resource Person:** Ms. R. Rohini, Assistant Professor of Psychology, St. Mary's College (Autonomous), Thoothukudi

**Beneficiaries:** First-year NSS Students

**Report:** The session aimed to raise awareness among first-year NSS students about the importance of maintaining a healthy lifestyle. Ms. R. Rohini shared insights on physical well-being, mental health, and healthy habits. The students were encouraged to adopt balanced diets, engage in regular physical activities, and develop positive coping strategies for stress. The event was well-received, with active participation and interest from the students, who found the practical tips on health and wellness highly relevant to their daily lives.

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##### **Event 2: Cancer Day Rally**

**Date:** February 4, 2020

**Venue:** St. Mary's Boys School, Thoothukudi

**Resource Person:** Thiru. Sandeep Nanduri, I.A.S, Thoothukudi District

**Beneficiaries:** First-year NSS Students

**Report:** In honor of World Cancer Day, a rally was organized to raise awareness about cancer prevention and early detection. Led by Thiru. Sandeep Nanduri, I.A.S, the rally witnessed enthusiastic participation from NSS students. The students carried posters and slogans emphasizing the importance of cancer awareness and the need for regular health check-ups. This event served as an impactful reminder to the community on the importance of proactive health measures and early diagnosis.

### **Event 3: Awareness about PCOD, Irregular Periods, Hemoglobin Imbalance, and Breast Cancer**

**Date:** February 10, 2020

**Venue:** 1st B.Com Classroom

**Resource Persons:** Dr. Agastina B.E.M.S and Dr. Benisha B.E.M.S, Viruthunagar

**Beneficiaries:** First-year NSS Students

**Report:** This session aimed to address key health issues affecting young women, specifically focusing on PCOD, menstrual irregularities, hemoglobin imbalance, and breast cancer awareness. Dr. Agastina and Dr. Benisha provided detailed explanations on the symptoms, causes, and preventive measures related to these health concerns. Students were educated on maintaining balanced nutrition, the importance of regular medical check-ups, and self-examination for early detection of breast cancer. The session was both informative and engaging, with students actively participating in the Q&A session.

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### **Event 4: Awareness about Cancer**

**Date:** February 24, 2020

**Venue:** Star Hall

**Resource Person:** Dr. R. Sinthiya Saroja, BSMS, Nellai Cancer Care Centre

**Beneficiaries:** First-year NSS Students

**Report:** Dr. R. Sinthiya Saroja led this informative session on cancer awareness. The program focused on educating students about the different types of cancer, symptoms, risk factors, and preventive measures. Emphasis was placed on the importance of lifestyle choices, such as maintaining a healthy diet, avoiding tobacco and excessive alcohol, and the benefits of regular exercise. Students gained valuable knowledge on the role of early detection in cancer treatment, which encouraged them to prioritize health screenings and raise awareness in their communities.

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## **Event 5: Eve's Health (Physical Health) and Mental Health**

**Date:** March 9, 2020

**Venue:** Star Hall

**Resource Persons:** Dr. Pethukani (Gynaecologist) and Dr. Poongothai (Gynaecologist)  
B.E.M.S, Thoothukudi

**Beneficiaries:** First-year NSS Students

**Report:** This session was dedicated to discussing women's physical and mental health. Dr. Pethukani and Dr. Poongothai spoke extensively on issues like menstrual health, reproductive wellness, and the mental health challenges faced by young women. They also highlighted the importance of self-care practices and maintaining mental well-being alongside physical health. The students were encouraged to break the stigma surrounding mental health discussions and seek support when needed. This interactive session concluded with practical tips on managing stress and promoting a healthy lifestyle.