

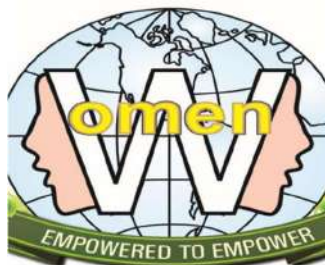
**HOLY CROSS COLLEGE (AUTONOMOUS)
NAGERCOIL**

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)
Accredited with A⁺⁺ Grade (CGPA 3.53 – 5th Cycle) by NAAC
ISO 9001: 2015 Certified Institution



Organized by

“WOMEN’S CELL - 2025 -2026”



Venue: Room No. 2

ACTION PLAN

Co-ordinator : Dr. C. Josephine Priyatharshini - Assistant Professor of Zoology

Members : Dr. J. Bhavani - Assistant Professor of English

Dr. M. Antilin Princela - Assistant Professor of Chemistry

Month	Activity	Staff-in-charge	Expected Beneficiaries	Expected Outcome
June	Orientation on Women's Cell	Dr. C. Josephine Priyatharshini	50	Increased awareness about Women's cell
	Icebreaking & Group Building Activities	Dr. C. Josephine Priyatharshini	50	Build confidence and team spirit among participants.
July	Workshop on Financial Literacy for Single Girl Child	Dr. J. Bhavani	25	Educate women about savings, banking, and financial independence.
	Awareness Program on Cyber Safety	Dr. J. Bhavani	50	Educate women about online safety and data privacy.
August	Training programme on Self-Defence	Dr. M. Antilin Princela	50	Enhance physical strength and self-confidence.
	Talk on Women's Legal Rights	Dr. M. Antilin Princela	50	Awareness of laws protecting women against violence and discrimination.
September	Debate: "Women's Empowerment in Modern Society"	Dr. C. Josephine Priyatharshini	50	Develop analytical and speaking skills on gender topics.
	Workshop on Mental Health	Dr. C. Josephine Priyatharshini	50	Address stress, anxiety and build coping strategies.
October	Awareness Rally: Save Girl Child	Dr. J. Bhavani	50	Advocate against female infanticide and promote equality.
	Short Film Screening on Women's Issues	Dr. J. Bhavani	50	Sensitize through visual storytelling and real-life experiences.
November	Semester Exams			
December	Women's Health Screening Camp	Dr. M. Antilin Princela	50	Promote preventive health checkups among women.

	Peer Counseling Training	Dr. M. Antilin Princela	50	Enable peer support system within student groups.
January	New Year Motivation & Goal Setting Workshop	Dr. C. Josephine Priyatharshini	50	Help women plan personal and professional goals for the year.
	Self-Expression through Art – Exhibition	Dr. C. Josephine Priyatharshini	50	Offer a platform for creativity and inner reflection.
February	Workshop on Skill Enhancement	Dr. J. Bhavani	50	Promote self-employment among students.
	Gender Sensitization Outreach to Nearby Schools	Dr. J. Bhavani	50	Promote equality and awareness among younger students.
March	International Women's Day Celebration	Dr. C. Josephine Priyatharshini	2000	Celebrate achievements and honor women's contributions.
	Mega Women's Expo & Career Fair	Dr. C. Josephine Priyatharshini	30	Provide exposure to job/internship options, entrepreneurship and local artisans.
April	Feedback & Reflection Meet with Members	Dr. M. Antilin Princela	50	Evaluate the year's programs and gather suggestions.
	Farewell Meet & Token of Gratitude	Dr. M. Antilin Princela	50	Conclude the academic year with appreciation and bonding.

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**Report of the talk
on
INFLUX ON WOMEN'S CELL**

Organized

By

Women's Cell



Date : 18-06-2025

Venue: Room No. 2

BROCHURE



Holy Cross College (Autonomous)

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Accredited with A++ grade (CGPA -3.53 - V Cycle) by NAAC

An ISO 9001:2015 certified institution

Nagercoil, Kanyakumari, Tamil Nadu India

Women's Cell

Organises

INFLUX OF WOMEN'S CELL

18.06.2025

Secretary : Dr. Sr. M. Mary Gilda

Principal : Dr. Sr. S. Sahayaselvi

Convenor : Dr. C. Josephine

Priyatharshini

Organizers: Dr. J. Bhavani,

Dr. M. Antilin Princela



**Report of the talk
on
INFLUX ON WOMEN'S CELL**

Objectives :

- To impart the role of women's cell during the academic year 2025 -2026
- To encourage students in social activities.
- To introduce basic rules and regulation followed in Women's cell

The influx of the Women's Cell meet was organized for the II UG students. In the meeting, Dr. C. Josephine Priyatharshini, Co-ordinator of the Women's Cell, emphasized the role of the Women's Cell as a vital force in building an inclusive and respectful campus environment. This programme brought significant transformation in promoting gender equality and women empowerment. Through workshops, awareness programmes, and counselling sessions, the Cell fosters confidence and leadership among women.

Outcome:

The students gained awareness about the purpose and functioning of the Women's Cell. They understood the support systems available for leadership and empowerment.

Impact:

The programme encouraged students to participate actively in Cell activities. It also strengthened a culture of equality, confidence, and personal growth among the participants.

No. of Beneficiaries : 14

YouTube Link : <https://youtube.com/shorts/Z7Q2q707dGQ>

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**Report of the talk
on**

FINANCIAL LITERACY FOR A SINGLE GIRL CHILD

Organized

By

Women's Cell



Date : 03-07-2025

Venue: Room No. 2

FINANCIAL LITERACY FOR A SINGLE GIRL CHILD

Objectives:

- To create awareness among single girl child students about effective financial planning, budgeting, and saving habits.
- To educate students on digital banking services and government schemes that support women and girl children.
- To empower participants with practical financial knowledge for independent and responsible money management.

The Women Cell of Holy Cross College (Autonomous), Nagercoil, organized an Orientation Program on *Financial Literacy for Single Girl Child* on 03-07-2025. The session was conducted by Dr. C. Josephine Priyatharshini, who highlighted essential aspects of budgeting, saving, digital banking, and government schemes tailored for the benefit of the girl child. A total of 19 first-year postgraduate students from various departments participated in the program. The event was coordinated by Dr. J. Bhavani and Dr. Antilin Princela.

Outcome:

The session enhanced the participants' understanding of financial management and created awareness about the financial benefits and support systems available for single girl children.

Impact:

The event encouraged the students to become more financially independent and make informed decisions in their personal and academic lives.

No. of Beneficiaries: 19

YouTube Link: <https://youtube.com/shorts/0yV2AyNsz-w>

BROCHURE



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NAGERCOIL - 629 004

Women's Cell organizes an Orientation Program on Financial Literacy for Single Girl Child



Secretary	: Dr. Sr. M. Mary Gilda
Principal	: Dr. Sr. S. Sahayaselvi
Convenor	: Dr. C. Josephine Priyatharshini
Organizers	: Dr. J. Bhavani
	Dr. M. Antilin Princela

Venue : Room No.2
Date : 03-07-2025
Time : 11.50-12.35 pm

PHOTO GALLERY



**HOLY CROSS COLLEGE (AUTONOMOUS)
NAGERCOIL**

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Report of the talk
on

SAY NO TO DRUGS - DEBATE FOR A SAFER TOMORROW

Organized

By

Women's Cell



Date : 11-07-2025

Venue: Room No. 2

SAY NO TO DRUGS - DEBATE FOR A SAFER TOMORROW

Objectives :

- To raise awareness about the harmful effects of drug abuse on youth, families, and society.
- To encourage critical thinking and open discussion on preventive and control measures against drug addiction.
- To motivate students to become ambassadors of drug-free awareness within the campus and community.

The Women's Cell of Holy Cross College (Autonomous), Nagercoil, organized an impactful debate titled "*Say No to Drugs: A Debate for a Safer Tomorrow*" on 11-07-2025. The session began with a warm welcome by Dr. C. Josephine Priyatharshini, Co-ordinator of the Women's Cell. The event was successfully organized by Dr. J. Bhavani and Dr. M. Antilin Princela, bringing together enthusiastic members of the Women's Cell for a spirited and insightful debate.

Participants were divided into two groups, where they actively discussed the alarming rise of drug addiction among youth, its impact on families and society, and the urgent need for awareness. They explored both preventive strategies and effective control measures, highlighting the role of education, counseling, and community action in combating drug abuse. The debate served as a platform for students to voice their concerns, share real-life observations, and propose practical solutions.

Outcome:

The debate fostered critical thinking, awareness, and social responsibility among participants. Nineteen students got benefitted by this programme.

Impact

It encouraged students to become advocates for a drug-free society and inspired them to take collective action in spreading awareness on campuses and in communities

No. of Beneficiaries: 17

YouTube Link: <https://youtube.com/shorts/pJxJej2S8AQ>

BROCHURE



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Women's Cell Organises

SAY NO TO DRUGS: A DEBATE FOR A SAFER TOMORROW



11-7-2025

Secretary: Dr. Sr. M. Mary Gilda

Principal: Dr. Sr. S. Sahayaselvi

Convenor: Dr. C. Josephine Priya

Organizers: Dr. J. Bhavani, Dr. M. Antineln



Women's Cell
Debate On Say No To Drugs
11.07.2025 12:32
8.15528, 77.41450
Holy Cross College Bus Stop, Holy Cross Nagar, Nagercoil
629002

**HOLY CROSS COLLEGE (AUTONOMOUS)
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Report of the talk
on

WORKSHOP ON SKILL ENHANCEMENT – BANGLE CRAFTING

Organized

By

Women's Cell



Date : 01-08-2025 & 11-09-2025

Venue: Room No. 2

WORKSHOP ON SKILL ENHANCEMENT – BANGLE CRAFTING

Objectives :

- To develop creative and entrepreneurial skills among students through craft-based learning.
- To enhance fine motor skills, creativity, and precision through hands-on bangle crafting activities.
- To promote self-employment opportunities and encourage participation in skill development initiatives.

The women's cell of Holy Cross College, Nagercoil organizes a Bangle Crafting workshop was conducted by the I and II year Women's Cell members. Ms. Jeffita of II M.A. English guided the students and motivated them to continue their work with creativity and precision. Many students were newly added to this workshop, encouraging broader participation in craft-based skill development.

Outcome:

Students learned hands-on craft skills that enhanced their creativity and productivity. They gained confidence in producing handcrafted bangles independently.

Impact:

The training inspired students to pursue small-scale entrepreneurial opportunities. It also promoted skill-based learning that contributes to economic empowerment.

No. of Beneficiaries: 17 & 39

YouTube Link: <https://youtube.com/shorts/fSYgNiSmq9Q>

BROCHURE



Holy Cross College (Autonomous)

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An ISO 9001:2015 certified institution

Nagercoil , kanniyakumari, Tamil Nadu India

Women's Cell

Organises

Workshop on Skill Enhancing Bangle Crafting



Resource Person

Jeffita E.

II MA English (Aided)

Holy Cross College (Autonomous) Nagercoil.

01.08.2025

Secretary : Dr. Sr. M. Mary Gilda

Principal : Dr. Sr. S. Sahayaselvi

Convenor : Dr. C. Josephine Priyatharshin

Organizers: Dr. J. Bhavani,

Dr. M. Antilin Princela





Bangle Crafting
Women's Cell
11.09.2025 12:09
8.15531, 77.41441
Altitude: -46m
Holy Cross College Bus Stop, Holy Cross Nagar, Nagercoil



Bangle Crafting
Women's Cell
11.09.2025 12:09
8.15531, 77.41443
Altitude: -46m
Holy Cross College Bus Stop, Holy Cross Nagar, Nagercoil





Women Cell
Bangle Making
24.11.2025 12:27
8.15521, 77.41456
5C37+RQC, Holy Cross College Rd, Thollavilai,
Nagercoil 629004

HOLY CROSS COLLEGE (AUTONOMOUS) NAGERCOIL

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Report of the Rally on SAVE GIRL CHILD

Organized

By

Women's Cell



Date : 02.12.2025

Venue: Room No. 2

Report of the Rally on Save Girl Child

Objectives :

- To create awareness among the public about the importance of protecting and educating the girl child.
- To promote gender equality and eliminate discrimination against girls in society.
- To encourage community participation in safeguarding the rights, dignity, and future of the girl child.

Report :

A rally on the theme “Save Girl Child” was organized by the Women’s Cell of the institution with the active participation of students and faculty members. The rally commenced from the college premises and proceeded through the nearby locality, drawing the attention of the public. Participants carried placards with powerful messages such as “Educate Girls, Empower Nation” and “Stop Gender Discrimination,” and raised slogans to spread awareness about the value of the girl child. The rally aimed to sensitize the community about issues like female infanticide, gender bias, and the importance of equal opportunities for girls. The enthusiasm and involvement of the participants created a strong impact on the public, encouraging them to reflect on societal attitudes and practices. The programme concluded with a brief address emphasizing the need for collective responsibility in ensuring the safety, education, and empowerment of every girl child.

Outcome:

The rally successfully raised awareness among the local community regarding the importance of protecting and educating the girl child. It also motivated participants and the public to adopt a more positive and responsible attitude towards gender equality.

Impact:

The initiative contributed to a noticeable increase in awareness and discussion on gender-related issues within the community. It also strengthened the commitment of students to actively participate in social causes promoting women’s empowerment and equality.

No. of Beneficiaries: 14

YouTube Link: <https://youtu.be/TGxoyPzsQ1o>

BROCHURE



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Nagercoil, Kanyakumari, Tamil Nadu India

Women's Cell

Organises

RALLY ON SAVE GIRL CHILD

02.12.2025



♥ Save the Girl Child

📖 Educate the Girl Child

☀ Empower the Future

Organizing Committee

Secretary : Dr. Sr. M. Mary Gilda

Principal : Dr. Sr. S. Sahayaselvi

Convenor : Dr. C. Josephine Priyatharsshini

Organizers : Dr. J. Bhavani

Dr. M. Antilin Princela

PHOTO GALLERY



Report on Empowering Women Through Digital Innovation

Objectives:

- To enhance digital awareness and equip women students with essential technological skills for future career opportunities.
- To inspire and motivate young women to explore innovation and entrepreneurship in the digital domain.
- To promote gender equality by encouraging women's active participation in science, technology, and digital transformation.

Report:

The programme titled "*Empowering Women Through Digital Innovation*" was organized by the Women's Cell in collaboration with Pabok Technologies at Holy Cross College (Autonomous). The session was held on 21st January 2026 with the active participation of students and faculty members. The resource person, Er. I. Jenila, CEO of Pabok Technologies, delivered an engaging talk on digital innovation, career opportunities, and the importance of upskilling in the modern technological era. The session emphasized the role of women in the digital world and encouraged participants to develop confidence and competence in using digital tools. The programme concluded with an interactive session, leaving the participants motivated and inspired to pursue careers in the field of technology.

Outcome:

The programme enhanced the digital knowledge and awareness of students, enabling them to understand current technological trends and opportunities. It also motivated participants to develop skills and confidence required to succeed in the digital and professional world.

Impact:

The session created a positive mindset among students towards embracing technology and innovation as a means of empowerment. It also encouraged greater participation of women in digital initiatives, contributing to long-term personal and professional growth.

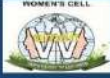
No. of Beneficiaries: 14

YouTube Link: <https://youtu.be/aHPauI8BlKg>

BROCHURE



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Nagercoil, Kanyakumari, Tamil Nadu



**Women's Cell in collaboration with
Pabok Technologies, presents this exclusive session**

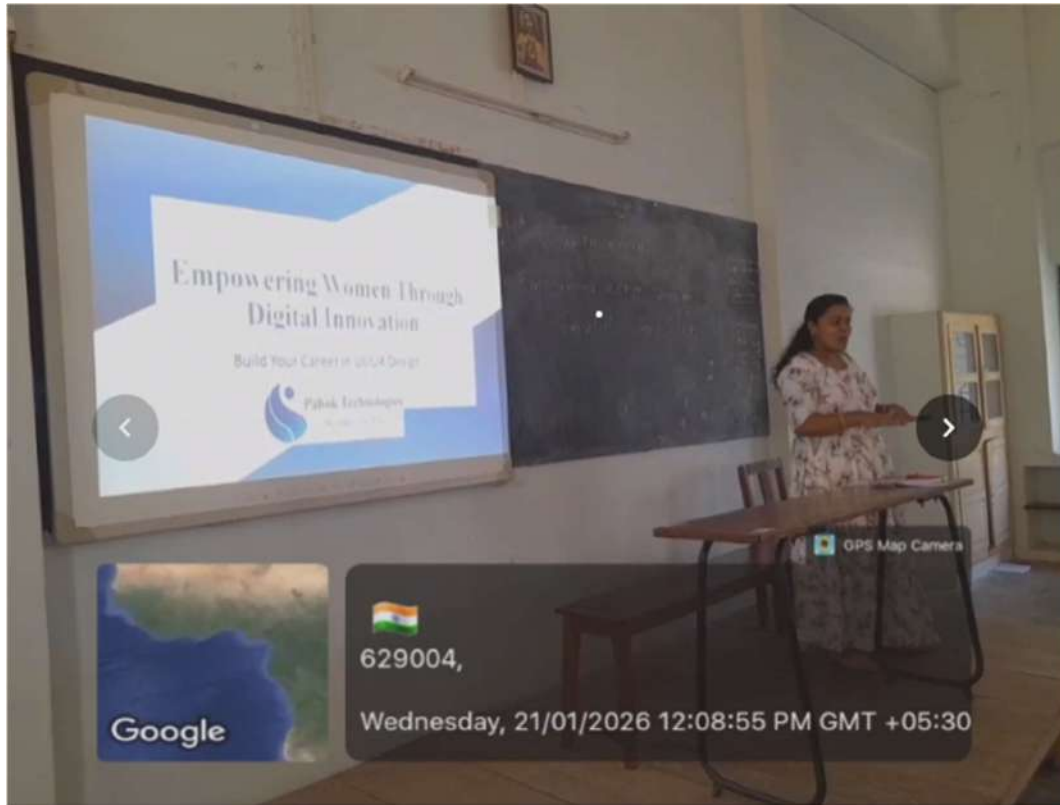
**“EMPOWERING WOMEN THROUGH
DIGITAL INNOVATION”**

21 January 2026 Wednesday 11:45am to 12:30pm	Venue Holy Cross College(Autonomous)	Don't miss your chance to unlock industry-leading design skills and boost your professional journey!
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Secretary: Dr. Sr. M. Mary Gilda
Principal: Dr. Sr. S. Sahayaselvi
Convenor: Dr. C. Josephine Priyatharshini
Er. I. Jenila, B.E., MBA*, CEO, Pabok Technologies
Organizers: Dr. J. Bhavani & Dr. M. Antilin Princela

PHOTO GALLERY





Report of the Transgender Journey of Courage and Identity

Objectives :

- To create awareness about transgender identity, rights, and challenges faced in society.
- To promote inclusivity, equality, and respect for gender diversity among students.
- To inspire empathy and understanding by sharing real-life experiences of transgender individuals.

Report:

The programme titled “*Transgender – Journey of Courage and Identity*” was organized by the Women’s Cell with the aim of fostering awareness and inclusivity. The session witnessed active participation from students and faculty members, creating a supportive environment for open discussion. The resource person shared powerful personal experiences, highlighting the struggles, discrimination, and resilience of transgender individuals in society. The talk emphasized the importance of acceptance, equal rights, and the role of education in breaking stereotypes and social barriers. The programme concluded with an interactive session that encouraged participants to reflect on their attitudes and contribute towards building a more inclusive and respectful community.

Outcome:

The programme enhanced awareness and understanding of transgender issues among participants, promoting sensitivity towards gender diversity. It also encouraged students to adopt inclusive attitudes and support equal rights for all individuals.

Impact:

The session fostered a positive change in perception, reducing stigma and encouraging acceptance of transgender individuals in society. It also inspired participants to advocate for inclusivity and equality in their personal and social environments.

No. of Beneficiaries: 14

YouTube Link: <https://youtu.be/Z8AMFQnaSl4>

BROCHURE



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Nagercoil, Kanyakumari, Tamil Nadu India.

Women's Cell

Organises

TRANSGENDER JOURNEY OF COURAGE AND IDENTITY

09.02.2026

Ms. Aparna

Founder, Nangai Nala Foundation
Virudhunagar



Organizing Committee

Secretary : Dr. Sr. M. Mary Gilda

Principal : Dr. Sr. S. Sahayaselvi

Convenor : Dr. C. Josephine Priyatharsshini

Organizers : Dr. J. Bhavani

Dr. M. Antilin Princela

PHOTO GALLERY



Report of the Women and Self Care

Objectives :

- To create awareness about the importance of physical, mental, and emotional well-being among women.
- To encourage women to adopt healthy lifestyle practices and stress management techniques.
- To promote self-love, confidence, and the importance of prioritizing personal health and wellness.

Report:

The programme titled “*Women and Self-Care*” was organized by the Women’s Cell to emphasize the significance of holistic well-being among women. The session witnessed active participation from students and faculty members, creating an engaging and reflective atmosphere. The resource person highlighted the importance of maintaining a balanced lifestyle, including proper nutrition, regular exercise, and mental health care. Various self-care practices such as mindfulness, stress management, and emotional resilience were discussed in detail. The programme concluded with an interactive session that encouraged participants to incorporate self-care habits into their daily routine for a healthier and more balanced life.

Outcome:

The programme increased awareness among participants about the importance of self-care and healthy living practices. It also motivated women to prioritize their well-being and adopt positive lifestyle changes.

Impact:

The session contributed to improved attitudes towards mental and physical health among participants. It also empowered women to take proactive steps in maintaining their overall well-being and personal growth.

No. of Beneficiaries: 14

YouTube Link: <https://youtu.be/2e7rr3r4cAo>

BROCHURE



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Nagercoil, Kanyakumari, Tamil Nadu India

Women's Cell

Organizes

WOMEN AND SELF-CARE

Resource Person:

A. ARTHY (ALUMNA)

DATE : 17-02-2025

VENUE: ROOM: NO:2



Organizing Committee

Patron : Dr. Sr. M. Mary Hilda

Patron : Dr. Sr. M. Mary Hilda

Chairperson : Dr. Sr. S. Sahayaselvi Principal

Convenor : Dr. C. Josephine Priyatharsshini

Organizers : Dr. J. Bhavani

Dr. M. Antilin Princela

PHOTO GALLERY



Women Cell
Women and Self- Care
17.02.2026 12:14
8.15524, 77.41452
5037+RQC, Holy Cross College Rd, Thollavilai, Nagercoil
629004

Report of the Crossian Women Awards 2026

Objectives :

- To recognize and honour the achievements of women who have excelled in various fields and contributed significantly to society.
- To inspire students and the community by showcasing the success stories and journeys of distinguished women achievers.
- To promote women's empowerment and encourage leadership, innovation, and excellence across diverse domains.

Report:

The “*Crossian Women Awards 2026*” was organized to celebrate and honour around 25 outstanding women achievers from various fields for their remarkable contributions and accomplishments. The event witnessed the presence of eminent personalities, faculty members, students, and awardees, creating a vibrant and inspiring atmosphere. Each awardee was recognized for her dedication, perseverance, and impact in areas such as education, entrepreneurship, social service, arts, and science. The ceremony included the presentation of awards, sharing of success stories, and words of encouragement that motivated the audience. The programme concluded on a celebratory note, leaving participants inspired by the achievements and resilience of the honoured women.

Outcome:

The programme successfully recognized the efforts and achievements of women, boosting their morale and encouraging continued excellence. It also inspired students to set higher goals and pursue their ambitions with confidence and determination.

Impact:

The event created a strong sense of motivation and empowerment among participants by highlighting real-life role models. It also strengthened the culture of appreciation and recognition of women's contributions in society.

No. of Beneficiaries: 14

YouTube Link: <https://youtu.be/2e7rr3r4cAo>

BROCHURE

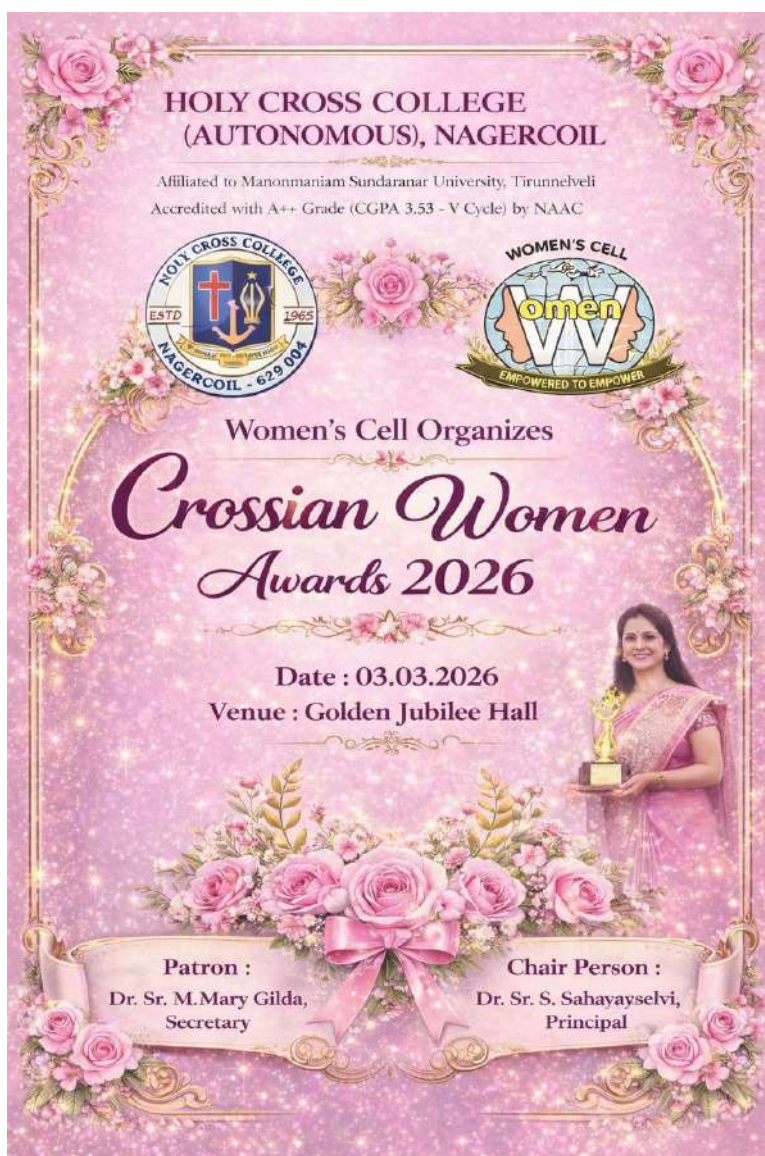


PHOTO GALLERY



Report of the Programme: Valedictory Meet

Objectives:

- To formally conclude the activities of the Women's Cell and reflect on the programmes conducted.
- To appreciate and recognize the efforts and participation of students, organizers, and contributors.
- To inspire participants to carry forward the values of empowerment, leadership, and social responsibility.

Report:

The Valedictory Meet of the Women's Cell was organized to mark the successful completion of its activities and initiatives. The programme was attended by faculty members, students, and organizing committee members, creating a meaningful and celebratory atmosphere. The event began with a welcome address followed by a presentation highlighting the various programmes and achievements of the Women's Cell throughout the year. Certificates and tokens of appreciation were distributed to participants and contributors in recognition of their active involvement. The programme concluded with a valedictory address and vote of thanks, leaving the audience with a sense of accomplishment and inspiration.

Outcome:

The Valedictory Meet provided an opportunity to reflect on achievements and recognize the contributions of all participants. It also encouraged continued involvement in future activities and initiatives of the Women's Cell.

Impact:

The programme fostered a sense of unity, appreciation, and motivation among students and faculty members. It also reinforced the importance of collective effort in promoting women's empowerment and social awareness.

YouTube link : <https://youtu.be/Z8AMFQnaSl4>

Broucher



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Nagercoil, Kanyakumari, Tamil Nadu India

Women's Cell

VALEDICTORY MEET

DATE : 02.04.2026

VENUE : ROOM NO:2

Organizing Committee

Patron : Dr. Sr. M. Mary Hilda

Patron : Dr. Sr. M. Mary Hilda

Chairperson : Dr. Sr. S. Sahayaselvi Principal

Convenor : Dr. C. Josephine Priyatharshini

Organizers : Dr. J. Bhavani

Dr. M. Antilin Princela



PHOTO GALLERY



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Report of the Rally on SAVE GIRL CHILD

Organized By

Women's Cell



Date : 02.12.2025

Report of the Transgender Journey of Courage and Identity

Objectives :

- To create awareness about transgender identity, rights, and challenges faced in society.
- To promote inclusivity, equality, and respect for gender diversity among students.
- To inspire empathy and understanding by sharing real-life experiences of transgender individuals.

Report:

The programme titled “*Transgender – Journey of Courage and Identity*” was organized by the Women’s Cell with the aim of fostering awareness and inclusivity. The session witnessed active participation from students and faculty members, creating a supportive environment for open discussion. The resource person shared powerful personal experiences, highlighting the struggles, discrimination, and resilience of transgender individuals in society. The talk emphasized the importance of acceptance, equal rights, and the role of education in breaking stereotypes and social barriers. The programme concluded with an interactive session that encouraged participants to reflect on their attitudes and contribute towards building a more inclusive and respectful community.

Outcome:

The programme enhanced awareness and understanding of transgender issues among participants, promoting sensitivity towards gender diversity. It also encouraged students to adopt inclusive attitudes and support equal rights for all individuals.

Impact:

The session fostered a positive change in perception, reducing stigma and encouraging acceptance of transgender individuals in society. It also inspired participants to advocate for inclusivity and equality in their personal and social environments.

No. of Beneficiaries: 14

YouTube Link: <https://youtu.be/Z8AMFQnaSl4>

BROCHURE



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Women's Cell

Organises

TRANSGENDER JOURNEY OF COURAGE AND IDENTITY

09.02.2026

Ms. Aparna

Founder, Nangai Nala Foundation
Virudhunagar



Organizing Committee

Secretary : Dr. Sr. M. Mary Gilda

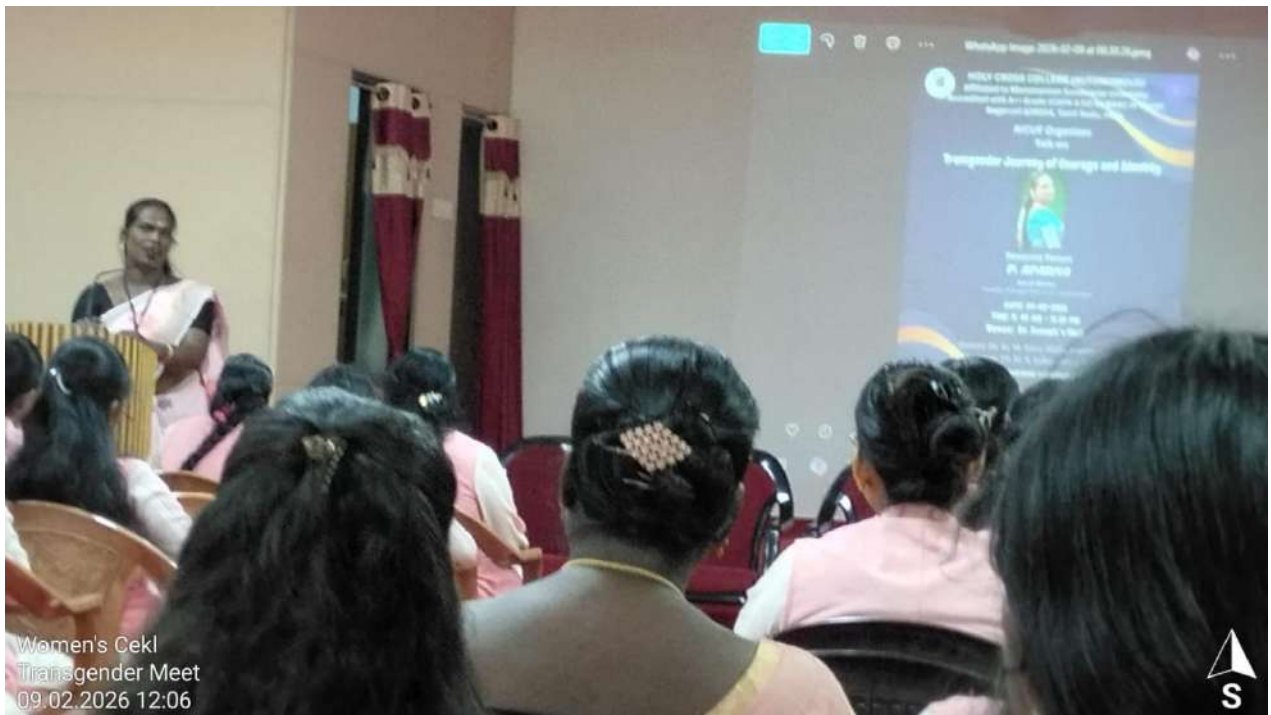
Principal : Dr. Sr. S. Sahayaselvi

Convenor : Dr. C. Josephine Priyatharsshini

Organizers : Dr. J. Bhavani

Dr. M. Antilin Princela

PHOTO GALLERY



HOLY CROSS COLLEGE (AUTONOMOUS) NAGERCOIL

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)
Accredited with A⁺⁺ Grade (CGPA 3.53 – 5th Cycle) by NAAC
ISO 9001: 2015 Certified Institution



Report of the Women and Self Care

Organized

By

Women's Cell



Date : 17.02.2026

Venue: Room No. 2

Report of the Women and Self Care

Objectives :

- To create awareness about the importance of physical, mental, and emotional well-being among women.
- To encourage women to adopt healthy lifestyle practices and stress management techniques.
- To promote self-love, confidence, and the importance of prioritizing personal health and wellness.

Report:

The programme titled “*Women and Self-Care*” was organized by the Women’s Cell to emphasize the significance of holistic well-being among women. The session witnessed active participation from students and faculty members, creating an engaging and reflective atmosphere. The resource person highlighted the importance of maintaining a balanced lifestyle, including proper nutrition, regular exercise, and mental health care. Various self-care practices such as mindfulness, stress management, and emotional resilience were discussed in detail. The programme concluded with an interactive session that encouraged participants to incorporate self-care habits into their daily routine for a healthier and more balanced life.

Outcome:

The programme increased awareness among participants about the importance of self-care and healthy living practices. It also motivated women to prioritize their well-being and adopt positive lifestyle changes.

Impact:

The session contributed to improved attitudes towards mental and physical health among participants. It also empowered women to take proactive steps in maintaining their overall well-being and personal growth

No. of Beneficiaries: 14

YouTube Link: <https://youtu.be/2e7rr3r4cAo>

BROCHURE



HOLY CROSS COLLEGE (AUTONOMOUS), NAGERCOIL

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An ISO 9001:2015 certified Institution

Nagercoil, Kanyakumari, Tamil Nadu India

Women's Cell

Organizes

WOMEN AND SELF-CARE

Resource Person:

A. ARTHY (ALUMNA)

DATE : 17-02-2025

VENUE: ROOM: NO:2



Organizing Committee

Patron : Dr. Sr. M. Mary Hilda

Patron : Dr. Sr. M. Mary Hilda

Chairperson : Dr. Sr. S. Sahayaselvi Principal

Convenor : Dr. C. Josephine Priyatharsshini

Organizers : Dr. J. Bhavani

Dr. M. Antilin Princela

PHOTO GALLERY



Women Cell
Women and Self- Care
17.02.2026 12:14
8.15524, 77.41452
5C37+RQC, Holy Cross College Rd, Thollavilai, Nagercoil
629004

HOLY CROSS COLLEGE (AUTONOMOUS) NAGERCOIL

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Crossian Women Awards 2026

Organized

By

Women's Cell



Date : 03.03.2026

Venue: Room No. 2

Report of the Crossian Women Awards 2026

Objectives :

- To recognize and honour the achievements of women who have excelled in various fields and contributed significantly to society.
- To inspire students and the community by showcasing the success stories and journeys of distinguished women achievers.
- To promote women's empowerment and encourage leadership, innovation, and excellence across diverse domains.

Report:

The “*Crossian Women Awards 2026*” was organized to celebrate and honour around 25 outstanding women achievers from various fields for their remarkable contributions and accomplishments. The event witnessed the presence of eminent personalities, faculty members, students, and awardees, creating a vibrant and inspiring atmosphere. Each awardee was recognized for her dedication, perseverance, and impact in areas such as education, entrepreneurship, social service, arts, and science. The ceremony included the presentation of awards, sharing of success stories, and words of encouragement that motivated the audience. The programme concluded on a celebratory note, leaving participants inspired by the achievements and resilience of the honoured women.

Outcome:

The programme successfully recognized the efforts and achievements of women, boosting their morale and encouraging continued excellence. It also inspired students to set higher goals and pursue their ambitions with confidence and determination.

Impact:

The event created a strong sense of motivation and empowerment among participants by highlighting real-life role models. It also strengthened the culture of appreciation and recognition of women's contributions in society.

No. of Beneficiaries: 14

YouTube Link: <https://youtu.be/2e7rr3r4cAo>

BROCHURE

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

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



Women's Cell Organizes

Crossian Women Awards 2026

Date : 03.03.2026
Venue : Golden Jubilee Hall



Patron :
Dr. Sr. M. Mary Gilda,
Secretary

Chair Person :
Dr. Sr. S. Sahayayselvi,
Principal

PHOTO GALLERY



HOLY CROSS COLLEGE (AUTONOMOUS) NAGERCOIL

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Valedictory Meet

Organized

By

Women's Cell



Date : 02.04.2026

Venue: Room No. 2

Report of the Programme: Valedictory Meet

Objectives:

- To formally conclude the activities of the Women's Cell and reflect on the programmes conducted.
- To appreciate and recognize the efforts and participation of students, organizers, and contributors.
- To inspire participants to carry forward the values of empowerment, leadership, and social responsibility.

Report:

The Valedictory Meet of the Women's Cell was organized to mark the successful completion of its activities and initiatives. The programme was attended by faculty members, students, and organizing committee members, creating a meaningful and celebratory atmosphere. The event began with a welcome address followed by a presentation highlighting the various programmes and achievements of the Women's Cell throughout the year. Certificates and tokens of appreciation were distributed to participants and contributors in recognition of their active involvement. The programme concluded with a valedictory address and vote of thanks, leaving the audience with a sense of accomplishment and inspiration.

Outcome:

The Valedictory Meet provided an opportunity to reflect on achievements and recognize the contributions of all participants. It also encouraged continued involvement in future activities and initiatives of the Women's Cell.

Impact:

The programme fostered a sense of unity, appreciation, and motivation among students and faculty members. It also reinforced the importance of collective effort in promoting women's empowerment and social awareness.

YouTube link : <https://youtu.be/Z8AMFQnaSl4>

Broucher



HOLY CROSS COLLEGE (AUTONOMOUS), NAGERCOIL

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An ISO 9001:2015 certified institution

Nagercoil, Kanyakumari, Tamil Nadu India

Women's Cell

VALEDICTORY MEET

DATE : 02.04.2026

VENUE : ROOM NO:2

Organizing Committee

Patron : Dr. Sr. M. Mary Hilda

Patron : Dr. Sr. M. Mary Hilda

Chairperson : Dr. Sr. S. Sahayaselvi Principal

Convenor : Dr. C. Josephine Priyatharshini

Organizers : Dr. J. Bhavani

Dr. M. Antilin Princela



PHOTO GALLERY



HOLY CROSS COLLEGE (AUTONOMOUS) NAGERCOIL

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Report of the Rally on SAVE GIRL CHILD

Organized

By

Women's Cell



Date : 02.12.2025

Venue: Room No. 2

Report of the Rally on Save Girl Child

Objectives :

- To create awareness among the public about the importance of protecting and educating the girl child.
- To promote gender equality and eliminate discrimination against girls in society.
- To encourage community participation in safeguarding the rights, dignity, and future of the girl child.

Report :

A rally on the theme “Save Girl Child” was organized by the Women’s Cell of the institution with the active participation of students and faculty members. The rally commenced from the college premises and proceeded through the nearby locality, drawing the attention of the public. Participants carried placards with powerful messages such as “Educate Girls, Empower Nation” and “Stop Gender Discrimination,” and raised slogans to spread awareness about the value of the girl child. The rally aimed to sensitize the community about issues like female infanticide, gender bias, and the importance of equal opportunities for girls. The enthusiasm and involvement of the participants created a strong impact on the public, encouraging them to reflect on societal attitudes and practices. The programme concluded with a brief address emphasizing the need for collective responsibility in ensuring the safety, education, and empowerment of every girl child.

Outcome:

The rally successfully raised awareness among the local community regarding the importance of protecting and educating the girl child. It also motivated participants and the public to adopt a more positive and responsible attitude towards gender equality.

Impact:

The initiative contributed to a noticeable increase in awareness and discussion on gender-related issues within the community. It also strengthened the commitment of students to actively participate in social causes promoting women’s empowerment and equality.

No. of Beneficiaries: 14

YouTube Link: <https://youtu.be/TGxoyPzsQ1o>

BROCHURE



Holy Cross College (Autonomous)

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An ISO 9001:2015 certified Institution

Nagercoil, Kanyakumari, Tamil Nadu India

Women's Cell

Organises

RALLY ON SAVE GIRL CHILD

02.12.2025



♥ Save the Girl Child

📖 Educate the Girl Child

☀ Empower the Future

Organizing Committee

Secretary : Dr. Sr. M. Mary Gilda

Principal : Dr. Sr. S. Sahayaselvi

Convenor : Dr. C. Josephine Priyatharsshini

Organizers : Dr. J. Bhavani

Dr. M. Antilin Princela

PHOTO GALLERY

