


## HOLY CROSS HOME SCIENCE COLLEGE THOOTHUKUDI


### A WEBINAR “INTERNATIONAL YOGA DAY”

A Webinar “International Yoga Day” was conducted on 21<sup>st</sup> June 2021 and the Resource Person was Dr. Yogacharya Shanmugapriya Founder, Omkara Yoga Institute, Aumbakkam Chennai. She gave very useful and important information to tackle out day-to-day health issues using Yoga.

**HOLY CROSS HOME SCIENCE COLLEGE, THOOTHUKUDI**  
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)  
Reaccredited with 'B' Grade by NAAC

**International Yoga Day  
Online Webinar**

**RESOURCE PERSON**  
  
Dr. Yogacharya Shanmugapriya M.  
M.Sc., M.Phil., Ph.D  
Founder  
**OMKARA YOGA INSTITUTE**  
Aumbakkam

**Join Via**  
  
Meeting Link:  
[meet.google.com/wdy-szfn-ura](https://meet.google.com/wdy-szfn-ura)

**Patron**  
Rev. Dr. Sr. Mary  
Gilda  
Secretary &  
Principal  
Phone:  
[www.hsccl.edu](http://www.hsccl.edu)

**Organizer**  
Mrs. Anbu Mary  
Physical Director

**June 21 11 - 12 P.M**

The poster features a central image of a woman in a blue tank top performing a yoga pose (Urdhva Dhanurasana) with her arms raised. In the background, two other people are also performing yoga. The poster includes logos of the college and NAAC, a calendar icon for June 21, a clock icon showing 11-12 P.M, and three circular icons depicting different yoga asanas.

## Report on Union Inauguration – September 2021

The inauguration ceremony of the college Union was organized on 23 .09. 2021 .The function took place in the conference hall. It was arranged and organized by the PG and the Research department of Commerce. Dr Senthil Kannan ,Director of Pearl City Academy for leadership and managing skill was invited for presiding the union inauguration .All the Union members were honored .As the program commenced with the prayer song the inauguration function and installation of Union members continued with the lighting of lamps and candles .Each and every office bearers where given their respective badges. The oath was taken by all the coordinators and by the student's representative of each class. Then report of fore coming activities planned for the current year was well presented by the committee directors of each club and committee. The function was followed by the presidential address. The union inauguration was celebrated with the spirit of moulding the young minds.



## **HOLY CROSS HOME SCIENCE COLLEGE, THOOTHUKUDI**

### **25<sup>TH</sup> JANUARY 2022 NATIONAL VOTER'S DAY**

The National voter's day was celebrated on 25<sup>th</sup> January 2022 in our college. The main Motive of the day is to express the importance of each voter and their rights to vote without any communal or religious bias with respect to this day all the faculties took their oath to uphold their rights.



## A WORKSHOP ON “FITNESS EXERCISES FOR FEMALE

A Workshop on “Fitness exercises for Female “was conducted on 21<sup>st</sup> September 2021. The Resource person was Mr. Umer Bashir Director of Physical Education Degree Government College Anantnag J&K. He demonstrated various symbol and easy exercises for female and gave the importance of being physically fit.

The poster is for a workshop titled "Fitness Exercise for Female" organized by the Department of Physical Education at Holy Cross Home Science College, Thoothukudi. It features a central circular portrait of the resource person, Mr. Umar Bashir, and a calendar indicating the date as 21 September. The time slot is 2.00 pm to 3.30 pm. The poster also includes illustrations of a woman running on a treadmill and a woman performing a seated exercise. The names and roles of the convenor and organizer are listed at the bottom.

**HOLY CROSS HOME SCIENCE COLLEGE, THOOTHUKUDI**  
**Department of Physical Education**  
**Organizes**  
**Workshop on**  
**"Fitness Exercise for Female"**

**Resource Person**  
**Mr. Umar Bashir**  
**Director of Physical Education**  
**Degree Gov. College**  
**Anantnag, J&K**

**Dr. Sr. Mary Gilda**  
**Convenor**

**Ms. Anbu Mary**  
**Organizer**

**21**  
**SEPTEMBER**  
**2.00 pm -**  
**3.30 pm**

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## **HOLY CROSS HOME SCIENCE COLLEGE, THOOTHUKUDI**

### **REPUBLIC DAY**

The 73<sup>rd</sup> **Republic day** was celebrated on 26<sup>th</sup> January 2022 along with Holy Cross Home Science Matriculation School. The Chief Guest for the occasion was Dr.S.M.D. Mathuravalli, AssociateProfessor, Head of the Department of Fashion Designing and Apparel Making, Holy Cross Home Science College, Thoothukudi.The Presidential address was delivered to all the staff. She delivered her speech on the freedom struggle and their Patriotic dedication to the nation before Independence. She also highlighted the importance and role of each and every youngster and their rights in expressing their patriotism.





## **NATIONAL SERVICE SCHEME- UNIT NO.53**

### **WORLD OZONE DAY**



To spread awareness among the students about the depletion of Ozone Layer, drawing competition on the theme “Montreal Protocol” was organized by the National Service Scheme on September 16, 2021. 24 students sketched their perceptions on the prevention of Ozone layer.



**NATIONAL SERVICE SCHEME & YOUTH RED CROSS**  
**WEBINAR ON MONSOON & RAINWATER HARVESTING**

*“A drop harvested is a crop harvested” - Unknown*



National Service Scheme in collaboration with Youth Red Cross organized a Webinar on “Monsoon and Rainwater Harvesting” on September 27, 2021 through Google Meet. Mr. K. Vinoth Kingston, Research Scholar of Geology, V.O.Chidambaram College, Thoothukudi was the chief Guest. He recounted in brief the seasonal changes in the atmosphere and its after effects, and further evinced the significance of Rainwater Harvesting. 55 NSS & YRC Volunteers actively participated in the meet.

**YOUTH RED CROSS**  
**CARICATURE ON GIFT OF ALMS**



In order to accentuate the empathetic feelings among the students, drawing competition on the topic “Gift of Alms” was organized by Youth Red Cross on September 9, 2021. The competition was organized in observation of International Day of Charity. 18 students participated and sketched their artistic talents.

## HYGIENE KIT OFFERING



As instructed by the Indian Red Cross Society, Tamilnadu Branch, 10 Covid-19 Hygiene Kits were offered to needy by the Youth Red Cross volunteers in various areas of Thoothukudi District such as Meyyampuli, Kulaiyankarisal and Mattakadai on Oct 4,2021. Hygiene kit holds 11particulars such as Towel, Bath Soap, Washing Soap, Comb, Coconut oil, Tooth paste, Tooth Brush, Sanitizer, Cloth Face Mask, Napkin and Headache balm.

**Date: 06 / 09/2021**

**Activity: Nutritional Week Celebration**

**Place: Sivanthakulam, Thoothukudi.**

**Resource person:** Mrs.K.Rosy, Assistant Professor, Department of Food Science and Nutrition.

On 7<sup>th</sup> September 2021 Mrs. K.Rosy delivered a speech on “**Immune Booster Foods**” for ICDS Workers. The Workers gave an extremely overwhelming response since these days everyone is aware of the health and well-being. A speech on the nutritional value of various foods explained. She spoke about the importance and functions of Immune Booster Foods in the body, lack of immune leads to various disease and disorder and intake of immune rich foods daily diet. We have conducted Nutri Expo to improve their Knowledge on Immune Booster Foods. The women were greatly benefitted with the sessions and gained knowledge . Around 60 women’s were benefited.





**Date:** 06 / 09/2021

**Activity:** Nutritional Week Celebration

**Place:** Sivanthakulam, Thoothukudi.

**Resource person:** Mrs.A.Marithangam, Assistant Professor, Department of Food Science and Nutrition.

On 7<sup>th</sup> September 2021 Mrs. A.Marithangam delivered a guest lecture on “**Balanced Diet**” for Mentally Retarded Children’s and their Parents. She spoke about the importance of developing healthy eating habits exhibited charts on the different types of diets, importance of nutrition health benefits of balanced diet were shared. Students and parents got the opportunity to interact with doubts and clarified with nutritionist, and gained instructions on topics like balanced diet, right food for children, etc. The event got an overwhelming response from all women and was a grand success. Around 40 women and their Children’s were benefited.

