



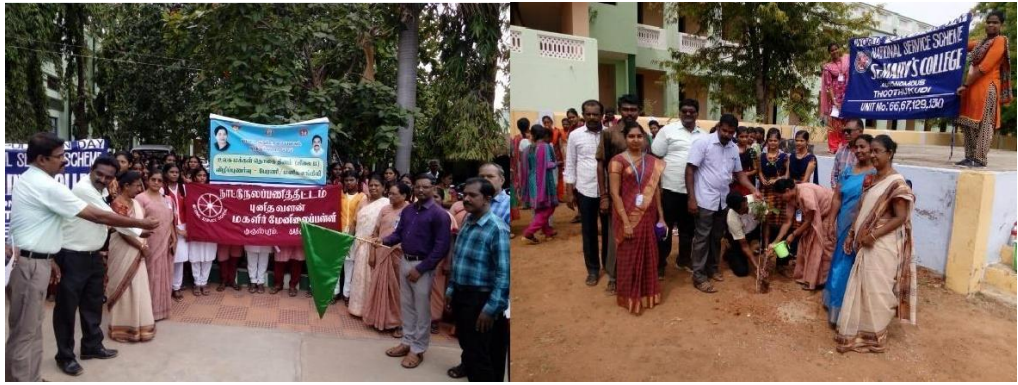
**ST. MARY'S COLLEGE (AUTONOMOUS)**  
**(Re- Accredited with 'A+' Grade by NAAC – 4<sup>th</sup> Cycle)**  
**Thoothukudi- 628001. Tamil Nadu. India**  
**(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)**

**Report of N. S. S Activities for the year 2019-2020**  
**(Units 66, 67, 129 & 130)**

The NSS unit 67 of St. Mary's College (Autonomous) Thoothukudi, set the ball rolling for the academic year 2019-2020 with the observation of International Yoga day on 26th June 2019.



To raise awareness about the exploding global population and the importance of family planning, World Population Day was celebrated in the college. To mark the significance of this day, an elocution competition in Tamil was conducted to all the students on 8-7-2019 in collaboration with the collectorate under the guidance of Dr. M. Senthil Kumar, District Extension Educator of Collectorate, Thoothukudi and Mr. P. Melwin Victor, Administrative Officer and Deputy Director of Medical, Rural Health and Family Welfare, Thoothukudi.



To increase people's awareness on global population issues such as the importance of family planning, gender equality, poverty, maternal health and human rights, World Population Day was observed on 11 July 2019. The N.S.S units of the college organised a human chain under the guidance of District Revenue Officer Mr. M. Veerappan and the principal Dr. S. A. J Lucia Rose. Nearly 300 N. S. S volunteers actively participated in the human chain along with the students of St. Joseph's Higher Secondary School, Thoothukudi. The students gave awareness about female infanticide, human rights, child marriages, early pregnancy, birth control, women's education and environmental protection.



To prune the juvenile minds into active social workers, an Orientation programme was organized on 18-07-2019 for the freshers. Ms. Vanmathi, Assistant Professor of Chemistry, Kamaraj College, Thoothukudi addressed the students on the importance of social service and how to serve the nation through different channels.





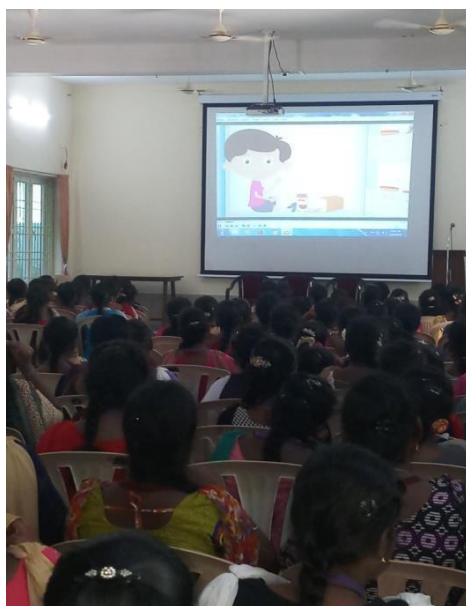
To impart the significance of eye donation and its usefulness to the visually impaired people, an eye donation awareness camp along with the Lions club of Sivakasi Cracker City and the Lions club of Tuticorin Centennial was organized on 19 August 2019. The principal Dr. Sr. A. S. J Lucia Rose presented the presidential address. Lion JKR Murugan, Lion's Governor delivered a motivational address on eye donation. Then Lion Dr. J. Ganesh, World Record Achiever, District Chairman for Sight First acted as the guest speaker who created awareness through quiz competition on eye care and eye safety.



To celebrate the launching of FIT India Movement at Indira Gandhi Stadium in New Delhi by our honourable prime minister Mr. Narendra Modi on 29 August, 2019, the N.S.S programme officers of the college arranged for a fitness walk at 8.30 a.m. in the sports ground. Nearly 500 students and 50 staff members actively participated in the walk under the leadership of the principal Dr. Sr. A.S.J Lucia Rose and the Deputy Principal Dr. Sr. C. Shibana.

To create awareness among the people on the hazards of using plastic and to motivate them towards the use of paper or fabric bags, the N.S.S organized a plastic free environment campaign in collaboration with the Eco club. On 16-09-19, a team of 150 students (80 N.S.S volunteers and 70 members of Eco club) and six teachers actively participated in cleaning Muthu Nagar Beach.

As a part of Poshan Abhiyan, the students were given awareness on nutrition, healthy diet and healthy habits on 9th September 2019. The students were insisted to have a balanced diet containing variety of foods that are rich in iron and vitamins.



To eradicate plastic carry bags and encourage the use of cloth bags, competitions such as slogan writing and poster painting on banning the plastic were conducted on 26-09-19 in the college premises. Moreover an essay writing competition on “No plastic is fantastic” was also organized. To commemorate the former president Dr. P. J Abdul Kalam’s birthday as Youth Awakening day, on 15-10-2019, a meeting was convened for the III year students. Mr. Selvam Selva, P G Assistant in English, St. Xavier’s Higher Secondary School, Thoothukudi, delivered an address on the strategies to awaken the youth. Quoting the words of Abdul Kalam, he pointed out the duties of the youth to dream big, apply logic to everything, to grow to be responsible youth and make the nation proud.



A meeting was convened on 24-10-19 to give awareness on One Stop Centres (OSCs) to support women affected by violence, in private and public spaces, within the family, community and at the workplace. A team of six members from the Department of Social Welfare, Thoothukudi, OSC addressed the first year N.S.S students as to how to redress themselves from physical, sexual, emotional, psychological and economic abuse, irrespective of age, class, caste, education status, marital status, race and culture.





World AIDS day was observed on 9 January 2020, under the leadership of Thoothukudi District Collector Mr. Sandeep Nanduri. The Department of Health and Hygiene and doctors from Government Hospital, Thoothukudi actively participated in the human chain on AIDS formed by the N.S.S volunteers and the awareness programme on AIDS.







தூத்துக்குடி செயின்ட் மேரிஸ் கல்லூரியில் நடைபெற்ற உலக எய்ட்ஸ் தினம் நிகழ்ச்சியில் மாவட்ட ஆட்சித் தலைவர் திரு.சந்தீப் நந்தூரி, இ.ஆ.ப., அவர்கள், உலக எய்ட்ஸ் தினத்தையொட்டி நடைபெற்ற பல்வேறு போட்டிகளில் வெற்றி பெற்ற கல்லூரி மாணவ, மாணவியர்களுக்கு பரிசுகள் வழங்கினார். அருகில், துணை இயக்குனர் சுகாதாரப்பணிகள் / மாவட்ட எய்ட்ஸ் தடுப்பு மற்றும் கட்டுப்பாடு அலுவலர் மரு.ஜிகிருஷ்ணலீலா, தூத்துக்குடி மருத்துவக்கல்லூரி மருத்துவமனை முதல்வர் மரு.பி.திருவாசகமணி மற்றும் அலுவலர்கள், கல்லூரி மாணவ, மாணவியர்கள் உள்ளனர் (09.01.2020)

Women cell organised awareness on legal rights for women in collaboration with N.S.S units of the college on 23-01-20. Advocate N. Pasamalar gave an energetic address on the laws of women throwing light on the protection of children from sexual offences (POCSO) Act.





To observe Swachata Pakhwada, N. S. S organized several activities from 20.01.2020 to 31.01.2020 as per UGC D. No. 14-5/2016(CPP-II), 3<sup>rd</sup> January 2020.

A cleanliness drive was carried out in the college premises on 20-01-20 to support the cause for clean and better environment as the cleanliness not only brings prosperity in our lives but keeps us away from all kinds of diseases.



On 21<sup>st</sup> January 2020, Slogan writing and Poster making competitions were conducted on the topic “**Swachhata**”.

Elocution, Slogan Writing and Poster Making competitions were conducted on the topic “**Water Conservation**” on 22-01-2020.

On 24-01-2020 elocution, slogan writing and poster painting competitions were conducted on the topic **Forest conservation**.

**Best out of Waste** competition was conducted on 27<sup>th</sup> January 2020. Students used eco friendly products for the competition



To observe the World Cancer Day, a cancer care awareness campaign and a rally were jointly organized by Red Ribbon Club and N. S. S units in association with Thoothukudi Multipurpose Social Services (TMSS), Caritas India under the leadership of Thoothukudi district collector Thiru. Sandeep Nanduri on 04-02-2020.



In order to rejuvenate the life of the sick and the dying people, a blood donation awareness programme was organized on 24 February 2020. Mr. Ajeez, Treasurer of District Blood Donation Association and Anbu Manidham Trust was the resource person who addressed the students on the need to donate blood and revived the spirit of the volunteers to help the needy. Mr. Loodas, the auto driver who donated blood for more than 100 times also spoke on the value of blood and how people can stay healthy despite their donation. Mr. Sheik Muhammad, Coordinator of Anbu Manidham Trust had an interactive session with the students on blood donation.



In view of observing World TB Awareness Day, Centre for Eco-feminine Excellence and NSS units organised an awareness programme on TB on 12 March 2020. Dr. K. Sundaralingam, M.B.B.S., DTCD, Deputy Director of Medical Services, TB Centre, Thoothukudi, discussed the causes and effect of TB and detailed on how to identify, treat and eliminate TB. Mr. S. Kuppusamy, District Treatment Organiser and Mr. B. Mohan, District PPM Co-ordinator, conducted a Quiz on TB and students were given prizes.







A seven day special camp was organized by unit 129 and 130 at Punnaikayal and Sernthapoomangalam from 24-02-2020 to 01-03-2020. A team of 84 volunteers actively took part in rendering service to the villagers. The Special camp was inaugurated by Dr. A. Rajarathinam, NSS Co-ordinator of Manonmaniam Sundaranar University, Tirunelveli. Dr.D. Jockim, Assistant Professor of St. Xavier's College, delivered the keynote address. Rev. Sr. Dr. A.S.J. Lucia Rose, Principal, St. Mary's College, Rev. Sr. Dr. C. Shibana, Vice Principal of St. Mary's College and Mr. Chandra Bose, President of Village administration committee, felicitated the gathering. Ms. M. Mangalaeswari, Programme Officer of Unit 129, and Dr. P. Maria Jenifer Thaya, Programme Officer of Unit 130, made arrangements for the successful and smooth conduct of the special camp.



Cleanliness drives were conducted in and around Punnaikayal and Sernthapoomangalam through mass cleaning at the beach, schools and streets.

Rallies were conducted to create awareness on cancer and healthy living, the hazards of plastic usage and need to avoid it.

A general medical camp was organized with Sundaram Arulrhaj Hospital, Thoothukudi. The villagers were given free medical check up and medicines.

Free Eye check-up camp was organized with the help of Vasan Eye Care, Thoothukudi. A special medical camp was arranged for the people of Sernthapoomangalam with the assistance of Primary Health Centre, Authoor. These camps proved beneficial to the public.

In addition to these rallies and medical camps, invited talks and lecture were also given to the people on healthy living. Sapling plantation, fencing, teaching basic English grammar to primary school students, hands on training on jewellery making were some of the service rendered to the public.