

Capacity development and skills enhancement activities are organised for improving students' capability

2023-2024

## A HOLISTIC APPROACH TO BETTER MENSTRUAL HEALTH AND HYGIENE



 **Holy Cross College (Autonomous)**   
(Affiliated to Manonmanium Sundaranar University)  
(Accredited with A+ Grade (CGPA 3.35-IV th cycle) by NAAC)  
Nagercoil-629004

*The Mathematics club  
in collaboration with  
Department of Chemistry and Department of Zoology  
organizes a talk on*

**A HOLISTIC APPROACH TO BETTER  
MENSTRUAL HEALTH AND HYGIENE**

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**RESOURCE PERSON :** DR.DOLLY . J MBBS., MS(O&G),  
CONSULTANT OBSTETRICIAN  
AND GYNAECOLOGIST,  
SIVA HOSPITAL,  
ETHAMOZHY.

 St.Joseph's Hall  05/04/2024  
2.00 to 3.00p.m

CONVENER: DR.T.SHEEBA HELEN  
HEAD OF THE DEPARTMENT

PRESIDENT: T.JEYA AARYA  
SECRETARY: C.DEVA THIBIKSHA

STAFF INCHARGE:  
DR. M. K. ANGEL JEBITHA  
DR.A.ANAT JASLIN JINI

**Objective:**

- To raise awareness about menstrual health and hygiene among students and faculty.
- To promote a holistic approach towards menstrual well-being, focusing on education and empowerment.
- To facilitate an informed discussion on the importance of menstrual hygiene practices for overall health and wellness.

**Organized by:** Mathematics Club**Venue:** Room No. 1

The Mathematics Club, in collaboration with the Department of Chemistry and Department of Zoology, organized a talk on "A Holistic Approach to Better Menstrual Health and Hygiene" on April 5th, 2024, from 2:00 p.m. to 3:00 p.m. in Room No. 1. The meeting commenced with a warm welcome speech by Susan Theresa, a student of 1st PG, setting a welcoming tone for the session. This was followed by a soulful prayer song, beautifully performed by students from II PG, creating a serene atmosphere. The report reading was conducted by the President of the Mathematics Club, T. Jeya Aarya, who eloquently summarized the key points discussed during the previous event. Dr. Dolly J emphasizes the significance of menstrual hygiene, debunking myths and shedding light on reality. She educates on the workings of the uterus, explaining its role in menstruation. Additionally, she addresses health issues like PCOD, PCOS, and urinary tract infections, advocating for awareness and proactive management. In addition to Dr. Dolly J's insights, she stresses the importance of using hygienic menstrual products to prevent infections. She also advocates for proper disposal of menstrual waste to maintain environmental cleanliness. Dr. Dolly J highlights the need for regular gynecological check-ups to detect and manage conditions like PCOD and PCOS early on. Furthermore, she emphasizes the role of diet and exercise in managing hormonal imbalances and overall menstrual health. Her holistic approach underscores the integration of physical, mental, and emotional well-being in women's health. The meeting was gracefully hosted by Shiba, ensuring smooth proceedings throughout the session. Finally, T. Jeya Aarya, President of the Mathematics Club, extended a heartfelt vote of thanks, expressing gratitude to Dr. Dolly J for her informative session and to all attendees for their participation and engagement. The collaborative effort of the Mathematics Club, Department of Chemistry, and Department of Zoology in organizing this event underscores the importance of raising awareness and promoting discussions on crucial health topics within the academic community.

**Number of beneficiaries: 140**

**Outcome:**

- Increased awareness and understanding of menstrual health and hygiene among attendees.
- Encouraged adoption of healthy practices and debunked common myths surrounding menstruation.
- Facilitated a supportive environment for informed discussions and empowerment regarding women's health.

**Collaborators:**

- Mathematics Club
- Department of Chemistry
- Department of Zoology

**Feedback:**

- Dr. Dolly J's session on menstrual hygiene was enlightening, dispelling misconceptions and promoting awareness.
- Her explanation of the uterus's function during menstruation was clear and informative, making complex biology easy to understand.
- Addressing health issues like PCOD, PCOS, and UTIs showed her commitment to holistic well-being and proactive healthcare.
- Her advocacy for using hygienic menstrual products resonated with the audience, emphasizing preventive measures for better health.
- Highlighting the importance of proper disposal of menstrual waste demonstrated her concern for environmental cleanliness.
- Encouraging regular gynecological check-ups showcased her dedication to early detection and management of gynecological conditions.
- Emphasizing the role of diet and exercise in managing hormonal imbalances was empowering, promoting a holistic approach to health.
- Dr. Dolly J's holistic approach, integrating physical, mental, and emotional well-being, left a lasting impact on understanding women's health.



**MENSTRUAL HYGIENE AND AWARENESS**



**Holy Cross  
College(Autonomous)**

Affiliated to Manonmaniam Sundaranar University  
Accredited with A+ Grade by NAAC (IV Cycle)  
Nagercoil - 4, Tamil Nadu.



**Department of Mathematics (S.F)**

**organises**

**Talk on Menstrual  
Hygiene and Awareness**

**Resource Person**

**Dr. L. Beena Theres BNYS**

**Medical Officer**

**Yoga and naturopathy life style Clinic Department**

**Kaniyakumari Govt. Medical College Hospital**

**Asaripallam**

**Patron : Dr. Sr. M. Mary Hilda (Secretary)**

**Chairperson: Dr. Sr. S. Sahaya Selvi (Principal)**

**Convenor: Dr. S. Kavitha**

**Organising Secretaries**

**Dr. S. Kavitha**

**Dr. P.C. Priyanka Nair**

**Date: 11-12-2023**

**Time: 2.00 p.m to 3.15 p.m**

**Venue: St. Joseph's Hall**

Date : 11-12-2023  
Theme : To ensure the health, dignity and empowerment of individuals  
Venue : St. Joseph's Hall  
Resource Person : Dr. L. Beena Theres BNYS, Medical officer, Yoga and Naturopathy lifestyle clinic department, Kanyakumari Government Medical College Hospital, Asaripallam

The Department of Mathematics S.F. organized a talk on menstrual hygiene and awareness, led by Dr. L. Beena Theres BNYS from the Kanyakumari Government Medical College Hospital. She discussed the importance of proper hygiene, healthy eating, and exercise in managing menstrual health. 56 students benefited from the session, gaining valuable insights into maintaining menstrual health through lifestyle choices.

**Outcome:**

1. Improved clarity regarding menstrual hygiene practices.
2. Recognized common mistakes made during menstruation.
3. Raised awareness about health risks, including urinary infections, during menstruation



## FEMININE HYGIENE



# HOLY CROSS COLLEGE (AUTONOMOUS)



Affiliated to Manonmaniam Sundaranar University  
Accredited with A+Grade (CGPA 3.35- IV Cycle) by NAAC  
An ISO 9001:2015 certified institution  
Four star rating by MoE's Innovation Cell  
Nagercoil - 629004, Tamil Nadu, India.



Women Cell in Collaboration with Library  
Organizes  
a session on

## *Feminine Hygiene*

14 July  
2023



*Venue*  
**Seminar Hall**

Time : 11.30 am to 12.30 pm



IndianOil

*Resource Person*  
**Dr. J. Priyadharshini** M.S  
Gynecologist,  
Govt. Medical College, Ooty.



IndianOil

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

Chairperson : **Dr. Sr. S. Sahayaselvi** Principal

### *Organising Secretaries*

**Ms. L. Deva Vijila** Co-ordinator- Women Cell

**Dr. J. M. Vinitha Charles** Women Cell member

**Dr. V. Jeyakala** Librarian

[holycrossngl.edu.in](http://holycrossngl.edu.in)  
VISIT OUR WEBSITE

**MORE INFORMATION CALL US**  
04652-261473, 9487056861, 9965325527

Date : 14-7-2023  
Organized by : Dr. L. Deva Vijila, Department of Chemistry  
Theme/ Objective : To bring health consciousness in young women  
Outcome of the Activity : Students gained knowledge about menstrual problems and maintain good health  
Impact of the activity : Aware of personal health and hygiene  
Number of the Beneficiaries :746  
Venue : Seminar Hall





## AWARENESS PROGRAMME FOR SCHOOL CHILDREN

### PERSONAL HEALTH AND HYGIENE

Date	: 20-02-2024
Organized by	: Dr. L. Deva Vijila & Dr. S. Lizy Roselet, Department of Chemistry
Theme/ Objective	: To bring health consciousness in School Children
Outcome of the Activity	: Students gained knowledge about personal hygiene and maintain good health
Impact of the activity	: Aware of personal health and hygiene
Number of the Beneficiaries	:256
Venue	: Maravankudieruppu



## WORLD FOOD DAY-2023



**Agricultural Products, Producers and Traders Association  
(APPTA)**

&

**Consumers Research, Educational, Action, Training and  
Empowerment (CREATE)**

&

**Department of Botany, Holy Cross College (AUTONOMOUS),  
Nagercoil - 4**

**Organizes**

**WORLD FOOD DAY - 2023**

&

**EXHIBITION OF TRADITIONAL FOODS**

Traditional  
Food  
Exhibition

Venue: APPTA  
Official Hall

**Guest Speakers**

**Dr. Jo. Sharma, Associate Professor, University of TORONTO, Canada.**

**Mr. Geetha Sugumaran, York University, TORONTO, Canada**

9.00 a.m -  
3.00 p.m

October  
16

2023

**Organizing Secretaries**

Mr. Ponnambalam, CREATE Trust

Mr. M. Paulraj, Head APPTA

Dr. A. Anami Augustus Arul, Holy Cross College

Dr. J. Albino Wins, Holy Cross College

On 16-10-2023, World Food Day-2023 & Exhibition of Traditional Foods was organized by APPTA, CREATE in collaboration with Department of Botany, Holy Cross College (Autonomous), Nagercoil-4.

The seminar starts at 9.30 a.m. Welcome address was given by Mr. R. Ponnambalam, CREATE Trust. 40 students, 8 staff members and 4 non-teaching staff of our department attend the seminar. The resource person Dr. Jo. Sharma, Associate Professor, University of TORONTO, Canada, delivered a talk on rare varieties of rice and its sustainability. Mrs. Geetha Sugumaran, York University, University of TORONTO, Canada, explained about the importance of traditional food in many areas of Canada. Traditional food items like ada, kool, vadagam, dosa, mixture, payasam, biriyani, urundai, palagaram, cake unniyapam etc., were prepared and displayed for food competition. 10 students participated in the competition and won 1<sup>st</sup> prize. The winner was honoured by the APPTA and CREATE team. The seminar ends at 3 p.m with vote of thanks.

## EXHIBITION OF TRADITIONAL FOODS




World Food Day  
Dept. of Botany Collaborated Appta  
16.10.2023 13:18  
8.19482, 77.44242  
5CVR+XW5, Therakalputhoor, Nagercoil




World Food Day  
Department Of Botany  
16.10.2023 12:53  
8.19494, 77.44248  
5CVR+WW9, Therakalputhoor, Nagercoil, Tamil Nadu 629901



## MICROBIOME AS A KEY PLAYER IN SUSTAINABLE AGRICULTURE AND HUMAN HEALTH



**HOLY CROSS COLLEGE (AUTONOMOUS)**  
 Affiliated to Manonmaniam Sundaranar University Accredited with A Grade  
 (CGPA 3.35 - IV Cycle) by NAAC  
 An ISO 9001: 2015 certified institution, Nagercoil - 629004, Tamilnadu



# Department of Botany

## Guest Lecture on

### "MICROBIOME AS A KEY PLAYER IN SUSTAINABLE AGRICULTURE AND HUMAN HEALTH"

**Resource Person: Dr.S.Prakash,**  
 Principal Scientist,  
 Plant Tissue Culture Centre  
 Division of Finura Agro Tech LLP  
(Registered under corporate Affairs, Govt. of India)  
 11/8J Loyola College Road  
 Thovalai, Kanyakumari District

Date: 12.01.2024  
 Time : 1.30 p.m To 3.00 p.m  
 Venue: St. Marie Cecile Hall

Patron: Dr.Sr. M.Mary Hilda, Secretary  
 Chair Person: Dr.Sr.S. Sahayaselvi, Principal  
 Head of the Department: Dr. A. Anami Augustus Arul  
 Organizing Secretary: Dr. A. Anami Augustus Arul



On January 12, 2024, the Department of Botany, Holy Cross College (Autonomous), Nagercoil-4, hosted a guest lecture titled " Microbiome as a Key Player in Sustainable Agriculture and Human Health " in Mother Marie Cecile Hall at 1:30 p.m. The event commenced with a prayer song performed by II B.Sc. Botany students, followed by a warm welcome from Ms. Karlina Kathir of I B. Sc Botany. Dr. S. Prakash, Principal Scientist, Plant Tissue Culture Centre, Division of Finura Agro Tech LLP, served as the resource person. The resource person elaborated on the microbiome, composed of diverse microorganisms like bacteria, fungi, and viruses, plays a crucial role in both sustainable agriculture and human health. In agriculture, these microorganisms contribute to soil fertility, nutrient cycling, and plant health, reducing the need for synthetic fertilizers and pesticides. Harnessing the power of microbiomes can lead to more resilient and sustainable farming practices, ensuring long-term food security. Moreover, certain beneficial microbes can enhance crop resistance to diseases and improve soil structure, promoting eco-friendly farming methods. On the human health front, the microbiome influences digestion, immune function, and even mental health through the gut-brain axis. Maintaining a balanced microbiome through diet, probiotics, and exposure to diverse environments is essential for overall well-being. Furthermore, research suggests a link between agricultural practices, microbial diversity in the environment, and human microbiome health. Understanding these connections can pave the way for interdisciplinary approaches that benefit both agricultural sustainability and human health in tandem. Thus, nurturing healthy microbiomes in agricultural systems can yield positive outcomes for ecosystems, food production, and human health, forming a cornerstone of holistic sustainable development.







Guest Lecture- Microbiome  
Dept. Of Botany HCC, Ngl-4  
12.01.2024 13:47  
8.15484, 77.41504  
5C38+R68, Holy Cross College Rd, Thollavilai, Nagercoil, Tamil  
Nadu 629002

## HAEMOGLOBIN CHECK- UP

 **HOLY CROSS COLLEGE [AUTONOMOUS], NAGERCOIL**   
[Accredited with A+ grade by NAAC- IV Cycle [CGPA 3.35]  
Affiliated to M.S. University, Tirunelveli]

 **Department of Zoology**  **Health and Hygiene Committee**

*in collaboration with*  
**Catherine Booth Hospital, Nagercoil**  
*organizes*

**"Hemoglobin Check-up"**

**VENUE : MULTIPURPOSE HALL**  
**TIME : 2.00 - 3.15 P.M.**  
**DATE : 20.02.2024 & 21.02.2024**

**Patron: Dr. Sr. Mary Hilda, Secretary**  
**President: Dr. Sr. Sahayaselvi, Principal**

**Convenors:**  
**Dr. A. Shyla Suganthi, HoD, Department of Zoology**  
**Mr. C. Benjamin Dhaya, Correspondent,**  
**Catherine Booth Hospital, Nagercoil**

**Organising Secretaries:**  
**Dr. A. Punitha, Assistant Professor of Zoology**  
**Dr. Bojaya A. Rosy &**  
**Ms. J. Valan Anusha**  
**Health and Hygiene Committee**

The Haemoglobin Test Program, conducted from February 20th to 21st, 2024, was a joint initiative by the Department of Zoology and the Health and Hygiene Committee of Holy Cross College (Autonomous), Nagercoil, in collaboration with our industrial partner, Catherine Booth Hospital, Nagercoil, as per our Memorandum of Understanding (MoU). Over the two-day program, first-year undergraduate students underwent haemoglobin tests facilitated by medical professionals from Catherine Booth Hospital. Following the tests, personalized counseling sessions and general health-related advice were given to the students whose Hb levels read 8 or below. The program was convened by Dr. A. Shyla Suganthi, Associate Professor & HoD of Zoology and Dr. Benjamin Dhaya, Correspondent, Catherine Booth Hospital and organized by Dr. Bojaxa, Assistant Professor of Botany and. Coordinator of Health & Hygiene committee and Dr. Punitha, Assistant Professor of Zoology.

No of beneficiaries : 171

### **Feedback and Impact:**

Participants appreciated the opportunity and found the counseling sessions informative and beneficial. The collaborative effort between Holy Cross College and Catherine Booth Hospital was instrumental in providing high-quality healthcare services, thereby enhancing the program's effectiveness.





## WORLD BREAST FEEDING DAY



**Holy Cross College (Autonomous)**  
**Zoology Club, Department of Zoology**  
and  
**Social Work Club, Department of Social Work**  
Jointly organising

# World Breast Feeding Day

August 07 2023

Special Invitee: *Dr. R. Uma Selvan* MBBS, DpGO

*Rtd. Municipal Health Officer*

Title: Cognizance on Breastfeeding

Venue: Grama Munetra Sangam, Punnai Nagar

Time: 2.00pm - 3.15 pm

Organizing Secretary: Dr. Jeni Padua, Dept. of Zoology  
Ms. Helba Barbara. R, Dept. of Social Work

*We cordially invite you to join us!*





On August 7, 2023, a noteworthy event was orchestrated by the Zoology Club of Holy Cross College, Nagercoil in association with the Department of Social Work to mark the observance of World Breastfeeding Day. The gathering convened at Grama Munetra Sangam, Punnai Nager, commencing at 2:00 pm. Setting the ambience for the occasion, students from the Master of Social Work program rendered a soulful prayer song, infusing the atmosphere with a sense of unity and purpose. Rashmi, an enthusiastic student from I M. Sc Zoology, took the podium to deliver a heartfelt welcome address, shedding light on the significance of the event and extending gratitude to all attendees. The gathering was graced by several esteemed individuals: Dr. Uma Selvan MBBS, DGO, a retired Municipal Health Officer, shared her invaluable insights as the primary resource person. Other distinguished guests included Dr. Arunachalam, the former Dean of K. K Government Hospital in Asaripalam, Fr. Joy, and Ad. Jose. Dr. Arunachalam introduced the primary speaker, Dr. Uma Selvan, who subsequently engaged the audience with an enlightening session on the crucial aspects of breastfeeding, maternal care, foetal attention, and hygiene. In addition to the informative talks, the attendees were treated to a cultural performance, masterfully executed by the MSW students, which added vibrancy to the event. As the day's program neared its conclusion, Dr. Jeni Padua, staff advisor of Zoology club proposed the vote of thanks, expressing gratitude to all the speakers, attendees, and organizers. The event culminated with the collective singing of the National Anthem.





HUMAN VALUES TALK ON MENSTRUAL HYGIENE

**DEPARTMENT OF ZOOLOGY**  
HOLY CROSS COLLEGE (AUTONOMOUS), NAGERCOIL  
Affiliated to Maronmaniam Sundararam University,  
Accredited with A+ by NAAC (CGPA 3.55)

*Organizes*  
**Human Values  
Talk on  
Menstrual Hygiene**

**DATE**  
05-12-2023

**TIME**  
2-3 P.M

**VENUE**  
Seminar Hall

**RESOURCE PERSON**  
**Mrs. R.BEUTLIN** M.Sc(N), PhD(N)  
Associate Professor, HOD cum coordinator  
**OBG Department,**  
The Salvation Army Catherine Booth College  
of Nursing, Nagercoil.

Date : 05-12-2023  
Venue : Golden Jubilee Seminar Hall, Holy Cross College (Autonomous),  
Nagercoil- 4  
Resource Person : Ms. Beutlin, Associate Professor, HoD cum Co-ordinator,  
Salvation Army Catherine Booth College of Nursing, Nagercoil.  
Organizer : Dr. C. Josephine Priyatharshini, Assistant Professor of Zoology

The meeting on Human Values on Menstrual Hygiene started with a prayer song followed by welcome address by Dr. C. Josephine Priyatharshini. The resource person of the day Ms. Beutlin, Associate Professor, HOD cum Co-ordinator, The Salvation Army Catherine Booth College of Nursing, Nagercoil gave a talk on “Menstrual Hygiene”. The meeting came to an end with the vote of thanks by Dr. P.T. Arokya Glory. Hundred and twenty students got aware on the Menstrual Hygiene.

### CREATING AWARENESS PROGRAMME ON MOSQUITO BORNE DISEASE

**DEPARTMENT OF ZOOLOGY**  
HOLY CROSS COLLEGE (AUTONOMOUS), NAGERCOIL-4  
AFFILIATED TO MANONMANIAM SUNDARANAR UNIVERSITY, TRINELVELI  
ACCREDITED WITH A+ BY NAAC-IV CYCLE (CGPA 3.35)

**CHIRPS CLUB**

**CREATING AWARENESS ON MOSQUITO BORNE DISEASES**

*by*  
*distributing pamphlets to nearby villages*  
*Date: 15-09-2023*

**Organizers**  
Staff Coordinator  
**Dr. P. T Arokya Glory**  
Assistant Professor of Zoology  
Student Coordinators  
**H. Shahana Sherin & J. Jenif**  
I M.Sc. Zoology

Date : 15-09-2023

Organizers : Chirps Club, Department of Zoology

The Chirps Club of Department of Zoology organised an awareness programme on “Mosquito Borne Disease” in nearby villages like, Perumal Nager, Kurusady, Paruthivilai, Nagercoil, Vethamanikapuram, Soorankudy and Chothavilai. The students of Department of Zoology created awareness on Mosquito borne diseases by distributing Pamphlets related to mosquitoes causing diseases and how to prevent these diseases.



2022-2023

HEALTH AND HYGIENE FOR WOMEN



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

Affiliated to Manonmaniam Sundaranar University, Tirunelveli.  
Nationally Accredited with A+ Grade (CGPA 3.35) by NAAC



The Mathematics Association  
Happily Invites you for the talk  
on the Topic

**Health & Hygiene for Women**

Resource Person: V. Susan Tharasa

III B. Sc Mathematics

Date: 05/04/2023

Time: 11.30am to 12.30pm

Venue: Seminar Hall

**Dr. T. Sheeba Helen,**

Assistant Professor & Head,  
Department of Mathematics,  
Holy Cross College, Nagercoil.

Staff Incharge

**Dr. V. Sujin Flower**

**Dr. K. Jeya Daisy**

Secretary: V. Susan Tharasa

Joint Secretary: J. Saranya

The Mathematics Association was held on 5<sup>th</sup> April 2023 at 11:30 am to 12:30 pm in the Seminar Hall. The meeting started with a prayer song by Students of II UG Mathematics. Miss. Ashina Joy welcomed the gathering followed by the report reading of the previous Association meeting by J. Saranya, Joint Secretary of the Mathematics Association. There was a talk on the topic "Health and Hygiene for Women" by V. Susan Therasa of III UG Mathematics, Holy Cross College (Autonomous), Nagercoil. She enlightened us about how to lead a healthy life and how to be hygienic and she explained about Menstrual Hygiene and 5 P's of menstrual hygiene. It was very informative and useful. Miss. Sharon Adlin of I UG proposed vote of thanks. Miss. B. Sowmiya of I UG hosted the meeting. There were 160 students and 2 faculties participated.

### **Outcome:**

Increased awareness among participants regarding the importance of maintaining proper hygiene, especially menstrual hygiene, leading to improved personal well-being. Participants feel empowered with the knowledge and tools necessary to take charge of their personal health and hygiene, contributing to a sense of agency and autonomy. Overall, the outcome reflects a positive impact on individuals' lives, promoting a culture of health, hygiene, and continuous learning within the community.

### **Feedback:**

- ❖ Participants found the talk informative, gaining valuable insights into leading a healthy lifestyle and maintaining hygiene, particularly focusing on women's health issues.
- ❖ Susan Tharasa's presentation style was engaging, keeping the audience interested and involved throughout the talk.
- ❖ Attendees appreciated the practical advice given, especially regarding menstrual hygiene and the "5 P's" approach, which offered actionable steps for improving hygiene practices.
- ❖ Some participants felt empowered by the knowledge gained from the talk, as understanding and taking control of one's health and hygiene can lead to increased confidence and well-being.
- ❖ Feedback highlighted the relevance of the topic to the audience, particularly for young women who may have been navigating these health issues for the first time or seeking clarification on certain aspects of hygiene.



Association Meeting  
Health and Hygiene for Women  
05.04.2023 12:32  
8.15407, 77.41455  
5C37+RQC, Holy Cross College Rd, Thollavilai,  
Nagercoil, Tamil Nadu 629002



Association Meeting  
Health and Hygiene for Women  
05.04.2023 12:21  
8.15404, 77.41454  
5C37+RQC, Holy Cross College Rd, Thollavilai,  
Nagercoil, Tamil Nadu 629002

## WOMEN HEALTH PROBLEMS



# HOLY CROSS COLLEGE

(AUTONOMOUS)

(Accredited with A+ Grade(IV Cycle-CGPA 3.35)by NAAC)

Affiliated to Manonmaniam Sundaranar University,Tirunelveli

NAGERCOIL-4

### **Health and Hygiene Care Committee**

organises a Awareness Programme

On

### **Women Health Problems**

#### **RESOURCE PERSON**

**Dr. S.Shandic Kumar**

MD Homoeopathy,

Consulting Physician,

Dr.Shandic's Homoeo Clinic

**Venue:Room No :1**

**Date:18-10-2022**

**Time:11.30 am to 12.30 pm**

**Patron: Dr.Sr.Mary Hilda, Secretary**

**Principal: Dr, Sr.Sahaya Selvi**

**.Ms. L.Deva Vijila : Coordinator**

**Dr.J. Christy Celin Mary**

**Dr.G.Sahaya Shiny**


**Ms.A. Nimesha**



Date	: 18-10-2022
Organized by	: Health and Hygiene Care Committee
Theme/ Objective	: To create awareness about importance of maintaining health
Outcome of the Activity	: Gained knowledge about problems related to menstrual cycle, thyroid and obesity
Impact of the activity	: Insisted the importance of maintaining health
Number of the Beneficiaries	: 76
Venue	: Room No: 2

On 18-10-2023 an awareness programme on ‘Women Health Problems’ was conducted to bring health consciousness in students. The resource person was Dr. S. Shandic Kumar, M.D from Homeopathy medicine. The students gained knowledge about problems related to menstrual cycle, thyroid and obesity. A total of 76 students participated in the program and got benefitted. The program insisted the importance of maintaining healthy food habits and maintaining health.

### SIDDHA DIET AND NUTRITION FOR HEALTHY LIFE



**HOLY CROSS COLLEGE (AUTONOMOUS)**  
**Nagercoil - 629004**  
 NAAC Re-accreditation with A+(CGPA 3.35-IV cycle)

**HEALTH and Hygiene Committee,**  
 In Collaboration with

Cordially invites you to participate  
**6th Siddha Day Celebration**  
 on  
**"Siddha diet and Nutrition for Healthy Life."**

**Date : 09-01-2023** **Time : 11.30 am**  
**Venue : Multipurpose Hall,**  
**Holy Cross College (Autonomous)**

**Patron : Dr.Sr. M.Mary Hilda, Secretary**  
**Chairperson : Dr.Sr.S.Sahaya Selvi, Principal**  
**Organising Committee**  
 Ms. L.Deva Vijila(Coordinator)  
 Dr.J.Christy Celin Mary  
 Dr.G.Sahaya Shiny  
 Ms.A.Nimesha  
 Ms.J.M.Gracelin Lydia

Date : 09-01-2023

Organized by : Health and Hygiene Care Committee

Theme/ Objective : To impart knowledge about the importance of Siddha diet

Outcome of the Activity : Students realized the medicinal value herbs

Impact of the activity : The students realized the healing potential of Siddha medicine

Number of the Beneficiaries : 400

Venue : Multi- Purpose Hall

On 09-01-2023 ‘Siddha Day’ was celebrated by Health and Hygiene committee under the topic “Siddha diet and Nutrition for Healthy Life”. Dr. I. Robert Singh, M.D (s), District Siddha Medical officer and his team of doctors were the resource persons. Medicinal herbs and grains were exhibited by the team. The doctors gave a talk on importance of herbs in life. The medical, health and beauty tips given by the resource persons benefitted the students. The beneficiaries of the programme were 400 students.





Holy Cross College, Nagercoil  
 Siddha Day Celebration  
 09.01.2023 11:46  
 8.15457, 77.41544  
 5C38+R68, Holy Cross College Rd, Thollavilai, Nagercoil, Tamil  
 Nadu 629002

## MEDICAL CAMP



**Holy Cross College (Autonomous), Nagercoil**  
 Affiliated to Manonmaniam Sundaranar University  
 Accredited with A+ by NAAC (IV cycle - CGPA 3.35)



**Rotaract Club, Department of Physical  
 Education and Health & Hygiene committee  
 of Holy Cross College (Autonomous)**

**Organise a Medical Camp  
 (Jeyasekharan Hospital )**

**Inauguration: 22-02-2023**  
**Beneficiaries: I UG Students**

**Venue**  
**Multipurpose Hall**

**Dates:**  
**22-02-2023 &  
 23-02-2023**



Title of the Programme : Medical Camp  
Date : 22-02-2023 & 23-02-2023  
Organized by : Health and Hygiene Committee  
Theme/ Objective : To create healthy student community  
Outcome of the Activity : The basic health problems were diagnosed  
Impact of the activity : Brought awareness about good physical and mental health  
Number of the Beneficiaries : 1045  
Venue : Multipurpose Hall

A medical camp was organized for the I U.G students to check the Physical fitness of the students on 20-03-2023 and 21-03-2023 by 'Health and Hygiene' committee in collaboration with Physical Education Department and Rotaract club. The medical team arrived from Jeyasekharan Medical Trust. The beneficiaries of the programme were 1045 I U.G students.



## DISTRIBUTION OF IRON AND FOLIC ACID TABLETS



Holy Cross College, Nagercoil  
23.03.2023 13:28  
8.15405, 77.4147  
5C37+RQC, Holy Cross College Rd, Thollavilai, Nagercoil



Holy Cross College, Nagercoil  
23.03.2023 13:28  
8.15394, 77.41469  
5C37+RQC, Holy Cross College Rd, Thollavilai, Nagercoil

## WOMEN HEALTH PROBLEMS



# HOLY CROSS COLLEGE (AUTONOMOUS)

Affiliated to Manonmaniam Sundaranar University, Tirunelveli Accredited with 'A+' Grade (IV Cycle - CGPA-3.35) by NAAC Nagercoil-629004



## Health and Hygiene Committee

Topic : Women Health Problems

Dr. S. Shandic Kumar, MD Homeopathy Medicine

Date: 18.10.2022

Vanue : Room 8



Date : 18-10-2022  
Organized by : Department of Chemistry  
Theme/ Objective : To make the students aware of their health.  
Outcome of the Activity : The students understood the health problems and will be health consciousness.  
Impact of the activity : Students understood the various health issues of Women.  
Number of the Beneficiaries : 65  
Venue : Room No : 8



MILLETS AND ORGANIC FOOD FESTIVAL



**HOLY CROSS COLLEGE**

(Autonomous)

Nagercoil-629004, Tamil Nadu

Accredited with A+Grade

(CGPA-3.35) by NAAC (IV Cycle)



**DEPARTMENT OF BOTANY**

organizes

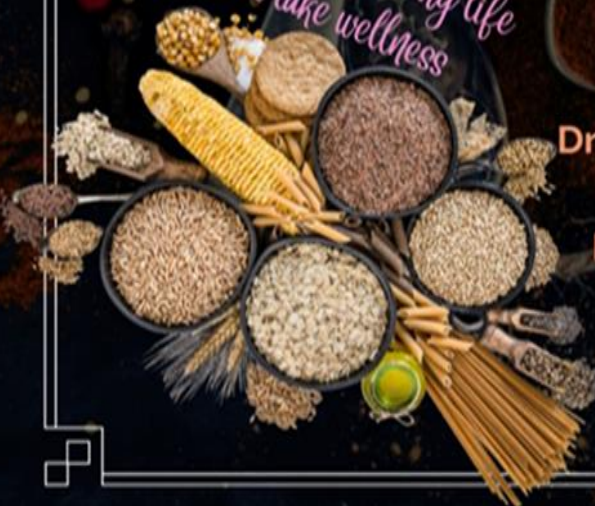
**MILLETS AND ORGANIC  
FOOD FESTIVAL**

**Fest Activities**

**LECTURE ON  
ORGANIC FOOD PRODUCTS**

**DISPLAY OF  
INDIGINEOUS RICE VARIETIES & MILLETS**

*Healthy food for Healthy life  
Eat millet take wellness*



**DATE: 30-08-2022**

**VENUE : MPH**

**SALE OF**

- MILLET SNACKS & FOOD
- ORGANIC FRUITS & VEGETABLES
- ORGANIC FOOD VARIETIES
- SPIRULINA PRODUCTS

**PRINCIPAL**

**Dr. Sr. Sahaya Selvi**

**SECRETARY**

**Dr. Sr. Mary Hilda**

**Organizing Secretary**

**Dr. A.R. Florence**

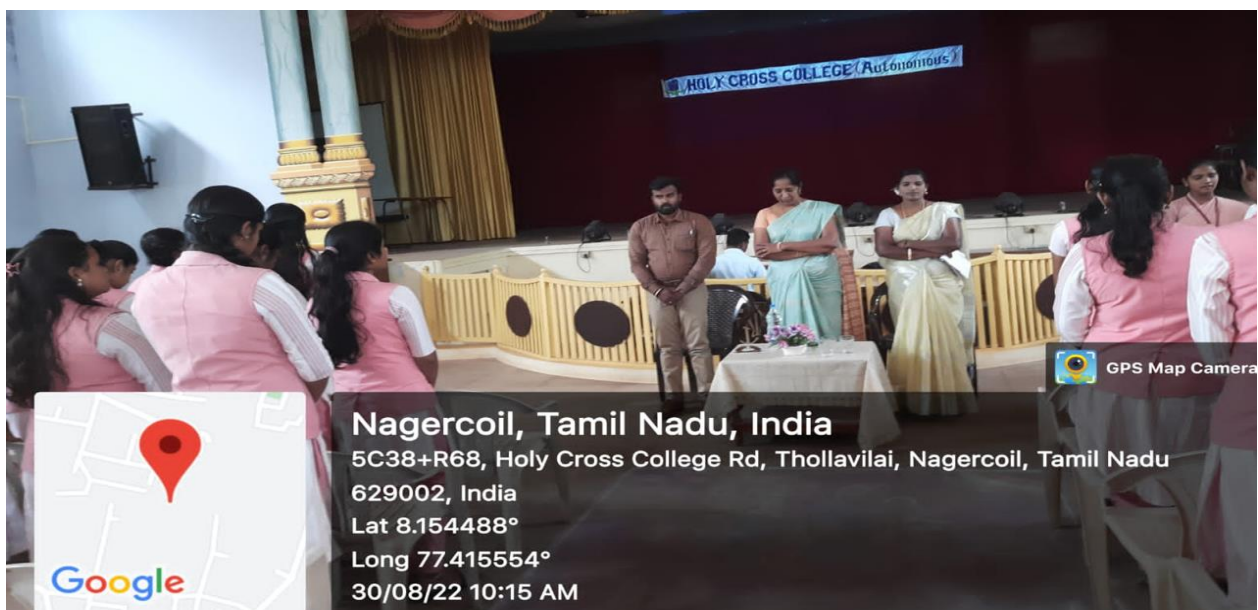
**Head of the Department**

**Dr. A. Anami Augustus Arul**

**SALES!**  
**FROM 10.30 AM**



On 30th August 2022, the Department of Botany conducted the Millets and Organic Food Festival in Multipurpose Hall. It was inaugurated by our Principal Dr. Sr. Sahaya Selvi. The food festival begins with a prayer song at 9.30 am. Dr. A. Anami Augustus Arul, Head of the Department welcomed the gathering. Mr. Ajith, B.Tech., Natural Farmer, Tirunelveli gave a wonderful talk about the importance of organic millets, foods, cultivation methods and health benefits. Dr. A.R. Florence delivered the vote of thanks. The students of botany department displayed different types of millets and indigenous rice and their health benefits. The students displayed and sold snacks and food made out of millets. All the students, teaching and non-teaching staff of our college participated in the food festival. The programme was over by at 3.15 pm.



## Semester I

### NME I: PUBLIC HEALTH AND HYGIENE COURSE

Code: ZNM201

No. of Hours/ Week	No. of Credits	Total Hours	Marks
2	2	30	100

### Objectives

1. To understand the various aspects of health and hygiene and to practice a healthy life.
2. To develop skill for personal care and maternal health for the betterment of society.

### Course Outcomes

CO	Upon completion of this course the students will be able to:	PSO addressed	CL
CO - 1	describe personal health with respect to skin, hair, eye, ear and teeth.	PSO - 1	R
CO - 2	explain the concepts of health and nutrition in relation to physical, mental, social and spiritual fitness.	PSO - 1	U
CO - 3	analyse BMI and personal hygiene.	PSO - 3	An
CO - 4	evaluate food quality, housing standards and good sanitation.	PSO - 2	E
CO - 5	apply the knowledge of maternity, child health and Swachh Bharat Mission.	PSO - 4	Ap

Unit I (6 hrs.)

**Nutrition and health:** Concept of health. Food pyramid. Snacking and Fast food. BMI - obesity - malnutrition (Kwashiorkor and Marasmus). Food hygiene, food toxicants and adulterants.

Unit II (6 hrs.)

**Personal health care:** General care of skin, hair, teeth, eye and ear. Personal hygiene.

Unit III (6 hrs.)

**Maternal and Child health:** Motherhood -pregnancy confirmation - common problems during pregnancy - labour and delivery - postnatal care. Vaccination schedule in India. Family planning.

Unit IV (6 hrs.)

**Environment and Health:** Standards of housing. Sanitary health measures during fairs and festivals. Swachh Bharat Mission and Swachhata Hi Seva. Precautions during pandemic situations.

Unit V (6 hrs.)

**First aid:** First aid procedures for dehydration, heart attack, poisoning, electric shocks, drowning, snake bite, road accidents and fire accidents.

**Textbook:**

Sorna Raj, R., Kumaresan, V. (2012). Public Health and Hygiene. Nagercoil: Saras Publication.

**Reference Books:**

1. Park, K. (2005). Park's Textbook of Preventive and Social Medicine (18<sup>th</sup> ed.). Jabalpur: M/S. BanarsidasBhanot Publishers.
2. LakshmanaSarma, K. &Swaminathan, S. (2011). Speaking of Nature Cure. New Delhi: Sterling Publications Pvt. Ltd.
3. Hoon, R.S. (1983). First aid to the Injured. New Delhi: Published by St. John Ambulance Association, Printed at The Statesman's Press.
4. Rae Bains (1984). Health and Hygiene. USA: Troll Associates Publisher.

**AWARENESS TALK ON RENAL DISORDERS AND RENAL HEALTH**



**"CHIRPS CLUB"**

**DEPARTMENT OF ZOOLOGY**

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

Affiliated to Manonmaniam Sundaranar University, Tirunelveli

Accredited with A by NAAC - IV cycle (CGPA 3.35)

**ORGANISES**

**AN AWARENESS TALK ON**

**"Renal Disorders"      "Renal Health"**

**by**

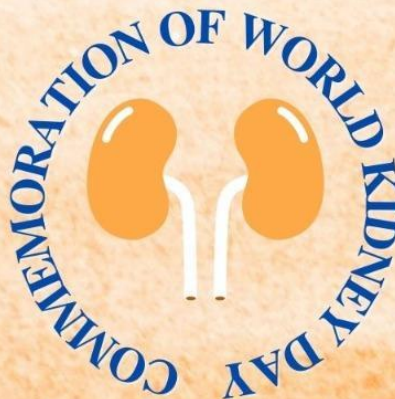
**Ms. Agnel J**  
**I M.Sc. Zoology**

**by**

**Ms. Reshma R**  
**I M.Sc. Zoology**

**DATE: 09-03-2023**

**TIME: 11.50 A.M**



**VENUE:**

**UG MAIN LAB**

**Organising Secretaries**

**Ms. Adlin D and Ms. Shalin M**

**I M.Sc Zoology**

**Staff Coordinator: Dr. X. Venci Candida**

Organized by	: Department of Zoology
Theme/Objective	: World Kidney Day
Resource Persons	: Ms. Agnel J and Ms. Reshma R, I M. Sc Students
Number of Beneficiaries	: 130
Venue	: UG Main Lab, Zoology Department.

The event held on March 9, 2023, organized by the Department of Zoology, was a successful initiative marking World Kidney Day. The resource persons for the day were Ms. Agnel J and Ms. Reshma R, I M. Sc Zoology. The event commenced with an introduction to the significance of World Kidney Day by the department head, followed by informative presentations by the resource persons. They covered topics ranging from the anatomy and functions of the kidneys to the factors contributing to kidney diseases. Practical demonstrations on maintaining kidney health, including dietary habits and lifestyle choices, were also conducted, enhancing the understanding of the audience. The interactive nature of the session encouraged active participation, fostering a conducive environment for learning and sharing knowledge. The resource persons effectively addressed queries and concerns raised by the attendees, ensuring clarity and comprehension of the subject matter. Overall, the event was well-received and succeeded in raising awareness about kidney health among the participants. It emphasized the importance of proactive measures in preventing renal diseases and highlighted the role of education in promoting public health. We extend our gratitude to Ms. Agnel J and Ms. Reshma R for their valuable contributions and commend their efforts in making this event a success. Special thanks to all the attendees for their active participation and enthusiasm. We look forward to organizing more such educational initiatives in the future to promote health awareness and well-being among our community members.

**Outcome of the Activity:** The event held on March 9, 2023, organized by the Department of Zoology, was a successful initiative marking World Kidney Day. The resource persons for the day were Ms. Agnel J and Ms. Reshma R, both I M. Sc students. Their insightful presentations shed light on the significance of kidney health and ways to maintain it. Through interactive sessions, they engaged the audience, primarily consisting of students, in discussions about the importance of kidney care and common renal diseases.



I M Sc Zoology  
WORLD KIDNEY DAY  
09.03.2023 12:07  
8.15526, 77.41435 ( $\pm 6m$ )  
Altitude: -29m  
5C47+2R6, Holy Cross Nagar, Nagercoil, Tamil Nadu  
629004



**AWARENESS PROGRAM ON CANCER**



**DEPARTMENT OF ZOOLOGY**  
**HOLY CROSS COLLEGE (AUTONOMOUS)**  
**NAGERCOIL - 629 004, TAMIL NADU**  
AFFILIATED TO MANONMANIAM SUNDARANAR UNIVERSITY  
ACCREDITED WITH 'A+' GRADE BY NAAC (CGPA 3.35), IV CYCLE



**Awareness program on**  
**"Cancer"**

**FEBRUARY 13, 2023**

**TIME: 11.55 AM - 12.35 PM**

**RESOURCE PERSON: DR. ANITHA**

**TITLE: CANCER - AN OVERVIEW**

**RESOURCE PERSON: DR. A. PUNITHA**

**TITLE: MOLECULAR BASIS OF CANCER**



World Cancer Day

**Venue : Zoology Lab**

## AN OVERVIEW AND MOLECULAR ASPECTS OF CANCER

Date	: 13-02-2023
Organized by	: Department of Zoology
Theme/Objective	: World Cancer Day
Resource persons	: Dr. A. Punitha and Dr. C. Anitha, Assistant professors of Zoology, Holy Cross College, Nagercoil
Outcome of the activity	: Students learnt the various aspects of cancer.
No of Beneficiaries	: 141
Venue	: St. Joseph's Hall

The programme commenced with an introduction to the significance of World Cancer Day, highlighting the importance of raising awareness about cancer prevention and treatment. Dr. A. Punitha and Dr. C. Anitha delivered comprehensive presentations, covering topics such as the etiology of cancer, its molecular mechanisms, and recent advancements in cancer research. Through engaging discussions and illustrative examples, the resource persons elucidated complex concepts, enabling the audience to grasp the intricate nature of cancer biology. They emphasized the role of genetics, epigenetics, and environmental factors in cancer development, fostering a deeper understanding among the attendees. The interactive nature of the session encouraged active participation, with attendees posing thought-provoking questions and sharing personal insights. Dr. A. Punitha and Dr. C. Anitha addressed each query with clarity and expertise, enriching the learning experience for all. Overall, the talk proved to be a valuable educational initiative, providing attendees with a holistic understanding of cancer and its molecular intricacies. It underscored the importance of continued research and awareness efforts in combating this global health challenge. We extend our sincere appreciation to Dr. A. Punitha and Dr. C. Anitha for their invaluable contributions to the programme. Special thanks to all the participants for their enthusiastic engagement and active involvement. We remain committed to organizing similar educational events in the future to promote awareness and understanding of important health issues within our community.

**Outcome of the Activity:** The Department of Zoology organized a talk on "An Overview and Molecular Aspects of Cancer" on February 13, 2023, to commemorate World Cancer Day. The resource persons for the event were Dr. A. Punitha and Dr. C. Anitha, both esteemed Assistant Professors of Zoology at Holy Cross College, Nagercoil. Their expertise in the field provided valuable insights into the various aspects of cancer, particularly focusing on its molecular underpinnings.





## MILLETS FOOD EXHIBITION

On the 3<sup>rd</sup> of March 2023, Holy Cross College (Autonomous), Nagercoil, hosted a vibrant and educational Millets Food Exhibition, which attracted an impressive attendance of 1925 participants. This exhibition aimed to raise awareness about the nutritional benefits and culinary versatility of millets, promoting them as a sustainable and healthy dietary option. The event featured a variety of stalls displaying an array of millet-based dishes, showcasing traditional recipes alongside innovative culinary creations. Attendees had the opportunity to taste these dishes, learn about the health advantages of incorporating millets into their diet, and gather practical tips for cooking with millets at home. The exhibition also included informative sessions led by nutrition experts and culinary demonstrations, which were well-received by the diverse audience of students, faculty, and community members. The success of the Millets Food Exhibition also highlighted Holy Cross College's commitment to community engagement and education on critical health issues. The event fostered a sense of unity and shared purpose among participants, encouraging them to make more informed dietary choices.





## HEALTH AND HYGIENE



### **Holy Cross College (Autonomous)**

**Affiliated to Manonmaniam Sundaranar University  
Re- accredited with A+ by NAAC (IV Cycle- CGPA 3. 35)  
Nagercoil- 4, Tamil Nadu.**



**Department of English(SF)  
English Coffee House Association**

## **Health and Hygiene**

**Resource Person**

**MS. J.M Gracelin Lydia**

**Assistant Professor of English,  
Holy Cross College (Autonomous),  
Nagercoil**

**Patron: Dr. Sr. Mary Hilda, Secretary**

**Chair person: Dr. Sr. S. Sahaya Selvi,  
Principal**

**Dr. Sr. Leema Rose, Vice Principal**

**Dr. P Sathya, Vice Principal**

**Ms.M.Maria Helen Janoba- Convener &  
Organizing Secretary**

**Date: 29. 03.2023**

**Time: 2.20 to 3.15 pm**

**Venue: II B.A Classroom**

**Date** : 30-03-2023

**Organized by** : Department of English (SF)

**Objective** : To know the importance of health and hygiene to lead a sick free life

**No. of beneficiaries** : 54

**Venue** : Classroom

**Outcome of the activity** : The students will understand the importance of health and will maintain hygiene wherever they are.

On 30<sup>th</sup> March 2023 the Department of English SF and Coffee House Association of Holy Cross College organized an awareness program on Health and Hygiene. The resource person J.M. Gracelin Lydia, Assistant Professor, Holy Cross College gave a splendid talk on health and hygiene. The students attended it with much enthusiasm and they were eager to know more about their health and hygienic practices. She also explained that good personal hygiene involves keeping all parts of the external body clean and healthy. It is important for maintaining both physical and mental health. In people with poor personal hygiene, the body provides an ideal environment for germs to grow, leaving it vulnerable to infection. The students listened patiently and the program ended with the questions and answer session.



HEALTHY LIFESTYLE



## **Holy Cross College (Autonomous)**

**Affiliated to Manonmaniam Sundaranar University  
Re- accredited with A+ by NAAC (IV Cycle- CGPA 3. 35)  
Nagercoil- 4, Tamil Nadu.**



**Departemnt of English(SF)  
English Coffee House Association**

### **Healthy Lifestyle**

**Resource Person**

**MS.K.Mihi Nancy**

**Assistant Professor of English,  
Holy Cross College (Autonomous),  
Nagercoil**

**Patron: Dr. Sr. Mary Hilda, Secretary  
Chair person: Dr. Sr. S. Sahaya Selvi, Principal  
Dr. Sr. Leema Rose, Vice Principal  
Dr. P Sathya, Vice Principal  
Ms.M.Maria Helen Janoba- Convener &  
Organizing Secretrary**

**Date: 05.04.2023**

**Time: 1.20 to 2.15 pm**

**Venue: I B.A Classroom**

Date : 05-04-2023  
Organized by : Department of English (SF)  
Objective : To know the importance of health and hygiene to lead a sick free life  
No. of beneficiaries : 22  
Venue : Golden Jubilee Hall  
Outcome of the activity : The students will understand the importance of health and will maintain hygiene wherever they are.

A guest lecture on 'Healthy lifestyle' was organised by the department of English SF for the first-year undergraduate students on 5/4/2023 in the Jubilee Hall at 1.30pm. Ms. K. Mihi Nancy, Assistant Professor of English gave a talk and interacted with the students to focus on their health. She commenced the event with a silent prayer and began her talk. She stressed on the importance maintaining good health to prevent chronic diseases and long-term illnesses. She also advised the students to avoid junk food to prevent the risk of getting liver disease and cancer. Once the talk was over, the students clarified their doubts regarding the same and got benefitted out of this programme.



**AWARENESS TALK ON GOOD HEALTH AND WELL BEING**



**DEPARTMENT OF HISTORY  
HOLY CROSS COLLEGE (Autonomous)**

Affiliated to Manonmaniam Sundaranar University  
Accredited with A\* Grade (CGPA- 3.35) by NAAC (IV Cycle)  
Nagercoil – 629004, Tamil Nadu, India

**AWARENESS TALK ON GOOD HEALTH  
&  
WELL BEING**

RESOURCE PERSON

**Ms. Nebika Beldaser,**  
II BA History,  
Holy Cross College (Autonomous), Nagercoil

**DATE :05-04- 2023**

**VENUE:** St. James Higher Secondary School, Vaniyakudi



Department of History arranged the RUN programme on 05.04.2023 for II B.A. History students (Total: 16) and conducted the RUN programme at St. James Higher Secondary School, Vaniyakudi. Our students had created 'Plastic free awareness programme and usage of Manjappai among the students by story-telling, dance and drama in that school. The school beneficiaries are 64. Nebika Beldasr from II BA history had given awareness programme on Awareness talk on Good Health & Well-being. Both the school students and college students got benefitted through this session.





## NLP RELAXATION THERAPIES



### NLP Relaxation Therapies

*Organised by*  
**PG Department of Social Work,  
 Holy Cross College (Autonomous), Nagercoil**



#### RESOURCE PERSON

**A.Justin Avinash  
 Inana Deepa,  
 Institute of philosophy and theology, Puneae.**

**05/04/2023**

**TIME 10 AM**

Date : 05-04-2023

Organised by : PG Department of Social Work, Holy Cross College (Autonomous), Nagercoil

Theme/ Objective : It helps students understand the important of Neuro-linguistic programming (NLP) and it involves to analysing the strategies used by successful individuals and applying them to reach a personal goal.

Outcome of the activity : NLP techniques can help individuals effectively manage and reduce stress levels. By reframing negative thoughts and adopting a more positive mindset, individuals can experience a greater sense of calm and relaxation.

No. of Beneficiaries : 11

Venue : Department of Social Work



2021-2022

Value Added - Clinical Chemistry

Course Code	Credit	Total Hours	Marks
VAC203	2	30	100

**Objectives:**

- To give an awareness on safety measures in the lab.
- To enable the students to aware of the various common diseases and their control measures.
- To know the composition of blood and blood grouping.

**Course Outcomes**

- To remember the safety measures in clinical laboratory.
- To understand the causes and treatment of disease.
- To apply the safety protocols.
- To analyse the composition of blood and treatment of diseases.
- To determine the glucose in urine and blood.

**Unit I**

Safety in laboratory – importance, personal protection – dangers to avoid – chemical hazards – acid burns – acid and alkali on eye, poisoning by strong acids, caustic alkali. Hazards of carbon monoxide.

**Unit II**

First-aid box- Rules of first aid, first aid for accidents, cuts, bruises, bleeding, fracture, burns, fainting and poisonous bites.

**Unit III**

Composition of blood – blood grouping - identification of blood groups and matching. Determination of glucose in serum, Tests for salts in serum and urine.

**Unit IV Diseases and treatment - I**

Common diseases – causes and treatment of insect borne diseases – malaria and filariasis. Air borne diseases – diphtheria, whooping cough and tuberculosis. Water borne diseases – cholera, typhoid and dysentery.

**Unit V Diseases and treatment –II**

Diabetes – control, dosage and uses of insulin, oral and hypoglycemic drugs. Cardiac diseases – cardio vascular drugs. Hyper tension – anti hypertensive drugs.

**Text Book:**

1. Text book of Pharmaceutical Chemistry- Jaya Shree Gosh, Sultan Chand & Co. S. Chand and Company. Ram Nagar, N. Delhi, 1992.

**Reference books:**

1. Medicinal Chemistry - Ashutoshkar, New age International (p) Ltd, publishers, 1996.
2. Weil, J. H. & Wilfy. (1987). General Bio Chemistry, (6<sup>th</sup> ed.). Eastern publishers.

## Semester I

### NME I: PUBLIC HEALTH AND HYGIENE

Course Code: ZNM201

No. of Hours/ Week	No. of Credits	Total Hours	Marks
2	2	30	100

### Objectives

1. To understand the various aspects of health and hygiene and to practice a healthy life.
2. To develop skill for personal care and maternal health for the betterment of society.

### Course Outcomes

CO	Upon completion of this course the students will be able to:	PSO addressed	CL
CO - 1	describe personal health with respect to skin, hair, eye, ear and teeth.	PSO - 1	R
CO - 2	explain the concepts of health and nutrition in relation to physical, mental, social and spiritual fitness.	PSO - 1	U
CO - 3	analyse BMI and personal hygiene.	PSO - 3	An
CO - 4	evaluate food quality, housing standards and good sanitation.	PSO - 2	E
CO - 5	apply the knowledge of maternity, child health and Swachh Bharat Mission.	PSO - 4	Ap

**Unit I** (6 hrs.)

**Nutrition and health:** Concept of health. Food pyramid. Snacking and Fast food. BMI - obesity - malnutrition (Kwashiorkor and Marasmus). Food hygiene, food toxicants and adulterants.

**Unit II** (6 hrs.)

**Personal health care:** General care of skin, hair, teeth, eye and ear. Personal hygiene.

**Unit III** (6 hrs.)

**Maternal and Child health:** Motherhood - pregnancy confirmation - common problems during pregnancy - labour and delivery - postnatal care. Vaccination schedule in India. Family planning.

**Unit IV** (6 hrs.)

**Environment and Health:** Standards of housing. Sanitary health measures during fairs and festivals. Swachh Bharat Mission and Swachhata Hi Seva. Precautions during pandemic situations.

**Unit V** (6 hrs.)

**First aid:** First aid procedures for dehydration, heart attack, poisoning, electric shocks, drowning, snake bite, road accidents and fire accidents.

**Textbook**

Sorna Raj, R., Kumaresan, V. (2012). *Public Health and Hygiene*. Nagercoil: Saras Publication.

**Reference Books**

1. Park, K. (2005). *Park's Textbook of Preventive and Social Medicine* (18<sup>th</sup> ed.). Jabalpur: M/S. Banarsidas Bhanot Publishers.
2. LakshmanaSarma, K. & Swaminathan, S. (2011). *Speaking of Nature Cure*. New Delhi: Sterling Publications Pvt. Ltd.
3. Hoon, R.S. (1983). *First aid to the Injured*. New Delhi: Published by St. John Ambulance Association, Printed at The Statesman's Press.

**WORKSHOP ON BLOOD GROUPING AND TESTING**



Holy Cross College (Autonomous)  
Accredited with A+ Grade (CGPA 3.35-4<sup>th</sup> Cycle)  
By NAAC  
Nagercoil -629004, Tamil Nadu.  
Department of Chemistry



**Workshop on  
Blood Grouping and Testing**

**15-11-2022**

**Resource Person : Mrs. Vijila Christy,  
Vivek Lab, Nagercoil**

**Venue : Room No: 2**

On 15-11-2022 the Department of Chemistry organized a workshop on “Blood Grouping and Blood Testing”. Mrs. Vijila Christy from Vivek Lab, Nagercoil was the resource person. She explained the methods of testing and grouping blood. The students got hands on training. This motivated them to test their own blood group. The beneficiaries of the workshop were 35 I B. Sc Chemistry students.





**WOMEN HEALTH ISSUES AND REMEDIES**



**HOLY CROSS COLLEGE(AUTONOMOUS)**

*Affiliated to Manonmaniam Sundaranar University  
Accredited with 'A+' Grade (CGPA- 3.35) by NAAC (IV Cycle)  
Nagercoil -629004, Tamil Nadu, India*



**PG and Research Department of Economics**  
*invites you to the state level Webinar on*

**Date**  
**30-06-2021**

**Time**  
**10:00 a.m**

**Click  
Here to  
Register**

**Click Here  
to  
Join**

**E-Certificate  
will be issued**

# **WOMEN HEALTH ISSUES AND REMEDIES**

**An Awareness Programme**


## **RESOURCE PERSON**

Prof.Ms. SWAPNA M.K. Nair.,  
RN.,RM.,MSN.,Ph.D (P)  
Professor Cum Principal  
Sree Ramakrishna College of Nursing,  
Kulasekharam

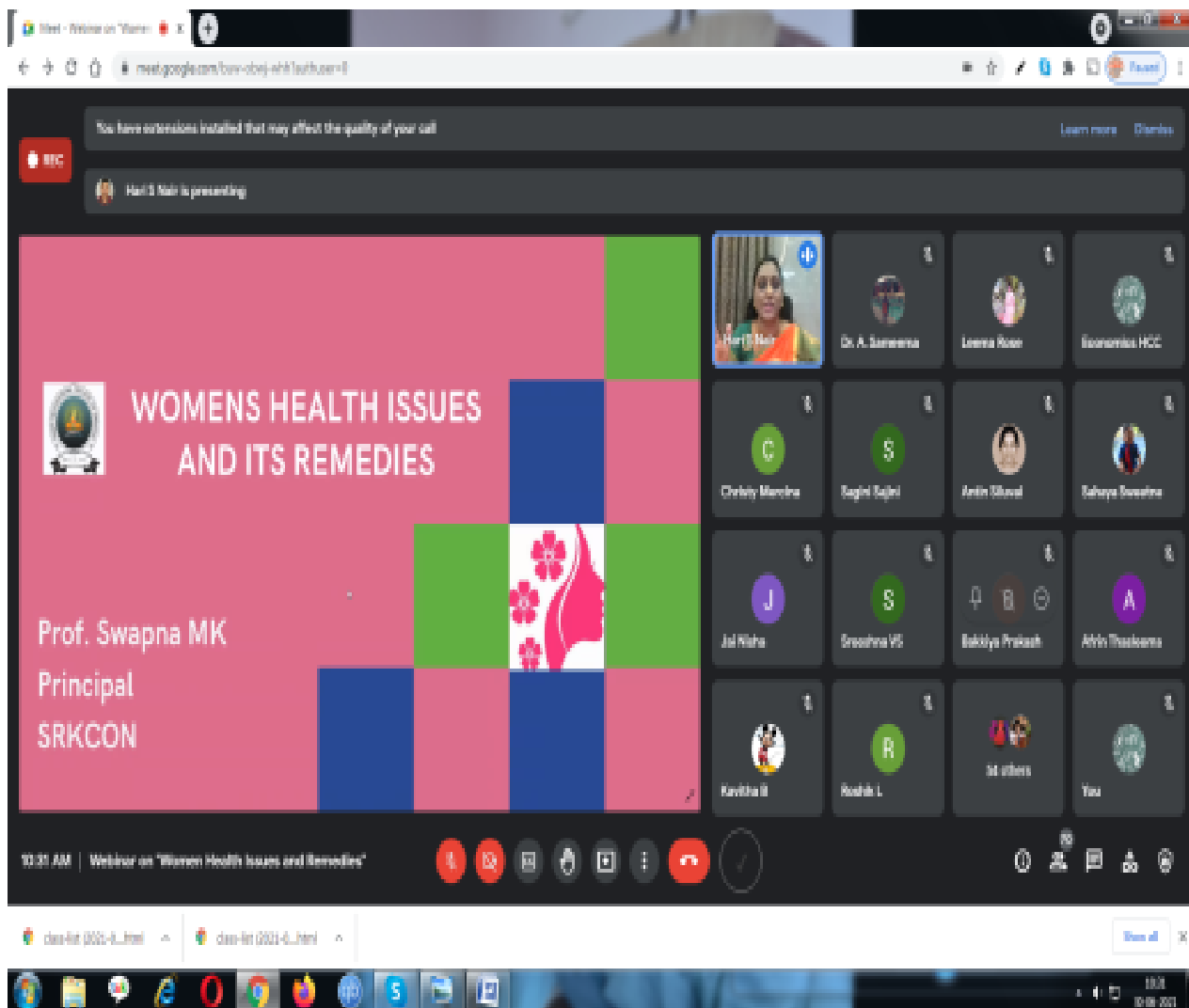
Patron : Dr.Sr.Gerardin Jayam, Secretary  
Chairperson : Dr.Sr.Anne Perpet Sophy, Principal  
Convener : Dr.S. Jeni Sanjana, Head of the  
Department

**Organizing Secretaries**

**Dr. A. Sameema  
Dr. S. Vimal Dolli**

 **9003552535, 9486604502**  
**economics@holycrossngl.edu.in**

The Department of Economics at Holy Cross College (Autonomous) organized a state-level webinar on women's health issues and remedies, featuring Prof. M.S. Swapna M.K. Nair, Professor cum Principal at Sree Ramakrishna College of Nursing, Kulasekharam, as the resource person. The event aimed to raise awareness and provide insights into women's health challenges across different life stages, including adolescence, reproductive age, and menopause. Prof. Nair discussed key issues such as menstrual health, reproductive health, chronic diseases, mental health, and the importance of preventive care. She emphasized holistic remedies involving balanced nutrition, regular exercise, mental health support, and community awareness programs. The interactive session allowed participants to engage directly with Prof. Nair, highlighting the high level of interest and the need for continued education on these topics. The webinar commenced with a welcome address by Dr. A. Sameema and concluded with a vote of thanks by Dr. S. Vimal Dolli, underscoring the event's success in promoting critical health awareness and setting the stage for future initiatives.



2020-2021

INTERNATIONAL WEBINAR ON EVOLUTION OF TREATMENT: AN OVERVIEW -  
CANCER & COVID-19

The poster is for an international webinar. At the top, it says 'International Webinar' and 'Evolution of Treatment: An Overview - Cancer & Covid-19'. The date is '27/06/2020' and the time is '9.30 to 12.00 noon'. It is organized by 'The Department of Zoology, Holy Cross College (Autonomous) Nagercoil, 629 004', which is nationally re-accredited with A+ Grade (CGPA 3.35) by NAAC (IV cycle). The college is affiliated to 'Manonmaniam Sundaranar University, Tirunelveli, India'. The patron is 'Dr. Sr. Gerardin Jayam, The Secretary, Chair Person'. The principal is 'Dr. Sr. S. Anne Perpet Sophy, The Principal, Convener'. The head of the department of zoology is 'Dr. S. Mary Mettilda Bai'. The organizing secretaries are 'Dr. F. Brisca Renuga & Dr. X. Wonci Candida', both Associate Professors. There is a section for 'Free Registration' with a link and a Google Meet link. At the bottom, there are two columns of 'Organizing Members' with their names. On the right side, there are two small portrait photos of men.

*International Webinar*  
011  
**Evolution of Treatment: An Overview**  
*Cancer & Covid - 19*

Date: 27/06/2020 Time: 9.30 to 12.00 noon

Organized by  
**The Department of Zoology, Holy Cross College (Autonomous) Nagercoil, 629 004**  
Nationally Re-accredited with A+ Grade (CGPA 3.35) by NAAC (IV cycle)  
Affiliated to **Manonmaniam Sundaranar University, Tirunelveli, India**

Patron  
**Dr. Sr. Gerardin Jayam,**  
The Secretary  
Chair Person  
**Dr. Sr. S. Anne Perpet Sophy,**  
The Principal  
Convener  
**Dr. S. Mary Mettilda Bai**  
Head of the Department of Zoology.

Organising Secretaries:  
**Dr. F. Brisca Renuga & Dr. X. Wonci Candida**  
Associate Professor Associate Professor

Free Registration. (E- certificate will be provided)  
Registration Link : <https://forms.gle/Z6Z5wyimzV26>  
Google meet link to join the Webinar will be over to the registrants - mail ID.  
Dialout No: 0824665573 - 0834055555E.

**Dr. Leenus Martin**  
Principal Scientist  
Biology lead for early and late stage drug discovery programs, ERASCA, San Diego, CA

**Mr. X. Robert Livingston**  
Senior Zonal Sales Manager  
Glennmark Pharmaceuticals Ltd.,  
Chennai.

Organising Members  
Dr. L. Vinodhyn Arunachalam Pillay Dr. A. Parathira  
Dr. A. Sreya Sagarathi Dr. S. Pratiksh Shetty  
Dr. P.X. Aradhya Girey Dr. C. Arithan  
Dr. Jeni Chandan Padua  
Dr. C. Anupama Prayatharal

Date: 27-06-2020; Duration: 9.30 am – 12 Noon

The webinar started with the introductory words of Dr. Mary Mettilda Bai, Head of the Department of Zoology, followed by the felicitation of Dr. Rev. Sr. Annie Perpet Sophy, The Principal, Holy Cross College, Nagercoil. In the first session The Resource person Dr. Leenus Martin, Principal Scientist, ERASCA, California, was introduced by one of the organizing secretary Dr. F. Brisca Renuga, Associate Professor, Department of Zoology. Dr. Leenus Martin talked about the role of mutation in cancer and different types of treatments such as surgery, radiation and chemotherapy. He also explained the advanced type of treatments named as precision medicine which is based on the idea that different people respond to a medicine differently and different expression of mutated gene which results in cancer. He insisted that in precision medicine, the synthetic chemicals mainly

replacing the protein synthesized by mutated gene to its original condition thereby subsidizing the effect of cancer.

The first session was wind up with the vote of thanks and followed by the introduction of Resource person of the second session, Mr. X. Robert Livingston, Senior Marketing Manager, Glenmark Pharmaceuticals, Chennai by one of the organizing secretary Dr. Vinci Candida, Assistant Professor. Mr. Robert Livingston explains about the symptoms and causes of Covid-19. He instructs the participants dos and don'ts during pandemic. He explained about the medicine Fabiflu recently launched in India by Glenmark Pharmaceuticals. The webinar end up with the vote of thanks by Dr. P.T. Arokya Glory, Assistant Professor, Department of Zoology.

**Registration link:** <https://forms.gle/1oDPzGvpAZU7cLSR7>

**Feedback link:** <https://forms.gle/ZkK2fFrDZkpTuEhX7>

**Video link:** <https://drive.google.com/file/d/1ZICx-dNIJSCqnFIk3a2MRmOc5yys9xy7/view?usp=sharing>

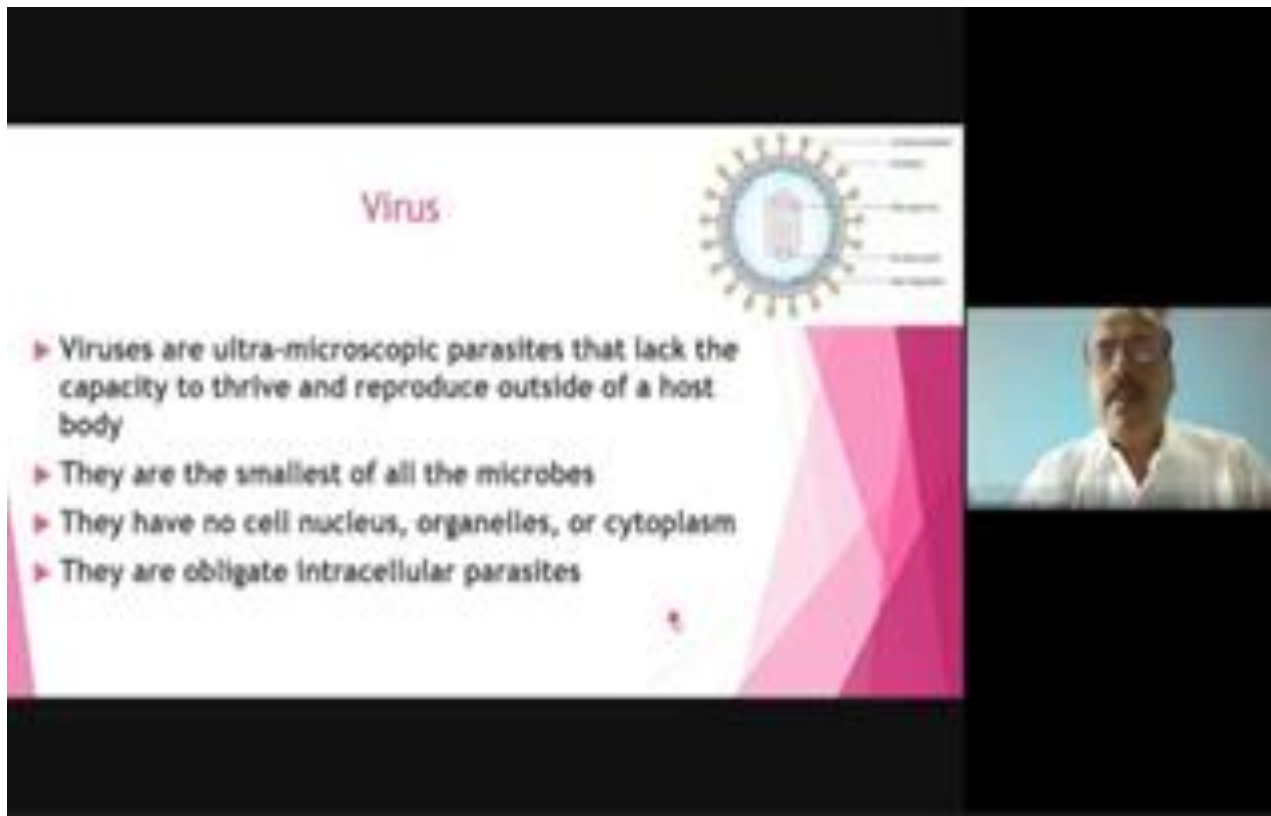
**Organising Secretaries:** Dr. F. Brisca Renuga and Dr. X. Vinci Candida

**Number of Participants Registered:** 288

**Number of Participants within state:** 274

**Number of Participants from other states:** 12 (Kerala: 8 + Madhya Pradesh: 1 + Andhra Pradesh: 2+ Pondicherry: 1)

**Number of participants from other countries:** 2 (Republic of Korea: 1 + Netherlands: 1)




The image shows a screenshot of a webinar presentation. On the left, there is a slide titled "Virus" in pink text. Below the title, there is a diagram of a virus particle with a blue core and a red outer shell. To the right of the diagram is a list of four bullet points describing viruses. On the right side of the slide, there is a small video feed showing a man with a mustache and glasses, wearing a white shirt, speaking. The background of the slide is white with pink and blue geometric shapes.

**Virus**

- ▶ Viruses are ultra-microscopic parasites that lack the capacity to thrive and reproduce outside of a host body
- ▶ They are the smallest of all the microbes
- ▶ They have no cell nucleus, organelles, or cytoplasm
- ▶ They are obligate intracellular parasites

# REGENERATIVE MEDICINE AND PSYCHONEUROIMMUNOLOGY

 **Department of Zoology**  
**Holy Cross College (Autonomous), Nagercoil**  
Re-accredited with 'A+' Grade (CGPA 3.35) by NAAC (IV cycle)  
Affiliated to Manonmaniam Sundaranar University, Tirunelveli.

**Date: 16.07.2020** **National level E-Conference on** **Time: 10.00 am - 12.00 noon**

**"Regenerative Medicine & Psychoneuroimmunology"**

**Patron:**  
Dr. Sr. Gerardin Jayam,  
*Secretary*

**Chairperson:**  
Dr. Sr. Anne Perpet Sophy,  
*Principal*

**Convener:**  
Dr. S. Mary Mettilda Bai,  
*Head of the Department*

**Organising Secretaries:**  
Dr. J. Vinoliya Josephine  
Mary & Dr. A. Punitha


**Organising Members:**  
Dr. F. Brisca Renuga  
Dr. A. Shyla Suganthi  
Dr. P.T. Arokyia Glory  
Dr. Jeni Chandar Padua  
Dr. C. Josephine Priyatharshini  
Dr. X. Venci Candida  
Dr. S. Prakash Shoba  
Dr. C. Anitha

**Resource Persons & Topics**

**Dr. Giridharan Appaswamy,**  
*Chief Scientific Officer,*  
Lifecell International Private Limited, Chennai.  
**Topic: Stem cells In Regenerative Medicine**

**Dr. M. Jayalakshmi,**  
*Assistant Professor, Department of Immunology,*  
School of Biological Sciences, Madurai Kamaraj University.  
**Topic: Psychoneuroimmunology and the Minds  
impact on Health**

**Registration Free, E-Certificate will be provided**  
**Meeting link to the e-Conference will be sent to the registered e-mail id**  
**For Registration click the link: <https://forms.gle/bvEQI7UU3YrzQMLn7>**  
**Contact Numbers: 9940772468, 8903446946**



 **Department of Zoology**  
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*Head of the Department*

**Organising Secretaries:**  
Dr. J. Vinoliya Josephine  
& Dr. A. Punitha

**Organising Members:**  
Dr. F. Brisca Renuga  
Dr. A. Shyla Suganthi  
Dr. P.T. Arokyia Glory  
Dr. Jeni Chandar Padua  
Dr. C. Josephine Priyatharshini  
Dr. X. Venci Candida  
Dr. S. Prakash Shoba  
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Regenerative Medicine  
and  
Psychoneuroimmunology

Date : 16-07-2020

Total Number of Registered Participants : 405

Number of participants attended : 172

A national level E-conference on “**Regenerative Medicine & Psychoneuroimmunology**” was organized by the department of Zoology on 16.07.2020. Dr. F. Brisca Renuga invoked the blessings of God with a short prayer. Dr. S. Mary Mettilda Bai, convener of the conference welcomed the participants. Dr. Sr. Anne Perpet Sophy, Principal offered the felicitations. The fifth volume of the department annual newsletter “Chirps” was released. Dr. J. Vinoliya Josephine Mary, Organizing Secretary welcomed the first resource person Dr. Giridharan Appaswamy, Chief Scientific officer, Life cell International Private Ltd. Chennai. Dr. Giridharan addressed on the topic ‘**Stem cells in Regenerative Medicine**’. He highlighted on the types of stem cells, role of HLA antigens in stem cell therapy and case studies on allogeneous stem cells like Crohn’s disease, Wiskott Aldrich syndrome and gene therapy. The role of cord stem cells in treating various ailment and the functioning of Life cell in stem cell banking and stem cells and COVID 19 was discussed. The participants highly appreciated his lecture and the queries were answered.

The next session was by Dr. M. Jayalakshmi, Assistant Professor, School of Biological Sciences, Madurai Kamaraj University. Dr. A. Punitha, organizing Secretary welcomed the resource person. Dr. M. Jayalakshmi spoke on ‘**Psychoneuroimmunology and the minds impact on health**’. An elaborate research-oriented lecture on stress factors, comparison between boys and girls concerning academics and financial stress, vitamin D as sunshine factor, evolution of immune response, relation between nervous and endocrine system, induced stress and psychoneuroimmunology captured the attention of all participants. Dr. S. Prakash Shoba proposed the vote of thanks. Dr. X. Venci Candida, Dr. A. Shyla Suganthi and Dr. Josephine Priyatharshini served as moderators.

## PEER GROUP DISCUSSION



# PG & RESEARCH DEPARTMENT OF ZOOLOGY AYYA NADAR JANAKI AMMAL COLLEGE

*(Autonomous, affiliated to Madurai Kamaraj University, Reaccredited (4<sup>th</sup> Cycle) with "A+" grade  
(CGPA 3.43 out of 4) by NAAC, College of Excellence by UGC,  
Star College by DBT and Ranked 58<sup>th</sup> in NIRF 2020)*

SIVAKASI - 626 124, TAMIL NADU, INDIA.



Patron

Dr. C. Ashok,

Principal

President

Dr. SP. Sevakodiyone

Head,

Dept. of Zoology-PG

Vice President

Dr. D.N.P. Sudarmani

Assistant Professor,

Dept. of Zoology-PG

Secretary

Miss. K. Hema

II M.Sc., Zoology

Joint Secretary

Miss. I. Evanglin

Indhumathi Rajathi

I M.Sc., Zoology

In collaboration with

# DEPARTMENT OF ZOOLOGY HOLY CROSS COLLEGE

*(Autonomous, affiliated to Manonmani Sundaramar University, Reaccredited (4<sup>th</sup> Cycle) with  
"A+" grade (CGPA 3.35 out of 4) by NAAC)*

NAGERCOIL - 629 004, TAMIL NADU, INDIA.



Organizing

## PEER GROUP DISCUSSION ON "Endocrine Disorders"

Inaugural cum Presidential Address by **Dr. C. Ashok**, Principal, ANJAC.

Felicitation by **Dr. S. Mary Metilda Bai**, Asst. Prof.,  
HOD of Zoology, Holy Cross College, Nagercoil.

Mentor :

**Dr. SP. Sevakodiyone, Ph.D.**  
Associate Professor,  
ANJA College, Sivakasi

Mentor :

**Dr. F. Brisca Renuga, Ph.D.**  
Associate Professor,  
Holy Cross College, Nagercoil



Platform:  
Google Meet

15<sup>th</sup> October  
2020

10.00 to  
11.00 am

Peer Group : II P.G., Zoology

Peer Group : II P.G., Zoology

K. Gowsalya Devi T. Pooma Kala

J. Evelyn Prisilla S. Muthuselvi

K. Gowsly S. Reethika

L. Asha Rosalia A.M. Linet

M. Ponvara Lakshmi S. Dhivakar

S. Anisha J. Asiba Shibani

<https://meet.google.com/oto-zayz-brn>

Date : 15-10-2020  
Time : 10.00 Am  
Platform : Google Meet  
Number Of Participants: 87

The Peer Group Discussion organized jointly by the Department of Zoology, Ayya Nadar Janaki Ammal College, Sivakasi, and Holy Cross College, Nagercoil, marked a significant collaborative effort aimed at academic enrichment and knowledge exchange. With 87 enthusiastic participants, the event commenced with welcome address and inaugural addresses from esteemed personalities in academia. Dr. S. Mary Mettilda Bai's felicitation added prestige to the occasion, highlighting the importance of collaboration in academic pursuits.

Dr. SP. Sevarkodiyone and Dr. F. Brisca Renuga provided insightful introductions, setting the stage for the main discussion on "Endocrine Disorders". The peer group discussion segment showcased the active participation and engagement of students, fostering an environment conducive to learning and idea exchange. The feedback session, facilitated by mentors and students from Holy Cross College, Nagercoil, offered valuable insights and reflections, enhancing the overall learning experience.

The event concluded with a vote of thanks, expressing gratitude to all participants, organizers, and contributors for their valuable contributions to making the event a success. The Peer Group Discussion served as a platform for intellectual discourse, collaboration, and learning, reaffirming the importance of such initiatives in academic endeavours.



2019-2020

SANITATION FOR WOMAN – THE PROBLEM AND SOLUTION



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

(Affiliated To Manonmaniam Sundaranar University, Tirunelveli)  
Accredited With A + Grade (CGPA 3.35) By NAAC



# Department of Botany

**SANITATION FOR WOMAN:THE PROBLEM AND SOLUTION**

Resource person:Mrs.Lsabel Rajesh  
Managing director  
Paavai Cottage Industries  
Vadakkankulam  
Date:11.12.2019



Organizing Secretarie  
J.Albino Wins  
Assistant Professor  
Department of Botany  
Holy Cross College  
(Autonomous)  
Nagercoil - 4

Head of the Department  
Dr. A. Jespin Ida  
Assistant Professor and Head  
Department of Botany  
Holy Cross College (Autonomous)  
Nagercoil - 4

Mrs. Isabel Rajesh, the Managing Director of Friendly Care at Paavai Cottage Industries in Vadakkankulam, conducted an informative awareness session for students. Her talk centred on the utilization and potential adverse effects of conventional sanitary napkins. During the session, students were enlightened about the advantages of organic-based sanitary napkins, particularly those infused with aloe vera. They gained insights into the user-friendly and eco-friendly nature of these products.



Time: 12-11-2019 11:54  
Note: Guest lecture - sanitary products



Time: 12-11-2019 11:54  
Note: Guest lecture - sanitary products



**DEPARTMENT OF ZOOLOGY**  
**HOLY CROSS COLLEGE (AUTONOMOUS)**  
NAGERCOIL - 629 004, TAMIL NADU  
AFFILIATED TO MANONMANIAM SUNDARANAR UNIVERSITY  
ACCREDITED WITH 'A+' GRADE BY NAAC (CGPA 3.35), IV CYCLE



# **Resources, Health Benefits, and Therapeutic Potentials of Seaweeds**

**Date: 03-10-2019**

**Resource Person**  
**Dr. G. Immanuel**  
**The Director**  
**The Center for Marine Science  
and Technology (CMST),  
Rajakkamangalam**

Title of the Programme : Resources, Health Benefits, and Therapeutic Potentials of Seaweeds  
Date : 03-10-2019  
No. of beneficiaries : 120

### **Report:**

On October 3, 2019, an enlightening Endowment Lecture on "Resources, Health Benefits, and Therapeutic Potentials of Seaweeds" was presented by Dr. G. Immanuel, the Director of the Center for Marine Science and Technology (CMST), Rajakkamangalam. The lecture aimed to shed light on the diverse aspects of seaweeds, emphasizing their significance in various fields, including health and medicine. Dr. G. Immanuel, a distinguished authority in marine science, brought a wealth of knowledge and expertise to the lecture. As the Director of CMST, Rajakkamangalam, he has been actively involved in research related to marine resources, making him a credible and well-versed speaker on the subject. Dr. Immanuel began by highlighting the abundant resources present in seaweeds. He discussed the various types of seaweeds, their classifications, and their widespread availability in oceans. The lecture provided insights into the potential economic and industrial applications of seaweeds, such as their use in agriculture, cosmetics, and food industries. The speaker elucidated the nutritional value of seaweeds, emphasizing their rich content of vitamins, minerals, and antioxidants. Attendees gained valuable insights into how incorporating seaweeds into the diet can contribute to overall health and well-being. Dr. Immanuel discussed the potential role of seaweeds in preventing various diseases and promoting a healthy lifestyle. Another crucial aspect covered in the lecture was the therapeutic potentials of seaweeds. Dr. Immanuel elaborated on ongoing research and developments in the utilization of seaweeds for medical purposes. From antimicrobial properties to potential cancer-fighting compounds, the therapeutic applications of seaweeds were explored in-depth. The lecture successfully engaged the audience, comprising students, researchers, and professionals from diverse fields. A Q&A session followed the presentation, allowing attendees to seek clarification on specific topics and fostering a dynamic exchange of ideas.

### **Outcome of the Program**

Dr. G. Immanuel's Endowment Lecture on the "Resources, Health Benefits, and Therapeutic Potentials of Seaweeds" provided a comprehensive understanding of the multifaceted nature of seaweeds. Attendees left with a greater appreciation for the ecological, nutritional, and medicinal significance of these marine organisms. The event contributed significantly to the dissemination of knowledge and the promotion of further research in the field of marine science.

## Resources, Health Benefits, and Therapeutic Potentials of Seaweeds, 03-10-2019

