



ST.MARY'S COLLEGE (AUTONOMOUS)

(Re-accredited with 'A' Grade by NAAC – 5th Cycle)

Thoothukudi-628001, Tamil Nadu, India

(Affiliated to Manonmaniam Sundaranar University)

2025-2026

Activity	Date	Resource Person	Beneficiaries
Association Meeting – Small Changes, Big Impact:Everyday Habits for Long-Term Health	14.10.2025	Mrs. A. Marithangam Assistant Professor Department of Food Science and Nutrition Holy Cross Home Science College, Thoothukudi	105