

St. Mary's College (Autonomous), Thoothukudi
Re-accredited with 'A' Grade by NAAC- 4th Cycle
(Affiliated to Manonmanium Sundaranar University)

Rotaract Club

Report for 2023-2024

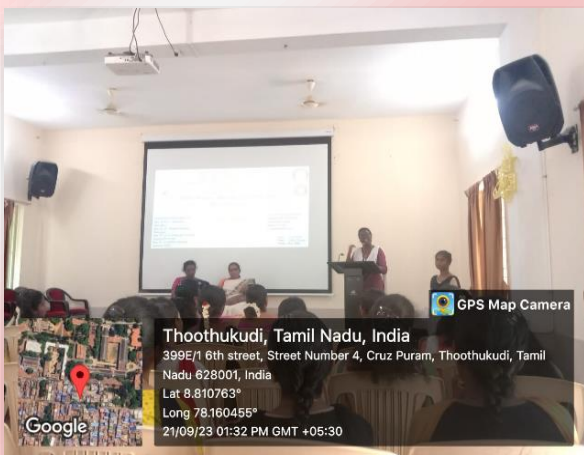
The Rotaract Club in collaboration with Counselling Forum and Youth Red Cross organized a programme on “Understanding Adolescents’ Mindset” on **10th August 2023**. **Mr. S. Subaraman, Counselling Psychologist, Thanvanthri Psychiatric Hospital, Tirunelveli** was the resource person. (Beneficiaries: The members of Rotaract Club, Counselling Forum and Youth Red Cross.)



On 31st August 2023 Youth Red Cross, Rotaract Club, Counselling Forum and Community Development Programme (UBA) Department of History jointly organized a programme on the topic “Welfare Schemes and Legislations – Empowering Women – Empowering Humanity”. Mrs. T. Selva Mary, Protection Officer, Department of Social Welfare, Thoothukudi was the guest speaker. She explained the various government schemes, the issues that can be fetched to the Department of Social Welfare and gave awareness regarding the various helplines in the Government of Tamil Nadu. Youth Red Cross, Department of History and 80 students of Rotaract Club actively participated and benefited.



The Rotaract Club in collaboration with Department of Library, Youth Red Cross, and Counselling Forum organized a programme on the topic, “**Bibliotherapy: Healing through Reading**” (Book Review) on 21 st September 2023. **Dr. P. Alice Rani, Assistant Professor, Department of Tamil, Sarah Tucker College, Tirunelveli** was the resource person. About 8 participants from UG presented book reviews on eight different books. They elaborated their views on what their book was about and discussed what they particularly liked in the book and what impact it created on their lives. The resource person Dr. P. Alice Rani shared her life experiences on book reading and why it is important to develop reading habits. She also explained the various methods of choosing and reading a book. Nearly 100 students actively participated and benefited from the programme.



On 25 September 2023, the Rotaract Club organized a special lecture on **Leadership and Teamwork Skills**. **Mr. D. Senthil Kannan, Director, PALMS, Thoothukudi** was the resource person. He gave a detailed presentation on how leadership and teamwork skills are prerequisite for higher education.

