



## St. MARY'S COLLEGE (AUTONOMOUS)

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

Thoothukudi – 628001, Tamil Nadu, India

(Affiliated to Manonmaniam Sundaranar University)

### NSS Report

Academic Year (June 2024- November 2024)

#### International Day Against Drug Abuse and Illicit Trafficking on 26.06.2024

The NSS volunteers and students of St.Mary's College (Autonomous), Thoothukudi took a pledge on International Day Against Drug Abuse and Illicit Trafficking on June 26<sup>th</sup> 2024, to stay away from drugs and the community awareness about the harmful effects of drug. This programme motivated the younger generation to stay away from drugs and raise awareness about the importance of living a healthy, drug-free life.



#### Ek Ped Maa Ke Naam – Plant One Tree in Mother's Name on 30.07.2024

National Service Scheme (Unit No. 66, 67, 129 and 130) of St. Mary's College (Autonomous), Thoothukudi organized a tree plantation programme Ek Ped Maa Ke Naam – Plant One Tree in Mother's Name on 30.07.2024 at 2.30 p.m. Rev. Sr. Dr.M.S.Ezhilarasi, Deputy Principal initiated the programme by planting the neem tree. The NSS Programme officers Dr.A.Lakshmi, Assistant Professor of Chemistry (Unit No.67), Dr.S.M.Vimala, Assistant Professor of History (Unit No. 130), Dr.P.Subavathy, Assistant Professor of Zoology (Unit No.66), Ms.X.Amala Steffi, Assistant Professor of English (Unit No.129) and NSS

student volunteers organized the programme. Trees are the foremost source for producing the oxygen in environment, they helps to reduce the level of CO<sub>2</sub>. As we all know that the whole world is facing the problem of global warming and to recover from such problem planting the trees is become one of the most important aspects today.







### **Orientation session on the topic “Drug Awareness, Addiction and Eradication” on 05.09.24**

National Service Scheme (Unit No. 66, 67, 129 and 130) and Anti – Drug Club of St. Mary’s College (Autonomous), Thoothukudi jointly organized an Orientation session on the topic, “Drug Awareness, Addiction and Eradication” on 5<sup>th</sup> September 2024. Dr. A.A. Achuthan, MBBS, DMRD, Member of Indian Red Cross Society, Lions Club of Tuticorin was the resource person. He created awareness about the risks of drug addiction, available treatments like Psychotherapy, etc. The initial step in controlling drug addiction is to educate and increase awareness among individuals, that provide a better understanding about the issue and how to manage it effectively.

**St. Mary's College (Autonomous)**  
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 Thoothukudi  
**NSS & Anti Drug Club**  
 Jointly Organize  
 An Orientation Session on the topic  
**DRUG AWARENESS, ADDICTION & ERADICATION**  
 On 05.09.2024 @ 2.15 pm Venue: Star Hall  
 Resource person:  
**Dr. A.A.ACHUTHAN, MBBS, DMRD**  
 Member: Indian Red Cross Society  
 Lions Club of Tuticorin

<b>Organising Committee:</b>	
<b>NSS:</b>	<b>With Best Wishes from:</b>
Dr. A. Lakshmi Unit: 67	Rev. Sr. Dr. C. Shibana
Dr. S.M. Vimala Unit: 130	Secretary
Dr. P. Subavathy Unit: 66	Rev. Sr. Dr. Jessie Fernando
Ms. X. Amala Steffi Unit: 129	Principal
Ms. D. Saranya	Rev. Sr. Dr. M.S. Ezhilarasi
Ms. S. Jeya Selvi	Deputy Principal
<b>ANTI DRUG CLUB:</b>	Rev. Sr. Josephine Jeyarani
Dr. F. Maria Jenifer Thaya	Director, SSC
Dr. S. Jeya Bharathi	
Ms. R. Anjutha	



### **Awareness Programme on TB (Tuberculosis) on 05.09.24**

National Service Scheme (Unit No. 66, 67, 129 and 130) of St. Mary's College (Autonomous), Thoothukudi organized an Awareness Programme on TB (Tuberculosis) on 5<sup>th</sup> September 2024. Mr. Bala Guru Sami, Public Health Manager, Ms. N. Indhu, District Coordinator, Mrs. Shobana and Mrs. Latha, Out Reach Workers created awareness about the devastating health, social and economic consequences of Tuberculosis, the transmission, treatment and Prevention of TB.



## Human Chain on "Black Day" Protest Against Sexual Harassment Thoothukudi, 10 September 2024

The National Service Scheme (NSS) of St. Mary's College (Autonomous) in collaboration with All India Catholic University Federation (AICUF) organized a "Black Day" on 10 September 2024 as a powerful stand against sexual harassment. The event was held to protest the recent incident involving a postgraduate trainee doctor in Kolkata and to raise awareness about all forms of harassment. The students demonstrated their protest by organizing a human chain to symbolically break the chains of sexual harassment. The protest commenced at 8:30 AM with active participation from students and staff members. The students emphasized the message that "Sexual harassment is a crime, not a violence. NO means NO, break the chain together." This event reflects the institution's ongoing efforts to promote a safe and respectful environment for everyone, standing firm against injustice and sexual harassment. The students pledged to continuously advocate for justice, equality, and the dignity of all individuals, urging the community to join the fight against sexual harassment and violence. The Human chain was led by the Principal Rev. Sr. Dr. Jessie Fernando and Deputy Principal Rev. Sr. Dr. M. S. Ezhilarasi.





## **Leadership Programme “Youth Leadership: Changing the World through Service on 10.09.24**

National Service Scheme (Unit No. 66, 67, 129 and 130) and Youth Red Cross of St. Mary’s College (Autonomous), Thoothukudi and Youth Red Cross jointly organized a programme on the topic, “Youth Leadership: Changing the World through Service” on 10<sup>th</sup> September 2024. Dr. T. Jayanthi, Assistant Professor of History, Sarah Tucker College (Autonomous), Tirunelveli, Chairman of Women Empowerment Committee, Indian Red Cross Society, Kanniyakumari District Branch was the resource person. She addressed the students about Social Service, Humanity, Fundamental Principles of Red Cross and Social responsibilities of youth to the students. Nearly 300 students actively participated and benefited.

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**YOUTH RED CROSS**

**NSS & Youth Red Cross**  
Jointly Organize a programme on

**Youth Leadership**  
**Changing the World through Service**  
Resource Person

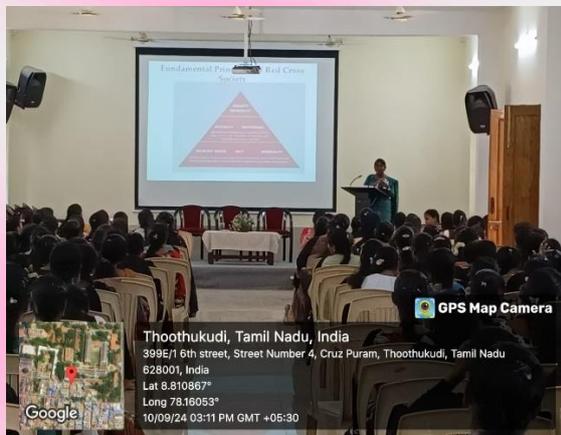
**Dr. T. Jayanthi**  
Assistant Professor of History,  
Sarah Tucker College (Autonomous) Tirunelveli .  
Management Committee member & Chairman of Women  
Empowerment Committee, Indian Red Cross Society,  
Kanniyakumari District Branch

10.09.2024  
2:00p.m.-3:30p.m.  
Star Hall

**Best wishes from**  
Rev.Sr.Dr.C.Shibana  
Secretary  
Rev.Sr.Dr.Jessie Fernando  
Principal  
Rev.Sr.Dr.M.S.Ezhilarasi  
Deputy Principal  
Rev.Sr.Josephine Jeyarani  
Director of SSC

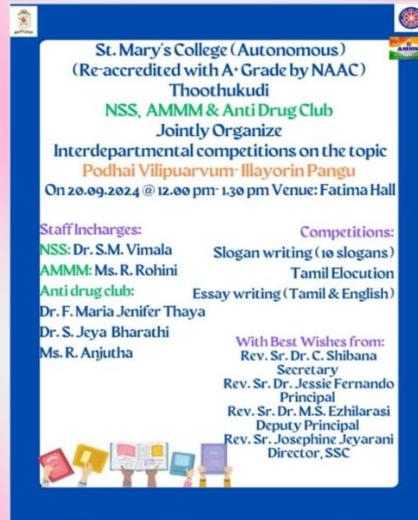
**YRC Coordinators**  
Dr.S.M.Vimala  
Ms.A.Jenitta Jebamalar  
Ms.S.Navarathinam

**NSS Coordinators**  
Dr.A.Lakshmi Unit:67  
Dr.S.M.Vimala Unit:130  
Dr.P.Subavathy Unit:46  
Ms.X.Amala Steffi Unit:129  
Ms.D.Saranya  
Ms.S.Jeya Selvi



## Interdepartmental Competitions on Slogan Writing, Tamil Elocution, Essay Writing (Tamil & English) on 20.09.24

National Service Scheme (Unit No. 66, 67, 129 and 130), Amalorpava Matha Mathuvilaku Movement and Anti – Drug Club of St. Mary's College (Autonomous), Thoothukudi jointly hosts an Interdepartmental Competitions like Slogan writing, Tamil Elocution and Essay Writing (Tamil and English) on the topic, “Podhai Vilipuarvum – Ilayorin Pangu” on 20<sup>th</sup> September 2024. Totally 20 students participated enthusiastically to expose their talents.



### **Coastal Cleanup Drive by NSS Volunteers, Thoothukudi on 21<sup>st</sup> September 2024**

The National Service Scheme (NSS) of St. Mary's College (Autonomous), Thoothukudi in collaboration with 'We Can' Trust organized a coastal cleanup drive in commemoration of International Coastal cleanup day at Vivekananda Nagar and Therespuram on 21<sup>st</sup> September 2024. The objective was to spread awareness about the harmful effects of plastic and other waste on marine life and to contribute towards a cleaner and healthier environment. A total of 197 NSS volunteers participated in the event. The students from various departments gathered at 6 am in the morning at the designated area. NSS coordinators supervised the event, ensuring that the necessary precautions were taken during the cleanup. The students were provided with gloves, garbage bags, and other cleaning equipment. They were divided into groups, and each group was assigned a particular section of the coastline. The waste collected included plastic bottles, wrappers, discarded fishing nets, and other non-biodegradable materials that pose a threat to marine and coastal ecosystems. The volunteers worked diligently for hours, meticulously collecting and segregating the waste. Emphasis was placed on recycling and properly disposing of the collected materials. The cleanup drive was successful in not only removing a significant amount of waste from the coastline but also in raising awareness among the participants and the local community about environmental conservation.





### Rural Women Empowerment (Global World Record Attempt) on 27.09.24

The NSS programme officers Dr.A.Lakshmi and Dr.S.M.Vimala participated in the Rural Women Empowerment programme held in Manonmaniam Sudaranar University, Tirunelveli on 27<sup>th</sup> September 2024. As part of the Global World Record Attempt for Rural Women Empowerment, 1,000 blazers were skillfully stitched by rural women over a period of 20 days. This initiative not only provided these women with a platform to showcase their talents but also empowered them economically and socially. The blazers were worn by NSS (National Service Scheme) volunteers, symbolizing the collective efforts of rural women and the spirit of youth service. The collaboration between the rural women and the NSS volunteers highlighted the intersection of empowerment and community service. The programme was organized to bring global attention to the issues rural women face and highlight their contributions to society and to encourage the skill development, economic independence, and leadership among rural women.





### **Conference on “Thaimaye vellum” on 02.10.24**

On 2.10.2024 the National Service Scheme (NSS) unit of St.Mary’s College (Autonomous), Thoothukudi participated in a prestigious conference titled "Thaimaye Vellum" in Tirunelveli. The event focused on promoting the rich cultural heritage of Tamil Nadu and Tamil language while also emphasizing the role of community service in preserving and enhancing these values. About 20 NSS volunteers and the NSS programme officer participated in the programme. It provided valuable insights into the importance of cultural preservation and the

role of community service in building a better society. The conference not only strengthened the connection of the volunteers with their cultural roots but also motivated them to take a more active role in serving their communities.



### Participation in the Book Fair on 10.10.2024

The book fair has been organised by Thoothukudi District Administration as Neithal Kalai Vizha. The fair is organized in association with various publishers. Book fairs have a great role to play in promoting the reading habit among people of all age groups. The fifth book fair in Thoothukudi had plenty of books on history and the younger generation would benefit through them and understand the significant contribution made by stalwarts in many spheres.

The fair provides a unique platform for business to business transactions, establishing new contacts, entering into co-publishing arrangements, translation and copy right arrangements, reprinting of old and rare books, apart from providing retailing opportunities as a multitude of visitors to the fair.

The National Service Scheme (NSS) of St. Mary's College (Autonomous) arranged the students to visit the book fair on 10th October 2024. The students have participated in various competitions held in the book fair. Few students served as volunteers to regulate the book fair held from 3<sup>rd</sup> October to 13<sup>th</sup> October 2024. Hence, people must make it a habit to read different types of books that would be useful to them. On many occasions, reading books helped him

to connect with the people and get in touch or understand their problems. The younger generation had the opportunity to learn and understand the nuances of the culture and tradition of the State and the district.

The organisers said the book fair on Sankaraperi ground had 100 stalls set up by leading publications and books of well-known authors were on display. The government had also put up 13 stalls to create awareness on use of plastics, among other issues. Apart from special events such as *patti mandram*, the organisers had several events to demonstrate the art and traditions of the people. A food court with participation from key players across southern districts were present.





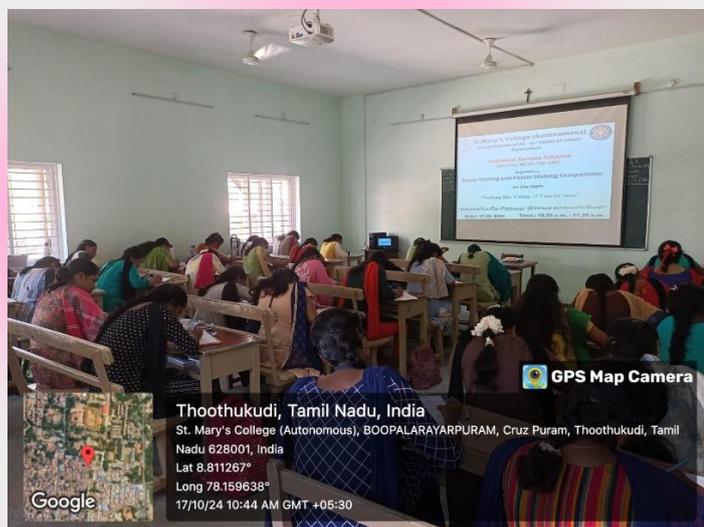
### **Essay writing and poster making competition on 17.10.2024**

The National Service Scheme (NSS) of St.Mary's College (Autonomous), Thoothukudi organized an essay writing and poster making competition on 17.10.2024 from 10.30 a.m to 11.30 a.m on the topic "Nothing Like Voting – I Vote for Sure." This event was part of the NSS's initiative to promote awareness and encourage active participation in the electoral process, especially among young voters. The competition aimed to inspire students and community members to understand the significance of voting and exercise their right to vote

responsibly. A total of 102 participants registered for essay writing and poster making competition. The posters created by the students will be displayed in the college foyer, drawing attention to the significance of voting among the younger generation. The three panel of judges, evaluated the entries based on creativity, relevance to the theme, and the effectiveness of the message conveyed.



Thoothukkudi, TN, India  
Cruz Puram, Thoothukkudi, 628001, TN, India  
Lat 8.810719, Long 78.160853  
10/17/2024 11:00 AM GMT+05:30  
Note : Captured by GPS Map Camera



Thoothukkudi, Tamil Nadu, India  
St. Mary's College (Autonomous), BOOPALARAYARPURAM, Cruz Puram, Thoothukudi, Tamil Nadu 628001, India  
Lat 8.811267°  
Long 78.159638°  
17/10/24 10:44 AM GMT +05:30