

# **HOLY CROSS COLLEGE (AUTONOMOUS)**

**(Affiliated to M.S. University, Tirunelveli)**

**Accredited with A+ Grade (CGPA 3.35 – 4<sup>th</sup> Cycle) by NAAC**

**ISO 9001 : 2015 Certified Institution**

**Nagercoil - 629 004, Tamil Nadu, India**



## **HEALTH AND HYGIENE**

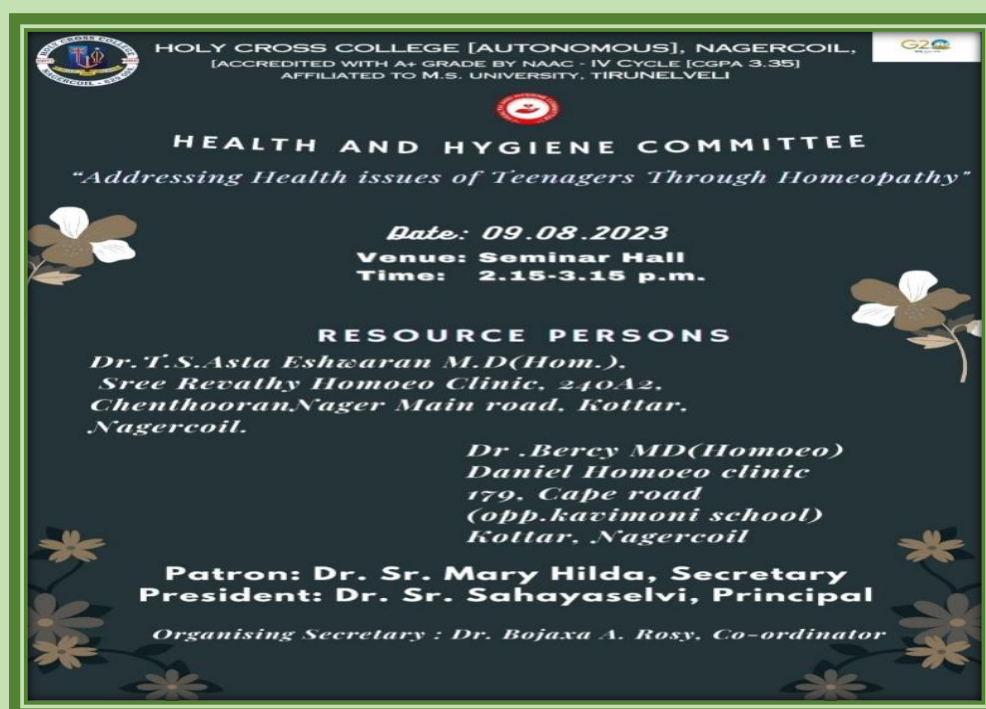
### **ANNUAL REPORT**

**(2023 -2024)**



## 2023-2024

<b>Title of the Programme</b>	:	Addressing Health issues of Teenagers Through Homeopathy
<b>Date</b>	:	09-08-2023
<b>Organized by</b>	:	Health and Hygiene Committee
<b>Theme/Objective</b>	:	To provide effective homeopathic remedies to address health issues among students, promoting their well-being and academic performance.
<b>Resource Persons</b>	:	1. Dr.T.S.Asta Eshwaran M.D(Hom.), Sree Revathy Homoeo Clinic, 240A2, ChenthooranNager Main road, Kottar, Nagercoil-4. 2. Dr .Bercy MD(Homoeo) Daniel Homoeo clinic 179, Cape road (opp.kavimoni school) Kottar, Nagercoil-4.
<b>Outcome of the Activity</b>	:	Students gain a better understanding of how homeopathy can provide safe and effective solutions for health challenges, such as acne, anxiety, and menstrual problems.
<b>No. of Beneficiaries</b>	:	70
<b>Venue</b>	:	Seminar Hall, Holy Cross College [Autonomous], Nagercoil





<b>Title of the Programme</b>	:	Distribution of Albendazole Tablets IP400mg
<b>Date</b>	:	25-08-2023
<b>Organized by</b>	:	Health and Hygiene Committee
<b>Theme/Objective</b>	:	To distribute Albendazole tablets IP to students to combat parasitic infections and improve their overall health and well-being.
<b>Outcome of the Activity</b>	:	Reduced prevalence of parasitic infections and improved health outcomes among students receiving Albendazole tablets IP.
<b>No. of Beneficiaries</b>	:	1980
<b>Venue</b>	:	Holy Cross College [Autonomous], Nagercoil



HOLY CROSS COLLEGE [AUTONOMOUS], NAGERCOIL,  
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AFFILIATED TO M.S. UNIVERSITY, TIRUNELVELI



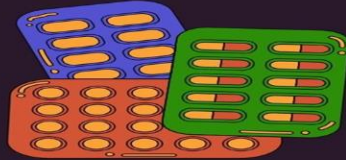
## HEALTH AND HYGIENE COMMITTEE

*Distribution of Albendazole Tablets IP 400mg*

*Date: 25.08.2023*

**Venue: Holy Cross College [Autonomous],  
Nagercoil**

**Time: 9.00 a.m. - 10.00 a.m.**



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

*Organisers: Health and Hygiene Committee*



Health And Hygiene  
Tablet Distribution  
25.08.2023 09:13



**Title of the Programme** : Distribution of Ferrous sulphate and Folic acid IP 335mg

**Date** : 23-09-2023

**Organized by** : Health and Hygiene Committee

**Theme/Objective** : To distribute Ferrous sulphate and Folic acid IP 335mg to students for addressing nutritional deficiencies.

**Outcome of the Activity** : Have a positive impact on the health and well-being of the students and staff by addressing potential iron and folate deficiencies.

**No. of Beneficiaries** : 1980

**Venue** : Holy Cross College [Autonomous], Nagercoil



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**HEALTH AND HYGIENE COMMITTEE**  
*Distribution of Ferrous sulphate and Folic acid IP 335mg*  
***Date: 23.09.2023***

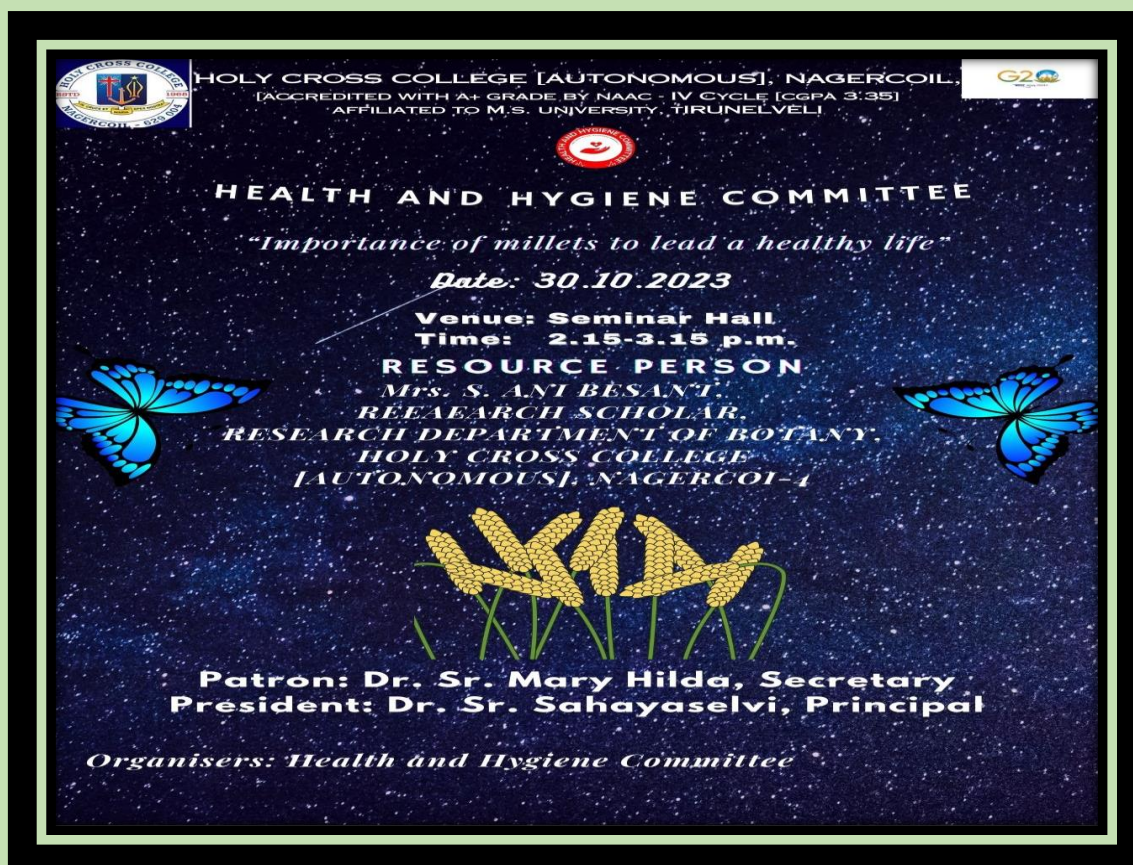
**Venue: Holy Cross College [Autonomous],  
Nagercoil**  
**Time: 10.00 a.m. - 11.00 a.m.**



**Patron: Dr. Sr. Mary Hilda, Secretary**  
**President: Dr. Sr. Sahayaselvi, Principal**  
*Organising Secretaries: Health and Hygiene Committee*



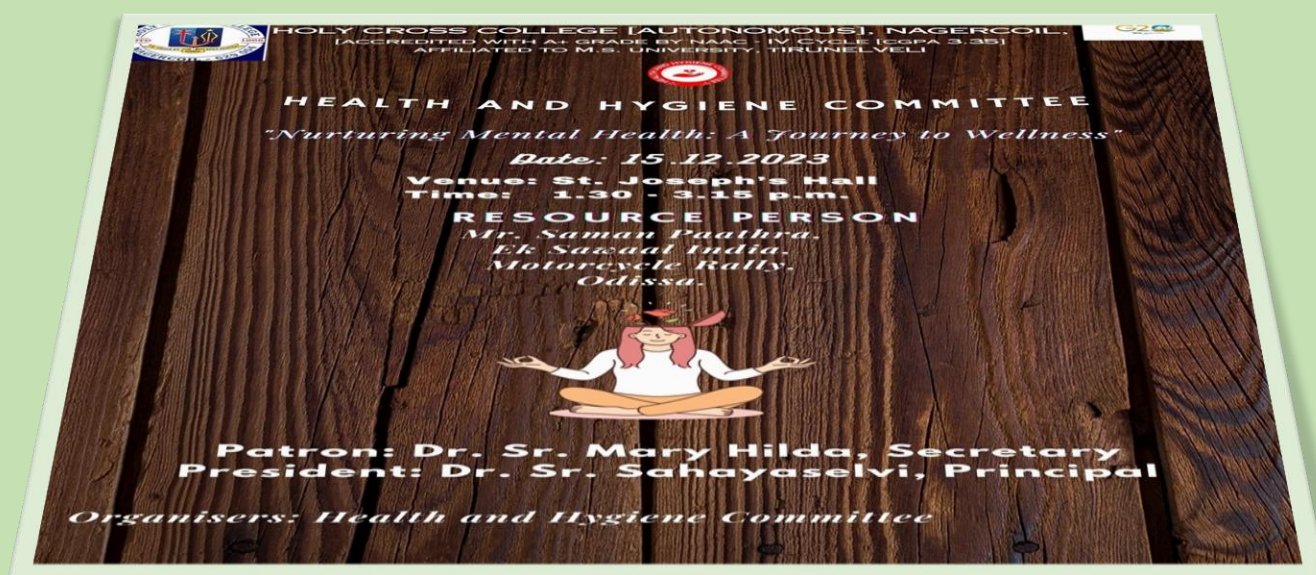
<b>Title of the Programme</b>	:	Importance of millets to lead a healthy life
<b>Date</b>	:	30-10-2023
<b>Organized by</b>	:	Health and Hygiene Committee
<b>Theme/Objective</b>	:	To incorporate millets into students' diets promotes better cognitive function, sustained energy levels, and overall health, supporting academic performance and well-being.
<b>Resource Person</b>	:	Mrs. S. Ani Besant, Research Scholar, Research Department of Botany, Holy Cross College [Autonomous], Nagercoil-4
<b>Outcome of the Activity</b>	:	Students gained an understanding of how millets are essential for leading a healthy life.
<b>No. of Beneficiaries</b>	:	100
<b>Venue</b>	:	Seminar Hall, Holy Cross College [Autonomous], Nagercoil



**Title of the Programme** : Talk on Nurturing Mental Health: A Journey to Wellness



<b>Date</b>	:	15-12-2023
<b>Organized by</b>	:	Health and Hygiene Committee
<b>Theme/Objective</b>	:	To empower individuals to proactively manage their mental health through education, resources, and support, fostering resilience and well-being.
<b>Resource Person</b>	:	Mr. Saman Paathra, Ek Sawaal India, Motorcycle Rally, Odissa.
<b>Outcome of the Activity</b>	:	Promote students' mental well-being through awareness, coping strategies, and access to support, fostering a conducive learning environment.
<b>No. of Beneficiaries</b>	:	150
<b>Venue</b>	:	St. Joseph's Hall, Holy Cross College [Autonomous], Nagercoil





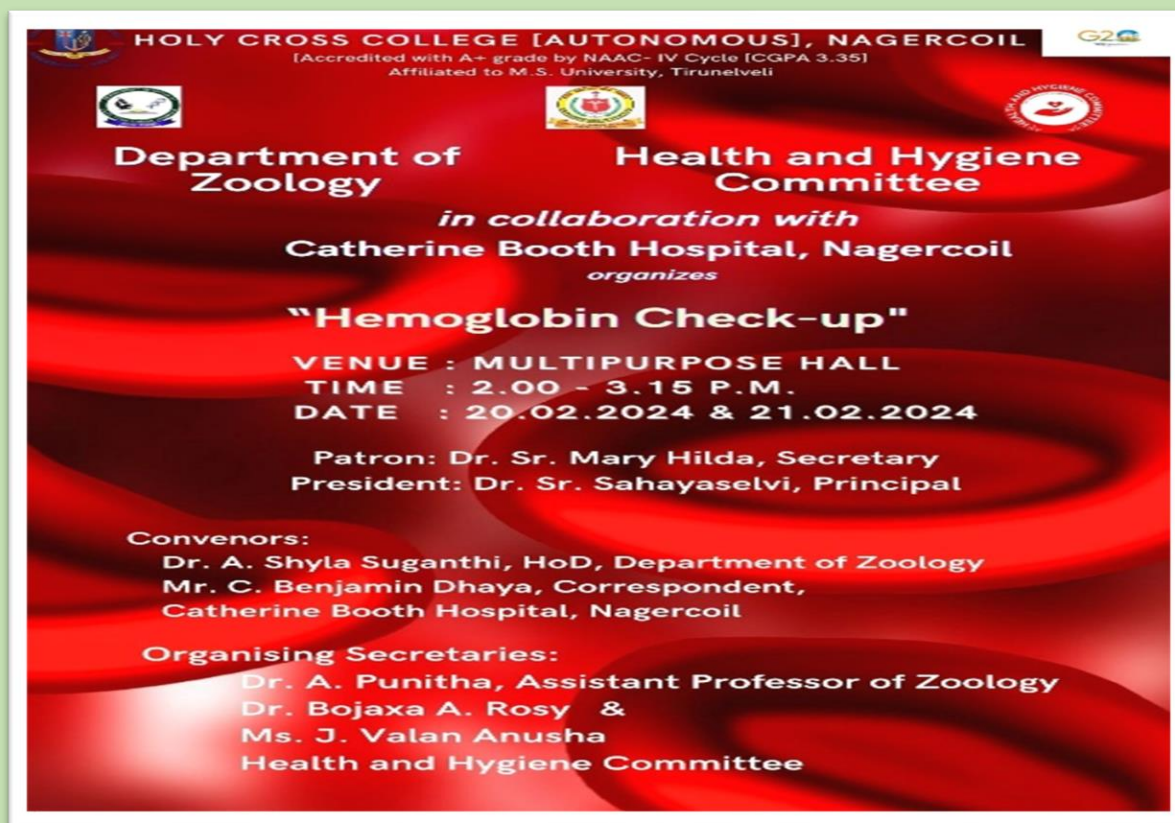


<b>Title of the Programme</b>	:	Lecture on Effective Menstrual Hygiene Management
<b>Date</b>	:	19-12-2023
<b>Organized by</b>	:	Health and Hygiene Committee
<b>Theme/Objective</b>	:	To equip students with comprehensive knowledge and practical skills to effectively manage menstrual hygiene, ensuring their physical comfort, mental well-being, and academic success.
<b>Resource Person</b>	:	Mrs. Bashidha Banu S, Research Scholar, Research Department of Botany, Holy Cross College [Autonomous], Nagercoil-4
<b>Outcome of the Activity</b>	:	Increased awareness and adoption of hygienic practices leading to improved menstrual health and overall well-being among students.
<b>No. of Beneficiaries</b>	:	85
<b>Venue</b>	:	Room No. 48, Department of Botany, Holy Cross College [Autonomous], Nagercoil





<b>Title of the Programme</b>	:	Haemoglobin Check-up
<b>Date</b>	:	20-02-2024 & 21-02-2024
<b>Organized by</b>	:	Health and Hygiene Committee and Department of Zoology in Collaboration with Catherine Booth Hospital Nagercoil
<b>Theme/Objective</b>	:	To promote student well-being through regular haemoglobin check-ups.
<b>Outcome of the Activity</b>	:	Implementing regular haemoglobin check-ups for students can help identify and address potential health issues early on.
<b>No. of Beneficiaries</b>	:	179
<b>Venue</b>	:	Multipurpose Hall, Holy Cross College [Autonomous], Nagercoil







<b>Title of the Programme</b>	<b>:</b>	Enlightening Students on the Art of Selecting Well-Fitted Clothes
<b>Date</b>	<b>:</b>	05-04-2024
<b>Organized by</b>	<b>:</b>	Health and Hygiene Committee
<b>Theme/Objective</b>	<b>:</b>	To educate students on selecting well-fitted clothes to enhance confidence and self-expression.
<b>Resource Persons</b>	<b>:</b>	1. Menaka T/ AP/ HOD Department of Costume Design and Fashion 2. Mrs. S. Jenebha, Assistant Professor of Costume Designing and Fashion, Holy Cross College [Autonomous], Nagercoi-4
<b>Outcome of the Activity</b>	<b>:</b>	Empowering students to master the art of selecting well fitted clothes for confidence and style.
<b>No. of Beneficiaries</b>	<b>:</b>	85
<b>Venue</b>	<b>:</b>	Department of Customer Design and Fashion, Holy Cross College [Autonomous], Nagercoil



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## **HEALTH AND HYGIENE COMMITTEE**

**Lecture on "Enlightening Students on the Art of  
Selecting Well-Fitted Clothes".**

### **Resource Persons**

1. Menaka T/ AP/ HOD  
Department of Costume Design and Fashion
2. Mrs. S. Jenebha, Assistant Professor of Costume  
Designing and Fashion,  
HOLY CROSS COLLEGE [AUTONOMOUS],  
NAGERCOIL-4

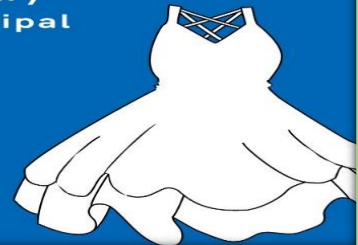
**Date: 05.04.2024**

**Time: 10 a.m. to 11 a.m.**

**Venue: Department of Customer Design and Fashion**

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

**Organisers: Health and Hygiene Committee**



**Title of the Programme** : Distribution of Albendazole Tablets I.P. [400 mg]

**Date** : 04-03-2024

**Organized by** : Health and Hygiene Committee

**Theme/Objective** : To ensure students' well-being by providing Albendazole Tablets I.P. [400 mg] for the prevention and treatment of parasitic infections.

**Outcome of the Activity** : Enhancing students' health through the effective use of Albendazole Tablets I.P. [400 mg] for parasite prevention and treatment.

**No. of Beneficiaries** : 1980

**Venue** : Holy Cross College [Autonomous], Nagercoil-4



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**HEALTH AND HYGIENE  
COMMITTEE**

**Distribution of Albendazole Tablets I.P. [400 mg]**

**Date: 04-03-2024      Time: 11.30 a.m. to 12.30 noon**

*Venue: Holy Cross College [Autonomous], Nagercoil-4*



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

**Organisers: Health and Hygiene Committee**





Tablet Distribution  
Health and hygiene committee  
04.03.2024 12:29  
8.15503, 77.41497  
5C37+RQC, Holy Cross College Rd, Thollavilai, Nagercoil 629002