

St. Mary's College (Autonomous) - Thoothukudi

Response: The institution has two distinct best practices that cater to the student well-being both in and off the campus. They strengthen the morale and integrity of the young women to face the challenges during the pandemic period.

“Reach the Unreached in Covid-19”

Best Practice I

Title of the Practice:

Adopt to Adapt - Community Development Programme (CDP) TOUCH

St. Mary's college orients its mission in educating youngsters to contribute to social progress. It believes in instilling the worth of every human being in each, so as to fulfil the purpose of living. The curriculum extension interface has educational values; Motto of the programme is 'Serve While You Learn.' This aspect of education integrated with the curriculum emphasizes social services in the neighbourhood. The extension activities help students serve, reflect, and learn.

Objectives

- To construct a mutual link with the students and society
- To generate conscious collective living
- To instil human and social concern
- To bring transformation for social betterment
- To adopt and adapt for the well-being of the society.

The Context

The younger generation, though 80% of them categorically belong to the underprivileged section lives in a world of competition and by strenuous efforts tries to win the race. There is little awareness or rather an attitude of indifference towards the social circumstances and there is a huge difference between the haves and the have-nots. It is essential to make them realize the hardcore reality of life based on the concern for the other which can enhance sustainable life. Outreach programmes for the welfare of the society is part of the learning process at St. Mary's which benefit both the students and the society.

The Practice

The institution works towards the upliftment of rural areas thereby elevating their social and economic status. Community development programme encompasses the human values, the concepts, the practices, and the issues of different communities and help the students learn

solutions to the issues in the community group. This programme shapes the students as community volunteers to learn about the challenges and benefits brought about by the inclusion of minorities in a community development programme. It extends to the adopted villages of Korampallam, Maravanmadam, Palayakayal, Servaikaranmadam and Tharuvaikulam. Various development schemes such as Terrace gardening, Water conservation, Rainwater harvesting, Tree plantations, Soft skills Training and self-employment development schemes such as tailoring, fashion designing, were implemented and created an awareness of these practices in the day- to- day life in the adopted villages. Rotary Club and Morning star NGO also supported the programme. The students actively participated in all the social activities. The college offers different training programmes and hands on training for the rural women to meet their basic financial, economic and social needs. It sponsored eco-friendly programmes on water harvesting, roof garden, pond cleaning and making cloth bags.

- Distribution of sanitizers, mask, rice, and grocery items.
- Distribution of biscuits to little ones
- Sponsored Nila Vembu Kasayam to the adopted villages
- Distribution of Covid 19 relief fund (Rs. 1000)
- Distribution of grocery items to handloom weavers
- Distribution of face mask, rice, wheat, vegetables, and grocery items to gipsies
- Distribution of face mask, rice, Wheat, Vegetables, and Grocery Items to Poor Families.
- Distribution of Face Mask, Vegetables, and Grocery Items to Financially Backward Women.

Evidence of Success

The CDP has led the transformation of the college community as well as the adopted villages in and around our region. Involvement of the faculty and the students in the service of the rural and the semi-urban poor has enabled to create a positive impact in the quality of life and living, empowering the self and the society. Academics with such linkage to the society had been certainly a fruitful exercise. Students realize their responsibility towards the social progress of the society. It has forged them into pragmatic social workers. As the extension activities are done on a weekend, approach to inmates of the neighbourhood is possible. Appreciation of service by the people and NGOs of the activities of the college has created credibility of the CDP programme. It has emerged as a participatory, holistic, and inclusive

practice that leads to a positive and concrete development both to the students and the society. Students are able to restore the health and hygiene of the self and the natural environment.

Apart from this our institution distributed Sanitizers, Mask, Rice, Biscuit packets, Wheat, Vegetables Grocery items and Covid 19 Relief Fund Rs 1000 to handloom weavers, children, Gipsies, Poor and needy and women



Problems Encountered and Resources Required

Problems encountered are overcome through the extended activities of social concern. However, the common constraints of time and distance are crucial. In the midst of Covid 19 students' participation is restricted. Sometimes continual follow up measures could not be undertaken immediately due to the restriction routine of the pandemic. Implementation of long-term welfare schemes were affected. 'TOUCH' touches 'Self' and 'Society.' Modalities of transport and Government restrictions were the hurdles to the optimum utilization of the programme. Financial allotment through Government Schemes and voluntary contribution of our management helped in promoting the welfare of the poor and needy in the society. It also instils social responsibility in every student to serve for the betterment of the society and the nation.

Best Practices 2020-2021

Best Practice II

Title of the Practice: Efficacy of Social and Sustainable Progress

St. Mary's College enhances the core values of ethical and moral standards of life in the midst of Covid-19 pandemic. It believes in imparting the value of life and means to combat Covid 19 pandemic times. The curriculum incorporated the civic responsibilities along with the educational values. Both the students and the faculty served the society to relieve the stress and storm in the present scenario.

Objectives

- To help the society overcome the mental stress and the fear.
- To ensure social responsibility and civic sensibility among the students.
- To provide timely counselling in tough times.
- To render helping hands to the public.

The Context

The institution instils social responsibility and civic sensibility among the future generation and encourage them to find out the ways and means to combat the pandemic times. Human values are inculcated as a part of the curriculum, and they were implemented by serving the society, to relieve them from stress and provide preventive measures to combat the pandemic situation.

The Practice

The institution took all earnest efforts to share their social responsibility and promote civic sensibility among the students to prevent stress and take precautionary steps to counterattack the spread of the pandemics. Services were provided through online webinars and Counselling Forum to overcome the stress and maintain healthy practices for the well-being of the common people, the faculty, and the students. Tele Counselling service in collaboration with the district administration under the aegis of the District Collector gave moral support to the people and brought in a positive change in them to overcome their fear and stress. The district administration acknowledged the great service of the institution with a certificate of appreciation.

- Hosted International and National Webinar on Covid 19
- Provision of Tele Counselling 24x7
- Awareness through Competitions
- Free Medical check ups
- Awareness on the prevention and handling the Pandemic situation.
- Familiarized the preventive measures to combat Covid 19

Evidence of Success

IQAC hosted an International Webinar on 10th July-2020. Dr. Ziandeen Ansari, Consultant, Respiratory Medicine, City Hospital, Birmingham, United Kingdom expounded his views on “An Update on COVID-19.” He gave valid inputs and authentic information covering the devastating effect of the pandemic and discussed the rate of contagion and patterns of transmission which threatened the very being of people. He echoed the preventive and relief measures to tackle the pandemic situation from a global perspective through his first-hand experience in treating the Covid 19 Virus Pneumonitis

IQAC conducted a National Webinar on 11th July 2020. Dr. G. Nancy Angeline M.B.B.S., M.D., D.T.M., & H (RCP), Teaching Faculty and Occupational Health Physician, Department of Community Health, St. John’s Medical College, Bengaluru presented her views on “Learning to Live with COVID-19, Embracing the New Reality.” She through her knowledgeable and enthusiastic narrative enlightened the faculty from various departments all over India on the inevitability of the reality, the acceptance, the necessity, and the ways of overcoming the present situation which requires a preparedness among the people to leverage the crisis in Post pandemic life.

The college Counselling Forum is active with Counsellors Dr. Gowsalya Baskaran, Mrs. Rohini and Ms. Jeya Bala. Counselling is given to the students as per their needs. Due to Covid-19, the forum also provided C. Types of counselling given to the students are Entry counselling, Exit counselling, Individual counselling, Personal counselling, Parental counselling, Counselling on Reference, Sports counselling, Pre, and Post – Marital counselling and Tele- Counselling. Various therapies were adopted as per the need of the clients. Counsellor Mrs. Rohini gave free Tele counselling during covid time joined with the National commission for Protection of the child rights (NCPCR) and NIMHANS Bangalore

An invited talk on the topic “Exploring Knowledge, Attitudes and Practices for Covid – 19 Prevention” was held on 21st October 2020 as a part of Star Programme sponsored

by DBT, New Delhi. Dr. A. Raja, Dentist and Maxillofacial surgeon, Eshvar Dental Clinic, Coimbatore was the resource person.

NSS conducted various competitions such as essay writing, slogan writing and poster making were conducted for the students on the topic COVID 19 in order to give awareness about Corona virus and its heavy toll on January 20, 2021.

Keeping in mind the good health of the women during this pandemic period, the free medical check-up was conducted by Be-Well Hospital on the auspicious occasion of International Women's Day on 8th March. The medical check-up included health examinations such as General physical examination, Ophthalmologist consultation, BMI and Glucose check-up. Dr. Jeffie M.B.B.S, Dr. Shalini M.B.B.S and Dr. Rajesh from Agarwal hospital accompanied by staff nurses and the manager and Marketing executive of Be-Well hospital rendered great service. All the second year UG students participated in this camp and benefited from the free medical services provided by the Be-Well hospital.

Department of English conducted a National Level Webinar on 8th July 2020. Dr. T. Marx, Professor, Department of English, School of Humanities, Pondicherry University, Pondicherry addressed the participants on "Pandemic Discourse and Literary Responses" focusing the impact of literary perspectives.

The Department of English (SSC) organized its English Literary Association meeting on 05.02.2021. Dr. J. Ragu Antony, Associate Professor of English, Don Bosco College, Keelara delivered a speech on the topic, "Pandemic Literature Concerns and Changes." He gave a deep insight about the natural calamities as represented in literature with anecdotes through ages from classical to modern writings.

Department of History organized a National Webinar on the theme "Historical Roots of Social Distancing" on 28th May 2020. Dr. Sebastian Joseph, Assistant Professor, UC College, Alluva, Kerala traced out the historical roots of social distancing from the biblical verses to the present pandemic times.

Department of Botany organized a webinar on the topic 'COVID 19 – A Herculean Challenge to Human Immunology' on 05.06.2020. Dr. Rajavel Murugan M.D (Gen) DCH, Associate Professor, Dept. of General Medicine, Govt. Medical College, Thoothukudi explained the ill effects of the disease and the preventive measures to be taken.

Department of Microbiology conducted a webinar on 08.06.2021. Dr. D. Avinash Gand Ph.D., Phrp, Big Awardee, DBT-Birac, Scientist, Mother Cell Regenerative Centre Pvt Ltd., Trichy addressed the participants on the topic “Stem Cell Therapy in Covid 19: Present or Future”.

Department of Chemistry organised a webinar on “An Overview of Development of Drugs and Vaccines for the Current Pandemic” on 20.07.2020. Dr. P. Yuvaraj, Scientist, Assistant Professor ACSIR, CSIR- Northeast Institute of Science & Technology, Branch Laboratory, Lamphepat, Imphal, Manipur was the Resource Person.

The Consumer Club organized a National Level Webinar on “Consumer Protection Awareness During Covid-19” on 10th March 2021 at 4.00 pm. The meeting was presided over by Dr. J.V. Arun, Assistant Professor of Economics, Government Arts College for Men, Nandanam, Chennai. In his address he insisted that during the Covid-19 crisis, the digital economy has provided most opportunities to the customers. He expressed his opinion that consumers are increasingly relying on digital networks for online shopping, virtual meetings, and educational purposes, and electronic commerce of goods and services is booming. He also stated that the online information campaign is the quickest and the most cost-effective way to meet millions of people.

Problems Encountered and Resources Required

Government restrictions during pandemic times hindered to serve the society and parents did not allow the students to serve out of fear and stress. Student volunteers and mode of transport are required to overcome the difficulties of the pandemic period.