



## ST. MARY'S COLLEGE (AUTONOMOUS)

(Re-accredited with 'A+' Grade by NAAC – 4<sup>th</sup> Cycle)

Thoothukudi – 628001, Tamil Nadu, India

(Affiliated to Manonmaniam Sundaranar University)

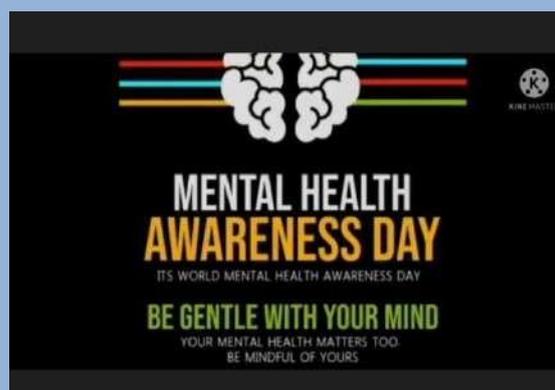
### HEALTH AND HYGIENE

**2021-2022**

On **14<sup>th</sup> August 2021** Department of Mathematics held a Distribution of nutritious multi grain health mix to children Vadakku Kalangarai village of Korampallam Panchayat More than 200 peasants participated in the event and provided nutritious flour to 100 families.



On **10<sup>th</sup> October 2021** Department of Economics conducted a virtual program on e-awareness on Mental Health was created and shared.



On **10<sup>th</sup> October 2021** Department of History celebrated World Mental Health Day at Paul Alangara Parvaiattor Ashram, Keezha Alagapuri. 10 students along with the faculties were the participants and more than 30 people were the beneficiaries.



On **12<sup>th</sup> October 2021** Department of Zoology celebrated World Food Day and conducted a Social and Economic Survey in Thai Nagar and Siluvaipatti North & South. 10 II B.Sc Zoology students participated and around 39 people got benefitted through this training.



On **12<sup>th</sup> October 2021** Department of Mathematics celebrated World Mental Health Day and World Food Day at Vadkku Kalangarai Village of Korampallam Panchayat. 20 students along with the staffs and village people were the participants More than 50 children from the village Kalangarai were actively participated in all the activities.



On **12<sup>th</sup> October 2021** Department of Botany celebrated World Mental Health Day ‘A way to find peace ‘in Ganapathy Nagar and Jahir Hussain Colony. 25 students participated and Students from standard 1 to 5 actively participated in running race, standard 6 to 12 students participated in balloon bursting and home makers participated in music chair who were the beneficiaries of the program.



On **16<sup>th</sup> October 2021** Department of History organized World Food Day at Keezha Alagapuri of Mappilaiurani Panchayat. 10 students of II B.A History along with the faculties were the participants and more than 45 people were benefitted.



On **25<sup>th</sup> March 2022** Department of Psychology organized an Awareness program on “Women’s Health and Menstrual Hygiene”. The participants included students and staffs along with the people of Ramdoss nagar, especially girl children and women.



## 2022-2023

On 16<sup>th</sup> October 2022, Department of English and Sundaram Arulraj Hospital, Thoothukudi, jointly organised a free Mega Medical camp at St. Michael Primary school, Tharuvaikulam, on 16.10.2022.



## 2023-2024

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.

Department of Economics has conducted an Awareness Programme on “Healthy and Hygienic Food” on 26.09.2023 in its adopted area Maravanmadam. 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.

### தூத்துக்குடியில் ஆரோக்கிய உணவு குறித்த விழிப்புணர்வு நிகழ்ச்சி

தூத்துக்குடி, அக்ட. 4: உன்னதப் பாரத் அபியான் சமூக மேம்பாட்டுத் திட்டம், தூத்துக்குடி துய 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, நார்ச்சத்து கள், இரும்புச் சத்துக்கள், ஒமேகா 3 ஆகியவை அதிகமுள்ள வாழைப் பழம், உலர் திராட்சை, தானிய வகைகள், கீரை வகைகள், பேரிச் சம்பழம், 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.



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.



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.

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.



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.



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.

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.



A special Awareness Camp on malnutrition was organized by Second year students of Microbiology Department, St. Mary's College, Thoothukudi at Periyanyagapuram on 28 February 2024. The 2nd year volunteers gave a special speech on topic "Malnutrition".

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 Department of Chemistry of St. Mary's College (Autonomous), Thoothukudi organized an awareness programme on “Lack of clean drinking water under” & “Celebration of village health and nutrition day” under Unnat Bharat Abhiyan -Community Development Programme on 4th April 2024 in the adopted area anthonyarpuram.



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.

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.



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.

Department of Zoology organized an Awareness programe ‘ 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.

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.

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”

Department of Zoology organized a Awareness programe ‘ Bin it Right: Promoting Waste Management in Villages’ on 17.04.24 in Palayakayal village. Department of Zoology organized a Environment Awareness Drive ‘ Greening Villages: Planting Seeds For a Sustainable Future’ on 18.04.24 in Palayakayal village.



## 2024-2025

On August 15, 2024, the Department of Mathematics, St. Mary's College (Autonomous), Thoothukudi, organized a community initiative titled "Village Cleanup: Building a Healthier Future," in collaboration with the Unnat Bharat Abhiyan (UBA) and the Community Development Programme in the village of Korampallam.

St. Mary's College (Autonomous) Thoothukudi, Department of Microbiology and Unnat Bharat Abhiyan and community development program jointly organized an Awareness Camp on Clean Water and sanitation at perianayagipuram on 15 August 2024.



The students from II B.A English participated in the Community Development Programme. They cleaned the foot ball ground and the sea shore of Tharuvaikulam.



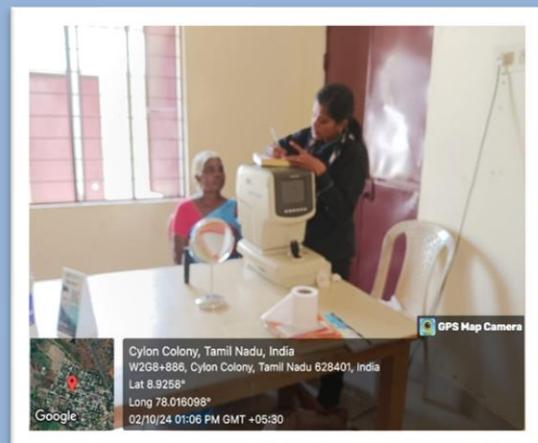
18 students from II B.A Economics of St. Mary's College (Autonomous) Thoothukudi were engaged in area cleaning activity on 15.8.2024. They also created an awareness among the village people about plastic free environment.



On 15th August 2024 Department of Botany as part of their ongoing community development initiatives, specifically aimed at fostering environmental consciousness among younger generations. the department is making significant strides in its mission to foster a more environmentally conscious society.



Department of Physics organized a free eye camp at Ceylon Colony, Panchalankurichi, on 02.10.2024 in collaboration with Titan Eye Plus, Thoothukudi



St. Mary's College (Autonomous) Thoothukudi, Department of Microbiology and Unnat Bharat Abhiyan and Community Development Program jointly organized an awareness program on Nutrition and malnutrition at Periyannayagipuram.

