

HOLY CROSS COLLEGE (AUTONOMOUS) NAGERCOIL

(Affiliated to M.S. University, Tirunelveli)

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

ISO 9001: 2015 Certified Institution



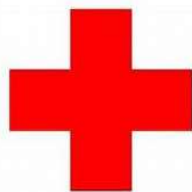
Report of the

“Digital Detox Hour”

Organized

by

YOUTH RED CROSS



Date: 24-11-2025

Venue: Room No: 59



Holy Cross College (Autonomous)

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

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Youth Red Cross Organizes Digital Detox Hour



Date: 24-11-2025

Venue: Holy Cross College

Time: 11:45a.m -12:35p.m

Resource Person:

R. Reya

IB. A English Literature

Patron : Dr.Sr. M. Mary Gilda (Secretary)

Chairperson : Dr.Sr. S. Sahayaselvi (Principal)

Convenor : Ms.S. Fransta Darshana (YRC Programme Officer)

Organising Secretaries

Dr. Punitha Asst. Professor of Zoology

Dr. Maria Muthu Shanthini Asst. Professor of Commerce S. F- II

REPORT ON

Digital Detox Hour

Objectives

1. To create awareness about the harmful effects of excessive screen time and digital addiction.
2. To encourage students to take a short break from mobile phones and digital devices.
3. To promote mindful living, better focus, and healthy habits among students.
4. To help students understand the importance of balancing online and offline life.
5. To motivate students to improve mental well-being through reduced digital usage.

Report

The Youth Red Cross of Holy Cross College (Autonomous) organized a **Digital Detox Hour** on **24-11-2025** at the college campus from **11:45 a.m. to 12:35 p.m.** The session was handled by **Ms. R. Reya (I B.A. English Literature)** as the resource person.

The programme highlighted the need for reducing screen time and encouraged students to stay away from mobile phones for a specific period. The resource person spoke about the effects of continuous mobile usage on concentration, sleep cycle, mental health, and productivity. Students were motivated to spend more time engaging in real-life interactions, reading, and self-care activities instead of excessive social media use.

The session created a positive environment where students understood the value of taking breaks from digital devices and adopting healthier routines.

Outcome

- Students gained awareness about digital addiction and its negative effects.
- Participants understood the importance of limiting screen time and practicing self-control.
- Students were encouraged to spend more time in productive and stress-free activities.
- The programme helped students realize the benefits of staying focused and mindful.

Impact

- The programme promoted a healthier lifestyle among students by reducing unnecessary mobile usage.
- It improved awareness about mental wellness and responsible digital behavior.
- Students were inspired to practice digital detox regularly for better academic performance and personal well-being.

No of Beneficiaries: 55

YouTube Link: <https://youtu.be/GKNafqe8A34>



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Report of the “Eye Camp”

Organized

by

YOUTH RED CROSS



Date: 10-02-2026

Venue: Multi-Purpose Hall



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Youth Red Cross

Organizes Eye Camp



Date: 10/02/2026

Venue: Multi- Purpose Hall

Patron : Dr.Sr. M. Mary Gilda (Secretary)

Chairperson : Dr.Sr. S. Sahayaselvi (Principal)

Convenor : Ms.S. Fransta Darshana (YRC Programme Officer)

Organising Secretaries

Dr. Punitha Asst. Professor of Zoology

Dr. Maria Muthu Shanthini Asst. Professor of Commerce S. F- II

REPORT ON

Organ Donation Awareness

Objectives

- To provide basic eye screening and check-ups for participants.
- To create awareness about eye care and vision health.
- To identify common vision problems and guide for further treatment.
- To promote preventive measures for maintaining healthy eyesight.

Report

The Youth Red Cross organized an Eye Camp on 10 February 2026 at the Multi-Purpose Hall with the aim of promoting eye health and providing basic vision screening. The programme focused on early detection of eye-related issues and spreading awareness about proper eye care practices.

A large number of participants attended the camp and benefited from the eye check-up services provided. Basic vision tests were conducted, and individuals with vision problems were identified and guided for further medical consultation and treatment.

The programme also included awareness sessions on maintaining eye health, including proper nutrition, hygiene, and precautions to prevent eye strain. Participants were educated on the importance of regular eye check-ups and early diagnosis.

The camp was well received, and it successfully created awareness about eye care while offering essential health services to the participants. It also encouraged individuals to take proactive steps towards maintaining their vision and overall well-being.

Outcome

The camp helped in early identification of vision problems and increased awareness about eye care among participants.

Impact

The initiative promoted better eye health practices and encouraged regular screening, contributing to improved community health awareness.

No of Beneficiaries: 55

YouTube Link: <https://youtu.be/GKNafqe8A34>



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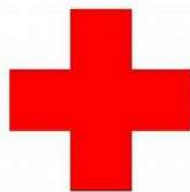


**Report of the
on
“Human Chain on Road Safety”**

Organized

by

YOUTH RED CROSS



Date: 02-12-2025

Venue: Thollavilai

BROCHURE



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Youth Red Cross

Organizes

Human Chain on Road Safety



Date: 02/12/2025

Venue: Thollavilai

Patron : Dr.Sr. M. Mary Gilda (Secretary)

Chairperson : Dr.Sr. S. Sahayaselvi (Principal)

Convenor : Ms.S. Fransta Darshana (YRC Programme Officer)

Organising Secretaries

Dr. Punitha Asst. Professor of Zoology

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Dr. Maria Muthu Shanthini Asst. Professor of Commerce S. F- II

REPORT

Human Chain on Road Safety

Objectives

- ☐ To create awareness among the public about the importance of road safety.
- ☐ To educate people on traffic rules and responsible road behavior.
- ☐ To reduce road accidents by promoting safe driving practices.

The Youth Red Cross (YRC) of Holy Cross College, Nagercoil, organized a **Human Chain on Road Safety** on 2nd December 2025 at Thollavilai. The programme was conducted under the guidance of Dr. Sr. M. Mary Gilda (Secretary) as Patron and Dr. Sr. S. Sahayaselvi (Principal) as Chairperson.

The event was coordinated by Ms. S. Fransta Darshana, YRC Programme Officer, along with the organising secretaries, Dr. Punitha and Dr. Maria Muthu Shanthini.

A large number of YRC volunteers and students actively participated in the programme. The participants formed a human chain along the roadside, holding placards and raising slogans emphasizing road safety measures such as wearing helmets, using seat belts, avoiding mobile phone usage while driving, and following traffic signals.

The event successfully attracted the attention of the general public and commuters. Awareness messages were clearly communicated, and pamphlets were distributed to reinforce the importance of safe road practices.

Outcome: Participants gained awareness among the public regarding road safety rules. It enhanced student understanding of civic responsibility and community engagement. It helped to strengthen teamwork and coordination among YRC volunteers.

Impact: Motivated students to actively participate in social service initiatives and helped to build a connection between the institution and the community through meaningful outreach..

No. of Beneficiaries: 35

YouTubeLink:https://youtu.be/QYUA0FhKKmA?si=kF83_-kg1loNR47n



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**Report of the
on
“Community Reach Programme”**

Organized

by

YOUTH RED CROSS



Date: 02-12-2025

Venue: Thollavilai

BROCHURE



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Youth Red Cross

Organizes

One Day Community Reach Programme



Date: 19/12/2025

**Venue: Government High School,
Melasoorankudy**

Patron : Dr.Sr. M. Mary Gilda (Secretary)

Chairperson : Dr.Sr. S. Sahayaselvi (Principal)

Convenor : Ms.S. Fransta Darshana (YRC Programme Officer)

Organising Secretaries

Dr. Punitha Asst. Professor of Zoology

Dr. Maria Muthu Shanthini Asst. Professor of Commerce S. F- II

“Community Reach Programme”

Objectives

- To create awareness on social and health-related issues among school students.
- To promote values of empathy, service, and social responsibility.
- To encourage interaction between college students and the local community.
- To support holistic development through outreach programmes.

Report

The Youth Red Cross organized a One Day Community Reach Programme on 19 December 2025 at Government High School, Melasoorankudy. The programme aimed to extend support and awareness to the local community through student involvement and service-oriented activities.

A group of dedicated student volunteers actively participated in the programme and engaged with school students through various interactive sessions. Awareness was created on topics such as personal hygiene, health practices, and social responsibility, making the sessions both informative and engaging.

The volunteers also conducted activities that encouraged participation, including discussions, demonstrations, and simple awareness campaigns. These activities helped in creating a friendly learning environment and ensured that the school students could easily understand and relate to the topics presented.

The programme was well received by the school community, and it fostered a spirit of cooperation and mutual learning. The initiative highlighted the importance of community engagement and provided an opportunity for students to contribute positively to society.

Outcome: The programme enhanced awareness among school students and encouraged active participation in health and social practices.

Impact: The initiative strengthened community bonding and nurtured a sense of responsibility and service among student volunteers.

No. of Beneficiaries: 20

YouTube Link: <https://youtu.be/K5Knx8J50r8?si=v0gTV38O8fQnls9Z>



19/12/25
 8.154102° 177.411784°
 40.79 m
 33.33 m
 Captain's Survey Cam

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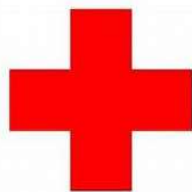
Report of the

“Organ Donation Awareness”

Organized

by

YOUTH RED CROSS



Date: 24-11-2025

Venue: Room No: 59



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Youth Red Cross

Organizes

Organ Donation Awareness



Date: 21/01/2026

Venue: Thinnai Library

Patron : Dr.Sr. M. Mary Gilda (Secretary)

Chairperson : Dr.Sr. S. Sahayaselvi (Principal)

Convenor : Ms.S. Fransta Darshana (YRC Programme Officer)

Organising Secretaries

Dr. Punitha Asst. Professor of Zoology

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Dr. Maria Muthu Shanthini Asst. Professor of Commerce S. F- II

REPORT ON

Organ Donation Awareness

Objectives

- ☐ To create awareness about the importance of organ donation among the public.
- ☐ To educate people about the life-saving potential of organ donation.
- ☐ To dispel myths and misconceptions related to organ donation.
- ☐ To encourage individuals to pledge for organ donation.
- ☐ To promote humanitarian values and social responsibility among students.

Report

The Youth Red Cross organized an Organ Donation Awareness programme on 21 January 2026 at Thinnai Library with the aim of educating the public about the significance of organ donation. The programme focused on spreading awareness about how organ donation can save lives and improve the quality of life for patients in need.

Students actively participated in the programme and engaged with the local community through awareness campaigns. They explained the importance of organ donation, clarified common doubts, and highlighted the procedures involved in pledging organs, making the information accessible and easy to understand.

Various awareness activities such as interactions, discussions, and distribution of informative materials were carried out. These activities helped in addressing misconceptions and encouraged people to develop a positive attitude towards organ donation.

The programme received a positive response from the community, and it successfully created awareness and interest among the participants. It also provided students with an opportunity to contribute meaningfully to society through service and education.

Outcome

The programme increased awareness and understanding of organ donation and encouraged people to consider pledging their organs.

Impact

The initiative promoted a positive attitude towards organ donation and strengthened the spirit of social responsibility and community service among students.

No of Beneficiaries: 38

YouTube Link: <https://youtu.be/GKNafqe8A34>





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Report of the “Women’s Day Celebration”

Organized

by

YOUTH RED CROSS



Date: 6-03-2026

Venue: III B.A English Literature



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Youth Red Cross

Organizes

Women's Day Celebration



Date: 06/03/2026

Venue: III B. A English Literature

Patron : Dr.Sr. M. Mary Gilda (Secretary)

Chairperson : Dr.Sr. S. Sahayaselvi (Principal)

Convenor : Ms.S. Fransta Darshana (YRC Programme Officer)

Organising Secretaries

Dr. Punitha Asst. Professor of Zoology

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Dr. Maria Muthu Shanthini Asst. Professor of Commerce S. F- II

REPORT ON

Women's Day Celebration

Objectives

- To celebrate Women's Day by recognizing the achievements and contributions of women in society.
- To create awareness about gender equality and women's empowerment among students.
- To encourage young women to develop confidence, leadership, and self-reliance.
- To provide a platform for students to express their views and talents.
- To promote values of respect, dignity, and social responsibility.

Report

The Youth Red Cross organized a **Women's Day Celebration** on **06/03/2026** for the students of III B.A. English Literature. The programme aimed to highlight the importance of women's role in society and to promote awareness about gender equality and empowerment.

The event commenced with a warm welcome that set a positive and respectful tone for the celebration. This was followed by an introductory note explaining the significance of International Women's Day and the need to recognize women's contributions in various fields such as education, family, leadership, and social development.

The programme included a series of engaging sessions focusing on women's empowerment, self-worth, and the challenges faced by women in contemporary society. Thought-provoking discussions and short talks encouraged students to reflect on issues like gender discrimination, equal opportunities, and the importance of education in empowering women.

To make the celebration more interactive, various activities were conducted, allowing students to actively participate and express their ideas. These activities helped in boosting confidence, creativity, and awareness among the participants. Students shared their perspectives, which created a lively and inclusive atmosphere.

The programme also emphasized the importance of respecting and supporting women in all spheres of life, both within the family and in society. It encouraged students to adopt positive attitudes and contribute towards building a more equal and just community.

Overall, the celebration was informative, interactive, and inspiring. It successfully created awareness, motivated students, and left a lasting impression on all the participants.

Outcome

Improved awareness about the importance of equal opportunities in education and career for women.

Impact

The initiative created a positive attitude towards gender equality and inspired students to challenge stereotypes and societal barriers.

No of Beneficiaries:65

YouTube Link: <https://youtu.be/GKNafqe8A34>





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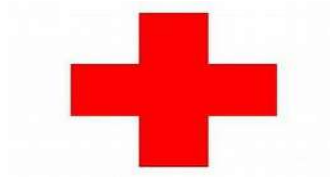


**Report of the
on
“Blood Drop Human Chain”**

Organized

by

YOUTH RED CROSS



Date: 19-01-2026

Venue: Kurusady



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Youth Red Cross

Organizes

Blood Drop Shape Human Chain



Date: 19/01/2026

Venue: Kurusady

Patron : Dr.Sr. M. Mary Gilda (Secretary)

Chairperson : Dr.Sr. S. Sahayaselvi (Principal)

Convenor : Ms.S. Fransta Darshana (YRC Programme Officer)

Organising Secretaries

Dr. Punitha Asst. Professor of Zoology

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Dr. Maria Muthu Shanthini Asst. Professor of Commerce S. F- II

“Blood Drop Human Chain”

Objectives

- To create awareness about the importance of blood donation among the public.
- To encourage voluntary blood donation as a life-saving act.
- To educate people about the need for regular blood donation.

Report

The Youth Red Cross organized a Blood Drop Shape Human Chain on 19 January 2026 at Kurusady with the aim of promoting awareness about the importance of blood donation. The programme was conducted as a part of community outreach to highlight the need for voluntary blood donors and to save lives through timely contributions.

A large number of students actively participated in the event, forming a human chain in the shape of a blood drop, symbolizing unity and the value of every drop of blood. The visual representation attracted public attention and effectively conveyed the message of donating blood as an act of compassion and responsibility.

Participants held placards and raised awareness slogans emphasizing that blood donation is safe, simple, and essential for saving lives. The event created an engaging environment where the public could easily understand the significance of regular blood donation and its impact on society.

The programme was well received by the local community, and it successfully encouraged discussions on the importance of helping others through voluntary service. The initiative reflected the spirit of teamwork, empathy, and commitment among the students.

Outcome:

The programme enhanced awareness about blood donation and motivated both students and the public to consider voluntary participation in life-saving initiatives.

Impact:

The event contributed to fostering a positive attitude towards blood donation and strengthened the sense of social responsibility and community engagement among participants.

No of Beneficiaries: 38

YouTube Link:

https://youtu.be/QYUA0FhKKmA?si=kF83_-kg1loNR



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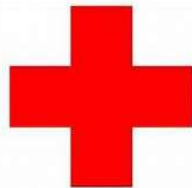
Report of the

“Cancer Awareness Programme”

Organized

by

YOUTH RED CROSS



Date: 21-02-2026

Venue: Room No: 59



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Youth Red Cross

Organizes

Cancer Awareness Programme



Date: 21/02/2026

Venue: Room. No: 59

Patron : Dr.Sr. M. Mary Gilda (Secretary)

Chairperson : Dr.Sr. S. Sahayaselvi (Principal)

Convenor : Ms.S. Fransta Darshana (YRC Programme Officer)

Organising Secretaries

Dr. Punitha Asst. Professor of Zoology

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Dr. Maria Muthu Shanthini Asst. Professor of Commerce S. F- II

REPORT ON

Cancer Awareness Programme

Objectives

- To create awareness about cancer and its prevention.
- ☐ To educate students about early detection and symptoms of cancer.
- ☐ To promote healthy lifestyle practices to reduce cancer risks.
- ☐ To dispel myths and misconceptions related to cancer.
- ☐ To encourage social responsibility in spreading health awareness.

Report

The Youth Red Cross organized a Cancer Awareness Programme on 21 February 2026 in Room No. 59 with the aim of educating students about cancer and the importance of early detection. The programme focused on providing essential knowledge about the causes, symptoms, and preventive measures related to cancer.

Students actively participated in the programme and engaged in informative sessions that highlighted the significance of maintaining a healthy lifestyle. The awareness session emphasized habits such as balanced nutrition, regular exercise, and avoiding harmful substances as key factors in reducing cancer risk.

The programme also addressed common myths and misconceptions about cancer, helping students develop a clearer understanding of the disease. Interactive discussions encouraged participants to ask questions and gain accurate information in a supportive environment.

The session was well received, and it created a sense of awareness and responsibility among students. It also motivated them to share the knowledge gained with others and contribute to spreading awareness in their communities.

Outcome

The programme improved awareness about cancer prevention and encouraged students to adopt healthier lifestyles.

Impact

The initiative fostered informed attitudes towards cancer and strengthened students' commitment to health awareness and community education.

Number of Beneficiaries : 38

YouTube Link: <https://youtu.be/sTMpCuSJ914?si=2xOOiZ6wgaRYrQWw>

