



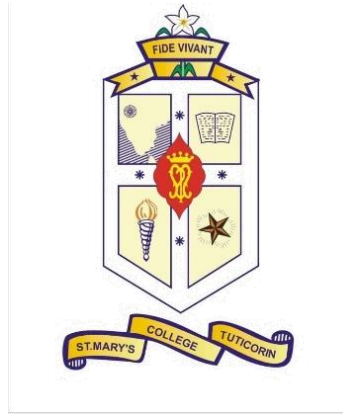
St. Mary's College (Autonomous)
(Re-accredited with A+ Grade by NAAC)

Thoothukudi-628001, Tamil Nadu, India

(Affiliated to Manonmaniam Sundaranar University)



UNNAT BHARAT ABHIYAN
&
Community Development Programme (TOUCH)
AISHE Code: C-41151



June 2023- May 2024

Submitted by

Dr. S. Kulandai Therese

UBA Co-ordinator

St. Mary's College (Autonomous)

Thoothukudi-628001

www.stmaryscollege.edu.in

CDP Report 2023-2024

On 30th June 2023, the first meeting of community development programme was held under the guidance of Sr. Kulandai Therese (UBA coordinator), Dr B. Divya (CDP Coordinator) and Dr. Jemma Hermelin Jesy Diaz (CDP Assistant Coordinator). Office bearers were elected in this meeting.

K Gowsika Gayathri II BCom - President

A. Narmatha Devi – II BA English - Vice President

B. Ponrani - II BSc Chemistry - Secretary

Action plan for this academic year was discussed.

This year we have planned

- To conduct awareness programme in all the adopted villages.
- To develop skills by organizing programmes like hand crafts, tailoring, palm craft etc.
- To improve their communication skills through spoken English classes.
- To impart computer knowledge to the needy people through computer courses
- To make the small children understand science with fun experiments
- To celebrate festivals and other special days meaningfully with those people.

A meeting for the CDP coordinators of this year was held on 6.7.2023. Execution of the action plan of this year was discussed in the meeting.



On 15.07.2023, Mr. Boopathy, Project Staff, under Prof. K. Ravichandran, Regional Coordinator, UBA, The Regional Coordinating Institution, The Gandigram Rural University, Dindigul, visited our college and collected data about the activities of UBA. CDP coordinators of all the departments explained the activities done by their department for five years. He interacted with the second year undergraduate students and motivated them to serve the society. He visited the adopted village, Tharuvaikulam and asked their successful stories. He also visited the courses that were conducted under UBA scheme



17.07.2023- Orientation Programme for the I and II year part V students

Department of History and Department of Commerce (SSC) organised an Orientation Programme for the I and II year part V students for the Community Development programme Skills on 17th July 2023. Mr.D. Senthil Kannan, Director, Palms,Tirunelveli, Mr.D. Manikandan, Founder, Arame Thavam,Mr.Christopher, We Can Trust, Thoothukudi, and Mrs. Angeline Koilraj, Manager, CFS Association, Thoothukudi were the resource persons. They enunciated all the skill requisites for the successful work of students to the society. .



15.08.2023 - Report on Grama Sabha meeting

As a part of Community Development Program of St. Mary's College (Autonomous), the second UG student of Department of Zoology participated in the Grama sabha meeting in Pazhayakayal Panchayath on 15th August, 2023. Mr. Selvakumar, Panchayath president presided over the programme. Ms. Kamatchi, Zonal Deputy Thasildhar, Srivaikundam and officers from various Departments of Government of Tamil Nadu participated in the meeting. The people of Pazhayakayal village put forth their grievances. They requested the officials to rectify the basic problems like clean drinking water, waste disposal modalities etc with the officials. The students of St. Mary's College, helped the villagers to represent their grievances. They discussed the schemes and policies of Government of Tamil Nadu for

youth welfare. Dr. N. Arokiyarnary, Head and Associate professor of Zoology and Ms. T. Esther Elsy, Assistant Professor of Zoology accompanied the students.



15.08.2023- 77th Independence Day Celebration and Fostering Clean and Green Community

Professors and students of the Department of Mathematics, St. Mary's College (Autonomous), Thoothukudi participated in the Grama Sabha held on 15.08.2023 in Korampallam panchayat and expressed the needs of the villagers. Also mentioned the steps being taken by the college for the betterment of the villagers and requested cooperation of the villagers. The Grama Sabha was presided over by Korampallam Panchayat President Mrs. Selva Prabha. The meeting was attended by medical officers, child welfare councillors, government officials, academics, lawyers, ward councillors and villagers. People were given advice on health, old age welfare, education, plastic usage and cleanliness of villages. The demands of the people and various ward members about proper drinking water, good pipe lines, roads etc. were heard and according to that resolutions were passed. After the meeting the college students undertook the task of cleaning to emphasize the need for cleanliness to the villagers.



15.08.2023 Awareness on uses of millets

In commemoration of International year on millets students and staff from the Department of Botany, St. Mary's College (AISHE Code: 41151), Thoothukudi under Unnat Bharat Abhiyaan, conducted an awareness program on 15-08-2023 (Tuesday) to understand the forgotten uses of millets to the people residing in Namalvar Nagar. The awareness program commenced with a villu pattu, which imparted the awareness on uses of millets, followed by group song and group dance. Students also conducted games for students of Namalvar Nagar and prizes were distributed. Also the importance of national flag was discussed and students eagerly collected flags.

15.08.2023 - Independence Day Celebration

On 15th August 2023 St. Mary's college (Autonomous), Thoothukudi Department of History in collaboration with Community Development Programme and Unnat Bharat Abhiyan celebrated Independence day in Keela Alagapuri. In this celebration II B. A History students with Dr. J. Jane D' Almeida, Assistant Professor of History participated Grama Sabha meeting at Mappilaiurani. Mappillaiurani Panchayat President Mr .Saravanakumar and Village President Mr S.P.Madasamy graced the occasion. Nearly 39 villages in Mappillaiurani Panchayat were the beneficiaries.

Report Link: https://amravi2011.blogspot.com/2023/08/blog-post_15.html?m=1



15.08.2023 - The Grama Sabha Meeting

In commemoration of 76th year of independence students and staff from the Department of Botany, participated the Grama sabha meeting on 15-08-2023 (Tuesday) to discuss the requirements of the people residing in Namalvar Nagar. The Grama sabha meeting commenced under the headship of panchayat president Mrs. Jebakani and clerk Mrs. Mariammal. Residents of Servaikaranmadam panchayat assembled near panchayat office to represent their needs related to facilitate bus so that public shall use transportation in an ease manner, remove unnecessary stones from the road and various other issues were also represented. In addition petitions were also received from public and assured that to the maximum extend their requirements will be satisfied. No. of beneficiaries – 225



15.08.2023 - Awareness Programme and Flag Hoisting on 75th Independence Day

Students of Physics Department joined the people of Mukkani Panchayat in hoisting the National Flag on the 75th Independence Day (15.08.2022) as a part of the Community Development Programme in collaboration with Unnat Bharat Abhiyan. Our students sang Invocation to Mother Tamil and a flag song continuing that our college Tamil Department Dr. A. M. Sonal M.A.,M.Phil.,Ph.D., Assistant Professor of Tamil gave a speech about the Awareness of Flag Hoisting. Students issued some National Flags to the people. A total of 12 students from II B. Sc Physics and the head of the department Dr. Sr. Jessie and Assistant professor Ms. A. Valentina attended the Grama Sabha meeting and noted the needs of the people.

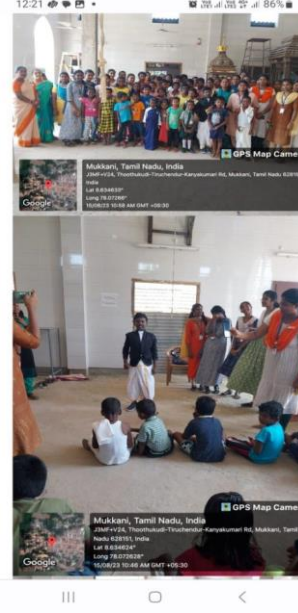
← TIMESTAMP NEWS

மாணவர்கள் மற்றும் துறைத் தலைவர் முனைவர். சகோதரி. ஜெஸ்ஸி மற்றும் உதவி பேராசிரியை செல்வி. அ. வளன்டனா ஆகியோர் கிராம சபை கூட்டத்தில் கலந்து கொண்டு மக்களின் தேவைகளை அறிந்தனர்.



15.08.2023 - Independence Day Celebration

The students of II B.Com A Department of Commerce (SSC) celebrated Independence Day program in Mukkani. To celebrate the 77th Independence day of our country, the students gave various programmes to emphasise the sacrifice of our freedom fighters and the history of our national flag for the people of Mukkani. On August 15th 2023 the students celebrated the Independence Day with the children and people of Mukkani and conducted competitions for the children and distributed prizes. In total 43 Students of the Department did this program on Community Development Program under the guidance of Ms. Maria Celestina Ralpa, Assistant Professor of Commerce (SSC).



15.08.2023 - Independence Day Celebration

Special programs and Competitions were conducted to celebrate Independence Day and it was jointly organized by Department of Commerce(SSC) & Unnat Bharat Abhiyan/ Community Development Program, St. Mary's College, Thoothukudi at Arockiyapuram Village on 15th August 2023.

Mr.Arockia Raj, Arockiyapuram town Administrator graced the occasion and encouraged the village people to participate in this program. Students of the Department of Commerce (SSC) conducted various competitions such as Tamil and English Elocution Competition about Freedom Fighters and National Anthem & Tamil Thai Vazhu Singing Competition for children living in that area to remember the knowledge of our nations' freedom struggle and distributed the prizes to encourage them. The village women and children were participated in the competitions and graced the occassion.

In total 48 Students of the Commerce Department participated in this Community Development Program under the guidance of Dr. B.Geetha Maheswari, Assistant Professor of Commerce (SSC), St.Mary's College(Autonomous),Thoothukudi. They thanked Mr.Arockia Raj, Arockiyapuram town Administrator for rendering their support in conducting this program at the village.



15.08.2023 – Independence day celebration

After attending the flag hoisting at our college (St Mary’s College, Autonomous), we the staff and students UG 2nd UG psychology went to the tsunami Nagar which is atleast 10 kilometers away from our college. We went there and made arrangements for a flag hoisting at their place. The flag was hoisted by the area counselor and sweets were distributed. The students also performed songs and some gave speech to the people present there about the independence in our country. And after that we came back to our college.



23.08.2023 - Hands-On Training Programme for Women on Handicrafts

The Departments of English (SSC) and Business Administration of St. Mary's College (Autonomous), Thoothukudi jointly organized a **Hands-On Training Programme for Women on Handicrafts** in the adopted area of Raja Pandi Nagar on 23rd August, 2023. The training programme was conducted as a part of the Community Development Programme by the 29 students of II B.A English (SSC) and II BBA. The students trained the women in the making of different types of jewellery from beads and quilling paper. Nearly 40 participants enthusiastically and cheerfully participated and got benefitted in the hands-on training. The training programme 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. The CDP staff incharges, Ms. J. Melba Sharon of the Department of English (SSC) and Ms. V. Rivitha of the Department of BBA took part in the training programme along with the students.



24.08.2023 - Impacts of Social Media

In the academic year 2023-2024, the Community Development Programme was organized on 24.08.2023 to Siluvaipatti with 23 students around 2.00 P.M under the guidance of Ms.S.Gnanathangam and Sr.K.Reetha. Main purpose of our visit is to familiarize students with the basic features and functionalities of Microsoft PowerPoint. In that village we went to St. Antony's High School. Each and every one of us took 2 students to teach PowerPoint. Through Skit, Speech, Dance and Story we narrated the impacts of Social Media. We taught PowerPoint to the students of class 9th std. The students were very happy and enthusiastically participated in various activities.



31.08.2023 - Welfare Schemes and Legislations – Empowering Women – Empowering Humanity

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 Rotaract Club of 80 student members actively participated and benefited.



05.09. 2023 – Socio-Economic survey

The PG & Research department of Commerce conducted a Socio-Economic survey in the adopted village Threspuram on 5th September 2023. The objective of the survey was to give awareness on holding a bank account and its digital features. There were about 64 students participated in the survey. About 262 questionnaires were collected from the respondents. Out of which, 144 respondents were not having their own bank account and like to open an account. Dr. P. Jayamary, CDP in-charge accompanied the students. On follow-up of the survey, it was planned to organize a camp for account opening and have an awareness session by the bankers. The programme was resourceful and had a great experience for the students to communicate with the people.

5. 09. 2023 - Teacher's Day Celebration

Teacher's day was celebrated in R.C. Middle School, Anthonyarpuram. 27 students of II B.Sc Chemistry along with the CDP incharges Dr.B.Divya and Dr.G.Amala Jothi Grace have organized this teacher's day celebration with the support of Sr. Stella, Head Mistress , R. C. Middle School, Anthonyarpuram. The occasion was marked with the activities such as skit, song, dance and speech by our second year students. Rev.Fr. Stephen Mariadoss is the chief Guest. Games were conducted for the school teachers. Our students conducted quiz questions in grade level for school students . The students were gifted with saplings.



19.09.2023 - awareness on the significance of saving trees

The II BA students organized a cultural programme for the school students on **19.09.2023**, to create awareness on the significance of saving trees to save the future generation. The Assistant headmistress of the school gave an eloquent speech and thanked the college students, staff and the management. The students planted the saplings of the Indian Beech tree in St. Catherine Primary School – Tharuvaikulam. The Headmistress of the school, Rev.Sr. G.Antony Selva Vanitha with the Asst. Headmistress, A.Augustine Vanathi along with the staff and students planted the saplings.



26.09.2023- Awareness Programme on “Healthy and Hygienic Food

Food is one of the basic necessities of life. Hence, the department of Economics has conducted an Awareness Programme on “Healthy and Hygienic Food” on 26.09.2023 in its adopted area Maravanmadam. The programme started with Prayer. The celebration was kicked off with an awareness message by A. Maria Heartina Adlin Vaz, Assistant Professor of Microbiology (SSC), St. Mary’s College (Autonomous), Thoothukudi. Resource person shared her views about our food habits and its importance. She highlighted that the human body needs some specific calorie to maintain our life healthy and active. She advised the village people to keep the kitchen and cooking equipment clean and regularly wash the vegetables and fruits in clean water before using them. She also advised to avoid eating junk food and to

prepare healthy and nutrient content food in homes. 47 students and 25 people from the Maravanmadam were benefitted from the awareness programme.

தூத்துக்குடியில் ஆரோக்கிய உணவு குறித்த விழிப்புணர்வு நிகழ்ச்சி

தூத்துக்குடி, அக். 4: உணவ்த் பாரத் அபியான் சமூக மேம்பாட்டுத் திட்டம், தூத்துக்குடி தூய மரியன்னை கல்லூரி பொருளாதாரத் துறை 2ஆம் ஆண்டு மாணவிகள் சார்பில், தூத்துக்குடி மறவன் மடத்தில் 'ஆரோக்கியமான, சுகாதாரமான உணவு' என்னும் தலைப்பில் கிராம மக்களுக்கான விழிப்புணர்வு நிகழ்ச்சி புதன்கிழமை நடைபெற்றது. கல்லூரி நுண்ணுயிரியல் துறைப் பேராசிரியர் மரிய ஹார்ட்

லின் அட்லின் வால், நர்ச்சத்து கள், இருப்புச் சத்துக்கள், ஒமேகா 3 ஆகியவை அதிகமுள்ள வாழைப் பழம், உவர் திராட்சை, தானிய வகைகள், கீரை வகைகள், பேரிச்சம்பழம், மீன் போன்றவற்றை உண்ண வேண்டும். சமையல் அறை, சமையல் உபகரணங்களை சுத்தமாக பயன்படுத்த வேண்டும் என கிராம மக்களுக்கு எடுத்துரைத்தார். இதில், பேராசிரியர் ரதி, துறைத் தலைவர் அமுதா, மாணவிகள், கிராம மக்கள் பங்கேற்றனர்.



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31.08.2023 - Welfare Schemes and Legislations – Empowering Women – Empowering Humanity

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Tamil Nadu 628001, India
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Thoothukudi, Tamil Nadu 628001, India
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01.11.2023- Evening Tuition for the children of Kalangarai Village

Within the framework of UBA, the Department of Mathematics has organised community development programmes including medical camps, awareness programmes on health and hygiene, dengue awareness, and training programmes designed to enhance the economic condition of women. As part of these ongoing efforts, the Department of Mathematics St.Mary's College (Autonomous) Thoothukudi, in association with Sudar Trust, Palayakayal, has arranged Evening Tuition for the children of Kalangarai Village. The Trust provides financial assistance for these evening classes. Mrs. Salini, Founder of Sudar Trust, Mr. Nagarajan, Member of Sudar Trust and Mrs. SelvaPrabha, Panchayat President of Korampallam visited the village and made arrangements for conducting the classes. The Inaugural Ceremony of this project was held on 1st November 2023 at 6 p. m. in the evening at Panchayat Union Primary School, Kalangarai. Rev. Sr. Dr. Jessie Fernando, Principal, St.Mary's College, Thoothukudi inaugurated the event and oriented the students about the significance of this project. More than 50 students from Kalangarai village are expected to benefit from these classes.



St. Mary's College begins evening tuition centre at Kalangarai

EXPRESS NEWS SERVICE
@ Thoothukudi

UNDER the union government's Unnat Bharat Abhiyan scheme, the Department of Mathematics at St. Mary's College has adopted Kalangarai village and established a tuition centre there. "The scheme aims to foster development in rural areas by promoting higher edu-

cation institutions and driving sustainable development. It encourages colleges to take part in socio-economic progress of rural India through innovative projects and research," a statement from the college said.

Within the framework of the Unnat Bharat Abhiyan scheme, the mathematics department has organised community development programmes, includ-



The scheme aims to foster development in rural areas by promoting higher education institutions and driving sustainable development

St. Mary's College release

ing medical camps, awareness programmes on health and hygiene, dengue awareness, and training programmes designed

to enhance the economic condition of women. The college, in association with Sudar Trust in Palayakayal, has arranged evening tuition for the children of Kalangarai village at the panchayat union primary school. The trust provides financial assistance for these evening classes. More than 50 students from the village are expected to benefit from these

classes, the statement added. St. Mary's College Principal Rev. Sister Dr. Jessie Fernando, Village Head Kalangarai Pon Lingam, Deputy Principal Dr. Sister: Kulandai Therese, volunteer Thanga Valli, tuition teacher Bevin, and UBA in-charge Dr. Priscilla Pacifica of the department of mathematics were present during the launch of the classes.

14.11.2023 - Food Festival

A food festival was organized by the Community Development Programme and Unnat Bharat Abhiyan of the Department of Mathematics, St. Mary's College, Thoothukudi, in collaboration with Sudar Foundation on November 14th, 2023, at Kalangarai Village, Korampallam Panchayat. The event

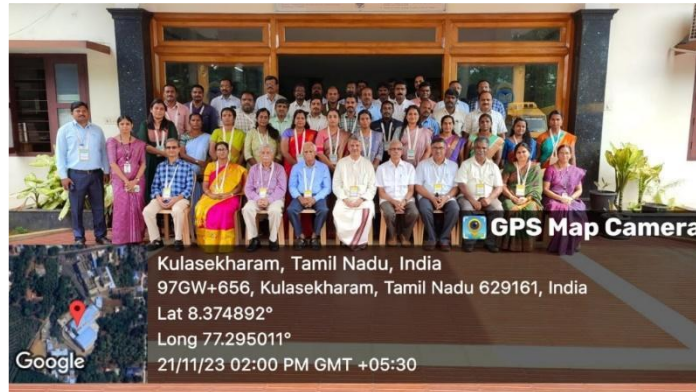
was inaugurated by Rev. Sr. Dr. C. Shibana, Secretary of St. Mary's College, and presided over by Ms. Shalini, the founder of Sudar Foundation, emphasizing the significance of food. Children contributed various homemade dishes, enhancing the festive ambiance. Rev. Sr. Dr. S. Kulandai Therese and Tutor Bevin coordinated the arrangements. The festival was warmly embraced by the villagers of Kalangarai, who actively participated and benefited from the occasion.



20.11.2023 & 21.11.2023 - Orientation workshop on Unnat Bharat Abhiyan: Strategies to work with rural communities

A two day Orientation workshop on unnat bharat Abhiyan: Strategies to work with rural communities through participatory approach was organized by UBA, IIT Delhi, Gandhigram Rural Institute and Yojak Pune in collaboration with Sarada Krishna Homeopathic Medical College, Kulasekaram, Kanyakumari Dist. Tamil Nadu on 20th and 21st November 2023 at Sarada Krishna Homeopathic Medical College, Kulasekaram, Kanyakumari Dist. Tamil Nadu. Dr. R. Sri Priya , Assistant Professor of Zoology and T. Esther Elsie, Assistant Professor of Zoology attended the meeting. The objective of the workshop was to orient the UBA participating institutes to understand the SDG for development of rural communities. The modalities integration of rural development with environmental sustainability was discussed in the meeting. Dr. CK Mohan , Principal, Sarada Krishna Homeopathic Medical College and Dr. Gajanan Dange, President, Yojak, Pune presided over the function. Mr.P.Krishnamurthi Director Programmes, The Covenant Centre for Development, Madurai, P.Ganesham Pressident Palle Srujana, Hyderabad, Mr.V.Ramakrishnan, Director, NARDEP Kanyakumari, Dr. S. Nazreen Hassan Associate Professor, ICAR-KVK, Thirupathisaram were the resource persons. Discussions were on how to tap the cultural

knowledge and the skills of the village people and help them to bring out their ideas as simple low cost working models to help in rural development. MSME loans for village entrepreneurs .



25.11.2023 & 26.11.2023 - “Stakeholder Consultative Workshop on Handholding Support to Village panchayats on preparation and implementation of VPDP (Village Panchayat Development Plan)”

Rural Development and Panchayat Raj Department, SIRDPR, Maraimalainagar

The Government of Tamil Nadu, Rural Development Department is taking serious initiatives in empowering the Village Panchayats in preparation and implementation of Village Panchayat Development Plans. Apart from Rural Development and Panchayat Raj department, other stakeholders like various sectoral departments of the Government, Community Based Organisations, NGOs and others are also envisaged in the process.

In this juncture it is felt has been proposed that the role of Educational institutions & Non-Governmental Organizations have immense scope in guiding the Village Panchayats in preparation and implementation of VPDP focusing on LSDG. Incidentally, many of the academic institutions are already working in the Village Panchayats under Unnat Bharat Abhiyan, and their role in shaping the Village Development will be a great boon for the Village Panchayats to prepare and implement the VPDP, as envisaged. To articulate on the scope of participation of the academic institutions and NGOs at large, a two day Consultative Workshop is organized at SIRDPR, Maraimalainagar on **25 and 26 Nov. 2023**.

The Selected Educational Institutions and NGOs have to work closely with the selected village panchayats and SIRD will provide Rs.20,000/- per village Panchayat to them to provide such a handholding support apart from recognizing the good work done by the institutions / faculties / students

through awards & certificates. Dr. R. Sri Priya, Assistant Professor of Zoology participated in this workshop and was trained on the VPDP preparation and the low cost and no cost activities that can be offered to the villages by the College.

As a follow up of the meeting, the College decided to Adopt five villages for implementation of the VPDP based low cost no cost activities. MOU was signed between the Panchayath presidents of the respective colleges and the Principal of St. Mary's College for a hand holding support for preparation of the VPDP and execution of low cost and no cost activities based on the LSDG themes selected by the villages. Department of Zoology has selected **Pazyayakayal** village. The first instalment of Rs. 10, 000 for each village Panchayath was released by SIRD.

25.11.2023 - Celebration of the International day of elimination of violence against women and an Awareness Programme

The students of the Physics department at St. Mary's College organised a compelling awareness programme on the International Day of Elimination of Violence Against Women in Kuruvithurai village as part of their Community Development Programme. Commencing with a prayer song and a warm welcome address, the event progressed with insightful discussions on women's rights and pertinent laws.

To engage the audience, questions were posed, and prizes were distributed to those who actively participated. To enhance the programme's appeal, students incorporated a small game, capturing the village residents' full support and enthusiasm. During interactions, villagers expressed their needs, resulting in petitions for an eye camp and additional courses like jewellery making and self-defence for their children. This impactful initiative left a positive impression on the Kuruvithurai community. The villagers not only appreciated the informative session but also actively enjoyed the entire programme. The event was conducted by the second year students of Physics Department and the faculty in charge Mrs. P. Dhanalakshmi, with the support of Dr. Theresa and CDP /UBA staff, in-charge. School students participated enthusiastically in the event and were benefited.



01.12.2023 - Visual Storytelling in PowerPoint

The Community Development Program at St. Antony's Church in Siluvaipatty aimed to empower 8th-grade students through Visual Storytelling using Microsoft PowerPoint. A group of 23 2nd-year computer science students, led by Ms. Andrews Felicita, conducted various engaging activities, including memory games, word games, and PowerPoint tutorials. The program developed enthusiasm.



04.12.2023-“Understanding Science” (Through Experiments)

On 4th December, “Understanding Science” (Through Experiments) was organized to the adopted village. Students of R.C. Middle School of class VI, VII and VIII have participated actively and enthusiastically in the event. Experiments such as

1. Water Purification
2. An Experiment with Needle
3. An Experiment with Balloon
4. Density of water

5. The burning Candle
6. Water
7. Acid- Base in daily life.
8. Creating Volcanoes
9. An experiment with lemon and water
10. Water Pressure

were demonstrated. Also quiz on science facts was conducted for all grades. The students felt happy to understand the science experiments through practical learning. The programme was arranged with the help of CDP Incharges Dr.G.Amala Jothi Grace and Dr.C. Zozyms Divya Lobo.



08.12.2023-Entrepreneurship Training Program on Aari work

The Departments of English (SSC) and Business Administration of St. Mary's College (Autonomous), Thoothukudi jointly organized an **Entrepreneurship Training Program on Aari work** in the adopted area of Raja Pandi Nagar on 8th December, 2023. The training programme was conducted as a part of the Community Development Programme by 29 students of II B.A English (SSC) and II BBA. Around 40 participants enthusiastically and cheerfully participated and got benefitted in this training program. It gave very good exposure to those women to do their own ornamentation and kindled their interest. 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. The CDP staff incharges, Ms. J. Melba Sharon of the Department of English (SSC) and Ms.V.Rivitha of the Department of BBA took part in the training programme along with the students.



15.12.2023- Christmas Tide Celebration

Special programs and Competitions were conducted to celebrate Christmas function and it was jointly organized by Department of Commerce (SSC) & Unnat Bharat Abhiyan/ Community Development Program, St. Mary's College, Thoothukudi at Mukkani Village on 15th December 2023.

Students from the Department of Commerce (SSC) conducted various competitions such as about birth of Jesus, program based on Christ birth and Competition for children living in that area to remember the knowledge of Christmas and distributed the prizes to encourage them. The village women and children were participated in the competitions and graced the occasion.

In total 44 Students of the Commerce Department participated in this Community Development Program under the guidance of Dr.M.Deena, Assistant Professor of Commerce (SSC), St.Mary's College (Autonomous),Thoothukudi.



15.12.2023- Christmas Celebration

Special programs and Competitions were conducted to celebrate Christmas function and it was jointly organized by Department of Commerce(SSC) & Unnat Bharat Abhiyan/ Community Development Program, St. Mary's College, Thoothukudi at Arockiyapuram Village on 15th December 2023.

Mr.Arockia Raj, Arockiyapuram town Administrator graced the occasion and encouraged the village people to participate in this program. Students of the Department of Commerce (SSC) conducted various competitions such as about birth of Jesus, program based on Christ birth and Competition for children living in that area to remember the knowledge of Christmas and distributed the prizes to encourage them. The village women and children were participated in the competitions and graced the occasion.

In total 44 Students of the Commerce Department participated in this Community Development Program under the guidance of Dr.S.vimala, Assistant Professor of Commerce (SSC), St.Mary's College(Autonomous),Thoothukudi. They thanked Mr.Arockia Raj, Arockiyapuram town Administrator for rendering their support in conducting this program at the village.

Special programs and Competitions were conducted to celebrate Christmas function and it was jointly organized by Department of Commerce(SSC) & Unnat Bharat Abhiyan/ Community Development Program, St. Mary's College, Thoothukudi at Arockiyapuram Village on 15th December 2023.

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In total 44 Students of the Commerce Department participated in this Community Development Program under the guidance of Dr.S.vimala, Assistant Professor of Commerce (SSC), St.Mary's College(Autonomous),Thoothukudi. They thanked Mr.Arockia Raj, Arockiyapuram town Administrator for rendering their support in conducting this program at the village.



17.12.23 - An awareness programme on ‘UNDERSTANDING BODY BOUNDARIES AND EMPOWERING ASSERTIVENESS FOR SCHOOL STUDENTS’

An awareness programme on ‘UNDERSTANDING BODY BOUNDARIES AND EMPOWERING ASSERTIVENESS FOR SCHOOL STUDENTS’ was organized by the community development program and Department of Zoology of St. Mary’s College Pazhayakayal on 17.12.2023. The students of the Department of Zoology visited the school students of St. Anthony’s HSS, Pazhayakayal and explained the concept of personal space and boundaries. They insisted them about identifying good/bad touch. They also taught the children assertive communication skills to express discomfort and set boundaries when faced with unwanted touch. The programme was coordinated by Dr. R. Sri priya and Ms. T. Esther Elsie, Assistant Professors of Zoology.





21.12.2023 - Flood Relief Efforts: Providing Aid to Pazhanyakayal

On December 21, 2023, devastating floods struck our adopted village Pazhanyakayal, leaving many families displaced and in urgent need of assistance. In response to this crisis, a coordinated relief effort was launched by the Department of Zoology to provide essential supplies and support to the affected residents. We distributed grocery items, bedsheets food and we aimed at alleviating the hardships faced by the community. Cooked meals were provided to the flood victims to meet their immediate nutritional needs. NCC volunteers, Students and Professors of St.Marys College (Autonomous), Thoothukudi collaborated to prepare and distribute meals. The impact of the flood relief efforts was profound, providing essential support to families grappling with the aftermath of the disaster. By addressing immediate needs such as food, shelter, and bedding, the relief efforts offered hope and resilience to the flood-affected community, demonstrating solidarity and compassion in times of crisis.



22.12.2023 – Flood relief activities

The Commerce Department faculty members and 5 student volunteers took part in the relief activities, joining hands with the District Administration, Bhoomika Trust, Start up TN and Rotary International District of Tirunelveli and Thoothukudi for 3 days from 22.12.2023 to 24.12.2023. The members actively participated and helped in preparing food, packing food items and distributing the packed foods in flood-affected areas.



23.12.2023- Community Support: Flood Relief Initiative

On December 23, 2023, the Community Development Programme and Unnat Bharat Abhiyan of Department of Mathematics, St. Mary's College, Thoothukudi, took swift action during a flood crisis in Kalangarai Village, Korampallam Panchayat, Thoothukudi District. Recognizing the urgency of the situation, the department organized a relief effort to support the affected community. Upon arrival in Kalangarai Village, the team from St. Mary's College distributed essential flood relief materials. These included provisions such as milk, water bottles, biscuits, sanitary pads, and other necessities crucial for survival during such calamities. The initiative aimed not only to provide immediate assistance but also to demonstrate solidarity and support for the villagers during their time of need.



23.12.2023- Flood Relief

In association with Rotary club, Thoothukudi , the Department of Chemistry distributed flood relief items (5 Kg Rice and Groceries) to 25 families of anthonyarpuram during severe flood in Thoothukudi District. Rev. Sr. Dr. Jessie Fernando Principal along Dr.Irudaya Antonat Sophia , Dr.B. Divya and Shamini Rani of III B.Sc Chemistry interacted with the people of anthonyarpuram.



05.01.2024-Distribution of flood relief materials

The students from II B.A English participated in the Community Development Programme. They helped the flood affected area people with clothes, sanitary napkins and food on **05.01.2024**. The villagers voiced their requests. The students eagerly listened to the people. Nearly 50 Village people from Rajapalayam were benefitted.. The students motivated the villagers for their better living after the diaster. Following the programme the students cheerfully left Rajapalayam on 05.01.2024.



20.01.2024 - SHARE CARE EMPOWER – OUR HAMLET

The Department of Computer Science organized a Community Development Programme (CDP) under the theme "SHARE CARE EMPOWER - OUR HAMLET" at Valan Computer Laboratory, St. Mary's College (Autonomous), Thoothukudi. The program aimed to promote education and empowerment among 9th-grade students from St. Antony's Church, Siluvaipatty.

Our second-year Computer Science students led a workshop on Microsoft PowerPoint and Word applications in the VALAN Computer Block Lab. The students participated actively and enjoyed the learning experience. After the computer session, the students were taken to the Museum located in the Zoology Department. The Head of the Zoology Department, Ms. Arockya Mary, gave a detailed explanation of the exhibits. To make their learning experience more engaging, the students were divided into four groups. Accompanied by M.Sc. Zoology students, each group received personalized explanations and had the opportunity to ask questions, which made the learning environment rich and interactive. Sr. Kulandai Therese gave a motivational talk to encourage the students to pursue knowledge and empowerment. Silver water bottles were distributed to all participating students as a token of appreciation.



24.01.2024 - Awareness programme on the topic “It’s Time to Pause”

The PG and Research Department of Commerce conducted an awareness programme on the topic “It’s Time to Pause” in the adopted area, Auxillium School Therespuram. Ms. Rohini, Counsellor, St. Mary’s College (Autonomous) Thoothukudi was the resource person. She gave a speech on mobile usage and its consequences. By conducting games the resource person created awareness among the school students of how to concentrate and focus on studies. The students of II B.Com and CDP in charges Dr.P.Jayamary and Dr.T.Priyanka actively participated in the programme.



26.01.24 -Republic Day Celebrations and Grama Sabha meeting

Department of Zoology participated in the Republic Day function at St. Mary’s Middle School, Pazhayakayal. The college students celebrated the Republic day by creating awareness about the importance of Republic day among the young students. They instigated the students by, awareness talk

on the Indian Constitution by Ms. Kaliasammal and Ms. Muthumari Thayammal of II B.Sc. Zoology. They also conducted a quiz competition and drawing competition for the students of St. Mary's Middle School, Pazhayakayal and St. Antony's Higher Secondary School of Pazhayakayal on the topic 'Our India'. The students enthusiastically participated in the competitions. The successful participants were encouraged with prizes.

The students also participated in the Grama Sabha meeting held in the village. The meeting was presided by the president of the village Mr. Selvakumar. Officers from various Departments of Government of Tamil Nadu participated in the meeting. The people of Pazhayakayal village put forth their grievances. They discussed the schemes and policies of Government of Tamil Nadu and the themes of VPDP. Our college participated in the discussions and decided to include low cost and no cost activities in the village VPDP. Dr.R. Sri priya, Assistant professor of Zoology accompanied the students. No. of students participated: 37



26.01.2024 - Celebrating Republic Day in Panchalankurichi, Kattabomman's birthplace

As part of the community development program, the students of the physics department of St. Mary's College (Autonomous) conducted a Republic Day program for the students of Panchalankurichi village, where Kattabomman was born, under the guidance of our college secretary Dr. Shibana, principal of the college, Dr. Jessie, and vice-principal of the college, Dr. Kulandhai Therese, deputy principal of the college.

The Grama Sabha meeting started at 11 am in Panchalankurichi. In the Grama Sabha meeting they discussed about stipend for pregnant women, healthy living among villagers and creating a leprosy free

India by 2027. Various welfare schemes were also provided to the villagers by the Thoothukudi District Collector. Then our college girls told about the life history of freedom fighters to the school students. Also quizzes and mini games were conducted for school students. Prizes were awarded to the winners. Science experiments were also performed for the school students by our students. The event was conducted by the second year students of Physics Department and the faculty in charge Mrs. R. Maria Nevis Jeyaseeli , with the support of Dr. Theresa and CDP /UBA staff, in-charge. School students participated enthusiastically in the event and were benefited.



26.01.2024 - Tuition for school students

In commemoration of 75th Republic year second year students of Botany and staff from the Department of Botany conducted tuition for school students in Namalvar Nagar, Thoothukudi District on 26-01-2024 (Friday). Students explained complicated topics to school students in simple manner and trained kindergarten students on basics. No. of student participants – 30 No. of beneficiaries – 7



26.01.2024 - Preparation of herbal products

In commemoration of 75th Republic year second year students of Botany and staff from the Department of Botany, under Unnat Bharat Abhiyaan, demonstrated on the preparation of herbal products 26-01-2024 (Friday). Students briefly explained on the preparation of homemade remedies for cold and gastric problems using simple ingredients used in our daily life. Also students distributed herbal preparations used for cold and gastric problems. No. of student participants – 30. No. of beneficiaries – 30



26.01.2024 - Participation in Grama Sabha

On January 26, 2024, the Community Development Programme and Unnat Bharat Abhiyan of Department of Mathematics, St. Mary's College, Thoothukudi, participated in a Grama Sabha meeting presided over by Korampallam Panchayat Council President Mrs. Selva Prabha. Discussions covered various topics including administration, health, sanitation, and welfare schemes like employment guarantee and housing. Notably, there was a significant focus on exploring low-cost and no-cost activities under the State Institute of Rural Development (SIRD), reflecting the team's proactive approach towards sustainable development solutions. The team actively engaged in these discussions, demonstrating their commitment to community involvement and rural development initiatives.



26.01.2024

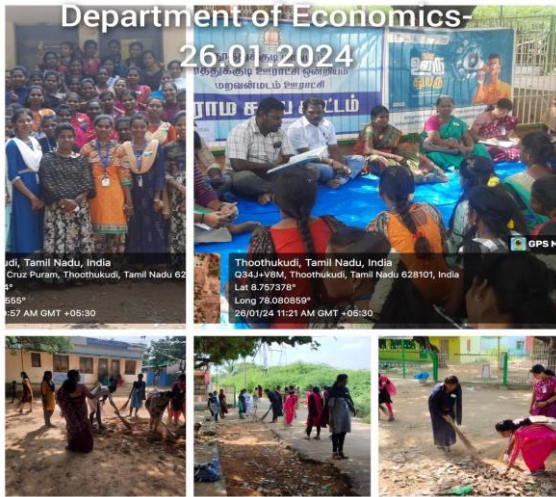
In commemoration of 75th Republic year second year students of Botany and staff from the Department of Botany, under Unnat Bharat Abhiyaan, participated in the Grama Sabha meeting held on 26-01-2024 (Friday) representing the institution and to raise their voice on the requirements of the Namalvar Nagar people.

The Grama sabha meeting commenced under the headship of panchayat president Mrs. Jeba Kani, in the presence of clerk Mrs. Mariammal, Vice-President Mrs. Angelin Jenitta and ward members. Village people from Servaikaranmadam, government officials from each department attended the meeting held in Sivaganapuram. During the meeting various discussions took place regarding water facilities to be availed to all people, repairing of roads, utilization of funds allotted Rs. 4 lakhs per individual who has lost home during the flood. Cooperative Bank Loan has been sanctioned to those who have lost their livestock during flood. Labor Welfare Board members elaborated on the various scholarships being provided for student community and also on women welfare schemes available. Panchayat level association members and Panchayat Level Women's Committee Federation Members also attended the meeting. No. of student participants – 30 No. of beneficiaries – 260



26.01.2024 - NATIONAL CLEANLINESS DAY - COMMUNITY CLEAN UP & GRAM SABHA MEETING

National Cleanliness Day in India is celebrated every year on January 30 with the aim of promoting cleanliness and sanitation as a way of life. A community Clean- up Drive was started at 8.00 a.m on 26th January 2024 in Thambigaimeendan village, Maravanmadam by the students of II B.A. Economics to raise awareness about the cleanliness among the village people under the Gram Panchayat Development Programme fundamental theme with the aim of no cost and low cost activities. Garbage bags were bought prior to the clean- up. The papers and plastic waste was collected and disposed by the students. Approximately, 10 – 13 fully packed bags of waste were collected from the village. The collected garbage was disposed of in the large waste bins. Participants actively sorted waste into recyclable and non-recyclable to promoting eco-friendly waste management practices. Forty three (43) students and Dr. D. Rathi, Associate Professor of Economics were actively participated in the community clean up camp. Thambigaimeendan village people were more benefited from this national cleanliness day



26.01.2024- Grama Saba meeting

In commemoration of 75th Republic Day Department of History, St.Mary's College (Autonomous),Thoothukudi and Unnat Bharat Abhiyan -Community Development Programme participated the Gram Sabha Meeting at Matha Nagar, Mapillaiurani Panchayat. Rev.Dr.Sr.Jessie Fernando, Principal, Rev.Sr.Dr.C.Shibana, Secretary, Rev.Sr.Dr.S.Kulandai Therese, Deputy Principal and Dr.J.Jane D Almeida, Assistant Professor of History guided the II B.A History Students to the meeting. In Gram Sabha meeting they discussed the welfare measures of Central and State Governments and took resolutions to adhere the measures taken by the governments.



26.01.2024 - Remembering National Leaders

Department of History organised an awareness programme on “Remembering National Leaders” on 26th January 2024. II B.A History students prepared chats and placards on National leaders to create awareness among the young students and insisted to follow the noble ideals of our freedom fighters. Small children expressed their favourite national leaders and the reason behind it.

26.01.2024- Grama Saba meeting

The students from II B.A English participated in the Community Development Programme.. The president Ms. Kadodi hoisted the flag in the Tharuvaikulam panchayat on **26.01.2024** and then the grama Sabah meeting began. The villagers voiced their requests and views in the grama sabha. The students were eagerly listening to the people and the committee members. Nearly 30 Village people from Tharuvaikulam participated in the meeting and gave their insightful thoughts and support for the futuristic plans of the village. The meeting ended with the hope of fulfilling the requisitions of the people.



26.01.2024 – Celebration of self-rule day

Special programs and Competitions were conducted to celebrate Re Public day and it was jointly organized by Department of Commerce (SSC) & Unnat Bharat Abhiyan/ Community Development Program, St. Mary's College, Thoothukudi at Arockiyapuram Village on 26th January 2024.

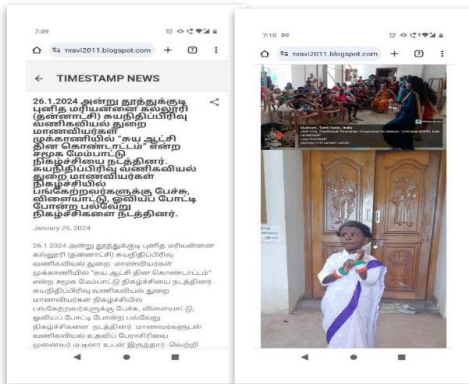
Mr.Arockia Raj, Arockiyapuram town Administrator graced the occasion and encouraged the village people to participate in this program. Students of the Department of Commerce (SSC) conducted various competitions such as about political leaders, speech, program based on Re public and Competition for children living in that area to remember the knowledge of freedom of India and distributed the prizes to encourage them. The village women and children were participated in the competitions and graced the occasion.

In total 35 Students of the Commerce Department participated in this Community Development Program under the guidance of Dr.S.vimala, Assistant Professor of Commerce (SSC), St.Mary's College(Autonomous),Thoothukudi. They thanked Mr.Arockia Raj, Arockiyapuram town Administrator for rendering their support in conducting this program at the village.



26.01.2024 – Celebration of self-rule day

On 26.1.2024 the students from Department of Commerce (SSC), St.Mary’s College (Autonomous) Thoothukudi conducted a Community Development Programme in Mukkani on “**Celebration of Self Rule Day**” .The students was accompanied by Dr.M.Deena , Assistant Professor of Commerce(ssc) under the guidance of Dr.B.Geetha Maheswari Co-ordinator of Department of Commerce(ssc). The students from II B.Com “A” were the participants of the programme and they actively conducted various programmes like speech, games, and drawing competition. The prize was distributed to the winners. The main purpose of the programme is to inculcate the patriotism among the people. We inculcate “Unity in Diversity” among the people of Mukkani. The session came to an end by vote of thanks.



26.01.2024 – Training program on Jewellery making

The 2nd year volunteers organised a special training program on "Jewellery Making". In this awareness program, the 2nd year volunteers taught the school students Jewellery making.

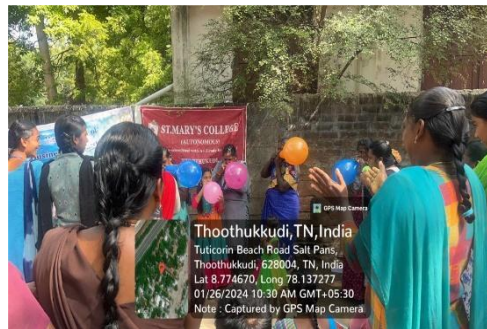
26.01.2024 - Helping Hand Camp

The Departments of English (SSC) and Business Administration of St. Mary's College (Autonomous), Thoothukudi jointly organized a **Helping Hand Camp** in the adopted area of Raja Pandi Nagar on 26th January, 2024. The camp was conducted as a part of the Community Development Programme by the 29 students of II B.A English (SSC) and II BBA. Groceries and food items were distributed to the needy people of the village. Nearly 40 people participated and were benefitted. The camp 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. The CDP staff incharges, Ms. J. Melba Sharon of the Department of English (SSC) and Ms. V. Rivitha of the Department of BBA took part in the camp along with the students.



26.01.2024- Republic Day celebration

The Departments of English (SSC) and Business Administration of St. Mary's College (Autonomous), Thoothukudi jointly organized the **Republic Day Celebration** in the adopted area of Raja Pandi Nagar on 26th January, 2024. The celebration was conducted as a part of the Community Development Programme by the 29 students of II B.A English (SSC) and II BBA. The students conducted various and organized programs which stressed the importance of women education and equality. Nearly 40 participants enthusiastically and cheerfully participated and won prizes. The celebration 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. The CDP staff incharges, Ms. J. Melba Sharon of the Department of English (SSC) and Ms. V. Rivitha of the Department of BBA took part in the celebration along with the students.



29.01.2024- motivation to the X and XII std boys

The II BA English students along with the parish priest of Tharuvaikulam, Rev. Fr. Vincent helped the Marians to organize the seminar on 29.01.2024. The Headmaster of the school gave an eloquent speech and thanked the chief guest, college students, staff and the management. Dr. Rohini, Counsellor & Asst. Prof of Psychology, St. Mary's College (Autonomous) was the speaker. She motivated the X and XII std boys to work hard with relaxation to face their board exams. The Headmaster of the school, Mr. Anto Ruben along with the staff were the beneficiaries.



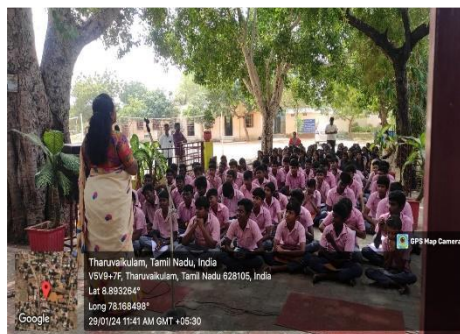
29.01.2024 - Pre training workshop on the Production of Seaweed Based Products

The students from II B.A English participated in the Community Development Programme on 29.01.2024. The pre training workshop on the Production of Seaweed Based Products for Improving the Livelihood of Fisher Folk was presided over by the Tharuvaikulam Parish priest and Asst. Parish priest. Nearly 75 fishermen folk attended the pre training workshop. Dr.Thahira, Assistant Professor of Home science along with Dr.T.Kalaiselvi, Assistant Professor of Computer Science, Gandhigram Rural Institute, Deemed to be University, conducted the pre training course for the village people. The fishermen and women had a sincere learning on Seaweeds, a type of marine plants and algae that grow in oceans, rivers, lakes, and other water bodies.



29.01.2024 – program on **RELAX-ITS TIME TO PROVE YOU**

The St. Mary's College (Autonomous), Tuticorin, conducted a Community Development Program organized by department of Psychology and UNNAT BHARAT ABHIYAN in 29.01.2024 at Government Higher Secondary School, Tharavaikulam by R. Rohini, Counsellor and Assistant professor of psychology in St. Mary's College. The Community Development program was conducted under the topic “**RELAX-ITS TIME TO PROVE YOU**” for the higher secondary students in Tharavaikulam by R. Rohini. The students were given various activities and taught various psychological topics to reduce the fear of Public Exam. The students really enjoyed the session, and at the of the session the students concluded that they felt like their stress has reduced a bit and the session really helped them a lot. Several students came up and clarified their questions and gained insights.



08.02.2024 - “Aari Work Training”

32 students of II B.Sc Chemistry along with the CDP in charges Dr.G.Amala Jothi Grace and Dr.C. Zozymus Divya Lobo organised a Hands on Training on Aari work for the self help groups. 26 women of the adopted village participated and got benefited from this training programme.



08.02.2024 - “Voter Awareness Rally”

To create awareness among the people of Anthonyarpuram, Voter Awareness Rally was organised. The rally aims to inculcate the value of a vote, that create a change and difference in community. The rally came up with excellent posters and the students were encouraged by the people of anthonyarpuram.



15.02.2024- Digital Dialogue: Empowering Minds through Computer Communication

On February 15th, 2024, the Department of Computer Science organized a Community Development Program (CDP) at Siluvaipatty St. Antony's School, focusing on the theme "Digital Dialogue: Empowering Minds through Computer Communication" and started at 2:00 PM. The program saw active participation from 2nd-year Computer Science students and two staff members, Dr. Anila Maily and Sr. Reetha. During the CDP program, the 2nd-year CS students led a teaching session for the 9th-grade students. The session was interactive, allowing the students to have a dialogue about computers and their evolution. The aim was to improve the language skills of the students while providing valuable information. The students showed enthusiasm and effectiveness in their teaching, ensuring that the 9th-grade students not only understood the content but also memorized it.



20.02.2024- survey under Sansad Adarsh Gram Yojana- SAGY

Department of History organised a survey under the central government scheme Sansad Adarsh Gram Yojana- SAGY on the title “No Cost-Low Cost” for the constructive phase of Panchalamkurichi on 20th February 2024. II B.A History students took survey of the total Water bodies viz. electric motors connections, wells, ponds etc. Public Distribution Centres, Panchayat Office, Schools. etc. They proposed to introduce roof and kitchen gardening in every house to utilise the waste water from kitchen and support organic farming with “No Cost-Low Cost”.



28. 02.2024- Awareness camp on the plantation of a Nutri Garden in households

The department of Mathematics organized an awareness camp on the plantation of a Nutri Garden in households on February 28, 2024, in Kalangarai Village of Korampallam Panchayat. The event was sponsored by the State Institute of Rural Development & Panchayat Raj (SIRD & PR) under Low-Cost and No-Cost Activities.

Students from the Department of Mathematics provided awareness on cultivating medicinal herbs, micronutrient-rich vegetables, and greens at home to the people of Kalangarai village of Korampallam Panchayat. During the event, students distributed various beneficial plants to villagers, planted them in households, and explained their advantages to the community.



28.02.24 - Awareness camp on Health and hygiene

Unnat Bharat Abhiyan of St.Mary's College, Thoothukudi (AISHE code C-41151) organized Awareness Camp on health and hygiene on 28.02.24 in Palayakayal village. of Palayakayal Panchayat sponsored by State Institute of Rural Development & Panchayat Raj (SIRD & PR) under Low Cost and No cost Activities.

An awareness camp on Health and hygiene was conducted at St. Antony's Higher Secondary School, Pazhaiyakayal. Mr. Jenoris Kagoo, Head Master St. Antony's Higher Secondary School, Pazhaiyakayal 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.



28.02.2024 - 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.



28.02.2024 - No Cost-Low Cost -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.



28.02.2024 - 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.



28.02.2024 – Awareness Camp on Malnutrition

A special Awareness Camp on malnutrition was organized by Second year students of Microbiology Department, St. Mary's College, Thoothukudi at Periyanyapuram on 28 February 2024.

The 2nd year volunteers gave a special speech on topic "Malnutrition". In this awareness program, the 2nd year volunteers taught the school students about malnutrition, its causes, its ill effects, etc. through chart presentation and role play. The 2nd year students distributed healthy foods like grains and peas and thereby explaining their health benefits and their role in preventing malnutrition. They had an interactive session. The school students, their teachers and parents were the audience. It was easy to teach the students as they enthusiastically expressed their interest



28.02.2024 – Gramma Saba meeting

The 2nd year students of the department of Mathematics participated in the korambalam grama panchayat meeting. The panchayat leader discussed the initiatives of the year and the meeting ended with the nation's pledge.



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.



04.04.2024 - 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 anthonyarpuram. 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.



04.04.2024 - 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 Anthonyarpuram. 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.



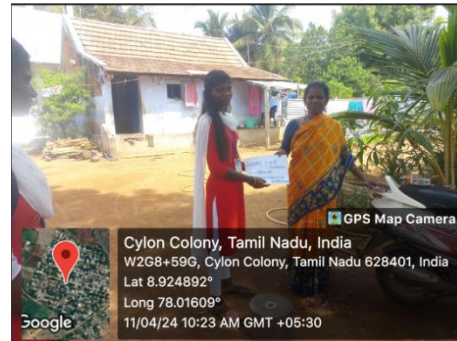
Jewellery Making

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:

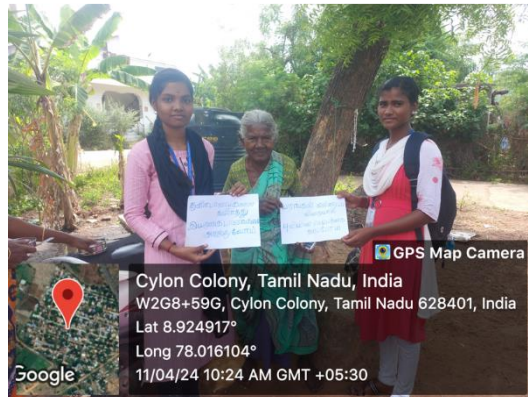
In a proactive stride towards community welfare, the Department of Mathematics, St. Mary's College (Autonomous), Thoothukudi, led a significant event on April 12, 2024, in Kalangarai village, under Korampallam Panchayat. The event, tailored to enhance child health and sanitation, was part of the nationwide 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 were 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 Ely, 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 Elsie, Department of Zoology accompanied the students.

