



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

Report of N. S. S Activities for the year 2022-2023
(Units 66, 67, 129 & 130)

Seminar on Yoga for Women Well – being

NSS units along with Yoga team and NCC of St. Mary's College (Autonomous), Thoothukudi organised a seminar on “Yoga for Women Well-Being on May 25, 2022 for all the second year students. This event was conducted in view of celebrating International Yoga Day. Dr. N.Sethu, Assistant Professor, Department of Physical Education, Manonmaniam Sundaranar University, Tirunelveli is the Resource Person. The Resource person inculcates the importance of maintaining health. He explained how yoga helps during the pandemic situation. He interacted with the students and insisted on taking care of their breath and health daily.



Mass Cleaning Programme

To celebrate Kalaingar M. Karunanithi's birthday, a mass cleaning programme was arranged to clean our college campus on 3.6.2022. Thoothukudi municipality sanitary workers along with our college students cleaned our college. They separated bio decomposable and recyclable wastes. Sanitary officer explained the need for separating the waste and the harmful effects of plastics.



International Yoga day

International yoga day was celebrated on 21st June 2022. Yoga for all programme was conducted by NSS units along with the Yoga team of our college through zoom platform. NSS volunteers did their yoga from their home.



Poster making competition and Video competitions were conducted and the results were announced on Yoga day.

Prize winners for poster presentation are

Vesta Serapha II BA English

Fathima Beevi M I BSc Chemistry

Anitha Ansara.A II BSc Mathematics

Prize winners for video making competition are

Deepa K. II B.Com.

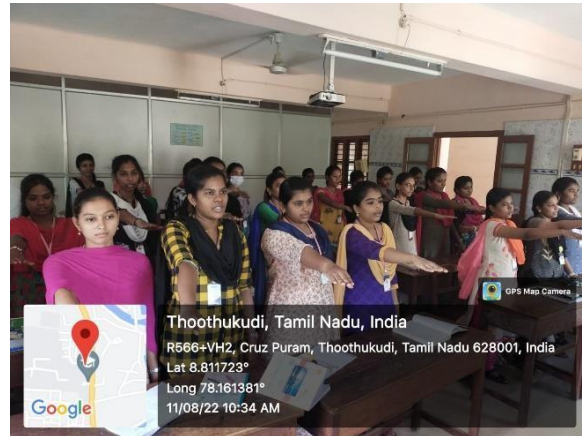
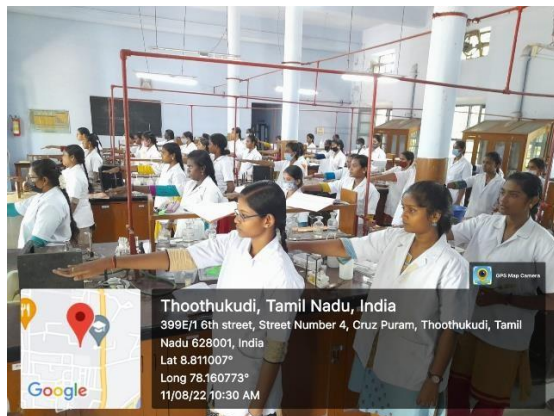
Jefina Gomez II BSc Zoology

Preethi Paikaray II B. Com.



Pledge – Drug free Tamilnadu

All the NSS programme officers along with NSS volunteers took drug free Tamilnadu pledge on 11.8.2022 for as instructed by Government of Tamilnadu.



Distributing National Flag

National flag was distributed by NSS volunteers to the people of the village Anthoniarpuram on 12.08.2022. NSS volunteers distributed 100 flags to the houses in that area. Also insisted the people to hoist the flag in their houses on Independence day.



Drive Against Drugs- E-pledge

Drive Against Drugs – E-Pledge was taken by NSS Programme coordinators on 17.08.2022.

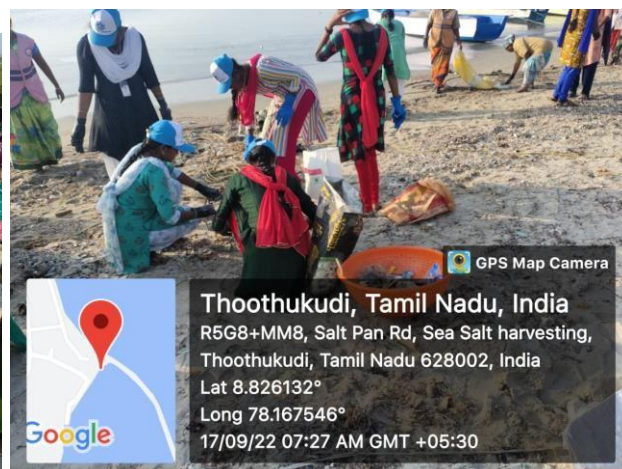
Sabdhavava Diwas - Pledge

To promote national integration and communal harmony among the people of all religions, languages and regions, Sabdhavava Diwas is observed nation wide on 20.8.2022. NSS volunteers and programme officers took pledge for “Sabdhavava Diwas” on 18.8.2022 at 11.00 am.



Coastal clean up day

Beach cleaning was done in Inigo Nagar on International Coastal Cleanup day (17/09/2022). 100 NSS volunteers from all the four units along with the municipal workers cleaned the sea shore. Students collected and separated wastes materials found in the beach



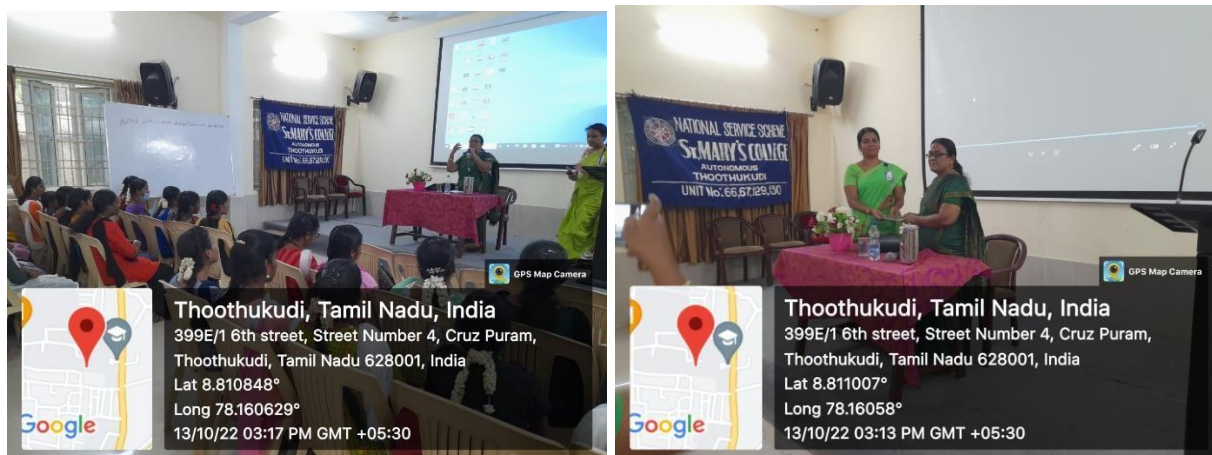
Talk on Solid Waste Management

An talk on solid waste management was held on 29.10.22 in the college auditorium. Officers from municipal addressed the students about solid waste management. They instructed the students about the separations of garbage into biodegradable and non biodegradable. They also explained the volunteers about the need for the reuse of biodegradable wastes and recycling of the non-biodegradable wastes.. Certificates were also distributed for the students who cleaned the sea shore on coastal clean up day.



Health and Hygiene of Adolescent girls

On 13.10.22 Dr. T. A. Manjula, MBBS, DGO, DHA, Chief civil surgeon (Rtd), Tuticorin Medical College hospital addressed the volunteers about health and hygiene of adolescent girls. NSS volunteers from both first and second years attended the meeting. Students participated enthusiastically and asked various doubts to the doctor.



Youth Awakening Day

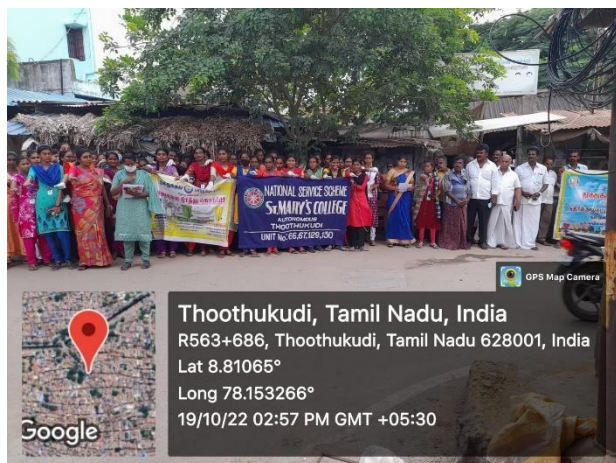
To celebrate Youth Awakening Day (15.10.2022) in remembrance of Dr. A.P.J Abdul Kalam, our college NSS organized Essay writing competition on the Topic The responsibilities of the youth in the advancement of Science and Drawing competition on the Topic A tribute to Bharat Ratna Dr. A.P.J. Abdul Kalam

The following students won the prizes



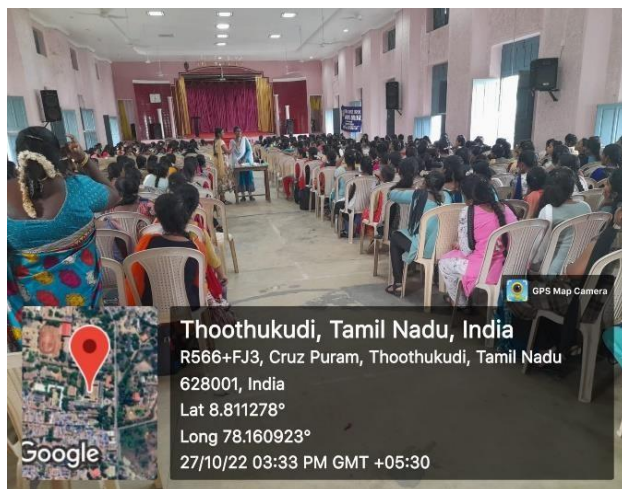
Cleaning Public places

Mass cleaning campaign was conducted by the students of all NSS units. Seventy one students from Unit No 67 and 129 cleaned SS Pillai market in thoothukudi on 17.10.22. Students collected and separated biodegradable waste and plastic waste and handed it over to the municipality. Counselor of that area attended the program and took pledge with students and people. Students also went around the houses in that area and gave awareness about solid waste management. 50 volunteers of units 66 and 130 cleaned the coastal area in Thoothukudi. They collected and separated waste and handed it over to Thoothukudi municipality.



Female health care and empowerment

On 27.10.2022, a meeting was organized for the all the NSS volunteers about female health care and empowerment. J.Esther, Product advisor from Femi Health Care, Female Empowerment Movement of India addressed the students about health care and female empowerment.



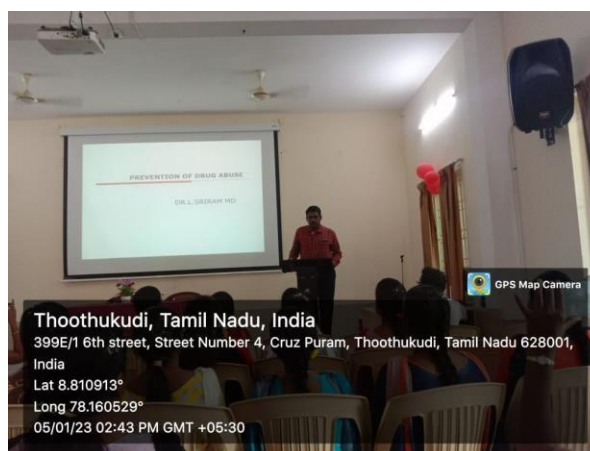
Pledge - National Unity Day

To know the meaning and value of unity, pledge was taken by the NSS programme officers, NSS volunteers with other students on National Unity day which is celebrated on 31.10.2022.



Prevention of Drug Abuse

An awareness programme on 'Prevention of Drug Abuse' was conducted at St. Mary's College (Autonomous), Thoothukudi on 5th January 2023 in Star Hall. Dr. L. Sriram MD., Assistant Professor, Department of Psychiatry, Government Thoothukudi Medical College Hospital, Thoothukudi was the chief guest. The active participants were the volunteers of NSS, Youth Red Cross and Red Ribbon Club. A realization on consumption of alcohol and its negative impacts was conveyed to the participants by Dr. L. Sriram. The volunteers were asked to help the alcoholics, by directing them for a medical observation, counseling, mental and physical health support from a Psychiatrist. At the end volunteers were interrogated regarding their understanding towards the message conveyed by Dr. L. Sriram. Nearly 300 students from various disciplines were the beneficiaries.

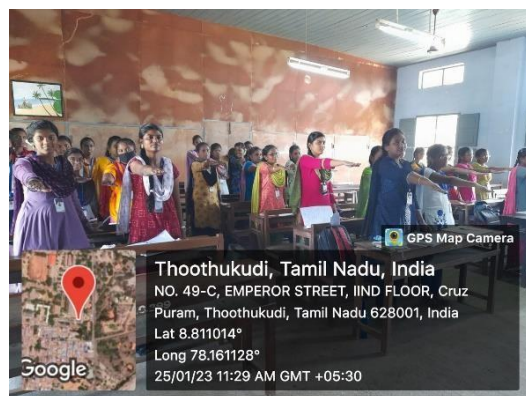
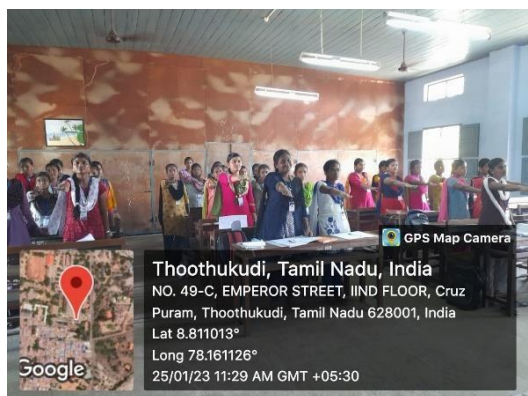


National Youth day quiz

To celebrate national youth week, a quiz competition was conducted on 17.01.2023 through online mode. More than 200 students attended the quiz.

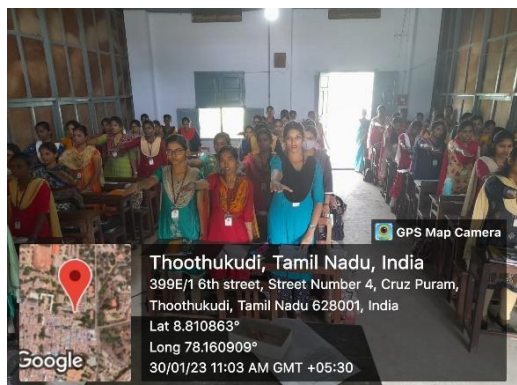
Pledge on National voters day

A Pledge on National voters day were taken on 25.1.2023. NSS Volunteers along with other students took pledge at 11.am.



Pledge on Martyr's day

A pledge on 30.01.2023 was taken by all the students and staff members of our college to commemorate Martyr's day.

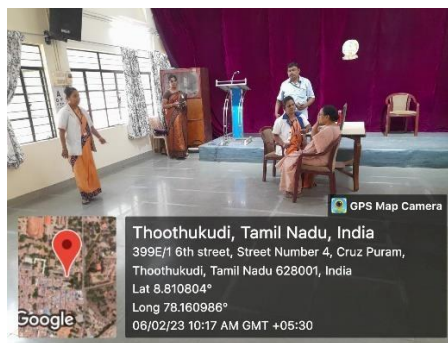


Pledge on prevention of slavery against labourers

A Pledge on prevention of slavery against labourers was taken by NSS volunteers along with programme officers on 9.02.2023

Eye camp

NSS units in association with Vasana Eye care, hospital, Thoothukudi organized an eye camp on 06.02.2023 in college campus from 10am to 4 pm. Dr. Sr. A.S. J. Lucia Rose, Principal inaugurated the camp. Dr. Sugumar with this team members checked the eyes of the students and gave them suitable advices. 328 students participated in the camp.



Awareness programme on plastic free India

An awareness program on cleanliness was organized on 13.02.2023. Mr. V. Ariganesan M.sc, MBA, sanitary officer, North zone, Thoothukudi corporation and Mr. Rajasekaran, sanitary officer, East zone, Thoothukudi corporation were the resource persons. They insisted the not to use plastics. They also explained the safe methods to dispose plastics Students interacted with them cleared their doubts about plastic waste disposal.



Total number of programs 21