

HOLY CROSS COLLEGE (AUTONOMOUS)
NAGERCOIL

(Affiliated to M.S. University, Tirunelveli)

Accredited with A++ Grade (CGPA 3.53 - 5 th Cycle) by NAAC

ISO 9001: 2015 Certified Institution



Report
of
“Awaken the Leader Within”

Organized

By

Rotaract Club



Date: 05-03-2026

Venue: Room no.61

BROCHURE



**HOLY CROSS COLLEGE (AUTONOMOUS).
NAGERCOIL-4**

Affiliated to Manonmaniam Sundaranar University, Tirunelveli
Accredited with A++ Grade (CGPA 3.53 - V Cycle) by NAAC



ROTARACT CLUB Organises A Motivational talk on Awaken the Leader Within

SDG 4

Date : 05.03.2026

Time : 11.50 a.m - 12.30 P.m

Venue: Room no.61

**Resource person: Dr.Immaculate Philip,
Head & Associate Professor of Mathematics (Rtd),
Holy Cross College (Autonomous), Nagercoil.**

Patron

: Dr. Sr. M.Mary Gilda, Secretary

Chair Person

: Dr. Sr. S. Sahayaselvi, Principal

Coordinator

: Ms. K.B. Steffi

Members:

:Dr. A. Jancy Vini

Dr.J.Celin Pappa Rani



REPORT

AWAKEN THE LEADER WITHIN

Objectives:

- To develop leadership qualities and self-confidence among students.
- To inspire students to recognise and nurture their inner potential.
- To equip students with the mindset required to become responsible and effective leaders.

The Rotaract Club organised a leadership training programme titled “Awaken the Leader Within” on 5th March 2026 in Room No. 61. The session was handled by Dr Immaculate Philip, a retired professor of Mathematics, who brought with her a wealth of experience and insight.

Dr Immaculate Philip delivered an engaging and thought-provoking session, focusing on the importance of self-awareness, confidence, and perseverance in leadership. She emphasised that leadership is not merely about authority, but about influence, responsibility, and the ability to inspire others. Through her interaction, she encouraged students to discover their strengths and work towards becoming the best version of themselves.

The resource person also shared practical examples and life experiences, which made the session relatable and impactful. A total of 43 students actively participated in the programme, showing keen interest and enthusiasm throughout the session.

Impact: The programme instilled confidence and motivation among the students, encouraging them to take initiative and believe in their abilities. It also helped them gain a clearer understanding of the qualities required to become effective leaders.

Outcome: Students were inspired to work on their personal growth and leadership skills. The session enabled them to adopt a positive mindset and take steps towards becoming responsible individuals and future leaders.

No. of Beneficiaries: 41

YouTube Link: <https://youtu.be/49ZUpSHQ1AU>

PHOTO GALLERY



FEEDBACK

- The motivational talk inspired students to recognize and develop their leadership potential.
- The session provided practical insights on self-awareness, confidence building, and effective decision-making.
- The speaker's engaging delivery kept the participants attentive and motivated throughout.
- It encouraged students to take initiative and become responsible leaders in their personal and professional lives.
- Overall, the programme was empowering, insightful, and left a lasting impact on the participants.

HOLY CROSS COLLEGE (AUTONOMOUS)
NAGERCOIL

(Affiliated to M.S. University, Tirunelveli)

Accredited with A++ Grade (CGPA 3.53 - 5 th Cycle) by NAAC

ISO 9001: 2015 Certified Institution



Report
of
“Eye Screening Programme”

Organized

By

Rotaract Club



Date: 12-02-2026

Venue: Multipurpose Hall

BROCHURE



**HOLY CROSS COLLEGE (AUTONOMOUS).
NAGERCOIL-4**

Affiliated to Manonmaniam Sundaranar University, Tirunelveli
Accredited with A⁺⁺ Grade (CGPA 3.53 - V Cycle) by NAAC



ROTARACT CLUB

Organises

Eye Screening Programme

(SDG 3)

in collaboration with

J.M Charitable Trust of

Bejan Singh Eye Hospital, Nagercoil

Date : 12.02.2026

Time : 9.30 a.m - 3.15 p.m

Venue : Multipurpose hall

Patron	: Dr. Sr. M.Mary Gilda, Secretary
Chair Person	: Dr. Sr. S. Sahayaselvi, Principal
Coordinator	: Ms. K.B. Steffi
Members	: Dr. A. Jancy Vini
	Dr.J/Celin Pappa Rani



REPORT

EYE SCREENING PROGRAMME

Objectives:

- To create awareness about the importance of eye health and regular vision check-ups.
- To provide free and accessible eye screening services to students and staff.
- To identify and address common vision problems at an early stage.

The Rotaract Club organized an Eye Screening Programme on 12th February 2026 in the Multipurpose Hall in collaboration with the JM Charitable Trust of Bejansingh Eye Hospital, Nagercoil. The programme aimed at promoting awareness about eye care and ensuring early detection of vision-related issues among the academic community.

A dedicated team of nine medical professionals conducted the screening efficiently using appropriate diagnostic tools. The programme witnessed an overwhelming participation of 324 individuals, including students, teaching faculty, and non-teaching staff. Each participant underwent a basic eye examination, and necessary guidance regarding eye care, corrective measures, and further medical consultation was provided.

The initiative created a supportive environment where participants could address their eye health concerns without hesitation. The medical team also emphasized preventive care and healthy practices to maintain good vision.

Impact: The programme significantly enhanced awareness regarding eye health and encouraged participants to prioritize regular eye check-ups. Many individuals became more conscious about vision care and preventive measures.

Outcome: The screening facilitated early identification of vision problems among several participants, enabling timely medical intervention. It also strengthened the institution's commitment to promoting the overall well-being of its community.

No. of Beneficiaries: 329

YouTube Link: <https://youtube.com/shorts/SD3WKOYkQO8>

PHOTO GALLERY



FEEDBACK

- The eye camp was highly beneficial in identifying vision-related issues among the participants.
- It facilitated early detection and timely guidance for proper eye care and treatment.
- The programme created awareness about the importance of regular eye check-ups and eye hygiene.
- The medical team conducted the screening efficiently, ensuring smooth coordination throughout the camp.
- Overall, the camp was impactful and contributed significantly to improving eye health and awareness among the participants.

HOLY CROSS COLLEGE (AUTONOMOUS)
NAGERCOIL

(Affiliated to M.S. University, Tirunelveli)

Accredited with A++ Grade (CGPA 3.53 - 5 th Cycle) by NAAC

ISO 9001: 2015 Certified Institution



Report
of
“How to Overcome Failure”

Organized

By

Rotaract Club



Date: 11-12-2025

Venue: Room no. 61

BROCHURE



**HOLY CROSS COLLEGE (AUTONOMOUS),
NAGERCOIL-4**

Affiliated to Manonmaniam Sundaranar University, Tirunelveli
Accredited with A⁺⁺ Grade (CGPA 3.53 - V Cycle) by NAAC



ROTARACT CLUB

Organises

A talk on

How to Overcome Failure

Date : 11.12.2025

Time : 11.50 a.m - 12.30 P.m

Resource person: Ms. A.A. Faleela Afeeqa, II B.Com (Aided)

Patron

: Dr. Sr. M.Mary Gilda, Secretary

Chair Person

: Dr. Sr. S. Sahayaselvi, Principal

Coordinator

: Ms. K.B. Steffi

Members:

:Dr. A. Jancy Vini

Dr.J.Celin Pappa Rani



REPORT

HOW TO OVERCOME FAILURE

Objectives:

- To help participants understand that failure is a natural and essential part of personal growth.
- To equip students with practical strategies to overcome setbacks and build resilience.
- To motivate participants to develop a positive mindset and persevere despite challenges.

The Rotaract Club organized a motivational talk on the topic “How to Overcome Failure”, which was delivered by Ms. Afeequa of II B.Com. The session aimed to inspire and guide participants in dealing with setbacks and transforming failures into opportunities for growth. A total of 38 participants attended the programme.

The speaker addressed the audience with confidence and clarity, effectively engaging them throughout the session. She emphasized that failure is not an end but a stepping stone to success. Drawing from relatable examples and personal insights, she explained how individuals often face difficulties and disappointments, but what truly matters is the ability to rise again with renewed determination.

The talk highlighted the importance of self-belief, resilience, and maintaining a positive attitude during challenging times. The speaker encouraged the participants to learn from their mistakes rather than be discouraged by them. She also suggested practical approaches such as setting realistic goals, staying focused, and seeking support when needed.

The session was both inspiring and thought-provoking, leaving the participants with a renewed sense of confidence and motivation. It served as a valuable reminder that failure is a part of the journey and that perseverance and a strong mindset can lead to eventual success.

Impact: The programme created a lasting impression on the participants by reshaping their attitude towards failure and success. It instilled a sense of courage and emotional resilience, encouraging students to approach challenges with a growth mindset rather than fear or hesitation.

Outcome: Participants were motivated to adopt a positive mindset, manage disappointments constructively, and strive towards their goals without fear of failure. Overall, the programme contributed to the personal growth of the attendees by fostering perseverance, self-belief, and emotional strength.

No. of Beneficiaries: 38

YouTube Link: <https://youtube.com/shorts/AxQCiVNVK1k>

PHOTO GALLERY



Rotaract Club
A Talk On How To Overcome Failure
11.12.2025 12:21
8.15454, 77.41443
5C37+RQC, Holy Cross College Rd, Thollavilai, Nagercoil
629004



Rotaract Club
A Talk On How To Overcome Failure
11.12.2025 12:21
8.15453, 77.41444
5C37+RQC, Holy Cross College Rd, Thollavilai, Nagercoil
629004

FEEDBACK

- The programme provided valuable insights into understanding and accepting failure as a part of personal growth.
- It encouraged participants to develop resilience and a positive mindset in the face of setbacks.
- Practical strategies and real-life examples made the session relatable and inspiring.
- The programme motivated students to build confidence and persevere towards their goals.
- Overall, it was an empowering and thought-provoking session that helped participants view failure as a stepping stone to success.

HOLY CROSS COLLEGE (AUTONOMOUS)
NAGERCOIL

(Affiliated to M.S. University, Tirunelveli)

Accredited with A++ Grade (CGPA 3.53 - 5 th Cycle) by NAAC

ISO 9001: 2015 Certified Institution



Report
of
“A Session on Mind Body Wellness”
Organized
By
Rotaract Club



Date: 08-01-2026

Venue: Room No.61

BROCHURE



**HOLY CROSS COLLEGE (AUTONOMOUS),
NAGERCOIL-4**

Affiliated to Manonmaniam Sundaranar University, Tirunelveli
Accredited with A⁺⁺ Grade (CGPA 3.53 - V Cycle) by NAAC



ROTARACT CLUB Organises

A Session on Mind Body Wellness

Date : 08.01.2026

SDG 3

Time : 11.50 a.m - 12.30 P.m

Resource person: Dr.J.Bhavani

Patron	: Dr. Sr. M.Mary Gilda, Secretary
Chair Person	: Dr. Sr. S. Sahayaselvi, Principal
Coordinator	: Ms. K.B. Steffi
Members:	:Dr. A. Jancy Vini Dr.J.Celin Pappa Rani



REPORT

A SESSION ON MIND BODY WELLNESS

Objectives:

- To promote awareness among students about the importance of maintaining both mental and physical well-being.
- To encourage students to adopt healthy lifestyle practices for a balanced mind and body.
- To introduce simple exercises and techniques that help reduce stress and improve overall wellness.

The Rotaract Club organized a programme titled “A Session on Mind Body Wellness” on 08.01.2026 in Room No. 61. The session was addressed by Dr. J. Bhavani, Assistant Professor of English. A total of 42 students actively participated in the programme.

The speaker delivered an insightful and engaging session on the significance of maintaining a healthy balance between the mind and body. She emphasized that physical health and mental well-being are interconnected and essential for leading a productive and stress-free life.

As part of the session, Dr. J. Bhavani involved the participants in simple stretching exercises, making the programme interactive and refreshing. She explained how incorporating such basic physical activities into daily routines can help in reducing stress, improving concentration, and enhancing overall health.

The session also highlighted the importance of positive thinking, self-care, and maintaining a disciplined lifestyle. The participants responded enthusiastically and actively engaged in the activities, making the session lively and impactful.

Impact: The programme had a meaningful impact on the participants by increasing their awareness of the importance of holistic wellness. It encouraged students to reflect on their daily habits and inspired them to make healthier lifestyle choices. The interactive nature of the session, especially the practical exercises, helped students understand the immediate benefits of physical activity and mental relaxation. It also fostered a positive and energetic atmosphere, motivating participants to prioritise their well-being.

Outcome: The session successfully instilled in the participants the importance of maintaining a balanced mind and body. Students gained practical knowledge on simple exercises and wellness practices that can be incorporated into their daily lives. Overall, the programme contributed to enhancing the physical and mental awareness of the students, encouraging them to lead healthier, more balanced, and mindful lives.

No. of Beneficiaries: 37

YouTube Link: <https://youtube.com/shorts/SgeufJHimxE>

PHOTO GALLERY



FEEDBACK

- The session provided valuable insights into maintaining a healthy balance between mind and body.
- Participants gained awareness about stress management, mental health, and overall well-being.
- The programme encouraged the adoption of healthy habits such as mindfulness, relaxation techniques, and physical fitness.
- The interactive nature of the session kept students engaged and motivated to apply the practices in daily life.
- Overall, the session was refreshing, informative, and contributed positively to the holistic well-being of the participants.

HOLY CROSS COLLEGE (AUTONOMOUS)
NAGERCOIL

(Affiliated to M.S. University, Tirunelveli)

Accredited with A++ Grade (CGPA 3.53 - 5 th Cycle) by NAAC

ISO 9001: 2015 Certified Institution



Report
of
“A Talk on AIDS Awareness”

Organized

By

Rotaract Club



Date: 02-12-2025

Venue: Room no.61

BROCHURE



**HOLY CROSS COLLEGE (AUTONOMOUS).
NAGERCOIL-4**

Affiliated to Manonmaniam Sundaranar University , Tirunelveli
Accredited with A⁺⁺ Grade (CGPA 3.53 - V Cycle) by NAAC



ROTARACT CLUB

Organises

A talk on

AIDS Awareness

SDG 3

Resource Person: Dr.J.Celin Pappa Rani,
Assistant Professor,
Department of Botany,
Holy Cross College (Autonomous), Nagercoil-4

Date : 02.12.2025

Time : 11.50 a.m - 12.30 P.m

Patron	: Dr. Sr. M.Mary Gilda, Secretary
Chair Person	: Dr. Sr. S. Sahayaselvi, Principal
Coordinator	: Ms. K.B. Steffi
Members:	:Dr. A. Jancy Vini Dr.J.Celin Pappa Rani



REPORT

A TALK ON AIDS AWARENESS

Objectives:

- To create awareness among students about HIV/AIDS, its causes, transmission, and prevention.
- To dispel myths and misconceptions associated with HIV/AIDS and promote accurate knowledge.
- To encourage responsible behaviour and foster a sense of empathy towards individuals living with HIV/AIDS.

The Rotaract Club organised “A Talk on AIDS Awareness” on 2nd December 2025 in Room No. 61. Dr. Celin Pappa Rani, Assistant Professor of Botany, handled the session. A total of 38 students actively participated in the programme.

The resource person delivered an informative and engaging talk, focusing on the importance of understanding HIV/AIDS in today’s context. She clearly explained the causes, modes of transmission, and preventive measures associated with the disease. The session also addressed common myths and misconceptions, helping students gain accurate and scientific knowledge.

Dr. Celin Pappa Rani emphasised the importance of early awareness, safe practices, and regular health check-ups. She also highlighted the need to treat individuals living with HIV/AIDS with compassion and dignity, thereby promoting a more inclusive and supportive society.

Impact: The session fostered a sense of social responsibility among the participants, motivating them to act as ambassadors of awareness in their communities. It also helped build a more compassionate and knowledgeable student body capable of addressing health-related issues with maturity and understanding.

Outcome: The programme successfully enhanced the participants’ understanding of HIV/AIDS and its prevention. Students became more aware of the facts surrounding the disease and were able to differentiate between myths and reality. The session encouraged them to adopt responsible health practices and to spread awareness among their peers.

No. of Beneficiaries: 30

YouTube Link: <https://youtube.com/shorts/cZ31F2dOfI4>

PHOTO GALLERY



Rotaract Club
Talk on World AIDS Day
02.12.2025 12:26
8.15453, 77.41447
5C37+RQC, Holy Cross College Rd, Thollavilai, Nagercoil
629004



Rotaract Club
Talk on World AIDS Day
02.12.2025 12:23
8.15456, 77.41445
5C37+RQC, Holy Cross College Rd, Thollavilai, Nagercoil
629004

FEEDBACK

- The talk effectively created awareness about HIV/AIDS, its causes, prevention, and dispelled common myths.
- It helped students understand the importance of safe practices and responsible behaviour.
- The session promoted empathy and reduced stigma towards individuals living with HIV/AIDS.
- The resource person's clear and informative presentation kept the participants engaged throughout.
- Overall, the programme was educational, impactful, and contributed to better health awareness among students.