



Annual Report

2018 – 2019



Introduction

Education is the broad base on which socio-cultural development is built. In recent times education has been fore-grounded as the basic requisite for any individual or family to scale greater heights of advancement and achievements not only in the home front but also globally. Education is the best gift that can be given to individuals to enable them identify their potential talents, strive hard, seek knowledge and skills and reach the pinnacle of achievement in their personal life and career.

Education is an asset for life that cannot be taken away. This intellectual wealth of value based knowledge acquired through education, stimulates critical thinking and makes people understand the pros and cons of any issue, encouraging them to rethink and research innovative means of problem solving. It propels research forward for the advancements in

science and technology that enhance social progress.

Education is the bridge between the present situation and the future prospects. Education has the potential not only to enlighten and empower the minds of people, but also can create positive changes in the person and the society. Education makes a person confident of asking relevant and meaningful questions in the social environment they live in.

In the present digital world, online teaching and learning is made readily available because of technology, where the whole world has become a global centre of learning and job opportunities. The educational scenario has undergone a sea change and individuals have the opportunity and flexibility to choose not only the area and subject of study but also enjoy the freedom to decide the place or country for higher studies and career opportunity.

Mass of the Holy Spirit

Shift I

The Mass of the Holy Spirit was held on 28th June 2018 in the college chapel. Catholic students and teachers took part in the mass. Rev. Fr. Babu and Rev. Fr. Victor blessed and wished everyone for the academic year 2018-2019. The sermon was about how to lead a happy life. The offerings were collected from each department and were handed over to the celebrant by the newly elected Student Council Members.



Shift II

The day 28th June 2018 was filled by the Spirit of God through the Holy Eucharistic Celebration by Rev. Fr. James Selvanathan, who inspired us to move with the Spirit and to begin our academic year with zeal and enthusiasm.

On that day, Rev. Sr. Dr. Christina Bridget, the Principal, Rev. Sr. Niranjana Anthonisamy, the Secretary, Rev. Sr. Dr. Judy Gomez, Sister In-charge of Shift-II, staff from various departments and students attended the Holy Mass. The students of the Department of Computer Science Shift II performed a mime to invoke God's presence. Rev. Fr. James Selvanathan delivered the sermon regarding whole person education based on spirituality. Sisters and department coordinators presented tree saplings as offerings in the chapel.

Welcome for I UG students

The college reopened on 18th June 2018 for II and III UG and II PG students and a general assembly was conducted at the college ground at 12.00 noon. The prayer service was conducted by the Student Council Members. The theme for the year 2018-2019 "Whole Person Education" was announced by Rev. Sr. Dr. Christina Bridget, the Principal. Dr. Paulin Edwidge Mary A.V. was chosen as Dean of Student Affairs and Dr. Sujatha Ilangovan was announced as Dean of Extension. Certificates were issued to the students who were involved in the admission work for the academic year 2018-2019. The assembly came to an end by 1.30 p.m.

The college commenced for I UG students on 25th June 2018 and for I PG students on 27th June 2018. The students entered the college with new hopes and dreams. The general assembly began with a prayer service by the Student Council Members. The general rules of the college were explained by the Dean of Student Affairs Dr. Pauline Edwidge Mary. The examination system was explained by the Dean of Science, Dr. Horne Iona Averal. The details about extension activities were explained by Dr. Sujatha Ilangovan, Dean of Extension. Ms. Janet Barnabas Assistant Professor of Computer Science, NIT, Trichy addressed the students of Shift I and Rev. Fr. Suresh from Anugraha addressed the students of Shift II. After the Principal addressed the students, the program came to an end with the vote of thanks followed by the College Anthem.

Staff Orientation

On 11th June 2018, an orientation was held for faculty members with 5 to 10 years of experience. The resource person was Rev. Sr. Dr. Rosy, former Provincial and Principal, Holy Cross College.

The five day orientation programme for newly recruited teachers and for teachers with less than 5 years teaching experience of

both Shifts I and II in our College commenced with prayer followed by an introductory speech by Rev. Sr. Dr. Christina Bridget, Principal on 12th June 2018. The resource person for the day was Rev. Sr. Dr. Rosy, Former Provincial and Principal of our college. Her wide expertise in the field of teaching was vivid in her presentations which consisted of three sessions. The first session was on the purpose of teaching coupled with the Vision and Mission of the college. Rev. Sr. Dr. Rosy insisted on the need to incorporate values like honesty, loyalty and hard work topped with sincerity, in teaching the students. In the second session, she gave a brief explanation on the need for quality and for developing research.

The third session had a presentation by the faculty members in groups by discussing three main Questions for teaching practice namely, What knowledge, skills, attitudes and values will present day students need to thrive and shape their world?, How can institutional attitudes and values be most effectively implemented? and What is the ultimate goal of Higher Education? Rev. Sr. Dr. Rosy concluded that education without vision is fruitless and education without value is meaningless.

On the next day (13th June 2018) the first session was handled by Dr. Leema Peter, a HR Consultant and Psychologist who aroused the interest of the gathering with her thought provoking and psychologically informative speech, where she spoke on the various aspects of being psychologically in tune with the children of this techno- savvy age and at the same time



to enable them shine in academics and other extension activities. She stressed the need to emotionally touch the intelligence of the students. She put forth the need to spend quality time with children and listen to all that they have to narrate without bias. Early identification of problems and remedies sought to fulfill the needs of children with equal parenting skills are needed not only at home but at teaching levels considering the fact that the students need quality time and an open ear to their problems.

The session on 14th June 2018 was handled by Dr. Mary Jayanthi, Assistant Professor of English, Holy Cross College, Trichy, who made a presentation on Time Management. She elaborated on the need to manage time and the techniques that could be implemented to manage one's time in an effective and efficient manner. She also stressed on the fact that teachers should be all-rounders and should be confident, active and smart. The afternoon session was handled by the Principal, Rev. Sr. Dr. Christina Bridget who made a presentation on value based education and provided the meaning for the word T.E.A.C.H.I.N.G- Transfer, Enlightenment, Aligning with portion and real life, Character Building, Healing touch, Involvement with the students in studies, Nurturing the thoughts and interest and Giving final shape.

The Principal also divided the faculty members into groups based on their month of birth for an ice breaking session whereby the new faculty got to know each other. Dr. Sr. Christina Bridget put forth six rules that need to be implanted deep in the mind and heart of the teaching fraternity which were, be punctual, be in a clean and formal dress, be rich in the course /subject content, be updated in the knowledge or subject and current affairs, prepare thoroughly before presenting the lecture and finally take the prior approval of leave so that the students may not be affected.

The Orientation Programme for teachers at the beginning of the academic year on 15th June 2018 began with a prayer and continued with the welcome address by Dr. Felicita, Assistant Professor of Chemistry. The resource person was Shri B.S. Ponnudiraj, Deputy Adviser and Regional Co-ordinator, East and North region, National Assessment and Accreditation Council, Bengaluru, who started the session by putting forth a question as to Why not Holy Cross College become a University or Institute of Excellence? The work needs to be initiated because excellence can be achieved only with expansion, larger vision for growth and skill set for the teaching faculty.

He said that in order to achieve the standards of grading, the institution needs to be fully digitalized. He spoke about the committee which was set up by the government which had to look into the education system in India and the need to improve its policy and quality in education. He stressed the need for commitment, leadership and self-accountability. Freedom for the teaching faculty will lead to improved standards of teaching. In his presentation he stated that teaching and learning is a process that is enhanced in both ways. Looking differently at things and having a conceptual clarity in teaching coupled with technology will enable the individual and the institution to reach the pinnacle of success and excellence. He stressed on seeking measurement for excellence which basically needs change of self and external forces.

In the next session Shri B.S. Ponnudiraj made a presentation on the basic vision and mission of NAAC and the NAAC Process. The core values of NAAC which are contribution to national development, fostering global competencies among students, inculcating a value system among them, promoting use of technology and finally the quest for excellence. He said NAAC involves Assessment and Accreditation meaning performance

evaluation of an institution and quality culture which requires quality initiatives, sustenance and enhancement. The focus of Assessment for NAAC was “Inbreeding”- Coming out from the comfort Zone, this includes development of oneself, excellent teaching skills, publication and research. In the afternoon session there was presentation of NAAC parameters where queries were clarified by the resource person.



The parameters were: Curriculum, Teaching Learning and Evaluation, Research and Consultancy, Innovation and Extension, Infrastructure and Learning Resources, Student Support and Progression, Leadership, Governance and Management and Institutional Values and Best Practices. The teachers had interaction and got their doubts cleared on the NAAC parameters.

The next day 16th June 2018 focused on Whole Person Development which was the theme for the academic year 2018-19. The resource person was Dr. Evelyn Brindha, Karunya Competency Development Centre, Karunya University, Coimbatore who focused on the meaning and the method to enhance the teacher’s capability by being aware and by wearing Whole Person Development (WPD) as badge for the promotion of better youth and education methods. She sought the example

of Mainchi-the first fertile newspaper by which she made the faculty visualize through a slide which narrated the need to understand, put into action, which should be result oriented and also develop greater business opportunities which require thinking creatively.

Dr. Brindha said in order to think creatively the rote method of teaching does not inspire and are prone to unproductive distractions but the aim of WPD is to inspire the teacher to make use of the students to distract them productively. Academic system should not limit creativity but should take up creative competition. Dr. Brindha put forth the objectives of WPD which culminated in two main objectives which were: Reviewing the life and Career Development of both the teacher and the taught; examining the relevance in promoting WPD by facilitating and enhancing life wide learning programmes for students which should involve mental, emotional, interpersonal and environmental skills.

The afternoon session had a presentation on Life and Career development needs where Dr. Brindha focused on the roles, life setup and life examination. She also focused on the Learning Goals which are trilingual with adequate development and which should be understood with contemporary issues that should bring about a change in life and community. The other issues which were presented were personal and social competencies which focused on self realization and self esteem, emotional and psychological wellness, interest, life goals, relationships, finance and self-care and career competency. The end of the session was a do method of Briggs Questionnaire which was filled by the faculty to find out the personality traits of the individuals. The two day orientation thus came to an end with a full fledged package for the quality enhancement of the faculty.

A Workshop on Positive and Effective Communication for the second batch of the staff, Holy Cross College, Trichy was conducted on 9th and 10th October 2018. The session included Ice Breakers, Listening Skills, Speaking Skills, Phonetics Stress and Intonations and Bio-Sketch Presentation. The resource persons were Dr. Catherin Edward, Dr. M. Mary Jayanthi, Ms. Benita and Ms. Merlin Depsy Nithya, staff from the Department of English. A total of 19 staff benefited.

On 17th October 2018, an orientation programme was conducted on Outcome Based Learning and Assessment by Rev. Fr. Dr. Joe Arun, Joseph's Institute of Management, Trichy.



Staff orientation on Mentorship – Mentoring for Mentors was held on 15th November 2018. The resource persons were Dr. Samson Gandhi and Mr. Phillips Dayanithi from Person to Person Institute for Christian Counselling, Hyderabad.

On 17th December 2018, and on 2nd February 2019 Dr. M.G. Sethuraman, Department of Chemistry, Gandhigram, Rural University, Dindigul, oriented the faculty on “the NAAC New Frame Work”.

Holy Cross College (Autonomous), under the Scheme of College with Potential for Excellence organized a two day workshop on “Techniques in Phytochemical Analysis” on 31st January and 1st February, 2019. The workshop was arranged for the Faculty, Research Scholars and PG students of Science Departments and 35 participants attended it. They were exposed to different practical sessions in techniques involved in phytochemical analysis such as plant extraction, qualitative, quantitative analysis of phyto constituents and chromatographic techniques. Dr. Cathrine and Dr. R. Kanmani from the Chemistry Department, Dr. Shanthi from Botany Department, Dr. Latha and Dr. Rajathi Modilal from Zoology Department were the resource persons. The deliberations of the workshop had certainly helped the participants to enrich their knowledge through practical session in the various Phytochemical Techniques.

Students Orientation

A two day workshop was organised by the college management on 11th and 12th of June 2018 for the student council members, fine arts and sports secretaries, in the Rehabilitation Science Auditorium. On 11th June the orientation was started with a short prayer by student council members of Shift –I.

The first session was taken over by Mr. Antony Stephen, Assistant Professor in Social work, Holy Cross College on the topic “Discover the Leader in You”. Different styles of leadership were explained and further understood by the students by various activities. The second session was handled by Dr. M. Mary Jayanthi, Assistant Professor in English, Holy Cross College on the topic “Discipline of a Leader”. She emphasized the importance of self-esteem and its value in life.

After the tea break, the next session was taken over by Rev. Sr. Dr. Christina Bridget, Principal, Holy Cross College. She elucidated the theme of this academic year

“Whole Person Education” and how to mould oneself into a wholly educated human. After lunch there was an interactive session which included the former council members of our College who shared their experiences and motivated the leaders.

The second day started with a prayer service by the student council members of shift –II. The first session was conducted by Dr. Mary Jeyanthi, Assistant Professor of English, Holy Cross College. She spoke about conflict management and enlightened the students about the five conflict handling styles.

The next session was taken by Ms. Leema Peter. She stressed the importance of emotional intelligence by quoting real life incidents of Michael Jackson, Abraham Lincoln, Chiyaan Vikram and many other people. She emphasized the power of thought and also explained the types of parenting. Finally student feedback was collected.

An orientation programme for library usage was conducted separately for I year UG arts and science students of all disciplines for 3 days from 2nd to 4th July 2018.

The NSS unit of Holy Cross College, Trichy organized an orientation for the NSS student leaders on the topic “Leadership Development Skills” on 27th September 2018. The program was presided over by Dr. P. Shanthi, NSS Coordinator and Head of the Department of Botany. The Chief Guest of the first session was Mr. Shakul Hameed, CEO of Royal Adreno Club- Outbound Training Centre, Trichy and Managing Director of Moral Resource and Research Foundation, Trichy. He spoke about the importance of being a leader and the skills that should be obtained by a leader. He spoke about the responsibilities of the leaders towards which they should be focused. He also conducted some activities to test and train their leadership skills. He encouraged the students to volunteer

themselves for any responsibilities that come on their way. He motivated the students to be active in all the actions they do to have a successful future.

The Chief Guest of the second session was Mr. S. Jerald Sagaya Nathan, Assistant Professor of English, St. Joseph's College, Trichy. He appreciated the leaders for their services. Dr. P. Shanthi, NSS Coordinator bestowed badges to the leaders and the Chief Guest Mr. S. Jerald Sagaya Nathan issued the certificates to the leaders. He spoke about the special talents that leaders possess that make them different from others. He conducted different activities for the leaders in order to provoke them to think in innovative ways and take decisions with an unconventional way of thinking. He also shared his experience of being a leader and insisted on how differently a leader would think and act from others. Around 50 student leaders benefited by the lecture.

On 16th October 2018, an orientation about Cancer and its early prevention measures was conducted by Dr. Rabiya from Harshamithra Cancer Cure Hospital, Woraiyur, Trichy for Shift I students and hostellers. It was organized by HRD. About 200 students attended the orientation.

From 19th to 22nd February 2019, HRD organized an orientation programme on Career Guidance and TNPSC and Competitive Exams for all the students, after class hours. Around 5000 UG and PG students attended the programme.

Administrative Changes

Embracing change

In the digital globalised era, change is the driving force in the educational scenario. Changes in the academic and administrative fronts are the yardsticks to measure the dynamic process of progression and development.



Sr. Niranjana Anthonisamy assumed office as the Secretary of the college



Sr. Lizy George was appointed as Controller of Examinations.



Dr. Sr. Judy Gomez was appointed as Vice Principal and Sr. Incharge of Shift II



Dr. Pauline Edwidge Mary was appointed as Dean of Students



Dr. Sujatha Ilangovan as Dean of Extension

Change in Headship



Dr. Josephinol - HoD of Biochemistry



Dr. Amala Fathima Rani - HoD of Chemistry



Dr. Sr. Daisy Premila Bai. T -HoD
of Computer Science



Dr. Shanthi - HoD of Botany



Dr. Inigo Mary Rita A - HoD of
Physics



Sr. Bridget Chelladurai - HoD of
Value Education



Dr. Cecily Rose Mary Latha R -HoD
of Zoology



Ms. Hemalatha - HoD of French



Ms. Maheswari A - HoD of Hindi



Sr. Saghayamary / Dr.
Senthamil Selvi - HoD of
Library and Information
Science



New Courses

This year the following new courses were started:

- M.Sc. Library and Information Science
- M.Sc. Biochemistry
- B.A. Tamil
- B.Sc. Biotechnology
- B. Voc.

New Building

The new building which was under construction was completed and is put to optimum use.

Infrastructure

This year infrastructure facilities were augmented to facilitate better performance in academic and administrative fronts.

BSNL internet lease line was increased from 100 mbps to 140 mbps and use of online mode for academic and administrative work is increased.

Major Equipments Purchased

S. No.	Particulars	Quantity
1	New Computer	1
2	Recycle Machine	1
3	New Intercom purchased	6
4	New Projectors	2
5	New Sintex tanks installed	6
6	Epson EB S41 Projector	1
7	HP Laserjet Printer M1005	1
8	Livetech headphone with mic HP23	25
9	New Projectors	3
10	HP Laserjet Printer	1
11	Steel Racks purchased	14
12	Steel Racks purchased	15
13	Steel Racks purchased	7
14	HP Laserjet printer, New Computer	1 + 1
15	New Building Lift	1
16	New A/C	3
17	New Xerox machine	1
18	New Camera	5
19	Borewell, Big size Tanks	4
20	Computer	1
21	Steel Cupboard	2
22	New Copier Machine	1
23	Second hand camera purchased	1
24	New Solar Plant	1
25	New Centralized Air conditioner	4
26	New Air conditioner	2
27	Desks & Benches	150
28	Uniview Digital camera	1
29	Cotton cloth Samiyana	25
30	Conference Tables	20
31	Air Conditioner & Stabilizer	4
32	HP Laserjet Printer H1005	1

Collaborative Enterprise

Holy Cross College provides a happy work study place with a healthy ambience that encourages motivated teaching, keen research and smart learning with the use of updated innovative methodologies for students' knowledge and skill development for academic achievements and prospects of job opportunities. There are more than 5400 students studying in Shifts I and II including M.Phil. and Ph.D. research scholars. There are 290 teaching faculty in shifts I and II and 117 administrative staff who work together for students' progress and institution's development.

Research

Ph.D. awarded

Congratulations to the following staff and research scholars who were awarded Ph.D:



Dr. Amala Daisy, guided by Dr. A. Turin Martina, Associate Professor of Rehabilitation Science

Thesis title: Stress, Job Involvement and family interaction among professionals serving the differently abled



Dr. L. Malathy, guided by Dr. C. D. Lethi, Retd. Associate Professor of Zoology, Holy Cross College

Thesis title: Value Addition to Korai Grass, *Cyperus Corymbosus* Rottb waste through vermin composting and its applications



Dr. P. Revathy, Assistant Professor of Computer Science

Thesis title: Supporting Scheduler for QoS Performance Analysis with Multicast Routing Protocols in MANET



Dr. N. Karpagavalli, Assistant Professor of Computer Science

Thesis title: A system for internet roaming with seamless mobility support in IP based mobile heterogeneous networks



Dr. R. Gnana Deepa Ruby, Assistant Professor of Botany guided by Dr. S. Catharin Sara, Assistant Professor of Botany

Thesis title: Phytochemical, Pharmacological and Invitro Clinical Studies of *Angiopteris Evecta* (G.Forst) Hoffm. and *Pyrrosia lanceolata* (L.) Farwell



Dr. S. Priyadharshini, guided by Dr. Catherine Edward, Associate Professor of English

Thesis title: Celebration of Chaos through Binary Intersubjectivity in the selected fiction of Kurt Vonnegut



Dr. P. Padma Priya, guided by Dr. Sr. Jeusin Francis, Associate Professor of Tamil

Thesis title: Kamba Ramayanathil Naadaga Pangu



Dr. K. Deiva, guided by Dr. Kanagala Uma, (Retd.) Associate Professor of Rehabilitation Science

Thesis title: Assessment of Visual Acuity and Contrast Sensitivity in Children with Cerebral Palsy



Dr. J. Nesa Rajan, guided by Dr. Horne Iona Averal, Associate Professor of Zoology

Thesis title: A study on Habitat preferences, distribution, seasonality and molecular phylogeny of the butterflies (Lepidoptera: Rhopalocer) in six different habitats in Bishop Heber College Campus



Dr. S. Bhuvaneshwari, guided by Dr. Horne Iona Averal, Associate Professor of Zoology

Thesis title: Pergularia Daemia (Forsskal) Chiov. and Citrullus Colocynthis (L.) Schrader as Medicinal Herbs in the Phytotherapeutic Approach of Polycystic Ovarian Condition of Albino Wistar Strain Rats (Rattus Norvegicus L.)



Dr. M. Sumetha, guided by Dr. S. Vasanthi, Associate Professor of Commerce

Thesis title: An empirical study on impulsive buying behavior of E-shoppers in Tiruchirappalli Corporation



Dr. D. Neeladevi, guided by Dr. A. Jasintha Rani, Associate Professor of Tamil

Thesis title: Solai Sundaraperumal Puthinangalil Samuga Sikkalgal



Dr. Arokiaraj, guided by Dr. P. Thanapackiyam, (Retd.) Associate Professor of Tamil

Thesis title: Aatrupadai Noolgalil Kalaingargal Vaalviyal



Dr. S. Josephinol, Assistant Professor of Biochemistry

Thesis title: Phytochemical Screening, Anti-Oxidant, Antibacterial and Antidiabetic Effect of Azima Tetracanthalam Ethandic Leaves extract



Dr. Ruby Merlin, Assistant Professor of English

Thesis title: A comparative study of the Female Protagonists from the select Novels of Anita Desai and Rajan Krishnan



Dr. Vasantha Kokilam, Assistant Professor, Department of Physical Education

Thesis title: Psycho-social Constraints of sports women participants in Tamil Nadu



Dr. Anita. P., Assistant Professor of Social Work

Thesis title: Study on the Psychosocial Perspectives of the Adolescent College Students in Tiruchirappalli



Dr. S. Arockia Punitha, Assistant Professor of Commerce

Thesis title: A Comparative Study of Job Stress among the Private and Government Employees in the Banking Sector with Special Reference to Trichy District.



Dr. Janova Mary, Assistant Professor of Commerce guided by Dr. S. M. Pushparani, Retd. Associate Professor of Commerce

Thesis title: A Study on Attitude of Farmers towards applying new Agricultural Technology in Thanjavur District, Tamil Nadu



Dr. Jenifer, Assistant Professor of Physics, shift II

Thesis title: Fabrication and Characterization of Nebulizer Spray coated Chalcogenide Thin Films suitable for Dye Sensitized Solar Cells



Dr. A. Anu Dayana, Assistant Professor of Tamil

Thesis title: Samooga Iyakkangalum Navalgalum Thamizh



Dr. Vijai, Assistant Professor of Psychology

Thesis title: Self Categorization among SC/ST students in College Setting: Identification and Remediation



Dr. M. Kavitha, Assistant Professor of Chemistry

Thesis title: A Study of the Antidiabetic and Antioxidant potentials of Ficus Benghalensis L. and Musa Paradisiaca L. – a Preliminary Investigation to isolate Active Phytoconstituents



Dr. A. Tony Elizabeth, Assistant Professor of Chemistry Shift II
Thesis title: Removal of some Metal Ions, Dyes and Phenols from Aqueous Solutions by Adsorption



Dr. I. Antonitte Vinoline, Assistant Professor of Mathematics guided by Dr. W. Ritha, Assistant Professor of Mathematics

Thesis title: Analysis and New Approaches for Optimization of Inventory Model



Dr. A. Leema Maria Prakasam, Associate Professor of Mathematics

Thesis title: A Study on Common Fixed Point Theorems for Single-Valued and Multi-Valued Maps



Dr. V. Nisha, guided by Dr. S. Meena Jayakumari, Retd. Associate Professor of Tamil

Thesis title: Pura Naananutiril Karuthu Pulapattu Neri



Dr. P. Leema Sophie, guided by Dr. Noreen Antony, Retd. Associate Professor of Chemistry

Thesis title: Investigation of Green Corrosion Inhibitor for Carbon Steel in Aqueous Medium



Dr. S. Suveena, guided by Dr. Rajalakshmi, Assistant Professor of Zoology

Thesis title: Knowledge based Computational Approach for Target Identification and Prediction of side effects of Anti-cancer drugs



Dr. K. Juliet Catherine Angel, Assistant Professor of Computer Science

Thesis title: Enhanced Cluster based Energy Efficient algorithms for Mobile Wireless Sensor Networks



Dr. T. Pazhanisamy, guided by Dr. Felicia Rajammal Selvarani, Retd. Associate Professor of Chemistry

Thesis title: Investigation of few Organic Compounds as Corrosion Inhibitors for Aluminium in Acid Medium and their Synergistic effect with KI



Dr. Chitra. S, guided by Dr. P. Thanapackium, (Retd.) Associate Professor of Tamil

Thesis title: Pathitrupathil Cheramannargalin Varalarum Valviyal Semmaiyum



Dr. R. Venkadesan, guided by Dr. Finita Roy, Assistant Professor of Rehabilitation Science

Thesis title: Effect of Neuromuscular training on Gross Motor performance, postural control and health related quality of life, of primary school children with sensory neural impairment



Dr. N. Radhika, guided by Dr. M. Viji, Assistant Professor of History

Thesis title: Christianity in the Maravar Country

Ph.D. Synopsis Presented



Ms. G. Agila, Assistant Professor of Chemistry, under the guidance of Dr. J. Rosaline Vimala, Assistant Professor of Chemistry.



Ms. M. Stella Bharathi, Assistant Professor of Chemistry, under the guidance of Dr. J. Rosaline Vimala, Assistant Professor of Chemistry.



Ms. R. Auxilia Christy, Assistant Professor of Chemistry, under the guidance of Dr. A. Noreen Antony, Retd. Associate Professor of Chemistry.

Four Ph.D. Scholars Kiruthika, Nirmala Devi, Ruby Christy and Rani submitted their PhD Synopsis.



Ms. Anna Vinu Varghese, Research Scholar, under the guidance of Dr. A. Turin Martina, Associate Professor of Rehabilitation Science



Ms. Janeeta Priya, Assistant Professor of Chemistry



Ms. Bonita Lynette Cooper, Assistant Professor of History

Ph.D. Thesis Submitted



Ms. G. Arockia Sahaya Sheela submitted the Ph.D thesis entitled "Cognitive Complexity Metric Suite for Aspect Oriented Programming" on 2nd April 2018 at Bharathidasan University, Trichy.



Ms. H.M. Leena submitted the Ph.D thesis entitled “Design of Algorithms for Data Security in Cloud Environment” on 2nd April 2018 at Bharathidasan University, Trichy.

Three scholars, Ms. Nisha, Mr. Kanakaraj and Ms. Jayapriya submitted their Ph.D. Thesis under the guidance of Dr. Meena Jayakumari, Dr. A. Jasintha Rani and Dr. Thanapackiyam respectively.



Ms. P. Jayasanthi submitted her Ph.D. Thesis under the guidance of Dr. Catherine Edward, Associate Professor of English



Ms. S. Seema submitted her Ph.D. Thesis under the guidance of Dr. A. Turin Martina, Associate Professor of Rehabilitation Science



Ms. Bansura Banu, Department of Physics submitted her Ph.D. Thesis



Ms. Jenifer Flora Garette, Assistant Professor of English submitted her Ph.D. Thesis



Ms. Elizabeth Rani, Assistant Professor of Tamil submitted her Ph.D. Thesis

Books published



Ms. Juliet Catherine Angel, Assistant Professor of Computer Science was the lesson writer for II MCA, for the paper “Cloud Computing” (IV) semester, a course material for CDE, Bharathidasan University, published in 2018, printed by Offset at Pooja Graphics, Chennai - 96.



Dr. A. Jasintha Rani, Assistant Professor of Tamil published a book titled “Kiruthava kalampagankalil paaduporul nutpangal” in March 2019 by Shiva Guru Pathippagam, 7/40 East Chetti Street, Parangi Malai, Chennai 600 016, ISBN:978-81-937971-6-7



Dr. M. Prema, Assistant Professor of Tamil published a book titled “Viduthalaikku pinthiya soolaliyal kavithaigal” in March 2019 by Jazym publication, No.1, Post Office Street, Khajamalai, Trichy-620 023, ISBN:978-93-87360-12-9.

The Department of Value Education published a book titled ‘Proceedings of the National Conference on Youth and Values’ (held on 1st December 2017), First Edition, in 2018 published by PoGo Publishing House, 1st Cross (West Extn), Thillai Nagar, Trichy – 620018, printed by Nancy Christy Printers, Jaffersha Street, Trichy – 620008. ISBN: 978 93 83069 323. Editorial Board – Sr. Petronilla, Director, Department of Value Education, Holy Cross College (Autonomous), Trichy, Rev. Fr. George Kottinal, MSFS, Correspondent, SFS School, Pudukottai, Dr. L. Jenitra, Vice Principal and Associate Professor of Commerce, Holy Cross College, Trichy,



Sr. Saghayamary, Librarian, published Academia & Society, Vol: 5, No. 1, in October 2018.



Dr. Sr. Rajakumari. P, Assistant Professor and HoD of History, published a book, “Spirituality of Satyagraha” published by Agasthiar Noolagam, 119, North Pillaiyar kovil street, Varaganeri, Trichy in February 2019.



Dr. Viji. M, Assistant Professor of History, published a book, “Indigenous Knowledge and Cultural Practices in the Villages around Trichy” published by Agasthiar Noolagam, 119, North Pillaiyar Kovil street, Varaganeri, Trichy in February 2019.



Dr. R. Pricilla, Assistant Professor of History, published a book, “Home Rule Movement and its Impact – A Historical Analysis” published by Agasthiar Noolagam, 119, North Pillaiyar kovil street, Varaganeri, Trichy in February 2019.



Dr. Rekha. P, Assistant Professor of History, published a book, “The Magazines of by for the Women: Colonial Modernity and Transformations of Women in Kerala Society – A Historical Study” published by Phoenix Publications in February 2019.

Development Grant

Travel Grant

Sr. Saghayamary, Librarian -
Rs. 1, 51, 080 - March 2018
Dr. Suganthi. K, Assistant Professor of English-
Rs. 72, 338/- - March 2018
CPE II Phase
II Sanctioned - March 2018
Amount Received - Rs. 18, 08, 000/-
-21st September 2018
III Amount Received - Rs. 9, 04, 000/-
-16th January 2019

Women’s Studies Centre (UGC Grant)

Total grant received for three years from 2014 to 2017 is Rs. 12, 45, 706

2014 – 2015	Rs. 9,46, 737
	11 th December 2018
2015 – 2016	Rs. 99, 656
	11 th December 2018
2016 – 2017	Rs. 1, 99, 313
	21 st December 2018

Projects

Minor

UBCHE Bamboo Grant was sanctioned to Dr. Sheila Christopher, Associate Professor of Rehabilitation Science and Ms. Sasikala G, Assistant Professor of Rehabilitation Science for a project titled Entrepreneurial Skill Training in Preparing Traditional Home Foods for UG students. Amount sanctioned was US \$ 2345 (Rs. 1, 52, 642.48) from April 2018 to March 2019.

Dr. V. Vasumathi, Assistant Professor of Physics received funding under Teachers Associateship for Research Excellence (TARE) from the Science and Engineering Research Board for the Project titled "Graphene Gold Nanoparticles Based Biosensors: A Molecular Dynamic Study" for a period of three years from December 2018 to December 2021. Research Grant is Rs. 5 lakhs/- per year. Fellowship: Rs. 60,000/- per year. Total amount of research grant is Rs. 15 lakhs and Rs. 1.8 lakhs for fellowship. The total over head charges sanctioned is Rs. 1.5 lakhs for 3 years (1,50,000 per year).The total grant allocated for the project for 3 years is Rs. 18, 30, 000.

To encourage research, seed money was given to staff for Research Project by the management. On 6th July 2018 Seed Grant of Rs. 71,500 was given for 25 self financing faculty for 2017-2018. Seed Grant of 1,10,000/- was given for 11 faculty who

submitted their research proposals for 2018-2019. A total of Rs. 1,81,500/- was given.

In the second phase, Seed Grant was given to 12 staff with an amount of Rs. 1, 20, 000. The total amount given as seed grant to 48 staff is Rs. 3, 01, 500.

Academic Visits

RCI Inspection

Rehabilitation Council of India (RCI) visiting faculty, Mr. Dr. Sunish T.V., from CRC, Kerala and Mr. Rajesh Kumar Singh, CRC Nellore, Secunderabad inspected the training facilities of the D.Ed. SE-MR course on 4th July 2018 for extension of approval according to RCI norms. The inspectors were inspired about the training activities carried on. The course was approved extension for five years till 2023, as the result of the inspection.

Advisory Committee Meeting For CPE-Phase-II

The Advisory committee meeting for the CPE-Phase II was held on 13th February, 2019 in the Conference Hall at 10 a.m. Dr. (Sr.) Christina Bridget, the Chairperson welcomed the members of the advisory committee, Dr. Asha Manjari from Mysore University and Dr. Therasiamma Dominic, Principal, Little Flower College, Guruvayoor. The progress and annual report under the scheme CPE Phase-II was presented by Dr. M. Rajalakshmi, member of College CPE committee. The committee was satisfied about the plan for the better utilization of the fund released. The committee commented that the released fund mentioned above has been utilized by the college as per the UGC guidelines. Further the members had gone through the action plan proposed and were impressed with the outcome produced and with the progress of first year of CPE Phase-II. The Expert Committee recommended extension for one more year from the UGC (2018-2022), as the grant was released only in the

month of February 2018. The meeting ended with the vote of thanks by Dr. Horne Iona Averal, Dean of Science.

Achievements /Awards /Ventures

College Special Achievements

The Rotaract club of our college won the following awards for the academic year 2017-2018 in “IruthiSuthru”, the Annual Awards Ceremony held on 1st July 2018 at National College, Trichy. Our College received,

- The Best Professional Services Award
- The Best Club Bulletin Award

Holy Cross College participated in the launch of Institution Innovation Cell (IIC) on 21st November 2018, at AICTE head quarters, New Delhi and received the Certificate of Award.

Outstanding Supporting Institution Award 2018 was given to Holy Cross College (Autonomous), Trichy by Youth Exnora International, Trichy, in March 2018.

On 2nd March 2019, the Rotaract Club of our college received Sahaptham, the Rotaract District Award for the year 2018 – 2019 given by Rotary International District 3000, in recognition of the valuable contribution through donations and generous volunteer efforts during Kerala Flood Relief and Gaja Cyclone relief activities.

Staff Awards /Achievements

Dr. Sujatha Ilangovan, Assistant Professor of Zoology, received the Best Staff Coordinator Award for Rotaract for the year 2017 – 2018

Ms. Joy Jona, Associate Professor of Mathematics received the following awards in 2018:

Pride of India Award given by International Publishing House, New Delhi, Bharat Jyothi Purasakar Award from Best Citizen Publishing House, New Delhi and Bharat Ratna Dr. A.P.J. Abdul Kalam Excellence Award on 29th September 2018 in New Delhi.

Dr. P. Christina Ruby Stella, Assistant Professor of Chemistry, received Rashtriya Gaurav award on 4th December 2018. She also received the Best Citizens of India Award 2019.

On 21st January 2019, a patent was granted to Dr. M. Rajalakshmi, Assistant Professor of Zoology for the term of 20 years from 17th July 2012.

Dr. M. Prema, Assistant Professor of Tamil, received the Thamizh Kurusil Award from Thamilaga Pengal Serkalam, Chennai, at the awards presentation function held at St. Joseph's College, Trichy on 20th February 2019.

Outstanding Exnora Staff Advisor Award 2018 was given to Dr. Cecily Rose Mary Latha, Assistant Professor and HoD of Zoology, by Youth Exnora International, Trichy, in March 2018. She also received Environ Crusader Award 2019 on 26th January 2019.

Dr. L. Janova Mary, Assistant Professor of Commerce, received Environ Crusader Award 2019 on 26th January 2019.

Dr. J. Morris Princy, Assistant Professor of Chemistry and Dr. I. Antonette Vinoline, Assistant Professor of Mathematics, received Sahaptham, the Rotaract District Award for the year 2018 – 2019 given by Rotary International District 3000, in recognition of the valuable contribution through donations and generous volunteer efforts during Kerala Flood Relief and Gaja Cyclone relief activities.

Dr. Sr. Dona Award for Best Researcher -Holy Cross College has instituted an annual award for the best researcher for faculty and research scholars (Ph.D.). Four awards will be given annually, two for Arts and two for Science disciplines. Dr. M. Mary Jayanthi, Assistant Professor of English, Dr. Rosalin Vimala, Assistant Professor of Chemistry received the award. Dr. M. Rajalakshmi, Co-ordinator of Biotechnology and Bioinformatics received the special recognition award for getting a patent. Dr. P. Anitha, Assistant Professor of Social Work and Dr. L. Catherine, Assistant Professor of Chemistry received the special recognition award for Research. Ms. S. Sujatha and Ms. Indhu Sabapathy, Research scholars in Botany and Biotechnology received the award jointly. Ms. J. Jenifer Mary, Research Scholar in Commerce also received the award.

Sr. Josephine, Head Mistress, Blossoms School received an award, Penne Nee Uyarndhiduvai.

SET/NET Passed

Four staff cleared SET and four staff and two students cleared NET

SET passed



Dr. S. Elavarasi, Assistant Professor of Zoology



Ms. S. Amala Deepa, Assistant Professor of Computer Science



Ms. Britto Jenobia, Assistant Professor of English



Ms. Jasmine Banu, Assistant Professor of Physics

NET passed



Ms. Merlin Depsy Nithya. N., Assistant Professor of English



Dr. Margret Suganthi, Assistant Professor & HoD of Visual Communication



Ms. Suregka Felix, Assistant Professor of Business Administration



Ms. Adrin, Student of II M.A. English



Ms. Jeba Sinthiya, Assistant Professor of English Shift II



Ms. Marie Sharelin, out gone student of Rehabilitation Science, (2015-18)

GATE Passed



Indu S, Research Scholar in Biotechnology 2019 - GATE Score: 331, All India Rank: 1710

JAM Passed



Caroline Mary S- (2016-2019) Batch



Janet Evas Annie Joseph .J - (2015 -2018) Batch

India International Science Festival 2018 was organized by Ministry of Science and Technology, Ministry of Earth Sciences in association with Vijnana Bharati at Indira Gandhi Pratishthan, Lucknow during 5th – 8th October, 2018. The theme of the festival “Science and Technology-Building Partnerships, Impacting Society” aimed to provide a platform to young students, scientists and technocrats from across India for exchange of knowledge and ideas in the line of flagship programmes like ‘Swachh Bharat Abhiyan’, ‘Swasth Bharat Abhiyan’, ‘Make in India’, ‘Digital India’, ‘Smart Villages’, ‘Smart Cities’, ‘Namami Gange’, ‘Unnath Bharath Abhiyan’, etc. It emphasised the role of science for masses and science for society.

One of the major activity of the festival was National Science Teachers’ Congress that brought hundreds of innovative, dedicated and passionate teachers from all walks of life, on a single platform to share their experiences and put forth the future roadmap for the country. Participating teachers showcased the innovative methods of science teaching based on the subject themes and ideas. Dr. J. Felicita Florence from the Department of Chemistry and Dr. M. Rajathi D Modilal from the department of Zoology attended the conference. Honorable President of India Shri Ram Nath Kovind addressed the participants of the Science Festival. "From the green revolution to the space program to a thriving biotech industry, science has been among the biggest drivers of India’s post-

1947 modernisation," the President said. Also at the inauguration were Chief Minister of UP, Shri Yogi Adityanath, Secretary of the Department of Biotechnology, Dr Renu Swarup, Secretary of Department of Science

and Technology Professor Ashutosh Sharma and Union Minister of Science and Technology, Ministry of Environment, Forest and Climate Change and Ministry of Earth Sciences, Dr Harsh Vardhan.

Refresher Course

The following staff attended refresher courses during this academic year:

S.No	Name	From	To	Topics
1	Dr. Cathrine L	08.06.2018	28.06.2018	Chemistry
2	Dr. Roseline Vimala	08.06.2018	28.06.2018	Chemistry
3	Dr. Suganthi K	19.06.2018	09.07.2018	English Language and Literature
4	Ms. Desiree Ann	19.06.2018	09.07.2018	English Language and Literature
5	Dr. Aloysia Regina Joan	13.07.2018	02.08.2018	Commerce and Management
6	Dr. Mary Mejrullo Merlin	13.07.2018	02.08.2018	Mathematics
7	Dr. Merline Vinotha	13.07.2018	02.08.2018	Mathematics
8	Ms. Chamane Unus Rodrigues	25.09.2018	15.10.2018	Community Resource Management
9	Dr. Prema M	16.11.2018	06.12.2018	Tamil
10	Ms. Maria Sophiya	23.11.2018	13.12.2018	Economics and Econometrics
11	Ms. Merlin Kokila	23.11.2018	13.12.2018	Economics and Econometrics

Faculty Development Programme

Ms. N. Kannammal and Ms. S. Banumathi attended One day 'NPTEL Awareness Workshop' on 27th July 2018 at K. Ramakrishnan College of Technology, Samayapuram, Trichy.

Dr. Sr. Daisy Premila Bai, Sr. Vimala and Ms. J. Arockia Mary attended A Two Day FDP Programme on Android Application Development on 16th and 17th of August 2018 at Paruv Digital Technologies, Chennai.

Ms. G. Arockia Sahaya Sheela and Ms. K. Juliet Catherine Angel attended a three Day FDP on Artificial Intelligence and Deep Learning at Ramco Institute of

Technology, Rajapalayam from 14th to 16th September 2018.

Ms. G. Arockia Sahaya Sheela, Ms. N. Kannammal, Ms. A. Emima, Ms. S. Banumathi, and Ms. V. Kulanthai Priya attended a FDP on Rapid Application Development using Python at Bishop Heber College, Trichy on 22nd September 2018.

Students Awards / Achievements

On 29th June 2018, R. Priyadharshini of II M.Sc. Zoology participated in poetry competition conducted at Kalaikaveri Nunkalai College, Trichy, won III prize and received cash award (Rs. 2000/-). She also received the Kavimamani Award from Khabilar Muthamizh Sangam on 10th

February 2019 for the Best Poetry Presentation.

Our UG students of both BCA and B.Sc participated in the Intercollegiate Technical Symposium, KNOTZ '18 on 30th August 2018 organized by M.A.M College of Engineering and Technology, Trichy and the Overall Shield was won by the students of BCA.

S. Abirami of II B.A. English Shift II won the second prize in an elocution competition conducted by Murasoli Arakattalai in August 2018 and received a cash award of Rs. 3000/-. She also won the third place and received a cash award of Rs. 5000/- in the competition held by the Department of Tamil, Jamal Mohammed College, in September 2018.

The students of the Department of Zoology bagged the overall winners trophy in Biospark-2k18, an intercollegiate competition held at Department of Biochemistry and Microbiology, J.J college of Arts and Science, Pudukkottai on 24th August 2018.

On 2nd September 2018, N. Sewetha, III B.Sc. Maths, participated in Quiz competition which was held at St. Joseph's College, Trichy and won cash award of Rs. 1000/- In the intercollegiate competition 'Micromistress-2k18' organised by the Department of Microbiology, STET Women's college, Mannargudi held on 28th September 2018, students of the Department of Zoology bagged the overall winner's trophy.

Two Ph.D. scholars Ms. F. Latina Sharon Nivatha and Ms. Resmy Dominic under the guidance of Dr. M. Mary Jayanthi, Department of English won the "Best Presentation Award" for their papers titled "Fragmentation or Assimilation? - A study on the Apprenticeship of Duddy Kravitz" and "Real or Simulations of Real: An Explorative study on Ian McEwan's Atonement" respectively. The papers were

presented at a conference, "Culture, Language and Literature" in Loyola College of Arts and Science, Mettala, Namakkal on 10th December 2018.

S. Sowmiya of III B.Sc. Zoology received Profoma 2K18 Best NSS Volunteer Award at the District Level for 2017-18 on 24th December 2018.

Our college fine arts cultural team won the overall winner's trophy at the state level intercollegiate meet at Kongu Arts and Science College, Erode on 22nd January 2019. They also won cash awards worth Rs. 12,000 at Hilario'19, Inter-collegiate Fest at Nandha College of Arts and Science, Erode on 23rd and 24th January 2019. They won cash awards worth Rs. 11,750. Our college team won the Overall Winners trophy, among the 50 competing colleges.

On 12th February 2019, St. Joseph's Institute of Management (JIM) conducted an intercollegiate meet- OSCARS'2019. Our fine arts team received a cash award of Rs. 3000 and won the overall winner's trophy.

On 15th February 2019, Lady Doak College, Madurai conducted an intercollegiate meet – Kavigai. Our college fine arts team won the runner up trophy.

On 18th February 2019, Mangayarkarasi College of Arts and Science for Women, Madurai conducted an intercollegiate meet- NAKSHATRA-2k19. The team won the overall runners trophy.

On 1st March 2019, our college fine arts team participated in CASCAL'19, the state level intercollegiate meet conducted by PSG CAS (aided) and received cash prizes worth Rs. 20000 and won the overall runners trophy among 34 competing colleges.

On 2nd March 2019, the college fine arts team participated in EUPHORIA'19, the state level intercollegiate meet conducted by PSG CAS (Unaided) and won the overall trophy. Students received cash

prizes worth Rs. 42, 000 among 46 colleges that participated.

In the Tamil Speech Competition for Pongal celebration, conducted by Indian Medical Association, Tiruchirappalli Branch on 3rd February 2019, S. Abirami received III prize and the college was awarded the Rolling Shield.

T. Keerthana of II M.Sc Chemistry got Rs. 20,000/- as stipend under Summer Research Fellowship programme at IIT Madras, Chennai during April – June 2018 under the project entitled “Effect of Spacers on Triphenylamine- coumarin based dyes in dye sensitized solar cells using DFT/TD-DFT study”.

Students of Chemistry department won the overall trophy in Intercollegiate Competition- Periodic FIEsTa Inter collegiate Meet 2018 on 12th September 2018 in Lady Doak College, Madurai.

M. Divya of II M.Sc Chemistry won the second prize in the second state level preparative workshop in Chemistry for the NET/GATE / TNSET conducted by the Department of Chemistry, St. Joseph’s College, Trichy from 17th to 20th September 2018.

Three students from II M.Sc. Biotechnology and one student from M.Sc. Zoology went to National University of Singapore to do their final semester project work in the department of Anatomy and Physiology from January to July 2019, under the guidance of Prof. S. Thameem Dheen. They will take their self study paper examination and Viva Voce online.

The students of the Department of Zoology bagged the overall Runners trophy in Phrastafest-2k19, an intercollegiate competition held at Department of Botany, St. Joseph’s College, Trichy on 14th February 2019. The students of the Department of Zoology received Championship Rolling trophy in ‘Zoofest-

2k19, American College, Madurai on 27th February 2019.

G. Subha Dharshini of III B.C.A. ‘B’ participated in “World’s Biggest Hands on Training” from Wikitechy for Game & Hack, and was awarded “World Record Holder”, Wikitechy Record Achievement which was held at St. Joseph’s College, Trichy on 21st July 2018.

R. Vishnupriya of III B.C.A. ‘B’ participated in “World’s Biggest Hands on Training” from Wikitechy for Game & Hack, and was awarded “World Record Holder”, Wikitechy Record Achievement which was held at Raja Annamalai Auditorium, Chennai on 28th July 2018.

Ms. P. Chitara, II M.Sc. Media and Communication participated in the Short Film Competition conducted by The World Catholic Association for Communication (SIGNIS TN) in Nagercoil on 5th December 2018 and won the Special Jury Award for Best Director.

Her short film “Thooimai” has also won the 1st prize in State Level Inter-Collegiate Meet organized by Kongu Arts & Science College, Erode, the 2nd prize in the Short Film Competition held at Mangaiyarkkarasy College, Madurai. Her other short film “Ini Oru Vidhi Seivam” won the 2nd prize in PRIST University both in Tanjore and Trichy.

Ms. S. Kowsalya III B.Sc. Visual Communication participated in the Documentary Gender Fest Competition conducted by Bharathidasan University on 6th March 2019 and won the first place for Videography, Documentary and Photography.

Ms. Abinaya I B.Sc. Visual Communication participated in the Short film competition conducted by American college, Madurai on 18th February 2019 and obtained the 2nd place for her short film “Than Vinai”.

Ms. Tarini, Ms. Kimberley Maryann Fernandas and Ms. Bhuvaneshwari I B.Sc. Visual Communication participated in the Fashion Parade Competition conducted by Fathima College, Madurai on 9th September 2018 and won the 2nd prize.

Ms. Atchaya Thirugnanasambantham I B.Sc. Visual Communication won the 2nd prize in the Tamil Speech Competition on “Iyarkkai Paeridar” conducted by the Tamil Department, Holy Cross College, Trichy on 7th January 2019.

Golden Delight - 25 years Service completed

Congratulations to the following staff for completing 25 years of service in Holy Cross College, Trichy

Teaching Staff



Sr. Saghayamary, Librarian

Administrative Staff



Mr. Rex Johnson, Lab Asst.



Ms. Rani, Lab Asst.

100% Attendance



Dr. Felicita Florence, Assistant Professor of Chemistry



Dr. Kanmani, Assistant Professor of Chemistry



Ms. Jasmine Banu, Assistant Professor of Physics



Ms. I. Arockia Mary, Assistant Professor of Physics



Ms. I. Arockia Saibe, Assistant Professor of Mathematics



Ms. Nobel Esther, Assistant Professor of English, Shift II

Faculty Visit Abroad

Dr. Vasanthi attended an International Conference on “Emerging Strides in Innovations and Skill Enhancement-Sustainable Development a key focus” from 7th to 11th May 2018 and presented a paper at Bangkok Palace Hotel, Pratunam, Bangkok, Thailand.

The following staff went to Malaysia and Singapore from 12th to 16th November 2018 for signing an MoU with Binary

University: Dr. Sr. Christina Bridget, Principal, Dr. Mary Jayanthi, Assistant Professor of English and Co-ordinator of International Affairs, Dr. Horne Iona Averal, Dean of Science, Dr. Sheila Christopher, Dean of Research, Dr. Mary Sandra Quintal, Dean of Arts, Dr. Sujatha Ilangovan, Dean of Extension, Dr. Turin Martina, IQAC Co-ordinator, Dr. Noronha Inez, PRO, Dr. Maria Eugiene Pia, Retd. Associate Professor of Physics.

Dr. Sr. Jeusin Francis, Associate Professor of Tamil and Dr. K. Sujatha, Assistant Professor of Tamil, went to Malaysia between 21st and 27th February 2019 and presented papers on 'Thirukuralil thani Manidha Olukkam' and 'Thirukural Kaattum Thamil Panbaattu Koorugal' respectively, at Thirukural World Conference 2019 held at Malaya University, Kuala Lumpur, Malaysia. They also received awards.

Rev. Dr. S. Innocent, Assistant Professor of Visual Communication visited Italy from 2nd – 26th October 2018 to attend various conferences on Christianity and Communication organized by ecclesiastical authorities in Vatican City, Milan, Turin and Rovereto. He also met Prof. Biaggio Simoetti from the University of Sannio, Italy and talked with him about the mutual collaboration between the Universities. He expressed his willingness to make a contract with our college and to collaborate with our projects. He also met Prof. Offelia Pisanti from the University of Federico II, Naples.

Dr. G. Arul Selvi, Assistant Professor of Visual Communication visited United States of America from 3rd to 13th July 2018. She participated along with 38 folk artists from Tamilnadu in the 31st Annual Day Celebration of Federation of Tamil Sangams of North America. They taught folk dances to the artists belonging to the FETNA and also performed folk dances named "Marabu Nihalchi" in the Annual Day Celebrations held at Dallas.

They also travelled to many important cities such as Washington DC, New Jersey, New York and Philadelphia in order to train the student artists in folk arts. In addition, Dr. G. Arul Selvi shared her views and opinions on Involvement of Women in Traditional Arts in the Seminar conducted by FETNA in Dallas and in American Tamil Radio.

Dr. P. Anitha, Assistant Professor of Social Work visited Bangkok, from 6th to 10th May 2018 and participated in 3rd International Conference on 'Emerging Strides in Innovation and Skills Enhancement – Sustainable Development' a key focus at Bangkok Palace and presented a paper titled 'Competency Management of the college students with Special Reference to Psychosocial Perspectives'. She also received the Best Paper Presenter Award.

Highlights of the year

A new milestone was the introduction of school of management studies and the incubation centre and innovation centre. Another venture was the online admission for all courses this year.

In Study Webs of Active Learning for Young Aspiring Minds (SWAYAM) – an integrated platform for online courses, offered by MHRD, Government of India, nearly 60 students and 16 staff members have registered for 23 SWAYAM online courses.

Sports Selection trials were conducted on 18th April 2018 for the following games: Volleyball, Kabaddi, Kho Kho, Football and Basketball. 70 sports students attended the selection trials. Selection trials were conducted on 27th April 2018 for the following sports and games: Athletics, Ball Badminton, Handball, Netball and Hockey. 100 sports students attended the selection trials. Coaching Camp was conducted for selected sports students from 9th to 15th May 2018. 70 sports students were given free education, free hostel and

sports kit in 2018. Coaches for regular practices for sports students were appointed with monthly salary.

Marathon - organ donation - The NSS unit of Holy Cross College (Autonomous) Trichy participated in the Marathon conducted by Kauvery Hospital, Trichy on 30th September 2018, to create awareness about the importance of “Organ donation”.

The organizers conducted various levels in marathon that is 21km, 10km and 5km. 75 NSS volunteers participated in 5 km run and also created awareness through human chain to the other participants of marathon.

A cycle rally to provide awareness on saving energy and protecting the environment was held on 17th October 2018. The chief guest of the day was Mr. A. Myilvaganan, Deputy Commissioner of Police, Tiruchirappalli city. The Students were asked to come by bicycle and those who came by cycle were appreciated with a badge. The chief guest flagged off the rally. Around 150 students participated in the rally that started from Holy Cross College via St. Joseph’s College, Srimati Indira Gandhi College, Chennai Silks and culminated at Holy Cross College.

In the aftermath of Gaja cyclone that devastated the delta region, our college management decided to lend a helping hand to the affected families in Neduvasal in Pudukottai district. Neduvasal is 133 km from Trichy situated in Alankudi Taluk, Thiruvaramkulam Union of Pudukottai district. A pilot visit was undertaken on 18th November 2018 to study the condition of the villagers and their needs. On 21st November 2018, a team headed by our Principal, Rev Sr. Dr. Christina Bridget, five sisters, 4 teaching staff, 5 administrative staff and 10 student volunteers visited Neduvasal. Each family was given a pack containing 3kg rice, a pack of mosquito coil, a pack of match boxes, biscuit packets, candles, sanitary

napkin pack and Vicks. Apart from this an electric wood cutter was donated to the village. Nearly 870 families in Neduvasal (East) and 185 families in Neduvasal (west) benefitted. The noble gesture of the people in distress was appreciated because they gave the team tender coconuts as a token of gratitude for the timely help.

Gaja cyclone affected the 5 Districts in Tamilnadu. To give a helping hand for the affected people, our college went to Thirumanangudi near Vailankanni, Nagapattinam District on 15th December 2018. The needed families were identified and the things required were identified through the telephone discussion by the college bus driver Mr. David. Based on need the following items such as tarpaulin, vegetables, biscuit, candle, mosquito coil were given to the most affected 60 families at the village.

World's first "Smart Social Worker App" Holy Cross College Trichy, Tamil Nadu, India. App development was part of the Memorandum of Understanding (MoU) of Center for Academy and Industry Interface (CAII) of Holy Cross College with Climate Smart Technologies, A government recognized startup based in Pollachi, Coimbatore. The Department of Social Work released Smart Social Worker App on 26th September 2018. Mr. Jeevandandan Duraisamy, CEO, Climate Smart Technology released the app.

Entrepreneurial Skill Based Certificate Courses

Short term skill based courses can be a great way to improve on ideas and skills that you already have, and give your resume a boost. It is also a great way to learn something new that can help you acquire more knowledge and make you prepared for bigger and better roles.

On 10th September 2018, the 30 hours skill based certificate course which is mandatory for the first Under Graduate and Post Graduate students for both shift I and II

was started. Around 1568 students from shift I enrolled for 23 courses and 327 students from shift II enrolled for 9 courses. The courses mainly focused on enhancing their skills and utilizing their time in a proper way. It helps to identify their own potential and passion towards selecting their profession.

30 hours Entrepreneurial skill based certificate courses were conducted from 3rd to 8th December 2018. Totally 49 different courses were conducted for both Shift I and II students. 5183 students benefitted out of these courses. 105 trainers were involved in training the students. Students displayed the products made by them on 8th December 2018. Certificates were provided to the students on the last day of the training.

The International Academic Visit to Malaysia and Singapore

Dr. Sr. Christina Bridget, the Principal and 8 staff went to Malaysia and Singapore from 11th to 16th November 2018 for signing an MoU with Binary University, Malaysia. The purpose of the visit was to initiate academic collaborations with universities to create international learning experience for Holy Crossians and initiate alumnae chapters in both the countries.

An MOA was signed between the Language Lab of Holy Cross College, India and International Center for English, Binary University, Malaysia on 14th November 2018 at Binary University, Malaysia. This MOA sets out the interests of both institutions to collaborate and offer students and teachers to acquire language proficiency. It also helps teachers and professors to acquire creative teaching methodologies. This was a follow up of the MOA signed in HCC on 18th September 2018.

An MoU was also signed on 15th November 2018 between the Principal Rev. Sr. Dr. Christina Bridget and Dr. Balakrishnan Ramanathan, Founder and

Managing Director, ACE International Pte. Ltd., Singapore for promoting research and reinforcing cooperation, mutual exchange of Information and Technological know-how, joint venture and collaborative work projects, internships, on-job trainings and placements and also exchange of experts and researchers.

The Principal and her team also visited Cyberjaya University College of Medical Sciences (CUCMS), Malaysia on 14th November 2018 and National University of Singapore (NUS) on 16th November 2018 to explore the scope for Memorandum of Understanding for academic collaboration.

The following were the probable collaborative options discussed between HCC – CUCMS.

- HCC and CUCMS to look into prospective collaboration between the Psychology departments of the institution.
- HCC invited CUCMS President and Director of Collaborative Affairs to visit the institution at Trichy to plan academic collaboration especially with Departments of Audiology and Speech Language Pathology, Rehabilitation Science, Commerce and the Language Lab.
- HCC and CUCMS to plan staff exchange programme to share expertise.
- HCC and CUCMS to look for probable student exchange programmes.

The HCC team attended an input session on the Best Practices in Curriculum at the National University of Singapore by Dr. Prakash Kumar, Head of the Department of Biological Sciences.

The team also interacted with Dr. S Thameem Dheen, Associate Professor, Head, Department of Anatomy, Assistant

Dean (Ph.D Program), Yong Loo Lin School of Medicine, NUS, for project placements.

Following the visit 3 students from M.Sc. Biotechnology and 1 student from M.Sc. Zoology are doing their PG project at Histology and Cell and Molecular Biology Laboratory at NUS, Singapore from January 2019.

HCC Malaysian Alumnae Chapter

The HCC Malaysian Chapter was inaugurated by Rev. Sr. Dr. Christina Bridget on 13th November 2018 at 7.00 p.m. in Menara KLH Condominium, Kuala Lumpur. A eight-member team headed by the Principal coordinated the event. A total of five alumnae were present. They shared their reminiscences and suggestions for the better functioning for the college. The whole event was organized by Ms. Muthurakku Alagulakshmanan, alumnae, Department of Botany, 1987-1990 batch and by Ms. Dilsath, Department of Physics, 1994-1997 batch.

HCC Singaporean Alumnae Chapter

The HCC Singaporean Chapter was inaugurated by Rev. Sr. Dr. Christina Bridget on 15th November 2018 at 7.00 p.m. in Ananda Bhawan Hall, Little India, Singapore. A cheerful gathering of the proud HCC Alumnae welcomed the Principal and her team at the Singapore Chapter. Around 50 alumnae made the event a meaningful and memorable one. The Principal made a presentation of the college activities and invited the alumnae to stay connected. The alumnae shared some suggestions to take the college to greater heights. They included need for international exposure through student exchange programmes, a wider range of reference books as against prescribed books and to develop a strong online portal. The following office bearers were elected. Ms. Lorna Fernandez, President, Ms. Amala Antony, Secretary and Ms. Indu Kanan, Treasurer.

Holy Cross IAS Academy in Collaboration with SMART IAS Academy 2018

The Holy Cross IAS Academy in collaboration with SMART IAS Academy had been conducting the programme which has its vision as to create genuine bureaucrats for nation – building.

The mission of the academy is to help each candidate discover the potential and abilities to guide them realize the benefits of their potential. The duration of the course is 10 months and the course fees is Rs. 8000/- which could be paid in two instalments. The academy has strong faculty who have been qualified and possess more than 15 years' experience in training UPSC, TNPSC, RRB, Bank and SSC competitive exams. The modules covered by the academy include aptitude and reasoning, interpersonal skills, logical reasoning, analytical ability, basic numeracy, etc.

The academy aims at selecting a small but relatively bright number of candidates from a large number of applications. It also gives importance to teaching, holding periodic tests, analyzing the question papers and raising the level of confidence among students to enable them to face the tough competition in the civil services. The classes were beneficial for the 12 students who can be eligible in all civil examinations with the true spirit of confidence and motivation.

Memorandum of Understanding (MoU)

This year 25 MoUs were signed by the college and by the departments

The Department of Computer Science signed MoUs with the following firms:

1. NASSCOM/IT-ITES Sector Skills Council, Uttar Pradesh, India on 11 June 2018.

2. Learning Center, Puthur, Trichy-17 on 30th July 2018.

On 18th September 2018, MoUs were signed by the Department of Chemistry with Dalmia Cement Bharat Ltd., Dalmiapuram, Tiruchirappalli and the Department of Rehabilitation Science with the Department of Women's Studies, Bharathidasan University, Tiruchirappalli. Holy Cross College signed an MoU with Binary University, Malaysia, for international learning experience for the students.

Rev. Sr. Dr. Christina Bridget, Principal, Holy Cross College, Trichy signed an MOA with HE Tan Sri Dato Professor Joseph Adaikalam, Executive Chairman, Binary University, Malaysia on 18th September 2018. It was witnessed and countersigned by Dr. M. Mary Jayanthi, Coordinator of International Affairs and Mr. Ahmed Riaz, BU's Regional Director for South India. The purpose of this MOA is to promote and expand international, understanding, development, and friendship as well as stimulate and support academic pursuits among the students and faculty of the two institutions.

The Department of Library and Information Science and also the Central Library of Holy Cross College, Tiruchirappalli signed an MoU with Academic Library Association (ALA), Tamil Nadu, on 3rd October 2018 and with the district library on 4th December 2018.

A memorandum of understanding was signed between Department of History, Holy Cross College and Pavalar Sarathidasan Educational Trust on 15th October 2018

An MoU was signed between the language lab of Holy Cross College Trichy and International Centre for English and Binary University, Malaysia on 14th November at Binary University, Malaysia, for the benefit of the students.

ACE International Pte Ltd (AIPL), Singapore has entered into a Memorandum of Understanding (MoU) with Holy Cross College (HCC), (Autonomous), Tiruchirappalli, India on 15th November 2018, for promoting and reinforcing cooperation, mutual exchange of Information and Technological know-how, joint venture and collaborative work projects, curricular / extracurricular development, internships, on-job trainings and placements, infrastructure development, improvement of research programs and academic activities and also exchange of experts and researchers.

The signing ceremony was held at Singapore on 15th November 2018 in the presence of the officials from AIPL and HCC. For the signing of the MoU, AIPL was represented by its Founder and Managing Director Dr. Balakrishnan Ramanathan while HCC was represented by its Principal, Dr Sr. Christina Bridget.

An MoU was signed by the Department of Social Work with the Don Bosco media, on 16th November 2018.

An agreement in the form of MoU was signed between The Shell Industries, Trichy and The Department of Physics, Holy Cross College, Trichy, on 9th October 2018. Dr. Sr. Christina Bridget, Principal, Holy Cross College, Dr. Inigomary Rita, Head of the Department of Physics and Mr. Michael Judy, Proprietor, Shell Industries, Trichy signed the MoU in the presence of Dr. Maria Eugenie Pia, Former Head of the Department, Dr. Pauline Edwidge Mary, Dean of Students and all the faculty members of the Department of Physics. As a follow up of the MoU signed, two sessions were held in January and February 2019. A total of 131 members participated (4 Teaching staff and 127 students). Mr. Michael Judy, Proprietor of Shell industries gave a basic knowledge about troubleshooting procedures and provided valuable information on the working of many types of equipments like washing

machine, induction stove, inverter, stabilizer and AC. A special demo was given on the function of solar panel. A simple technique to check the earth connection was also demonstrated.

The PG and Research Department of Rehabilitation Science signed an MoU with REWA Society Ladakh Disabled Children Group, LeH Ladakh on 18th January 2019 for a period of five years from 18th January 2019 to 18th January 2024 for exchange of students and academic co-operation between the two organizations.

MoUs were signed by the Department of Botany with Crescent University, Chennai and also with K. S. Varier's Ashtanga Ayurvedics (P) Ltd. on 13th February 2019.

The Department of Psychology, Holy Cross College, signed an MoU with Anugraha, Capuchin Institute for Counselling Psychotherapy and Research, Dindigul, on 16th February 2019.

An MoU was signed by the Department of Biochemistry with Biotechno Solutions Training and Research Institute, Trichy on 13th February 2019, to enhance educational and academic research in the field of Biomedical Sciences. The Agreement was signed by Dr. K. Manjula, Managing Director of Biotechno Solutions and Dr. Sr. Christina Bridget, Principal.

The Department of Social Work signed MoUs with 6 NGO's on 27th February 2019. The purpose of MoUs is student's field work training and faculty developmental programme.

1. PDI – People Development Initiative (Urban and Slum)
2. W-Trust – Empowerment of women and children in unorganized sector
3. Care and Share – Health, Rural development and FSW (Female Sex Worker)
4. Athma Mind Centre – Mental health and Rehabilitation.

5. Anbalayam – Community mental health

6. VAZ Hospital – General hospital

Holy Cross College signed an MoU with MAHSA (Malaysian Allied Health Science Academy), Malaysia on 28th February 2019, to promote mutual understanding, academic progress, research collaborations and student and staff exchange programme.

International and National Seminars / Workshops / Conferences

ICNRI 2018 - Conference Recap

“Alone we can do so little; together we can do so much.” - Helen Keller

The International Conference on Networking, Research and Innovation for a Sustainable Society: Challenges and Channels was conducted by the college from 25th - 27th July 2018.

It was conceived to create a knowledge hub with a galaxy of academicians, researchers, industrialists, technocrats and other key stake holders of higher education who would exchange new ideas face to face, establish research relations and find global partners for future networking and collaboration and kindle the thirst for innovation to make society sustainable. The multi disciplinary perspective through innovative research and updated networking will provide application based channels to address the present day societal challenges and the shared information will be synthesized to facilitate the development of a sustainable society. Against this backdrop, ICNRI 2018 was envisioned with the following objectives

- To share and exchange information and experiences among industrial experts, academia, administrators, policy makers and practitioners on critical issues affecting the development of a sustainable society.
- To impart knowledge of multidisciplinary collaborative activities

among participants for mutual cooperation, both globally and nationally.

- To hone creative thinking and innovation for better productivity and networking skills in research and action based outcomes.

- To facilitate the interpretation and transmission of theoretical research for practical developments in the field of Higher Education.

The curtain raiser to ICNRI 2018 Lavendar Carnival was held on 7th March 2018 and 8 teams to collaborate and coordinate the varied tasks were formed with a representation of faculty from all the departments in the college. A series of brainstorming sessions and planning forums was scheduled periodically to meticulously work out in detail for ICNRI 2018.

25th July 2018 marked the inaugural day of the international conference wherein a conglomeration of 230 participants comprising of distinct academicians, reputed researchers, innovative technocrats, socially responsive industrialists and entrepreneurs and enthusiastic scholars and students from overseas countries such as USA, Belgium, UAE, Taiwan, Malaysia, Singapore, Russia and from the states of West Bengal, Jammu and Kashmir, Karnataka, Telangana, Andhra Pradesh, in India and from within the state of Tamil Nadu participated. The conference began with a meaningful prayer service orchestrated by the college choir under the spirited guidance of Rev. Sr. Dr. P. Rajakumari.

Rev. Sr. Dr. Christina Bridget, our dynamic Principal had the privilege of unfurling the red carpet welcome to the chief guests of the day Dr. G. Gopinath, Registrar, Bharathidasan University; Dr. Dominique Schellemans, Senior Lecturer, Department of Social Work, Howest University College, Belgium; Mr. N. Ratnakumar, Chair-Young Indians Trichy Chapter and the Managing Director of Hotel Ramyas Pvt. Ltd.

Rev. Sr. Jyothi Selvaraj, Provincial, Sisters of the Cross of Chavanod, Province of Tiruchirapalli and all other stalwarts of the International Conference, as a mark of our Tamil culture, the eminent dignitaries on the dais lighted the kuthuvilaku and were then honoured with a memento as a token of our love and appreciation. Prof. Dominique from Howest University, Belgium delivered the inaugural address signalling our collaborative venture with his distinct university through the MoU and the hall mark of his keynote address was to facilitate inclusion of persons with special needs through transdisciplinary approach.

Following the inaugural address, our Provincial and Mr. Ratnakumar rendered their words of appreciation for the lead initiatives propelled and propagated by Holy Cross College in its 96 years of existence and wished the management, staff and students to strive towards greater glory in the days to come, in their message of felicitations. The captivating CD on the conference proceedings compiled and edited by Ms. Anita, Assistant Professor of Social Work with the support of the technical team was released by Dr. Gopinath and received by Dr. Dominique.

In fact the most enlightening part of the inaugural ceremony was the Chief Guest's address wherein Dr. Gopinath with his usual blend of humor and intellectual acumen cautioned on the pitfalls of the over use or rather the misuse of technology and advocated on the theme of the Gandhian approach, an emerging perspective that is picking up momentum in the harnessing of technology to create a safe, secure and a sustainable society for our future generation. As a customary exercise, the inaugural ceremony came to a close with the note of gratitude expressed by Dr. Sheila Christopher, the conference secretary and senior lecturer from the discipline of Rehabilitation Science.

Indeed the most invigorating and enlightening part of the conference ICNRI

2018 was the scheduled triangular events of the series of invited lectures, parallel paper presentation sessions in four tracks highlighting on the themes of conference and the display of posters as a competitive activity. Spanning over three days, a record of 18 invited lectures, a total of 131 papers and a visual feast of 49 posters were presented.

The invited lectures served to be great food for thought, diverse and intense and undoubtedly ICNRI 2018 was fortunately blessed to have best persons as key speakers in every discipline to share their expertise and skills to reach out to the participants with the rich flow of knowledge. For every participant from far and near, the lectures kindled the passion to create new benchmarks in networking, research and innovation for a sustainable future.

The parallel paper presentation sessions each moderated by a chairperson and coordinated by a session in charge was indeed a knowledge sharing platform that enabled active participation amongst the participants.

It focused on ideas, proposals, actions and suggestions and offered realistic solutions towards creating new frontiers in networking, research and innovation. The poster presentations were lucid to depict the concept or the research theme of every presenter and the evaluation exercise of the poster presentation by the judges revealed that. As a break from the academic routine the delegates had a visual treat through a cultural night with a host of music and dance entertainment performed by our budding and talented artists of the college under the guidance of the fine arts coordinator Dr. Ruby Merlin, Assistant Professor in English, followed by a gala dinner.

Another parallel endeavor that elicited robust participation among the students in ICNRI 2018 was the exhibition and the sale of products by women Self Help Groups and young entrepreneurs asserting our interest in collaborative ventures.

The major lessons learnt from these resourceful invited lectures, the scientific paper presentations and the poster depictions were to

- re-imagine the current education system and to focus on learning, than teaching.
- inculcate Real World Skills to the upcoming learners.
- enable student learners to leverage and update themselves with emerging technological trends of learning analytics and internet of things, Big Data, Artificial Intelligence and Robotics and its applications in relative fields.
- Identify new areas for collaborative and inter and intradisciplinary research and incorporate mixed methodologies to create new benchmarks to promote quality research.
- Incorporate assistive and adaptive technology with an element of innovation to facilitate a better quality of life for persons with special needs.
- Revolutionize classrooms to be techno savvy through the engagement of smart phones to transform gen x learners towards holistic education and futuristic development.
- Strengthening student foundations and to equip them to face the challenges of future
- Identify networking options and collaborations in education and employment of the upcoming learners and
- Most importantly to motivate them to become doers from dreamers and work steadily towards achieving a passion amidst all life's battles and every woman born has a special call to win and create an indelible mark in the society.

An international conference was conducted by the Department of Biochemistry on 11th September 2018 on the topic "New Vistas in Life Sciences". The resource persons were Dr. Muthu Mayilvaganan, Principal Scientist, National Research Centre for Banana (ICAR), Tiruchirappalli, Dr. A. Anthonisamy, Associate Professor of Biochemistry,

College of Medical and Health Sciences from Wollega University, Nekemte, Ethiopia, Dr. R. Thirumurugan, Professor, Department of Animal Science, School of Life Sciences, Bharathidasan University, Tiruchirappalli, Dr. Elanchezhian Rajan, Senior Research Associate, Department of Biomedical Science, University of Sheffield, UK, Dr. Antony Prabhu, Scientist, Strategy and Technology team, Indegene Pvt. Ltd, Bengaluru and Sri. A. Kaliyamurthy, Former Superintendent of Police, Tiruchirappalli. There were 512 participants from various colleges, 63 oral presentations and 52 poster presentations.

The Department of Zoology organised a National Science Academies' Lecture Workshop on "Recent Trends in Applied and Molecular Endocrinology" on 26th and 27th September, 2018, sponsored by the three Science Academies of India, IASc, Bangalore; INSA, New Delhi and NASI, Allahabad. Prof. Maria Joseph Michael Aruldas, Former Director, Dr. ALM PG Institute of Basic Medical Sciences, University of Madras, Chennai was the convener of the workshop and delivered the key note address. Other eminent resource persons were Prof. Polani B. Seshagiri, Professor, Department of Molecular Reproduction, Development and Genetics, Indian Institute of Science, Bengaluru, Prof. K. Balasubramanian and Prof. Srinivasan Narasimhan, former Directors, PG IBMS, University of Madras, Chennai and Prof. M.A. Akbarsha, Director and Chair, MGDC, Bharathidasan University, Trichy.

The 8 technical sessions and interaction with scientist panel were highly useful as the participants interacted with Fellows of Science Academies and eminent scientists and clarified their doubts on the career and research opportunities available to young researchers and students in the three Science Academies of India. Participants from 12 different colleges attended the workshop.

The Department of Psychology organized a two day national workshop on Neurolinguistic Programming on 3rd and 4th October 2018, conducted by Mr. R. Karthick, the Master Trainer at NLP Coaching Academy, Bengaluru, to enhance the personal development and to deal with anxiety and phobia. 75 participants attended the workshop.

The Department of History and Pavalar Sarathidasan Educational Trust jointly organized One day National Seminar on "Art And Temple Architecture From The Archaeological Perspective" on 15th October 2018. The special address was delivered by venerable Bikku Mouriya Chief Monk' Bragbodhi, Buddhavihar, Buddha Gaya who spoke on the importance of Indian History and underwater excavations which need to be unearthed.

A one day International Workshop on Global Practices in Special Education and Rehabilitation was conducted by the Department of Rehabilitation Science on 5th December 2018. Two Professors Dr. Katherine Elliot, Chair, Kids Rehab Wings and Occupational Therapist and Dr. Margaret Pickup, Professor, Special Education, Curtin University and 15 students of special education and therapeutic studies from Curtin University, Western Australia were the resource persons.

The Department of Social Work conducted an International Conference on "The Furtherance of Sustainable Development Goals: 2030 Agenda – A Drive from Global Perspectives to the Local Relevance on 7th and 8th December 2018. There were invited speakers to address on the gender disparity, quality education, total inclusion criteria, climate change, partnership and industry innovation factors, and linking and collaborations. Inauguration was graced by Ms. Marg Pickup, sessional academics, occupational therapy and social work, Department of Health Sciences, Curtin University, Australia, Helga Von Kolck, coach and trainer from Speech and

Drama College, UK. Journals contented with 43 manuscripts were published in an international journal of research analytics and review were published and released in UGC listed journal, with impact factor 5.75 that was launched on the first day of the conference. 55 papers were presented. At the valediction Mr. Shagul Ameen, Commissioner, Ponnampati, was the chief guest.

The Department of Mathematics conducted an International Seminar on Present Trends in Applications in Mathematics on 18th December 2018. The seminar was inaugurated by Hajee Dr. S. Ismail Mohideen, Principal and Head, Department of Mathematics, Jamal Mohamed College, Tiruchirappalli. Dr. Santo Banerjee, Research Scientist, Laboratory of Cryptography Analysis and Structure, Institute of Mathematical Research, University of Putra Malaysia, Malaysia exemplified each and every concept of chaos theory and its applications in blood flow, ECG signals, etc. and Rev. Dr. Fr. Joseph Varghese, Associate Professor, Department of Mathematics, Christ (Deemed to be University), Bengaluru enlightened the participants with the basic notions of graph theory and extended the idea through relationships and explained signed graphs. The valedictory address was given by Dr. X. Susan Christina, Principal, M.I.E.T Engineering College, Tiruchirappalli.

The Department of Biotechnology and Bioinformatics conducted an International Symposium on Applications and Development in Applied Sciences Research on 7th and 8th January 2019. The event witnessed about 10 International and National Speakers from 3 countries and 150 participants from various colleges and universities. Rev Sr. Dr. Christina Bridget. A, Principal, Holy Cross College, Trichy, inaugurated the symposium and delivered the inaugural address, speaking on the various advancements made in the field of applied sciences globally.

Dr. N. Tajuddin, Professor and Head, Department of Microbiology, Bharathidasan University, Trichy, delivered the presidential address on the importance of basic aspects in research. In memory of (Late) Dr. P. Daisy, The (Late) Dr. P. Daisy Gold Medal Oration Award was launched by Rev. Sr. Dr. Christina Bridget. A, Principal, Holy Cross College, Trichy and Dr. N. Tajuddin, Professor and Head, Department of Microbiology, Bharathidasan University, Trichy.

Dr. D. Mubarakali, Assistant Professor, School of Life Sciences, BS Abdur Rahman Crescent Institute of Science and Technology, Chennai, won the award for the year 2018-19. The second day of the symposium proceeded with a series of lectures. The final speaker of the day was Dr. Albert Prem Kumar visiting guest scientist, Department of Ecology Environmental and Plant Sciences, Stockholm University, Sweden on Innovative developments in applied biotech research. Dr. S. Sudhakar, Assistant Professor, Manonmanium Sundaranar University, Tirunelveli distributed the prizes to the best poster presenters.

The Department of Chemistry conducted a national conference on Nano National Summit: Current Trends and Future Perspectives on 9th and 10th January 2019. Dr. G. Gopinath, Registrar, Bharathidasan University, Trichy delivered the inaugural address. Rev. Sr. Jyothi Selvaraj, Provincial, Holy Cross Convent, Trichy, released the conference proceedings with ISBN. The keynote address was delivered by Dr. S. Balakumar, Professor and Director, National Centre for Nanoscience and Nanotechnology, University of Madras. Rev. Sr. Niranjana Anthonisamy, Secretary, Holy Cross College, Trichy and Rev. Dr. (Sr.) Christina Bridget, Principal, Holy Cross College, Trichy offered felicitations. The inauguration was followed by seven technical sessions.

An International Conference on “Innovative Approaches in Biomedical Sciences” was conducted by the PG and Research Department of Zoology, on 25th January, 2019. The Chief Guest Prof. Arun Dharmarajan, Faculty of Health Science, Curtin University, Australia, ignited and illuminated the research focus in the young minds in his presidential address and Prof. S. Thameem Dheen, Head, Department of Anatomy, Yong Loo Lin School of Medicine, National University of Singapore, Singapore, delivered the valedictory address.

Other eminent speakers were Dr. Preethy Paul, Post Doctoral Researcher from Abo Akademi University, Turku, Finland, Dr. B. Ravindran, Professor, Department of Environmental Energy and Engineering, Kyonggi University, Korea, Professor Emmanuvel Rajan, Professor and Head, Department of Animal Science, Bharathidasan University, Tiruchirappalli and Dr. P. Elangovan, Chief Orthopedic Surgeon, Chennai. About 250 students including students from various other colleges participated and got benefitted.

The National Seminar on Scientific Research and Education in Today’s Scenario was conducted by the Department of Botany on 13th February 2019. Dr. Christina Bridget, Principal, Holy Cross College, Trichy gave felicitations and motivated the students. The inaugural address was given by Prof. Dr. Edathil Vijayan. During inauguration, the MoU between two institutions namely, the Crescent Institute of Science and Technology and K. S. Varier Ashtanga Ayurvedic (P) Ltd. Trichy were signed. After the inauguration of the seminar the incubation and innovation club of Botany was installed by our dignitaries. Our students prepared and sold various herbal products, food products and cosmetics.

A two-day National Seminar on the topic “Frontiers in Geophysics and Climate Change” was organized by the Department

of Physics on 21st and 22nd February 2019, sponsored by DST SERB. The seminar was inaugurated by Dr. S. R. Ramanan, Meteorologist, Former director cyclone warning center, Chennai, followed by invited talks from scientists, academicians and researchers in the field of Geophysics and Climatology. A poster presentation competition was conducted in which students from various colleges participated and won prizes. Dr. T. Vasantha Kumaran, Former Associate Professor and Head, Department of Geography, University of Madras, Chennai gave the valedictory address.

The Department of Audiology and Speech Language Pathology conducted a 3 day international conference on “Facilitation Learning on Advancements in Speech and Hearing Flash on Vestibular Assessment and Management: Learn to balance the unbalanced” from 28th February to 2nd March 2019. The chief guest was Prof. Dr. Gnanathilakan, Director and Senior ENT Surgeon, Tilak Hospital, Trichy and the guest of honour was Dr. Jawahar Nagasundaram, Head and Neck Surgeon, Dr. G. Viswanathan Multispeciality Hospital, Trichy.

The Department of History organized an International Symposium on “India’s Cultural Influences on her Neighbouring Countries” on 4th April 2018. The chief guests were Dr. Anuzsiya Senthirajah, Senior Lecturer in History, Faculty of Arts and Culture, South Eastern University of Srilanka, Professor N. Rajendran, Former Dean of Arts and Head, Department of History, Bharathidasan University, Tiruchirappalli and Dr. C. Thomas, Associate Professor of History, Periyar EVR College.

IQAC

In continuation with its initiative to identify new benchmarks to achieve a leap in the Institutional Quality Systems, the IQAC promoted the processes for quality

enhancement for all its stake holders at various levels. Need based programs were organized for staff, Quality Initiatives in Curriculum, Teaching and Learning, Evaluation Techniques for newly recruited staff, Software and E-content development training programme, Becoming a Teacher of Excellence, Orientation for new recruits and in-charge of SBE I and II on newly framed syllabus, Networking and Team Management, Ethical Teaching, Introduction to School Systems, Revised NAAC New Framework and Whole Person Education.

The rigorous preparation for NAAC Accreditation fourth cycle in various phases and the processes of data collection and documentation was done based on the different parameters namely Curriculum; Teaching, Learning and Evaluation; Research, Consultancy and Innovation; Infrastructure and Learning Resources; Student Support and Progression; Governance, Leadership and Management and Institutional Values and Best Practices.

From 21st June to 10th July, 2018, IQAC conducted various meetings for Documenting and Consolidating of AQAR 2017 – 18 and posted the same on 10th July 2018, in the College Website; submission of annual plan of departments and review of the activities of the previous year and checked with the proposed one to accommodate the new trends and developments, from 2nd – 4th July, 2018.

Initiation of NAAC process began from July 2018 and data collection of various parameters started since 2nd week of July based on revised framework of NAAC. Several workshops and meetings among the individual parameter core and department representatives were conducted and updation was held with the IQAC team from 10th to 28th September, 2018. Meanwhile, the IQAC core team worked out the Intermapping of Data Draft 1 on 8th October 2018 and the same was sent to the

coordinators for their use in the process of data collection to avoid repetition.

Holy Cross College, Tiruchirappalli, registered for India Rankings 2019 (NIRF) on 17th September 2018. The data was uploaded in the DCS under the category of Arts and Science College, and updated in our website on 7th December, 2018.

On 17th October 2018 an orientation programme was conducted for the faculty on Outcome Based Learning and Assessment. Rev. Fr. (Dr.) Joe Arun, Joseph's Institute of Management, Tiruchirappalli was the resource person.

Dr. M.G. Sethuraman, Professor of Chemistry, Gandhigram Rural Institute (Deemed to be University), oriented our faculty on NAAC New Framework on 17th Dec. 2018.

From 4th to 10th January 2019, Core Committees of individual NAAC parameters presented the collected data as per the NAAC New Framework and suggestions provided by the Core Committee was amended by the team for 2nd Draft.

A workshop on the Revised New Framework of NAAC was organised by IQAC for the various committee members of the NAAC Parameters on 2nd February, 2019. The resource person, Dr. M.G. Sethuraman, Professor of Chemistry, Gandhigram Rural Institute (Deemed to be University), moderated the presentations made by the coordinators.

Our faculty attended various Quality related seminars / workshops at different Institutions during this Academic Year

Dr. P. Shanthi and Dr. Josephine Lourdes De Rose participated in the two day workshop on Revised NAAC Norms and Procedures held from 26th to 27th October 2018 at Bharathiar University, Coimbatore.

Dr. Merline Vinotha J and Dr. Suganthi K attended a two day Faculty Development Workshop on “Outcome Based Education” organized by IQAC, Don Bosco College, Yelagiri Hills, Vellore Dt. on 26th and 27th October 2018.

Dr. A. Turin Martina and Dr. Ruby Merlin attended a National Conference on Excellence in Higher Education organized by IQAC Loyola College, Chennai, on 23rd and 24th November, 2018 and presented a paper on “The need for Professional Development of Teachers in Higher Education – Way forward” jointly with Mr. Antony Stephen, Assistant Professor in Social Work.

Dr. Umera Begam and Ms. Maria Camilla participated in a two day National Seminar on Best Practices of top NAAC Accredited Institutions jointly organised by Department of Physics, Annamalai University and NAAC, Bangalore on 30th and 31st January, 2019.

Dr. Felicita Florence and Dr. Ruby Merlin participated in a one day Workshop on Successful NAAC Accreditation with A/A+/A++ Grade on 2nd February 2019 organised by AASSAAN Educare Foundation, Chennai.

Dr. Paulin Edwidge Mary and Dr. Cresenta Shakila participated in NAAC sponsored 2 day Workshop on Benchmarking the Best practices in Teaching and Learning in Higher education organised by IQAC, Bishop Heber College on 14th and 15th February, 2019.

Dr. Horne Iona Averal and Dr. Mary Sandra Quintal participated in UGC Sponsored Workshop for Professional Development of Academic Administrators on “Institutional Assessment and Accreditation” on 1st and 2nd March 2019.

Dr. L. Jenitra, Associate Professor of Commerce and Vice Principal, Dr. A. Turin Martina, Associate Professor of Rehabilitation Science and IQAC coordinator and Dr. Ruby Merlin, Assistant Professor of English attended a two day “National Colloquium on Autonomous Institutions Marching towards University Status”, on 4th and 5th March 2019, held at St. Joseph’s College, Trichy.



Department Highlights

Audiology and Speech Language Pathology

Holy Cross College Medical Camp

For the benefit of all students in Holy Cross College, the college organized medical camp on 16th June 2018. ENT Doctors, Department of Audiology and Speech Language Pathology and DMLT collaboratively screened the college students for vision, hearing and speech - language disorders. Counseling was given to all students regarding protecting vision, hearing and vocal hygiene. Further detailed evaluation and recommendation were given to the students concerned. 1500 students from various departments benefited from the camp.

Hearing Screening Camp for Tribals

Holy Cross College, Trichy organized a Hearing screening camp for tribals on 20th and 21st June 2018 at Attapaadi, Kerala. Clinical Supervisor, E. Pushpa Sarona and 19 students screened the tribal people for hearing disorders. Counseling was given to all regarding hearing care and need for routine audiological evaluation. Further detailed evaluation and recommendation were given to patients concerned. 140 tribal people from various villages benefited from the camp.

RESCAPES Screening Camp

Holy Cross College (Autonomous), Trichy organized a free Audiological and Speech and Language screening camp on 2nd and 4th July 2018 in Thirupanjeeli Government Higher Secondary School at Thirupanjeeli village near Trichy. On behalf of the Department of Audiology and Speech Language Pathology, Clinical Supervisors E. Pushpa Sarona, C. Regina Mary and R. Sujitha and 35 students were involved in the camp.

About 628 students from classes VI to XII Standards were screened. Counseling was given

to all regarding hearing care and importance of speech and language therapy. Further detailed evaluation and recommendations were given to students concerned.

Sharva Shiksha Abiyam (SSA) Screening Camp

SSA organized massive Screening Camp in Rural areas of Tanjore districts in the name of "Education for all" from 6th to 28th August 2018. On behalf of the Department of Audiology and Speech Language Pathology, the Interns from the department participated and the people were screened for hearing disorders. The Screening camps were organized in the following places and attended by the following students.

S. No	Date	Name of the student	Place
1.	6.8.2018	Janani	Tanjore Town
		Gangadevi	Madhukoor
2.	7.8.2018	Janani	Tanjore Taluk
		Gangadevi	Thiruvaiyaaru
3.	10.8.2018	Janani	Sethubhavaa Sathiram
		Gangadevi	Papanasam
4.	13.8.2018	Janani	Peravurani
		Gangadevi	Boodhalur
5.	14.8.2018	Janani	Orathanadu
		Gangadevi	Thirupanandhaal
6.	16.8.2018	Janani	Ammappettai
7.	21.8.2018	Janani	Kumbakonnam
		Gangadevi	Thiruvonam
8.	28.8.2018	Janani	Thiruvidaimarudhur
		Gangadevi	Pattukottai

Counselling was given to all regarding hearing care and need of routine Audiological evaluation, further detailed evaluation and recommendations were given to patients concerned.

Conference on Speech and Language Advancements (COSLA-2018)

The staff and students of the Department of Audiology and Speech Language Pathology attended the Conference on Speech and Language Advancements (COSLA) 2018 held at Kasturba Medical College, Mangalore. The Clinical Supervisors, Ms. Sujitha R and Ms. Pushpa Sarona E and 25 students attended the conference. On the first day 29th August 2018, the conference focused on assessment of stuttering in children and adults. On the second day, 30th August 2018, the conference focused on Management of stuttering in children and adults. The practical sessions were held on 31st August 2018. The conference was very informative; the staff and students benefited and gained knowledge on recent trends in Assessment and Management of Individuals with Stuttering.

Hearing Screening Camp for Older Adults

Holy Cross College, Trichy organized a hearing screening camp for older adults on 11th September 2018 at Annai old age home, Trichy. On behalf of the Department of Audiology and Speech Language Pathology, the staff, C. Regina Mary and 12 students screened older adults for hearing disorders.

Counseling was given to all regarding hearing care and need for routine audiological evaluation. Further detailed evaluation and recommendation were given to patients concerned. 21 older adults from Annai old age home benefited from the camp.

Seminar on Assessment & Management of Dysphagia

A Seminar on assessment and management of dysphagia was organized by the Department of Audiology and Speech Language Pathology for two days on 10th and 11th September 2018.

The guest speaker was Ms. Arya, Amritha Institute of Medical Sciences, Kochi, Kerala.

The guest speaker gave a detailed presentation on subjective, objective assessment of dysphagia on day one. On second day presentations covered the topics like management strategies for dysphagia. The speaker demonstrated manoeuvres to facilitate swallowing.

Inauguration of Student Platform for Advancing Research and Career Association

The Students platform for Advancing Research and Career Association inauguration was held on 17th September, 2018 and it was inaugurated by Chief Guest Dr. Ganathilakan Professor, Director of Tilak Hospital. The chief guest gave an interesting and thought provoking speech on importance and role of Audiologists and Speech Language Pathologists in the betterment of individuals with communication disorders. The office bearers for the academic year were honored with the sash, Secretary Ms. Gayathri, III BASLP, Joint Secretary Ms. Aarthi Devi, II BASLP and Treasurer Ms. Jumana III BASLP. Mr. R. Sundaresan HoD spoke about the scope and ethics of Audiologists and Speech-Language Pathologists.

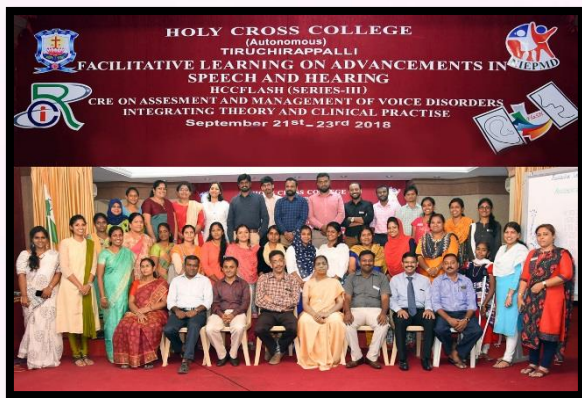
National Conference on Assessment and Management of Voice Disorders: Clinical Theory and Practice” (HCC Flash Series – 3)

The Department of Audiology and Speech Language Pathology arranged a three day national conference on “Assessment and Management of voice Disorders: Clinical Theory and Practice” from 21st to 23rd September 2018. The chief guest was Dr. Jesudoss, Dean, SRM Medical College, Tiruchirappalli. On the first day of conference, 21st September 2018, topics focused on an active retrieve on anatomy and physiology of laryngeal system and subjective assessment was by Ms. Jasmine Lydia, MERF Institute of Speech and Hearing.

Instrumental analysis of voice was discussed by Dr. Gopi Sankar from Mysore. Parallel

scientific paper sessions were held. Students gave oral presentations.

On the second day 22nd September 2018 three eminent speakers, Dr. Radish Kumar B, HoD, KMC, Mangalore enlightened on Symptomatic Voice therapy, Dr. Prakash Bomminathan discussed holistic voice therapy and Dr. Jayakumar Menon elaborated on manual therapy. On the third day 23rd September 2018 distinguished guest speakers Dr. Rajasudhakar, HoD, AIISH Mysore and Ms. Malavika, Assistant Professor, KMC, Chennai gave a detailed talk on ICF, psychogenic voice therapy, SOVTE and hands on session was held.



The conference came to an end with the valedictory function. The chief guest was Dr. Dr. Rajasudhakar, HOD, AIISH Mysore. Totally 19 students from various colleges (MMC, MERF AVMC, NISH, MV Shetty) and 30 professional delegates attended the conference.

Seminar on “Overview of vestibular system”

The Department of Audiology and Speech Language Pathology arranged one day seminar on “Overview of Vestibular System” on 25th September 2018. Dr. Srinivasan was the guest speaker. He gave an elaborate presentation on introduction, structure and function, vestibule ocular reflex, vestibule spinal reflex and signs and symptoms of vestibular disorders.

Seminar on “Recent trends in Hearing aid fitting and programming”

The Department of Audiology and Speech Language Pathology arranged one day seminar on “Recent trends in hearing aid fitting and

programming” on 26th September 2018. Ms. Dhisha, Regional Product Manager, Resound Limited Company was the guest speaker. She gave an elaborate presentation on types of hearing aids, fitting and programming demonstration.

World Deafness Day-Free Medical ENT camp

The Department of Audiology and Speech Language Pathology, Holy Cross College (Autonomous) jointly with Association of Otorhinolaryngologists of India, Tiruchirappalli Branch and Indian Medical Association, Tiruchirappalli Branch conducted an ENT camp on 26th September 2018 in connection with World Deafness Day. Audiological evaluation, Ear, Nose and Throat examination was done for all the people who attended the camp. The main motto of the camp was “Detection of Deafness and selecting patients for hearing aid fitting and ear surgery”. Totally 31 clients were screened for hearing difficulties. Further detailed evaluation was recommended to all clients who were in need of further testing.

Hearing Screening Camp at Vakkampatti

Holy Cross College, Trichy organized 3 days Hearing screening camp from 11th to 12th October 2018 for students and village people at Vakkampatti and on 13th October 2018 at Dindigul. Ms. Anita and Ms. Sujitha and 15 students attended the camp. A total of 636 people were screened. Counseling was given to all regarding hearing care and need of routine audiological evaluation. Further detailed evaluation and recommendations were given to patients concerned.

Hearing Screening Camp for Handicapped Adult

Holy Cross College, Trichy organized a Hearing screening camp for Handicapped adults on 25th December 2018 at St. Anne’s Rehabilitation Society for the Handicapped, Irungalur, Trichy. Ms. E. Pushpa Sarona and C. Regina Mary and 17 students screened handicapped adults for hearing disorders. Counseling was given to all regarding hearing care and need for routine audiological

evaluation. Further detailed evaluation and recommendations were given to patients concerned. 44 handicapped adults from St. Anne's Rehabilitation Society for the Handicapped benefited.

Holy Cross College Village Screening Camp

Holy Cross College (Autonomous), Trichy organized a free Audiological and screening camp on 2nd December 2018 at Irungalur village near Trichy. Clinical Supervisor C. Regina Mary and 18 students were involved in the camp. About 71 village people were screened. Counseling was given to all regarding hearing care and importance. Further detailed evaluation and recommendations were given to people concerned.

Another camp was held on 3rd December 2018 in St Teresa's primary, high school at Veralimalai village near Trichy. Assistant professor and clinical in charge of Audiology Mr. Sajan Sam Varghese and 10 students were involved in the camp.

RESCAPES Screening Camp

A camp on 3rd December 2018 was conducted in Government High School at Thalakudi village near Trichy. Clinical Supervisor E. Pushpa Sarona and 10 students were involved in the camp. About 149 students from classes VI to X were screened. Counseling was given to all regarding hearing care and its importance. Further detailed evaluation and recommendations were given to students concerned.

RESCAPES Screening Camp

Holy Cross College (Autonomous), Trichy Organized a free audiological and screening camp on 5th December 2018 at Holy Cross High School, Ponmalai, Trichy. Clinical Supervisor Ms. P. Anita Phoebe Ivva and 15 students were involved in the camp. About 167 Students from classes VI to X were screened. Counseling was given to all regarding hearing care and importance. Further detailed evaluation and recommendations were given to students concerned.

Speech and hearing week camp:

Holy Cross College (Autonomous), Trichy organized a free audiological and screening camp on 13th and 14th December, in Holy Cross College, Trichy as a part of speech and hearing week celebration. 146 students from the department of History, Holy Cross College were screened. Counseling was given to all regarding hearing care and importance. Further detailed evaluation and recommendations were given to students concerned.



Sparc Biennale 2K18 and Human Chain

In connection with the speech and hearing week celebration, the Department of Audiology and Speech Language Pathology of Holy Cross College (Autonomous), Tiruchirappalli, Tamil Nadu together with Indian Speech and Hearing Association Tamil Nadu chapter (Tanisha) conducted Sparc Biennale 2K18. The program was organized on 13th and 14th December 2018 with an exhibition in the college campus and human chain formation from Holy Cross College campus to Banana leaf restaurant for one km. The main motto of the biennale was to make the public aware of the existing speech and hearing problems and its management. The program commenced with a meaningful prayer service by the students of the department.

The program was inaugurated by Mr. R. Ravichandran, District Differently Abled Welfare Officer. The event was graced by Rev. Sr. Niranjana Antonisamy, Secretary, Rev. Sr. Dr. Christina Bridget. A, Principal, and Rev. Sr. Dr. Lourdu Mary, Academic Coordinator. The Chief Guest Mr. R. Ravichandran addressed the gathering. He shared his own thoughts and experiences in rehabilitating differently abled

individuals. He also stated the importance of identifying the disability in the early stages and giving proper treatment. Students of the department enacted street play portraying the importance of antenatal care, early identification and intervention of speech and language disorders. Students and faculty of the department participated in the human chain programme and conducted an awareness exhibition in the department in the campus. The department also offers free speech and hearing camp from 3rd December 2018 till 31st January 2019 for the public. Students from various schools, special schools and general public participated in the exhibition and benefited from the free camp offered.

Seminar on recent advances in Cochlear Implant

Seminar on assessment and management of dysphagia was organized by the Department of Audiology and Speech Language Pathology on 7th January 2019. The guest speaker invited for the seminar was Mr. Muthu, Cochlear, India. The seminar was initiated by a warm prayer by our department students followed by the welcome address delivered by Mr. R. Sundaresan, HoD. The guest speaker gave a detailed presentation on history of cochlear implant, candidacy, team members involved, counseling, components, criteria and contraindications. The speaker also focused on post operative measures.

Indian Oil Corporation Limited & Artificial Limbs Manufacturing Corporation of India (ALIMCO) hearing aid dispensing camp

Indian Oil Corporation Limited & Artificial Limbs Manufacturing Corporation of India (ALIMCO) conducted hearing aid dispensing mega camp with Holy Cross College (Autonomous), Trichy on 10th January 2019 Thursday at Kalaiarangam Mahal, Trichy.

On behalf of the Department of Audiology and Speech Language Pathology, Clinical Incharge Mr. Sajan Sam Varghese and 10 students were involved in the camp. About 55 persons with hearing loss (beneficiaries) were screened and fitted with the hearing aid

(ALIMCO BTE semi digital). Counseling was given to all regarding hearing device care and maintenance. Further detailed evaluation and recommendations were given to those concerned.



Workshop on Implantable devices at MERF – Institute of Speech & Hearing

The staff and students of the Department of Audiology and Speech Language Pathology attended two days workshop on Implantable devices at MERF – Institute of Speech and Hearing, Chennai on 21st and 22nd January 2019. Clinical Supervisor Ms. P. Anita Phoebe Ivvah and 12 students had attended the workshop. The workshop focused on hearing loss, assessment, management, pre operative and post operative measures in cochlear implant. Practical sessions were held on both the days. The conference was very informative; staff and students had benefited and gained knowledge on recent trends in Implantable devices.

Workshop on Hearing Aids, Real ear measurements and V HIT at Hearing aid center, Nungampakkam

The staff and students of the Department of Audiology and Speech Language Pathology attended two day workshop on Hearing Aids, Real ear measurements and V HIT at Hearing

aid center, Nungampakkam, Chennai on 21st and 22nd January 2019. Clinical Supervisor Ms. Sujitha R and 12 students had attended the workshop.

The workshop focused on Hearing Aids, Real ear measurements and V HIT. Practical sessions were held on both the days. The conference was very informative; staff and students had benefited and gained knowledge on recent trends in Hearing Aids, Real ear measurements and V HIT.

Holy Cross School Camp

Holy Cross College (Autonomous), Trichy organized a free audiological and screening camp on 4th February 2019 at Holy Cross High School, Teppakulam, Trichy. Clinical Supervisor Ms. S. Jothi and 9 students were involved in the camp. About 199 Students from class VI were screened. Counseling was given to all regarding hearing care and importance. Further detailed evaluation and recommendation were given to students who are concerned.

RC Primary School Camp

Holy Cross College (Autonomous), Trichy organized a free audiological and screening camp on 11th February 2019 at RC Primary School, Valavanur, Trichy. Clinical Supervisor Ms. C. Regina Mary and 7 students were involved in the camp. About 23 Students from classes I – V were screened. Counseling was given to all regarding hearing care and importance. Further detailed evaluation and recommendations were given to students who are concerned.

Conference at All India Institute of Speech and Hearing

The staff and students of the Department of Audiology and Speech Language Pathology attended the Conference on Candidacy and mapping issues in cochlear anomalies and cochlear nerve defects, outcome measures on cochlear implant and listening training for individuals with hearing impairment held at All India Institute of Speech and Hearing, Mysore

from 11th to 13th February 2019. Three staff Ms. Sujitha R, Ms. Anita Phoebe Ivvah and Mr. Sajan Sam Varghese and 47 students attended the conference. On the first day 11th February 2019, conference focused on candidacy and mapping issues in cochlear implant. On the second day 12th February 2019, conference focused on outcome measures of cochlear implant. The third day 13th February 2019 focused on listening training for individuals with hearing impairment. The conference was very informative; the staff and students benefited and gained knowledge on recent trends in cochlear implant and post rehabilitation.

Workshop on noise measurement

The staff and students of the Department of Audiology and Speech Language Pathology attended a one day workshop on noise measurement held at All India Institute of Speech and Hearing, Mysore on 14th February 2019.

Three staff Ms. Sujitha R, Ms. Anita Phoebe Ivvah and Mr. Sajan Sam Varghese and 23 students attended the conference. The workshop was held to improve practical knowledge on noise measurement and different strategies used. The session helped to bridge the theoretical knowledge with the practical concepts.

Workshop on Ear moulds

The staff and students of the Department of Audiology and Speech Language Pathology attended a one day workshop on ear mould making held at All India Institute of Speech and Hearing, Mysore on 14th February 2019. Three staff Ms. Sujitha R, Ms. Anita Phoebe Ivvah and Mr. Sajan Sam Varghese and 24 students attended the conference. The workshop focused on different materials used to make ear mould and acoustic modifications to be done in ear mould. The workshop also gave the students, a practical session on ear mould making.

National Conference on Vestibular Assessment and Management: "Learn to Balance the Unbalanced" (HCC FlaSH Series – 4)

Department of Audiology and Speech Language Pathology arranged a three days national conference on Vestibular Assessment and Management: “Learn to Balance the Unbalanced” from 28th February to 2nd March 2019. The Chief Guest was Prof. Dr. Gnanathilakan, Director and Senior ENT Surgeon, Tilak Hospital, Tiruchirappalli. On the first day of the conference topics focused on an Active retrieve on Vestibular anatomy was by Mr Sajan Sam Varghese, Assistant Professor Holy Cross College, Trichy and physiology of Vestibular system was by Mr Ramiz Malik, Assistant Professor, Marthoma College of Speech and Hearing, Kasargod. Development of Normal balance Function, overview of vestibular disorders and ENT perspective was discussed by Dr. Srinivas Dorsala, Founder Cyclops med tech Bangalore. Role of Case History in diagnosis by Mr. R. Sundaresan, Assistant Professor and HoD, Holy Cross College, Trichy.

On the second day, three eminent speakers, Dr. Sujeeth Kumar Sinha HOD, AIISH, Mysore enlighten on Behavioural assessment Procedures and Instrumentation recording parameters of ENG and VNG, Dr. Kaushalendra Kumar, KMC, Manglore discussed on Instrumentation and Recording Parameters of C vemp and Dr. Niraj Kumar elaborated on Instrumentation and Recording Parameters of O vemp. Parallel scientific paper sessions were held. Students presented oral presentations and poster presentations. Along with that hands on session was given for all the delegates with more than eight imported branded instruments with the help of facilitators. Cultural Fest was also conducted for all the delegates in college ground on the same day post sessions.

On the third day, distinguished guest speakers Dr. Sujeeth Kumar Sinha, HoD, AIISH Mysore and Dr. Niraj Kumar Singh, Reader in Audiology, AIISH, Mysore gave a detailed talk on instrumentation and recording parameters of VHIT, and hands on session was held. Mr S.N. Badarinath, Vestibular Audiologist UK, gave insight about vestibular rehabilitation therapy and posturography following with panel discussion

The conference came to an end with the valedictory function. The Chief Guest was Dr. Sujeeth Kumar Sinha, Dr Niraj Kunmar Singh, AIISH, Mysore and Dr Kaushalendra Kumar Totally 103 students from various colleges (MMC, MERF AVMC, NISH, SRM, SRMC, Amritha Institute) and 37 professional delegates attended the conference.



Biochemistry

On 6th July 2018, the Department of Biochemistry, inaugurated the Krebs club for the academic year 2018 to 2019. The invited guest Dr. K. Manjula, Managing director, Biotechno Solutions, Trichy, spoke on the fruit remedy for kidney stones. She elaborated on the use of various fruits and herbs for the cure of kidney stones. Some of the fruits include lemon, orange, etc. This session served as an eye opening session for the students.

On 6th August 2018 the Department of Biochemistry conducted one day science cum health exhibition programme - Bioscintillators for the rural school children of St. Joseph's Higher Secondary School, Somarasampettai. The programme started with a prayer and lighting of the lamp. The exhibition focussed on various intra disciplinary topics on which the students of the department exhibited various models, power point presentations, experiments and videos. The school students found all the topics interesting and showed involvement.

The topics such as Nutrition and hygiene, Human physiology, Immunology, Hb testing,

BMI, Infections and preventions, Adulteration, Pain relief and formulation and Scope of biochemistry were presented. The students also initiated a startup trial program where the products prepared by the students of Biochemistry in the department were sold to the staff and students of the school. This program helped both the school and college students and paved a new way for their development.

On 29th August 2018, the Department of Biochemistry organized a lecture on the topic “Career guidance and preparation for the competitive exams”.

Mr. T. Antony Diwakar Chandran, Assistant Professor and Head, Department of Biochemistry, St. Joseph’s College, Tiruchirappalli was the resource person. He elaborated on the procedures to apply and prepare for the competitive examinations like SET, NET, GATE and GRE.

He gave insights about the scope and the areas of job opportunities that are available for the students who clear these competitive examinations. He also gave many ideas for the students on preparing themselves for these examinations, which included revising the school text books, learning the syllabus entirely, etc.

The session was indeed an interesting one. He spoke on the various goals that a Biochemistry student can achieve. He also gave the students many innovative ideas to clear Group Exams and UPSC exams. He clarified the doubts of the students regarding higher studies and job opportunities. He encouraged the students to achieve great heights. His lecture was very informative and extremely useful for the students.

The Department of Biochemistry organized one day International Conference on “The New Vistas In Life Sciences” on 11th September 2018. The objective of the conference was to understand the major changes and new vistas in life sciences. Through this conference students and the scholars were made aware of and were equipped with knowledge on various emerging areas of life sciences which enables the young

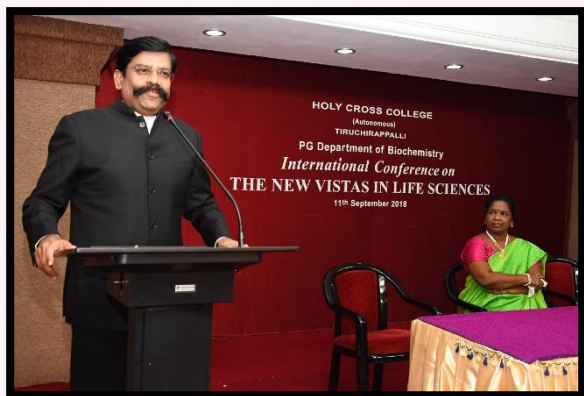
minds to enhance their research interest. The key note address on the new advances in the field of life sciences was delivered by Dr. Muthu Mayilvaganan, Principal scientist, National Research Centre for Banana (ICAR), Tiruchirappalli.

The first technical session started with a talk by the eminent speaker Dr. A. Anthonisamy Associate Professor of Biochemistry, College of Medical and Health Sciences, Wollega University, Nekemte, Ethiopia, on Cutting Healthcare Costs through Prevention: The Health Benefits of Omega 3 and Omega 6 fatty acids. The speaker elaborately explained all healthcare costs in India and out of pocket hospital expenses in developed countries. He also explained there are different reasons for the exorbitant expenditure.



Among them are an aging population; personal health habits such as smoking and improper diet that can lead to cancer, cardiovascular disease, and diabetes mellitus. His lecture mainly focused on the Health Benefits of Omega 3 and Omega 6 fatty acids. Finally he concluded that a lower ratio of omega-6/omega-3 fatty acids is more desirable in reducing the risk of many of the chronic diseases of high prevalence in Western societies, as well as in the developing countries.

Dr. R. Thirumurugan, Professor, Department of Animal Science, School of Life Sciences, Bharathidasan University, Tiruchirappalli gave a lecture on Innovation, Implementation and Challenges in aquatic Biotechnology. In his lecture he briefly stated that Aquaculture, or the farming of aquatic animal and plants species, is one of the major food production sectors which grow faster than the others and represents an annual average growth rate. The main challenge for the agriculture sector is to double the production of food in the forthcoming years to meet the demands of mankind.



The aquaculture holds the answer for the food demand. He listed the applications and advancements of biotechnology in the farming practices of aquaculture that will make the sector more efficient and cost effective. At last he discussed the integration of biotechnology and bio safety to enhance the capacity and intensity of aquaculture, and to move towards sustainable development.

Dr. Elanchezhian Rajan, Senior Research Associate, Dept. of Biomedical Science, University of Sheffield, UK spoke on In-vitro production of antibody secreting plasma cells. Scientists explain how our immune system secretes antibody upon maturation of activated B cells into plasma cells. The differentiation of a B cell into a plasma cell involves extensive reorganization of its cell structure and entails broad changes in its protein composition. He also discussed the regulation of antibody production which is linked to the generation and

maintenance of plasma blasts and plasma cells from their B cell precursors.

In the next session, Dr. Antony Prabhu, Scientist, Strategy and Technology team Indegene Pvt Ltd, Bangalore delivered a lecture on Digital Distruption in Life Science Industry. He has given ideas on predictive modelling, drug safety, other clinical trial applications, and collaboration platforms. He also explained the drug impact monitoring, Nifty, Smart pharma hub, robotic and 3D printing strategies. He concluded his lecture, with digitalization, by 2025, where the whole world of health is going to be connected through internet of things. Paper presentations by students, scholars and staff members from various colleges was conducted in separate halls. Dr Nargis Begam and Dr. Subashini H.D, Dr. Sujatha Illangovan and Mr. Antony Diwakar Chandran acted as chair persons. Among the presentations, the best paper and best poster were selected and awarded prizes.

The valedictory address was given by Sri. A. Kaliyamurthy, Former Superintendent of Police Tiruchirappalli on “Enname Vaazhvu” which served as a motivational session for the students. He elaborated the importance of women’s education and empowerment and the role of women in the development of the nation.

The Department of Biochemistry conducted a workshop on 1st October 2018. The workshop began with a prayer service. The chief guest Mr. Shivaramalingam was welcomed. The workshop was based on first aid management. The students were taught that first aid’s main motto is to preserve life, promote recovery and prevent worsening of the casualty’s condition. They were also taught how to diagnose, treat and dispose the causality. It is very important for us to be cool, calm and confident. The main analysis is to know DRABC which stands for Danger, Response, Airway, Breathing and Circulation.

If the casualty is lacking breath and pulse he or she will be in need of a CPR. They were also taught how to give first aid for heart attack, wounds, burns, scalds and electrical injuries and

also were taught about the skeletal system, the fractures caused and the method of dressing and bandages. They were given demonstration to dress the fractures and were also taught to transport the casualty to the ambulance with prior safety. At the end the vote of thanks was given and the session ended.

The Department of Biochemistry organized a lecture on the topic “Saving the environment” on 23rd November 2018. Mr. Jayachandran, Coordinator, Department of Shepherd, St. Joseph’s College, Trichy was the resource person. The meeting started with a prayer service.

Mr. Jayachandran gave a speech on saving the environment, preferring natural foods instead of junk foods and the importance of nature’s flora and fauna. He gave ideas how we can be stress free if we avoid being greedy and have time management and planning. His speech was very inspiring. The meeting ended with the vote of thanks.

Intercollegiate Meet

On 5th January 2019, the Department of Biochemistry organized an intercollegiate meet “Eluteadus2K19”- Exploring Life Science. Rev. Sr. Dr. Christina Bridget, Principal of Holy Cross College was the chief guest for the inaugural function. She appreciated us for the second intercollegiate meet and the students for their hardwork. 11 events were conducted.

Students from various colleges in Tiruchirappalli such as St. Joseph's College, Holy Cross College, Bishop Heber College, Jamal Mohamed College, Seethalakshmi Ramaswami College, J.J. College of Arts and Science, Pudukkottai and Bon Secours College for Women, Thanjavur, actively participated in all the events such as crack your mind, just a minute, photography, model presentation, coscom, mime, adzap, guess it, face painting, rangoli and cooking without fire.

The winners of various competitions were awarded prizes and medals. The students of the Department of Botany, St. Joseph’s College, Trichy were the overall winners.



Dr. Horne Iona Averal, Dean of Science, Holy Cross College, Trichy was the chief guest for the valedictory function. She appreciated us for the efforts taken in making Eluteadus a successful one.

The Krieb’s Club- Biochemistry Association organized the valedictory function on 13th February 2019. The meeting started with signing an MoU with Dr. K. Manjula, Managing Director, Biotechno solutions and to nurture the students with updating science technologies.

Then the session was handed over to the resource person Dr. Karthik Mohan, Publisher, Wisepub International (AGS PILLAI), Nagapattinam. He gave a valuable talk on “Science of emotions”. The topic was useful and informative. He spoke on different types of emotions and hormones which are responsible for the thoughts and psychic feelings. He also told that feelings are a vital part of our daily life; they help us to experience the world as well as express ourselves and communicate with others. It was really an interactive session and the students came to know about the various aspects related to it. Students asked few queries which were effectively answered by the resource person.

Biotechnology & Bioinformatics

The Watson and Crick Club of PG And Research Department of Biotechnology and Bioinformatics, organized a workshop on “Life Skills Module” conducted by Mr. M. Antony Stephen, Assistant Professor of Social Work, Holy Cross College, Trichy, for I and II P.G. students, research scholars and the faculty of the department, on 6th September 2018 from 9 a.m. to 1 p.m. The event started with a prayer service followed by welcome address delivered by Dr. G. Smilin Bell Aseervatham, Assistant Professor of Biotechnology and Bioinformatics. The workshop focused on personal skills and exercises were given to the participants on the same. The session was interactive and also a platform for the participants to explore one’s own-self and the need to know their own personal skills.

As part of the activity of Watson and Crick Club, PG and Research Department of Biotechnology and Bioinformatics, had organized a guest lecture by Professor Arunachalam Dharmarajan, Faculty of Health Science, School of Pharmacy and Biomedical Science, Curtin University, Australia on 17th October 2018 at BIF- Centre. The association meeting began with a prayer service followed by the welcome address by Dr. G. Smilin Bell Aseervatham, Department of Biotechnology and Bioinformatics. The lecture was on “Apoptosis and Cell Signaling Mechanism” in various endocrine organs, followed by lecture on emerging trends and future prospects of biotechnology.

His lecture began with introducing a novel SRFP4 protein and Wnt in managing cancer and their role of metabolic pathway in Cell Death accompanied by cell signaling mechanisms in various organs such as corpus luteum, placenta, uterus, and ovary etc. He also described the role of SFRP4 and apoptosis and cancer and more recently its role in blocking angiogenesis. In his address to the postgraduate students, he stressed the need for the vision for future biotechnologists. He also encouraged the students by introducing various applicatory

vacancy positions in the field of biomedicine and biotechnology in Australia.

He also mentioned various additional courses in uplifting their curriculum vitae in future. The session was interesting and interactive.



The Department of Biotechnology and Bioinformatics organized two days International Symposium on Applications and Developments in Applied Sciences Research 2019, on 7th and 8th January at Holy Cross College, Trichy. The event witnessed about 10 International and National Speakers from 3 countries and 150 participants from various colleges and universities. Dr. M. Rajalakshmi, Asst. Prof in Zoology, Co-ordinator, Department of Biotechnology and Bioinformatics, Organizing Secretary of the symposia, welcomed the gathering to the inauguration of the International symposium. Rev Sr. Dr. Christina Bridget. A, Principal, Holy Cross College, Trichy, delivered the inaugural address, speaking on the various advancements made in the field of applied sciences globally. Dr. N. Tajuddin, Professor and Head, Department of Microbiology, Bharathidasan University, Trichy, presided over the inaugural function and delivered the presidential address on the importance of basic aspects in research.

In memory of (Late) Dr. P. Daisy, The Dr. P. Daisy Gold Medal Oration Award was launched by Rev Sr. Dr. Christina Bridget A, Principal, Holy Cross College, Trichy and Dr. N. Tajuddin, Professor and Head, Department of Microbiology, Bharathidasan University, Trichy. The scheme is to honor those eminent

scientists having recognition of the highest kind and who are still contributing scientifically.

Dr. D. Mubarakali, Assistant professor, school of life sciences, BS Abdur Rahman Crescent Institute of Science and Technology, Chennai, won the award for the year 2018-19. He received the award from Dr. N. Tajuddin, Professor and Head, Department of Microbiology, Bharathidasan University, Trichy and Rev. Sr. Dr. Christina Bridget A, Principal, Holy Cross College, Trichy. The session began with a series of lectures given by eminent scientists from India and abroad. Poster exhibition was conducted simultaneously during the sessions. The posters were evaluated and the best poster was selected for prize.

The second day of the symposium began at 9 a.m with a short prayer service and proceeded with a series of lectures. The final speaker of the day was Dr. Albert Prem Kumar, visiting guest scientist department of ecology environmental and plant sciences, Stockholm University, Sweden. He spoke on Innovative developments in applied biotech research. At the end of the day Valediction was started with prayer service.

The special guest was Dr. Albert Prem Kumar visiting guest scientist Department of Ecology Environmental and Plant Sciences, Stockholm University, Sweden who gave the valedictory address and Dr. S. Sudhakar, Assistant Professor, Manonmanium Sundaranar University, Tirunelveli distributed the prizes to the best poster presenters.

The Watson and Crick Club of PG and Research Department of Biotechnology and Bioinformatics, Holy Cross College, Trichy organized a workshop on “Micron Seeds: Indepth Insight” by Dr. Albert Premkumar, Visiting scientist, Department of Ecology, Environment and Plant science, Stockholm University, Sweden for the UG, PG students and Scholars of various departments in Holy Cross College and other colleges. The workshop was held on 12th February 2019 at BIF centre, Department of Biotechnology and Bioinformatics, Holy Cross College, Trichy. The event started with a prayer service followed

by a brief welcome address. The morning session of the workshop focused on A-Z of Arabidopsis, Culture methods of Arabidopsis, their importance and application and innovations of Arabidopsis in various fields of research.

The afternoon session of the workshop was hands-on training on primer designing, gene identification of Arabidopsis for desired function. The session was interesting and interactive and all the students actively participated in experimenting the data retrieved. In his address to the postgraduate students, he stressed the need for the vision against future in their field of interest and he also encouraged the students by introducing various fellowship schemes and applicatory vacancy positions in the field of biomedicine and plant biotechnology in Sweden. The programme ended with the vote of thanks.

The DBT-BTIS NET Bioinformatics Infrastructure Facility and PG and Research Department of Biotechnology and Bioinformatics, Holy Cross College (Autonomous), Trichy, conducted a workshop and Training on “Basics of Bioinformatics” for the Students from the Department of Biochemistry, Holy Cross College, Trichy on 13th February 2019. Ms. Giriprashanthini M.Tech., and Ms. Clara Mary. A M. Sc M.Phil., Assistant professors, Department of Biotechnology and Bioinformatics, Holy Cross College (Autonomous), Trichy, inaugurated the workshop and delivered a lecture on Biological Databases and Information Retrieval from the databases. The day continued with the hands-on-training. The day continued with series of techniques starting from Sequence Alignment to Auto docking. Finally students gave their feedback asking help to proceed with their projects.

The valediction of the Watson and Crick club of the Department of Biotechnology and Bioinformatics was held on 1st March 2019 in BIF centre, PG Department of Biotechnology & Bioinformatics, Holy Cross College (Autonomous), Trichy. The function began with a prayer service followed by the welcome

address by Dr. G. Smilin Bell Aseervatham, Assistant Professor, Department of Biotechnology and Bioinformatics, Holy Cross College, Trichy. The club association valediction was addressed by, Dr. S. Arif Nisha, Assistant Professor, Department of Biotechnology, Srimad Andavan College of Arts and Science, Tiruchirapalli, on the topic "Career Guidance and growth in Biotechnology" The talk delivered by the chief guest was on self-awareness, choosing opportunities, Intelligence leading to career, and career competencies. The session was interesting and interactive. The programme ended with the vote of thanks delivered by Ms. Shanmugam Meeyamai, Student Joint Secretary of the Association.

Botany

The inauguration of the Botany club for the academic year 2018-19 was held on 12th July 2018. The chief guest was Mr. D. R Edwin Christy, Assistant Professor of English, St. Joseph's college, Trichy. The chief guest Mr. D. R. Edwin Christy delivered the inaugural lecture on the topic "From the root to the shoot: Comprehensive developmental Techniques". He explained the importance of women's education and he gave the statistical report about the problems related to women. His lecture was thought provoking and useful for the future career of the students. He stated that the master key for success is Attitude = 100% Success and it inspired students to become successful persons in life. He insisted that everyone should go for a job and it will lead to a safe and secure life.

The Department of Botany celebrated Bloom Fiesta'18 an interdepartmental competition on the theme "Green Environment" on 11th September 2018. Several competitions were conducted based on the theme. The UG and PG students of Botany participated. Six competitions were conducted namely Mehendi, Vegetable Carving, Rangoli, Artificial Flower Making, Drawing and Dumb Charades. In Mehendi competition, the first and second prizes were won by J. Tonysinthiya and A. Nisha of II M.Sc, T. Priyanka and T. K. Subashree of I

M.Sc. Botany respectively. The Competition illustrated and interpreted different ideas on the theme "Green Environment". The prize winners of vegetable carving competition were K. Lavanya and R. Kavipriya of I M.Sc. Botany. The competition Rangoli illustrated the importance of Green Environment. The prize winners were S. Gowri and K. Thavamani of II UG. In the artificial flower making I and II prizes were won by J. Keerthana and T. Jayasri of III UG and S. Keerthana and N. Keerthana of I PG Botany.

In drawing competition K. Sowmiya of II PG got I Prize and D. Vadivu of I PG got II prize. Dumb Charades was conducted with three groups and I prize was won by team A. The team members were D.Eshwari of I B.Sc, R. Jothika of II B.Sc., M. Deepika of III B.Sc. Sowmiya of I M.Sc. and S. Vanmathi of II M.Sc Botany. The students enjoyed the competition and participated enthusiastically. The programme came to an end with the vote of thanks.

A two day state level workshop on "Plant tissue culture, Agrobacterium mediated transformation in plants and Nanotechnology" was conducted by the PG and Research Department of Botany, Trichy on 28th and 29th August 2018. The overall goal of the workshop was to inculcate and improve the practical skills and recent techniques in the field of botany among the staff, research scholars and students of Life sciences. The objectives of this workshop were to highlight the importance of plant tissue culture in the conservation of medicinal plants, ferns and orchids, the significance of Plant tissue culture in the area of Agrobacterium mediated transformation in plants, the need for nanotechnology and its green synthesis and characterization and to observe the role of nano particles against various pathogenic microbes.

On 28th August 2018 the inauguration of the workshop started with a prayer service. It was followed by the inaugural address by Dr. A. Lakshmi Prabha, Professor and NSS Co-ordinator, Bharathidasan University, Trichy. She insisted on the importance of micropropagation and organogenesis and also

insisted that tissue culture is a tool for the applications like transformation and the commercial production of various products. The workshop manual was released by Dr. A. Lakshmi Prabha and received by Dr. P. Shanthy. After the inaugural function, all the participants were grouped into 4 batches and parallel technical sessions were conducted on the topics such as Plant tissue culture, culture of Ferns and Orchids, silver nanoparticle synthesis and its antimicrobial activity and Agrobacterium mediated transformation in plants. The sessions were handled by the resource persons Dr. P. Shanthy, Dr. S. Catharin Sara, Dr. H. D. Subashini and Dr. B. Helen Mary Piramila, Assistant Professors of Botany, Holy Cross College, Trichy.

On the second day of the workshop, the technical sessions were started at 9.00 am. batch wise with the respective resource persons. All the participants, actively participated in the technical sessions and practically learned the techniques. The participants gave their feed back about the workshop. Technical sessions were over by 1.30 pm.

The valedictory function was held at 2.00 pm on 29th August, 2018 Dr. R. Manonmani, Assistant Professor of Botany welcomed the gathering. During valediction participants received their participation certificates. The function came to an end with the vote of thanks. In total 9 staff members, 5 research scholars and 30 students from Bishop Heber College, Trichy, Jamal Mohammed College, Srimad Andavar Arts and Science College, Trichy, Government Arts and Science College, Karur, Lady Doak College, Madurai, Kanthasamy Kandar's College, Namakkal and 19 students from Holy Cross College, a total of 63 participants benefitted from the workshop. Dr (Miss) RM. Meenakshi Endowment Lecture was conducted for the Botany students on 1st October 2018. The chief guest was Mr. Yoganathan, Managing Director, Pasumai Sigaram Nature Farm Trust, Musiri. Dr. R. Manonmani, Assistant Professor of Botany welcomed the gathering. Mr. Yoganathan gave a lecture on the topic 'Let us take Poison Free Vegetables'. He explained about the importance of Kitchen garden and he

insisted to have a small garden at our premises without adding any chemical fertilizers and pesticides and inculcate the habit of consuming fresh and poison free vegetables in our daily life. His interaction with students was more valuable and his ideas gave an insight to students about the inclusion of vegetables in our daily meal. The lecture ended with the vote of thanks proposed by Ms. S. Anushya, II M.Sc. Botany.



The National Seminar on Scientific Research and Education in Today's Scenario was conducted by the Department on 13th February 2019. Sr. Dr. Christina Bridget, Principal, Holy Cross College, Trichy felicitated the gathering and motivated the students. The inaugural address was given by Prof. Dr. Edathil Vijayan. During inauguration, the MoU between two institutions namely, the Crescent institute of Science and Technology and K.S. Varier Ashtanga Ayurvedic (P) Ltd. Trichy were signed. After the inauguration of the seminar the incubation and innovation club of Botany was installed by our dignitaries. Our students prepared and sold various herbal products, food products and cosmetics. In the technical session I Prof. Dr. Edathil Vijayan, President, Society for biologists India, Cochin University, Kochi delivered his lecture on emerging technologies that are poised to change the world. In the second session, Dr. Hemalatha, Professor and Dean, School of Life Sciences, Crescent Institute of Science and Technology, Chennai, spoke on the topic "Synthesis, Characterization and application of green nanoparticles. In the afternoon Dr. T.R. Sasi Varier, Executive Director, K.S. Varier's Ashtanga Ayurvedic (P) Ltd. Thayanur, Trichy, captivated the audience with his talk on Ayurveda – Our Tradition

Health Medicine. The second day (14th February 2019) of the national seminar started with the talk by Dr. K.V. Krishnamurthy, Former Professor and Head, Department of Plant Science Bharathidasan University, Tiruchirappalli on the title “Reading in a Digital World”. He emphasized the importance of printed and digital reading in the field of research.

In the technical session, Dr. T. Sekar, Associate Professor, PG and Research Department of Botany, Pachaiyappa’s College, Chennai spoke on the topic “Commercial Production of Bamboo through Biotechnological Approaches”. The last technical session was delivered by Dr. S. Subashini, Associate Professor, Department of Biotechnology, SRM University, Chennai on the topic “Anticancer Potential of Traditional Medicinal Plants”. All the sessions were interactive and informative and many of the participants were energetically interacted with the resource persons. Ten participants presented their research papers and sixteen participants displayed their posters.

Business Administration

The first meeting of the business administration association for the academic year 2018-19 was held on 27th June 2018. The meeting was started by Dr. M. Prabha the staff coordinator of the association. The office bearers were unanimously selected with Mega P.S as the Secretary and Deepika as the joint secretary of the association.

The activities of the club for the academic year were designed to enhance the skills, knowledge and creativity of the students. Various activities for the year were discussed in the meeting such as personality development, leadership skills, career development, group dynamics and paper presentation etc. The meeting concluded after the office bearers promised to work with unity and utmost dedication.

The inaugural meeting of Business Administration Department commenced on 5th

July 2018. The meeting started with a prayer. The resource person was Mr. Senthil Anand, Entrepreneur and academician. The chief guest presented Ms.P.S.Mega, the Secretary and Ms. A. Deepika, the Joint secretary with badges.

The chief guest spoke about how management came into existence. He also gave examples of famous economists and how their theory helped in formation of management. He also focused on entrepreneurial leadership. An interactive session was conducted and various attributes of leaders were mentioned. He concluded that a leader is formed only when he accepts complex assignments and does it with utmost honesty. The knowledge shared by him was beneficial to 100 students. The meeting concluded with the vote of thanks.

A meeting was conducted on 20th August 2018. The resource person Ms. Chithra Anandaram, Deputy Director, South India Regional office, Chennai, delivered her speech on the topic “Role and Responsibilities of Company Secretaries”, in which first year students participated.

The association meeting of Department of Business Administration was held on 17th September 2018. The meeting started with a prayer. The resource person for the meeting was Dr. Godwin Tennyson, a professor in the IIM Trichy.

During the session he spoke about how to read the newspaper and to cultivate the reading habit that will increase our knowledge. He also said that we should set a plan and work towards accomplishing it. He also gave some important tips on how to present ourselves for interviews. On the whole it was an interactive session where questions were asked and the chief guest answered it. The meeting came to an end with the vote of thanks.

On 29th September 2018, Mr. Shivanandham, Facilitator, Talenties, Trichy addressed 150 students from first year on goal setting.

Intra department Quiz and Management Games were conducted on 4th October 2018. Thirty teams participated from all the 6 classes.

State level workshop ‘Dare to Dream – Entrepreneurial Development’ was conducted on 23rd November 2018. This one day Workshop was attended by 150 students including students from St. Joseph’s College, Srimad Aandavan College and Bishop Heber College. This workshop consists of three sessions and the resource persons were from Young Indians, Trichy Chapter. Mr. Suresh Kumar, MD, FG Global Private Ltd., Dr. Bargavi, Director, Professional Couriers, Mr. S. Ashok Ramanathan, MD, Anand Engineering, and Mr. Senthil Ramanathan MD., Ribo Industries. The importance of Entrepreneurship was highlighted and many activities were conducted to identify the budding entrepreneurs.

State level Inter-collegiate Meet, Delantero’19 was held on 19th January 2019. 14 teams comprising 160 students from various colleges in and around Trichy, contested. The programme was inaugurated by Mr. Rathna Kumar, Managing Director, Hotel Ramyas, Trichy. Various competitions were conducted to bring out the talents of the students during the day long program. The winner’s trophy was bagged by the students of St. Joseph’s College, Trichy and the runner’s up was won by Jamal Mohammed College, Trichy. The valedictory address was given by Mr. Senthil Ramanathan, MD., Ribo Industries.



On 4th March 2019, Dr.G.John, Associate Professor of Commerce, St. Joseph’s College, Trichy enlightened the students on career guidance.

Chemistry

Shift I

Association Activities

The Chemistry Association was inaugurated on 4th July 2018 by Dr. A. John Peter, Dean and Associate professor of St. Joseph Institute of Management Trichy. He spoke on the topic “Pursuing Your Passion”. He motivated the students to follow the principles of Self-actualization and the steps to discover the hidden talents.

Reaching the goal of CSIR-NET Qualifying Examination

On 20th July 2018, an association meeting was held on the topic “Reaching the goal of CSIR-NET Qualifying Examination”. The speaker of the day was Ms. Sabeena Ashifa, an alumna of the department of chemistry, Holy Cross College.

CSIR- NET Coaching Classes

After the strenuous efforts and meticulous planning by staff, the department has organized CSIR- NET coaching class for PG Students, Research Scholars and Staff of the department. It was inaugurated on 6th August 2018 by Dr. S. R. Bheeter, Associate Professor and Head, Department of Chemistry, Srimad Andavan Arts and Science College, Trichy. Eminent professors from various reputed institutions are conducting classes during week days and weekends. The objective is to create a comprehensive understanding of the subject and help in developing strategies to meet arduous competitions among the students.

Workshop on Physical Chemistry Experiments for Teaching Staff

On 21th August 2018, the PG and Research Department of Chemistry organized a workshop on “Physical Chemistry Experiments for Teaching Staff. Dr. Amala Fatima Rani, Head and Associate Professor, Department of Chemistry initiated the idea of conducting this workshop. Ms. Kalaiselvi, Associate Professor, Department of Chemistry acted as coordinator

of this workshop. The aim of this workshop was to create awareness about the proper handling of instruments and systematic way of carrying out the experiments. All staff members participated actively and clarified their doubts. The workshop came to an end with the feedback from the participants.

On 29th August 2018, Dr. I. Rama, Assistant Professor of Chemistry, Seethalakshmi Ramaswamy College gave a lecture on the topic “Brain Chemicals – A Module for happiness.” She enlightened the session by saying that, the brain is the boss of our body. She gave lots of do’s and don’ts that threatens our brain and those which protects our brain. She gave the message that everybody should be good to their own brain to lead a happy life.

On 4th October 2018, Rev. Fr. Dr. Sagayaraj, Parish Priest and Administrator of St. Mary’s Cathedral, Trichy motivated the students on the topic Human Values. He emphasised that “life is a gift”. We all must love ourselves and make this society a better place to live in. He concluded his session by saying that good values must be upheld and should last forever.

Workshop on “Small Scale production of household products”

On 24th October 2018, a workshop on “Small Scale production of household products” was organized at Chemistry laboratory. Mrs. B. Pitchaiammal, Teacher from Government Higher Secondary School, Musiri was the chief guest. The meeting was attended by the faculty members and III UG students of Chemistry department. She demonstrated the preparation of Detergent powder, Phenoil and soap oil including the quantity of raw materials required for the preparation and gave useful tips on maintenance of good health and hygiene.

Exhibition (S-I & II)

On 30th November and 1st December 2018, an exhibition, “Chem Expo (2018-19)” with the theme “Energy resources” was organized. The event was inaugurated by Dr. Sr. Christina Bridget Principal, Holy Cross College, Trichy.

The exhibition aimed to promote a premier knowledge in the field of energy sources. It was a good platform for the presenters and viewers to get enriched in the various sources of renewable energy and its utility, in order to create a sustainable environment.

Nearly 1500 students from various schools in and around Trichy along with the teachers visited the exhibition and 5000 students from various Departments of Holy Cross College, Trichy visited the exhibition and were immensely benefitted.

On 14th December 2018, Dr. A. Alexramani, Associate Professor of chemistry, St. Joseph’s college, shared his views on Career Guidance. He explored the various job opportunities available in different sectors. He also highlighted the importance of higher education and listed the various reputed institutions offering higher education after under graduation. He shared his views on the systematic approach in clearing the competitive examinations.

National Conference on “Nano National Summit- Current Trends and Future perspectives” -(NNSCTFP-2019)

The PG and Research Department of Chemistry, Holy Cross College (Autonomous), Trichy conducted a two day National Conference on the theme, “Nano National Summit- Current Trends and Future perspectives” (NNSCTFP-2019), on 9th and 10th January 2019. Nearly 220 participants from reputed national and international institutions participated and presented papers in different recent fields of research. Dr. G. Gopinath, Registrar, Bharathidasan University, Trichy delivered the inaugural address. He said that this conference will provide space for sharing the research findings and also kindle the fire for research in the field of nanotechnology. The keynote address was delivered by Dr. S. Balakumar, Professor and Director, National Centre for Nanoscience and Nanotechnology, University of Madras. Rev. Sr. Jyothi Selvaraj, Provincial, Holy Cross Convent, Trichy, released the conference proceedings with ISBN.

Dr. A. Leema Rose, was the convener and Mrs. S. Margrat Sheela was the Organizing Secretary of the event.

Prof. Dulal Senapati, Associate Professor, Chemical Sciences Division, Saha Institute of Nuclear Physics, Kolkata spoke on the topic “Sustainable Nanoscience and Nanotechnology: Current Status and Recent Developments in the Field of Plasmonic Nanomaterials”. He gave a quick glimpse on the concerted effort for the development of nano plasmonics field in the last 50 years.

Dr. S. Balakumar, Professor and Director, National Centre for Nanoscience & Nanotechnology, University of Madras, Chennai delivered his talk on the topic “Graphene Nanocomposites for Energy and Environmental Applications”. He summarized the recent progress in the perspective of materials design and construction of hierarchical nano systems. Dr. Kaliaperumal Selvaraj, Senior Scientist, Nano and Computational Materials Lab Catalysis Division, CSIR-National Chemical Laboratory, Pune gave a lecture on “Engineered Graphene Nano Structure: a versatile nanoplatform for futuristic Health and Energy Applications”.

He explored the novel property alterations of nanoscopic graphene and its applications in various fields. Dr. Somenath Garai, Assistant Professor, Department of Chemistry, National Institute of Technology, Trichy presented a lecture on the topic “Inorganic Nano-Fullerenes: Discovering the Enormous Potential for Encapsulation Chemistry Towards Catalysis”. The unique spherical nanocapsules and its applications in the field of drug delivery system was discussed by him.

Dr. B. Sreedhar, Professor, CSIR, Indian Institute of Chemical Technology, Hyderabad delivered his talk on the topic “Nano engineered Materials - Synthesis, Characterization and Catalytic Applications”.

He explained the applications of nano engineered materials in different fields of research like advanced microelectronics for

conductive lines, medicine as an antibacterial agent, catalytic and biocatalytic transformations. Dr. A. Vadivel Murugan, Associate Professor & Centre Head, Centre for Nanoscience and Technology, Pondicherry University, Puducherry presented a talk on the topic “Challenges and Opportunities in Nanostructured Materials for Clean Energy and Bio nanotechnology”. He gave an overview on how nanomaterials and nanotechnology can impact the development of high performance and affordable materials for clean energy technologies.

Dr. K. Muralidharan, Professor, School of Chemistry, University of Hyderabad, spoke on the topic “Synthesis of surfactant free metal chalcogenide nano/microparticles by hexamethyldisilazane (HMDS) - assisted method and their applications”. He discussed the importance of designing new methods to yield applied nanomaterials without organic molecules surrounding to achieve targeted applications. The valedictory address was delivered by Dr. B. Gopalan, Industrial Research Consultant, Indian Institute of Chemical Technology, Hyderabad.

Chem Fest '19

On 22nd January 2019, the department organized an Inter-Collegiate Competition CHEM-FEST '17 on the topic “Natural Products Chemistry”. Nearly ten colleges from in and around Trichy participated in the inter-collegiate fest. The various events are quiz, chem.-rangoli, extempore, paper presentation, poster presentation, role play, cartooning, chem.-tunes, Chem-snap and dumb-charades. The students actively participated in all the events and the overall trophy was bagged by Bishop Heber College, Trichy and Jamal Mohamed College, Trichy, bagged the runner up trophy.

Industrial Visit (Shifts- I & II)

The Second year UG students of Shifts I and II visited CECRI, Karaikudi on 25th September 2018. III UG students of Shift I visited Mysore Sandal oil factory, Mysore on 6th December

2018. The I PG Students of Shift I visited The Central Instrumentation Facility Centre, Pondicherry University, Pondicherry on 25th January 2019.

Educational Tour (Shift- I)

The final year UG students of Shift I went on a study tour to Mysore on 4th December 2018. They visited various places like Mysore Palace, Brindavan gardens, Chamundeshwari Temple and St. Philomema's church.

International Scientists Meet

The PG and Research Department of Chemistry, Holy Cross College (Autonomous) Trichy, organized the International Scientists Meet on 7th March, 2019. Dr. S. Amala Fatima Rani, Head and Associate Professor, Department of Chemistry, Holy Cross College welcomed the gathering.

The purpose of the International Scientists Meet – 2019 is to equip the students with the scientific resources, so that they are able to shape up their academic career in the best possible way. The Department has a strong vision to impart knowledge and to maintain high academic standard through creative teaching, learning, research and extension for holistic development. The UG and PG students from the department of Chemistry participated in the meet.

Dr. Ramesh Pandian, Research Professor, Protein structure – function research unit, School of Molecular and Cell Biology, University of Witwatersrand, Johannesburg, South Africa. He spoke on the topic “Hinge Region Insertions in HIV-1 Protease Affect Drug Binding: Insights from Structural and Functional studies”. He explained the growth of HIV virus and the various steps involved in the HIV- life cycle such as HIV –binding, replication, assembly, budding and molecular simulations.

Dr. R. Parithiban, Research Professor, Department of Chemistry and Chemical Engineering, Inha University, Republic of Korea Spoke on the topic, “Types of Journals&

Publication process”. He stressed that, the purpose of research is uplifting of human kind and publication of research work is nothing but dissemination of research knowledge.

The main goal of this meet is to enhance the young mind to take up research in future.

On the same occasion, the PG and Research Department of Chemistry, Holy Cross College, Trichy released a newsletter named, “Chem.com.” The first copy was released by Rev. Dr. Sr. Christina Bridget, Principal, Holy Cross College and received by Dr. Ramesh Pandian and Dr. R. Parthiban.

Finally, the vote of thanks was proposed by Dr. L. Cathrine, Assistant Professor of Chemistry, Holy Cross College, Trichy.

On 19th February 2019, Mr.R.Jegan, Chemical and Metallurgical Superintendent in Ponmalai Workshop, Southern Railways, Trichy shared his views on the Central Government job opportunities available for chemistry graduates. He explored the various job opportunities available in different sectors. He shared his experiences in approaching and clearing various competitive exams. He also prescribed few important books which helps in the preparation of competitive exams to a great extent.

On 22nd February 2019, Mr. V. Sundararajan – Head, Quality Control, Dalmia Cements, spoke on Industrial Institution interaction as follow up programme of MoU. He explored the various job opportunities available for a chemist in cement industries.

On 25th and 26th February 2019, an Intradepartmental “Periodic Table Writing Competition” was conducted in commemoration of the International Year of the Periodic Table of Chemical Elements 2019. Students actively participated in the competition and meritorious students were honored with certificates.

On 9th March 2019, Mr. R. Venkatesh, coordinator, Entrepreneurship, Care Business School, gave the valedictory address. He enlightened the students about “Big Idea –

Highlights of entrepreneurship”. He distributed the certificates and prizes for UG and PG students who excelled in intra and intercollegiate competitions.

The first year UG students of Shift I visited Kothari Sugar Factory, Kattur, on 12th February 2019. The II PG students of Chemistry visited IISc, Bengaluru on 22nd February 2019.



Shift II

The Inaugural meeting of Chemistry association was held on 12th July 2018. The chief guest was Mr. A. Ebinesar Raja, Assistant Professor, Bishop Heber College, Trichy, who gave an inspirational talk on “You Are Unique”. He inspired the students and gave interactive speech on the topic “who am I?”, smile more, show your talent, be confident, be kind. He also gave more suggestions for the betterment of the students.

The association meeting was held on 25th August 2018. The chief guest was Mr. Dr. M. Purushothaman Assistant Professor, Jamal Mohamed College, Trichy, who gave an interesting talk on “Chemistry of Drug Design And Discovery”. He highlighted the role of chemists in the field of drug design and discovery. He also explained the metabolic activity of drugs in our body.

The next meeting was held on 16th September 2018. The chief guest was Mr. Muthukumar A.L, Research Scholar Indian Institute of Technology Madras, Chennai-36. He gave an informative talk on the topic “Basic Concepts of Stereochemistry”. He highlighted the fundamental importance in stereochemistry

and also explained more concepts related to stereochemistry from his in-depth knowledge of organic chemistry.

The association meeting was held on 11th September 2018. The chief guest Dr. A.N. Paul Angelo, Associate Professor, St. Joseph’s college, Trichy, gave an inspirational talk on “Electrifying Electrochemistry”. He spoke about the basic of principles and fundamental laws in electrochemistry and also the theory with interesting examples and also gave suggestions for the betterment of the students.



Commerce

The first formal meeting of PG and Research Department of Commerce was held in June 2018 to elect the office bearers for the academic year 2018-2019; Ms. Henil K of III B.Com. ‘A’ as the President, Ms. Shruthi as the Vice President. Ms. R. Subiksha and Ms. T. Indra as the Secretaries, Ms. Anwari Kaunain, and Ms. E. Shivaneei were elected as the Joint Secretaries and Ms. Kamali, Ms. C. Priyadharshini, Ms. S. Gayathri and Ms. Vanitha of II M.Com were elected as the members in the presence of the staff coordinators. The elected office bearers scheduled series of events adhering to the objectives of the department.

The Inauguration of the Association of Commerce Department was held on 11th July 2018. The Inauguration started by beseeching the blessings of the Almighty. Dr. K. V. Nithyananda, Associate Professor in IIM Tiruchirappalli was the chief guest of the day. Ms. S. Suruthi, Vice President of Commerce association welcomed the gathering with the words of praise followed by the presentation of memento to the chief guest Dr. K.V. Nithyananda by the head of the department, Dr.

Annal Lourdu Regina. Ms. K. Henil, Vice President of the commerce association read the minutes of the meeting. The presidential address was delivered by Dr. K.V. Nithyananda who motivated the students to use their knowledge and skill to decide their future career by utilizing the available opportunity in turning dreams into reality. He also gave an insight into the 4 P's- Prayer, Planning, Passion and perseverance to be followed and he quoted his personal life experiences. The inauguration came to an end by Ms. Anwari, Joint Secretary proposing the vote of thanks.

The second meeting of the Commerce Association was held on 2nd August 2018. The meeting commenced with a prayer service by invoking the Lord's blessings followed by the welcome address by Ms. Sruthi. The chief guest of the day was Mr. Muruganathan, Managing Partner, Dimora chain of restaurants. The chief Mr. Muruganathan was honoured by Dr. S. Vasanthi by presenting a memento to him. The chief guest gave a lecture on "Entrepreneurship Development" to enlighten the students on entrepreneurial skills and highlighted a clear vision about Professional Success. He stated that "we should never switch off if we want to reach success" as our education helps us to be a better entrepreneur, he also mentioned that integrity is very important to face challenges and to cross risks and reach success.

The speaker made the session lively with good interactions by offering the audience to put forth their questions and he emphasized that experience, time management and money counts for reaching success. The chief guest concluded by saying that "updating oneself is the fundamental of success". The session came to an end with the vote of thanks by Ms. Shivani.

The third meeting of the Commerce Association was held on 18th August at 2:00pm in Sophy's Hall. The meeting commenced by invoking the blessings of the almighty. Dr. S. Vasanthi welcomed the gathering with her words of praise followed by the presentation of memento to the Chief Guest. Ms. Chitra Anantharaman, Deputy Director, Southern

Indian Regional Officer, ICSI (in pursuit of excellence) who was the Chief Guest.

In her address Ms. Chitra Anantharaman emphasized the importance of a company Secretary in an organization and about the roles, powers, functions and duties of a Company Secretary. She also insisted that a company Secretary plays an important role in a company. He/She performs many functions and activities as per authorization from the board of directors to the shareholders. He/She performs the role of custodian by maintaining all books of accounts required by Company Act. The meeting came to an end with the proposal of Vote of Thanks.

A workshop was organized on 19th September on "Entrepreneurial Awareness Camp for the final year B.Com students. The chief guests were Dr. P. Suburathina Bharathi, Director and Associate Professor, and Dr. R.V. Palanivel of MAM Business School of Management, Trichy. The workshop focused on entrepreneurship as a language that brings activity and innovation to a person and it requires out of the box thinking.

On 10th January 2019, a workshop was organized on "Microsoft Excel" for the students. The chief guests were Prof. E. Prasanna and Prof. Senthil K. Nathan of Hallmark B School Trichy. The workshop was focused on Microsoft packages, to inculcate knowledge and improve skills in Excel too.

The Department of Commerce hosted its Inter collegiate meet "Comvaganza 2019" on 19th February 2019. Students of various colleges participated and bagged many prizes. The registration for various events commenced by 8:00 am in the morning. Mr. P. S. Guruchandran, General Manager, R&D, CR and NGA, BHEL, inaugurated the programme. The program started with a prayer service for invoking the blessings of the almighty followed by the president's speech and presentation of memento.

The various competitions of the day were conducted from 10:00 am to 4:00 pm. Mime, Face painting, Business Parade, AdZap,

Corporate walk, Business Parade, Best manager, Variety (Entertainment), Business Quiz, Business Connections and smart start up were the various events conducted. All the events were hosted by the Department of Commerce and a staff was in-charge for each event. Each event was judged by a person who is an expert in that particular field. The day came to an end with the valediction of “Comvaganza 2019”.

Mrs. K. Ananthalakshmi, Vice Chairman, Dhanalakshmi Group of Institutions presided over the valedictory ceremony. Thanks to her for her generosity in hosting the lunch on that day to all the student participants and staff members. The prizes were distributed to the winners of each event. The prizes were distributed by the chief guest, the Principal, of the college and the head of the department of commerce.

The next meeting “On awareness programme” for ICWA course was organized on 25th February 2019. Mr. Gnanaguru, Retd, DGM (BHEL) Trichy, was the chief speaker of the day from the ICWA chapter Trichy. He motivated the students to undergo ICWA course for their better future. He also guided the students about the various subjects in the course and focused on the future prospects in career planning for the benefits of the students.

On 4th March 2019, one day Seminar on “Recent Trends in Banking and Finance was organized to give an insight into the various aspects of current trends in the arena of e banking and finance. The chief speaker for the inauguration was Mr. S. Subramanian, Assistant General Manager, State Bank of India, Regional Branch, Cantonment, Trichy. Felicitations were given by the Secretary Rev. Sr. Niranjana Anthonisamy, Secretary, Rev. Sr. Dr. Christina Bridget, the Principal, Holy Cross College. Dr. Annal Lourdu Regina HoD, explained the theme of the seminar. In the first session the students presented papers on the seminar topic to highlight their knowledge in the various fields of banking and finance.

In the second session Prof V.P. Sriram Associate Professor, Bharathidasan Institute of

Management, Trichy spoke on “Insolvency and Bankruptcy process in India”. Prof. V. Gopal, Prof of Finance and Accounting, Indian Institute of Management, Trichy spoke on “Impact of February 12 circular for banks” in the third session. In the Valedictory session Rev. Fr. Joe Arun SJ, Director St. Joseph’s Institute of Management Trichy spoke on “Artificial intelligence as the future of finance and banking” The seminar came to an end with the vote of thanks and the college song.



Computer Science & Computer Applications Shifts I & II

Shift I

Association meetings-shift I

The association inaugural was held on 28th June 2018. The special invitee was Rev. Sr. Selva Savarimuthu, Psychotherapist, Holy Cross Convent. The Programme commenced with a prayer. Ms. S. Firose of II M.C.A. welcomed the gathering and the installation of the office bearers was held. The office bearers are Ms. S. Firose Banu, II MCA, President, Ms. N. Shalini, III BCA ‘B’, Association Secretary and Ms. A. Arul Ruth Jegana, III BCA ‘A’, Assistant Secretary.



Rev. Sr. Selva Savarimuthu addressed the gathering on the Holistic Development of a person, its dimensions and its factors along with displaying many inspirational video clippings. The Programme came to an end with the vote of thanks.

The Association meeting on Innovations and Opportunities in Recent Technologies was held on 4th July 2018 for the final year B.C.A. and I and II M.C.A. Students. The meeting commenced with prayer followed by the welcome address. The session was then handed over to the INGENUITY INSIGHTS, Chennai team. Mr. Gopalakrishnan Damodharan CEO and the faculty of the same gave an overview about IoT, Cloud Computing and Big Data Analytics with live demonstration. The meeting came to an end with vote of thanks.

Association meetings -shift II

On 2nd July 2018 Association Inaugural Meeting was held on the topic “How to overcome barriers in IT field and the role of women in IT field”. The resource person was Mr. S. Peerbasha, Assistant Professor, Department of Information Technology, Jamal Mohamed College, Trichy. The concept of “Little Voice” was discussed and practised by the students. It was an interactive session and he concluded his speech with the answers to students’ question in the feedback session.

On 18th July 2018 a meeting on “Software Engineering Concept” was handled by Prof. V. Jude Nirmal, Assistant Professor, Department of Computer Science, St. Joseph’s College, Trichy. He explained about the project management and the strategy to accomplish the projects on time. The session was very useful for the final year UG and PG students.

On 31st July 2018, a meeting on “Mental Health Awareness” was held. The resource person was Mrs. Maheswari, Psychiatric Counsellor, Government Hospital, Karur. She gave a lecture on the importance of Mental Health and types of mental health problem. She gave guidelines to identify the signs and symptoms of common mental health issues and ‘where and when’ to seek help.

On 18th September 2018, a meeting on “Career Development” was held. The resource person was Mr. Satheeskannan, General Manager, T.I.M.E. Institute, Trichy. He explained how the students should prepare to exhibit their professional skills and the procedure for attending all types of Competitive Exams.

An Exposure Programme on Real Time Projects in Emerging Technologies for MCA students was held on 2nd July at 10.00 a.m. by Mr. Ananth Kanagaraju, HR Manager and Ms. Gurupriya, HR Executive, Ingenuity Insights, Chennai. The session was much informative, innovative and practical. Students had an opportunity to clarify their doubts and to choose the domain which could be relevant and applicable in IT sectors.

III MCA Students attended an Exposure Programme on “Printing and Packaging Expo 2018” at Velammal Medical College, Madurai on 21st July 2018 from 9.00 a. to 5.00 p.m. This was an opportunity for the students to gain knowledge about how the recent technologies in IT has been used in Printing and Packaging industry.

A Workshop on Big Data, Cloud Computing and IoT was arranged on 9th July 2018 in Shanthi’s Hall for final year UG and all PG students of both shifts I and II. The Workshop started with invocation, followed by the welcome address. The session was then handed over to Mr. T. Sivakumar, Co-Founder and Manager of Learning Centre, Trichy. He spoke on Career Development and enlisted the steps involved in recruitment process. The entire session was divided into 3 domains - Big Data, Cloud Computing and Internet of Things.

The other resource persons were Ms. S. Muthukumari Senior IoT Developer, Learning Centre. The students were exposed to real time experience by giving them Arduino boards and guiding them to turn on and off lights on the board. For Cloud Computing domain, the different types of Cloud were discussed. A live demonstration was given on creating an account in Amazon Web Services. An illustration was

given on execution procedures in R Programming Language to the students belonging to Big Data domain. The Workshop ended with feedback and vote of thanks at 4:00 p.m.

The Workshop on Software Debugging and MongoDB was held on 20th July 2018 for II B.C.A. and II M.C.A. students simultaneously. The workshop started with a prayer session, followed by welcome address. The workshop proceeded with an exercise on increasing the concentration power by Mr. A. Basheer Ahamed, Assistant Professor, Jamal Mohamed College, Trichy. The art of Debugging was clearly taught by Mr. S. Peerbasha, Assistant Professor, Jamal Mohamed College, Trichy and several programs were given to be debugged by the students. The session was interactive. The students enjoyed learning and participated actively. The Resource Persons Dr. S. Vani (Software Debugging), Director, SR Academy, Tiruchirappalli and Mr. K. Ramkumar, Assistant Professor in Computer Science, SRM College of Arts and Science, Tiruchirappalli explained ‘What is MongoDB?’ and ‘How it works?’ They demonstrated how to download and install MongoDB Software. Students were given demonstrations and they solved some queries in MongoDB. Students shared their views and experiences. The workshop came to an end with feedback session at 4.00 p.m.

On 27th August 2018 one day workshop on “Webpage Design and Development” was conducted for III B.Sc Students. The resource person was Mr. V. Manoj Dev, Senior Software Engineer IIHT, Trichy. In the first session he gave a lecture on Web Page Design using Tools followed by hands on training in the MCA Lab. The session came to an end with the interactive feedback from the students.

One day Workshop on “Soft Skills” was held on 17th September 2018 for I and II BCA students. The Workshop commenced with prayer service. The resource person was Mr. Mohamed Faize Basha, Assistant Professor, Department of Computer Science, Jamal Mohamed College, Trichy. He trained the students on how to enhance Soft Skills in a

Person and how to exercise those skills in an effective manner. He enlisted eight tips to be followed while attending an interview which was quite useful. Difference between Soft Skills and Hard Skills were explained to the students. The session was very interactive and the students gained knowledge on job oriented skills. The workshop came to an end at 4.00 p.m. with feedback session.

On 17th September 2018 one day workshop was held on UI/UX Design for III B.Sc students. The resource person was Mr. George Gabriel Richard Roy, Assistant Professor, Dept. of IT, St. Joseph’s College, Trichy. The workshop focused on designing using Adobe Illustrator with the usage of tools and their properties. The hands on session focused on designing logos. The workshop was very useful and informative for the students.

One day Seminar was organized on “Android App Development” for III UG and II UG students, on 18th September 2018. The seminar commenced with prayer followed by welcome address. Mr. Subash, Faculty of Indian Software and Systems took over the session and commenced with the basic necessities for writing an android application. He gave a glimpse of android versions that are being used till date. Various generations of operating systems that are used in different phones were brought to the students’ notice. Usage of SOAP and XML were clearly taught. The resource person enlisted the requirements for developing android applications. A jumbled word game on computer terms was played by the students as part of the session. The Seminar concluded with the feedback session.

A Three Day Intra-Departmental Technical Competition “Web Scintillators’18” was organized by the Faculty of the Department of Computer Science Shift I from 24th to 27th September 2018, for the students of B.C.A. and M.C.A to hone the competitive efficiency and technical talents of the students. Dr. P. Revathi, Assit. Prof. of Computer Science, was the Coordinator. Various contests conducted were Software Contest, Web Designing, Bug Hunt, Paper Presentation, Quiz, Connection and

Surprise Event. 262 students enthusiastically took part in all the events. The overall Best Performer Award for U.G. was given to Ms. R. Subanithi of III B.C.A. S. Anita Selva Mary, III M.C.A., and Ms. T. Nithya Rubini, II M.C.A., shared the overall Best Performer Award for P.G.

Students also participated in various Intercollegiate Technical Symposia organized by Bishop Heber College, Trichy (07.09.2018), Bon Secours College for Women, Tanjore (07.09.2018), M.A.M College of Engineering and Technology (10.09.2018) and won individual prizes.

An awareness programme on “Interview Skills and Current Technologies” was conducted by Mr. Y. Sadiq Ahamed, HRM, CMS IT Services Pvt. Ltd., Trichy on 3rd October 2018. He concentrated on current trends of programming languages and gave a brief talk on working environment of industries which are in demand. The percentage of job opportunities was clearly conveyed to students. All doubts of the students were cleared and students got clarity about job opportunities. The meeting came to an end with the vote of thanks.

An orientation programme for the staff and the final year PG students of both shift I and Shift II was held on 26th October 2018 at 5 p.m. with the selected project work done by the students. The students explained the projects done integrating IoT, Cloud and Data Analytics. Dr. George Amalirethinam, Associate Professor, Department of Computer Science, Jamal Mohamed College, Trichy and Dr. I. George Dharmaprakash, Assistant Professor, Department of Computer Science, Bharathidasan University, Trichy were the resource persons. Staff were encouraged to apply for the projects to various funding agency.

One day workshop on “Android App Development” was held on 25th October 2018. Ms. J. Arockia Mary, Assistant Professor of Computer Science, addressed III MCA students. She illustrated the installation of the Android Studio Software and developing an android application. Students were given problems and

asked to create an android mobile app. The workshop came to an end with the vote of thanks.

A Five Day Workshop on “Communication Skills” was organised from 20th November 2018 to 26th November 2018 for MCA and M.Sc Computer Science Students. The Resource Persons were Mr. S. Peerbasha, Assistant Professor and Mr. Y. Mohamed Iqbal, Programmer, Department of Information Technology, Jamal Mohamed College, Trichy. The workshop started with a prayer session followed by the welcome address. The session was then handed over to the resource persons. They shared many ideas associated with Soft Skills and enlisted the key points involved in presenting a seminar effectively. They conducted number of activities to improve communication skills. The workshop ended with the feedback.

One day Seminar on the topic “Towards a Holistic Human Person” was held on 26th November 2018. III BCA students were the target audience. Fr. Rufus, S.J, Assistant Professor, Department of English, St. Joseph’s College, Trichy shared his views on the importance of firm decision making and using authority in a right way. He spoke about acceptance of oneself. The presence of goal in one’s life was clearly portrayed to the students. Many videos were screened regarding the effective stimulation of students. Students eagerly participated in the seminar and were curious to know the skills that will serve to enhance their lives. He clarified the difference between feelings and emotions. The meeting came to an end with the vote of thanks.



Excursion: Shift I

A six day excursion was arranged for the final year students of M.C.A from 20th to 25th November 2018 to Hyderabad. Thirty students from III M.C.A. visited Hyderabad accompanied by two staff: Mrs. K. Juliet Catherine Angel and Mrs. G. Arockia Sahaya Sheela. The team visited Golconda Fort, capital and fortress of the QutubShahi kingdom. The team reached St. Francis De Sales High School, Secunderabad. On 22nd November 2018 the team visited the famous Ramoji Film City, one of the world's largest integrated film city spread across 2000 acres. The importance of audio, video, sound and other cinematic effects in various shows were emphasized. The outdoor shooting sets of various famous Tamil, Hindi and Telugu movies were also visited. On 23rd November 2018 the team visited the Wonderla Amusement Park. The team enjoyed the various thrilling land rides, water rides and space shows. On 24th November 2018 the team went on a shopping for various cosmetics, accessories and garments at Charminar Bazaar and Sultan Bazaar.

Industrial Visit cum Excursion: Shift II

The students of III B. Sc. Computer Science went to Hyderabad for an Industrial Visit from 20th November to 24th November. The Staff members Baby Nirmala, Kannamal and Kuzhandhai Priya accompanied them. On 21st at 10 am, they visited the Kriyative Edge Inc., Hitech City, Hyderabad. The students had undergone hands on experience with Internet of Things (IoT) with Arduino. The students were enlightened in accessing and analyzing humidity data. Experts in Robotics and IoT shared their expertise. Then the students were taken to Golkonda Fort. On 22nd they were taken to Salarjung Museum, Charminar, Zoo, then to Tankbund area and they were delighted in seeing the whole city at the top of Birlamandhir, on 23rd they enjoyed playing games at Wonderla, theme park. On 24th, they were given a glimpse of slum areas around the rich, polished city and the benevolent services of NGO, Montfort Social Institute run by brothers of St. Gabriel. Then students were taken to Palika Bazar for

shopping. Around 5pm they started their journey back to Trichy.

A one day Intra Departmental Competition Cyberfest'19 was organised by the department of computer science shift II on 13th February 2019 for the students of B.Sc and M.Sc. It was inaugurated with the prayer service and welcome address, then the session was handed over to resource person. The chief guest was Dr. P.S.S. Akilashri, Vice Principal and HoD, Department of Computer Science, National College, Trichy. She had given a clear picture that success is where preparation and opportunity meet. The competition was focused on bringing out the competitive flair of the students various technical events such as Paper Presentation, Quiz, Debugging, Dumb charades, Multimedia Presentation, Web Designing were conducted.

The session first started with Paper Presentation, it was taken over by Dr. I. Carol, Assistant Professor, Department of IT, St. Joseph's College, Trichy. Then the session was continued by Quiz and Dumb Charades conducted by Dr. T. Kokilavani, Assistant Professor, Department of Computer Science, St. Joseph College, Trichy. Then the competitions such as Web Designing, Multimedia, Debugging were conducted under the guidance of Dr. Vaheetha, Assistant professor, Jamal Mohamed College, Trichy and at the valediction shift II Incharge Dr. Sr. Judy Gomez gave a speech on participation and congratulated the prize winners and distributed the prizes.

Inter-Departmental Competition "Compfest'18" was conducted on 13th December 2018. The Competition commenced with Invocation, followed by events such as Card Designing, Quiz, Poster Presentation, Dumb Charades, Paper Presentation, Connection, Multi Media Presentation, AdZap and Surprise Event. The Competition focused on the competitive efficiency of the student's talents. 245 Students registered and 129 students were selected for the final round from various departments of both Shifts I and II, who enthusiastically participated in various Technical Events and won many prizes. Dr.(Sr.) Christina Bridget, Principal, enlightened

everyone with her inspiring and motivating address and distributed the prizes to all the winners and Commerce Department got the Overall Shield.

In order to make development a comprehensive mass movement and to innovate on all fronts, MHRD, AICTE, i4c and persistent systems have come together to organise Smart India Hackathon (SIH) 2019, a unique open innovation model for identifying new and disruptive technology innovations to solve the challenges faced in our country. A team of 6 students were selected under student innovation category for the grand finale held on 2nd & 3rd March 2019. The team submitted an idea of live bus tracking by incorporating the internet of things and mobile app technologies. The idea is to track the arrival time, departure time and location of the normal buses in rural areas.

On 13th December 2018, the students of final year BCA were on an Industrial visit cum excursion to Mysore and Coorg. They visited Kaynes Technology India Private Limited, Metagali, Mysore as part of the Industrial Visit.

On 26th February 2019, a state level Inter-Collegiate Competition 'Webfest' 19 was organized simultaneously along with an exhibition for the benefit of the students community. Bishop Heber College, Trichy won the overall trophy. Departmental Magazine Com'fete was also released by Rev. Sr. Dr. Christina Bridget, Principal, Holy Cross College, Trichy.



Economics and EDC

On 4th July 2018, the planning forum of the department was inaugurated by Mr. R. Baskaran

M.B.A., Skill development trainer, CEO, International Skills Associated Council, Trichy. The chief guest addressed the students on "Enhancing Employability Skills". He spoke about skill enhancement, self employment and the importance of time management. He advised the students to give due emphasis to development of skills and importance of life. He also inspired them with his effective speech about various aspects of how to enhance ourselves, importance of soft skills and their types. The session was very useful for the students. The meeting ended with the vote of thanks.

Planning forum meeting was conducted on 7th August 2018. Mr. Sivakumar, CEO of Trichy Plus, Tiruchirappalli was the chief guest. He delivered a talk on "The U in the future". He concentrated on student's self development and advised the students to apply economic ideas and concepts in their own life. He encouraged the students to find out the way to earn income even during their study period. He motivated the students to design their life according to the future model and gave an inspiring speech about IOT (Internet of Things), artificial intelligence, rise of Bots, population growth and GDP growth rate at the global level. His speech was very effective, useful and inspiring to the students. The meeting ended with the vote of thanks.

On 11th September 2018, planning forum organised a meeting on "Career Planning" for the students. Dr. P. Sahaya Amutha, Assistant Professor, Department of Chemistry, Government Arts College, Trichy was the chief guest of the day. Dr. P. Sahaya Amutha delivered an inspiring speech on the importance of positive attitude, reading, writing, listening, communication and health. She also stressed that students should always have a good self esteem and give importance to personality development strengthening the areas in which they need to develop. She highlighted developing good communication skills, team spirit and time management. Her speech was highly informative, encouraging and useful. The meeting ended with the vote of thanks.

A two day excursion to Mysore and Coorg was organized by the department of Economics, on 25th and 26th September 2018 for forty eight students of the department accompanied by three faculty members. The first place they visited in Mysore on the first day was Chamundi Hills, where the statue of Asura Mahishasura, the king of the city is located. Then they visited the Mysore Palace, belonging to the Wadeyar Dynasty. They were astonished by the stunning beauty of the palace and the practices and everyday proceeding of the then Maharajas of Mysore. Later, they visited the Krishna Raja Sagar dam and the Brindavan Garden and witnessed the beauty of the garden which has colourful musical fountains.

On the second day the first place they visited in Coorg was the Dubare Elephant Camp, where they enjoyed boat ride, interacted with the elephants and experienced the joy of observing the activities of quite a few elephants at close quarters. Then, they visited the Harangi dam, which has been built across the river Kavery and located near Kushal Nagar of Kodagu district.

In the afternoon, they visited the Nishargadhama Bamboo forest and finally they went to the Tibetan Namdroling Monastery, popularly known as the Golden temple which is also a home to nearly 5000 Buddhist monks and nuns. The tour was a refreshing, enlightening, adventurous, nostalgic and tremendous learning experience for the students.

Planning forum meeting was conducted on 1st December 2018. Dr. Catherine Edward, Associate Professor, Department of English, Holy Cross College (Autonomous), Trichy was the chief guest. She delivered a talk on “Gateways to Success”. She concentrated on the student’s goal setting and gave some advice to the students like planning the goal, understanding the obstacles which they will come across in achieving the goal, having a positive attitude, being innovative and practically working on realizing their goal. She gave the abbreviation for success like see your goal, understand the obstacles, create a positive mental picture, clear your mind of self doubt, embrace the challenge, stay on track, show the

world you can do it. She encouraged the students to talk fluently in English and gave tips to students to read and learn at least 10 new English words from the dictionary. She also advised the students to read the English newspaper daily and told them to face any life crisis in a bold way. Her speech was very informative and useful for our students. The meeting ended with the vote of thanks.

The PG and Research Department of Economics conducted one-day workshop on “Career Guidance” on 9th January 2019. Mr. P. Charles, Founder cum Director of Kaarlo Training Pvt. Ltd. was the chief guest of the day. Mrs. Chamane Unus Rodrigues, Head of the Department of Economics extended a red carpet welcome to the dignitaries and the participants. The workshop was conducted by Mr. P. Charles and the first session was about the importance of dreaming big and being focused on achieving our goals. He also referred various websites such as quick.com, Naukri.com, glassdoor.com, etc. The second session was about preparing for interviews which included mock interviews, resume writing, speech skills, etc. The chief guest suggested tips to overcome fear, boost confidence, avoid common mistakes and be ready for any kind of interview. The third session focused on how to prepare for group discussions. Two rounds of mock Group Discussions were conducted for the students on various topics. He assessed the groups’ performance and stated their pros and cons. The students got a lot of information and strategies for securing jobs. The programme came to an end with the vote of thanks proposed by Mrs. Radhika, Assistant Professor, Department of Economics.



On 28th February 2019, the Department of Economics conducted inter collegiate meet Crossonomics'19. The theme was 'Life on Land.' The chief guest for the inaugural function was our Principal Dr. Sr. Christina Bridget. Sister congratulated the staff members and students of economics department for organizing such a grand event. She also appreciated the participants from various colleges for taking part in the competitions. She inspired us with a motivational speech. The events conducted for this inter collegiate meet were elocution, quiz, poster making, dumb charades, mime and rangoli.

The valediction started at 4.00 p.m. The chief guest for the function was Mr. Sreenivasan, Sales manager, Aachi Masala. He sponsored our programme by providing certificates and shield. Sir gave an inspirational talk to the students. Another chief guest was Mr. Arul Arupudharaj, Area sales manager, Poorvika Mobiles. He sponsored our programme with winner and Runner trophies. His speech motivated the students to take part in all the upcoming competitions. Overall winner were students of Bishop Heber College, Trichy and the runners up were students of Lady Doak College, Madurai. The Valediction ended with the national anthem.

On 11th March 2019, the Department of Economics conducted valedictory function of the Planning forum. Dr. P. Stanly Joseph Michael Raj, Associate Professor of Economics, St. Joseph's College (Autonomous), Trichy was the chief guest. He delivered a speech on the GST and Its impact. The meeting ended with the vote of thanks.

Entrepreneurial Development Centre

June - 2018

12 candidates attended Basic Tailoring course in the month of June 2018. Out of 12 candidates, 7 were day scholars and 5 were evening college students.

July – 2018

30 candidates joined the tailoring course, out of which 16 were day college students and 14 were evening college students. Out of 4 candidates who joined hand embroidery course three were evening college students and one was an outsider. One day college student joined the silk thread bangle course and 2 day college students have joined the beautician course. The total number of students who joined the above stated courses for the month of July 2018 was 37.

August – 2018

19 evening college students joined the tailoring course. One candidate joined the flower making course. One outsider joined the beautician course. Total no. of students registered for tailoring course, flower making course and beautician course was 21.

September – 2018

221 students joined the various courses offered by EDC for the month of September 2018. 47 day college students joined the art and craft course. 45 students were evening college students who joined the hand embroidery course. For doll making course total number of students registered was 73. Out of the total students who joined the doll making, course 9 were day college students and 64 were evening college students. 56 students joined the beautician course, out of which 11 were day college students and 45 were evening college students.

October - 2018

109 candidates joined various courses offered by EDC. 54 candidates joined Doll Making course, out of which 46 were Day College and 8 were evening college students. And 55 candidates joined Beautician course, out of which 33 were day college students and 12 were evening college students.

November - 2018

9 candidates joined the various courses offered by EDC. 9 students have registered their

names for tailoring course. Out of which 3 were day college students & 6 were evening college students.

December - 2018

Nearly 57 candidates have joined the tailoring and beauty care courses. 54 candidates have joined the beauty care course. All the 54 students were day college chemistry students belonging to both A and B section. Three evening college students joined the tailoring course.

January - 2019

8 students registered for tailoring course for the month of January 2019. Out of which 2 were day college students and 6 were evening college students.

February - 2019

17 students registered for tailoring course for the month of February 2019, out of which 1 was a day college student and the remaining 16 were day college commerce students. 15 day college commerce students joined the beautician course. Totally 32 students joined the various courses offered by Entrepreneurial Development Centre.

English and Language Lab

The academic year 2018 -19 opened new doors, paved new path ways and made significant changes and progress to reach new levels of achievement. The Department of English conducted the Bridge Course for I UG students from an English Medium background from 4th June to 14th June 2018.

The business meeting of the English Literary Association was conducted on 3rd July 2018. The leaders and representatives for each class were chosen and the plans for the academic year were laid out.

The inauguration of the association was held on 9th July 2018 at 12 noon in Sophie's Hall. The chief guest of the day was Dr. A. Sheeba Princess, Assistant Professor, Department of English, Bishop Heber College, Trichy who

installed the leaders. Dr. Sheeba delivered a lecture on the importance of Feminism in the modern day. She cited situations in which women, including herself, faced discrimination, and she urged the students to gain awareness of the situations that surround them every day. In addition, Dr. Sheeba also emphasised that to be a feminist does not mean that one must hate men. Instead, one must try to find equal ground and speak up when the system discriminates.

The Department of English conducted One-day Workshop on Psychoanalysis and its Legacy on 2nd August 2018 in Sophie's Hall.

The resource person was Dr. S. Elamparthy, Research and Consultancy Coordinator, English Language Centre, Ibra College of Technology, Sultanate of Oman.

The Association conducted competitions such as a Poetry Writing Competition on 4th September 2018 at 2 p.m. for students of all the departments. An Essay Writing Competition was also conducted on 6th September 2018 at 2 p.m for students of all the departments. A Poetry Recitation Competition was conducted for the students of the department on 16th October 2018.

One Day Programme on Training the Trainers in LSRW Skills

ELTAI – Trichy Chapter and the PG and Research department of English, Holy Cross College organized a One – Day Programme on Training the Trainers (TOT) in LSRW Skills in English on 12th October, 2018. This was a first of its kind in the city and had around 100 participants from various institutions. The inauguration was held in Sophie's Hall, Holy Cross College at 9.30 a.m. Dr. (Sr.) Christina Bridget, Principal, Holy Cross College felicitated the students and staff of the Department of English and the ELTAI – Trichy Chapter for the initiative taken.

The inaugural address was delivered by Dr. S. Senthilnathan, Director (FAC), UGC-Human Resource Development Centre, Asst. Professor and Deputy Co-coordinator, UGC-SAP (DRS), Department of Educational Technology,

Bharathidasan University, Tiruchirappalli, Tamil Nadu. In the inaugural address, Dr. S. Senthilnathan insisted on the importance of such TOT programmes and shared his first-hand knowledge on ICT enabled language teaching. He volunteered to join hands with ELTAI – Trichy Chapter in conducting such effective TOTs in the city. The inauguration was also graced by Rev. (Sr.) Dr. Judy Gomez, Vice principal, Sister-in-charge Shift II and Head, Department of English along with Dr. Catherin Edward, Associate Professor of English, Holy Cross College and the Convener and President of ELTAI Trichy chapter.

The first session was handled by Dr. S. Mekala, Associate Professor of English, Department of Humanities, National Institute of Technology, Tiruchirappalli. She spoke on the 21st century skill based approach to English Language Teaching. In her session, Dr. S. Mekala emphasized the need for a skillset as there is a phenomenal change in learning English. She drew examples from Martha Nussabum’s four pillars of education and Amarthya Sen’s capability approach and showed how all of them can be utilized for the new generation teaching learning process.

The second session was handled by Dr. Catherine Edward, Associate Professor of English, Holy Cross College and the Convener of ELTAI Trichy chapter. She spoke on the importance of Writing Skills and gave the participants a hands on experience of this much needed skill. The post lunch session was handled by Dr. J. John Love Joy, Assistant Professor, Research Department of English, St. Joseph’s College (Autonomous), Tiruchirappalli. He spoke on the topic Teaching English with Limited Resources and gave an interesting experience with very innovative ICT techniques on utilizing limitation in teaching. The participants were enthusiastic about the creative activities and took part in them with interest and ease.

The valedictory address for this one day workshop was delivered by Prof. G. Ravindran, Patron-ELTAI-Trichy Chapter and the former head, Research Department of English, St.

Joseph’s College (Autonomous), Tiruchirappalli. This workshop truly served as an arena of intellectual sharing. All the participants were given certificates for their active participation.



The Drama Club was inaugurated on 23rd October 2018. The chief guests of the day were Prof. Irudhaya Pushpam, Assistant Professor, Department of English, Cauvery College for Women, Tiruchirappalli and Prof. C. Josephin Patricia Sukanya, Assistant Professor, Department of English, Periyar E.V.R. College, Tiruchirappalli. To mark the occasion, an Intra Departmental Drama Competition was conducted featuring plays written during the Elizabethan Age such as Macbeth, Othello, Doctor Faustus, The Merchant of Venice and Julius Caesar, enacted in their original form.

Lecture I - Documenting Sources and Use of ICT for Plagiarism-Free Research Writing

The PG and Research Department of English organized a guest lecture on “Documenting Sources and Use of ICT for Plagiarism-Free Research Writing” for the students of II PG and M.Phil Research Scholars in the II M.A. Classroom, Department of English, on Wednesday, 9th January 2019. The session commenced by invoking the presence of the Almighty. The prayer session was organized by M.Phil Research Scholars followed by the welcome address by Vanmathi Siva. The speaker was Dr. Kaviarasu, Assistant Professor of English, Bishop Heber College, Trichy.

The lecture was divided into two parts-Theory and Practical. In his lecture, Dr. K. Kaviarasu discussed the Theory part which included Introduction on Plagiarism, Documentation, and Work Citation. He also briefed the researchers on how to effectively avoid plagiarism in their research. The next part of the lecture was Practical based where demo on how to do the research with the help of Technology in order to save time and concentrate more on the research was taught to them. The lecture was received with admiration by the students and was then followed by Question and Answer session and the students were asked to offer their feedback and suggestions. The session came to an end with the Vote of Thanks.

Lecture II – Critical Mise-en-abyme

The PG and Research Department of English organized a guest lecture on “Critical Mise-en-abyme” for the students of II PG and M.Phil Research Scholars on 10th January, 2019. The guest speaker was Dr. Abdul Mohammed Ali Jinnah, Associate Professor of English, Jamal Mohamed College, Trichy, specialized in Diasporic Literature. The lecture revolved around the literary theory and literary analysis. In his talk he introduced two new terms to the students namely, Intersectionality and Intermediality. Students were enlightened about Jacques Derrida and the two terms he coined-Differed and Deferred. The real-life examples in the lecture made the students more vigilant and active. There was also the introduction of the New theories like Theory of Aberration, Trauma theory that was brought to light. The lecture ended with a note about History and Historians.

Workshop on M - Learning

The PG and Research Department of English organized a workshop on “M – Learning for the students of UG, PG and M.Phil Research Scholars in Mother Sophy’s Hall on Thursday, 31st January, 2019. The guest speaker of the lecture was Dr. M.S. Xavier Pradeep Singh, Associate Professor of English, St. Joseph’s College, Trichy. In his talk he gave the definition of Mobile Learning and the

advantages of using mobiles in learning English. The students were enlightened about downloading certain apps like ESLA.

An Essay Writing Competition was conducted on 31st January 2019, to celebrate Martyr’s Day on the title “Are Gandhian Values Relevant in the Modern World?”.

A Workshop on Theatre Arts was attended by the II B.A. students on 20th February 2019 at Don Bosco Media, Trichy where they received training on theatre techniques.

An Interdepartmental Drama Competition was conducted on 21st February 2019 at 11 a.m. in Sophie’s Hall. The judges of the competition were Prof. M.G. Thajunisha, Associate Professor, Department of English, Jamal Mohammed College, Trichy and Dr. Cheryl Davis, Assistant Professor, Department of English, St. Joseph’s College, Trichy. A total of 15 teams participated and the top 3 teams were awarded prizes.

A Workshop on Creative Writing was conducted for the III B.A. English students on 1st March 2019 to train the students to improve their writing and creative skills.

The Drama Club performed the play the Tragical History of Doctor Faustus on 9th March 2019 for a large audience, including students and well wishers from other colleges.

The Valediction of the English Literary Association was conducted on 11th March 2019. The Prizes for the year were awarded to the students and the association leaders and representatives were rewarded for their support.

The students participated and won prizes in intercollegiate competitions conducted by Andavar College on 9th January 2019, by Bishop Heber College, Trichy on 29th January 2019, and by Aiman College for Women on 13th February 2019 and won prizes.

The III B.A. English students went on a class tour to Bengaluru, Mysuru and Coorg from 15th to 18th September and visited a number of sites such as the Mysore Palace, Brindavan Gardens, The Dubare Elephant Park, the Namdroling

Monastery and Wonderla. The II M.A. English students and MPhil scholars went on a tour to Assam and Bhutan from 11th to 22nd November 2019 and visited Cherrapunji, the NEHU Central Library, Shillong, Don Bosco University and Art Gallery, Kamakaya Temple, Arwah Cave, Nohkalikai and Elephant Falls.

III B.A. English and PG students had participated and presented in a number of Conferences and Seminars and presented papers. A total of 60 papers were presented by the UG students, 40 papers by the PG students and 22 by the M.Phil. students. In addition a total of 22 papers were published by the M.Phil. scholars of the department.

The activities of the Book Club began from September and meetings were held monthly for the students and books by authors such as Toni Morrison, J.K. Rowling, Chitra Banerjee and Amish Tripathi were read and discussed in detail. The department realizes this is just a small step and giant leap await in the future.

The English Literary Association and the PG and Research Department of English organized a Workshop on Creative Writing for the III U.G. and II P.G. students on 1st March 2019 to train the students to improve their writing and creative skills.

The session commenced by invoking the presence of the Almighty. The prayer session was organized by III U.G. students followed by the delivery of the welcome address by Ms. Mubeen. The Campus newspaper was also released at the start of the programme.

The speaker of the lecture was Dr. R.S.A. Susikaran, Assistant Professor of English, Bishop Heber College, Trichy. The lecture started with introduction of what is creativity continued with the nuances of writing a short story in a creative way. The lecture was received with admiration by the students and came to an end with the vote of thanks delivered by Ms. Virgil of III B.A. English.

Language Lab

The Language Lab activities commenced for the academic year 2018-2019 under the directorship of Dr. Sr. Christina Bridget, Principal, Holy Cross College, Trichy. The focus was to open the doors of the lab for a wider usage, offer need-based workshops and facilitate self-learning for students. The resource persons for the various workshops included the Language Lab team Dr. M. Mary Jayanthi, Language Lab Co-Ordinator and Asst. Prof of English; Ms. Britto Jenobia, Language Lab Instructor; Ms. Merlin Depsy Nithya, Asst. Prof of English; Ms. Steffi Sahaya Mary, Asst. Prof of English; and faculty from the Department of English Dr. Catherin Edward, Asso. Prof of English; Dr. Sr. Judy Gomez, Head of the Department of English; Ms. Benita, Asst. Prof of English; Ms. Desiree Ann, Asst. Prof of English; Ms. Cheryl Antonette Dumenil, Asst. Prof of English and Mr. Anshumann, Trainer, British council, India. The cumulative feedback percentage for all the workshops done is 99.99%.

Need based Programmes and Workshops on Campus

Summer Course English for Screenagers for the children of both teaching and non-teaching staff was conducted between 16th and 20th April 2018. The course was on developing confidence to express and interact in simple English and to encourage and improve the joy of reading. The resource persons were Dr. M. Mary Jayanthi, Ms. Britto Jenobia, Ms. Merlin Depsy Nithya and Ms. Steffi Sahaya Mary. A total of 25 students benefited.

A Course on Developing Basic LSRW Skills for I year General English students (Shift-I & II) was started on 27th June 2018. The Language Lab Workbook- series I

(A Working Module) was designed for the first year General English Student's weekly visit to the language lab.

It focuses on improving the LSRW skills of the regional medium students. However I year

General English students with language proficiency at the intermediate and advanced level also use the Workbook to enhance their communication skills. The workbook was designed and compiled by the Language Lab team. A total of 1596 students benefited from the course.

Vocational Training on Reading and Listening for Student Volunteers was conducted from 27th June 2018 onwards. The volunteers are students across disciplines from Holy Cross College. The volunteers are required to complete 10 hours of reading and listening. They are trained in the day to day functioning of the lab and they put in a minimum of 30 hours of service per semester. The volunteers also organized a meaningful Christmas celebration on 21st December 2018. A Certificate of acknowledgment is awarded to the volunteer. A total of 60 students participated in the training.

Workshop on Effective Communication – Level I for the Student Council Members was conducted from 4th- 8th June 2018. The session focused on Self Introduction, Bio-Sketch, Vocabulary building, listening, reading, pronunciation, Etiquettes and manners, Campus role play, Situational dialogues, Talk shop and Magic with words. The resource persons were Dr. M. Mary Jayanthi, Ms. Britto Jenobia, Ms. Merlin Depsy Nithya and Ms. Steffi Sahaya Mary. A total of 37 students attended the workshop.

Workshop on Effective Communication – Level II for the Student Council Members was conducted on 7th and 8th June 2018. The session focused on Bio-Sketch, LSRW skills, Campus role play and Language Learning through Movies. The resource persons were Dr. M. Mary Jayanthi and Ms. Merlin Depsy Nithya. A total of 61 students benefited through the workshop.

Training on the nuances of Master of Ceremony (EMCEE) was conducted on 18th July 2018. 30 students were trained in compering and body language. The resource persons were Dr. M. Mary Jayanthi, Ms. Desiree Ann, Ms. Cheryl Antonnette Dumenil, Ms. Merlin Depsy Nithya and Ms. Britto Jenobia.

A Workshop on Positive and Effective Communication for the members of the Staff, Holy Cross College, Trichy (Batch 1) was conducted on 16th August 2018. The session included Ice Breakers, Listening Skills, Speaking Skills, Phonetics Stress and Intonations and Bio- Sketch Presentation. The resource persons were Dr. M. Mary Jayanthi and Dr. Sr. Judy Gomez. A total of 25 staff benefited. As a follow up of the workshop, Mr. Vijay, Asst. Prof of Psychology and Ms. Maheswari, Asst. Prof of Hindi completed 15 hours of iTell Training.

The Language Lab Holy Cross College organized a Workshop on International English by the British Council for the members of the staff from various departments on 20th August 2018. The training was a platform to introduce the nuances of International English. The resource person was Mr. Anshuman, Trainer, British Council. The learners made use of this opportunity to improve their language skills. They participated with enthusiasm in all the activities conducted during the training. This one day workshop was a package of many interactive grammar sessions, role plays, activities with focus on learning the difference between Indian and International English. Individual feedback and suggestions by all the members of the staff were collected in a written format on this workshop. A total of 20 staff benefited.

The Language Lab of Holy Cross College offers Training for Students on Cambridge English Courses from 22nd September 2018 onwards. 3 students have enrolled for the training. Students were given training on improving the LSRW Skills to get the required grade in the exams. IELTS books are made use of the Language Lab for training and iTell software was used for practice sessions.

I B. Com. ‘A’ Students as part of their assignment on Reading Space made use of the Language Lab resources to improve their reading skills from 3rd to 5th January 2019. A total of 64 students benefited.

A Workshop on Positive and Effective Communication for the members of the Staff-Holy Cross Matric School, Vellore was conducted on 25th and 26th September 2018 at Vellore. The Session focused on the need for improving the communication of the teachers with emphasis on Positive Communication. The resource persons were Ms. Britto Jenobia and Ms. Merlin Depsy Nithya. A total of 35 staff attended the workshop.

The Language Lab offers 10 sessions for 25 children of Hope Home from standards eighth to twelfth. A tie-up programme between Hope Home and The Language Laboratory (LL), Holy Cross College (HCC) was started on 8th September'2018. A total of 10 sessions were conducted on 8th and 29th September'18, 6th October'18, 24th November'18, 8th December'18, 5th January'19, 2nd and 16th February'19, 9th and 30th March'19. These sessions included Self-Introduction, Bio-Sketch, Grammar lessons, Vocabulary, LSRW skills and Language learning through movies. The resource person was Ms. Britto Jenobia. A total of 25 students benefited.

An MOA was signed between The Language Lab of Holy Cross College, India and International Centre for English, Binary University, Malaysia on 14th November 2018 at Binary University, Malaysia. This MOA sets out the interest of both institutions to collaborate and offer students and teachers to acquire language proficiency. It also helps teachers and professors to acquire creative teaching methodologies. The classes are scheduled to begin in the next academic year.

Ms. N. Merlin Depsy Nithiya, Assistant Professor in English, Holy Cross College, (Autonomous) Trichy was selected as a mentee in British Council sponsored Aptis Action Research Mentor Scheme (AARMS) 2018-2019 under the mentorship of M.S. Xavier Pradheep Singh, Assistant Professor of English, St. Joseph's College, (Autonomous) Trichy.

The Aptis Action Research Mentoring Scheme supports teacher educators and academics as they mentor small groups of

teachers who teach English as a subject or teach in English through classroom-based research projects. This research was conducted in the Language Lab from 3rd December 2018 to 30th March 2019. The facilities available in the lab were of great support to the researcher. Ms. Merlin selected Innovation and ICT as the theme for her action research. The data collected based on the research conducted, revealed that Google Classroom is an innovative technique and improves student motivation. A total of 64 students participated.

As part of Ph.D. research study on Reading Skills and ICT enabled Language Learning for I B. Com. 'D' section was conducted by Ms. Merlin Depsy Nithya, Research Scholar under the Supervision of Dr. M. Mary Jayanthi from 23rd January to 28th February 2019. This is to test the feasibility of using online tools to develop reading skills in the everyday classroom. A total of 20 students benefited.

An annual Follow up on iTell Software was conducted on 22nd November 2018. The Language Lab team participated in a discussion with Mr. Robin (iTell In-Charge), to enhance the optimum use of the software.

32 Books on Language teaching and Reading and 4 CDs for Language learning through movies were added to the Language Lab Library.



Shift II

The inauguration of English Literary Association was held on 12th July 2018. The programme commenced with the Investiture Ceremony, bestowing badges for the newly

elected representatives by the Chief guest Dr. G. Parvathy, Assistant Professor of English, Bishop Heber College, who presided over the function and gave a lecture on the topic The Legacy of Literature. She guided and kindled the spirits of the students to think and speak better English.

The association meeting was held on 19th July 2018. The Chief guest of the day was Dr. K. Suganthi, Assistant professor of English (shift-I), Holy Cross College, Trichy, who gave a lecture on Significance of Choice and Decision making . She addressed the students on the need to choose to perform and grab the opportunities. She conducted games and concluded the session by saying life is a matter of choice which brings goodness wherever we are and whatever we do.

The English Literary Association conducted a programme titled “Litfest 2018” on 28th September 2018 with the theme Children Literature. Ms. Brinda presided over the function. The session began with the Welcome Address proposed by Ms. Catherin Christy, secretary of English Literary Association. Competitions such as, Just a Minute, Spell Bee, Frame, Skit and Book Cover Design were conducted in which the students participated enthusiastically. The session ended with the vote of thanks proposed by Ms. Christo, representative of English Literary Association.

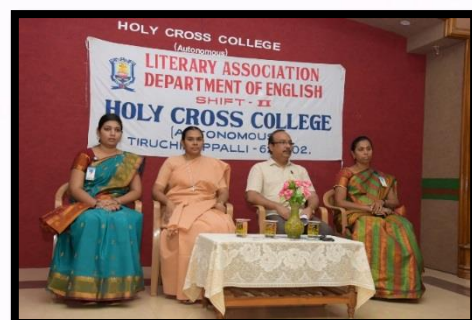
The English Literary Association conducted a meeting on 17th October, 2018. The resource person was Ms. Shirley Deepak, International Media consultant, who gave a productive lecture on the topic “Journalistic Techniques”. She spoke about some basic terms in Journalism and she shared her personal experiences in the field of journalism and she enthusiastically answered the questions of the students and the session was very interactive. The session ended with the vote of thanks.

The English Literary Association conducted a workshop in English language teaching on 11th December 2018. The session commenced with welcome address delivered by R. Shalini, II B.A English student. The resource person of 1st session was Ms. R. Anne Karunya Bagyam, Assistant Professor of English, Bishop Heber

College. who gave a lecture on the topic Vowel Sounds, Concerning both diphthongs and monothongs. The resource person for the II session was Dr. S. Melwin, Assistant professor of English, Bishop Heber College. He gave interactive lecture on the topic Consonant Sounds. The resource person for III session was Dr. Susikaran, Assistant Professor of English, Bishop Heber College. He spoke on the topic Intonation. He visualized the value of intonation through power point presentation. The session ended with the vote of thanks.

Aroma’19 - Inter-Departmental Literary Fiesta was held on 28th February, 2019. The theme of the day was Children’s Literature. The Chief Guest Dr. E. Benet, Associate Professor, National College. He motivated the students to grab the opportunities to exhibit their talents and to learn a lesson from every second of their life. Competitions like Poetry Recitation, Poster Making, Poetry Writing, Short-Story Writing, Essay Writing, Dumb Charades, Tableau, Jam and Skit were conducted. Students from all the Departments of Shift-II enthusiastically participated in various events.

The English literary association conducted its valedictory function on 12th March 2019. The session commenced with the welcome address delivered by M. Catherine Christy, secretary of English Literary Association. The Chief Guest Dr. Suresh Frederick, Associate Professor of English, Bishop Heber College, Trichy, spoke on Environment and Literature and appreciated the students for their continuous participation in association. The session also included prize distribution for the competitions that were Aroma’19, Lit Fest’18 conducted in the academic year 2018-19. The session ended with the vote of thanks proposed by President of English Literary Association.



French

The members of the French association met on 19th June 2018 and elected Ms. B. Swetha, II BBA 'B' (Shift I) as Secretary and Ms. E. Shivaneei, II B.Com. 'B' (Shift I) as Joint Secretary of the association for the academic year 2018-19.

The HOLFREST (French Association) inaugural was held on 13th July 2018 at Sophy's Hall between 2.30 p.m. and 4.00 p.m. The event commenced with the blessings of the Almighty. Ms. Hemalatha, Assistant Professor in French, welcomed the gathering. Rev. Sr. Lizy George, the Controller of Examinations of our college honored the Chief Guest, Dr. T. Priya, Assistant Professor in French, School of English and Foreign Languages, Bharathidasan University, Tiruchirappalli.



Dr. Priya enlightened the students on the topic "French Feminism: Literary Theories". She highlighted the enriching literary theories of the Second Sex and nailed "Sisterhood is powerful" in our minds. Students of both I and II UG offered an audio-visual treat through their cultural programmes. Ms. Shivaneei (II B. Com B – Shift I), Joint Secretary of the Association, proposed the vote of thanks. The event came to an end with the College Anthem.

The II UG members of the French association met on 21st August 2018 for the workshop on learning French through games, "Atelier d'apprendre le français à travers des

jeux" offered by Ms. S. Hemalatha, Assistant Professor, Department of French, Holy Cross College. Rev. Sr. Lizzy George, the Controller of Examinations, Holy Cross College, presided over the workshop. The workshop included four games primarily which are *Enfant, Maison, Rue; Passez le ballon; Devinez le verbe* and *Chasse au trésor*. Handouts with objectives, preparation material and explanations were given to the students. Ms. Pooja Jain, II B.Com 'B' proposed the vote of thanks. The joyful event came to end with the college anthem.

All the members of HOLFREST – the French association undertook a study tour to Kodaikanal on 22nd and 23rd September 2018. The objectives of the trip were to have a better social relationship and to develop language skills. Students were asked to write an essay on the trip in the internal test. Ms. S. Hemalatha, Assistant Professor of French and Ms. Maheswary A, Assistant Professor of Hindi, accompanied around 80 students in a van and a bus. Students visited Manjalar Dam, which is located on the way to Kodaikanal. Then, they visited Silver Cascade, Coackers walk, Bryant Park and La Salette Church. They stayed in Pine Borough Inn, Rifle Range Road, Kodaikanal, where they enjoyed dancing around a bonfire. On the next day, students visited Kurinji Andavar temple, Moyer Point, Pine tree forest, Liril Falls and Kodai Lake. They went cycling around the lake and did shopping. They bid farewell to Kodaikanal around 3.00 pm and reached college around 9.00 pm.

The French cultural day was organized by HOLFREST – the French association on 25th January 2019. Dr. C. Thirumurugan, Associate Professor of French, School of Humanities, Pondicherry University, was the guest of honour. Ms. M. Mohanalakshmi, Assistant Professor in French, Department of Languages, St. Joseph's College, Tiruchirappalli, was a special invitee and served as judge for various competitions. The event started with a short prayer service by II UG French students. It was followed by a silent prayer for the demise of our Former Controller of Examinations, Dr. (Sr.) Georgia. Ms. S. Hemalatha, Assistant Professor, Department of

French warmly welcomed the gathering. Dr. C. Thirumurugan enlightened the students with his lecture on French pronunciation. The topic was “Comment prononcer bien en français?” He asked the students to inculcate the habit of listening to the language on regular basis. This cultural day was a junction of language oriented competitions such as quiz, dumb charades, elocution, PowerPoint presentation and creative writing and a variety of cultural competitions such as group song, dance, skit, mime, ramp walk, painting and photography conducted from 23rd to 25th January 2019. France, French language, Francophonie and Human Values were the themes for these competitions. In the evening, the results of the competitions were announced. Ms. Sa. R. Tharmine, II B.Com ‘B’ proposed the vote of thanks. The event ended with the college anthem.

II UG members of the association met on 1st March 2019 in the French classroom at 11.30 AM for a demo cooking class, CORDON-BLEU 2019, organized by HOLFREST – the French Association. The objectives were to introduce French cuisine to Indian students and to celebrate communal harmony. Being the first of its kind, Ms. S. Hemalatha, Assistant Professor, Department of French, Holy Cross College and Ms. Kaze Fleurise, a francophone student of III BBA, presented the recipes and cooking tips of Crêpes – French pancake and French fries. These simple French dishes were made and distributed to the administrative staff in the office and the Controller’s office. Around 50 members benefitted from this event.

Francophonie day is celebrated on 20th March. March being the month of Francophonie day, HOLFREST – the French Association celebrated the same on 7th March 2019 between 10 AM and 12 noon. An exhibition was arranged on various aspects of Francophonie in the French classroom by the II UG French students. They presented their works in the form of collage and chart work. They covered major topics such as International organization of Francophonie, francophone literature, francophone writers and their awards, history of francophonie, etc. 60 students benefitted from this event.

The valedictory ceremony of HOLFREST – the French Association was held on 9th March 2019. Dr. Santo Micheline Sangeetha, Assistant Professor, Department of French, Lady Doak College, Madurai, was the chief guest. Ms. Sa. R. Tharmine, II B. Com. ‘B’ warmly welcomed the gathering.

The resource person spoke on the topic “Autonomous learning of French language using technology”. Students were given prizes and certificates for the competitions held during the French cultural day. Ms. D. Shreya, II B. Com ‘B’, proposed the vote of thanks. The curtains were drawn for this academic year with the college anthem.

Hindi

The Hindi Association Geetanjali members met on 27th June 2018 and elected Ms. R. Ancy of II B.Com (Shift I) as the association Secretary and Ms.F. Hajira Banu of II BBA (Shift I) as Joint Secretary of the Association.

The Geetanjali (Hindi Association) inaugural was held on 30th July 2018. The event started with the blessings of the Almighty. Ms. Maheswary A, Assistant Professor of Hindi, welcomed the gathering. Rev. Sr. Lizy George, the Controller of Examinations of our college was the special invitee. She honored the Chief Guest, Dr. S. Kareemullah, Associate Professor and Head, Department of Hindi, Jamal Mohamed College, Tiruchirappalli, with a memento. The Dignitaries pinned the badges for the office bearers. Ms. R. Ancy, Secretary of the Association, presented the minutes of the Association meeting held on 27th June 2018. The Chief Guest inspired the students with his talk on the “Tamil Nadu Mein Hindi Ki Dasha Aur Disha”. He insisted on the need of Hindi Language in Tamil Nadu State and the job opportunities in various departments in Government sector. He also motivated the students to gain knowledge in depth in Hindi literature. Academic and cultural activities were held. Ms. F. Hajira Banu, Joint Secretary of the Association, proposed the vote of thanks. The event came to an end with the College Anthem.



On 30th September and 1st October 2018, the department of Hindi organized a study tour to Kodaikanal for I and II UG language Hindi students. They visited many places in Kodaikanal, especially the Shembaganur museum of natural history. There was a collection of different species. They saw the fossils and preserved structure of wild animals. All were named in Hindi language also. The students could easily identify their names.

A guest lecture was organized on 11th December 2018 based on the Curriculum: A novel named 'Gaban' written by Premchand. The resource person for the day was Dr. S. Kareemullah, Associate Professor and Head, Department of Hindi, Jamal Mohamed College, Tiruchirappalli.

A State Level Inter-collegiate meet, Pragati 2019, was held at Lady Doak College, Madurai on 11th February 2019. Eleven of our students participated in various programmes in Hindi such as Paper Presentation, Quiz, Story writing, Group Song, Dance with Drama and Won the Prizes.

A State Level Inter-collegiate meet, Viruksha 2019 was held at National College, Trichy, on 6th March 2019. Sixteen students participated in various competitions like Elocution, Pencil drawing, Quiz, Group Dance, Group Song, Fashion Parade, Drama and won the Overall Runner up Trophy

On 7th March 2019 department of Hindi Association Geetanjali conducted Hindi Cultural Day. Dr. Shaik Kareemullah, Associate Professor & Head, Department of Hindi, Jamal Mohamed College, Tiruchirappalli was the

Guest of Honour. The culutrals followed by Elocution, Essay writing, Pencil Drawing, Singing and Dancing.

All the activities of Geetanjali Samithi for the academic year 2018-2019 came to a close with the valedictory function held on 9th March 2019. The Resource Person was Dr. S. Kareemullah, Associate Professor and Head, Department of Hindi, Jamal Mohamed College, Tiruchirappalli. He spoke about Premchand Aur Unka Yadardhavadh. Prizes were distributed to the winners for the Hindi Cultural Comepetitions. The event came to an end with the College Anthem.

History

The Business meeting of the History Association for the academic year 2018-2019 was held on 25th June 2018. The meeting began with the prayer. The following students were elected as office bearers, Vice President: M. Surajini, Secretary: Nandhavathi, Joint secretary: H. Afifa Sherin and Ms. K. Thahira Banu was nominated as the President of the association. A warm welcome was given to I year students by the senior students of the department and it was followed by a cultural programme.

The Inaugural meeting of the History Association was held on 4th July 2018. Dr. N. Athiyaman, Professor and Head, Department of Maritime History and Marine Archaeology, Tamil University, Thanjavur presided over the meeting.

He gave an interesting and informative talk on Marine Archaeology. He spoke on different types of Marine Archaeology, and stressed on the importance of Marine Archaeology in discovering the history of submerged ports and cities. He pointed out the usage of the equipments needed for undertaking underwater Archaeology. Dr. Athiyaman stimulated the students to participate in the archaeological activities both in land and underwater. After his talk the students eagerly cleared their doubts by posing questions to him. The vote of thanks was proposed by Nandhavathi of II B.A History and the meeting came to an end.

An Invited Lecture on the topic “Geography: A pathway of History” was organized by the History Association on 5th July 2018. Ms. Nandhavathi, Secretary of the History Association read the minutes of the History Association. Rev. Sr. Bella, PG Assistant in History, Holy Cross Girls Hr. Sec School, Tiruchirappalli was the Chief Guest.

In her address she explained the formation of Earth, atmosphere and the position of India in the Earth. The chief guest gave interesting and informative fact on the geographical features of India. She explained the physical boundaries of India and its importance in the history of India. She made the students understand the geographical settings of India with the help of maps. Rev. Sr. Bella stimulated the students to relate history and geography. After her talk, the students eagerly cleared their doubts by posing questions to her.

International Symposium on India’s Cultural Influences on her Neighbouring Countries

The PG and Research Department of History organized an International Symposium on India’s Cultural Influences on her Neighbouring Countries on 4th April 2018. The chief guests were Dr. Anuzsiya Senthirajah, Senior Lecturer in History, Faculty of Arts and Culture, South Eastern University of Srilanka, Professor N. Rajendran, Former Dean of Arts and Head, Department of History, Bharathidasan Univeristy, Tiruchirappalli and Dr.C.Thomas, Associate Professor of History, Periyar EVR College.

The Symposium started with the Prayer and Invocation followed by the ThamilthaiValthu. The Welcome Address was delivered by Dr. Sr. Isabella Rajakumari. Prof. N. Rajendran, Former Dean of Arts and Head, Department of History, Bharathidasan Univeristy, narrated in detail India’s cultural influences worldwide from ancient up to present times. It is to be noted that the relationship of India with that of countries like Rome and Greece were substantiated through ample historical evidence of Art and architecture up to the trading items. India naturally influenced the other countries through myriad forms. He also quoted the

difference of the other living civilization which was China on the other hand whereby the attitudinal difference was highlighted and did not spread its culture to other countries like Korea and Japan only.

Dr. Anuzsiya Senior Lecturer in History, Faculty of Arts and Culture, South Eastern University of Srilanka, narrated India’s Relationship with Srilanka and gave a historic perspective of the spread of Tamil culture and Buddhism to Srilanka with reference to various historic places and inscriptions. Lastly Dr. C. Thomas of Associate Professor of History, Periyar EVR College had elaborated on the relationship of India with Pakistan and browsed through History on the various pacts and peace treaties which were signed by both countries for maintaining peace and tranquility. The Symposium came to an end with the National Anthem.



Field Exposure study on Numismatics “From Stone Age to Technological Age”

A visit to the Numismatics Exhibition on the title “From Stone Age to Technological Age” was organised by the Department of History for all the UG and PG students of History on 13th July 2018.

The students had the opportunity to see the currency of the world countries, Coins, Stamp heads and things which were brought from the archaeological excavations. The coins of the Cheras, Cholas Pandyas and the Pallavas with their symbols, currency of the various world countries, and the stamps of the various countries which exhibits the history, economy and culture of various countries attracted the students. The students enthusiastically watched

all the things in the exhibition. The students had an enriched experience.

The Department of History and RESCAPES jointly organizes an Outreach Programme on “Traditional Tree Plantation” at Government Higher Secondary School, Thirupanjalee on 7th August 2018. To motivate the school students in Tree Plantation and to make the school environment green our college extension department RESCAPES in association with the Department of History jointly organized a Traditional Tree Plantation program. The Traditional trees numbering 25 such as Thalavirucham tree, Medicinal, trees which purify air as well as trees which were used for the ship building were planted.

Mr. Ramanathan, the Chief Guest, explained the various benefits of tree plantation to the school students, and also he adopted one boy student and one girl student and promised to sponsor their education. Village officials, Parent Teacher association in charges also participated in the Tree Plantation. The Head Master, and School Teacher shared their valuable thoughts regarding Tree Plantation. Tree Saplings were planted around the school campus also by the school students, students from the department of History, school teachers and village officials. Through this programme the students were motivated to promote the Green Culture.

The Department of History Holy Cross College Tiruchirappalli and Pavalar Sarathidasan Educational Trust Jointly organized one day National Seminar on “Art and Temple Architecture From The Archaeological Perspective” on 15th October 2018. The programme started with the prayer and the welcome address was given by Dr. Sr. P. Rajakumari, Head of the Department of History. The inaugural address was delivered by Rev. Sr. Niranjana Anthonisamy, Secretary, Holy Cross College who spoke on the uniqueness of art and architecture of temples, its importance and association with spirituality and scientific thinking. The presidential address was given by Dr. Sr. Christina Bridget who gave a wide array of research findings from Greece to Tamil Nadu and spoke about the Dead Sea Scrolls. After the

presidential address a memorandum of understanding was signed between Department of History, Holy Cross College and Pavalar Sarathidasan Educational Trust on 15th October 2018.

The Special Address was delivered by venerable Bikku Mouriya Chief Monk Bragbodhi Buddhavihar Buddha Gaya, MP who spoke on the importance of Indian History and underwater excavations which need to be unearthed.

The keynote address was given by Prof. S. Sivadasan Former Head, Department of History, Sree Sankaracharya University of Sanskrit, Kalady, Ernakulam, Kerala who emphasized on the findings of 19th century archaeology saying it was the longest living material subject. The technical session I was by Dr. S. Santhalingam (Retd), Assistant Director, Tamil Nadu Archaeological Department who spoke on Art and Architecture of Pandyas and Pallavas. In Session II the resource person was Prof. S. Sivadasan who spoke about the Evolution of Archaeology in India focusing South India. Session III was by Dr. Ambai L. Manivanan Professor, Dept. of Tamil, Govt. Arts and Science College, Melur, Madurai. He spoke on the topic on Temple Architecture of Cholas and Nayakas. In Session IV the resource person was Mr. S. Babu Founder, Pavalar Sarathidasan Educational Trust, Uppaliapuram, Thuraiyur, Tiruchirappalli who spoke about the Hero Stones in History.

At the valedictory function, the chief guest was Bhante Bikku, Buddhist Vihara, Pondicherry who delivered the valedictory address and spoke about experience in research on Art and architecture. The vote of thanks was given by Mr. S. Babu Founder of Pavalar Sarathidasan Educational Trust. The students and staff member from various neighboring colleges attended the seminar. The participation certificates were given to the participants.

History Association Meeting

The Department of History had organized the association meeting on 20th of September 2018 in the History Hall. The meeting began

with the prayer. The welcome address was delivered by Ms. Afifa Sherin of III B.A History. Dr. Alex, Associate Professor, Department of Commerce, St. Joseph's College, Tiruchirappalli was the chief guest. He spoke on the topic "Achievement Orientation". He made a prolific and interesting talk explaining the key to succeed in life. He narrated to the students that size, colour, family, are not the indicators of hindrance to make an achievement in life. Dr. Alex stressed the importance of attitude in life. He motivated the students to develop good attitude to attain success. The chief guest displayed the pictures of famous personalities who had achieved beating all odds in life. The vote of Thanks was given by Ms. Nandhavathi of II B.A. History. The meeting ended with the vote of thanks.

Preservation Heritage Monuments Programme

The Department of History, Holy Cross College (Autonomous) Tiruchirappalli and Archaeological Survey of India Chennai Circle jointly organized a "Swachchhata Pakwada under Swach Bharat Abhiyan (Clean India Campaign)" and visit to temples in Trichy and Pudukkottai districts from 19th to 22nd September 2018. The students of I, II and III BA History were taken to the temples which were built during the period of Sangam Cholas and Imperial Cholas. The students eagerly studied the architectural features of the temples and the artistic beauty of the sculptures.

The students have gained knowledge about the protected monuments of UNESCO and Archaeological Survey of India, Living monuments and nonliving monuments. Then the students willingly cleansed the temples as part of the Swachchhata Pakwada under Swachh Bharat Abhiyan (Clean India Campaign). They were given awareness about the cleanliness and protection of the monuments around us. They were given certificates by the Archaeological Survey of India for their contribution towards the above mentioned programme.

History Meets Science – Field Visits

As part of the paper on History of Science and Technology in curriculum, III B. A. History

students were taken to Anna Science Centre (planetarium) in Tiruchirappalli on 1st December 2018. The students obtained knowledge on scientific advancements, astronomical developments and Lunar, Solar Eclipses. They also visited the Museum inside the Planetarium which gave them the awareness on Environmental Protection, different approaches in preventing pollution etc. In addition The students were taken to the Tiruchirappalli International Airport to know the availability of different Airlines and its various functions. The students were shown the mega size Tricolour atop a 100ft high flag mast at the Trichy International Airport. The students interacted with the foreigners about Indian culture and Tourism.

Historical Visits To Kerala & Kanyakumari – India's Land End

The Department of History, Holy Cross College organised a study tour from 24th to 26th January 2019 for both UG and PG outgoing students. It was an exposure trip to places of educational and historical importance. The students were taken to Kanyakumari where they witnessed the spectacular sunrise, Thripparappu waterfalls, Ukkadam beach and Trivandrum.

The students also visited Padmanabhaswamy Temple, Museum, Zoo and Palace. The students gained knowledge on the intricate fusion of the indigenous Kerala style and the Tamil style (kovil) of architecture associated with the temples located in the neighbouring state of Tamil Nadu, featuring high walls, and a 16th-century Gopuram. They also visited the great Napier Museum and the Natural History Museum in the Museum compound, close to the Zoological Park which was built in the 19th century, it has its own natural air-conditioning system. It contains a host of historical artefacts including bronze idols, ancient ornaments, a temple chariot and ivory carvings. The students were especially impressed by the Japanese shadow-play leather that is used to depict the epics of the Mahabharata and Ramayana. Through this study tour the students were relaxed, rejuvenated and

gathered knowledge and experience for their future.

“Voyage into History” conducted by the Department of History on 4th February 2019

The Department of History of Holy Cross College, Tiruchirappalli-2 had conducted the inauguration of the extension programme “Voyage into History 2019” on 4th February 2019 at St.Teresa’s High School, Viralimalai, Pudukkottai District for the students of Std X appearing for their Government Exams.

The objective of the programme was to impart examination guidelines and hints in facing Social Science exams with confidence and how to score a centum in the paper. Rev. Dr. Sr. Rajakumari.P, Head, Department of History welcomed the gathering and briefed on the objective of this programme. The Chief Guest of the programme was Rev. Sr. Bella, PGT Assistant, Holy Cross Higher Secondary School, Tiruchirappalli-2 who is a social science teacher and expert, made a power point presentation on how to score marks in social science paper, the possible questions that are often repeated, how to approach in writing the answers for questions, and the intricacies of valuation of paper. The other resources persons were Dr. Teresa, Dr. Pricilla and Ms. Bonita Lynette Cooper, Assistant Professors of History, Holy Cross College, who spoke on the scope and the method to approach the social science exams.

A feedback form was given to the students. The highlighting factor of the feedback on assessment showed that the students wanted the same method of providing tips in Science and Mathematics as well.

The Department of History celebrated the Human Rights Day on the 10th December in Shanthy Hall. Rev. Fr. Michael Raj, Director, IDEAS (Ideas of Development Education Actions and Studies) Madurai was the chief guest of the function. Competitions such as Cartooning, Chart Painting, Elocution, Essay Writing were conducted for the students of the History Department. The meeting began with the prayer. The welcome address was given by

Ms. Stephy Savy of II M.A History. Ms. Surajni of III B. A History read the minutes.

Rev. Fr. Paul Michael Raj addressed the students on Human Rights and Indian Democracy from a Historical perspective. Some of the issues put forwarded by him were honor killing, women’s safety and corruption. He stressed the importance of choosing the right representatives for the government and the power of voting. The chief guest showed the video clips representing the various social evils in the society. Rev. Fr. Paul motivated the students to protect themselves from all the harassments occurring in the name of gender, caste, creed and religion. He spoke on the importance of democracy, constitution and voting. Finally the students asked questions to the chief guest and he cleared all the doubts of the students.

The Republic Day was celebrated by the History Association of the Department of History on 23rd January 2019. Mr. Saravanan, IAS was the chief guest of the function. Mr. Saravanan addressed the students on “Facing UPSC Examinations”. He explained the method of preparation, way of approach, techniques involved in preparing group exams. The chief guest motivated the students by telling his inspirational life story and achievements. He stressed the importance of determination towards the goal. Mr. Saravanan eliminated the fear in the minds of the students about competitive examinations. The chief guest stressed the importance of being honest as a civil servant. The chief guest gave away the prizes to the winners of the various competitions which were held in commemoration of the Human Rights Day Celebration.

The Department of History, Holy Cross College has a collaboration work with the E.V.R. Government Arts College, Trichy and Government Arts College, Tiruverumbur. All these college History Departments have jointly worked for an Estampage fieldwork with our students at Kulumani, Naganathar Temple on 3rd March 2019. Each department brought UG and PG students along with 2 of our students from I PG and 4 students from II PG participated in this

workshop cum field work. Over all more than 50 students participated enthusiastically.

Dr. Chandra Boss Associate Professor, Department of History, The Highness Raja's College, Pudukkottai came with his team for this field work and he delivered the lecture on Epigraphy and its importance in History and he led the team to teach an Estampage work. One more person, Dr. Karupaiya, Associate Professor of Tamil, Highness Raja's College, Pudukkottai. He explained about the literature information about the Temple and the needs of the Tamil literature for the Archaeological work. With this information students were divided into seven groups with faculty who led the team.

All students took an estampage of the original inscription of the temple. Finally the inscription was read by the Professors and they found out the new historical information about the temple through which they get the information from the temple's inscription so according to the inscription the Naganathar temple was constructed in the period of Paranthaga Chola, His other famous name in history was Raja Kearivarman with this name all inscriptions were written. In 10 century B.C was the construction time of this temple. Major information of this inscription is that Land Donation was given by the Pranthaga Chola's and related information are in the inscriptions.

Our 6 students have individually done the estampage work in the field. Whatever information they got from the experts they applied it in field. Now our students are capable to do this kind of epigraphically work in the field. We also got one Primary inscription's estampage work for our Department Museum.

Dr. Xavier, Assistant Professor, Dr. Kalpana Devi, Assistant Professor, Dr. Senthil Kumar, Assistant Professor, M. Selvanathan, Assistant Professor, from E.V.R Government college, Ms. Mumthaj, Assistant Professor, R. Lakahmi Narayanan, Assistant Professor from Government Arts College from Thiruvarumbur, Ms. M. Kamatchi, Assistant Professor from Holy Cross College were involved in the field work with the students.

Library Science

The Inauguration of PG Department of Library and Information Science Association CLISA (Crossians Library and Information Science Association) was held in July 2018. A formal prayer was evoked followed by welcome address. Dr. M. Surulinathi, Assistant Professor, DLIS, Bharthidasan University was the Chief Guest. In his address he explained various method of searching techniques through Google. Ms. P. Sivaranjani was elected as the president, Ms. V. Priyadharshini was elected as the vice President and Ms. S. Sharmila, I PG was elected as secretary, and the program came to an end with the vote of thanks.



The PG Department of Library and Information Science has signed an MoU with Academic Library Association on 3rd October 2018 and MoU with District Central Library on 4th December 2018.

A one day workshop was conducted exclusively for III year students of History, Economics, and BBA on 31st January 2019 titled Workshop on Skill Development. Dr. M. Dorairajan, Librarian, St. Joseph's College, Trichy was the resource person. He enlightened the students on the soft skills required for a

successful career of the students and also in personal life.

CLISA- Crossians Library and Information Science Association of PG Department of Library and Information Science organized a seminar on Research Techniques and Tools for I M.Lib. I. Sc. students on 1st February 2019. The event started with a prayer song, followed by welcome address delivered by Dr. A. Senthamilselvi, Assistant Professor, Department of Library and Information Science. Dr. V. Geetha, Associate Professor (Rtd), Department of Library and Information Science, Bishop Heber college, Tiruchirappalli was the resource person.

In her address she explained the best practices to be followed while doing research. She stressed the importance of research tools and techniques of doing research work. The session was interactive and also a platform for the young researchers to explore the recent ideas in the field of library science. Sr. Kulandai Mary, Librarian proposed the vote of thanks.

A workshop was organized exclusively for the 3rd year students of Mathematics, Physics and Zoology on 14th February 2019 titled “workshop on Digital learning Resources. Dr. A. Senthamilselvi, Librarian, Holy Cross College was the resource person. She discussed the different digital learning resources available online and also motivated the students on how to use the resources. A total of 132 students attended.

On 20th February 2019, the department organized a “Workshop on Career Guidance” in collaboration with District Central library. Mr. Abdul Jaffer, PG Assistant ADW Boys Higher Secondary School, Coordinator, Braille section, District Central Library, Trichy was the resource person. The session was to guide students to choose from various career options and to enlighten them about the different higher education avenues.

A Seminar was organized on 1st March 2019 titled “Seminar on Research productivity and Citation Analysis” in collaboration with Indian Academic Library Association. Dr. M.

Surulinathi, Assistant Professor, DLIS, Bharathidasan University was the resource person. He stressed the important of Citations.

The valediction of CLISA (Crossians Library and Information Science Association) was held on 5th March 2018. A formal prayer was evoked followed by welcome address. Ms. Sharmila the student secretary read out the report Dr. Latha, Associate Professor, Zoology, and Holy Cross College was the Chief Guest. In her address she stressed the importance of PUB Med research database and explained the method of applying the database to pursue research. Ms. Priyadharshini Bernath proposed the vote of thanks.

Mathematics

Shift I

The Inaugural Meeting of Mathematics Association for the academic year 2018-2019 was held on July 2nd 2018. Dr. S. Valarmathi, Vice Principal, Associate Professor and Head, Department of Mathematics, Bishop Heber College, Tiruchirappalli inaugurated the Mathematics Association, 2018. She enlightened the young minds with the nourishing flavors of human values and of God.

The next meeting was held on 10th July 2018, the guest of honour was Ms. Anitha, Assistant Professor, Department of Social work, Holy Cross College, Trichy who spoke on the topic “I Within Me”. She picturized her experience and the change God has made within her, kindled and nurtured the students to be morally upright. Mr. T. Sivakumar and Ms. Janani Selvaraj from the Learning Centre, Puthur, Trichy addressed the students on the topic ‘Data Science and data analytics’ and they explained the link between Mathematics and data analytics on 23rd August 2018. She specified that Data Science has opportunities, challenges and potential future strategies for Mathematics within it.

The third Mathematics association meeting was held on 29th August 2018. The Guest honour was Dr. V. Saavithri, Head and Assistant Professor of Mathematics, Nehru Memorial

College, Puthanampatti. The chief guest addressed the gathering on the topic “Mathematical Software”. She made the session interactive and enthusiastic. She said that the Mathematical software are used to visualize, analyse or to calculate numeric, symbolic or geometric data, then she listed the open-source software for mathematics, like Scilab, Geogebra, and R programming. She taught how to download it and how to use the software in an easy way and she explained it in a comprehensible manner. At last, she advised us that use the internet in an applicable way to improve our quality of education for development.

Math Spark’18, an Inter Collegiate Competitions of this academic year broke the ice on 28th August 2018. It comprised of Math Quiz, Coat with Shapes, Math Modeling, Break and Brake. Ten teams from various colleges participated. Jamal Mohamed College, Tiruchirappalli won the overall shield and Arul Anandar College, Madurai were the runners up of the Math Spark’18.

The next meeting was held on 26th September 2018, initiated by Professor Dr. V. Lakshmana Gomathi Nayagam, National Institute of Technology, Trichy on “Effective Research on Fuzzy Mathematics”. He gave strong inputs to refer the research articles and findings from the reputed journals. He explained the current scope of research and to scrutinize ourselves to face more challenges in today’s research scenario.

In the next meeting, Mr. K. M. Shahul Hameed, Trainer for Computer free calculations, Trichy spoke on the topic, ‘Human Computer’ on 1st October 2018. He ingrained students on computation of simple Mathematics in few seconds and insisted on students to do their duty to the fullest, and their new achievements will be theirs! But looking at others duties will result in worries.

The one day international seminar on “Present Trends in Applications of Mathematics” was held on 18th December 2018. The seminar was inaugurated by Hajee Dr. S. Ismail Mohideen, Principal and Head,

Department of Mathematics, Jamal Mohamed College, Tiruchirappalli. It was scheduled as two sessions on the topics ‘Applications of Mathematics in Science and Management’ and ‘Signed Graphs’. Dr. Santo Banerjee, Research Scientist, Laboratory of Cryptography Analysis and structure, Institute of Mathematical Research, University of Putra Malaysia, Malaysia exemplified each and every concept of chaos theory and its applications in blood flow, ECG signals, etc. and Rev. Dr.Fr. Joseph Varghese, Associate Professor, Department of Mathematics, Christ (Deemed to be University), Bengaluru enlightened the students with the basic notions of graph theory and extended the idea through relationships and explained signed graphs. The Valedictory Address was given by Dr. X. Susan Christina, Principal, M.I.E.T Engineering College, Tiruchirappalli.



NET / SET coaching classes were conducted for PG and M.Phil., students. Eminent professors from various colleges and universities shared their expertise and trained the students to excel.

The students of III B.Sc. mathematics went on an educational tour on 11th September 2018, to Auroville, Pondicherry. The students of our department were given internship training for 10 days on higher mathematics in the month of February 2019.

Shift II

The mathematical association inaugural meeting was held on 6th July 2018 for the academic year 2018-2019. The chief guest was Dr.M. Paramasivam, Assistant Professor, Department of Mathematics, Bishop Heber College, Trichy. The chief guest addressed the

gathering on the topic “Differential equations of Reaction-Diffusion type”. In which, he gave a detailed explanation about a differential equation by comparing with our real life problems to understand easily. He quoted that, the theoretical Hydro Dynamics is the core topic using in the research field. He also gave many ideas of the reaction diffusion and the core terms involving in the equations.

The second mathematical association meeting was held on 20th July 2018. The guest of honor was Dr. Manjusomanath, Assistant Professor of Mathematics, National College, Trichy. The chief guest addressed the gathering on the topic “Introduction to Gaussian Integers”. She explained that, the Gaussian integers are complex numbers whose real and imaginary parts are both integers. She explained about the Gaussian prime which are not equal to a product of two non-unit Gaussian integers. She further quoted that “The Diophantine equation is a central object in number theory”. She also said that “The Pascal’s triangle is an easy way to determine the combination coefficient of expanded binomial equation.

The Mathematics association has conducted the one day seminar on 26th September 2018 on the topic “Algebraic Structures and Applications of Fuzzy Logic”. The guest of honour of the first session was Dr. V. Lakshmana Gomathi Nayagam, Associate Professor of Mathematics, NIT, Trichy. The chief guest spoke on the topic “Fuzzy Logic and Its Application”. He explained, how to use “Fuzzy Logic” in our day to day life and he further said that, Fuzzy Logic is a form of many-valued logic in which the truth values of variable may be real number between 0 and 1. He quoted that, If we are good in Fuzzy Logic, we can easily travel to set theory.

The guest of honour of the second session was Dr. T. Rajaretnam, Assistant Professor, St. Joseph’s College, Trichy. He addressed the students on the topic “Algebraic Structure”. He explained Groups, Rings, Vector spaces and Modules in a very easy way and he also clarified the structures of algebra in an intensive manner.

The guest of honour of the third session was Ms. Jasmine, student counsellor, St. Joseph’s College, Trichy. She gave a talk on “Self Concept and Self Identity”, she made the session very interactive through her lively talk and she made students to realize that, everything is possible, if we believe and act.

The fifth Mathematics association meeting was held on 1st February 2019. The guest of honour was Mr. Vinoth Kumar, Assistant professor, Department of Commerce, St. Joseph’s College, Trichy. Ms. Irudaya Monika Catherine welcomed the gathering; Then Ms. H. Nasirunnisha of III B.Sc. Mathematics read the minutes. The chief guest addressed the gathering on the topic “Networking: The core of your career”. He made the session synergistic and enthusiastic. He explored different math careers and he even explained each career, in an intensive manner. The meeting was very useful for the students to choose their reputable career.

The Mathematics Association (Shift II) has conducted the quiz competition for UG students on 18th January 2019, in which 6 teams were participated. The enthusiastic session began by seeking the god’s blessing. It was interesting three round competition, including 4 pics 1 word, Jumble theorems and Rapid fire, which engaged the students for 1 hour. The students showcased their brilliance by rapidly answering the questions. The quiz was truly a learning experience for both the audience and the participants. Finally 3 teams were selected as the winners.



Physics

Shift I

The Business meeting was held on 4th July 2018, Dr. J. Emima Jeronsia, Assistant Professor was selected as the Association secretary. The students Ms. Raji, Ms. Sindhuja and Ms. Hinges Monisha were selected as the president and vice-president and secretary of the Physics Association.

The Inauguration of Physics Association was held on 9th July 2018, Dr. Sugaraj Samuel, Assistant Professor, New College, Chennai was the chief guest. He enlightened the students about the “Innovative technologies and Role of Physics” with interactive sessions and demonstrations.

On 10th July 2018 we had the honor of meeting an eminent researcher Dr. Sebastin Lourudoss, School of Engineering Sciences, KTH- Royal Institute of Technology, Stockholm, Sweden. He gave a lecture on the topic “Photonics” which is a current area of research interest. He started from basics and explained the photonics and lasers and its various applications especially in communication.

On 23rd August 2018, an association meeting on the topic “Human Values” was organized and the chief guest of the session was Dr. A. John Peter Associate Professor, Human Resource Management, Joseph Institute of Management, Trichy. His talk focused on the importance of values without which we cannot be a better human being. The society needs younger generations with moral values.

The first ever Intercollegiate Physics fest” Hyphy’18 “was organized by the Department of Physics (Shifts I & II) on 10th September 2018 in which students from 14 colleges in and around Trichy participated. The event was inaugurated by Dr. Jamal Mohammed Jaffer, Associate Professor and Head Department of Physics, Jamal Mohammed College, Trichy, followed by launching of the overall trophy. Five different events which kindles the physics

brains and the creativity of the students were conducted.

First “Through the Lens” a Photography event in which students were asked to take pictures based on the given physics concepts and phenomenon. The next competition was Crack the Code a problem-solving game which consists of puzzles and problems related to physics concepts. Breadboard a connection game was conducted which brought out the fun side of physics. Mime competition was conducted on the topic “Human evolution in the digital era” which revealed the creativity of the participants. A poster presentation competition on the topic “Time to save energy” was also conducted in which the participants made their own poster with unique ideas. Hyphy came to end with the Valedictory ceremony, presided over by Rev. Sr. Dr. Christina Bridget, Principal, Holy Cross College, she distributed the prizes to the winners and the overall trophy went to Jamal Mohammed College, Trichy.

The Department of Physics in collaboration with Shell industry conducted an introductory session on 31st January 2019 between 11.00 am to 4.00 pm. A total of 131 members participated (4 Teaching staff and 127 students) in this session. Mr. Michael Judy, Proprietor of Shell industry gave us a basic knowledge about troubleshooting procedures. The session provided us valuable information on the working of many types of equipments like washing machine, induction stove, inverter, stabilizer and AC. It was a very interactive session. The session ended with the vote of thanks.

The Department of Physics in collaboration with Shell industry conducted a practical session on 11th February 2019 between 2.00 pm to 6.00 pm. A total of 131 members participated (4 Teaching staff and 127 students) in this session. Mr. Michael Judy, Proprietor of Shell industry demonstrated the troubleshooting of commonly used day-to-day household equipments like inverter, induction stove and stabilizer. A special demo was given on the function of solar panel. A simple technique to check the earth connection was also demonstrated.

A visit to GVN Hospital and AG eye hospital for the students of III Botany and II Zoology as part of their skill based elective course “Physics for Life Sciences” was organized by the department on 15th, 16th and 27th September 2018. The visit included Ultrasonogram demo, CT scan working, Laser eye surgery live video ended with long and short sightedness demonstration. On 22nd October 2018 a meeting for soft skill development for the final year UG and PG students of the Department of Physics was held on the topic “Road to Success”. The chief guest of the day was Mr. I. Gnanaseelan, Motivational speaker and trainer, Director, Get Start Training Solutions and Consultancy, Thanjavur, gave an inspirational talk on the topic how to be successful and how to face challenges with a positive attitude. He also gave insights on the do’s and dont’s in an interview. One day Educational tour for the final year PG students to Coimbatore was organized on 23rd October 2018 three staff accompanied them. They visited GD Naidu Museum and Industrial Expo.



Shift II

The Business meeting of the Physics Association (Shift-II) of the year 2018-19 was held on 20th June 2018. Ms. K. Bansura Banu, Assistant Professor was selected as the Association secretary. The students A. Infantia Jerrin and J. Joyce Lourdes were selected as the president and vice-president of physics association under the guidance of staff association secretary.

The inaugural of the Physics association (Shift-II) was held on 5th July 2018. The chief guest of the meeting was Dr. V. Chithika Ruby, Assistant Professor, Cauvery College for

Women, Trichy. She gave a talk on the topic Classical Vs Quantum Mechanics.

The Physics association meeting was held on 23rd August 2018. The chief guest of the meeting was Dr. A. Sinthiya, Assistant Professor, Srimad Andavan College, Trichy. She gave a talk on the topic Super conductors & Magnetic materials.

The next meeting was held on 6th September 2018. The chief guest of the meeting was Dr. Marie Anne Rosario who gave a talk on the topic Bounce Back Better.



Psychology

Awareness programme

76 students of Standard XI and 67 students of Standard XII from Government Higher Secondary School, Thirupanjalee village came to Holy Cross College on 4th and 5th June 2018. Mr. Vijay, Assistant Professor and Ms. Arul Subila, Assistant Professor Department of Psychology, Holy Cross College, Trichy, conducted a session on self regulatory learning, overcoming exam fear and how to prepare oneself for the exam.

Inauguration of Halcyon Club

Inauguration of Halcyon Club was held on 2nd July 2018, at 9.00 am in Shanthi Hall by Rev. Fr. John Antony, Counselling Psychologist. The programme commenced with prayer followed by the welcome address. The elected office bearers of the club were Secretary - Ms. Z. Sahera Begum (II Year), Joint Secretary - Ms. Rehana Rubi Barakkath (I year), Treasurer - Ms. J. Jesinth Jennifer (I year). The chief guest Rev.

Fr. John Antony congratulated the students in his inaugural speech. The programme came to an end with the vote of thanks.

Workshop on Skills of Counselling

The session on “Skills of Counselling” was held on 2nd July 2018 organized by Halcyon Club, Dept. of Psychology for the students of Psychology and Audiology. The resource person was an eminent psychologist, therapist Rev. Fr. John Antony, gave an informative session which included key points on overview of counselling skills and its importance in client care. Definition of counselling, the basic and important factors to be considered during counselling and the three major steps in counselling were the highlight of the workshop. Demonstration sessions on the above topics were carried out. The students benefited and gained confidence for counselling.

Workshop on research methodology

One day workshop on Research Methodology was conducted on 4th September 2018, for II PG students of Psychology. The invited speaker was Dr. Kathiravan, Head Department of Psychology, Periyar University, Salem. He gave a clear picture on research methodology and an elaborated explanation on the methods that have to be followed while working on the thesis at the PG level. His ideas were crystal clear and he helped the students to decide on their project topics on the same day.

Workshop on NLP

2 Days National Workshop on Neuro Linguistic Programming, was conducted by the Department of Psychology on 3rd and 4th October 2018, by Mr. R. Karthick, the Master Trainer at NLP Coaching Academy Bengaluru, to enhance the personal development and to deal with anxiety and phobia. Total no. of participants who attended the workshop are 75.8 Trainers, 5 Research Scholars, 32 Academicians, 30 PG students from the following institutions / universities

- Amritha University, Coimbatore
- Annamalai University, Chidambaram

- Governments Arts College, Coimbatore
- Bharadhidhasan University, Trichy
- Periyar Maniammai University, Tanjore
- Central University of Karnataka
- Kongu College of Arts and Science, Erode
- Well Being Center, Chennai
- Synergy International, Chennai
- Governments Arts College for Women Pudhukottai
- Anglo Indian School, Trichy
- Holy Cross School, Vellore

Students with two faculty members, Rev. Sr. Catherine and Ms. Arul Subila went on an industrial visit to De-addiction centre, Aayikudi, Trichy on 16th October 2018. In the first session Mr. Mathew staff in-charge explained in detail about the causes and reason which made the patients addicted to alcohol and the procedure he uses to help them recover. During the second session, Mr. Muthu explained about the chemicals present in alcohol and how they affect human behaviour. The types of alcohol addicts were also mentioned.

The last session was the discussion among the students and the patients. This session gave a clear view about the addiction and the patient’s opinion on the same. It was very informative, interesting and inspiring. The students of Psychology learnt how to deal with alcohol addicts and help them psychologically.

On 5th January 2019, one day demonstration sessions on Psychotherapy was given by Fr. John Antony, counselor and psychotherapist. He dealt with Gestalt, Existential and Reality Therapy. Students got theory and experiential knowledge.

Department of Psychology organized a state level three day workshop on Healing the inner child conducted by Rev. Fr. Wilson. ofm. Cap, the director of Anugraha capuchin institute for counseling Psychotherapy and Research, Dindigul, from 16th to 18th February 2019. 86 students from various departments of Holy Cross College benefitted. Many were healed from their childhood hurts and their psychological blocks. An MoU was signed at the inaugural function of the workshop by the department of Psychology with Anugraha,

capuchin institute for counseling Psychotherapy and Research, for exchange of resource persons, training and sharing of learning materials.

On 12th February 2019, Sr. Josephine Ligory, Head Mistress of Holy Cross Blossoms School gave a talk on Relationship to the students of Psychology.

On 20th February 2019, I M.Sc. Psychology students went for a field visit to Mun uram saillakkam Mayam at W.B. Road, Trichy. Mr. David the Inspector of Trichy Corporation, spoke about degradable and non degradable wastes, and about converting the wastes into manures vermicompost.

The Valedictory of the Halcyon club was held on 26th February Dr. Prema Assistant Professor of Tamil, gave a talk on Manitha Nayam.



Rehabilitation Science

Workshop on Handwriting Remediation, Touch Math and Mental Math

On a workshop handwriting remediation, touch math and mental math was conducted on 20th July 2018. Nearly 90 undergraduate and post graduate students of Rehabilitation Science were the participants of the program. Mr. Joseph Prabhu. E, Occupational Therapist, Care and Special Education Indian School, Muscat, Oman and Ms. Hema. M, Special Educator, Care and Special Education Indian School, Muscat, Oman were the resource persons of the program.

The program started at 9.00 am with a formal prayer service and welcome address. The first session was handled by Mr. Joseph Prabhu. He discussed on the components of good hand functions which includes muscle tone, muscle tone, proximal stability, volunteer motor control, visual motor control, nerve innervations and bilateral integration. He also spoke about Handwriting without Tears curriculum which is drawn from years of innovation and research to provide developmentally appropriate, multisensory strategies for early writing. The program follows research of how children learn best and includes materials that address all styles of learning.

The TouchMath method of instruction was taught by Ms. Hema. It bridges the gap between abstract and concrete concepts. Instead of giving the student limited opportunities to master a skill, the TouchMath Program gives the student multiple, meaningful repetitions to truly understand the concept. TouchMath also incorporates the strategy of scaffolding (using supports to promote learning) so that the student can have success with math immediately without feeling frustrated. Finally the workshop came to an end by 4.30 pm after the feedback session.

On 10th and 11th September 2018 Post Graduate, Diploma students and I year Under Graduate students from PG & Research Department of Rehabilitation Science had an exposure visit to Joseph Eye Hospital respectively. The main motto of this visit was to know the various prevailing eye diseases which lead to low vision and blindness. They also acquired the knowledge about vision rehabilitation processes for pediatric and geriatric. The visit gave an insight to the students in the field of vision rehabilitation.

The Department of Rehabilitation Science signed a Memorandum of Understanding with Department of Women's Studies, Bharathidasan University, Tiruchirappalli, on 18th September 2018. The goal is to foster collaboration, provide opportunity for training and awareness creation, and to facilitate advancement of knowledge on

the basis of reciprocity, best efforts, mutual benefit, and frequent interactions.

The program was presided over by Rev. Dr. (Sr.) Niranjana Anthonysamy, Secretary of the College in the presence of Dr. (Sr.) Lourdu Mary, Head of the Department and Dr. N. Manimegalai, the Head of the Department of Women's Studies. The programme began with the invocation of the Lords presence thru prayer followed by the formal welcoming of the dignitaries, the faculty and students by Rev. Sr. Lourdu Mary. Dr. P. Swarna Kumari, Associate Professor in Rehabilitation Science briefed on the significance of this mutual agreement and also highlighted a few proposed activities between the two institutions.

Rev. Sr. Niranjana and Dr. N. Manimekalai rendered their words of felicitation and wished that this collaborative venture takes off to greater success with the proposed activities. Ms. N. Murugeswari, the key initiator of this collaborative agreement also rendered her words of felicitation and also highlighted the vision and mission with which this MoU would be made operational. As the first act of our collaborative venture Professor Murugeswari delivered a special invited talk on Social Media Addiction Among the Youth and also emphasized on the ways and means to do away with the same. The inaugural program finally came to a close with the formal word of Thanks proposed by Dr. A. Turin Martina, Associate Professor in Rehabilitation Science followed by the singing of the Rehab Anthem..

Workshop on IEP and Lesson Planning

II year Post Graduate and III year Under Graduate students from the Department of Rehabilitation Science attended a workshop on IEP and Lesson planning on 19th September 2018, at the Rehab Auditorium. Ms. Sindhu Pradeep, Director, PRAVAAG Transitional Centre, Trichy was the Resource person. Amidst Dr. P. Swarnakumari and Dr. A. Turin Martina, the staff Co-coordinators of the workshop, the program began with a short prayer and a formal word of welcome by the students of II M.Sc Rehabilitation Science.

Objectives of the workshop

- To prepare the IEP on Individual basis for CWNS in a special schools and inclusive set ups
- To formulate the short term goal and long term goal in the varied domain areas
- To develop the ADL Activities in CWSN
- To enhance the child's functional academic skills
- To improve the children's behavioral deficits through individual intervention

Highlights of the workshop

The Resource person Ms. Sindhu oriented us on the following topics

- I. Introduction of IEP
- II. How to prepare the IEP - steps in the preparation of IEP and also
- III. Shared her own experiences in the process of preparing IEPs and Lesson plans

The resource person also highlighted the various domain areas that warrant educational planning. The areas include:

- Personal care
- Orientation and Mobility
- Communication
- Behavioral issues
- Social issues

Following the theoretical inputs, the participants were practically engaged in preparing IEP's and Lesson plans and the students had their practical orientation on IEP Preparation at Pravaag special centre the next day. They were placed in the classrooms and were each assigned a individual child for whom the needs assessment was done and the appropriate IEP was prepared.

The workshop came to a close with question and feedback session and a formal vote of thanks by the III B.Sc students.

Skill learnt

Acquired and learnt the skills in formulating IEP's and preparing lesson plan and preparing

resourceful teaching learning materials for CWSN

Conclusion

Thus, their workshop was theoretically enlightening and practically useful to the students on Individualized Educational Programming and Lesson Planning for Children with Special Needs.

Visit by Sweden Interns

Four students from Sweden had an exposure visit to the PG & Research Department of Rehabilitation Science on 15.10.2018. Alice Johansson, Maja Andersson, Laura Karlsson, Julia Nilsson, who were undergoing their undergraduate programme in Social Work reached the dept. at 10.30 a.m. They were welcomed and provided an initial orientation by Dr. Sheila Christopher, Associate Professor of the department. They met and had a meeting with all the staff of the department. Later all of them visited HEPSN, Rainbow therapeutic Unit, Blossoms Special School, Thai Suvai, Youth 4 Jobs and various projects and activities of the department. They also had an interactive session with the students of the department. They were greatly impressed by the activities of the department.

15th October 2018 was indeed a special day as we fondly remembered India's eleventh president Dr. A.P.J Abdul Kalam. This year the PG and Research Department of Rehabilitation Science and the Department of Women's Studies has taken the pride to commemorate this legendary president's birth anniversary to spread his vision and mission especially amongst the youth by organizing a one day seminar to make known his contributions especially for the needy and the differently abled.

The program was presided over by Mr. K. Natarajan IBS, Programme Director, All India Radio, Tiruchirappalli amidst the galaxy of the two eminent special invitees Sigaram Sathish Kumar, writer and coordinator, Kalviyaalar Sangamam and Dr. S. Sakul Ameer M.A, M.Phil., D.Litt, Executive Officer –

Ponnampatty Panchayat, Thuvankurichi. The Heads of the two departments namely Dr. (Sr.) Lourdamary, Head of the department of Rehabilitation Science, Holy Cross College, Tiruchirappalli and Prof. N. Manimekalai, Director and Head of the Department of Women's Studies, Bharathidasan University, Tiruchirappalli presided over the inaugural function.

The formal welcoming of the dignitaries, the faculty and students was done by Prof. N. Murugeswari, the organizing secretary of the one day seminar. This was followed by the presentation of memento to the Chief Guest and the special invitees. The hallmark of the one day seminar was the visual display of the Kalam Anthem which indeed brought to light the multi faceted and the multiple roles Dr. Kalam has devoted himself and this indeed was a very inspiring and emotional moment to the participants and all others gathered for the one day seminar. Dr. N. Manimekalai, was entrusted with the role of delivering the key note address in which she tried to bring out the contributions of Kalam to the needy and the down trodden apart from his innovations and discoveries in space science .

Rev. Sr. Lourdamary, Head and Associate professor in Rehabilitation Science rendered the felicitations and recollected the departmental activities that were embarked on the principles that Dr. Abdul Kalam always preached and practised. In the presidential address Mr. Natarajan, the chief guest of the day gave a very enlightening speech that captivated the minds and hearts of the youngsters. Following the break the much awaited lecture by Mr. Sakul Ameer kindled the interest and enthusiasm of the participants. To break the monotony of the lecture series, there was the distribution of 100 tulsi saplings to the special kids of Blossoms opportunity school and all other participants to mark the significance of this indispensable plant that is a great boon to environment. Ms. Muthamil Selvi, founder Pasumai Thaiyayagam, was the special invitee to do the honours. Last but never the least, the valedictory lecture was delivered by writer Sigaram Satish Kumar.

The concluding remarks were rendered by the organizing secretary in which she recapitulated the proceedings of the entire day and also felicitated and awarded the significant achievers for their laudable and commendable contribution to different sections of the society all devoted and dedicated for the disabled, the needy and the down trodden. The certificates were then distributed to the participants and the one day seminar came to close with formal vote of thanks by Dr. Joicey P. Manickam., Associate Professor followed by the national anthem.

Exposure visit by Australian Interns

As a part of their educational trip 15 students 2 Professors from Curtin University, Western Australia visited the Department of Rehabilitation Science on 26th November 2018. The students were from Social Work, Special Education Nutrition and Dietics and Occupational Therapy departments. They were welcomed and provided an initial orientation by Dr. Sr. Lourdu Mary, Head of the Department. They had a meeting with all the staff members of the department. Collaborative programs like students interaction session, international workshop and MoU signing was discussed during the meet. Later all of them visited HEPSN, Rainbow therapeutic Unit, Blossoms Special School, Thai Suvai, Youth 4 Jobs and various projects and activities of the department. They were greatly impressed and commented on the various activities of the department in comparison with their practices.

International Workshop on Global Practices in Special Education and Rehabilitation

A one day International Workshop on Global Practices in Special Education and Rehabilitation was conducted on 5th December 2018. Two Professors Dr. Katherine Elliot, Chair, Kids Rehab Wings and Occupational Therapist and Dr. Margaret Pickup, Professor, Special Education, Curtin University and 15 students of special education and therapeutic studies from Curtin University, Western Australia served as the resource persons. 100 Students from Rehabilitation Science and Audiology eagerly participated in the workshop. The workshop started with a prayer service by

the Audiology students. Ms. Sathya Rekha, III B.Sc Rehab welcomed the gathering.

Dr. Sr. Lourdu Mary, Head of the Department of Rehabilitation Science, Holy Cross College felicitated the gathering and presented the memento to the delegates. Various topics like best practice in handling children with cerebral palsy, enhancing the involvement of parents in rehabilitation programs, play activities and diet for children with cerebral palsy and other children with disabilities was discussed in detail. All the students actively participated in the session and the workshop came to an end with feedback session.

Workshop on Effective Communication Skills

The Workshop on Effective Communication Skills was organized on 17th January 2019 for the II year B.Sc graduates. The Resource person was Ms. P. Premakumari, Assistant Professor, Department of Business Administration, St. Joseph's College (Autonomous), Tiruchirapalli. The objectives of the workshop was to define and understand communication and the communication process to list and overcome the filters/barriers in the communication process, practice active listening and tips to improve verbal and non verbal communication. The session was very interactive and students participated with great enthusiasm and interest

Workshop on Traditional Home Foods for Under Graduate Students

The PG and Research department of Rehabilitation Science received Bamboo Grant from The United Board for Christian Higher Education in the year 2018-2019 with the aim to train undergraduate students and adult students with disability along with their mothers on traditional healthy home foods and to establish entrepreneurial start-ups. To fulfil this aim, two workshops were conducted for the undergraduate students on 23rd January 2019 and 4th March on how to prepare traditional home foods. In this workshop the resource person Dr. Sheila Christopher, Associate Professor and Ms. Sasikala, Assistant Professor trained the students on how to make Eggless

Ragi Chocolate cake, Kambu Urundai, Millet Cutlet and Millets Kara Kuzhi Paniyaram. 30 undergraduate students benefitted by this training programme.

The PG and Research department of Rehabilitation Science took initiative to revive “Thai Suvai” (Mothers Empowerment Project) an income generating programme for mothers of children with special needs from Holy Cross Blossoms Opportunity School.

In this programme the mothers prepare fresh idli, dosa batter for sale and cut vegetables are also sold by them within the college campus. With the bamboo grant “THAI SUVAI” provides skill based hands-on training for preparing Traditional Healthy Home Food.

Workshop on Counselling Process

Dr. Sr. Catherine Savarimuthu, Counsellor and Psychotherapist, Head of the Department of Psychology was the resource person for the workshop on the counselling process conducted for the II year Rehab students on 31st January 2019. The contents of the Workshop was focused on the Types and Approaches of Counselling, Qualities and Professional Ethics of a Counsellor, Steps involved in the Process of Counselling and the differences between Guidance and Counselling. Real life examples and case studies were discussed and role plays were also enacted to facilitate understanding of the concepts. The students were highly motivated and the session was participatory in nature

Competitions for Students on Making Traditional Home Foods

Based on the training which was conducted on 23rd January 2019, competitions were conducted for the undergraduate students on preparing traditional home foods. 25 students participated in the competitions and prepared various items using millets, grains etc. Prizes were given for the students.

CRE on Language Development - Activities & Materials

The PG and Research Department of Rehabilitation Science, Holy Cross College (autonomous) Tiruchirappalli in collaboration with National Institute for Empowerment of Persons with Multiple Disabilities (NIEPMD), Chennai, conducted a Rehabilitation Council of India (RCI) approved Continuous Rehabilitation Education (CRE) on “Language Development - Activities and materials” on 13th and 14th February, 2019. Thirty professionals from various districts in Tamil Nadu participated. The sessions on various topics were handled by the resources persons from the department and NIEPMD. Participants were provided with a variety of language activities, hands on experiences in development of low tech AAC devices, group discussion and other video presentations with lectures.

CRE on Assessing and Development of Language in Pre- school children

The PG and Research Department of Rehabilitation Science, Holy Cross College (autonomous) Tiruchirappalli, in collaboration with National Institute for Empowerment of Persons with Multiple Disabilities, Chennai, conducted a Rehabilitation Council of India (RCI) approved Continuous Rehabilitation Education (CRE) on Assessing and Development of Language in Pre-school children on 15th and 16th February, 2019. Thirty professionals from various districts in Tamil Nadu participated. The sessions on various topics were handled by the resource persons from the department and NIEPMD. Participants gained knowledge on formal and informal assessment tools for children with HI, ASD, ADHD, Deaf blindness, Cerebral Palsy, Multiple disabilities, SLI, ID and Syndromic conditions.

Workshop on Educational Planning and Intervention for the Intellectually Disabled

The II year Under Graduate students and the students of DSE-MR from the Department of Rehabilitation Science attended a workshop on Educational Planning And Intervention For the

Intellectually Disabled on 26th February 2019 at the rehab auditorium. Ms. Praveena Carmel, Director, Dolphin and Seagull Transitional Centre and Special School, Trichy was the resource person. With the guidance of the staff coordinators Dr. P. Swarnakumari and Ms. Shrimathi, the programme began with a short prayer and a formal word of welcome.

The resource person oriented the students on the concept, significance and the process of educational planning and intervention. Practical tips were shared on how to prepare the IEP - steps in the preparation of IEP and also she shared her own experiences in the process of preparing IEPs and lesson plans. The resource person also highlighted the various domain areas that warrant educational planning. The workshop came to a close with question and feedback session and a formal vote of thanks to the resource person by the II B.Sc student. Thus, the workshop was an enriching experience to provide theoretical and practical knowledge on educational programming and planning for children with special needs.

Workshop on Counselling Therapies

A one day Workshop on Counselling Therapies was held on 1st March 2019 for the students of II B.Sc from 9.00 a. m to 4.00 p.m. Ms. Jasmine, Student Counsellor, St. Joseph's College was the resource person. She spoke on various counseling therapies and theories like Gestalt Therapy, Psycho Analysis, Eric Erikson Theory, Psycho Social Development, etc. She also explained the role of the counselor while providing the therapies. Demonstration on administration of various testing and counseling procedures was done. Students were also provided activities to develop skills on the above mentioned topics. The workshop came to an end with feedback session.

Workshop on Prosthetics and Orthotics

A one day workshop on prosthetics and Orthotics was held on 1st March 2019 for the students of I M.Sc. Mr. Tamil Selvan, Orthorist, Jeyam Orthotic Centre was the resource person. He elaborated on the fundamentals of comprehensive rehabilitation and the role of

orthotic and prothetic devices. He also explained the advantages of various assistive devices and its benefits to different people with special needs. Students also had an exposure visit to the orthotic and prosthetic centre to gain more knowledge and understanding in the morning session. The workshop came to an end with the question and feedback session.

Workshop on Genetic and Chromosomal Anomalies Related to Mental Retardation

A workshop on Genetic and Chromosomal Anomalies Related to Mental Retardation was organized on 5th March 2019 by the faculty in charge Dr. P. Swarnakumari. Ms. A. Bhuvanewari, our illustrious alumna currently working as senior counsellor at Chellamal Vidyashram, was the resource person. The focus of the workshop was to educate and sensitize the students of I UG Rehabilitation Science on the etiology, characteristics, problems and rehabilitation management of the various disorders that have a significant impact on their well being.

A total of 39 enthusiastic students participated in the one day program and were enlightened on the need for holistic health care and rehabilitation for children with special needs afflicted with genetic and chromosomal disorders. The one day program was a resourceful event with theoretical explanations supplemented with audio video inputs that helped the participants get a clear and thorough knowledge on genetic and chromosomal anomalies.

Workshop on Legal Provisions for Persons with Disabilities

A one day workshop on Legal Provision for Persons with Disabilities was held on 5th March 2019 for all the students of Rehabilitation Science. Mr. Ravi Chandran, District Differently Abled Welfare Officer, Tiruchirappalli District was the chief guest and resource person. The program started with the formal prayer service and welcome address. In the chief guest's address he elaborated on various government schemes and concession for

persons with disability and process of availing these benefits. He also clarified the various queries of the students. He also distributed prizes for the prize winners of Yes You Can event and other prizes for Rehab association activities. The program came to end with the vote of thanks. All the students benefited by the workshop.

Rehab Association

A business meeting of the Rehab Association for the academic year 2018 – 2019 was held on 30th June 2018. The meeting started with a prayer service and Dr. Sheila Christopher, Associate Professor gave a small introduction about the various activities of the association. Ms. Sathya Rekha of III B.Sc was selected as the association secretary. A student from each class were chosen as member representatives. Finally the meeting ended with the Rehab Anthem.

Inauguration of Rehab Association/ Rehab Wings

The inauguration of Rehab Association/ Rehab Wings was held on 6th July 2018. The program started with a prayer service by the students of III B.Sc. Ms. Sathya Rekha of III B.Sc, welcomed the gathering. Dr. Kingsley Jebakumar, Pediatrician, Kingsleys Kid's Clinic, Trichy was the Chief Guest. In his address he motivated the students to update their knowledge and focus on their goals. He also shared his life experiences. Then the newly elected leaders of Rehab Association and Rehab Wings were installed with their responsibilities and badges by the chief guest. Dr. Sheila Christopher Associate Professor addressed the students and spoke about the various activities that are to be carried out this year. The association meeting ended with the Rehab Anthem.

Workshop on Time Management

A session on Time Management was held for the students by Dr. Sheila Christopher. Time management lessons with an in-depth discussion of the important time management skills, techniques, and activities were taught.

This workshop also taught the skills one needed for a happy and successful career. Good decision making skills was the foundation for life and time management skills and therefore information on decision making skills were discussed. Ability to eliminate procrastination and laziness is among the most important time management skills to learn. The students were taught to identify the causes and reasons for procrastination and start overcoming it now.

“Yes You Can” Event

The PG and Research Department of Rehabilitation Science conducted an inter-class cultural and literary competition “Yes You Can” Event” from 27th August 2018 – 7th September 2018. Various individual and group competitions were organized like Poetry writing, Caption, Storytelling, Dumb charades, Photography, Poster making, Street play and Variety. The staff of the department were invited as the judges of various programmes. For each competition, two students from any class were made in charge. The overall winners of the “Yes you Can” event were III UG students.

Workshop on Project Management

A One day Workshop on Writing Project/Proposal was held on 11th September 2018. The program started with the prayer service by the students of I M.Sc. Prof. Antony Stephen, Assistant Professor of Social Work was the resource person. The post graduate students of Rehabilitation Science were the participants. A brief introduction about writing project proposals and role of projects in successful NGO management was given to the students. The entire session was lively, with group discussion and role plays. Initially students were given activities to find the correct problem and develop objectives for a project. Later they were asked to select a topic from the chosen problem and develop a project proposal in detail. Students were marked for their writing. All the participants were highly motivated and had a fruitful experience. The workshop concluded with the feedback session.

An Interactive Session with Swedish Interns

An interactive session was held with student trainees from Sweden on 15th October 2018. Four students, Alice Johansson, Maja Andersson, Laura Karlsson and Julia Nilsson, who were undergoing their undergraduate programme in Social Work took special interest to interact and know more details about services for children with special needs in India. This session was useful for the students, because it served as an eye opener to them regarding services offered in Sweden.

Workshop on an Overview of Learning Disabilities

On 30th November 2018, A One Day workshop on An Overview of Learning Disabilities was held The Resource Person was Ms. Nageswari Ph.D research scholar. The workshop dealt with the following sub-topics. Early Identification of L.D., Common problems in L.D., Signs and Symptoms of L.D and Intervention. This workshop was very informative. She explained about the difference between the learning disability and the slow learners too. The workshop was enriching as it shared details about the Revised Law of Person with Disability Act. Teachers from different schools and students from the Department of Rehabilitation Science participated. She also narrated her own experiences with learning disabled children to help the teachers understand the difficulties they go through. She described some innovative teaching methods that could be employed by the teachers to address the needs of differently abled learners. She also provided the teachers with hand-outs containing resources and ideas that they could implement in their daily teaching. The workshop greatly enhanced the teachers' knowledge and understanding of children with learning disabilities.

One Day Workshop on a Creative Approach to Strategic Thinking – Using Creativity to Think Outside of the Box

A one day Workshop on a Creative Approach to Strategic Thinking – using creativity to think outside of the box was held

for all the students of Rehabilitation Science on 1st December 2018. This workshop is suitable for anyone who wants to boost their creativity, innovation and problem-solving skills. Creative thinking can be applied to jobs, business or personal projects. Many tools and techniques that can be put into practice instantly were dealt with during the workshop. The resource person was Dr. Christopher Abraham. The entire session was very enjoyable and enlightening. Many different activities were given to the students to solve on the spot and kindle their curiosity. Thought provoking videos were shown, thus stimulating their thinking and creativity.

One Day Workshop on Intervention Strategies for Learning Disability

The PG and Research Department of Rehabilitation Science, Holy Cross College organized a one day workshop on Interventions for Learning Disability on 21st January 2019 at Athma Institute for Mental Health- Happy Kids for Learning Difficulties. The I M.Sc. Students attended this workshop and the resource person was Dr. Manasi. She gave a detailed presentation of the causes and types of learning disabilities. The second session was highly informative, where intervention strategies were explained in detail.

Upon completion, the students developed an awareness of the logistics involved of working with students with learning disabilities, as well as an understanding of assessment practices, learning styles and behavioural characteristics of students with learning disabilities. Dr. Manasi also discussed the various tools and resources that are available for teachers.

One Day Workshop on Differential Instruction for Children with Learning Disability

The PG and Research Department of Rehabilitation Science, Holy Cross College organized a one day workshop on Differential Instruction for Children with Learning Disability on 20th February 2019 at Pravaag Transitional Center and School for Children with Autism. The I M.Sc. students attended this workshop and the resource person was Ms. K. Geetha, Chief Academic Consultant. Children with learning disabilities have diverse difficulties, often hidden or subtle, that affect learning throughout life. There is great variability among students with learning disabilities. This workshop provided suggestions that teachers can use to meet the needs of students with learning disabilities in the regular classroom. Information included characteristics of students with learning disabilities, role of self-advocacy, planning for transition, planning for instruction, instructional strategies, accommodations and assessment. Ms. Geetha stressed the importance of assisting students with learning disabilities and said that it is important to understand the types of difficulties that may be experienced in senior high school, the role of self-advocacy, potential instructional strategies and accommodations, and alternative assessment strategies were also presented. Hands-on activities were the hallmark of the workshop.

One day workshop on unravelling the mystery of psychology

The PG and Research Department of Rehabilitation Science, Holy Cross College organized a one day workshop on Unravelling the Mystery of Psychology on 21st February 2019. The II B.Sc. students attended this workshop and the resource person was Dr. Anita Sharon, Assistant Professor, Department of Social Work, Holy Cross College. Psychology is a broad field that encompasses the study of human thought, behavior, development, personality, emotion, motivation, and more. Gaining a richer and deeper understanding of psychology can help people achieve insights

into their own actions as well as a better understanding of others. Dr. Anita stressed that Psychology is both an applied and academic field that studies the human mind and behavior. She spoke about how research in Psychology seeks to understand and explain how we think, act, and feel. Psychologists seek to understand many different aspects of the human mind and behavior, adding new knowledge to our understanding of how people think as well as developing practical applications that have an important impact on everyday human lives. It was a very informative and interesting workshop for the students.



Blossoms Opportunity School

“Sometimes real super heroes live in the hearts of small children fighting big battles”

Holy Cross Blossoms Opportunity School for the Special Children was started for the benefit of the special children of Trichy on July 17th 1997 with the vision, “looking beyond ability” in order to enhance the quality of life of children with special needs. School provides holistic formation in developing self confidence and prepares them to join the main stream of society like other normal children.

At present we have 86 children and among them 30 children are attending mainstream school. We have 10 special educators, two physiotherapists and 4 care takers to mould the children for their better future. In the vocational unit candle, popcorn, appalam, soap oil, pencil, binding, wall hangings and greeting cards for special occasions are prepared.

The students had the privilege to participate in the college sports day. The children entertained and expressed their gratitude towards the sisters on the occasion of the feast of the exaltation of the Holy Cross.

Thirty children participated in the sports events conducted by Bishop Heber College Team of Social Service and won many prizes including 1st prize for mime, 2nd prize for group song. The children also participated in the sports meet conducted by St. Joseph Institute of Management, St. Joseph's College, Trichy and won many prizes including 1st prize for soft ball by Ahamed Yasin, 3rd prize in C.P- category by Eesha Khobihar, 1st prize by Pallavi in Shot-put and 1st prize by Sathish Rao in memory game. In 100 mts. running Anushya, Praveen, Sanmugesh, Sathana got 2nd prize. This year the students, C. Sathish Rao (100 mts.), and Ms. Pallavi (Shot-put) participated in State level games held in Dindigul on 25th June 2018.

In the school, children are given training in academic skills, physiotherapy, occupational therapy, speech therapy, sand therapy, water therapy, yoga, exercise, sports, dance and singing in order to tap out their talents. Every month the school has a concept day to create practical experience to know and act socially, culturally and independently. Once in three months, parents-teachers' meeting is conducted to assess the level of children and to get the opinion and feedback from the parents.

The school believes in the overall development of a child which includes spiritual, physical, mental, emotional and social. The students have regular Speech, Physiotherapy, Yoga, Dance, Sensory, Occupational Therapy and Hydrotherapy. Once in a month there is exposure programme for children to show the life-situation around them in order to improve their understanding capacity in a practical way.

To gain experience in the latest trends and issues of rehabilitation, special educators are encouraged to attend several workshops, seminars and training programmes. A session on "Positive and protective sexuality" to handle the adult children was conducted. Another programme called "How to train the brain" was

conducted by Dr. Dilip, Chennai. CRE (Continuing Rehabilitation Education) programme was conducted by RCI collaborated by NIEPMD in the Department of Rehabilitation Science, through which 5 of the staff benefited. A one day trip to Jedarpalayam, Namakkal in appreciation of the teachers for their selfless service was arranged to refresh them. One day retreat was given by Rev.Fr. Irudayaraj Cap. to empower the staff in their spiritual journey. This year the teachers Ms. Radhika and Ms. Mary Yagalatha got Best Teachers' Award and were honoured by the Honourable Minister Thiru. Vellamandi Nadarajan (Tamilnadu Minister for Department of Tourism), Honourable Minister Tmt. S. Valarmathi (Tamilnadu Minister for Backward Classes and Minorities Welfare) and by the District Collector Thiru. Rajamani, IAS.

Periodical meetings are arranged with the parents to improve their knowledge to understand the special needs of their children. Orientation programme was conducted on the topic 'parenting' for which Rev. Sr. Josephine, Headmistress, Blossoms was the resource person. A session on "Speech and Physio - Demo Classes" for the early intervention parents was conducted to improve fine and gross motor skills in their children. A session on "Handling the Parental stress in a healthy way" was also organized and the resource persons were Dr. Ms. Crescenta Shakila and Ms. Angel, Assistant Professors of Department of Rehabilitation, Holy Cross College. This helped our parents to handle their emotions in a healthy way.

In the school Independence day, Sports day, Teachers day, Holy Cross Feast, Deepavali, Children's day, Christmas and Republic day were celebrated in order to teach the children the importance of festivals. This year the children celebrated Pongal as an awareness day with the people of Chathrapatti Ariyavoor. This togetherness gave new insight to those villagers.

To create more knowledge in learning and rekindle creativity and talents at different level, 'Blooming Day' (Every Friday Celebration): A free day for the children is arranged. They all come in colour dresses. The staff in-charge has

to co-ordinate the whole day. At the end of the day children are selected according to their division as a Flower of the Day. The child is honoured by crowning or pinning the badge.



Social Work

The Department of Social Work inaugurated the SWAN Association for the year 2018- 2019. The office bearers were elected by nominating process for the secretary, joint secretary, treasurer and two executive members' posts. The SWAN inauguration was held on 30th July 2018 by Rev. Fr. Anto, executive director of Don Bosco Media, Trichy. A formal prayer was evoked followed by welcome address. The chief guest offered the sash for the office bearers and oath was taken by them. The talk was on the topic "Personal Commitment Leads to Social Commitment: Challenges and Responses". An MoU was signed with the Don Bosco Media, the chief director of the esteemed institution Rev. Fr. Rajdev, the authorised person to sign the MoU, gave the presidential address. The content of the speech was about the humble start of Don Bosco mission and the program came to an end with the vote of thanks.

Reality Walk

The social work department will always motivate their new enrolled social work trainee to encounter one day with a social worker in various fields to learn their practices and challenges which will in turn motivate the students to reflect on threat on their growing. Relating to this perspectives on 30th August the current year students were divided in three groups and sent to young social worker Rev. Fr. Anto, Don Bosco Media Pvt, Ltd working in

media and social change. The second group was engaged by Ms. Mercy Clara, state level consultant, Tsunami Sustainable Livelihood Program. The third group was with Rev. Sr. Anita, Director and Catholic Health Association of Tamil Nadu. The reality walk was informative to further their social work profession.

Group Project

In September 2018, the department organized a gender sensitization program after reviewing and reading many abuse stories from various spheres of the media. In this regard the first year students identified two rural schools and one urban school to offer a motivation talk on a campaign called "say yes to say no" and "I'm not a doll". The rural schools from Thalakudi and Lalgudi were specifically focused on and resource talk was arranged with audio visual mode of lecture with fun and feedback. Students also did a study on the media published sexual abuse impact within 10 months duration.

From August to October 2018, the newly enrolled students visited 10 organizations including Kajamalai Ladies Association-De-addiction Centre, Spastic Society of India, ATHMA clinic, Holy Family Hansenorium, SEVAI Railway Project-Child Rescue, St. Antony's Home for the Aged, Paiyir, Thanjavur Sugar Mill, Anbalayam and Soc Sead Deaddiction Centre. These orientations will expose the new graduates to a realm of reality of the social work profession and keep them abreast of the challenges and scope of social workers.

The Social Work Rural Camp 2018 for I PG students of Social Work was held from 17th to 22nd September 2018 in Kovilveerakudi, Kulathur Taluk, Pudukottai District. It was planned constructively with the participation of the students to orient them with the practical skills on social work practices at the field of reality. Thereby students have implanted themselves at the field in partnership with the NGO called Kudumbam and the rural community of the region and could come out

with the rich experience on the field of social work practices.

And then a complete program plan of the rural camp was worked out namely Community Programme, School Program, Field Survey, and Demonstration to the Social Work Trainees, Programme for Home Children, Contribution by Social Work Trainees and Contribution of Kudumbam for the rural camp program that was held.

All the activities planned for the rural camp were implemented with the full preparation of the camp team with the support of the other supporting agents (Facilitators, Veterinary team, Medical practitioners and Legal practitioner) which had enabled the camp team as well the target community on various aspects:

- The camp team was motivated to prepare cultural events on the specified and the field related issues.
- The farmers were happy that their cattle were given medical check-up with supplementary foods for the cattle.
- The field study enabled the camp team to know the current level of participation of the younger generation in the field of agriculture as farmers.
- The information gained on the promotion and preservation of trees was enriching to the students and made them think about the significance to be given for promoting the green environment.
- The awareness given by the students through puppetry show on healthy food and sanitation was a new native approach learnt by the students to capture the attention of the community in rural sectors.
- The campaign on promoting gender equality among the school students has created a sensitization on the theme to the public willing for seeding a thought among the school going students.
- Skill training, legal awareness and media awareness training were also additional inputs to

the women (SHG) and motivated them to make use of the learnt information in their day to day life.

- Each day the evenings were enjoyed by the villagers filled with cultural programmes, short films and resource talks on water management, healthy food, agriculture, legal awareness and media awareness.

Two day international conference on “The Furtherance of the Sustainable Development Goals, 2030 Agenda- A Drive from Global Perspectives to the Local Relevance” was held on 7th and 8th December 2018. This two day conference was based on the UN proposed on the re-patterning the MDG goals into various sub goals of 17 in number to achieve the level of zero exclusion that is leaving no one behind. This conference was planned in such a way to enhance the body of knowledge by having one day plenary session on various sub goals listed in SDG 2030 Agenda by inviting special speakers on the same.



In this regard there were invited speakers to address on the gender disparity, quality education, total inclusion criteria, climate change, partnership and industry innovation factors and linking and collaborations. Inauguration was graced by Ms. Marg Pickup, sessional academics, occupational therapy and social work, Department of Health Sciences, Curtin University, Australia, Helga Von Kolck, coach and trainer from Speech and Drama College, UK, invited as chief guests to address the global perspectives of the global scenario of SDG. Journals contented with 43 manuscripts

were published in an international journal of research analytics and review were published and released in UGC listed journal, with impact factor 5.75 that was launched on the first day of the conference. Second day was completely scheduled for paper presentation that went as four sessions that were conducted simultaneously.

A total of 55 papers were presented. In the evening, the valediction had plenary talks on the local relevance and Mr. Shagul Ameen, Commissioner, Ponnampati, was invited as chief guest and he spoke about the success stories of his endeavors and insisted on each one to have a sense of responsibility collectively to achieve the SDG manual. Thus the conference was packed with various learning agenda.

The Department of Social Work arranged a session on 28th January 2019 to sensitize the students on the voting ability and the pattern of governing style widely seen and as perceived by the students from the public point of view. Mr. Nandhakumar, Director, Makkal Shakhi Iyyakkam, moderated and chaired the session to give clarification. The most remarkable note of the session was video clippings on the local governance and the welfare schemes were played as videos and placed greater interest among the voters (students) to elect the right leader in the coming election.

The Department of Social Work engaged the students for yet another in-service program for the students on 13th February 2019. The chairman from ARAM HOSPITAL, Trichy handled two hours input session with live examples on various skills, inevitably needed for the social worker in dealing with problematic persons called clients in community, industry and in hospitals.

It was an interactive session and he gave the topic to the students and made them to list the area of skill they want to uncover. Though it was medical exposure it was hands on experience for the students to learn and practice while they are in the fields.

Department of Social Work, Holy Cross College in collaboration with Climate Smart

Technologies (CST) organized a certificate course on Smart Technologies for Social Workers on 25th and 26th September 2019. The purpose of the course is to train the social work students on the need to use the technologies for their professional development. The methodology of the course ensured the hands on training both in the class room and field given to the student. The duration of the course was 50 hours.

As the part of the training, Smart Social Worker App. has been developed to learn all the technologies using the App. The Department of Social work, Holy Cross College has released Smart Social Worker App on 26th September 2018. Mr. Jeevandandan Duraisamy, CEO, Climate Smart Technology has released the app. In the presence of Ms. Kalpana, Staff In charge, Department of Social Work. It is the first comprehensive app developed for the Social Work students. Mr. M. Antony Stephen, Assistant Professor cum Field Work Coordinator welcomed the gathering and highlighted the purpose of the Smart Social Worker App. In his introduction, he shared that social workers need ICT competencies in order to effectively lead different types of social change initiatives or collaborate with professionals of other discipline who are using ICT as part of existing strategies. It also provides efficient and effective ways for organising people, ideas and offer greater access to knowledge and education. Mr. Jeevandandan Duraisamy, CEO after releasing the app. has shared the features of the app. and its usages. Using this app Social Work students will be able to effectively learn using videos, texts and other sources.

Through the app entire research and surveys can be carried out and verifiable results can be computed with a click of a button. Furthermore the research project reports can be digitally published. This app is expected to influence the college education system in a major way contributing rapid digitization across the various streams.

World's first "Smart Social Worker App"
Holy Cross College Trichy, Tamil Nadu, India.

App development was part of the Memorandum of Understanding (MoU) of Center for Academy and Industry Interface (CAII) of Holy Cross College with Climate Smart Technologies, A government recognized startup based in Pollachi, Coimbatore. This app is developed for students to go paperless to save environment using a smart approach. The app is custom developed for the faculty and students of the Department of Social Work of the College through ERP. It integrates Student Syllabus, Online Field work records, Smart Geo PRA, Smart Survey, Smart Research and their assignment works. Staff and students will go paperless to save the environment.

One day state level workshop on “Tutilaging the Skills of Social Workers” was organized by Department of Social Work on 28th September 2018. In the workshop, for I session the resource person was Rev. Sr. Dr. Catherine S, HoD of Psychology, Holy Cross College, Tiruchirapalli. The session focused on NLP techniques with the interactive session. For session II the resource person was Mr. S. Martin Raj Manager-Recruitment, Atika Technologies-INC, Chennai. It dealt with work life balance. Eighty participants from various government and private colleges participated.

Students of Social work had a discussion on National Child Protection Policy – 2019 on 5th January 2019. Mr. Antony Stephen, Assistant Professor cum Field work Mentor facilitated the discussion on the draft policy. The students suggested that public institutions should display the features of the child protection policy in their premises and need to create awareness about safety needs of the children in the public places and conduct safety audit.

On 16th and 17th, the Department of Social Work organized an exposure visit for the first year students to accustom them with tribal village and their livelihood. In this regard the department plotted many areas and this time made visit to Kerala, a belt called Attapady a village and reserve land of elephants with Aadi tribes adopted by the Jesuits. The place was surrounded by our state border but still with

Kerala state culture, a well equipped tribal village with highly sophisticated tribal specialty hospital which was a great learning for the students.

The students visited the hamlets and learnt their lifestyle, cultural events and dance from them. Aadi tribes were specialized in their native medicines which were still in practice among the local people. The students were refreshed by the visit and had a long desire to develop tribals in the same way in Tamil Nadu.

Tamil

Shift I

Veeramamunivar Tamil Literary Association inauguration was held on 10th July 2018. The chief guest was Rev. Fr. Leo Melqure Babu. The speech of the chief guest was based on the topic Poli Seithigal. He explained that the Tamil language is important.

PG and Research Department of Tamil organized an educational tour for II U.G Arts and Science Tamil language students (1500) to visit various places such as Theni, Madurai, Pollachi, Kumbakonam, Palani, Kanyakumari, Thenkasi, Poompuhar, etc. during the months from June to August 2018. The students were able to understand the structure, architecture, paintings and historical importance of various temples through this visit. On the basis of this educational tour, quiz and assignment were given to the students as part of CIA.

Veeramamunivar Tamil Literary Association conducted a “Leadership Quality” workshop for Tamil Faculty on 16th August 2018. The chief guest of this programme was Dr. P. Selvakumaran, Head of the Department of Tamil, St. Joseph’s College.

Veeramamunivar Tamil Literary Association meeting was held on 6th September 2018. The chief guest was Ms. N. Vijayasundari, Assistant Professor of Tamil, Urumu Dhanlakshmi College, Trichy. The guest speaker explained about the condition of Tamil language in today’s society and also made students aware of the

remedies for the protection and development of Tamil language in the society.

On 7th January 2019, Tamil elocution competition was conducted on the topics “Eyarkai Peridarr” for first year students and “Indraiya samuthyam yethai nookki payanikindrathu” for second year students. Tamil poetry Competition was also conducted on the topics “Manudame Nee Yelu” for I year students and ‘Pachchai Alagi Aval’ for II year students. On 8th January 2019, essay competition was conducted on the topics “Kalvi Andrum Indrum” for II UG students and “Nam Vazhum Sulalum Kalviyum” for I UG students. On 13th February 2019, short story competition was conducted on the topics “Yathartham” for I UG students and “Vidiyal” for II UG students.

On 14th February 2019, words formation competition was conducted with the topics “2 Letter words” for I UG students and “3 Letter words” for II UG students. Veeramamunivar Tamil Literary Association conducted the Tamil oratorical program about Kambanin Kavisuvai on 19th February 2019. Dr. Moris Joy, Assistant Professor of Tamil, Periyar E.V.R. College was the chief guest.

Veeramamunivar Tamil Literary Association valedictory program was held on 4th March 2019. Dr. Sr. Jeusin Francis was the chief guest. Then followed the publishing of books “Kiruththava Kalambagangalil Paduporul Nutpangal” by Dr. Jasintha Rani and “Viduthalaikku Pinthaya Suzhaliyal Kavithaigal by Dr. Prema, Assistant Professors of Tamil.



Shift II

Veeramamunivar Tamil Literary Association was inaugurated on 18th July 2018. The chief guest was Dr. Sr. Jeusin Francis. The

speech of the chief guest was based on the topic ‘Pennin Perunthakka Yavula’. She explained about the dignity and speciality of women in society. She explained about the dignity of women and about the women from ancient days to modern days such as the great women like Velunachiyar and Thillaiyadi Valliyammai and Kalpana Chawla.

On 3rd October 2018, a special speech was given by Dr. A. Gopinath who was the chief guest of the day. The speech was based on the topic ‘Innikkum Illakkiyam’. He explained about the significance and richness of Tamil language.

The Department of Tamil organized an educational tour for II U.G Arts and Science Tamil language students. More than 370 students visited various places such as Theni, Madurai, Pollachi, Palani and Rameshwarm from June to August 2018. The students were able to understand the structure, architecture, paintings and historical importance of various temples through this visit. On the basis of this education tour, quiz and assignment were given to the students as part of CIA.

On 21st January 2019, the department conducted competitions like poetry writing, essay competition and Tamil elocution. The judge for the competitions was Dr. Sr. Jeusin Francis.

On 14th February 2019, the Tamil Association conducted “Muthamil Vizha”. The chief guest was Dr. Sr. Jeusin Francis, Head of the Department of Tamil. The Speech was based on the topic “Tamizhin Inimai”. She explained about the three significant parts of Tamil. She told about importance of hospitality that is seen among the Tamil people.

Various competitions like singing, dance and drama were conducted. The topic for singing was Bharathiyar or Bharathidasan songs. The judges were Dr. Latha, Assistant Professor of Tamil for singing, Dr. Sharmi, Assistant Professor of Tamil for folk dance competition and Dr. Sujatha, Assistant Professor of Tamil for drama competition on the topic ‘literary scenes’.

On 4th March 2019, the valediction of Veeramamunivar Tamil Association was held under the guidance of Dr. Sr. Jeusin Francis, Head of the Department. The winners of the respective competitions were awarded prizes.



Value Education

The Department of Value Education under the guidance of its Director, Rev. Sr. Bridget Chelladurai, organized and conducted various activities and programmes throughout the year.

Retreats

The retreat for I, II and III year Catholic students was held from 31st August to 2nd September 2018. The retreat commenced on 31st August at 5:30 pm with the rosary recitation followed by the praise and worship session led by Bro. Joe, (musician) from Hosur and Bro. Glyn from Chennai.

The Sessions I-VIII were led by Rev. Fr. Bernardshaw OFM. Cap., Psychiatric Social Worker-Holistic Counselling, Project Director-Mary Queen of Peace Province, Rev. Fr. Daniel OFM. Cap., Assistant Parish Priest and Director Amalashram, Bro Pancras and Bro Iruthaya Raj. The Holy Mass was held on 31st August and 1st September by Rev. Fr. Daniel OFM. Cap., and Rev. Fr. Simon Raj OFM. Cap., Professor, St Joseph's Philosophical College, Kotagiri. The Inner Healing Counselling was given by Rev. Fr. Bernardshaw OFM. Cap., on 1st September.

The Anointing Mass was conducted by Rev. Fr. Bernardshaw OFM. Cap., on 2nd September 2018 from 11:00 am-12:30 pm. The Adoration

was held on 2nd September 2018 from 3:30 pm - 4:00 pm. All the sessions were interesting and inspiring with video shows and had a great impact on the students. There was a deep, reflective silence and a prayerful attitude throughout the sessions. A panel talk was held with students and they shared about their experience with God.

The Ethics Orientation for all the students was conducted on 31st August and 1st September 2018 at the hostel ground. The Team F5 Moment to Refresh shared their life experiences. The team was led by Mr. Jerry CEO of F5. The F5 crew performed dance and songs. They interacted with all the students with their songs and dance. They explained about the faith in God and importance of God in everyone's life. This session was stress free session and connected to God. The session was completed with prayers and messages.

The Bible Studies orientation was conducted in Sophy's hall on 31st August 2018 and 1st September 2018. The session on 31st August began with a prayer followed by action songs and worship. The experience of God's unconditional Love was brought out through testimonies. After the break the message was given on Knowing God intimately. The theme of the message was the Right knowledge of God only gives the right experiences with God. That only changes the life completely. It gives the aim, purpose and future of one's life. The students were encouraged to put forth their doubts and questions. The queries were clarified and the students were enlightened. Br. John Rozario, Evangelist, Stripes of Jesus Ministries and his team were the resource persons. Many students were impressed and decided to reform their life.

The second day of the retreat began with prayer, songs and worship. The students witnessed a skit which brought out the message that one should be happy and confident because of their belief in oneself and Christ. This was followed by a revelation of great values and virtues through the lives of Ruth, Joseph and Nehemiah. The post break session began with songs and testimony which helped the audience

experience the miraculous works of God. There was a skit on choices and a special session on Inviting Jesus into one's own life.

This was followed by a message on the purpose of God. Each person is created for God's own purpose and no one is null or void. Nobody can be deviated from His purpose. Also each one desires to know God and to be nourished by His unconditional love. The session ended by testimonies and feedbacks. Br. Mike and his Life House Church team were the resource persons. Thus the two day sessions came to an end with abundance of God's Grace and Blessings.

The retreat for the Catholic staff of shifts I and II was held on 16th February 2019. The preacher was Rev. Fr. Susai Jerry (of Nirandharam Fame) from Chennai. He motivated the staff with his spiritual message and inspiring songs. He explained that we must celebrate life as a special gift from God and be thankful for all we have received in life. He emphasized the fact that we must experience peace and happiness and radiate it to others. He mentioned that we must connect with God and with people and as teachers give the positive values we have in us to our students, which they will remember and practise in their life. His sessions made the staff laugh and relax and also to re think about the values of life and the need to pass it on to their wards. It was an enriching session for the staff. The retreat ended with Holy Mass.

Rev. Fr. Packianathan, Chancellor of Sivagangai Diocese was the resource person for the Non Catholic staff members of the college. Father gave an insight on the seven conflicts of mind and soul, i.e., pride, selfishness, hate, cruelty, ignorance, instability and greed. He also explained that these qualities are manifested in the human body in the form of diseases. Father said about the good qualities, which need to be nurtured, in order to have a healthy mind and body. Father, a versatile Carnatic singer, impressed the audience, with his enchanting voice, by singing melodious and meaningful songs. He emphasized the importance of natural medicines, flower therapy

and breathing exercise for rejuvenation of our self.

The Department of Value Education under the guidance of its Director, Rev. Sr. Bridget Chelladurai, organised a two day workshop on Mindfulness for the II year UG students on 27th and 28th August 2018 in Our Lady's Hall and in the Chapel. Rev. Fr. Mathew Cyril S.J, Associated Zen master and leader of the Bodhizendo, a Zen Centre in South India was the resource person on both days. A total of six sessions were held for around 1,500 students of Shifts I and II. The students found the workshop extremely useful as they learnt the importance of mindfulness meditation, which is the need of the hour in these frenzied times.

19th July 2018

The department of Christian Studies and the department of Counselling Psychology, the University of Madras conducted two days workshops on "Educating Educators on 'Psycho-spiritual mentoring'" on 19th and 20th July 2018.

On 19th July, Prof. V.D. Swaminathan gave a lecture on "The whole person development and psycho-spiritual mentoring". The targeted audience was adolescent students. He emphasised on their growth in both career level and overall wellbeing for an effective living. He also added that the whole person development consists of health, happiness, harmony, prosperity, peace and progress which can be achieved through psychological, psychospiritual, psychosocial, economic and holistic dimensions. He concluded his speech with meditation and yoga. He highlighted that this kind of practice would help any age group people to control their body and mind.

On the same day, Mr. Mathan, Research Scholar, Department of Christian Studies, University of Madras spoke on the topic 'Integral Development through different inputs and exercises'. He focussed on the personal change and barriers of adolescents to socialize with the elder ones. He talked about the nature of an adult and how the teacher should help them

to find out their inner potentials on their own. He also informed us the way to develop them by making them to understand the wholeness of body and spirit which would pave way for them to live, love, learn and leave in a peaceful way. He also enlightened us with various activities which would help the students to analyse oneself with others and eventually lead them to the realization of self-transcendence.

20th July 2018

The first session was handled by Dr. S. Thenmozhi, Head of the Department of Counselling Psychology, University of Madras. She highlighted the importance of studying the development of adolescence in order to enable the teachers to understand the typical challenges that students face during adolescence. She also explained the skills and resources that teacher should possess in order to handle the students. Jean Piaget's Cognitive Theory, Erikson's and Fowlers stages of Psycho-Spiritual Developmental theory had been explained and it was correlated with real life examples. She gave many activities so that it helps to understand positive acceptance of self. The second session was handled by Dr. Vijaya Banu, guest faculty, Department of Counselling Psychology, University of Madras. Her topic focused on handling strong and weak emotions in adolescence. Adolescents are to be prepared for the physical, mental, psycho-social and emotional changes that take place during this phase of life and they have to respond to these changes in positive and responsible ways.

Phase II of the five day workshop on "Educating Educators on Psycho Spiritual Mentoring"- 10th October 2018

For Session I on Understanding Adolescence, the resource person was Dr. Mary Shantha Joseph, Head of the Department of Psychology, Stella Maris College, Chennai. Stress is a major problem that adolescents face today. Adolescent's level of stress should be optimized in order to attain some goal in life. When the stress goes beyond certain level (level of distress), breakdown and burnout occurs. Students should know about themselves i.e.,

based on both status (student, daughter, son, brother, sister) and value oriented (affectionate person, caring, loving, generous, forgiving, helpful, etc.). They should be well aware of the thing that they look on the outside and on the inside so that they shall be able to correct their mistakes. Increasing the self exposures of the students leads to greater awareness.

For the II Session on Facing Failures, the resource person was Dr. Veena Easvaradoss, Head of the Department of Psychology, Women's Christian College, Chennai.

Nowadays, many adolescents decide to end their lives after failure. They should accept the fact that failures are the realities of life. They should be able to respond to failures in adaptive ways and view it constructively. Failure distorts the perceptions of one's abilities but the adolescents should overcome these distortions in order to succeed in all their efforts. Failures should be considered as a part of life because even successful persons have had many failures in their lives. Adolescents can overcome failures by eliminating fear, building personal and social relationship with others and involving in encouraging moment (i.e., music, dance, art exercise etc.). Failures don't indicate that you can't do the work, rather it denotes that still more effort is needed.

11th October 2018

For the Session I on Happiness, the resource person was Dr. Suresh, Former Head of the Department of Psychology, Annamalai University, Chidambaram. When we feel happy about our outer possessions it means inner emptiness. Happiness is the predictors of our life. Strong predictors include love and marriage, work, personality; Moderate predictors are health, social activity and religion; non predictors are money, age, intelligence and attractiveness. We must ensure that happiness we expect is short term or long term. We must take the correct decision in order to have lifelong happiness. Adolescents have to find the hidden dimensions within themselves and take up a work that is valuable to the society. They should invest something larger than self

and should say positive things of others than negative things.

Educating Educators on Psycho Spirituality was the theme on 11th October 2018. The afternoon session was taken by Rev. Fr. Selvaraj, Assistant Professor, Department of Counseling Psychology, Sacred Heart College, Tirupattur. He presented his lecture on “Media and Adolescence”. The objective of that session was to have self control and discipline in adolescent’s lifestyle. The drive home message was to lead the youngsters in Spirituality using gadgets. Sharing the philosophical quotes and usage of Scripture through mobiles are the different ways to channelize the technology in a positive way.

On 12th October 2018, the morning session was handled by Rev. Fr. Lawrence, Dean of Studies, Anugraha Institute of Counseling and Psychotherapy. He addressed the gatherings on “Adolescent Sexuality”. The objective of his module was to offer holistic understanding of Sexuality, while correcting the wrong notions. He insisted on helping the students to learn about bodily changes and sexual hygiene in both physical and mental ways. He concluded his talk by explaining how to regulate the student’s attraction/sexual feelings and to channelize the sexual energy into life energy and become a person of love.

On 12th October, the next session was taken by Ms. A. Malarkodi, Assistant Professor, Department of Psychology, Presidency College, who shared her message on leadership qualities and she jotted out the characteristics of being a good leader and SWOT theory. She conducted various games and activities to stress upon the idea that every student has the leadership quality in him/her. She concluded by pointing out the skills that every individual is in need of, if they want to become a good leader.

The valedictory speech was given by Maharishi Swamiji. He enlightened on how the identity had to be removed to reach the spirituality. He emphasized the necessity of challenge to unlock the opportunities in one’s ways. He ended the speech by saying that the teachers were the real nation builders.

The Department of Value Education organized a one day workshop on “Joyful Living” for the III year UG students of both Shift I and Shift II on 5th March 2019. The workshop was held in two sessions. The inaugural session started with a prayer. The Principal of the college, Rev. Sr. Dr. Christina Bridget and Director of the Department of Value Education, Rev. Sr. Bridget Chelladurai graced the inaugural session with their presence. The first session was from 9 am to 1 pm and the second session was from 2 to 6 pm. The chief guest of the day Rev. Fr. Suresh, OFM. Cap., Psychologist from Anugraha Institute, Dindigul kept the students active throughout the session with his videos, activities and simple tasks. He started with the various bonds that we have in life; he emphasized that we should not give importance to momentary happiness but should wait for the real happiness to come its way in life.

He explained the twelve important steps to achieve joy in life. He spoke about the hormones that would help a person to be joyful throughout the life; and the simple tasks that should be done to keep these hormone levels high. Class teachers of the respective discipline of III UG students attended the workshop. The session came to an end at 6 pm with a vote of thanks.

Yoga classes for I UG students and Mindfulness for II year UG students of shifts I and II were conducted every week on specified days.



Visual Communication

The Inauguration of the Visual Communication Association (MEDIA’S

MORA) was held on 6th July 2018. Mr. Arudra Saravannan the assistant director of Goli Soda 2 and International Award winner of the short film 93 NOT OUT was the chief guest who inaugurated the association. In his speech he motivated the students to utilize the media as a tool for the betterment of the present society. Ms. Kiruthiga III UG student was elected as the president, Ms. Arthy III UG was elected as the vice president and Ms. Amirtha II PG was elected as the secretary.

On 16th July 2018 the department organized one day seminar on 'Current Trends in Film Production'. The resource person was Mr. Kulanthai Yesu, Film Director from Chennai. The seminar was interactive which dealt with the problems in the film industry, the methods and ideas to become a successful film maker and the current trends used in the film industry.

A two day art and paint workshop was held on 24st and 25th September with the resource person Mr. Arul Yoga Raj, Artist and Assistant Professor from Periyar Maniammai University, Thanjavur. The workshop was based on pencil sketching, portrait drawing and painting. All the students participated in this workshop which helped them strengthen their drawing skills.

The Basic Photoshop session for the Junior Sisters of Holy Cross was held on 18th October 2018. Around 25 sisters participated in this session. Sister Jasmine Assistant Professor of Viscom was the resource person. The session was arranged to bring innovative ideas to life with Photoshop. Participants learnt how to design greeting cards, posters, book marks and various invitations.

One day workshop on radio production was conducted on 2nd February 2019. The resource person was Ms. Lavanya a radio jockey in Radio Mirchi and an alumna of our college from the Department of Zoology. Her inputs were on voice and speech clarity, effective and efficient use of speech, production, transmission, writing for radio and difference in print writing and radio writing.

On 13th February 2019, the Department conducted one day workshop on Computer

Graphics. The resource person was Mr. Prabakaran (founder of Agara Ad agency, Trichy) a prominent alumna of M.Sc Media and Communication (2008-2010) batch. He enlightened the students with the knowledge about the software like After Effects, Flash, and Adobe Premier Pro. The students felt that the session was career based and informative.

The final year UG and PG students of the department went on a study tour for four days to Bengaluru, Mysuru and Coorg in October 2019.



Zoology

The business meeting of the Aristotle club of the PG and Research Department of Zoology was held on 25th June 2018 and the activities of the academic year 2018-19 were planned. The Aristotle club was inaugurated by Rev. Fr. Godwin Rufus S.J., Assistant Professor of English, St. Joseph's College, Trichy, on 2nd July 2018. He delivered an inspiring talk on "The 7Ds of an Aspiring Leader: Kindling the spirit for Excellence".

On 24th August 2018, the students of I B.Sc. Zoology, went for an educational tour to Rameshwaram. They visited Dhanuskodi, late Dr. A.P.J Abdul Kalam's memorial and the Central Marine Fishery Research Institute (CMFRI). Students also visited Villundi Theertham and collected varieties of sponges, shells, bivalves, jelly fishes, etc., and gained knowledge about different types of Marine animals. The students of III B.Sc. Zoology went for a study tour to Bengaluru and Mysuru on 6th and 7th September, 2018. They visited Mysore Maharaja's palace, Krishnaraj Sagar (KR) dam

and Brindhavan garden in Mysuru and Indian Institute of Science in Bengaluru.

On 27th August 2018, Mr. P. Charles, Director and Founder of Kaarlo Training and HR Solutions, Trichy spoke on the topic “Getting Job Ready in the competitive Job Market”. He explained the difference between the SMART Goal and Goal.

National Science Academies’ Lecture Workshop on “Recent Trends in Applied and Molecular Endocrinology”, sponsored by the three Science Academies of India, IASc, Bangalore; INSA, New Delhi and NASI, Allahabad was held on 26th and 27th September, 2018. Prof. Maria Joseph Michael Aruldas FRE, FNASc., Former Director, Dr. ALM PG Institute of Basic Medical Sciences, University of Madras, Chennai was the Convener and Dr. Cecily Rosemary Latha, Head of the Department of Zoology was the Coordinator of the workshop which comprised of 9 technical sessions. Participants from 12 different colleges attended the workshop.



Prof. Maria Joseph Michael Aruldas delivered two highly informative lectures on “Autoimmune thyroiditis: Why is it predominant in Women?” and on “Environmental endocrine disruptors”. Prof. M.A. Akbarsha, Director and Chair, Mahatma Gandhi-Doerenkamp Center for Alternatives to Use of Animals in Life Science Education, Bharathidasan University, Trichy, spoke on the topic “Cervical Cancer: An overview of its Molecular Biology”. Prof. K. Balasubramanian, Department of Endocrinology, PG IBMS,

University of Madras, Chennai, spoke on the topics “Insulin Resistance - the door to be closed and “Polycystic ovarian syndrome”.

On 27th September, Prof. Polani B. Seshagiri Professor, Department of Molecular Reproduction, Development and Genetics, Indian Institute of Science, Bengaluru gave a very interesting talk on “Gonadotropins; Gametogenesis and Gamete function” and a lecture on “Hormones and infertility management”. Prof. Srinivasan Narasimhan, Department of Allied Health Sciences, Chettinad Academy of Research and Education, Chennai, spoke on the topic “Epigenetic impact of Endocrine Disruptors”. Interaction session was highly useful as the participants interacted with 5 scientists from Premier Research Institutes and clarified their doubts on the career and research opportunities available to young researchers and students in the three Science Academies of India.

On 23rd November 2018, the Department of Zoology organized a memorial service for late Rev. Sr. Dona, the foundress of the Department of Zoology. Rev. Sr. Dona’s photo was unveiled and installed by Rev. Sr. Elizabeth Rose, former Principal, Holy Cross College, Trichy. Several Rev. Sisters, retired professors and alumnae of the Department of Zoology and other departments attended the memorial service to honour the sacrifices and services of Rev. Sr. Dona.

An Inter-Collegiate Meet- “FESTOTLE-18” on the theme ‘Innovative Approaches in Water Conservation’ was held on 11th December, 2018. Events like Quiz, Hand painting, JAM, Adzap, Mime and Photography were conducted. Mr. Sundar Raju, Former IFS officer and President of SOFCON, Trichy, was the chief guest of the day. The students of St. Joseph’s College Trichy were the winners and runner-up shield was won by Jamal Mohammed College, Trichy.

In collaboration with Centre for Nanoscience and Nanotechnology, Sathyabama Institute of Science and Technology, Chennai, a Two Day Workshop on “Molecular Techniques

using Zebra fish as a model” was held on 13th and 14th December, 2018. Faculty members, Research Scholars and Post Graduate students from different colleges participated in the workshop. Mr. D. Srinivasan, Scientific Assistant, and Dr. Sujitha, Postdoctoral Researcher, Molecular and Nanomedicine Research Unit, Centre for Nanoscience and Nanotechnology, Sathyabama Institute of Science and Technology, Chennai were the resource persons for the workshop.

An International Conference on “Innovative Approaches in Biomedical Sciences” was held on 25th January, 2019. The Chief Guest, Prof. Arun Dharmarajan, Faculty of Health Science, Curtin Health Innovation Research Institute, Curtin University, Australia, ignited and illuminated the research focus in the young minds with his presidential address and spoke on the topic “Secreted Frizzled Related Protein-4: Past, Present and Future: 25 years journey” in his technical session. Prof. S. Thameem Dheen, Head of the Department of Anatomy, Yong Loo Lin School of Medicine, National University of Singapore, Singapore, spoke on the topic “Gestational Diabetes Mellitus Induced molecular and epigenetic changes in the fetal brain”. Dr. Emmanuvel Rajan, Professor and Head of the Department of Animal Science, Bharathidasan University, Tiruchirappalli, highlighted the “Molecular Mechanisms of learning”. Dr. P. Elangovan, Chief Orthopedic Surgeon, Chennai, gave a talk on “Joint reconstruction-Biomedical Challenges and Innovations”. Dr. Preethy Paul, Post Doctoral Researcher from Abo Akademi University, Turku, Finland, spoke on “Development of Therapeutic Molecular targeting Human Papilloma Virus Mediated Diseases” and Dr. B. Ravindran, Assistant Professor, Department of Environmental Energy and Engineering Kyonggi University, Korea, spoke on “Antibiotic residues in livestock Waste - Public Health Risk and Innovative Management Practices”.

Poster presentations on Biomedical Sciences were also conducted providing a platform for the exhibition of the innovative ideas of students and scholars. About 250 students including

students from various other colleges participated and benefited.

A Two Day Workshop on “Techniques in Phytochemical Analysis” was organised for Faculty members, Research Scholars and Post Graduate students under CPE Programme in the PG and Research Department of Zoology on 31st January and 1st February 2019. Dr. Cecily Rosemary Latha and Dr. Rajathi Modilal, Assistant Professors of Zoology were the resource persons on the second day of the workshop.

The valediction of the Aristotle club was held on 4th March, 2019. Dr. A. Arun, Head of the Department of Microbiology, Alagappa University, Karaikudi, was the Chief Guest. He delivered an interesting lecture on the topic ‘Microbial plastic and energy’. The Best Achiever Award of the Zoology Department for the academic year 2018-2019 was given to Ms. Z. Afrin Sultana of III BSc Zoology.

DMLT

On 2nd July 2018, the Department of MLT in collaboration with RESCAPES had conducted “Blood group, BMI and anaemia Screening camp” for the students of Government Higher Secondary School in Thirupancheeli, Trichy.

The Inauguration of “Paramedical Technologist Association (PTA)” was held on 25th July 2018 in the Department of MLT where staff and student secretaries were selected.

The second association meeting was held on 30th July 2018 in Sophy’s hall. Mr. Saravanan M.D., Incharge and Senior Lab Technician, Arthi Diagnostics, Trichy, delivered the message on the topic “Importance of laboratory diagnosis and their impact on health issues”.

As a part of association activity, the department conducted “Blood Group Screening Camp” for the first year UG, PG and M. Phil students of our college on 8th and 10th September, 2018. From this camp 1649 students benefited.

On 13th August 2018, the Department of MLT in collaboration with RESCAPES conducted “Blood group, BMI and anaemia Screening camp” for the students of Government Higher Secondary School in Thalakudi, Trichy.

On 14th August 2018, the farewell function for the outgoing students was held in Sophy’s hall. The special invitee was Sr. Dr. Catherine, Head of the Department of Psychology, Holy Cross College and she delivered her message on the role of laboratory technician in the field of clinical diagnosis and after the cultural events the program came to an end.

On 4th September 2018, the Department of MLT in collaboration with Women Studies Centre had conducted “Health checkup camp” for the Non teaching staff of Holy Cross College during the nutrition week celebration.

In collaboration with RESCAPES, the Department of MLT conducted “Blood group, BMI and anaemia Screening camp” for 389 Students of Government Adhidrawider Higher Secondary School in Thiruvasi village on 6th and 11th September, 2018.

From 8th to 11th October, 2018 the Department of MLT conducted “Blood group and BMI Screening camp” for 96 students of Dolour’s High School for the deaf, Ponmalaipatty, Trichy in collaboration with RESCAPES.

On 13th October, 2018 in collaboration with RESCAPES the department of MLT conducted “Blood group, BMI and anaemia Screening camp” for the people in Kuttathupatty village, Dindigul.

A visit to Annanagar village, Keeranur, Pudukkottai affected by “Gaja Cyclone” was arranged on 14th December 2018. The relief materials were distributed to 60 families. About 25 students were involved in the activity. The students had an interaction with the village people to understand the hardships due to the cyclone. The relief materials such as rice, candles, napkins, mosquito coils, biscuit packets, masala items, toiletry items and onions

were distributed to 60 families. The students realized the superiority of nature and understood the importance of protecting the environment and the natural resources.



Library

Nine members from the central library have attended one day workshop on Iyarkkai Maruthuvam at Perugamani, Trichy on 9th June 2018. They discussed about the natural food habits, details of the medicated plants, and Yoga. This session was very interactive. They learnt a lot of the information about the natural plants and treatments.

Mr. Kanakaraj, Librarian, Thiagaraja Polytechnic College, Salem, gave a Guest Lecture on “Motivation to excel as Women” for I UG students on 2nd July 2018. He spoke on women power and motivated the students.

Rev. Fr. Victor Sundarraj, Guest Faculty, Holy Cross College delivered a guest lecture on “Reference tools for Research” on 19th July 2018 for the I PG students and new staff members of various departments. Rev. Fr. Victor Sundarraj, spoke on research techniques and reference tools. He motivated the students to use the reference tools for their research activities. The guest lecture was followed by an interactive session. The lecture was helpful for the students and staff to use these tools and techniques.

The Central Library has signed an MoU with Academic Library Association on 4th October 2018. The Main objectives of the MoU are:

- ❖ To utilize the expertise of professionals from both institutions to enhance the knowledge and experience of the students.

❖ To conduct need based programmes and courses with participation from both the institutions.

❖ To participate in academic Conferences, Seminars, Workshops and Discussions held by either institution.

❖ To motivate students to publish research papers in IALA Journal.

• In this academic year 2018-19 the library added 1757 books. The library collection has reached 129880 books, 3000 CDs and 154 newly subscribed journals, spending Rs.13,45,897/- for books and Rs. 2, 12,446/- for journals.

• The library has subscribed for the Online journals such as DELNET, N-list, for a cost of Rs.33,313/-

• The total number of transactions during the academic year 2018-2019 are 34012 and the number of visitors to the library are 39851.

• Orientation programme for the freshers was conducted for 3 days from 2nd to 4th July 2018 and 1063 students participated in it.

• A workshop was conducted on 2nd July 2018 on the title “Motivation to excel as woman” by Mr. Kanagaraj Librarian Thiagarajar Polytechnic College, Salem.

• A workshop for I PG students was held on 19th July 2018 titled “Reference tools for Research” by Rev. Fr. Dr. Victor Sundaraj, Guest Faculty, Department of Visual Communication, Holy Cross College, Trichy.

• A book exhibition cum sale was conducted on 9th and 10th January 2019. Teachers and students visited the exhibition and benefitted.

• One day workshop was conducted exclusively for III year students of History, Economics and Business Administration on 31st January 2019 titled “Workshop on Skill Development” by Mr. D. Dorairajan, Librarian, St. Joseph’s College, Trichy. A total of 106 students attended.

• 58 student volunteers contributed their service to the library from 30 to 150 hours.

• All the dissertations submitted by PG, M.Phil and Ph.D candidates were subjected to plagiarism checks using the software ‘Urkund-Commercial Package’. A total of 1085 dissertations were checked.



Center for Research & Development

On 12th April 2018, Annual Research Audit was carried out by the Research and Publication Deanery to take stock of the research activities of all the departments for the academic year 2017-2018.

From July 2018 Statistics classes were conducted by Rev. Fr. Dr. Victor Sunderaj for the staff and students. 15 classes for faculty so far have been conducted. Every Thursday for students of Visual Communication, Audiology and Commerce classes were conducted.

In July 2018 Gifted Students Enrichment Program was conducted. Dr. Cresenta Shakila, Assistant Professor in Rehabilitation Science headed this program for the first year students. The gifted and high achievers were identified and given training and motivation to carry out research and to publish research papers. Two research papers have been sent for publication.

On 14th September 2018, at the Workshop on Web of Science and RemoteXs, the resource persons were Mr. Amir Hussain from Clarivate Analytics and Mr. Kiran from Balani Infotech.

On 17th September 2018, at the Workshop on Accessing E- Resources, Dr. Senthamilselvi Head of the Department of Library and Information Science, Holy Cross College was the resource person.

On 3rd October 2018, for the Workshop on Plagiarism, the Dean of Research, Dr. Sheila Christopher was the resource person.

In January 2019, at the Synergy Research programme, the 239 teaching staff of 19 departments grouped themselves into 78 groups and carried out research. The research papers were submitted, mentored and are now ready for publication.

On 2nd February 2019, a training programme on Academic Integrity and Publication Ethics was held. Dr. S. Srinivasaragavan, Professor and Head, Department of Library and Informative Science, Bharathidasan University, Trichy was the resource person. This training was attended by the teaching faculty.

Second series of Web of Science was held on 6th February 2019. More than 200 teaching faculty were enriched with the inputs by the resource persons, Mr. Amir and Mr. Yashwant.

Under the Make in India initiative, the Government of India launched the Scheme for Facilitating Start-Ups Intellectual Property Protection (SIPP) in January. This scheme was initiated in an effort to reach out to start-ups, protect and promote the Intellectual Property Rights (IPR) and to encourage creativity and innovation. To bring an awareness among the teaching faculty, a one-day workshop on “Intellectual Property Rights and Start Ups” was held with Dr. Ponram, Assistant Professor, Department of Electronics and Communication Engineering, Amrita College of Engineering, Nagercoil and Dr. K.P. Vinod Kumar, Assistant Professor, Department of Chemistry, University College of Engineering, Anna University Constituent College, Konam, Nagercoil as the

resource persons. It was organized by Centre for Research and Publications, Holy Cross College on 18th February 2019. More than 250 faculty members participated and interacted with enthusiasm with the resource persons.

The Crossian Institute for Collaborative Research on Sustainable Development conducted a Food Innovative Exhibition on Science and Technology, for creating awareness among the college students on 26th and 27th February, 2019. The exhibition was inaugurated by Rev. Sr. Dr. Christina Bridget, the Principal. Five teams of students from different departments participated and displayed their models and charts on the topics “Long term impact of junk food on health”, “Junk food Lifestyle”, “Junk food preferred over traditional food”, “Types of Junk food” and “Junk food addiction”.

An oral presentation competition on “Innovative business plan on healthy food and healthy women” was conducted for the Undergraduate and Postgraduate students of all the departments. Students participated and presented their papers through which a platform for discussion and scientific interaction was created.

The team of CICRSD has submitted a project proposal on Cognitive-enhancing and Neurotherapeutic prospects of *Passiflora caerulea* – A commercially unexploited fruit in experimental model of Alzheimer’s disease, to the Tamil Nadu State Council for Scientific and Technology, for the Science and Technology Project Scheme.



Exam results

The passion to excel and persistent efforts to attain the goal has resulted in success.

Results at a glance

UG - Shift I

- The Department of Biochemistry secured 97% passes.
- The Departments of Mathematics and Computer Applications secured 96% passes and above.
- The Department of Botany secured 95% passes and above.
- The Department of Physics secured 94% passes and above.
- The Departments of Business Administration, Commerce and Zoology secured 92% passes.
- The Department of English secured 89% passes.
- The Department of Visual Communication secured 88% passes.
- The Department of Rehabilitation Science secured 86% passes.
- The Department of Economics secured 85% passes.
- The Department of Chemistry secured 84% passes.
- The Department of History secured 75% passes and above.
- The Department of Audiology secured 65% passes.

UG - Shift II

- The Department of Mathematics secured 94% passes.
- The Department of Computer Science secured 93% passes and above.
- The Department of English secured 92% passes and above.
- The Department of Commerce secured 86% passes and above.
- The Department of Physics secured 83% passes and above.

- The Department of Business Administration secured 73% passes and above.

- The Department of Chemistry secured 48% passes and above.

PG

- The Departments of Mathematics, Botany, Zoology, Biotechnology and Tamil of shift I secured 100% passes.
- The Department of Commerce secured 96% passes.
- The Department of Physics secured 93% passes and above.
- The Department of Computer Applications secured 91% passes and above.
- The Department of English secured 83% passes.
- The Department of Social Work secured 82% passes.
- The Department of Economics secured 80% passes.
- The Department of Chemistry secured 78% passes.
- The Department of Rehabilitation Science secured 61% passes and above.
- The Department of Media and Communication secured 20% passes.
- The Department of Computer Science (shift II) secured 75% passes.

M.Phil.

- Six out of eight departments offering M.Phil. secured 100% passes. (Biotechnology, Botany, Chemistry, Mathematics, English, Economics).

- Commerce and Media and Communication secured 66.67% and 50% passes respectively.

Ranks

This year our students secured 14 university ranks at the UG level with one 1st rank, one 2nd rank, three 3rd ranks, two 5th ranks, two 6th ranks, one 7th rank, two 9th ranks, one 11th rank and one 13th rank.

Our students secured 12 university ranks at the PG level with one 1st rank, three 2nd ranks, one 3rd rank, one 4th rank, one 7th

rank, one 8th rank, one 9th rank, two 11th ranks and one 13th rank.

Under Graduates

S. No.	Name	Department	Rank
1.	F. Joy Beaula	Mathematics (S I)	11
2.	S. Susancy Sherin	Physics (S I)	7
3.	S. Auxilila Ruby	Chemistry	3
4.	J. Christy Metilda	Botany	6
5.	Faustina Ive Hilda	Zoology	5
6.	S. Dhasharadha Bai	Biochemistry	6
7.	M. Bhavadharani	Computer Science	13
8.	T. Deivanai	Computer Applications	9
9.	A. Arockiaroselin	Visual Communication	3
10.	S. Jenisha	History	5
11.	M. Jayalakshmi	Economics	3
12.	G. Kowsalya	English Lit. (S II)	1
13.	V. Sountharya	Commerce (S I)	9
14.	Dhvani K Sheth	Business Administration (S II)	2

Post Graduates

S. No.	Name	Department	Rank
1.	U. Priyanga	Mathematics	8
2.	A. Abinaya	Physics	9
3.	J. Sabeena Ashifa	Chemistry	2
4.	M. Basheere Begam	Botany	1
5.	K. Viajayadharssani	Zoology	3
6.	Janani Ravindran	Biotechnology	2
7.	A. Reshma	Computer Science	7
8.	S. Naseema Banu	Computer Applications	11
9.	C. Kiruthika	Economics	2
10.	S. K. Jaya Vidhyashree	English	11
11.	P. Vinodha	Commerce	4
12.	V. Jacklin	Social Work	13

Graduation Day

The Graduation Day was held on 9th February 2019. The chief guest was Dr. Krishnan, Vice Chancellor, Madurai Kamarajar University. The Graduation ceremony commenced at 4:00 pm in the college grounds with a grand procession towards the dais by the Chief Guest, Dr. M. Krishnan, Vice Chancellor, Madurai Kamaraj University, Tamil Nadu, along with the Principal, Rev. Sr. Dr. Christina Bridget, the Vice Principals, Deans and Heads of various Departments of Holy Cross College, Trichy. After the invocation, the Principal, Rev. Sr. Dr. Christina Bridget, welcomed the gathering and gave a brief report on the college activities and achievements for the academic year 2018-2019.

The Chief Guest in his graduation address expressed his elation to be in Holy Cross College, Trichy, to deliver his first address after taking up the post as the Vice Chancellor. He congratulated the college and encouraged the institution to reach greater heights. He said that education has to be focused on the society and it must be equal and useful to all. He urged the graduates to consider this day as the “commencement day”, as their life starts today and their journey should be one that progresses towards the betterment of the nation. He emphasized on the importance of Higher Education to improve one’s skills in all aspects. Through his address he motivated the young graduates to enhance their leadership qualities because today’s students are tomorrow’s leaders who can make India a developed country.

In his talk he focused on the significance of living as a joint family and spending quality time with the family. His

words manifested the goodness of values that can make one’s life worth living.

The heads of various departments then presented the candidates to receive their degrees from the chief guest, Dr. M. Krishnan. The candidates were presented with their certificates by the chief guest and sworn in as graduates after taking the oath. This graduation had 25 undergraduates and 15 Post graduates as college toppers and 14 University rank holders at undergraduate level and 12 Post graduate university rank holders. A total of 1678 students were qualified to receive their degrees and among them 1414 were Under graduates, 234 were Post graduates and 30 M.Phil graduates . The Graduation day ceremony was dissolved by the Principal, Rev. Sr. Dr. Christina Bridget and the function ended with the national anthem.

Extra curricular

Physical Education

95th Annual Sports Meet

Holy Cross College, Trichy, conducted its 95th Sports Day on 3rd August 2018 with its characteristic pomp and grandeur. The sports meet began with the invocation to the Almighty. The esteemed chief guests of the day were, the renowned Shri. Annavi, IAAF Level 1 Technical and Coaching, International Athlete, Southern Railway, Trichy and Col. R. Sivanathan Group Commander, NCC Trichy Group. The other dignitaries present were the Secretary Rev. Sr. Niranjana Anthonisamy, the Principal Rev. Sr. Dr. Christina Bridget, Rev. Sr. Dr. Judy Gomez, Vice Principal and Sister-in-charge of Shift II, the Directress of Physical Education Ms. Vasantha Kokilam, the Vice Principals and the Deans. The

programme commenced with a prayer followed by the welcome address given by Dr. Annal Lourdu Regina, HoD of Commerce.

The March Past was a colourful parade wherein a total of 360 students from 20 departments participated in perfect synchronization. It was followed by the grand spectacle of the opening ceremony. The sports events showcased the zest and fervor of the students on the field. The Chief Guest Shri. Annavi declared the sports meet open and in his address, spoke of a healthy body being a pre-requisite for a healthy mind and about sports being an integral part of the curriculum. He commended the spirit of sportsmanship, leadership and teamwork in the college. The sports events included 100 meters dash finals (Shift-II), 100 meters dash finals (Shift I) and 4x100 m relay finals for both Shifts-I and II that were conducted. The game for the teaching staff “Fire on the Mountain” was conducted. The game for the special children from the Blossom school, “Balancing Walk” was conducted. The game for the administrative staff called “Lucky Corner” was conducted. The game for the visitors called “Passing the Ball” was conducted. Oriental an impressive splendid display of events were performed by the students of shift-II.

The results of the competitions were announced. The winners were duly appreciated and honored with prizes. Over all championship for shift-I was won by the Department of Maths, for shift II by the Department of Computer Science and for PG by the Department of Chemistry. For Shift I Individual championship was bagged by M. Nilofar Nisha, Department of Maths and Jenifer Ananthi Department of Business Administration, for shift II by L. Kiruthika, Department of Computer Science and for

PG by S. Anita Selvamary MCA. The Department of English marched away with shield for the best performance in March past. Dr. S. Amala Fatima Rani (HoD of Chemistry) delivered the vote of thanks. The grand Sports Meet came to an end with the national anthem.

Sports Achievements 2018 – 19

All India Inter University Representation

Our college Ball Badminton players R. Indhumathi (I B.Sc. Maths), R. Paripoorani (I B.Sc. Bio Chemistry) and K. Chithra (I B.Com CA) were selected to represent All India Inter University held at Krishna University (A.P) from 09.01.19 to 13.01.19.

Our College Fencing player M. Bagyalakshmi of I B.Com participated in All India Fencing Tournament Held at Guru Nanak Dev University, Amristar from 08.01.19 to 11.01.19

South Zone Inter University Representation

1. Our college Kho Kho players P. Bhuvaneshwari (III B.Sc Computer Science-Shift II) and L. Kiruthika (II B.Sc Computer Science-Shift II) were selected to represent South Zone Inter University held at Mangalore University from 15.10.18 to 18.10.18.

2. Our college Volleyball player R. Padhmasri (I BCA) was selected to represent South zone Inter University held at KL University 27.10.18 to 31.10.18.

3. Our college Hockey players B. Roopa (I B.Sc. Physics), C. Lakshmi (I B.A. History) and S. Deepalakshmi (I B.A. History) were selected to represent South zone Inter University held at Alagappa

University, Karaikudi from 28.11.18 to 2.12.18.

4. Our college Kabaddi players R. Thangamani (I M.A History) and P. Deva Dharshini (I B.A. Tamil) were selected to represent South Zone Inter University held at Bengaluru North University from 12.11.18 to 15.11.18.

Our college Kho Kho players, Volleyball players, Hockey players and Kabaddi players, were selected to represent South Zone Inter University held at Mangalore University, KL University, Alagappa University, Karaikudi and Bengaluru North University held in the month of October and November.

National Level Representation

1. Our College Taekwondo player M. Viji II B.Sc. Zoology participated in the National Level Taekwondo Championship held at Madhya Pradesh from 18.09.18 to 22.09.18

2. Our college Netball players participated in the south zone netball national championship held at Don Bosco school ground, Trissur, Kerala on 20.11.18 to 21.11.18 and won third place. The participants were R. Dhivya Dharshini (I B.Com.CA), M. Ramya (I B.Com.), K. Sindhu (I B.Com.), C. Varsha (I B.Com.) and R. Abitha (I B.Sc. Botany)

R. Dhanu (I B.A History) represented junior national Hockey team held at Chennai from 21.01.19 to 01.02.19.

Intercollegiate Representation

1. Inter Collegiate KhoKho Tournament held at S.R.College,Trichy from 06/09/2018 to 08/09/2018 HCC KhoKho team were Runners

2. Inter Collegiate Ball Badminton Tournament held at Annai College, Karur on 11/09/2018 and 12/09/2018 our Ball Badminton team were Winners

3. Inter Collegiate Hockey Tournament held at Jamal Mohamed College,Trichy 25/09/2018 and 26/09/2018 our team were Runners

4. Inter Collegiate Kabaddi Tournament held at Annai College, Kumbakonam on 09/10/2018 and 10/10/2018 our team Secured Third Place

5. Inter Collegiate Volleyball Tournament held at Imayam College, Thuraiyur on 12/10/2018 and 13/10/2018 our team Secured Third Place

State Level Representation

1. Our college Hockey team won fourth place in Jamal tournaments (state level) held at Jamal Mohammed College, Trichy from 15.08.18 to 17.08.18

2. Our College Hockey players S. Deepalakshmi (I B.A History), V. Vithyasri (I B.A History), C. Lakshmi (I B.A History), V. Maheshwari (I B.A History) and R. Dhanu (I B.A History) participated in Junior State Level Tournament held at Chennai from 27.12.18 to 30.12.18 (secured runners)

3. Our college Kabaddi team won Third place in open State Level Kabaddi tournament held at Ramanathapuram, Sayalkudi (cash award Rs.15, 000)

4. Our college Kabaddi team won Fourth place in open State Level Kabaddi tournament held at Musiri (cash award Rs. 4000)

5. Our college Kabaddi team were the Runners in open State Level Kabaddi

tournament held at Maniyarakundam, Salem (cash award Rs.10, 000)

6. Our college Kabaddi team were the Runners in open State Level Kabaddi tournament held at Pilliparkottai, Thambampatti (cash award Rs.4000)

7. Our College Ball Badminton team participated in Junior State Level Tournament held at Mecheri from 19.07.18 to 23.07.18

8. Our college Volleyball team were the Runners in open State Level Volleyball tournament held at Thoothukudi (cash award Rs.4000)

9. Our college Kabaddi team were the Runners in open State Level Kabaddi tournament held at Pilliparkottai, Thambampatti (cash award Rs.4000)

10. Our college Kabaddi team were the Winners in open State Level Kabaddi tournament held at Mallasamuthram, Namakkal (cash award Rs.7000)

Divisional Level Representation

1. Our college Kabaddi team were the Winners in open Isha yoga divisional Level tournament held at Anna stadium, Trichy on cash award Rs.5000

District Level Representation

1. Our college Kabaddi team A were the Winners in open Isha yoga district level tournament held at Anna stadium, Trichy on with cash award Rs.6000)

2. Our college Kabaddi team B were the Runners in open Isha yoga district level tournament held at Anna stadium, Trichy on with cash award Rs.4000)

3. Our college Ball Badminton team were the Winners in open district level tournament held at Ponmalai, Trichy on 24.11.18 and 25.11.18

Total cash awards received by HCC Kabaddi team is Rs. 63, 000 (at the state level open tournament) as winners / runners up and at various levels. In the district level CM trophy for various tournaments. Our tournament team players received cash award of Rs. 36,000 as winners and Rs. 9000 as runners up, a total of Rs. 45, 000. The total cash award received by our various team players is Rs. 1, 08,000 (63,000 + 45,000).

NCC

Enrollment of Cadets

On 19th June 2018 the enrolment of NCC cadets took place. Around 350 students were interested to join NCC. 200 cadets were enrolled finally. Cadets from second and third year, motivated the newly joined cadets with their inspirational speech.

International Yoga Day

International Yoga Day was celebrated on 26th June 2018 in Holy Cross College. Along with the students, 200 NCC cadets participated and insisted on the importance of yoga in our life.

Blood Donation Camp

On 17th July 2018, blood donation camp was organized in the college Major. Dr. Viji and 167 NCC cadets donated their blood and showed the importance of donating blood and its uses to all the students.

Rally for Pollution Free Environment

On 11th September 2018, a rally for the pollution free environment was carried

out in Holy Cross College by the NCC cadets and other students. This rally was led by Mr. Mayilvaghanan IPS officer. In the rally, 200 cadets attended with their bicycles.

Swachhta Pakhwada

On 9th December 2018, 35 NCC cadets actively participated in cleaning the statues of famous personalities and former Chief Minister of Tamil Nadu, Dr. M. G. Ramachandran, which is situated in Main Guard Gate.

Rally for Mass Mobilisation

The rally for the awareness of constructing the mobilisation pit for compost was held on 9th December 2018. Totally 55 NCC cadets participated and this rally started from Holy Cross College and cadets reached the college through the Chatham bus stand.

Planting of Saplings

The NCC cadets helped the people in the RESCAPES adopted village on 7th August to create awareness about importance of planting the saplings. 50 NCC cadets participated, cleaned the village and planted many saplings.

Park Cleaning

50 NCC cadets from Holy Cross College went to Ibrahim park near Palakarai to clean the park on 10th December 2018.

Museum Cleaning

NCC Cadets cleaned the Government Museum, Tiruchirappalli which is a heritage centre at Tiruchirappalli, Tamil Nadu on 12th December 2018. It is situated at Rani

Mangammal Mahal near Town Hall. Nearly 40 cadets took part to clean it.

Camps

Cadets attended number of camps Major. Dr. Viji and 55 cadets attended ATC, 65 cadets attended CATC, 25 cadets attended TSC State Level Competition, 35 cadets attended Republic Day Camp State Level Competition, 8 cadets attended NIC at Nagercoil, Major. Dr. Viji and 15 cadets attended Ekk Swachh Ekk Bharath Camp at Vallam, 3 cadets were selected to attend All India SSB Coaching Camp at Chennai.

Major. Dr. Viji. M was one of the board members for revaluation of 'C' Certificate examination.

The cadets went for competition at National College, won first position in Drill, Ski shooting, Best Cadet, National Integration awareness presentation and also won the Overall Championship in the State Level Competition.

The cadets went for Competition at St. Joseph's College and won first position in Obstacles, Firing, Culturals and also won the Overall Runner up in the State Level Competition.

The cadets went for Competition at Bishop Heber College and won first position in Drill, Best Cadet, Cultural presentation and also won the Overall Championship among the 38 colleges that participated in the Competition in Tamil Nadu, Pondicherry and Andaman Nicobar Directorate.

Cadets in the second year attended 'B' Certificate and the third year cadets attended 'C' Certificate exams. The awareness program on Organ Donation was given in the final meeting.

Airwing Cadets

Two cadets (K. Keerthika and V. C. Bakya Lakshmi) have attended Basic Leadership camp which was held at Kumbakonam from 29th to 8th July 2018 and Moulankar Shooting training camp which was held at Anna University, Chennai. From the training one cadet (V.C. Bakiya Lakshmi) got selected and attended Moulankar IGC Shooting competition which was held at Kongu Polytechnic College, Erode. She (V. C. Bakiya Lakshmi) also attended National Integration camp which was held at Jhansi, Uttar Pradesh and Advanced Leadership Camp which was held at Agra, Uttar Pradesh.

Four cadets (S. Deepalakshmi, M. Nivetha, A. Ramya, A. Uma Maheswari) attended three training camps for VSC IGC 2018 and two cadets (M. Nivetha, A. Uma Maheswari) were selected for VSC IGC (group level competition). One cadet (A. Uma Maheswari) was selected for All India VSC (state level competition) which was held at Bengaluru. One cadet (A. Ramya) attended two training camps for RDC IGC and one cadet (R. Vishnu Priya) attended CATC camp.

Competitions

Twelve Airwing cadets participated in Air Fest competition which was held at National College, Trichy on 27th January 2019

- Narmatha (I B.Sc. Physics - Shift I) has secured first prize in Best Cadet competition.
- A. Ramya (II B.A. English - Shift II), A. Uma Maheswari (II B.A. English - Shift II), S. Deepa Lakshmi (II B.A. English - Shift II), M. Nivetha (II B.Sc. Computer Science - Shift II), Narmatha (I B.Sc.

Physics - Shift I), Lebida (I B.Sc. Mathematics - Shift I), Bharathi (I B.Com - Shift I), Kamali (I B.Sc. Mathematics - Shift I) have secured first prize in Group dance.

- Bharathi (I B.Com - Shift I), Nivetha. M (II B.Sc. Computer Science - Shift II), Ramya. A (II B.A. English - Shift II), Deepa Lakshmi (II B.A. English - Shift II) have secured second prize in Relay.

- R. Vishnu Priya (II B.Sc. Chemistry - Shift II), M. Nivetha (II B.Sc. Computer Science - Shift II), Lebida (I B.Sc. Mathematics - Shift I) have secured third prize in Flag area.

- They got Overall Runner up.

- M. Nivetha (II B.Sc. Computer Science- Shift II, Airwing) has got the cash award of Rs. 1000 for flying event.

27 NCC cadets from Army wing have participated in Heros' day competition which was held in Bishop Heber College, Trichy on 2nd March 2019.

- M. Karthiga (I B.Com. - Shift I) has got first prize in Cross Country

- Artheeswari. M (I B.A. English - Shift II), Dhana Lakshmi M (I B.A. Economics - Shift I), Karthiga M (I B.Com. - Shift I) have secured first prize in Flag Area.

- Narmatha (Physics - Shift I) got the award for the Overall Best Briefer.

- Shalin Melvina A (I B.A. English - Shift I) has secured the Overall Best Cadet Award.

27 NCC cadets participated in Winner's day competition which was held at National College, Trichy on 16th March 2019. They participated in various competitions and won the overall runners up trophy.

Fine Arts

Holy Cross College (Autonomous), Trichy, organized cultural events on the occasion of freshers' day celebration, Scintilla-2018 at the college premises on 30th June 2018. The freshers' day was a memorable occasion in the life of every fresher of the college. The freshers' day was filled with excitement, joy, music, enthusiasm, laughter and happiness. The chief guests were Mr. Sai Vinoth, Actor and RJ, Rainbow FM, Mr. Arudra, Director. The departments were given various themes like, Park, Zoo, Museum, Temple, College reunion, Shooting Spot, Political meeting, TV Game Show, Birthday party, Sports day, Seashore, Market and Railway station.

The Department of English bagged the first prize, the golden award. Department of Visual Communication were the proud recipient of second prize, the silver award. The third prize of a Bronze award was won by the Department of Commerce. The students were encouraged in their talents by awarding the best singer, best dancer and best theatre actor awards. The function was presided over by Rev. Sr. Niranjana Antonisamy, the Secretary and Rev. Sr. Dr. Christina Bridget the Principal. The fine arts coordinator Ms. I. Ruby Merlin along with the committee members organized the freshers' day Scintilla 2018.

At the freshers' day, shift II, the chief guest was Mr. Saravanan, RJ, Suryan FM, and Mr. Prasanna M, Choreographer. The departments were given various themes like, Zoo, TV Game Show, Sports day, Railway station and Exhibition. The fine arts president Pradeepa welcomed the gathering. The department of Computer Science bagged the first prize. Department of Chemistry were the runners up. The students

were encouraged in their talents. The function was presided over by Rev. Sr. Niranjana Antonisamy, the Secretary of the college, Rev. Sr. Dr. Christina Bridget, the Principal and Rev. Sr. Dr. Judy Gomez, Shift II in charge.

Individual prizes were also distributed; for Best character to Ms. M. Janani of Department of Computer Science and Ms. Nafeesa of Department of English, Best actor to Ms. Jayasri of Department of Mathematics and best Dancer to Ms. Shalini of Department of Chemistry. The day came to an end with the fragrance of gratitude by Ms. Sherly Baby, Fine arts Secretary, Department of Mathematics.

The intercollegiate cultural fest, Zen Fiesta'18 was held at the college premises on 7th September 2018. The inaugural program commenced with a prayer service followed by Tamizh Thai Vazhthu by the students of Holy Cross College. The procession for opening the cultural fest was inaugurated by the Principal Rev. Sr. Dr. Christina Bridget. The welcome dance was by Ms. Sindhu, a student to welcome all the dignitaries and participants following which the fine arts Secretary welcomed the gathering.

The event was graced by the presence of Rev. Sr. Niranjana Anthonisamy, the Secretary, Rev. Sr. Dr. Christina Bridget A, the Principal, Rev. Sr. Dr. Judy Gomez, Vice Principal and Sister In-charge of Shift-II, Vice Principals, Dr. L. Jenitra and Dr. P. Nagalakshmi and Fine arts Coordinator Ms. Ruby Merlin. The chief guest at the inaugural, was Rev Sr. Dr. Christina Bridget who addressed the gathering with valuable quotes "The meaning of competition is to come together and to make an agreement" and participating

in the event is more important than winning the prize. The inaugural ceremony ended with the vote of thanks proposed by fine arts Secretary Ms. Violet Mary, Department of English.

Following the formal program, various events such as mime, footnotes, solo singing, group singing, western dance, clay modeling, photography, short film, folk dance, RJ hunt, nail art, egg shell painting, face painting, mono acting, mehendi, cartooning, artificial flower making, paper bag making, candle decoration, classical dance and Mr/Ms. Zen Fiesta'18 were held at different venues. There were more than 150 registered participants for all the above events.

Mr/Ms. Zen Fiesta'18 competition was held at Sophy's Hall. In all 15 colleges participated in the competition. The judges for the event were Dr. Mary Jayanthi, Assistant Professor of English, Mr. Antony Stephen, Assistant Professor of Social Work and Ms. Shirly, Guest Faculty.

The winners for the Mr/Ms. Zen Fiesta'18 are as given below:

- Mr. Zen Fiesta'18 was won by Allan Joy from MAM Engineering College.
- Ms. Zen Fiesta'18 was won by Preethi S from Bishop Heber College, Trichy.

The Valediction ceremony started with a prayer which was followed by Ms. Shravya Shalini, Fine arts Secretary, Department of Audiology who welcomed the gathering.

The Valediction ceremony was attended by the Principal Sr. Dr. Christina Bridget, Vice Principal and Sister Incharge

of Shift II Dr. Sr. Judy Gomez, Controller of Examination Rev. Sr. Lizy George and Fine arts Coordinator Ms. Ruby Merlin. The chief guest Mr. Mithran, film director was honoured with a memento presented by the Principal Sr. Dr. Christina Bridget.

The Chief Guest Mr. Mithran, Film Director addressed the gathering with interactive thoughts about his friends and their values. An interactive session between the chief guest and the students was held which included clarifying questions and thoughts on various aspect of film and cine production.

Finally, results of the competitions were announced. The chief guest presented the trophies and certificates to the winners of various competitions and applauded them for excellence in performing and visual arts.

Awards

- "Theater Cup" won by Loyola College with 18 points. The theatre cup combined with mime and mono acting.
- "Music Cup" won by Bishop Heber College with 18 points. Music cup combined with solo singing and group singing.
- "Dance Cup" was given to Jamal Mohammed College for having 30 points. They got prizes in group dance and footnotes.
- "Fine Arts Cup" was won by Bishop Heber College, Trichy. The fine arts cup combined with paper bag making, artificial flower making and arrangements and eggshell painting.
- "Film Cup" was won by Bishop Heber College, Trichy.

The overall winners trophy of Zen Fiesta'18 was bagged by Bishop Heber

College, Trichy. The overall runners trophy of Zen Fiesta'18 was won by St. Joseph's College, Trichy. Finally the program concluded with vote of thanks given by Ms. Zahirdha Bee, Fine arts Secretary. The response received from various colleges and the feedback of the participants was positive, which was a great boost to the institution. Overall, the event was well organized and made successful.

BDU FEST 18, an annual intercollegiate cultural convergence, among the colleges affiliated to Bharathidasan university was held from 28th to 30th September 2019, at Bharathidasan university campus, Trichy. Our college cultural team enthusiastically participated in 30 (literary, theatre, music, dance and fine arts) events and won 14 prizes.

The college team won IV place in Western Vocal Solo, III place in Folk Vocal Solo, I place in Group Song (Indian), III place in Group Song (Western), I place in Debate, II place in Elocution (English), III place in One Act Play, III place in Skit, V place in Mime, II place in Therukoothu, III place in Classical Dance III place in Rangoli, V place in Poster Making and IV place in Collage.

Talentia 2018

Holy Cross College, (Autonomous), Trichy organized fine arts inter-departmental competitions, "Talentia 2018" for three days, 17th, 19th and 20th December 2018. The Inaugural function of the event was on 17th December 2018. The chief guest for the inaugural function was Film maker Sai Gokul Ramnath.

Overall 39 events were organized for all the three days and experts from the field were invited as judges for various

competitions. Events like face painting, hair dressing, cooking without fire, instrumental music, classical dance, paper bag making, mime, chart painting, classical vocal solo, debate, poster making, mehendi, wealth out of waste, literary pageant, collage, light vocal solo, rangoli, nail art, and variety were organized on 17th December 2018.

On 19th December 2018, events like egg shell painting, paper quilling, cartooning, candle decoration, poster making, clay modeling, jewellery making, vegetable carving, photography, quiz, artificial flower arrangement, western vocal solo, dumb charades, mono acting, footnotes, skit, frame and group singing. On the third day 20th December, the events like culture and costumes of India and western dance were organized.

The valedictory function started at 2.00 pm on 20th of December, Merku Thodarchi Malai fame Mr. Antony Lawrence, film actor was the chief guest. He gave motivational talk to students to face life's challenges positively. The overall Trophy was won by English Department (Shift -1). The program ended with vote of thanks.

Kongu Cultural Fest 2019

Our college cultural team participated in a state level cultural meet "Kongu Cultural Fest 2019" which was organized by Kongu Arts and Science College, Erode as a part of their Silver Jubilee Celebrations on 22nd January 2019 and won I prize in Short Film and Face painting, II Prize in Group Dance and Mime. They also won cash awards worth Rs. 12, 000. Our college team won the Overall Winners Trophy, among the 39 competing colleges.

Hillario 19

Our college cultural team participated in Hillario 19, an intercollegiate cultural festival organized by Nandha College of Arts and Science, Erode on 23rd and 24th January 2019 and won I prize in Mime, Mehendi, Rangoli, Face Painting, II Prize in Adzap and Tattoo, III prize in Fashion Show. They also won cash awards worth Rs. 11,750. Our college team won the Overall Winners Trophy, among the 50 competing colleges.

Exotica 19

Our college cultural team participated in Exotica 19, South Zone Inter College Cultural Meet, organized by Dr. N.G.P Arts and Science College, Coimbatore on 24th January 2019 and won I prize in Hand Painting, II Prize in Creative Writing and Variety. They also won cash awards worth Rs. 8000. Our college team won the Overall II Runners Up position, among the 35 competing colleges.

"Shilpgram Utsav - National Folk Festival 2018" held at Udaipur

It is a great honour to take part in the Nation's Mega and Prestigious Cultural Festival for the 7th year. Our college team was selected and invited by the West Zone Cultural Centre, Udaipur, Ministry of Culture, Government of India to present and depict our Tamil Nadu's Ancient Folk Dance "Karagam".

Our college folk dance team consisting of 13 girls from various departments headed by our college folk dance master "Kalaimamani" M. Ilangovan and accompanied by our college alumna Ms. A. Ilakkiya to guide them participated in the Mega Cultural Extravaganza.

They had opportunity to perform for 4 days from 27th December to 30th December 2018. After having done scintillating performances they went for one day sightseeing on 31st December 2018. Our students had a wonderful exposure in the cultural field nation wide and they had opportunity to learn the culture and cultural activities of various states and people.

"Pongal Festival Celebrations and Republic Day Celebrations in Chandigarh" organised by "Chandigarh Tamil Sangam"

It is a universal truth and candour that people who are away from their respective home towns or states will never forget their traditions and culture and try to perform the communion rituals in a proper way. It is not exceptional and anomalous in case of Tamilians in Chandigarh too. They used to celebrate Pongal Festival every year and decided to continue the celebration this year too. It is a great honour for the college team to take part in their carousing festive celebrations as per their invitation through South Zone Cultural Centre, Thanjavur, Ministry of Culture, Government of India.

Our College Folk Dance team consisting 14 students from various departments headed by our College Dance Master "Kalaimamani" M. Ilangovan visited Chandigarh and took part in their jamboree for three days from 26th January to 28th January 2019.

They performed 4 shows in 3 days from 26th January to 28th January 2019 in Republic Day Celebrations in Chandigarh, Kerala Samajam, Chandigarh, Pongal Festival Celebrations by Tamil Sangam, Chandigarh and Panchkula. Honourable Chief Minister of Haryana Mr. Manohar Lal Khattar, Former Union Minister Mr. Anand

Kumar Bansal and Local MLA, and Mayor of Chandigarh and many dignitaries witnessed our team's splendid performance and appreciated our students wholeheartedly.

On 12th February 2019, St. Joseph's Institute of Management (JIM) conducted an intercollegiate meet- OSCARS'2019. 5 events were conducted and the college fine arts team won prizes in collage, skit, Jim talks, wealth out of waste and poster making. They received a cash award of Rs. 3000 and won the overall winner's trophy.

On 15th February 2019, Lady Doak College, Madurai conducted an intercollegiate meet – Kavigai. 15 students participated from our college fine arts team and won the runner up trophy. They won prizes in 9 events - mono act, dub smash, face painting, mime, Tamil poetry, poster making, English essay writing, selfie contest and quiz.

On 18th February 2019, Mangayarkarasi College of Arts and Science for Women, Madurai conducted an intercollegiate meet Nakshatra-2k19. A total of 13 events were conducted. The college fine arts team won prizes in classical dance, property dance, mime, extempore, flower carpet, verse writing, short film and character encounter. The team won the overall runners trophy.

On 1st March 2019, the college fine arts team participated in Cascal'19, the state level intercollegiate meet conducted by PSG CAS (aided). The students won prizes in adaptune, tooth brush painting, dumb-C, Tamil poetry, variety and English debate. Our college received cash prizes worth Rs.20000 and won the overall runners trophy among 34 competing colleges.

On 2nd March 2019 the college fine arts team participated in Euphoria'19, the state level intercollegiate meet conducted by PSG CAS (Unaided). The students won in 16 events- solo singing, solo dance, tattoo, Tamil poetry, Tamil debate, rofl, poster making, adzap, vegetable carving, variety, English debate, English poetry, photography, meme creation, English speech and Mathi Yosi upon 22 events conducted by the college and won the overall trophy. Students received cash prizes worth Rs. 42, 000 and 46 colleges participated.

Our students participated in the Cultural Fest organized by VPMM College of Arts and Science, Krishnankovil, on 8th March 2019. They participated in nearly 18 events and won cash prizes worth Rs. 59,000. R. Pargavi of III B.Sc. Rehabilitation Science, was the recipient of Overall Runners prize worth Rs.25, 000.

The total amount as cash awards won by our college Fine arts Team was Rs. 1,85,750.

Extension Activities

RESCAPES

Awareness programme on Importance of emergency service (108) Holy Cross Community College, Ayikudi-27th September 2018

Accidents happen everyday, but some people died because of unavailability of First Aid help. So to make the students understand the need for first aid and its importance, "Importance of Emergency Service Program" was conducted for the community college students at Ayikudi. EMT. Sasikapoor, 108 service explained the

importance of first aid and how to give first aid and also explained the use of 108 service and then explained what are the facilities available in the 108 van to the students.

“Awareness sticker campaign”

To create awareness on various Social issues our college extension department RESCAPES, conducted sticker campaign in Veerani Village of Sirupathur Panchayat on 21st July 2018. The sticker campaign focused on “Avoid Plastic Bags”, “Use Cloth Bags” “Blood Donation”, “Effects of Alcohol Addiction”, “Eye Donation” and about “Clean Country”. These stickers were posted on the doors of houses in the village and at the common places like ration shop and water collecting places. The aim of the program was to create attention among the village people about the present issues which need to be focused on.

To create awareness about alcohol addiction and its hazards, our college conducted an awareness sticker campaign at No. 94, Kariyamanikam village on 28th July 2018 and posted stickers on the houses of the villagers, to bring awareness among rural people. The sticker consisted of slogans and it reinforced the rural people to know about the hazards of alcohol addiction. Nature Club volunteers and NCC Cadets participated in the awareness program and posted awareness stickers in the houses of the villagers and in the common public buildings like ration shop and community hall.

Blood Group, Hb (gms) and BMI check up was conducted on 2nd July 2018 at Government Higher Secondary School, Thirupanjanlee. 300 students were screened. Our College extension department RESCAPES, in association with DMLT

conducted the program in the school. BMI, Hb (gms) test and blood grouping were done by DMLT at Government Secondary School, Thalakudi on 13th August 2018.

124 students from the school were screened and reports were submitted to the Head Master. And this programme was also conducted at Government ADW Higher Secondary School, Thiruvashi, on 6th September 2018. 389 students from the Government Adidravidar Welfare School were screened and reports were submitted to the Head Master.

Body Mass Index Identification Camp was conducted at Government ADW Elementary School, Thiruvashi, on 11th September 2018. Our College extension department RESCAPES, in association with DMLT department conducted the program in the school. Date of screening was arranged by RESCAPES. BMI calculation was conducted by DMLT. 101 students from the Government Adidravidar Welfare School were screened and reports were submitted to the Head Master.

For the past few years, Holy Cross College has extended its service to the needed villages and people of other villages and also to other districts, which are not adopted by HCC. This time Blood Grouping, Hb (gms) and Body Mass Index calculation was conducted on 13th October 2018 for the people of Kuittathupatty village, which is at Dindugal. Children, youngsters, women and elderly people participated in the program and benefited. Totally 91 people were benefited.

Four Day Camp from 8th October 2018 to 11th October 2018 was organized for the Dolours High School for the Deaf, Ponmalai, Blood Group identification, Body

Mass Index calculation was conducted by Department of MLT and Hearing Screening (Speech Test and Audiometric Test) was conducted by the Department of Audiology. Each day 20 children were screened. Report was given daily to the school staff. Advance Hearing Aid was referred for the children with 20% discount. This program is the outcome of screening visit by the II PG students of the department of Rehabilitation Science to Dolour's High School for Deaf. 92 deaf students were screened.

“Awareness Program on De-Addiction” was conducted at Government Higher Secondary School, Thirupanjalee on 4th July 2018. Addiction is the main cause of all problems. Mr. Muthukumaran, Founder of Sunrise De-Addiction Centre explained addiction is not only smoking and drinking; there are various sectors such as social media, (Facebook, WhatsApp) and TV serial. Especially school going students also face various addiction problems and the above problems. He explained what addiction is, how one gets addicted, who the reason is, what are the problems that will be faced, what will be the status of health and social condition and how to overcome these problems to the school students. Frequently he interacted with the students and asked questions, students answering the question and participating in the interaction were honored with small gifts. The Headmaster gave an introduction about the de-addiction at the beginning, and the school teachers thanked Holy Cross College and Mr. Muthukumaran for the valuable session.

For Awareness Program on “Ill Effects of Addiction” at Government Higher Secondary School, Thirupanjalee on 16th July 2018, Mr. Muthukumaran, Founder of SUNRISE de-addiction centre was the

resource person. Awareness videos were also displayed to make the school children to get greater awareness about the alcohol addiction and its effects. Mr. Muthukumaran explained how it affects the organs, internally and externally and how people start drinking and how it becomes a habit and how family and children were affected because of addiction and then explained the causes, effects and the procedure of treatment and what will happen because of relapse. The session ended with the students interaction and feedback.

To motivate the school children how to overcome such problem and how to have healthy thinking and how to concentrate on education, play and self, an awareness program on “Alcohol Addicted Parent and Children's Mental Health” (Coping Mechanism) was conducted for the school students on 17th July 2018. 35 VIII Standard students, 108 IX Standard students of both genders (143 students) participated in the program. Mr. Anandan, MSW., Counselor, SUNRISE De-addiction centre was the resource person.

He explained the problems faced by children of parents who are addicted to alcoholism and also explained to the children how to cope with the situation, what they should do at the time and how to respond in times of fear. Then he explained to them strategies to concentrate on studies and play. Two videos were screened, one about how family and children were affected due to alcohol addiction and the video was about how to overcome addiction. Then the session ended with the students' feedback.

Assistive Skill awareness Programme was conducted at Government Higher Secondary School, Thirupanjalee on 18th July 2018. Mr. Anandan, MSW., Counselor,

SUNRISE De-addiction Centre was the resource person.

He explained the characteristics of Assistive skill person to the school students.

- Feel free to express the feelings, thoughts and desires.

- also able to initiate and maintain comfortable relationships with [other] people

- Know their rights.

- Control over their anger. This does not mean that they repress this feeling; it means that they control anger and talk about it in a reasoning manner.

- “Assistive people are willing to compromise with others, rather than always wanting their own way and tend to have good self-esteem”.

- “Assistive people enter friendships from an 'I count my needs. I count your needs' position”.

Following that he conducted games. The goal of the game was to make the children understand the need for team work and videos related to the concept were also displayed.

“This Way Is Not Safe”, De-Addiction Awareness Program for boy students was conducted on 23rd August 2018 at Government AWD Higher Secondary School, Thiruvashi and “Where I Am Going” De-Addiction Awareness Program was conducted on 23rd August 2018 at Government Secondary School, Thalakudi. Mr. Muthukumaran, Director of SUNRISE Foundation, De-addiction center explained the various causes, symptoms and effects of alcoholism addiction to the school students.

Extension department RESCAPES of Holy Cross College (Autonomous) Tiruchirappalli had arranged an awareness

visit to Sunrise Foundation- De-addiction Centre on 21st August 2018. Ms. Anicham explained the causes and effects of Alcohol Addiction. Mr. Joseph explained the preventive measures for Alcohol Addiction.

Extension department, RESCAPES of Holy Cross College (Autonomous) Tiruchirappalli had arranged an awareness visit to Sunrise Foundation- De-addiction Centre on 21st August 2018. Mr.Muthukumaran, Director, SUNRISE Foundation, De-addiction Center and his staff explained about what is alcoholism, its causes, risk factors, alcohol use disorder, symptoms and physical symptoms to the school boys.

“Digital India Program” Awareness Programme was held at Government Higher Secondary School, Thirupanjalee on 2nd July 2018. Today the earth is spinning with Web Axis, and one vision of our Central Government vision is to make the whole country a digital nation. Our college also took part in that vision and planned to create email id for the rural school students. The students from III year BCA-B section were involved in this activity. The college students created email id for 308 students belonging to Government Higher Secondary, School, Thirupanjalle, Manachanallur (Tk), Trichy district on 2nd July 2018. The school strength was about 1050. Email id for the remaining students was planned to be created in the next phase.

NCC in association with RESCAPES conducted Swachh Bharath program at No.94 Kariyamanikam village on 28th July 2018. Our NCC Cadets cleaned the bus stop. Transport facility was arranged by RESCAPES and NCC cadets participated in it.

Awareness Program on Sex Education was held at Holy Cross Community College, Ayikudi, on 1st October 2018. Ms. Aruna, ATHMA Hospital, Thillai Nagar, Tiruchirappalli was the resource person. She explained why sex education is needed for girl children and students and then explained what is sex education and then she explained how sex education helps the individual in the adolescent age and also explained with whom to share their thoughts at the age of schooling and college. "Talk to your mother friendly and openly" which helps the person to overcome the problems in the adolescent age, to the students of Holy Cross Community College, Ayikudi.

A Programme on Love vs Infatuation was conducted at Holy Cross Community College, Ayikudi, on 4th October 2018. Mr. Aravind, ATHMA Hospital, Thillai Nagar, Tiruchirappalli was the resource person. He explained the difference between love and infatuation, the age to love, how to overcome infatuation, to the Community College students at Ayikudi. The difference between infatuation and love is that infatuation is a short-lived passion for someone whereas love is a deep affection for someone that stands the test of time. If you've only known the person for a short time, then it is infatuation and love takes a while to develop.

A programme on Behavior Management was held at Holy Cross Community College, Ayikudi, on 5th October 2018. Mr. Aravind, ATHMA Hospital, Thillai Nagar, Tiruchirappalli was the resource person.

- Withdrawal behaviors such as shyness, rocking, staring, anxiety, school phobia, truancy, social isolation or hand flapping

- Disruptive behaviors such as being out-of-seat, calling out in class, tantrums, swearing, screaming or refusing to follow instructions

- Violent and/or unsafe behaviors such as head banging, kicking, biting, punching, fighting, running away, smashing equipment or furniture/fixtures

- Inappropriate social behaviors such as inappropriate conversations, stealing, being overaffectionate, inappropriate touching or masturbation.

Mr. Aravind explained how to overcome the above attitudes in class room to the students. Vodafone India launched Ab Rukein Kyun, Campaign for Vodafone Sakhi Safety Service for Women. An awareness program on Contribution of Vodafone Communication Network Service Towards Women Safety was held at Holy Cross Community College, Ayikudi, on 22nd October 2018. Ms. Stella and Ms. Sujatha explained to the Holy Cross Community College students how Vodafone network renders its support for women safety.

Awareness Program on Good Touch and Bad Touch was held on 3rd July 2018 at Government Higher Secondary School, Thirupanjalee. At present child abuse is becoming more common in urban areas and in rural areas. Children are unaware of abuse. They lack knowledge about what is good touch is and what is bad touch. A program was conducted on Good Touch and Bad Touch for school children from VI standard to VIII standard. Ms. Anitha, P., Assistant Professor, Department of Social Work, Holy Cross College (Autonomous), was the resource person.

Assistant Head Mistress delivered the welcome address. Head Master explained

the importance of the program and asked the students to listen carefully which will help them now and later. Ms. Anitha explained to the school children how people will create environment and behave and how to be aware of such situation and how to protect themselves.

Awareness Program on Good Touch & Bad Touch was conducted at Government Secondary School, Thalakudi, on 16th August 2018. Mr. Aravind, from ATHMA Psychiatric Hospital, Thillai Nagar, Trichy, was the resource person. He explained to the school girls students about the Good Touch and Bad Touch.

“I Am Not A Doll” (Awareness program on Good Touch and Bad Touch) was conducted at Government AWD Higher Secondary School, Thiruvasi, on 20th August 2018. Ms. Padma from KLA (Kajamalai Ladies Association) explained to the girl students about good touch and bad touch. Awareness program on Good Touch and Bad Touch (Boys and Girls) was held at Government Secondary School, Thalakudi, on 20th August 2018. Ms. Arthi and Ms. Padma were the resource persons. They explained to the school boys from VI standard to VIII standard about what is Good Touch and Bad Touch. Extension department RESCAPES of Holy Cross College (Autonomous) Trichy organized this program in association with Young Indians, Trichy Chapter.

At present Child abuse is becoming more common in urban and rural areas. Children are unaware of abuse. They lack knowledge about what good touch is and what bad touch is. So a program “Say Yes To Say No” on Good Touch and Bad Touch was conducted for school children from VI Standard to VIII Standard of LNP Girls

Higher Secondary School, Lalgudi, on 11th September 2018. Ms. Anitha, P., Assistant Professor, Department of Social Work, Holy Cross College (Autonomous), was the resource person. Ms. Anitha explained to the school children how people will create environment and behave and how to be aware of such situation and how to protect themselves. Video related to that was also displayed.

Happy Day Program-Celebrating Villagers Birthday was held on 21st July 2018 at Veerani Village, Sirupathur Panchayat. Happy Day Program is, celebrating the birthday of the villagers by RESCAPES of Holy Cross College. This program was held, to bring joy and happiness among rural people and children and to bring awareness among the college students, what is true happiness and how it brings unity among people by making others happy, which is the biggest achievement with values behind it.

The birthday of a village school girl was celebrated in the school, along with her class mates and school mates at Veerani village of Sirupathur village. It was a memorable day for the village girl and the entire school students and for the college students.

“Happy Day” programme was also held at No.94 Kariyamanikam Village on 28th July 2018. On 28th July 2018 the birthday of one year old village baby was celebrated, The Nature Club volunteers and NCC Cadets joined with the child’s family members and their relatives and cut the cake and celebrated the day with love and joy.

Happy Day Program-Celebrating Villagers Birthday at Thaluthalapatty on 4th August 2018. The birthday of the 3 girls in the village was celebrated in the school, along with their class mates, teachers and

parents at Thaluthalapatty village. It was memorable day for the village girl and the entire school students and for the college students.

Awareness Programme on Suicidal Behaviour, Self Harming, Oral Hygiene, Personal Hygiene and Mental Hygiene was held on 14th August 2018 at Government Secondary School, Thalakudi. Mr. Aravind, Psychiatric counselor of ATHMA Psychiatric Hospital, Thillai Nagar, Trichy was the resource person. He explained about Suicidal Behavior, Self Harming, Oral Hygiene, Personal Hygiene and Mental Hygiene to the school girls.

“My Health Is My Wealth” Menstrual Hygiene Awareness Program was held on 21st August 2018 at Government AWD Higher Secondary School Thiruvasi. This program was organized by RESCAPES extension department in association with Young Indians, Trichy Chapter. Dr. Arthi explained to the school girls about the importance of menstrual hygiene and the health problem faced by girls and women because of poor menstrual hygiene.

“We Can” Menstrual Hygiene Awareness Program was conducted on 23rd August 2018 at Government Secondary School, Thalakudi. Menstrual Hygiene Management is a subject of ‘Silence’ and discussion of the topic among women or even between mother and daughter is very limited. Menstruation is a very important natural body process among women which cannot be avoided. Therefore it is imperative for every one of them to have awareness about menstrual hygiene.

Lacking basic education and health knowledge, makes it difficult for many women, especially in villages and slum

areas, to comprehend the long term effect of poor menstrual hygiene and they finally end up with a lot of health issues.

Awareness at the right age can make a big difference in the betterment of their health and hygiene. A very important step is being taken towards this cause by Holy Cross College (Autonomous) Tiruchirappalli. If girls and women are to live healthy and productive lives with dignity, menstrual hygiene is a priority. In many areas, there is complete neglect of menstrual hygiene due to low awareness levels and lack of access to sanitary products.

Acupressure awareness program was held at Holy Cross Community College, Ayikudi on 28th September 2018. Ms. Bala Vidhya of II Year M.Sc. Rehabilitation Science was the resource person. She explained what Acupressure is, how it helps, what its uses are, and how people can benefit by acupressure, to the Community College Students at Ayikudi.

Awareness on Psychiatric Disorders was held at Thaluthalapatty on 3rd October 2018 and at Holy Cross Community College, Ayikudi on 8th October 2018. Mr. Deenadhayalan, ATHMA, Hospital, Thillai Nagar, Tiruchirappalli was the resource person. He explained the various psychiatric disorders and problems, the reason behind the problems, treatment method and procedure, role of family and how to save ourselves from psychiatric problems, and the need of early identification, treatment and follow up to the people of Thaluthalapatty village.

Role of Nurse and Patient Healthy Relationship Programme was held on 16th

October 2018. Ms. Rajini, Counsellor, from Shanthivanam, ATHMA Hospital, Tiruchirappalli was the resource person. She explained the role of nurses and how to care for a patient, to the students of Holy Cross Community College, Ayikudi.

Hearing screening, Voice Fluency and Articulation was conducted at Government Higher Secondary School, Thirupanjalee on 2nd, 3rd and 4th July 2018, by which 946 school students were screened. Students who had problems were referred to come to Holy Cross College for further advance checkup.

Vision/Speech/Hearing Screening Program “Screening and Rehabilitating With Aid” was held on 13th July 2018 at Devimangalam / Ayikudi- School. Vision, Speech and Hearing screening was conducted for the school students of Devimangalam village, 15 students from Adidraavidar welfare school were screened, among that one boy was identified with special need and one girl with visual problem.

The identified students were informed to the school Head Master and the Head Master was asked to inform their parents. Rehabilitation measure and aid will be arranged for these school children after next level screening and contact number was given to the Head Master for follow up. In Government Elementary School, Ayikudi 34 students were screened and among them two children were identified with special need, school Head Mistress was asked to inform their parents and the students were taken for screening in the following week along with their parents, and rehabilitation measure was taken.

“Laws For Women’s Rights” (Legal Aid Awareness Program) was held at Holy Cross Community College, Ayikudi on 29th September 2018, at Holy Cross College (Autonomous), Trichy, on 5th October 2018. Er. Thanga Gopinath, the resource person, spoke about how girls and women were affected in this society due to various reasons. And then he explained about what are the laws which stand for women’s rights and how and where a girl or woman can approach for her rights and also explained about the district, state and national forum for women and women’s rights. The programme was also conducted at Thaluthalapatty and Thathamangalam on 9th October 2018 where he explained about the district, state and national forum for women and women’s rights to the village women.

Awareness Program On “How To Succeed In Education” was held at Government Higher Secondary School, Thirupanjalee on 5th July 2018. To motivate the school students a session was conducted on “How to succeed in education” Mr. Muthukumaran, Founder of SUNRISE de-addiction center was the resource person. He explained the following to the school students:

- What are the ways to be followed to succeed in education?
- How to focus oneself towards education?
- What are the difficulties we face during studying?
- How to overcome the hurdles during studying?
- How to motivate one self and step forward to achieve an ambition?

He conducted a competition on how to get Rs.500/- from his hand. Many students said many ideas, some felt shy to say, some

smile and laughed, one girl student stood up and got the Rs.500/- from him. After that he said, this is how one can achieve the opportunity, thinking and communication are not enough, action and implementation of thoughts are also important to obtain success, as the girl did. He gifted that Rs.500/- to that school girl and informed the class teacher to inform the Head Master about this. Then small gifts like Dairy Milk Chocolates were given to active students, shawl was given to a girl who was more enthusiastic throughout the session. The school teachers thanked the resource person for motivating the school students through his valuable information, and also thanked HCC for conducting such programs in their school.

To motivate the school teachers and to help them to achieve quality teaching and students learnable teaching a session was conducted on “Effective Teaching Method for School Teachers” for the Teachers of Government Higher Secondary School, Thirupajalee on 6th July 2018. Mr. Eronymous, Director of OITRUKAN Journal was the resource person, and he is a board member in the new education system of the Tamil Nadu state government. The session was very much interactive and two way communicative. He explained how the present education system is; What are the problems faced by the students? What are problems faced by teachers in the present teaching method? How to mould students by following innovative methods? And how to update ourselves? He explained that a teacher should update himself periodically for the benefit of student’s community and also for their knowledge. He gave many examples for effective teaching. Teachers are the creators of the past, present and future generation. So teachers need to

improve their quality and standard. With these words he concluded the session. The students of the Departments of Computer Applications and Commerce also participated in the session.

“How To Overcome Exam Fear Programme?” was held at Government Secondary School, Thalakudi on 24th October 2018 by Aram Hospital-Psychiatry Service and De-Addiction Center. Dr. Mageshrajagopal, MBBS., MPH Psyc UK., Director of ARAM Hospital was the resource person. He gave tips for the school students on how to overcome exam fear, start revising early, your own timetable, allocate time for breaks, write legibly, decide when to study, share with someone, visualize positivity, be physically active, have balanced meal, practice meditation and try for group study.

Agricultural Farm Visit, Nainnemangalam, Lalgudi on 30th June 2018

Agriculture is the back bone of our nation. But at present agriculture is vanishing in many villages due to various reasons. To create interest about agriculture among youth and students our college arranged an Agricultural Farm Visit for the Nature Club Volunteers.

One day agriculture farm visit was organized and the volunteers went to Nainnemangalam, 5 kms from Lalgudi Mr. A. Veerapandiyan., B.Sc., Agri (Retd) and Senior Manager of UCO Bank, a traditional farmer who is always fond of sharing and teaching the agricultural techniques to the youngsters, shared his personal experience,

Mr. A Veerapandiyan., explained how to cultivate paddy, and the periodic

maintenance methods to the Nature Club volunteers. Then the volunteers were taught how to pluck paddy sapling and how to replant it in the land. Then the volunteers went back to village and they started cooking by themselves, the work was shared between them.

The volunteers of Rehabilitation Science department went for home visit and explained to the villagers about various disability, its causes, preventive measures, treatment, therapy, vocational training centre, educational centre, welfare schemes for the persons with special need. Then evaluation was conducted about the visit.

“Kolli Hills Pilot Visit” was held on 7th July 2018. The objective of the visit was to become aware of the culture and lifestyle of the people, find a place for the next camp and micro trekking. 18 students with a volunteer staff started the pilot visit and travelled in a government bus along with the public. It is to know how people are and how students can adapt themselves with the environment. In Kuittykeroyatti, Mr. Saave and Mr. Palani explained the history and living conditions, agriculture method, crops cultivated, monsoon, family lifestyle, employment, salary, health treatment and education to the Nature Club volunteers. Then they went to visit the place of stay for the next two day camp in the coming month.

To create Tree Plantation among students community, Holy Cross College, Nature Club went on a Tree Plantation Farm visit to Naduvasal. Honorable Mr. Ramanathan, who got award from our late former President Honorable Dr. A.P.J. Abdul Kalam, was selected in 2014 for planting more Trees and for donating more Tree saplings around Tamil Nadu. Mr. Ramanathan, welcomed the students and

started interacting with the students, first he explained how trees, plants and creepers, and herbs were used for medicinal purpose and it is useful for us and then explained how it is useful for our daily living. Then the students along with Mr. Ramanathan went to the trees farm. He explained about the uses of Sandal, Red Sandal, Karunkali, Bamboo, African Teak and many other varieties of trees. Traditional rural folk singers from the village sang three songs about trees and its uses and then students were went to Manora Tower, Mallipattan small fishing harbor and then thanked Mr. Ramanathan for his valuable sharing and returned to the college.

Food is Medicine Programme was held on 23rd July 2018 at Holy Cross College. Dr. H. Wilson Sahayaraj., DHM., CNT., spoke about the importance of Alternative Medicine and the health issues faced by women and hazards of cell phone radiation, and explained how to over come those issues through alternative medicine. Mr. John Prince, alumnus of Social Work Department, Holy Cross College, explained about the present environment issues and how people are affected.

“Extracting Wealth from Waste” programme was held on 24th July 2018. Students from the departments of Tamil and History have less job opportunities, so our college extension department planned to conduct a program for them which provides them part time employment opportunity during their studies and self employment after their studies. Mr. T.N. Sridharan, Director-Sales and Marketing, Green Rich Grow India was the resource person. Mr. T.N. Sridharan, explained to the students about how to convert the waste into wealth, and he asked students to be multiligustic, which will help them to get job opportunities

in this field. He explained about the herbal plants cultivation. The session ended with the students' interaction with the resource person.

“Income from Cattle” programme was held on 1st August 2018 at Thirupanjalee by the Nature Club. Thangaswamy Thirupathi a farmer and environmentalist, who works for the environment wellbeing and for traditional crops cultivation and food system explained to the village women about the importance of cow rearing and how it helps people's health and wealth. He explained about the uses and importance of cow dung, cow urine and panchakaviya and the market demand for it.

“Organic Manure Preparing Demo” programme was held on 4th August 2018. As part of NATURE Club activity the NATURE Club voluntaries went to Thiruvanaikaval to attend a demo on how to prepare, Amirthakaraisal and Fruit Guard. Farmer Thangaswamy Thirupatti explained about the benefits of Mappillai Samba rice and Punkaru rice to the voluntaries and then he explained about the present situation of farmers. “Kolli Hills Camp” was held on 26th and 27th August 2018. As the outcome of the pilot visit to Kolli Hills on 7th July 2018, this two day Camp was organized by the extension department RESCAPES. 40 Nature Club volunteers participated in the camp accompanied by two staff.

Program

Day: 1

➤ Micro Trekking for 3kms from Arupaleswarai Temple to Kuittikiraipatty Tribal Village.

➤ Home visit

➤ Topics covered:

- ✓ Importance of following the Immunization Schedule for children
- ✓ Environment protection
- ✓ Hazards of Open Defecation
- ✓ How to protect people from Malaria, Dengue & Chikunkuniya

Day: 2

- Interaction with Tribal People
- Local Visit

Awareness Programme on “Reflexology” was held on 20th September 2018 at Thaluthalapatty, on 24th September 2018 at Holy Cross Community College, Ayikudi and on 25th September 2018 at Holy Cross College, Trichy. Mr. J. Deepak, MSW., LLB was the resource person. He explained the uses of Reflexology to the students.

Awareness Program on Road Safety and Traffic Rules was held on 25th September 2018 - Holy Cross Community College, Ayikudi and on 26th September 2018 at Holy Cross College. Mr. Neduncheliya Pandian, Brake Inspector, East Tiruchirappalli was the resource person. Sr. Jareldin, Principal, Holy Cross Community College, Ayikudi welcomed the resource person and honored him.

“Role of women in de-addiction” programme was held on 26th September 2018 at Holy Cross Community College, Ayikudi. Mr. Muthukumaran, MSW, M.Sc. YOGA., was the resource person. He spoke about the role of women in de-addiction.

Role of Women in De-Addiction programme in association with BDU-Constitution College, Kurumpalur-Perabalur was held at Thaluthalapatty on 3rd October 2018. Mr. Daiz, Socsead, De-addiction center, Tiruchirappalli, was the resource person. He explained how women can change the home environment and their

contribution to change the person who was an alcohol addict. And then he explained the treatment measures to overcome alcohol addiction, to the village women of Thaluthalapatty.

A total of 104 school students studying XI Standard and XII Standard from Government Higher Secondary School, Thirupanjalee village came to Holy Cross College on 29th June 2018. Dr. Sr. Christina Bridget, Principal, Holy Cross College (Autonomous) welcomed the school students through a moral story and then she presented a pen to each student. Ms. Angel Selvaraj., Department of Rehabilitation Science, Holy Cross College was the resource person. She explained to the students how to set goals and how to achieve the goals. She also conducted various activities for the school students.

After lunch the college students divided the school students into 5 groups and took them to different departments, labs and explained to them about the special features of the departments, facilities available in the departments, the scope and job opportunities. One of the school student's birthday was celebrated by the extension department RESCAPES.

76 school students studying IX standard from Government Higher Secondary School, Thirupanjalee, came to Holy Cross College for Campus Visit, on 2nd July 2018

The Dean of extension Dr. Sujatha Ilangovan., Assistant Professor, Department of Zoology, Holy Cross College was the resource person. She explained to the school students about the important values to be followed which will make them shine well in future.

A total of 81 school students studying IX Standard and XII Standard from Government Higher Secondary School, Thirupanjalee village came to Holy Cross College on 3rd July 2018. Major. Dr. Viji, Associate Professor, Department of History, Holy Cross College, explained to the school students about the value of education and moral values of life. And she explained how to apply and follow the tips, which build oneself towards success in life.

76 school students studying XI standard from Government Higher Secondary School, Thirupanjalee village came to Holy Cross College on 4th July 2018. Dr. Vijay, Assistant Professor, Department of Psychology, Holy Cross College, was the resource person. He explained to the school students as to how to study the subjects in an easy way and also he explained how to overcome stress while studying for examination.

67 school students studying 12th standard from Government Higher Secondary School, Thirupanjalee village came to Holy Cross College on 5th July 2018. Ms. Arul Subila, M. Assistant Professor, Department of Psychology, Holy Cross College was the resource person. She explained to the school students about how to overcome exam fear and also explained how to prepare for exam and the need for good environment.

74 school students studying X Standard from Government Higher Secondary School, Thirupanjalee village came to Holy Cross College on 5th July 2018. Dr. Catherin Edward, Associate Professor, Department of English, Holy Cross College was the resource person. She explained to the school students about how reading habit transforms an ordinary person to an extraordinary

person and how it helps a person to become wise.

94 school students studying X Standard from Government Higher Secondary School, Thirupanjalee village came to Holy Cross College on 9th July 2018. Mr. Muthukumaran, Founder, “SUNRISE” De-addiction centre was the resource person. He motivated the students about how to become a normal person and how to achieve their dreams and how to focus on a goal through various demo and examples.

Shanthivanam Visit (Residential Mental Ill Home) (A Unit of ATHMA Hospital Tiruchirappalli) was held at Government Secondary School, Thalakudi-11th October 2018. (48 Boy Students from Government Secondary School, Thalakudi). Mr. Babu explained to the school students about the various reasons for Mental Illness and how the present world is seeing them, why and how they become like this, where these persons were found and how these people got treatment and their present conditions were explained by him.

Shanthivanam Visit (Residential Mental Ill Home) (A Unit of ATHMA Hospital Tiruchirappalli) was held at Government Secondary School, Thalakudi-12th October 2018. (48 Girls Students from Government Secondary School, Thalakudi).

Mr. Dheenadayalan explained to the school students about the various reasons for Mental Illness and how the present world is seeing them. Ms. Vaishanvi, MSW. Psychiatric Social Worker explained about the vocational training for them and how it helps them in their life.

Teachers Day was celebrated in Government Secondary School, Thalakudi and also at Government ADW Higher

Secondary School, Thiruvasi on 5th September 2018.

“Traditional Tree Plantation” programme was held at Government Higher Secondary School, Thirupanjalee on 7th August 2018. To motivate the school students in Tree Plantation and to make the school environment green our college extension department RESCAPES in association with the Department of History jointly organized a Tree Plantation program. Mr. Ramanathan was the Chief Guest. Mr. Ramanathan explained the various benefits of Tree Plantation to the school students, and also he adopted one boy student and one girl student and promised to sponsor their education. Tree Saplings were planted around the school campus also with the school students, college students, school teachers and village officials.

Palm Seeds Sowing Program was held at Devimangalam and No-94 Kariyamanikam Road on 4th October 2018. To bring back the past rural environment, palm seeds were sown in road sides of Devimangalam to No.94 Kariyamanikam road. The palm seeds were provided by SOCSEAD organization at Tiruchirappalli. The students sowed the palm seeds. Around 200 palm seeds were sown in Devimangalam, to No.94 Kariyamanikam road by the students of Holy Cross College (Autonomous) Tiruchirappalli.

Palm Seeds Sowing Program was held at Thaluthalapatty on 13th October 2018. Holy Cross College through our extension department RESCAPES involved in green environment activities (Tree Plantation) so as part of it Trees were planted in many villages and palm seeds were also sown in some villages. On continuing the green activity on 13th October 2018, 200 palm

seeds were sown in Thaluthalapatty village on the road sides by the NATURE CLUB Volunteers. Palm seeds were contributed by SOCSEAD.

Service Extended On Need Basis Tree Plantation

The Tree Plantation was held on 13th October 2018. Along with the 100 Neem saplings 32 Red Sandal saplings and 18 Elavam panchumaram saplings were also contributed by Holy Cross College.

Palm Seeds Sowing Program was held at Sirupathur-Veerani on 14th October 2018. Palm Tree naturally holds ground water and is useful for people in many ways. But in the past one or two decades the palm trees were destroyed by people for various reasons. Holy Cross College through our extension department RESCAPES involved in green environment activities (Tree Plantation) so as part of it Trees were planted in many villages and palm seeds were also sown in some villages. On continuing the green activity on 14th October 2018, 520 palm seeds were sown in Sirupathur Panchayat, Veerani village on the road side by the Nature Club Volunteers.

One Day Workshop on “how to study” Government Higher Secondary School, Thirupanjalee -10th August 2018

One Day Workshop On “know your self capacity” Government Secondary School, Thalakudi -18th August 2018

Mr.Eronymous, explained to the school students about the following few tips for better performance in studies.

One Day Workshop on “I Find Myself” was conducted on 20th August 2018 at Holy Cross College. There was a total of 54 students from Thalakudi, Government Secondary School (IX and X Standard) had sessions on good habits given by Sr. Catherine, Head, Department of Psychology, HCC, the children were separated into 6 groups. Short films named “Bothai” and “Penpaal” were screened to them which highlighted the various addictions which children get into and acid attacks.

Mr. Keerthivasan from Chennai, who is studying II Year Engineering, contributed Rs.5000/- worth books for the library initialization at Government Higher Secondary School, Thirupanjalee on 10th August 2018. He spoke about the need and importance of reading books which can change the entire life of people. The Head Master received the books from the Chief Guest.

Service Extended on Need Basis (Aadi) Attapadi, Palakad, Kerala.-5th& 6th May 2018.

This program is a follow-up of National Tribal Conference conducted by the Department of History. This year Aadi organization conducted a Tribal Fest and Fr. Lenin Antony was present in college for the Tribal Fest. So our college extension department RESCAPES had a two day screening program.

➤ Blood Grouping, Hb (gms) and BMI calculation was conducted by DMLT Department and 267 people were screened.

➤ Hearing Screening, was conducted by the Audiology Department for the tribal people from Holy Cross College (Autonomous) Tiruchirappalli. Audiology screening was conducted for 103 tribal people at Attapadi.

World Elder's Day was celebrated by RESCAPES extension of Holy Cross College (Autonomous), Tiruchirappalli at Manitham Old Age Home, Tiruchirappalli on 30th September 2018.

Noon Meal for Homeless and Wandering People - 12th October 2018

Our extension department collected the surplus food and made the Government Secondary School Girl Students, Thalakudi to join with us in this program.

Gaja Cyclone Relief and Rehabilitation Work

Gaja Cyclone Relief Work

Place: Naduvasal (East/North)

Gaja cyclone affected the 5 districts in Tamilnadu. To give a helping hand for the affected people, our college went to Naduvasal on 21st November 2018 with relief materials and support for the villagers. Naduvasal (East) village belongs to Neduvasal Panchayat, Alainkudi Taluk, Thiruvaram Kulam Union, Puthukottai District. 113 Kms from Tiruchirappalli. The Neduvasal (East) village consists of 870 (Ration card) Families.

A pilot visit was undertaken by the HCC staff to Naduvasal. The basic need of the villagers was identified through group discussion among the villagers. Basic needed things were listed by the village representatives (per family); 3 kg of rice, 1 box candle, 1 box mosquito coil, 1 packet biscuit (12 pieces), 1 packet match box, 1 vicks box and napkin for needed persons were given to 745 families at Naduvasal(east) and at Naduvasal (north) the above things were provided to 153 families.

A tree cutting saw machine was also contributed to the villagers at Naduvasal; the machine will be maintained by Mr. Ramanathan in the village. The above things were provided to the villagers in the presence of the Principal, Dr. Christina Bridget and staff members.

Honourable Mr. Siva, MP visited the cyclone affected area on that day and thanked Holy Cross College, Principal and management, staff and students for their valuable support.

Gaja Cyclone Rehabilitation Work

Place: Naduvasal (East/North)

Date: 10, 11, 13, 14 -12-2018

After the relief work at Naduvasal, the college had the follow-up rehabilitation work at Naduvasal, supporting the villagers and farmers through clearing the broken trees and branches.

Students from the departments of Botany, Commerce and English of Shifts I and II carried out rehabilitation work on 10th, 11th, 13th and 14th December 2018.

Gaja Cyclone Relief Work

Place:Thirumanangudi

Date: 15-11-2018

Our college students went to Thirumanangudi near Vailankanni, Nagapattinam District. Based on need, things were provided at Thirumangudi in the presence of the Principal, Dr. Sr. Christina Bridget and administrative staff of our college. Tarpaulin, vegetables, biscuits, candles and mosquito coils were given to the most affected 60 families at the village.

Program title: Good touch and bad touch & menstrual hygiene

Place: Dolours High School for the deaf-Ponmalai

Date: 26th October 2018

Ms. Anitha, P., Assistant Professor, Department of Social Work, Holy Cross College (Autonomous), the resource person explained how people will create environment and behave and how to be aware of such situation and how to protect themselves to the deaf girls and also explained the importance of menstrual hygiene to the deaf girl children of Dolours High School.

Program Title: Health and hygiene, menstrual hygiene, personal hygiene and diabetic awareness (in association with HRD)

Place: Holy Cross Community college, Ayikudi

Date: 27th October 2018

Mr. Jagan, explained about life skills trainings followed by Mr. Nagarajan, who explained about the health issues faced by women and then about diabetics and its preventive measures and treatment and about communicable disease and then Ms. Sarathadevi spoke about the importance of hygiene and menstrual hygiene.

Program title: De-addiction awareness program

Place: Azhagiyamanavalam

Date: 26th November 2018

Ms. Gayathri, Social Worker from Aram Hospital the resource person explained to the people of Azhagiyamanavalam Panchayat as to how alcohol addiction affects health and then explained how the parts of the body are affected, the treatment procedure for alcohol

addiction and the role of de-addiction centre in rehabilitating the persons addicted to alcoholism. Pamphlets with the details on how to overcome alcohol addiction and treatment procedure were distributed.

Program title: Dengue and swine flu awareness

Place: Gopurapatty

Date: 30th November 2018

Sr. Mariya Anita, Director of CHAT (Catholic Christian Association Trust) was the resource person. She explained to the people in the village about the symptoms, causes, effects and preventive measures for dengue and swine flu. Following that Nilavembu drink was also provided to the people.

Program title: Importance of Emergency Service (108)

Place: Gopurapatty

Date: 6th December 2018

The importance of emergency service program was conducted in Gopurapatty Village. EMT Karthik., (Emergency Medical Technician) explained to the village people about the facilities available in the 108 van and how to call the 108 van, and for what the 108 service is running for and the role of people in emergency service.

Program title: Women Protection

Place: Holy Cross College, Tiruchirappalli

Date: 5th January 2019

Mr. Suriya Moorthy from Human Dignity Centre was the resource person. He explained what are the problems faced by women and children and why they are facing such problems.

Program title: How to handle common household electrical programs

Place: Holy Cross College, Tiruchirappalli

Date: 11th January 2019

Mr. John Basker (Electrician of our college) and his team were the resource persons. They explained the common electrical problems and how to handle and manage such common problems.

Program title: Gramashaba and Panchayat Raj System

Place: Gopurapatty

Date: 22nd January 2019

Mr. Nandha Kumar and Mr. Mahamuni from AHAM Foundation were the resource persons. They explained the importance, need and functions of Grama Sabha and Panchayat Raj System to the students.

Program title: Awareness on World Aids day

Place: Thaluthalapatty

Date: 1st December 2018

Mr. Francis, Xavier, CHAT Organization (Catholic Christian Association Trust) was the resource person. He explained to the people about the causes of HIV/AIDS and also explained the preventive measures and then explained about the treatment procedure for HIV/AIDS and the role of family members in treating the people who were affected / infected by HIV/AIDS.

Program title: World disability day (In association with department of rehabilitation science)

Place: Government Secondary School, Thalakudi

Date: 3rd December 2018

World Disability Day was observed in Government Secondary School, Thalakudi on 3rd December 2018, in association with Department of Rehabilitation Science. Ms. Sasi and Ms. Srimathi, Assistant Professors of Rehabilitation Science were the resource persons. Ms. Sasi explained the various types of disability and its causes to the school students. Ms. Srimathi explained the rehabilitation measures and government schemes for various disabilities and the role of parents and siblings were explained by both to the school students.

Program title: Water Management

Place: Azhagiyamanvalam

Date: 2nd January 2019

Mr. Divagar, MSW, Human Dignity Centre explained the present status of water problem in India, Tamil Nadu and in Tiruchirappalli to the people of Azhagiyamanvalam village. Then he explained the roles and responsibilities of every individual of our country in protecting and saving water, rain water, river water, pond water and also ground water. He asked the people to be aware of the current issues and join hands for saving water.

Program title: *Hearing Screening*

Place: Government secondary school, Thalakudi

Date: 3rd December 2018

Hearing Screening program was conducted for the school students at Government Secondary School, Thalakudi in association with Department of Audiology Speech and Language Pathology, Holy Cross College (Autonomous) Tiruchirappalli. All the school students were screened and problem identified students were informed to the Head Master and they were referred to come to Holy Cross

College, Dept of Audiology for future checkup. Hearing screening was done for the school teachers also.

Program title: Kitchen gardening and its benefits

Place: Gopurapatty

Date: 6th December 2018

Mr. Mahamuni from AHAM Foundation the resource person explained to the people in the village as to why every house needs to have a kitchen garden and how it supports the health of the entire family and how income can be generated through the kitchen garden and children can be involved in the kitchen gardening.

Program title: Legal rights for women

Place: Holy Cross College, Tiruchirappalli

Date: 8th January 2019

Er.Thanga Gopinath the resource person spoke about how girls and women were affected in this society, what are the laws which stand for women's rights, where a girl or woman can approach for her rights and the district, state and national forum for women and women's rights to the students.

Program title: Solid Waste Management

Place: Holy Cross College, Tiruchirappalli

Date: 9th January 2019

Mr. Francis Xavier from Chat Organization (Catholic Christian Association Trust) explained to the students about the daily life in industrialized nations that can generate several pounds of solid waste per consumer, not only directly in the home, but indirectly in factories that manufacture goods purchased by consumers.

Program title: Awareness Programme on "Reflexology"

Place: Palaiyur

Date: 10th December 2018

Mr. J. Deepak explained the uses of Reflexology to the people in the village. i.e., gentle manipulation or pressing on certain parts of the foot to produce an effect elsewhere in the body.

Program title: Swatch Bharath

Place: Ariyamangalam manure yard/ onsite compost unit marakadai

Date: 19th February 2019

No. of students	Resource Persons
Biochemistry-1	Mr. David Muthu Raj, Sanitary Inspector, Tiruchirappalli Corporation
Chemistry -27	
Commerce -30	
English -24	
Economics -4	
History -5	Mr. Senthil Kumar Mr. Mohammed Gani Tiruchirappalli Corporation

With a focus on self employment opportunity the village visit program for I PG and II PG students was changed as Urban Sanitation visits. The Tiruchirappalli city Corporation presently works on solid waste management, converting all the waste into wealth. The students visited the Ariyamangalam Manure Yard. Mr. Senthilkumar and Mr. Mohammed Gani explained the history of the Ariyamangalam Manure Yard and the present status and how it will be after 2 years. Then the students went to the waste materials separating unit.

The students visited Onsite compost unit at Marakadai. Mr. David Muthu Raj, Sanitary Inspector, Tiruchirappalli Cooperation explained what is onsite compost unit, how to produce organic

manure, what are the roles of students, parents, and each individual in building a clean and green nation.

Program title: Swachh Bharath

Place: Onsite compost unit, Marakadai

Date: 21st February 2019

No of students	Resource Person
Biotech & Bio Informatics -7 Commerce -29 English -27 History-10	Mr. David Muthu Raj, Sanitary Inspector, Tiruchirappalli Cooperation

The students visited Onsite compost unit at Marakadai. Mr. David Muthu Raj, Sanitary Inspector, Tiruchirappalli Corporation explained what is onsite compost unit, how to produce organic manure, what are the role of students, parents, and each individual in building a clean and green nation.

Program title: Women Rights

Place: Kuruvampatty

Date: 23rd January 2019

Er.Thanga Gopinath was the resource person. He spoke about problems of girls and women in the society, the laws which stand for women's rights, where a girl or woman can approach for her rights.

Program title: Swachh Bharat

Place: Holy Cross College, Tiruchirappalli

Date: 23rd January 2019

Mr. Ramesh, Administrative Officer, Mr. Divagar, Zonal Sanitary Supervisor were the resource persons. Mr. Ramesh explained why Swachh Bharath is launched and why it is important and what is student's role in Swachh Bharath. They explained the present activity of Tiruchirappalli

Corporation, the role of students in clean India, the role of each individual in building the clean nation, the need of preparing compost in the houses and importance of separating the home waste which will be helpful for Corporation. And then he explained the uses of Swachh Bharath app to the students. Mr. Divagar and Mr. Mohammed Gani, Sanitary Supervisor (Ward) explained about the onsite compost unit and Bio Gas unit and its purpose to the students.

Program title: Swachh Bharat

Place: Holy Cross College, Tiruchirappalli

Date: 25th January 2019

Mr. Ramesh, Administrative Officer, Mr. Divagar, Zonal Sanitary Supervisor were the resource persons.

Program title: Swachh Bharat

Place: Holy Cross College, Tiruchirappalli

Date: 28th January 2019

Ms. S. Navaneetha and Ms. Thenmozhi were the resource persons. They explained why Swachh Bharath is launched and why it is importance and what is role of Swachh Bharath to the students.

Program title: Swachh Bharat

Place: Holy Cross College, Tiruchirappalli

Date: 23rd January 2019

Mr. Divagar, Zonal Sanitary Supervisor and Mr. Mohammed Gani, Sanitary Supervisor (Ward) were the resource persons.

Program title: Physiotherapy and its benefits

Place: Holy Cross College, Tiruchirappalli

Date: 12th February 2019

Mr.Suresh Gnana Rethinam was the resource person to the students of I PG

Rehabilitation Science Department. He explained the benefits of Physiotherapy.

Program title: Swachh Bharat
Place: Holy Cross College, Tiruchirappalli
Date: 22nd February 2019

Mr. David Muthu Raj, Sanitary Inspector, Tiruchirappalli Corporation was the resource person. He explained the need and importance of the student's role in building the clean nation. He explained about the Ariyamangalam, Compost Yard project, Onsite compost unit at Marakadai and Bio Gas Unit maintained by the Tiruchirappalli Corporation and the role of people in clean nation.

Program title: Water Management
Place: Holy Cross College, Tiruchirappalli
Date: 25th February 2019

Mr. Vinoth, Thaner Organization explained to the students why water management is needed and the role of every individual in water protection and how the water was utilized and saved by other states in India. And then he explained the role of state government in water protection and present status of water management in Tiruchirappalli and also explained the waste water management of the Tiruchirappalli Corporation. And then he explained the role of each individual and students in protecting and harvesting water. Following that students also shared their views and thought in saving water.

Program title: Schizophrenia Awareness
Place: Holy Cross College, Tiruchirappalli
Date: 26th February 2019

Mr. Aravind., MSW, Director ATHMA Group of Institution explained the causes, and symptoms of schizophrenia, preventive

measures, treatment and rehabilitation measures for schizophrenia and also how students are affected by schizophrenia and explained some situations may lead to schizophrenia.

Program title: Removing the creepers in the pond
Place: KeelaValadi
Date: 10th March 2019

Our college decided to clean the 2½ acres pond at KeelaValadi, in Lalgudi Taluk. The college Nature Club volunteers 46 in number removed the creepers in the pond. The people in the village supported the students in removing the creepers.

Program title: River Cleaning
Place: Uyyakondan
Date: 10th March 2019

Along with the members of Citizens for Uyyakondan our students participated in the cleaning of Uyyakondan River. 60 students from Nature Club participated in the social awareness.

Other Programmes

Under the following criteria programmes were conducted in the adopted villages in the academic year 2018-2019:

- Importance of emergency service
- Awareness sticker campaign
- Program on blood grouping, Hb and BMI calculation
- De-addiction awareness
- De-addiction center visit
- Digital India and Swachh Bharath
- Self management
- Programs on good touch and bad touch
- Happy day programs
- Health education
- Hearing screening

- Legal aid awareness
- Motivational programs
- Nature club programs
- Programs on reflexology
- Programs on road safety and traffic rules
- Role of women in de-addiction
- Rural school students Holy Cross College campus visits
- Residential mental ill home visits
- Teachers day celebration
- Tree plantation
- Workshop at schools and college for rural school students
- Village school library
- Service extended on need basis
- World elder's day celebration
- Noon meal program
- Relief and rehabilitation work
- Uprooting of Julifera, cleaning the ponds
- Tips to handle common electric problems
- Right to vote and EVM demonstration

NSS

Summer Internship Programme

Ministry of Drinking water and Sanitation, Ministry of Human Resource Development and Ministry of Youth Affairs and Sports, Government of India offered 100 hours Swachh Bharat Summer Internship Programme from 1st to 31st July 2018. A total of 94 NSS volunteers enrolled either as team or as individuals for the summer internship programme. The volunteers have chosen Punganur Village, Manikandam Block, Tiruchirappalli. The participants have done many activities such as awareness campaigns, conducting village rallies, segregation of solid waste into biodegradable and non biodegradable, development of compost pits, street cleaning and door to door campaign for 15 days. All

participants contributed a lot for the rural sanitation of India by attending 100 hours summer internship programme offered by Government of India.

World Population Day

As a part of the NSS Program, the NSS unit of Holy Cross College, Trichy celebrated World Population day on 11th July 2018. The chief guest was Dr. H. D. Subashini, Assistant Professor of the department of Botany, Holy Cross College, Trichy. She spoke on the importance of hygienic living which will bring forth a healthy generation. She focused on other familial issues like family planning. She stressed on the importance of human rights and the responsibility of individuals as better citizens. Following this, the NSS President Ms. S. Hawwa Aafia took the pledge for World Population Day which was repeated by the students. The program came to an end with the National Anthem.

Slogan Writing Competition

Menstrual Hygiene Management Consortium (MHMC), Clinical Research Committee, Youth cell, Federation of Obstetric & Gynaecological Societies of India (FOGSI) and Shirdi Sri Thayumana Saibaba Seva Project have jointly organised Slogan Writing Competition in the theme "Menstrual Hygiene Management" on 27th July 2018 for NSS volunteers. 9 NSS volunteers of our college participated in the slogan writing contest. Ms. J. Saratha of I B.Sc Physics has won 1st prize for the same.

NSS Inauguration

The inauguration of NSS and Red Ribbon Club of Holy Cross College (Autonomous), Trichy was held on 1st

August 2018. Dr. (Sr.) Christina Bridget, Principal, Holy Cross College (Autonomous) Trichy presided over the function.

She spoke on leadership qualities and encouraged the students to do the service whole-heartedly. The chief guest was Dr. Lakshmi Prabha, NSS Co-Ordinator, Bharathidasan University, Trichy. She spoke about scope for NSS students in their career and the importance of doing service to other people and also emphasized that today's students are tomorrow's leaders, so students must be responsible to build corruption free nation. The inauguration came to an end with the National Anthem.

Breast Feed World Day

The NSS unit of Holy Cross College, Trichy organised an orientation on "Breast feeding" on 23rd August 2018. The program was presided over by Dr. Sr. Christina Bridget, Principal, Holy Cross College, Trichy. The Chief guests who graced the occasion were Dr. Thangavel, Pediatrician, KAPV Government Medical College, Trichy accompanied by Mr. Mahamuni, Zonal officer, Ekam foundation, Trichy. Dr. Shanthi, NSS Coordinator Holy Cross College, Trichy advised the NSS volunteers to share and spread the importance of breast feeding as it is very essential in this modern world. Mr. Mahamuni took over the session on the benefits of Ekam foundation. Dr. Thangavel, chief guest of the occasion had an interactive session with the NSS volunteers and gave awareness on the importance of breast feeding. He explained the significance through video clippings. He also shared his experience as a doctor with the NSS volunteers. The program came to an end with the National Anthem.

Eye screening camp

The NSS cell of Bharathidasan University jointly with Joseph Eye Hospital, Trichy organised an Eye Screening Camp for the college teachers on 5th September 2018, in honour of the Teachers day. The slogan of the camp is "You live for us". In this camp eye doctors insisted to the teachers and students about the importance of eyes and how to safeguard eyes from infections. And also they educated us how to protect our eye from diseases through proper diet and care. The chief guest of the day was Assistant Commissioner of Police Thiru. Mayilvaganam. In this programme one NSS programme officer and 5 NSS volunteers participated from our college.

The NSS unit of Holy Cross College, Trichy inaugurated "Holy Cross Blood Donors' Club" on 6th September 2018. The program was presided over by Dr. Sr. Christina Bridget, Principal, Holy Cross College, Trichy. While delivering the presidential address, she shared her valuable thoughts on the merits of blood donation.

She also spoke that saving others lives is a boon to mankind. The Chief Guests who graced the occasion was Rotarian. T. Umakhanth, Assistant Governor of Rotary Club, Trichy 3000 and Rotarian Dr. P.K. Rath, Director, Doctor's Diagnostic Blood Bank and Research Centre, Trichy.

Rtn. T.Umakhanth shared his childhood experience of blood donation on those days. He stressed on the thought that blood donation is a timely life saving help. Rtn. Dr. P.K.Rath took over the second session and focused on the history of blood flow system and its components. He explained the

process of blood transfusion and the significance of blood donation.

The program came to an end with the National Anthem.

Blood Donation Camp

The NSS unit of Holy Cross College, Trichy organized a Blood donation Camp on 24th September 2018. The chief guest Rotarian, Dr. P.K. Rath, M.D. Pathology, Director, Doctor's Diagnostic Blood Bank and Research Centre, Trichy gave a brief lecture on the significance of blood donation for the student community by illustrations from his life and also insisted how donated blood had saved umpteen number of peoples' lives who were really in need. He encouraged the students to donate their blood by giving the awareness of fresh blood that is produced in the body. Nearly 250 NSS volunteers and 100 students participated in the program and 83 students donated their blood. The program came to an end with the National Anthem.

Workshop on Personality Development

In commemoration of NSS day, the NSS unit of Bharathidasan University conducted one day workshop on "Personality Development" for the NSS volunteers on 24th September 2018. About 10 NSS volunteers of our college participated in the workshop. The presidential address was given by Dr. G. Gopinath, Registrar, Bharathidasan University, Trichy. He highlighted the importance of career guidance and motivated the students for preparing UPSC exams. The workshop covered different aspects of personality development through various sessions like 'Career guidance for young and vibrant graduates'.

NSS day Celebration at old age home

A visit to old age home was organised for NSS volunteers to celebrate NSS day on 25th September 2018. The NSS students visited old age home people who are living in Annai Illam which is located at Punganur. The cultural activities were performed in front of them to make them happy. Dinner was provided by the NSS unit to them.

Green consumer day celebration

The NSS unit of Holy Cross College, Trichy organized a lecture on environmental issues and entrepreneurial skill development in commemoration of Green Consumer day celebration on 27th September 2018. The chief guest who graced the occasion was Dr. Richard Sekar, Entrepreneur. Dr. P. Shanthi, NSS Coordinator and Head, Department of Botany presided over the function. Dr. Richard Sekar shared his experience on how he transformed himself from an ordinary person to a hard working person and also the rewards of hard work. He also shared his experience on how he started a small business and achieved success as an entrepreneur. Around 250 student volunteers were benefited by the lecture. The program ended with the National Anthem.

Swachhatha Hi Seva

The NSS unit of Holy Cross College (Autonomous) Trichy conducted Swachhata Hi Seva – Clean India awareness program on 1st October 2018. The program was presided over by Dr. Sr. Judy Gomez, Vice Principal and Sister In- Charge of Shift II.

The chief Guest of the program was Mr. Ranjan Kumar Routray IRS, Chief Commissioner of Customs, South Zone. He

spoke about the importance of cleanliness and also insisted that clean India will surely make peaceful generations and good atmosphere for the future generations to live in. Following his talk, there was an interactive session for which the students participated actively. Nearly 500 NSS volunteers participated in the program. The program came to an end with the National Anthem.

The NSS unit of Holy Cross College (Autonomous) Trichy conducted various competitions on 1st October 2018 for the NSS volunteers of the college to celebrate the 150th birthday of Mahatma Gandhi. The competitions were essay writing (English and Tamil), drawing and poster presentation. The competitions were based on Gandhiji's Principles and their influence on today's youth. Nearly 50 students participated in the competitions. The best three participants were selected from each competition and were given certificates and prizes.

The NSS unit of Holy Cross College (Autonomous) Trichy participated in the Swachh Bharath Plogging (Cleaning of litters) conducted by the Trichy corporation on 2nd October 2018. The program was presided over by the Corporation Commissioner of Tiruchirappalli. The NSS volunteers cleaned the streets of Sanjivi Nagar ward No.7 Trichy. The dumping of plastics in the streets and roads were cleaned by the NSS students. Nearly 90 NSS volunteers participated in the cleaning process.

Holy Cross College (Autonomous) Trichy conducted an awareness campaign – “Smoke free campus”- Save Energy, Environment, Earth on 17th October 2018. Rev. Sr. Dr. Christina Bridget presided over

the function. The chief Guest of the day was Mr. Mayilvaganan, IPS, Deputy Commissioner, Traffic and Crime, Tiruchirappalli. He spoke on the importance of smoke free environment which will enhance the society to live in peace and bring forth disease free generation. He quoted Mahatma Gandhi's words “If you want the change be a change”. With this key idea he motivated the students to be the change and make the change in the society. He commenced the cycle rally by waving the flag. Nearly 400 students of the college participated in the awareness campaign.

The NSS unit of Holy Cross College (Autonomous) Trichy, celebrated the day of Corruption Free India on 30th October 2018 in the college premises. The NSS volunteers took the integrity oath to follow probity and rule of law, to neither take nor offer bribe, to perform all tasks in an honest and transparent manner, to act in public interest, to have integrity in personal behavior and to report any incident of corruption to the appropriate agency.

The NSS unit of Holy Cross College (Autonomous) Trichy, celebrated Sarthar Vallabai Patel's birthday as National Unity Day on 31st October 2018 in the college premises. The NSS volunteers took oath to promote and safeguard the qualities of unity, integrity and protection of the nation among the people and to uphold Sarthar Vallabai Patel's futuristic vision of national unity and to support and protect the defence system of our country.

World AIDS day is observed on 1st December every year since 1988. In this regard the NSS unit and Red Ribbon Club of Holy Cross College (Autonomous), Trichy jointly organized AIDS awareness programme on 1st December 2018. The chief

guest of this programme was Mr. K. Jayapal, ICTC Councillor, MGM Govt. Hospital, Puttur, Trichy. He gave awareness on the causes, symptoms, diagnosis of AIDS and other diseases associated with AIDS. He advised the students about their responsibilities in the society to prevent AIDS and to help AIDS patients with love and care.

National Integration Camp

Regional Directorate, Chennai and Anna University conducted National Integration Camp at Alagappa Chettiar Government College of Engineering and Technology, Karaikudi from 10th to 16th December 2018. NSS volunteers from 13 states of India attended the camp. Ms. Hawwa Aafia of II BA English, Holy Cross College, Trichy attended the camp. The NSS volunteers attended various sessions of lectures focusing on self management, role of youth in waste management, interpersonal relationship skills and leadership skills. Mr. C. Samuel Chelliah, Regional Director of Tamil Nadu, Pondicherry, Andaman and Nicobar, spoke on youth development in India. The session involved number of activities for the volunteers to actively participate. A rally was conducted on 13th December 2018 to give awareness about unity in diversity. The NSS volunteers cleaned and planted trees in the campus. The volunteers were taken for educational tour to Rameswaram on 15th December 2018. On 16th December 2018, Mr. Mani Sankar, Vice chancellor, Bharathidasan University, Trichy was the chief guest for valediction.

Competitions conducted by Bharathidasan University

The NSS unit of Bharathidasan University conducted essay writing and Elocution competition for all the NSS volunteers of various colleges. In this regard, NSS unit of Holy Cross College (Autonomous) Trichy conducted essay writing competition on the topic 'Character Building with special focus on making youth sensitive to traditional values' on 3rd January 2019. Nearly 15 students participated in the competition. Two best essays were selected and sent to the University. The NSS volunteers Ms. J. Vidhya of I B.Sc Botany and Ms. Anitha of I B.Sc Maths, participated in elocution competition.

VOLS - SPL 2019'

One Day State Level Intercollege Cultural Meet VOLS - SPL 2019' was jointly organized by Bishop Heber College, Trichy and Bharathidasan University, Trichy for all the NSS Volunteers in and around Trichy on 10th January 2019. The NSS volunteers of Holy Cross College, Trichy participated in this cultural meet. Nearly 20 volunteers participated in various competitions such as Quiz, Varsity, Rangoli, Nesithu Pesu, Group Song, Far and Against and Face Painting. The volunteers participated in the Group Song competition won the second.

Swachh Survekshan Smart Trichy Programme

The NSS Unit of Holy cross college Trichy and Trichy Corporation jointly organized Swachh Survekshan App downloading programme on 11th January 2019. Mr. Diwakar, Trainer explained as to how to download the Swachhata App and its

uses. He also highlighted how to keep Trichy clean by making use of Swachhta app to get first rank in future and screened a documentary film to insist the importance of cleanliness and the responsibility of individuals towards the society. In this programme 1000 students and staff members participated. Nearly 500 students brought their smart phones and downloaded the Swachh Survekshan App.

National Voter's day

The NSS unit of Holy Cross College, Trichy celebrated Voter's Day on 29th January 2019. Kavingar Kavi Selva was the Chief Guest of the day. She gave awareness about voting. She insisted that voting is the basic right for everyone and it mustn't be taken light by the people. She attracted the volunteers by her poems. She also spoke about the self confidence of women in the society. This was followed by oath taking to create awareness and to celebrate the Voter's Day.

Pledge against Untouchability

The NSS unit of Holy Cross College (Autonomous) Trichy, observed silence for 2 minutes from 11.00 am to 11.02 am on 30th January 2019 in the college premises for paying homage to Martyrs who laid down their lives in the struggle for India's Freedom. Followed by this, the NSS volunteers took the pledge against untouchability.

National deworming day

National deworming day is celebrated on 10th February of every year. It is focused on reducing the threat of parasitic worm infections, a widespread health issue affecting over 241 million children in India

alone. Deworming is a process which helps get rid of worms that enter the human body. Our NSS unit distributed Albendazole tablet to 2000 students of our college on 10th Feb, 2019 to eradicate parasitic infections.

Plastic Awareness

An awareness campaign was conducted to the Punganur village people on 14th February 2019 by the NSS unit of Holy Cross College, Trichy. The main theme of this campaign is that people should be aware of hazardous plastic wastages, the disadvantages of open toilet, rain water harvesting and tree plantation. The students repeated the slogans while coming around all the streets to create awareness among the villagers. Our NSS volunteers actively participated in removing all the plastic cups, paper cups, plastic bags and other wastages.

Sanitary Napkin preparation- workshop

NSS cell of Bharathidasan University conducted a two day workshop on Sanitary Napkin Preparation on 15th and 16th February 2019 for NSS volunteers in and around Trichy. Nearly 10 NSS volunteers of Holy Cross College attended the workshop. The highlight of this workshop is the preparation of low cost, eco-friendly sanitary napkins. Our students have gained entrepreneurial skills through the workshop.

Lecture on Consumer rights

NSS unit organised a lecture on Consumer rights on 22nd February 2019. The chief guest of the day was Mr. Chandra Sekar, Director of Development and Education for Workers. He is a coordinator of Clean Trichy and organiser of Trichy environment activist group. In his lecture he highlighted the importance of consumer

rights. He also emphasized that the students must be aware of the laws associated with consumer rights. He shared his own life experiences as a consumer.

State Level Cultural Meet

A one day Intercollegiate Cultural Meet 'Chamfest 2K19' was organized by St. Joseph's College (Autonomous), Tiruchirappalli, for all the NSS volunteers in and around Trichy on 22nd February 2019. The NSS unit of Holy Cross College (Autonomous) have also participated in this cultural meet. A total number of 20 participants from our college participated in various events held in the cultural meet such as Poetry writing in Tamil, Elocution in Tamil and English, Quiz competition, variety, cloth painting and group song. Ms. Shanmuga Priya of II B.Sc. Chemistry won I prize in cloth painting, Ms. Ligory of II B.Sc. Chemistry won III prize in poetry writing.

Orientation on Uyyakondan River bank restoration

An orientation was organised for NSS students of Holy Cross College on 6th March 2019 in the topic 'Uyyakondan River Bank restoration'. The chief guests of the day were Dr. K. Narashima Rao, Orthopaedics, Citizen for Uyyakondan and Mr. Vijayakumar, Architect, Care College, Citizen for Uyyakondan. They insisted the students to save water and highlighted the importance of river bank restoration. They stated that river restoration is the process of managing rivers to reinstate natural processes to restore biodiversity, providing benefits to both people and wildlife. Around 200 NSS volunteers participated in this orientation.

NATIONAL SERVICE SCHEME SPECIAL CAMP – 2019

The NSS unit of Holy Cross College organized its special camp from 11th March to 17th March 2019. The Camp was inaugurated on 11th March 2019 at SAS Matriculation School, Punganur. The chief guest of the day was Dr. P. Nagalakshmi, Vice Principal and Associate Professor, Department of Rehabilitation Science, Holy Cross College, Trichy. She encouraged the NSS Volunteers to render their service to the society whole heartedly. She highlighted on the importance of "Adaptability" and "Tolerance" through various anecdotes. The other Dignitary was Ms. Rosy, Head Mistress, SAS Matriculation School, Punganur. 230 NSS Volunteers participated in the special camp.

The first session of the special camp was a Yoga Demonstration by Ms. Sivagami-Yoga Instructor. She talked about the significance of Yoga and insisted its benefits to the present generation.

The NSS volunteers cleaned the school campus from 6 pm. and removed the plastics from the campus and other biodegradable and non biodegradable wastes, the twigs and dry leaves and disposed it properly. They also watered the plants and trees of the campus. They explained the students of the school about the hazardous effects of plastics and the importance of separating the waste before throwing it away.

The NSS unit of Holy Cross College organized a rally on its second day of the camp ie; 12.03.2019. The rally was commenced from SAS Matriculation School, Punganur, Tiruchirappalli at 9.30 am guided by Ms. Kavitha, Assistant professor, Department of Botany. The rally was conducted for creating awareness about plastic abolition, rain water harvesting, danger of liquor drinking and tree plantation.

Placards, banners, hoardings and boards were effectively used in the rally. The distance covered in the rally was 5 to 6 kms.

The NSS unit of Holy Cross College organized a session on the importance of first aid on its second day i.e., 12.03.2019 at 2.00 pm . The session was led by Mr. Radhakrishnan, St. Johns Ambulance, Tiruchirappalli. He gave awareness about the significance of first aids and its benefits. With the aid of students, he gave practical demonstrations of the correct procedure of first aids. The session came to an end at 4.00 pm in the evening.

The NSS volunteers of our college actively participated in cleaning process. It was started at 4 p.m. The volunteers cleaned the temple and church and its surrounding in Punganur, Tiruchirappalli. More than 150 students involved in the cleaning process. The students completed their cleaning process at 6 p.m.

On 13.03.19 that is, the third day of the camp, the NSS volunteers by a rally by the NSS volunteers insisting on the dangers of plastic usage by human beings which simultaneously affect animals and the environment. The volunteers highlighted the importance of saving energy and by doing so the environmental pollution will be under control. Nearly 200 villagers were benefitted.

The third session of the special camp focused on the awareness and importance of vote and voters day which was held on 13.03.2019. The chief guests of the day were Mr. Raveenthran and Mr. Devi Badhamanaban from Tiruchirappalli Corporation. They specified the importance of right to vote and emphasized the significance of a democratic nation and the disadvantages of dictatorship. They insisted the students to properly use their right to vote to avoid mal practices. They also highlighted that youth of today can build a

beautiful and responsible nation if they are smart.

Tree plantation programme was organized on 14.03.2019 at 09:30 am. There were 200 saplings sponsored and donated by the Rotary Club of Trichy to the villagers to make the environment clean and green. Our NSS unit along with the Rotary club distributed the saplings to all the villagers of the adopted villages such as Punganur, Natchikurichi, Malaipatti, Solinganallur and Iniyapur. The programme came to an end at 11:00 pm.

The NSS special camp commenced rally in the evening with valued thoughts. It was conducted to create awareness on the Impact of Dengue and preventive measures, Rain water harvesting, Hazards and impacts of plastics and implementation of Swachh Bharat process. The NSS volunteers made the people embedded with thoughts by delivering quotations on the ways of the rally process.

A rally was organized as a part of NSS special camp on 15.03.2019. The rally was commenced in Solinganapur village at 9.30 am. The main purpose of conducting rally was to make people aware of environmental protection, disposal of hazardous wastes, plastic abolition, rain water harvesting, personal hygiene and tree plantation. Placards, banners, hoardings and boards were effectively used in the rally. The villagers gathered around the students and promised to follow all the ethical measures urged by the students. 200 volunteers participated in the rally. Nearly 500 people were the beneficiaries.

A session was arranged to our NSS volunteers in the afternoon on 15th March 2019. The resource person of the day was Ms. Carmelet Sylvia, coordinator, Human Resource Development Centre, Holy Cross College, Trichy. She made our students aware of various career opportunities

according to their respective subjects. The session came to an end at 04:00 pm.

The NSS volunteers cleaned the streets of Punganur, Trichy at 4 p.m. The plastics in the streets and roads were cleaned by the NSS students. Nearly 150 NSS volunteers participated in the cleaning process.

On 16.03.19, the first session commenced at 10.00 am. There was a rally in Iniyamur highlighting the impact of dengue and preventive measures, Rain water harvesting, Hazards and impacts of plastics and implementation of Swachh Bharat process. The people over there felt much satisfied.

An eye screening camp was organized on 16.03.2019 at 11:00 am for the residents of Punganur, Nachikurichi, Malaipatti, Solinganallur and Iniyamur. The camp was headed by various oncologists and Eye specialist from Mahatma Gandhi Eye Hospital, Trichy. The camp was held in the village of Punganur. A total of 120 villagers were benefitted. The programme came to an end at 12.30 pm.

Hands on training on entrepreneur skills development was organized on 16.03.2019 at 2.00 pm. The programme was graced by Ms. Vaanmathi, Holy Cross College, Trichy. The training programme began with her real life experience of entrepreneurship as a craft worker and thread jewellery maker. She also inspired the students about her success in business and requested the students to bring out their hidden talents and uniqueness. She trained our students to make artificial jewellery at low cost. The students shared their interesting experience and views. Nearly 200 students attended the programme.

On 17.03.19, our NSS students involved in the Uyyakondan River cleaning process. It was started at 6.00 a.m. Unwanted plastics and waste weeds were

removed. Thus, the camp ended by servicing the people in the rural areas in a complete manner.

The Special camp valedictory function was held on 17.03.2019. The chief guest of the day was Dr. Lakshmi Prabha, NSS coordinator, Bharathidasan University, Trichy. She encouraged the students to become leaders of the future nation and advised them to be aware and away from all sorts of malpractices. The students actively shared their experiences in the camp in the feedback session. The program came to an end with the National Anthem.

Red Ribbon Club

Red Ribbon Club of Holy Cross College, Trichy was inaugurated on 1st of August 2018 in Mother Regina's Hall. The Chief Guest was Dr. Lakshmi Prabha, Red Ribbon Club and NSS Co-ordinator, Bharathidasan University, Tiruchirappalli. The Volunteers of both Red Ribbon Club and NSS Participated in the inaugural function. The programme started with the prayer service followed by Tamzhthai Vazthu. Dr. Lakshmi Prabha gave an overview of Red Ribbon Club and the importance of RRC. She also gave awareness to the students about the Red Ribbon Club functioning. The session was very useful and it enlightened the volunteers to work more enthusiastically in the field. As a last session the volunteers of the club engaged in Oath Taking and the meeting was concluded with vote of thanks.

The volunteers of Red Ribbon Club of Holy Cross College, Trichy participated in a 5km Marathon on 23rd September 2018 conducted by Indian Red Cross Society in association with Athma Education and Research Foundation (ARF) to create awareness on "Mental Health". The marathon started at 6 o'clock in the morning from Anna Nagar – Uzhavar Santhai to Anna Stadium. More than 100 volunteers of

Red Ribbon Club actively participated and received medals and certificates issued by the organisers.

Red Ribbon Club meeting was conducted on 27th September 2018 on the topic “Successful Entrepreneurship and Social Responsibility”. The session was handled by Mr. Richard Sekar, Entrepreneur, USA. Mr. Sekar enlightened the volunteers with topics such as Importance of Entrepreneurship towards the growth of the economy and being a responsible citizen, plantation of tree saplings, maintaining cleanliness of the roads, rain water harvesting, appreciating teachers’ contribution, etc. He also gave ideas to the volunteers to go for higher studies abroad. More than 150 volunteers benefitted out of the program.

Red Ribbon Club organized a meeting on 1st December 2018, in order to celebrate World Aids Day. The chief guest for the meeting was Mr. K. Jayabal, ICTC Counselor, M.G.M. Government Hospital, Puthur, Trichy. The session started with invocation, followed by Tamilthai Vazhthu. He addressed the volunteers emphasizing the importance of creating awareness about AIDS. He also explained how to lead an AIDS free life and also added Precaution against AIDS. Mr. Jayabal also enumerated the ICTC and ART functions to the volunteers. More than 200 Volunteers participated in the meeting. In the session Mr. Jayabal made the Volunteers of Red Ribbon Club and NSS take Oath against AIDS. The session concluded with the vote of thanks.

Red Ribbon Club of Holy Cross College, Trichy in order to celebrate the World Aids Day on 1st of December 2018, the volunteers were asked to prepare posters on creating awareness against AIDS. All the volunteers (110) prepared posters which were displayed within the college campus.

All the students of the college viewed the posters and got awareness about AIDS.

Red Ribbon Club of Holy Cross College, Trichy conducted a meeting on the “Celebrating Life” on 23rd February 2019. The chief guest for the meeting was Ms. Vimal Arockia Mary, ICTC Counselor, Government Hospital, Srirangam. The chief guest spoke on Celebrating Life and gave awareness about HIV/AIDS. She gave very useful information. The chief guest spoke about the problems related to HIV/AIDS. She enlightened the Red Ribbon Club Volunteers on critical thinking in decision making and also how to avoid the sexually transmitted disease HIV/AIDS. She also insisted the volunteers to take nutritional food in order to avoid blood transfusion during their pregnancy periods. Finally she mentioned the functions of ICTC. 110 volunteers of Red Ribbon Club participated and benefitted out the meeting.

The valediction of Red Ribbon Club, Holy Cross College, Trichy was held on 4th March 2019. The session started with invocation. The chief guest of the meeting was Ms. A. Thamil, Director of NPT and Care Support Centre. She is an HIV positive survivor. The chief guest addressed the volunteers on the topic “Awareness on HIV/AIDS”. It was an interactive session. She explained on 3 Zeros name, Zero New HIV Infections, Zero Discrimination, and Zero AIDS-Related deaths which was given by WHO. She enlightened the students with many statistical evidences on HIV/AIDS. She also emphasized the volunteers to lead an ethical life. The vision of “Getting to Zero” was strongly emphasized by the speaker. She also provided advice on how to prevent aids. She also insisted on the student volunteers to take up HIV test. 115 students of Red Ribbon Club participated in the meeting and benefitted out of it. The session ended with vote of thanks.

Exnora

Exnora is a wide spread environmental movement founded in 1989, focusing on mobilizing and empowering communities to participate in preserving nature and preventing environmental degradation, thereby improving the quality of life of the common man.

Students' Exnora of our college undertakes several socially relevant and useful projects every year towards creating awareness among the local community and school children on various issues relating to environment sustainability.

The business meeting of the Students' Exnora of Holy Cross College for the academic year 2018-19 was held on 10th July 2018 and the office bearers were elected. Activities of the Exnora for the academic year 2018-19 were also planned.

The 21st year installation of Students' Exnora of Holy Cross College was held on 12th July 2018. Dr. L. Janova Mary, Assistant Professor of PG and Research Department of Commerce and Staff Advisor of Students' Exnora of Holy Cross College elected the office bearers and wished the newly elected leaders to lead a successful team.

Trainers' Training Programme on Global Warming was held on 31st August 2018. Fifty students were trained on the impact of global warming. The required public speaking skills to spread the message about global warming was taught to the trainers. The objective of this programme was to create awareness to the various cross sections of people particularly the school children in the Tiruchirappalli City Corporation limits through these trained students. Fifteen schools were covered in the project and nearly 3250 children benefited out of this training.

A meeting was organized on 31st October 2018 on celebrating Fireless Deepavali.

On 10th January 2019, Awareness Programme on Smoke Free Bogi was conducted to create awareness on the need to protect the environment from all types of pollution and pollution control measures, causes for deforestation and the need for afforestation were demonstrated through Power Point presentation.

On 22nd February 2019 the Students' Exnora organized Environment Technical Exposure Visit to create the knowledge about the functioning of Bio Gas Plant, Vegetable Composter Bin and Waste Water Treat Plant at Annadhana Kudam, Srirangam.

A "Plant, Prevent and Promote" ("PPP") programme was started by the students. They have to plant a sapling in first year, protect and promote it till their study period in our institution.

The valediction programme of the club was held on 5th March 2019. The chief guest Mr. S. P. Mohan, Founder President of Tamil Nadu Youth and Student Exnora gave an enlightening speech on Praise and Preserve Nature.

Shift II

The meeting was held on 23rd July 2018 for the selection of the President and Secretary of Exnora Club for 2018-2019. The communication skills and the leadership qualities of the students from each department were tested by the Exnora Co-ordinator. The students were asked to talk on the topic Leadership for 5-minutes and they were selected. M. Ayshwarya Lackshmi from II B.Sc Mathematics 'B' Section was selected as the President and Ishwarya from II BA English 'A' Section was selected as the secretary of the Exnora Club.

The students of the Exnora Club conducted an awareness program on 6th December 2018 regarding fevers via dengue, flu, etc. in the college. They almost covered all their respective departments. They explained about the cause and the symptoms of various fevers. They also explained the ways to cure them.

On 10th December 2018, they explained about the fevers like malaria, typhoid, etc. and the ways to cure those fevers. They also explained the ways to prepare medicine with the home products. The awareness program was beneficial to all the students of the shift II.

A meeting was held on 29th January 2019. The chief guest was Mr. Dennis Edward Fernando, Assistant Professor of Commerce, Shift II, St. Joseph's College, Trichy, who gave a lecture on Excellence Towards Success. He insisted that the students should choose to perform and grab the opportunities. He gave life examples and motivated students for a better life.

On 20th February 2019, Mr. Sathya, Advocate, Trichy Court, gave a lecture on Womens Law, Sections and Sub-Sections of Section 367. She addressed that women have equal rights in their father's assets. She gave life examples and motivated the students.

On 22nd February 2019, Dr. D. Latha, Assistant Professor of Tamil, Holy Cross College, Trichy gave a lecture on Women's Freedom and Rights. She quoted some historical characters

Rotaract

With Dr. J. Morris Princey, Dr. I Antonitte Vinoline, (Shift I) and Ms. V. Priya (Shift II) as the staff coordinators the activities of the Rotaract club commenced on 19th July 2018. Rtr. M. Sorna Ganesh (Former President of Rotary club of Fort, Tiruchirappalli) delivered the presidential

address about the history of the Rotary Club and its motive to induce the young minds to work for a social cause. The chief guest emphasized that the young minds must be motivated and trained to work for the betterment of the society. The Rotaracters were introduced to the concepts and ideals of the club.

The Installation Ceremony of Rotaract Club of Holy Cross College was held on 7th August 2018 with Rtn. S. Solai Ratnam, President, Rotary Club of Tiruchirapalli Fort, Rtn. M. Edwin, Secretary Rotary Club of Tiruchirapalli Fort and Rtn. Ann Punitha Natrajan, Newspaper in Education, City Co-ordinator 'The Hindu' as the Guests of Honour. Rtr. S. AR. Tharmine of II B.Com was elected as the President and Rtr. A. Jenisha of II B. A. English Literature as the Secretary of the club. The newly elected president introduced her team of office bearers.

As a part of the Professional development programme, the Rotaracters of our college participated in the following leadership training programs conducted at the District level in RI 3000. The Rotaract Training Assembly "Temfo-2018" held at Indra Ganesan Engineering College, Tiruchirappalli on 12th August 2018. Selection process for "Ryla-2018" held at Hotel Sangam on 29th August 2018.

Zonal Forum

The Rotaract Zonal Forum "Dexterity" was held on 5th January 2018 at National College. The participants were Rtr. SA.R. Tharmine, Rtr. A. Jenisha, Rtr. A. Shirley Seagal, Rtr. P. Yoga, Rtr. R. Sivaranjani, Rtr. Udhayavani, Rtr. Rexci, Rtr. Malavika, Rtr. Balashrawanthi and Rtr. Joselin.

The meeting of the Rotaract club of the Holy Cross College was held on 23rd January 2019. The meeting started with the Rotaract prayer by Rtr. Malavika, the upcoming

president [Shift-II] and the gathering was welcomed by Rtr. Yoga, the upcoming president [Shift-I]. The topic of the meeting was “Social media cybercrimes and women” Ms. S. Prabhashini, Advocate spoke on the importance and safe usage of social media by women; she also shared few examples of cybercrimes and the methods to tackle them. The meeting came to an end with a word of thanks by Rtr. Shivaranjini, the upcoming secretary [Shift-I].

A rally was conducted by Inner wheel Clubs of Trichy in association with Harshamitra Cancer Hospital to create awareness on the effects of cancer and its prevention.

This event was conducted on 27th January 2019 between 8 a.m. to 9.30 a.m. from Uzhavar Sandhai Thennur to Cauvery College for Women for 10 km. The following students took part with zeal and enthusiasm in the rally.

The idea behind the participation was to spread an awareness message to the society. The students conveyed the message of ill effects of cancer to the public through two-wheelers and four-wheelers in this awareness rally.

As part of club service program, The Teachers day was celebrated to honour the teachers who have moulded the lives of the students. The members of the club greeted all the teachers of the college with greeting cards and sweets. On par with Whole Person Education the theme of our college for the year 2018-2019 the following business meetings were arranged.

- A lively and demonstrative session on “Trending in fitness and exercise “on 19th August 2018 by Dr. Vinod Nathaniel, Deputy Medical Officer, Varuna Eye Hospital, Trichy.

- Ms. Pradeepa Murugiah, a language trainer spoke to the students about the “ The

Importance of Effective Communication” on 27th September 2018.

- An awareness talk on “The Social media Cybercrimes and Women” was addressed by Advocate Ms. S. Prabhashini on 23rd January 2019.

As a part of the community service program, the students took part in various community serving activities which made them realize their role and responsibility as citizens of our nation.

- An awareness rally against ill effects of tobacco, oral cancer, and cleft-lip and road safety was organized on 26th September 2018 from Uzhavar Santhai, Thennur by the rotary club of Tiruchirapalli fort in association with Oral and Maxillo-Facial surgeons of India.

- The rotaracters also participated in a Rally “To create awareness about Cancer” on 27th January 2019 in association with Harshamitra Cancer Hospital from Uzhavar Santhai to Cauvery college on 27th January 2019.

- Gaja Cyclone relief work was carried out on 14th December 2018 at Annanagar Village, Keeranur, Pudukottai .

As a part of the training and development programme, the rotractors participated in the following:

- Temfo -2018, a training session held at Indra Ganesan Engineering College on 12th July 2018

- The selection process of “RYLA-2018” held at Hotel Sangam on 29th August 2018.

- The Rotaract Zonal Forum held on 5th January 2018 at National College, Tiruchirappalli .

- PETS &SETS, DOTS -2019 held on 16th and 17th Feb 2019 in Hall Mark Business School , Trichy.

- Varnam-2019- a District cultural Meet – organized on 27th Jnuary 2019 by The Rotaract club of Thiyagarajar College of Arts and Science, Madurai in which

- i) Rtr. Annie – won the I place in poster making.

- ii) Rtr. K. Rohini – won the I place in Mehandi

Rtr. J. Rexci of II B.Sc. Maths and Rtr. E. Udhayavani of II B.Sc Chemistry have been appointed as the District Women Empowerment Chairman and Area Rotaract Representative for the year 2019-20.

The Valediction of the Rotaract club was held on March 7th 2019. The Club Bulletin ‘Rays-2019’ was released and the office bearers were appreciated for their leadership and commitment throughout the year. The activities of the club thus empowers young leaders to build a better future.

Youth Red Cross

An awareness Rally on drug addiction was conducted by Indian Red Cross Society, Trichy Branch on 26th June 2018 from Tiruchirappalli Court and ended at Tiruchirappalli Railway Junction. In the rally many colleges including Holy Cross Youth Red Cross members participated and several slogans against drug addiction were raised.

The inauguration of the Youth Red Cross was held on 24th July 2018 between 3.00- 4.00 p.m in Sophy’s Hall with the prayer service followed by the welcome address. The chief guest was Dr. T. Ramani Devi. She addressed the members of YRC on the topic “Menstrual Hygiene”. She explained the need for menstrual hygiene among woman and introduced the menstrual cup that could help to avoid toxicity. It was

an interactive session and the students clarified their doubts regarding the issue.

YRC meeting was conducted on 27th September 2018. The chief guest was Dr. Regina Dorothy Former Head, Department of English, Holy Cross College Trichy. She addressed the members on the topic “A Few Principles to Live By”. The meeting began with a prayer service and Dr. Suganthi, coordinator honoured the chief guest. The session highlighted the importance of spiritual quotient and self confidence among the youth.

A guest lecture on “Suicide Awareness for Teens” was conducted on 23rd January, 2019 for the members of Youth Cross, Leo Club and Youth Against Drugs. The resource person was W. Jasmine, Counsellor, St. Joseph’s College, Trichy.

Swachh Bharath, Tiruchirappalli Corporation, conducted an environmental awareness programme on 29th January 2019, in Holy Cross campus.

The resource persons were Mr. Ramesh, TC, Mr. Arumugam, TC, Mr. Balamurugan, TC, Mr. Divagar. TC, SBM, Supervisor and Mr. Kani, TC, (SS). They explained the importance and functions of various APPs regarding Swachh Bharath and its functions.

A gender awareness programme was conducted on the topic “The Importance of Gender Equality” on 14th February 2019, English Department and the resource Person was Ms. Bonita Cooper, Assistant Professor of History, Holy Cross College.

A field trip was organised to Hope Home on 1st March 2019. The members of YRC had a true experience of sharing and caring in the orphanage.

AICUF

The Inaugural Function of AICUF was held on 29th August 2018. The function commenced with Prayer followed by Welcome Address. Dr. (Sr.) Judy Gomez Vice Principal and Sister In-charge [Shift-II] enlightened the students with her speech and the Chief Guest Mr. Thaner Vinoth [Makkal Paathai Iyyakam Trichy] shared valuable thoughts about the need for saving water and way to save our future society. The Chief Guest interacted with the students and made the session more interesting. The elected leaders were given the Badges.

Election was held among all the second year AICUF students to select leaders among them for various positions. The leaders elected were: X. Maria Jenifer – President, K. Lakshmi Priya - Vice President, Kethi – Secretary, B. Malathy - Dalit Coordinator, R. Nivetha - Women’s Coordinator and Esther Anansiya – Treasurer.

Orientation program was held for new 1st year AICUF students on 19th July 2018. AICUF coordinator and leaders of AICUF shared their knowledge about AICUF to I years. They were given the details about what is AICUF? And what is the main motto of AICUFers. The students were asked to speak about the social issues and remedies for it. This orientation was helpful for all the students to develop their leadership skills.

Street play was performed by the AICUF students of Shift II in our college premises on 24th July 2018. This street play was done to create awareness among the students. The main theme of this street play was to “Save Water”. Parai, Dance and Skit were performed in the Street play. The skit team consisted of 8 members who performed a skit based on how to save water in household and college.

Dance team consisted of 8 members. They performed Ovil dance and Parai was played simultaneously by 6 members. The dance and skit conveyed the message to save water and to save the future world. This street play was enacted twice between 1:30pm-1:45 pm and 4:30 pm-4:45pm. This created an awareness among all the students.

State Council 2018-2019

State Council meeting was held for three days from 27th to 29th July 2018 in St. Joseph’s College campus.

On 27th July 2018, the council meeting started with unit wise registration. State full timer Ms. Ingo took in charge of it. Mr. Bharat engaged the participants with their need and interest towards AICUF. At the inauguration ceremony Rev. Fr. Joe Arun and Rev. Fr. Paul Raj were the guests of honor. Mr. Bharath welcomed the gathering, Rev. Fr. Joe Arun delivered his speech, and he was more concerned about today’s youth addiction to the gadgets. Rev. Fr. Paul Raj addressed the gathering.

He explained the purpose of the council and he explained the state full timers and state full timers introduced themselves and an awareness song was sung Thanks giving speech was read by Ms. Princy. A documentary about neutron project was screened.

On 28th July 2018, Rev. Fr. Emmanuel National advisor explained about AICUF and ideologies followed in AICUF. Students had group discussion about the current issues faced in Tamil Nadu.

On 29th July 2018, all old EXCO team were recognized with memento and they delivered their speech and feedback session was conducted. The council came to an end with vote of thanks by Mr. Bharath.

Orientation program was held on 5th October 2018 by Ms. Raji Full Timer

[AICUF] for all I year AICUF Students. Ms. Raji interacted with all the students in the class and made all the girls speak without fear. Ms. Raji talked about the election system in our country and what are all the changes that are needed in our election system. She mainly focused on youth and talked about the role of youth for the betterment of the society. She mainly focused on the importance of girl child and insisted on safety of girls and empowerment of women. She interacted with all and this session made all the students to think about their contribution to society.

Orientation program for 1st year AICUF Students was held on 22nd October 2018 by Mr. Prabakaran and Mr. Hercules Full timers [AICUF]. In the session Mr. Prabakaran presented a Power Point and explained about the history of AICUF and founder of AICUF and also explained various camps in AICUF. He explained about the AICUF in detail and shared social messages through his story and songs. The session was continued by Mr. Hercules. He talked about the ways to improve our nation to be free from corruption He explained about the rights possessed by humans and suggested little steps to improve our election system in our country. Throughout the session he raised many questions to students and made them to think of their contribution. Orientation was completed successfully with AICUF clap.

Magis 2019 was held from 13th to 16th January 2019 at St. Joseph's College, Trichy. First day on 13th January 2019, Magis started with inaugural followed by Mass in St. Joseph's church and cultural. Next day all the students were divided into teams and games were conducted among them followed by cultural on the same day.

On 15th January 2019 on Pongal, all the students celebrated Pongal and all teams were allocated with their respective Old age

home to visit. Visit to old age home was made on same day, programs were organized in each old age home. Student's views about their visit and feedback were given. Each day on Magis special talks were held by the chief guests and prayers were deeply inculcated in the minds of students.

On the final day, all the students by walk reached Palakarai church and mass was held there, followed by special talk in St. Joseph's College. Magis 2019 ended successfully after the feedback session from the students.

Come Alive

The first meeting of come alive was held on 10th January 2019. The guest of honor was Ms. Vasantha Kokilam, Physical Directress, Holy Cross College (Autonomous), Trichy. She addressed the students on the topic "Fitness of Women". She explained some exercises and food habits which are very useful to women's health.

The next meeting was held on 20th January 2019. The resource person was Mr. M. Dennis Edward Fernando, Assistant Professor of Commerce, St. Joseph's College (Autonomous), Trichy. He delivered a talk on a topic "Heading towards excellence". He motivated the students with explaining the successful stories of famous persons.

The next meeting was held on 20th February 2019. The advocate Ms. Sathiya was the chief guest. She delivered a talk on "Laws and the rights of women" in which she gave a detailed explanation about the "POCSO Act".

On 22nd February, the next meeting was held. Dr. D. Latha, Assistant Professor of Tamil, Holy Cross College (Autonomous), Trichy was the chief guest. She addressed the students on the topic "Penniam". She

explained about women empowerment and motivated the students to be strong women.

Leo Club

The members of the Leo Club, participated in a rally for Drug Awareness on June 22nd, 2018. This was done in collaboration with the Youth Against Drugs Club of Holy Cross College and the Sunrise Foundation, Trichy - a clinic that specializes in the Rehabilitation of Addicts.

65 students participated in the human chain that was created around the Anna Statue in Melachinthamani. Other colleges like Urumu Dhanalakshmi College and St. Joseph's College, Trichy participated. After the rally students received certificates.

The Leo Club conducted a Session on Developing Leadership Skills on 28th September 2018, at 12 noon in Shanthi's Hall. This session was exclusively for the II UG students of the Club. The Chief Guest of the day was Lion S. Saanthosh, Trasurer, Lions Club of Trichirappalli. Lion Raja Ram, the President of the Lions Club was also in attendance.

Beginning with an introduction into the vision of the Lions Club, Mr. Saanthosh went on to speak about "What is Leadership" and the qualities that define a leader. He supplemented the session with an activity that allowed the students to work in groups and test their skills of teamwork, decision making and creativity.

The Leo Club in collaboration with the RESCAPES Department conducted an awareness programme on Road Safety and Traffic Rules on 26th Wednesday 2018 at 2 p.m. in the Rehab Auditorium. The Chief Guest of the day was Mr. A. Neduncheliya Pandian, Brake Inspector, East Trichy. Some of the topics the Resource Person spoke on were "How to read road safety signs", "How to cross the road", "How to use sidewalks", "How to be safe when

travelling at night" etc. He called on the students of the college to follow the traffic rules properly for their own safety.

The Inauguration of the Leo Club was conducted on 15th October 2018, at 11:30 a.m. at Sophie's Hall. MJF Lion Er. B. Chandrakanth inaugurated the Club in the presence of Lion M. Rajaram, President, Lions Club of Trichirappalli and Lion R. Sundaresan, Vice President, Lions Club Trichirappalli. The Guest of Honor was Rev. Sr. Dr. Christina Bridget, Principal, Holy Cross College. In the Inaugural Address, MJF Lion Er. B. Chandrakanth spoke about the qualities required to be an effective leader. He also elaborated on the importance of each post held by the Leo Club members and urged them to participate in more service oriented works. The President of the Lions Club of Tiruchirappalli donated Rs. 5000 towards the planting of palm seeds as a project for the club. As the leaders retained their same leadership roles from the previous year, there was no installation of new leaders.

A Workshop on Personality Development was conducted on 28th November 2018 at 12.30 p. m. in Sophie's Hall in collaboration with the Youth Against Drugs Club. The Resource Person was Prof. Antony Stephen, Assistant Professor, Department of Social Work, Holy Cross College, Trichy. He spoke to the students about how one can develop their sense of 'self' and become better people. He emphasised on the need to constantly learn new ideas and increase one's knowledge about the world around them. He also spoke about enhancing creativity skills and leadership abilities especially as youthful students.

A Workshop on Electrical Awareness for the students of Holy Cross College was conducted on 1st December 2018 at 2 p. m. in the New Commerce Block. The Resource

Person was Mr. Bhaskar, Electrical Technician, Holy Cross College, Trichy and his team.

Together, Mr. Bhaskar and his team demonstrated to the students how to carry out simple household electrical fixes. The students also received a practical introduction to electricity and how it is conducted. A few volunteers from the audience were taught how to repair a fuse, change a light bulb, connect new plugs and fix Christmas lights. Finally the team also enlightened the students on the importance of solar power and gave the students access to view the solar panels used in the college.

A Guest Lecture on Suicide Awareness for Teens was conducted on 23rd January 2019 at 12.45 p. m. In Regina's Hall, in collaboration with the Youth Against Drugs Club and The Youth Red Cross. The Resource Person was W. Jasmine, Counsellor, St. Joseph's College, Trichy. In her address, Ms. Jasmine enlightened the students about the meaning of suicide, the reasons for its rise and the various causes of suicide, especially love affairs and depression. She recounted a number of instances regarding her patients and urged the students to think carefully and not be afraid to seek help in times of need and difficulty. She also emphasised on the need to develop a sound support system to help them when faced with danger.

An Awareness on Swachh Bharat was conducted on 29th January 2019 at 12. 45 p.m. in the New Commerce Block in collaboration with the Youth Against Drugs Club and Youth Red Cross. The Resource persons were Mr. Ramesh Kumar (AO), Mr. Arumugam, Mr. Balamurugan, Mr. Divakar and Mr. Kani Sanitary Supervisors Srirangam Zone, Trichy City Corporation. In their addresses, the Resource Persons spoke about the need for a 'Clean and Green City'. They spoke about how in order to

reach this milestone, the cooperation of the student community is the most important. They encouraged students to keep their homes and surroundings clean and also influence their families and neighbours to do the same.

A Guest Lecture on Gender Equality was conducted on 14th February 2019 at 12. 45 p.m. In Room No. 83 in the Department of English, in collaboration with the Youth Against Drugs Club and Youth Red Cross. The Resource Person was Prof. Bonita Cooper, Assistant Professor, Department of History, Holy Cross College, Trichy. In her speech, Prof. Cooper spoke about the different ways in which gender discrimination continues to take place in society where women are treated as inferior, both at home and at work. She enlightened the students about the need for Gender Sensitivity and urged the students to rectify the manner in which they react to situations involving gender. In conclusion, she urged the students to awaken their minds and change their attitudes and become the change that this society needs.

A Guest Lecture on Finding Happiness in Life was conducted on 22nd February 2019 at 12. 30 p.m. in the New Commerce Block. The Resource Person was Ms. Britto Jenobia, Language Lab Trainer, Holy Cross College, Trichy. In her address, Ms. Britto quoted many instances from her life when negative thoughts affected how she carried out her works. She urged the students to do 2 things – to start the day with positive thoughts and to also encourage oneself rather than be angry at one's failures.

YUVA Club

To commemorate The International Day Against Drug Abuse and Illicit Trafficking the members of the Youth Against Drugs Club of Holy Cross College, Trichy participated in a rally for Drug Awareness on 26th June 2018. This was done

in collaboration with The Sunrise Foundation, Trichy, a Non- Governmental Organisation and a clinic that specialises in the Rehabilitation of Addicts, along with the Leo Club of Holy Cross College, Trichy. A total number of 65 students participated in the Human Chain that was created around the Anna Statute in Mela Chinthamani, Trichy. The students of Urumu Dhanalakshmi College and St. Joseph's College, Trichy also participated in this rally. After the rally the students received their certificates.

A guest lecture on Personality and Leadership Development was conducted on 28th November 2018 at 12:45pm in The Sophie's Hall in collaboration with the Leo Club of Holy Cross College, Trichy. The chief guest was Mr. Stephen, Assistant Professor of Social Work, Holy Cross College, Trichy. In his address he spoke about how a person can develop their sense of "Self" by learning new things and widening their knowledge, not just for their subject but of social relationships, social issues, etc. He also enlightened them on enhancing thinking skills, creativity and leadership abilities. The program came to an end with the college anthem.

A guest lecture on Addiction in Youth was conducted on 1st December 2018. The Resource person was Dr. Cresenta Shakila Motha L, Assistant Professor, Department of Rehabilitation Science, Trichy. In her address she enlightened the students about the meaning of addiction and the various reasons for addiction focusing mainly on mobile phones, media and drug addiction. She recounted instances and examples of students who had suffered due to drug addiction and urged the students to think carefully and not be afraid to seek help in times of need and difficulty. She also told them to cultivate a strong support system that can help them when faced with sadness and danger. The students actively

participated in a question session later and benefitted out of the program.

A guest lecture on Suicide Awareness for Teens was conducted on 23rd January 2019 at 12:45 pm in Mother Regina's Hall in collaboration with the Leo Club and Youth Red Cross of Holy Cross College, Trichy. The Resource person was Ms. Jasmine W, Counsellor, St. Joseph's College, Trichy. In her address she enlightened the students about the meaning of suicide and the various causes for suicide focusing mainly on depression. She recounted instances and examples of patients who had suffered due to suicide and urged the students to think carefully and not be afraid to seek help in times of need and difficulty. She also told them to cultivate a strong support system that can help them when faced with sadness and danger. The students actively participated in a question session later and benefitted out of the program.

An awareness program on the role of the student community in Swachh Bharat was conducted on 29th January 2019 in collaboration with the Leo Club and Youth Red Cross of Holy Cross College, Trichy. The Resource persons were Mr. Ramesh Kumar (AO), Mr. Arumugam, Mr. Balamurugan, Mr. Divakar and Mr. Kani Sanitary Supervisors Srirangam Zone, Trichy City Corporation. In their addresses spoke about the need and importance of a "Clean and green city". To reach this milestone the speakers emphasised the importance of the role of students in taking steps to keep their surroundings clean. They also said they should influence their family and friends to actively participate in cleanliness activities.

The Youth Against Drugs Club in collaboration with the Leo Club and Youth Red Cross of Holy Cross College, Trichy conducted a guest lecture on The Importance

of Gender Equality on 14th February 2019. The Resource person was Ms. Bonita Cooper, Assistant Professor, Department of History, Holy Cross College, Trichy. In her address, Ms. Cooper interacted with the students on their views about women and gender. She spoke about the need for gender sensitivity especially on the youth, so that they can rectify the manner in which they react to current situations. She told the students how gender discrimination continues to survive despite the many years and changes that have taken place. In conclusion she urged students to awaken their minds and be the change that our society needs.

The Youth Against Drugs Club of Holy Cross College, Trichy participated and witnessed the launch of the Drug Free India Movement started by The Art of Living Organisation under the guidance of the world renowned humanitarian leader Gurudev Shri Shri Ravi Shankar Ji which was launched on 19th February 2019 at 11 am in the Computer Seminar Hall. Around 30 students participated and viewed the live telecast of the launch from Haryana through You Tube Channel. It was an eventful day. The club members understood the importance to stand against drug addiction and to voice out and help many drug addicts.

They were thankful to witness such a mega event.

Student Council & Student Forum

Investiture Ceremony

Shift I

The Investiture ceremony was held on 29th June 2018, at the college ground. The chief guest was Shri. M. Kennedy, I.R.S., Commissioner of Central Excise and service Tax, Trichy. The program commenced with a prayer service offered by the Department of Bio-chemistry. The welcome address was delivered by C. Iris Reebea, Student council President. The students took up their charge along with their Sports Secretaries, in the presence of Sr. Niranjana Anthonisamy, the Secretary and Dr. Sr. Christina Bridget, Principal, Holy Cross College.

C. Iris Reebea was selected as Student Council President, Z. Afrin Sultana as Student Council Vice President and R. Dheva Dharsini as Student council Secretary. B. Roopa was selected as the overall Sports Secretary. The Vote of Thanks was delivered by R. Dheva Dharsini, Student Council Secretary. The program came to an end by singing the College Anthem.

S.No.	Department	Name	Position
1.	Audiology	R. Geetha	Council Member
2.	Biochemistry	A. Kamarun Nuriah	Council Member
3.	Botany	B. Juhi	Council Member
4.	Business Administration	K. Abirami	Council Member
		V. Ishwarya	Council Member
5.	Chemistry	B. Gillus Feeliya	Council Member
6.	Commerce	R. Dheva Dharsini	Secretary
		R.G. Githa	Council Member
7.	Computer Application	S. Khatheer Parveen	Council Member
8.	Economics	Humaira Jameel	Council Member
9.	English	C. Iris Reebea	President
10.	History	A. Gayathri	Council Member
11.	Mathematics	R. Subathra	Council Member
12.	Physics	Catherine Althea D'souza	Council Member
13.	Rehabilitation Sc.	S. Monica Rasambal	Council Member
14.	Viscom	P. Sowmiya Sri	Council Member
15.	Zoology	Z. Afrin Sultana	Vice President

Shift II

The Investiture Ceremony for the students of Shift II commenced in the afternoon by seeking Blessing of the Almighty followed by a welcome dance portrayed by the dancers of Shift II. The gathering was welcomed by sister in charge of Shift II Rev. Sr. Dr. Judy Gomez and the chief guest and guest of honour were presented mementos

and bouquets as a token of love. Ms. N.S. Nisha delivered an inspiring message we would strive to put your thoughts into our action. Our provincial Rev. Sr. Jyothi Selvaraj, to adorn Student council Members with the sash, and our guest of honor Ms. N.S. Nisha, to award them with a badge and our Secretary Rev. Sr. Niranjana Anthonisamy, to congratulate them with a bouquet.

S.No.	Department	Names	Position
1.	English	Ms.D.P.Sherlin	President
2.	Mathematics	Ms.P.Janavarthinias	Secretary
3.	Chemistry	Ms.M.Rakshanaas	Member
4.	Computer Science	Ms.P.Keerthanaas	Member
5.	Physics	Ms.Dhina	Member
6.	Computer Science	Ms.C.Pradeepaas	Fine Arts president
7.	Physics	Ms.G.Ranias	Sports President

Students' Forum

Students forum meeting was conducted on 5th October 2018 in Our Lady's hall. The prayer service was conducted by the Student Council Members. The meeting commenced with the appreciation of the facilities available at our college campus like Library, Certificate courses, Admission for special students, frequent meetings for the student representatives for the improvement of the college etc. Then the areas for improvement in our college, was discussed. The meeting came to an end at 3.30 p.m.

Students' Day

In order to commemorate the 86th Birthday of our former President Dr. A. P. J. Abdul Kalam, the following competitions were conducted on 15th October 2018, by the Student Council Members on the topic "Kalam - the Visionary". The Essay writing competitions in English and Tamil were

judged by Ms. D. Akila, Assistant Professor of English and Ms. Arumbu, Assistant Professor of Tamil. The Debate competition was judged by Dr. K. Suganthi, Assistant Professor of English and Ms. A. Arul Sahaya Anitta, Assistant Professor of Tamil. The Collage Making competition was judged by Dr. M. Rajalaksmi, Assistant Professor of Zoology and Ms. J. Vinnarasi, Assistant Professor of Computer Application. The prizes were distributed by the Principal Rev. Sr. Dr. Christina Bridget.

In Debate competition in Tamil G. Janani from the Department of Commerce won the first prize and Narmatha from the Department of Physics won the second prize. In Debate competition in English, X. Rachel Arputha from the department of English won the first prize and R. Akila Sharadha from the Department of Commerce won II prize.

In essay writing competition in Tamil, J. Jenova from the Department of Physics won the first prize and J. Jency Augusta from the Department of Mathematics won the second prize. In essay writing competition in English N. Kalyani from the Department of English won the first prize and B. Florence Gloria from the Department of Physics won II prize.

In Collage making competition M. Hemalatha and A. Elakkia from the Department of Commerce won the first prize and A.K. Aadila Shafana and D. Sarah Mounika from the Department of Business Administration won the second prize. Rev. Dr. (Sr.) Christina Bridget, Principal appreciated the prize winners and gave away the prizes.

National Youth Conference 2019

Marian College Kuttikkanam- CSM and Jesus Youth in association with All India Association for Christian Higher Education (AIACHE) conducted the “National Youth Conference 2019” from 10th to 13th January 2019. Ms. C. Iris Reeba (Student Council President), Ms. Z. Afrin Sultana (Student council Vice-President), Ms. Dheva Dharshini (Student Council Secretary), Ms. K. Abirami (SCM from Department of Business Administration), Ms. S. Khatheja Parveen (SCM from Computer Science) and Ms. X. Rachel Arputha from III B.A. English attended the Conference.

The conference had been inaugurated by lighting lamps, and was coordinated by Mr. Arun George Joseph, Professor Marian College Kuttikkanam and continued as an Ice breaking session. The conference is blessed by Rev. Fr. James Kozhimala, Manager of Marian College Kuttikkanam (Autonomous). The next session was conducted by Rev. Fr. Binny Kaiyaniyil, Counsellor at Marian College Kuttikkanam (Autonomous) on “We Become What We

Think”. The Afternoon session was taken by Mr. Joby Cyriac, Professor at Marian College Kuttikkanam (Autonomous) on the topic- “Discovering the potential within me”. In the same day, we had the Taize Prayer organized by Mr. Jesbin Kanjirapally along with Jesus Youth Team.

The next day program started with the holy mass, the first session was handled by Rev. Fr. Mathew Paazhoor, Principal, Marian International Institute of Management, Kuttikkanam and after a tea break next session was conducted by Mr. Siju Alenchery, Founder and chief mentor of Wings to Win on the topic - “A generation routed in principles and values”. After lunch the students went for an Outing to Kallivayalil Estate. On that Evening students from various colleges performed cultural programs.

Third day started with the session by Dr. Annaashirvaditha Sacha and Dr. Profaina Christian Professors of St. Xavier’s College, Ahmedabad. The rest whole day was taken by Mr. Krishna Raj, he took session on “Youth and Social media” and conducted a video presentation and had discussion on it. The third day program came to an end with Camp fire. Rev. Dr. Roy Abraham P, Principal of Marian College Kuttikkanam concluded the conference by thanking the organizers and student participants.

National Public Service Broadcasting Day

An Awareness program was organized for the college students by All India Radio-rainbow FM for celebrating the National Public Broadcasting Day on 12th November, 2019. S. Khatheja Parveen, Student Council Member, Department of Computer Applications participated in the event. Mr. Kaliyamoorthy IPS was the chief guest for the program. Students had an interactive session on the topic “Contribution of AIR & Doordharsan in nation’s development”. The

programme came to an end by appreciating the students with memento.

National Youth Parliament 2019

The Ministry of Youth and Sports Affair conducted district youth parliament at Bharathidasan University on 26th January, 2019. Humaira Jameel, Student Council Member, Department of Economics participated in the event. Mr. Balakrishnan, former Vice Principal, St. Joseph College was the special invitee of the event. Students had an experience of attending a parliament. The issues in present India were discussed.

Cycle Rally

The Inauguration of the Cycle rally to give awareness on saving energy and protecting the environment was held on 17th October 2018 at 10.15 a.m. in our College. The awareness posters were prepared by the student council members and displayed at various places inside the campus. The Students were asked to come by bicycle and those who came by cycle were appreciated with a badge by the student council members.

The Chief Guest of the day was Mr. A. Myilvaganan, Deputy Commissioner of Police, Trichirappalli city. He appreciated the initiative taken by the College and encouraged the students to involve in such activities to save our planet. He waved the flag and inaugurated the rally. Around 150 students participated in the rally which started from Holy Cross College and went through St. Joseph's College, Srimati Indira Gandhi College, Chennai Silks and culminated at our college.

Student Council Members' Participation

An Awareness program was organized for the college students by All India Radio-rainbow FM for celebrating the National Public Broadcasting Day on 12th November, 2018. S. Khatheer Parveen, Student

Council Member, Department of Computer Applications participated in the event. Mr. Kaliyamoorthy IPS was the chief guest for the program. Students had an interactive session on the topic "Contribution of AIR & Doordharsan in nation's development".

Mentor System

Mentor's hour for UG and PG students was conducted class wise on specified dates twice during the odd semester and thrice during the even semester. The schedule followed for mentor's hour was as follows:

SEMESTER	I UG & I PG	II UG & II PG	III UG
Odd Semester	10-08-2018	06-07-2018	22-06-2018
	28-09-2018	07-09-2018	24-08-2018
Even Semester	14-12-2018	30-11-2018	23-11-2018
	01-02-2019	19-01-2019	15-02-2019
	01-03-2019	22-02-2019	09-03-2019

This year for I UG students, the mentoring was done inter-departmentally.

Debate, Speech and Essay writing club

The students of Tamil Debate club of shift I & II participated in various competitions held in Tamil and won prizes.

On 29th June 2018 Kalaikaveri fine Arts College, Trichy conducted an Inter Collegiate poetry competition. K. Priyadarshini of II B.Sc. Zoology won III prize and received Rs. 2000/- as cash award. She also received 'Kavimamani Award' at the Muperum Vizha conducted by Kabilar Muthamil Sangam on 10th February 2019.

Kaviyasar Kalai Tamil Sangam organized a state level Essay Writing competition on 30th August 2018. 14 Students from various departments of our college, participated V. Mohana of I B.Sc. Maths won the fifth prize and received a memento and certificate.

On 2nd September 2018 St. Joseph's College, Trichy conducted Inter collegiate Quiz competition the Topic "Tamizhlar Varalaru" N. Swetha of III B.Sc Maths received Rs.1000/- as cash award.

Tamilaga Pengal Seyarkalam, Trichy organized an elocution competition on 10th January 2019. V. Kavikuil of III B.Com. received a certificate and memento for the best theme.

On 10th January 2019 the department of Tamil conducted a Tamil Vocabulary competition Sponsored by Howrah Book House, Trichy. 74 students of our college participated. The first prize was won by K. Vasanthi of I B.Com.

In the follow up competition held at the intercollegiate level on 12th January 2019 at SRT Mahal, Thillai Nagar, Trichy. K. Vasanthi of I B.Com. received III prize.

Indian Medical Association, Trichy conducted an elocution competition on 3rd February 2019. V. Kavikuil of III B.Com received a certificate and S. Abirami of II B.A English literature shift II won the third Prize. Our college received the Rolling Shield for the "Best Theme" in this Competition.

On 10th February 2019, Kabhilar Muthamil Sangam conducted Muperum Vizha. In this competition K. Priyadarshini of II B.Sc. Zoology received 'Kavimamani' award.

Shift II

An elocution competition was conducted by Murasoli Arakattali on 27th August 2018 in Trichy. Our students S. Abirami of II B.A. English literature won second place and received a cash prize of Rs.3000/-

An elocution competition was conducted on 15th/ 20th September 2018 by the department of Tamil, Jamal Mohamed

College. Our student S. Abirami of II B.A English literature won third place and received a cash prize of 5000/-.

Consumer Club

The activities of the Consumer Club was inaugurated on 1st August 2018 wherein the Club members were educated on the rudiments of the Club. The rights of the consumers were instructed and the issues on which awareness is to be created among the college students were discussed. The members decided to create awareness on food product labelling checklist, need for avoiding junk food, harmful food and hazardous additives added in the food products, misleading advertisements, means and ways of reducing plastic usage. The office bearers of the club were elected with the consent of the members.

On the 27th September 2018, Mr. Richard Sekar an NRE entrepreneur addressed the club members and educated them on the need to be a socially responsible citizen. He shared his experiences where he has initiated cleanliness campaign to clean main areas in Trichy by involving community people.

He also encouraged the members to start their own business seeking the help of venture capitalists for their investment. He cited a few ventures he has successfully initiated by identifying the need of the local community. He also encouraged the members to innovate eco-friendly products to market.

On the 3rd January 2019 Ms. Rubini, the Chairman and Managing Trustee of e-Save a social welfare and Charitable trust addressed the club members on the significance of preserving the environment. She explained the significance of differentiating the degradable and non-degradable wastes and suggested minimizing the usage of non-degradable

materials. She also explained the ways in which the ecosystem is being disturbed and suggested alternate products which can be used to mitigate the damage caused.

On the 10th January 2019 Rev. Fr. Finoshkeettica shared his personal experiences on the recent disaster mitigation in Kerala. He also educated the students on disaster preparedness and addressed measures to respond to and effectively cope with their consequences. He requested the students to predict and where possible prevent disasters.

On the 9th January 2019 the II year students of Consumer Club in collaboration with the RESCAPES created an awareness campaign in the village of Azahiya Manavalam about hazards of bottle drinks and junk food items, road safety issues, negative effects of plastic usage and substitutes available.

On 6th February 2019, Ms. Lubna Suraiya Mohamed Hummer, addressed the students about the Right to Information Act and the procedure for filling an application for under this fundamental Right. She explained the various cases where this Right has been utilized by the common man to get material information from any government department on any issue pertaining to our country. She also clarified the doubts of the students in the operation of the mechanism.

Financial Literacy Club

The financial literacy club commenced its activities for the year 2018-19, with the election of office bearers on 11th July 2018. The second meeting was conducted on 27th July 2018 and Financial Literacy activities to be carried out for the academic year 2018-19 was planned. Improving Financial Literacy requires a combination of knowledge, skills and action. For that reason, members were educated specifically on the basics of personal financial planning

like budgeting, cutting expenses, ways and means to get out of debt, savings, insurance etc. through out the year.

Lectures were given on how i) Basic Financial Literacy helps people become self-sufficient and achieve financial stability, ii) Financial literacy helps them create a realistic roadmap that will help them to take good financial decisions, iii) Financial Literacy empowers people. Financial Literacy club members undertook a study to find out i) The extent of banking and use of bank credits in rural areas, ii) level of savings and financial security in rural areas, and submitted group reports.

On 14th December 2018, Dr. Subburathina Bharathi, Director, MAM, B-School addressed the club members on the topic "Paperless Currency". Frequently group Discussions were conducted among the club members on key learning of financial matters.

Disaster Management Club

The activities of Disaster Management Club was inaugurated on 11th July 2018. Ms. R. Marie Sheila, Disaster Management Club Co-ordinator spoke about the Disaster, rules and regulations of the club. Student representatives were elected and motivated to actively participate in Disaster management club activities. She insisted about the 1070 is a toll free number for Disaster Management.

The second meeting was conducted on 27th July 2018. The resource person for this session was Mrs. A. Berlin Vinolia, Assistant Professor of Commerce, Holy Cross College focused about Disaster Management process, various types of disasters and the Environmental pollution threats which occurs in our daily life. She created awareness towards the man-made disasters and the environmental threats occurred.

The third meeting was conducted on 6th August 2018. The resource person for this session was Ms. Jennifer, and she focused on the Natural Disasters and immediate life saving measures during the time of disasters, Disaster Mitigation Process etc. She insisted on the usage and the avoidance of plastics and also advised to take part during the time of disasters.

The fourth meeting was held on 21st August 2018. The resource person was Ms. R. Marie Sheila, Disaster Management Club Co-ordinator. She briefed about the recent disasters that occurred in our state and she spoke about the various contributions of NGOs and the various relief funds given by Government during the time of disasters. She insisted on the ways and means of managing disaster mitigation process, measures to safeguard the people during the time of disaster, how to find out the early warnings of disasters and creating the awareness among public about disaster and vulnerabilities.

The next meeting was conducted on 7th September 2018. The resource person Dr. V. Josephine Lourdes De Rose, Consumer Club Co-ordinator oriented about the immediate remedies to save lives during disasters. She gave some tips / solution which can be immediately taken by the common man to save the human lives. She encouraged the students to practise and take part in the real life tackling in a disaster management.

The next meeting was conducted on 14th December 2018. The resource person of this session was Ms. R. Marie Priyha, Dean of NAAFH, Hafr Al Batin, Saudi Arabia. She explained about how to save a victim in different situations and she conducted the BLS and ACLS class for the Students. She explained the four stages to save the victim namely, early accesses, CPR, Defibrillation and Post Cardiac care. She also explained about how to save the victim in fire accident

by RACE; R→Reuse, A→ Alert, C →Confine and E→Extinguish.

She also gave some tips about the hygiene practices to be carried out by the young girls throughout their lifetime. She trained the students with the practical classes and she demonstrated how to safeguard the people during the time of disasters with immediate basic treatments, medical care to the people, escaping routes during emergency situations in order to save people. She also insisted the Disaster Management Club students to be alert and to take part in all emergency situations.

The next meeting was held on 10th January 2018. The resource person Rev. Fr. Finosh Keeticcka oriented about the immediate remedies to save lives during disasters. He spoke about the internal and the external causes of disasters and the procedure to be carried out during the time of disasters. He differentiated the types of disasters and he spoke about how to preserve the maximum lives and property during natural disaster. Finally he shared his own personal experience about Kerala disasters and what are all the initiatives taken by the government during the time of disasters.

HRD

On 4th July 2018 a meeting was held with all the HRD representatives of both shifts I and II along with SCMs. HRD coordinators Ms. J. Carmelete Silviya and Ms. Margaret Infant Jenifer addressed the gathering. They explained about the vision and objectives of HRD and the role of HRD representatives. They were assigned to categorize all the third year students into three categories (Job seekers, higher studies group and Marriage counselling). List of courses and hands on training planned for this academic year by HRD was given to all the representatives and they were given

motivation to explain those to their classmates and juniors.

On 9th August 2018, a session on “Life Skill Orientation” was conducted. Ms. Gowshini was the resource person. Around 120 first year students from shift II attended the orientation. Ms. Gowshini an alumna of Holy Cross School focused on the true meaning of happiness by some real life examples and case studies.

On 10th August 2018 Rexona Confidence Academy conducted a session for the first year students. Ms. Sudha, Software Engineer was the speaker from Rexona Confidence Academy. She explained to our students about the skills that are essential during an interview. A Video Clipping was screened to show the importance of Personal Grooming for an Interview. Interactive session about Personality Development and Interview skills were discussed.

A questionnaire about Personal Health and Hygiene was distributed and answered by the students. Around 120 students from first year Maths and Computer applications attended the session.

On 11th August 2018, a session on “Secret of Success” was conducted. Ms. Selvanandhini, Alumna of Holy Cross School was the resource person. She was interacting with the students about life and the problems we face in our day today life. She gave tips to gain success in whatever we do. She encouraged the students to improve their attitude and thought process which will be the main cause for their success. Around 100 Students of Shift II first years attended this session.

On 17th August 2018, hands on training in online services was started. So far nearly 110 students enrolled for the course. We train them on basic services like IRCTC, Mobile recharge, Electricity Bill

Preparation, Online Quiz, Online Gas Booking, Basics of Net Banking and about Online Tutorials for their Subjects. Mr. Manoharan from Green soft Computers detailed on Mobile Apps and elaborated on Job Portals.

On 16th October 2018, an Orientation about Cancer and its earlier prevention measures have been listed by Dr. Rabiya from Harshamithra Cancer Cure Hospital, Woraiyur, Trichy. Shift I students especially hostellers attended the Program. Types of Cancer, Real life Examples, Precautions, Food habits to be followed were the topics discussed. It was an interactive session, students arise various doubts and Dr. Rabiya clarified and built lot of confidence to fight against cancer. Special talk was given on Mammogram, Breast Cancer and Uterus cancer. Around 200 students attended the Orientation.

On 29th November 2018 resource persons from Tata Consultancy Services addressed the final year Undergraduate students in relation to their TCS ion exam, an online preliminary exam for the placement in their organization. Mr. Anoop and Mr. Manohar from TCS Chennai enlightened the students about the Organization, work culture and depicted the video and visual copy of TCS Company. Mr. Shanmugam explained the TCS ion procedure to apply for the online exam, and listed the importance of qualifying for the exam and its benefits for the entry in TCS. Among final year BCA, B.Sc. C.S., Biochemistry, Physics and Chemistry students around 120 attended the orientation and 38 applied for the exam and on December 30th they have completed the Online Exam. Based on the Results and their Scores will be called for the Interview to start their career at TCS.

On 12th December 2018, Ms. Saratha Nagarajan, Commerce alumna 2005 batch,

Head, Trichy Plus, Karur branch gave an awareness program on women health and hygiene for the inside hostellers. She emphasized the importance of hygienic practice especially during menstrual cycle and the usage of cotton napkins and the food habits to be followed.

Mr. Jegan from YUVA addressed the students on proper usage of mobile phone and about the electronic gadgets impact on health issues. He listed the protocols to be used while handling these devices. He also insisted that students can have their own start up while they learn, narrated his own life story and shared the secret of his success in career and Life. Around 600 students attended the Program.

Training Program - HRD June 2018–
September 2018

1. Car Driving - 30 Students
2. Two Wheeler Driving - 5 Students

On 8th January 2019, an Orientation was conducted for the final year students on Interview Skills. Mr. Charles P, Director and Founder of Kaarlo Training and HR Solutions Pvt. Ltd., Trichy was the resource person. He trained the students in preparation of personalized resume and the techniques on cracking an interview. He spoke about the attitude to be carried out during an Interview. The target group was Shift II final year students. Total number of students attended was 100.

On 11th January 2019, a session on “Career Guidance and Opportunities” was conducted. Dr. Mahendran, Dean, Training and Placement cell, St. Joseph’s College, Trichy was the resource person. He explained our students the different job opportunities for students and how they should improve their personality with regard to job and career. He shared few of his personal experience in choosing career. Around 120 students attended the session.

On 1st February 2019, HRD organized a session on “Personal and Career Identification” programme. Mr. Sam and Ms. Aby from Shine Life Skills Academy were the resource persons. They motivated our students to know about their personal skills and to choose their career accordingly. Students were more interested to have a one to one session with them. It will be continued with one to one session. The beneficiaries were II year students. Total Number of students attended the session was 300.

From 19th to 22nd February 2019 HRD organized a Career Guidance and TNPSC and Competitive Exams Orientation Program for all the students after their class hours in Hostel Ground. Mr. Sivakumar and Ms. Sagarikka from Trichy Plus, Dr. Thiagarajan Assistant Professor, NIT – MBA, and Dr. Ragavendra, Associate Professor, BIM were invited as resource persons for career guidance. Basic skills needed for a job, the importance of self esteem, confidence and upcoming jobs and the ways to equip were the highlights of the Session. Mr. Vairavan from TIME institute and Mr. Shivashankar from Trichy Plus Gave a detailed Presentation on TNPSC and Competitive exams and the methods to prepare with live interactive session for around 5000 students.

Campus Drive

Campus Placements for the persevering students started on 21st January 2019. Companies Like V-Dart, Inspire, WICE, Karvy and Capgemini conducted the drive in our campus for the post of HR Recruiters, English Language Trainers, Voice Process Associate and as Accounts Executives. In the Month of February from 11th to 14th seven schools namely AKT, Sri Saratha, Indian Public School, Ramakrishna, MAM Matric, Shemford and SRV conducted

campus interviews and so far 265 students got placements in companies and schools. Around 200 students were shortlisted for final HR interview by May 2019.

Apart from On Campus Drive, students attended Off Campus Drive Interviews for TCS in their office at Chennai, ZIFO Chemicals at SJC, SHIYASH Infotech at Bishop Heber College, Vinayak Infotech at Ramakrishna Engineering College. Techden Software Conducted an Interview for Passed out students, 60 students from various colleges like St. Joseph's College, Jamal Mohammed College, National College, SRC and Cauvery College attended the interview, 2 students from our college and 3 from Jamal Mohammed College and St. Joseph's College got placements.

Women's Studies Centre

The Bharathidasan University had communicated to all the affiliated Colleges to offer a course on Gender Studies. Women's Studies Centre offers a Foundation course on Gender Studies as per the guidelines of University Grants Commission and syllabus and text book prescribed by the Bharathidasan University, Tiruchirappalli.

A meeting with all the staff handling Gender Studies (Shift - I) was conducted on 20th June 2018 at the Deans Office, HCC from 12.45 to 1.15 p.m. Dr. Horne Iona Averal, Dean of Science and Dr. Mary Sandra Quintal, Dean of Arts distributed the hard copy syllabus to each staff and gave the following information such as the portion for Internal Test I and mark scheme. Ms. R. Saraswathi, Co-ordinator, Women's Studies Centre, HCC requested them to submit the best five assignments from each class to WSC. The same information was given to staff handling Gender Studies (Shift - II) from 2.10 p.m. to 2.35 p.m.

WSC's Role:

- ❖ WSC collects money from students to buy books from publication division of Bharathidasan University
- ❖ To send/e-mail model syllabus, question paper, powerpoint presentation and other course related information
- ❖ Conduct orientation for staff collectively on the basis of need
- ❖ The Co-ordinator clarifies the doubts of new staff
- ❖ To conduct meetings for all course in-charge staff with Deans as per the need
- ❖ Co-ordinate meetings to frame internal question papers
- ❖ To do follow up work for question paper if there is any delay by the External Question paper setter and transfer question paper setting money to her

Certificate Course in Women and Law (30 Hours)

This course is newly introduced in the present academic year (2018 - 2019) with an aim to create legal awareness about women specific laws as well as to capacitate them to face legal procedures for day to day needs. The duration of the course is 30 hours. Students should attend a minimum of 26 hours to acquire a certificate as well as do field work and submit assignments. Entry level and exit level evaluation will be conducted to assess students learning level. At present 60 students from Shift I and Shift II are studying this course.

Law College Students' Observation Visit / Internship Programme Visit

As part of summer internship programme, the Law students of Tamil Nadu National Law School, Tiruchirappalli and Government Law College, Tiruchirappalli attended various training programmes at District Legal Services Authority, Tiruchirappalli and its branches. There were

11 students who visited the Legal Aid Clinic on 20th June 2018 at Legal Aid Clinic at Holy Cross College, Tiruchirappalli. Ms. R. Saraswathi, Co-ordinator, Women's Studies Centre, HCC and Para Legal Volunteer, District Legal Services Authority, Tiruchirappalli explained the functioning of the Clinic with its achievements. They also observed the records in the clinic and clarified their doubts also. At last the students had an interaction with the Principal and shared that the functioning of the Clinic is very useful and satisfactory also.

WSC Representative Meeting – 2nd July 2018

The meeting of WSC representatives was held on 2nd July 2018 at Legal Aid Clinic. The Co-ordinator shared the background of the Centre, milestones, wings and the purpose of having the WSC Representatives from each department. The members were requested to collect the names of students who need legal assistance in their respective department and submit the list on or before the following Monday. They need not involve in the activities of Gender Champion Club activities since it has separate leaders to carry out the activities.

National Nutrition Week Celebration

Women's Studies Centre of Holy Cross College conducted various events to observe National Nutrition Week with the theme 'Go further with food for a healthier life' from 1st to 7th September 2018 at Holy Cross College. On 1st September 2018, Nutrition Hunt competition was conducted for Holy Cross College Hostellers at Shanthy hall. Ms. S. Mohana Priya, Assistant Professor, Department of Tamil, Bishop Heber College (Autonomous), Tiruchirappalli judged the event and selected the winners from 32 participants.

On the second day (04.09.2018) of celebration there were four events. An event called Know your Health- a free health check-up – Body Mass Index, Haemoglobin, Blood Pressure and Sugar test were done for 57 administrative staff in the college in collaboration with DMLT. Just a Minute (JAM) was conducted for the students of Shift II at Women's Studies Centre. The judge Dr. B. Chitra, Assistant Professor, Department of Biotechnology, Srimad Andavan Arts and Science College (Autonomous), Tiruchirappalli selected three winners.

Brain Booster competition was conducted for the students of shift I at Mother Sophie's Block where 115 students participated in the competition. Dr. A. Sangeetha, Assistant Professor, Department of Nutrition and Dietetics, Jamal Mohamed College (Autonomous), Tiruchirappalli judged the event and selected the winners. Color Splash (Rangoli) competition was conducted for male students and staff at Ground floor, Mother Sophie's block. Mr. R. Antony Louis, Teacher and Scout Master, R.C. Higher Secondary School, Tiruchirappalli judged the event and selected three winners from seven students.

Nutri Find competition was conducted for the teaching staff of Shift I and II at Women's Studies Centre where 21 staff participated in the competition. Mr. Beno Susai Vijayakumar, Assistant Professor of Biochemistry, St. Joseph's College (Autonomous), Tiruchirappalli judged the event and selected three winners.

Poster making competition was conducted for the students (Sisters) of shift I and II at Open hall, Mother Sophie's Block. Ms. C. Nisha Rachel, Assistant Professor, SRM, Tiruchirappalli judged the event and selected the winners.

The Programme on Women and Nutrition and Prize Distribution was

conducted by Women's Studies Centre of Holy Cross College on 6th September 2018 at 2.30 p.m. in Shanthi hall. After invoking God's presence, the audience was welcomed by Ms. Katheeja Begum of III BCA. Then the prizes were distributed to all the winners of various competitions by Dr. Parveen Begam from Rahath Nursing Home, Tiruchirappalli and Dr. P. Nagalakshmi, Vice Principal, Holy Cross College.

Dr. Parveen Begam, gave an insight into the ill-effects of junk foods and its impact in our life style. She gave a few tips on how to replace the junk foods with healthier ones. She suggested to use brown rice instead of the rice which we are using at present and to use jaggery instead of sugar. She also explained about the irregular menstruation problems and remedies to overcome it.

She suggested few easy exercises which will help us to be healthy and insisted on the importance of regular exercising. The main problems for all the health issues are lack of proper exercise and unhealthy diet. She concluded her speech by suggesting to do exercise and to consume healthy food. The vote of thanks was proposed by Ms. Abirami of III B.B.A.

Gender Champion Club (Shift I)

The information regarding the activities of Gender Champion Club was displayed on the WSC's notice board from 18th June 2018 for the benefit of students to get to know about the activities.

Dr. Sujatha Ilangovan, Dean of Extension conducted a meeting for all IUG Arts students on 4th July 2018 for the enrollment of members for Part VI wings. All the wings' coordinators presented their wings activities with its importance. Ms. R. Saraswathi, Co-ordinator, Women's Studies Centre presented the importance of Gender Champion Club and the benefits of membership. The same procedure was

followed for Science students on 5th July 2018. The filled enrollment forms was collected by Dean of Extension and forwarded to the respected Extension wing coordinators.

Ms. Deerkalakshmi. V.S, Assistant Professor of English (Shift-II) and Ms. Francisca Vincy A., Assistant Professor of Mathematics (Shift II) enrolled the members for Gender Champion Club on 4th July 2018 at Our Lady's Hall, HCC.

The Restoration of the Dignity of Women

Mr. Johnson Francis A., Assistant Professor of English (Shift II), St. Joseph's College (Autonomous), Tiruchirappalli gave a talk on The Restoration of the Dignity of Women' on 28th August 2018. He stated that Women's respect is based on the mind and knowledge and not on the basis of dress. Women are blessed with healthy body, strong mind, and longevity of life. Working women have been developing themselves.

Programme on Challenges of Women

Gender Champion Club of Women's Studies Centre, Holy Cross College, ATHMA-The Mind Centre and Inner Wheel Club of Trichy Malaikottai conducted a Programme on Challenges of Women on 25th September 2018. The programme started at 2.15 p.m. The resource person Ms. Meera Ramesh, Counselor, ATHMA - The Mind Centre, Tiruchirappalli stated that the psychologist created a great awareness among the students, regarding the challenges prevailing in the teenage world.

She brought out the need for a psychologist. She enlightened the students to be brave, and also taught how to tackle the difficult situations. There are different challenges faced by a teenager. Four students clarified their doubts and shared their opinion that the programme was very useful.

Programme on Gender Equality

Gender Champion Club of Women's Studies Centre conducted a 'Programme on Gender Equity' on 29th January 2019 for the first year undergraduate students of the Gender Champion club in the college with the aim of promoting gender equity. The resource person Ms. Elizabeth Rani G, Assistant Professor, Department of Tamil, Holy Cross College, Tiruchirappalli, stated the need for gender equality in the present time and explained that gender equality is achieved when women and men enjoy the same rights and opportunities across all sectors of society, including economic participation, aspirations and decision-making.

Programme on Mental, Personal & Social Health

Gender Champion Club of Women's Studies Centre conducted a 'Programme on Mental, Personal and Social Health' on 23rd January 2019 for the first year undergraduate students of the Gender Champion club in the college with the aim of promoting Mental, Personal and Social Health. The resource person Ms. Soundarya N, Staff In-charge, Department of D.M.L.T, Holy Cross College, Tiruchirappalli. Initially she briefed the need for Health awareness for students in the present scenario. She also widened the knowledge by making them understand the need for stress busters and the techniques to overcome it. She gave some useful tips to maintain personal health and hygiene. Apart from personal health she also gave some valuable guidelines to monitor and identify certain health issues which their parents will undergo.

Programme on Gender Equity

Gender Champion Club of Women's Studies Centre conducted a 'Programme on

Gender Equity' on 28th January 2019 for all boy students in the college with the aim of promoting gender equity. The resource person Mr. Prasanna, Assistant Professor, Department of Economics, Bharathidasan University, Tiruchirappalli, stated that gender equality in our country is the need of the present time and it is related to health, education, political and economic equality between men and women. We feel intense pleasure and even celebrate when a boy is born in a family and are muted if a girl is born. He provided information regarding the patriarchal system of Indian Society. The difference between sex and gender was explained and he emphasized that gender difference should not exist. He provided information regarding various Indian constitutional laws and the articles, all of which are for people not merely for any gender specifically. Impressive thoughts from great brains were also revealed.

Legal Awareness Campaign

The coordinator created awareness to the I UG and II PG students, class wise regarding the activities of Legal Aid Clinic.

District Social Welfare Office and WE-TRUST, Tiruchirappalli jointly conducted a human chain rally to disseminate the importance of girls' education, on 23rd November 2018 from Marakkadai to Chathiram bus stand. Some of the Gender Champion Club members participated in the rally and signature campaign. The students shared their views that they felt a satisfaction for having participated in the rally for a social issue.

Women's Studies Centre, Holy Cross College (Autonomous), Tiruchirappalli conducted a "Competition on Laws related to Women" as per the guidelines and sponsored by National Commission for Women, Government of India on 3rd December 2018 in Holy Cross College, Tiruchirappalli. There were 404 students

(male and female) from all the Under graduate and Post-graduate departments of History, Computer Science (Shifts - I and II), BASLP, Social Work, Psychology, English (Shifts – I and II), Economics, Biochemistry, Chemistry (Shifts – I and II), Rehabilitation Science, Library and Information Science, Biotechnology, Mathematics (Shifts - I and II), Botany, Physics (Shifts -I and II), Commerce, Business Administration, Zoology and Visual Communication who participated in this competition.

The prize distribution started with prayer followed by welcome address by Ms. Abirami, III BBA. Rev. (Sr.) Dr. Christina Bridget, Principal, Holy Cross College (Autonomous), Tiruchirappalli gave the presidential address. The Chief Guest Dr. S. Amirthalingam, Associate Professor of Law and Faculty In-charge of Examinations, Tamil Nadu National Law University, Tiruchirappalli, appreciated the initiative taken by the college through the Centre under the leadership of the Principal. He encouraged the students to learn the correct usage of technology especially smart phones. He also advised them not to reveal their personal information through media. He shared some real life situations where women are vulnerable due to lack of awareness about cybercrime. The winners of the competition received the cash prizes on 10th December 2018. The following are the winners I Prize (₹ 2000/-): Ms. H. Afifa Sherin, III B.A. History, II Prize (₹ 1500/-) : Ms. S. Selvamani, and III B.Sc. Physics, III Prize (₹ 1000/- each for 5 students:) Ms. G. Grace Ruth, I B.A English, Ms. A. Meharunnisha, II BCA 'A', Mr. Alwin Skaria Philip, I MSW, Ms. S. Caroline Mary, III B.Sc. Physics and Mr. Amjad Hussain, I M.Sc. Rehabilitation Science. The programme came to an end with the vote of thanks by Ms. Jothika, II B.Sc.

Botany Representative of Women's Studies Centre.

Legal Aid Clinic

The free Legal Aid Clinic in collaboration with and funded by District Legal Services Authority, Tiruchirappalli has been functioning in the college on all Wednesdays. A total of 165 students got legal awareness and 65 students have been guided to clarify their doubts. Four cases has been processing at Court with free legal assistance in collaboration with District Legal services Authority, Tiruchirappalli and One woman got property right through mediation.

Few success stories are as follows:

✧ One widow was unable to get her widow certificate for the past 23 years due to her illiteracy. The Para Legal Volunteer accompanied her to Taluk office and guided her. At last she got her widow certificate.

✧ An educated woman who has less salary was unable to the pay fee to the advocate. Hence her matrimonial dispute case was in struggle. The Volunteer arranged an advocate through District Legal Services Authority, Tiruchirappalli and the case is in progress now.

✧ An economically weaker section woman's name was excluded in the Slum Clearance Board's house allotment name list. She was helped by the volunteer through Mediation Centre at District Legal Services Authority, Tiruchirappalli and her name has been included in the house allotment list

✧ A woman was unable to change her name in the mother's housing property after her death. The issue is in the process of Mediation Centre at Tiruchirappalli.

Ms. N. Sathya, Advocate, Tiruchirappalli gave a talk on Women and

Law on 25th July 2018 for the students of I B.Sc. Physics (Shift-II).

On 24th October 2018, Ms. N. Sathya, Advocate, Tiruchirappalli spoke about legal rights and rights of women. 31 administrative staff participated in the legal awareness programme.

Basic Legal Awareness programme was conducted for I B.A Economics students on 13th February 2019 at Holy Cross College. Ms. R. Jothilakshmi, Advocate, Tiruchirappalli interacted with the students.

Legal Awareness Programmes were conducted for I M.Sc. Psychology and I B.Sc. Mathematics (Shift II) students on 20th February 2019.

Gender Champion Club of Women's Studies Centre conducted a Programme on Women writers' freedom- a historical perspective on 5th October 2018. Mr. Kumar Kandasamy, Poet and Writer, Tiruchirappalli spoke about the power of women. Women (girls) school life only study. Russian woman writer Maria Suede was the only woman who did not give importance to men in her writings. Maria writes many poems.

Gender Champion Club (Shift II)

The Gender Champion Club of Shift II, Holy Cross College started its activities for the year 2018-2019 with the inauguration of the club. On 10th January 2019 Dr. Vasantha Kokilam, Directress of Physical Education, Holy Cross College, Trichy spoke on the topic "Fitness of Women" in which she mentioned the role of women in sports. She insisted that it is very essential to be physically healthy for competing in the world. She spoke on the goodness of meditation in daily life.

A programme was conducted on 20th January 2019. Mr. M. Dennis Edward Fernando, Assistant Professor, St. Joseph's

College, Trichy spoke on the topic "Heading towards Excellence" and focused on lives of successful personalities in contemporary era. He mentioned the path of success of famous persons like Sachin Tendulkar, Vijay Sethupathy and created a positive vibration to the young minds.

On 20th February 2019, a meeting was conducted to provide legal awareness on the laws which are amended in favour of Womenfolk of India.

Ms. Sathya, Advocate, District Court, Trichy spoke on the topic "Laws and the Rights of Women". She highlighted how Indian Constitution is concerned in providing safety and security to the daughters of the nation. She explained about the nuances of "POCSO Act" and "Property Right Act".

Dr. D. Latha, Assistant Professor of Tamil, Holy Cross College, Trichy gave a talk on "Penniam" to the first year (Shift -II) students on 22nd February 2019. She informed how the history has no evidence of famous women who excelled in their own fields. She motivated the students to be brave to face the day-to-day problems.

Youth 4 Jobs wing conducted a College connect programme for all the Physically challenged students of HCC, Bishop Heber College and 2 other colleges on 11th March 2019 at youth 4 Jobs class room. 13 students out of 16 students of HCC participated in the programme.

Women's Studies Centre, Holy Cross College (Autonomous) organised a Programme on Know Yourself on 12th March 2019. The programme was presided by Dr. (Sr.) Christina Bridget, Principal, Holy Cross College. The chief guest Thirumigu P. Mohana Nayak, Director, All India Aravanigal Rights and Rehabilitation Centre, Tiruchirappalli stated Transgender

like motherhood relationship. Even though they could not become pregnant they adopt child to enjoy motherhood. She requested the participants to give respect and help them to utilize their rights in the society. Thirumigu K. Aruna, Secretary. Southern Transgender Federation interacted with the students regarding students' view on transgender and she emphasized that the society should allow transgender to wear dresses as they wish during teenage and family support is also essential. Lack of family support leads to desertion. A group discussion on Transgenders' Condition with a group of transgender was conducted by Dr. (Sr.) Christina Bridget, Principal, HCC. They requested the principal to admit transgender for education. She said this year is open for Transgender also. They also requested to send students to participate in the programme and support in future.

Learning Management System (E-content)

The Centre for E-content Development is functioning in order to reach the maximum online beneficiaries through sharing staff expertise through e-contents and video lessons. All the staff members were encouraged to develop video lessons in various disciplines. 82 video lessons were produced by our staff members. The e-contents and video lessons were evaluated by the e-content scrutiny committee of various departments. The recommended lessons will be published in you tube channel for learning facility.

Counselling

An orientation on counseling was given to the first year students. Students expressed their willingness to come for counseling. Some students were referred and sent to the counselor by the teachers. Very few students were referred to the psychiatrist. Each session takes minimum 30-45 minutes.

Some were in need of 2 or 3 sessions, it all depends on the intensity of the problem.

The Number of Students:-

Orientation was given to 2500 Students; 210 Students received counseling during the year 2018-2019; three students were referred to Dr. Sherin, Cyetha Hospital (Psychiatrist) Thillainagar.

Some staff and workers of our campus have received counseling help.

Extension Programme

1. On 20th August 2018 An awareness programme on "I find myself" was given to the students of Thalagudi Government Higher secondary school at Thirupanjalu Village by Dr. Sr. Catherine, Sister in charge of counseling, since at very early age these students are addicted to drugs and other unhealthy relationships and tips were given to their teachers regarding the way to handle them.

2. On 10th September 2018 gave an awareness programme was given through skit 'Mobile mania' regarding mental health in view of mental health day to community college students Ayakudi, Trichy. Nearly 40 students were benefited.

3. On 28th September Dr. Sr. Catherine Head Department of Psychology was the resource person for the State level workshop on 'Tutilaging the skills of social Workers' Sister dealt on CBT (Cognitive behavioral therapy) as an Intervention Technique in behavior Science.

4. On 24th October, Dr. Sr. Catherine gave a 'personal growth session' to the staff of Hotel Ramya at Junction, Trichy. Their were 30 members.

5. On 31 January 2019, Dr. Sr. Catherine gave a skill based session on 'Basic skills of counseling and its process' to I and II B.R.Sc, students.

Hostel

Holy Cross College hostel a home away from home shelters hundreds of students and nurtures them to live a life based on Truth and Charity. The hostel reopened for the seniors for academic year 2018-19 on 17th June 2018. The UG students entered the portals of Holy Cross College hostel on 24th June 2018. For effective administration and animation 360 Catholic Students of Shift-I were accommodated in Maria Villa Block under the care of Sr. Martina, 212 Catholic Students of Shift-II in Christ the King Block under the supervision of Sr. Jansi, 315 Non-Catholic Students of Shift-I in Little Flower Block under the guidance of Sr. Jasmine, and 304 Non-Catholic Students of Shift-II in Holy Family Block, St. Joseph's Block and Jubilee Hall under the direction of Sr. Kulandai Mary. Totally 1191 hostellites are under the guidance and care of four wardens.

Students' Role and Responsibilities

To develop the leadership qualities of the students, election of the student leaders was held on 22nd June 2018. The Block Leaders, P. Paul Faustina, president of Holy Cross College hostel from Christ the King Block and Priyadharshini, Vice president from Little Flower Block. The Co-leaders, Annie Helena, Saranya Jelsy and Ishwarya are Cultural Leaders. Sahana Mary, Jothika, Prahba, Hepsipa Fathima are Mess leaders. Arockiya Reena and Jenita are Choir leaders, Sterlin Roose, Nandhini, Christy, Vinothini are Discipline leaders.

Hostel / Academic Events

To share the joy of having the new comers and to mark the significant beginning of the new academic year "The investiture ceremony and Fresher's day" was held on 1st July 2018 at 8.00 p.m. The chief guests were Sr. Niranjana Anthonisamy, the Secretary and Dr. Sr. Christina Bridget, the Principal. The

secretary extended a warm welcome to all the freshers, honoured and congratulated the newly elected leaders. The Secretary and the Principal addressed the students, highlighting the importance of character formation and wished them a happy and beneficial stay.

Regular Spiritual Activities

To nurture the students spiritually, they are motivated to participate in the daily Eucharistic celebration at 6.30 a.m. and to pray the Holy Rosary at 7.00 a.m. by Shift II catholic Students and at 6.45 p.m. by Shift I Catholic Students.

The daily assembly with prayer and word of God enkindles the students to have a deep trust. Psalm 91, enkindles the students to have a search and hope in God.

The various periodical spiritual dimensions facilitated for the Catholic students are Sacrament of Reconciliation, adoration before the Blessed Sacrament. Especially at times of Gaja cyclone and Kerala flood, they prayed for the people affected by these natural calamities, during holy hour from 8 pm to 9 pm.

Spiritual Focus

The hostel rooms, campus and all the inmates were blessed on 4th August 2018 at 10.00 a.m, by two priests from St. Joseph's College invoking God's special blessings and his protection. On 5th August 2018, the catholic students participated in the Holy Eucharistic Celebration and Corpus Christi Procession at Our Lady of Lourdes Church, St. Joseph's College. The hostel inmates along with the Nazareth community sisters went on a pilgrimage to Holy Redeemers Church, Palakarai on 23rd July 2018 at 5.50 a.m to participate in the 7th day Novena Mass to thank God for the special protection we received through the intercession of Mother Mary

The feast of the presentation of our Lord was celebrated with the candle procession and Holy Eucharist on 2nd February 2019.

The hostel students with the community sisters actively participated in the 7th Day of Novena Mass of our Parish held on 8th February 2019, followed by Holy Rosary procession at 6.00 p.m. They also took part prayerfully in the Holy Eucharistic Celebration, procession and benediction on the Feast day of our Lady of Lourdes at 6.00 p.m. on 11th February 2019 held at our Parish.

On 15th, 16th and 17th February 2019, some of the Catholic students participated in the prayer meet 'Grace 2019' held at St. Joseph's College and they were spiritually strengthened.

'On Campus' and 'Off Campus' Programme

Motivation talk on self discipline was given by Rev. Sr. Niranjana Anthonisamy, Secretary Holy Cross College (Autonomous), Trichy.

Talk on the Importance of the seven D's was given by Rev. Dr. Fr. Godwin Rufus on 11th December 2018 to the hostellers.

A talk on Career Guidance, especially for students aiming to pass IAS exam was given by Mr. Saravanan IAS, on 20th January, 2019.

Our students attended the programme held on 8th September 2018. at St. Joseph's College at 6.30 pm, conducted by Kalai Kaveri.

On 10th December 2018 parishioners gave the Christmas message in the Hostel Ground.

On 13th December 2018 Sacred Heart hostel boys from St. Joseph's College and under the guidance of Fr. Rufus gave a Christmas performance.

Preparation for Christmas

In view of preparing for Christmas celebration, advent prayers were conducted by the students of Maria Villa, Christ the King, Holy Family and Little Flower Blocks (on 2nd, 9th and 13th December 2018 respectively). Each block was in charge for one week prayer. It was enriching for the hostellites.

Christmas sharing with people outside

To share the Christmas joy with the less privileged of the society, students along with the sisters went for Carols to Keish a destitute home, Panjapur, lepers colony and Ayikudi home.

In each place the meaningful Christmas message was given by Sr. Savari, Sr. Jansi, Sr. Selva and Sr. Sylvia on 11th, 12th and 14th December 2018 respectively and they made them happy with colourful performance, gifts and snacks. This Joy was also shared with the elderly sisters of the community on 15th December 2018.

Christmas Celebration by Hostel Inmates

The Christmas Celebration at the Hostel was held on 16th December 2018. The chief guest Rev. Fr. Arul Oli S.J., Superior of Clive's hostel explained the significance of Christmas.

Pongal Celebration

To insist on the importance of expressing our gratitude to God, the Pongal Celebration was highlighted by the students with variety entertainments and preparation of Pongal by mess persons and Students on 9th January 2019. Dr. Padmapriya, Lecturer, Department of Tamil, Srimathi Indra Gandhi College, Trichy, graced the day with her presence and gave an inspiring talk on the importance of the harvest festival.

Relaxation

The hostel choir and the leaders went on a tour to Munnar on 10th February 2019. Students enjoyed the tour very much. To refresh and relax, the final year students have planned a pilgrimage to Velankanni on 3rd March 2019.

Special Day for Hostellites

To mark the year, the Hostel Day celebration joyously began with the campfire on 22nd February 2019 at 8.00 p.m. Dr. Sr. Christina Bridget, was the chief guest.

On 23rd February 2019 Hostel Day Holy Eucharistic Celebration was concelebrated by several priests and Rev. Fr. Dr. Arokiasamy SJ, Principal of St. Joseph's College, Trichy was the main celebrant. Ms. Nirmala Krishna Kumar, motivational speaker, was the chief guest for the hostel day.

Students' Scholarships

A total of 3184 students were provided with the Central and State government scholarships and management scholarships during this academic year 2018-2019.

- An amount of Rs. 21,46,040 + 17,15,000 was sanctioned to 352 + 182 students from SC/ST/SCC and
- Rs. 14,59,466/- to 617 students among BC/MBC/DNC category benefited.
- Sr. Elizabeth Rose Endowment, Sr. Rosy Endowment, Sr. Sarguna Endowment and Dr. Gandhimathy Endowment scholarship to 24 students of all departments with an amount of Rs. 39, 240.
- Platinum Jubilee Endowment with Rs. 21, 000 was given to 21 departments – Rs. 1000 for each department (21 students).

- Other Endowments scholarship provided by the college management to 88 students with an amount of Rs. 2,28,260.

- Management financial support for sports students and other economically poor students (86 students) were given an amount of Rs. 10, 04, 182.

- Management provided financial support for 67 sports students (I & II UG) fees payment with amount of Rs. 5,55,650/-

- Rs. 3, 00, 000/- from Gaja Cyclone Relief Fund was given to the students affected.

- Scholarship and education aid was given to 501 students amounting to Rs. 9,00,000/-.

- Rs. 3,40,500/- from Gaja Cyclone Relief Fund was given to 227 students affected by it. (Rs. 1500/- for each student)

- Financial help was also given to the children of 55 non-teaching staff with an amount of Rs. 26,000.

- Rs. 8,56,000/- was sanctioned to 114 SC/ST/SCC students who are staying in the hostel and applied for Higher Educational Special Scholarship Grant by the State Government.

- Under Chief Minister Award for meritorious student in higher secondary examination (I Place in State level) one student was awarded Rs. 3,000/-.

- Sita Ram Jindal Foundation Scholarship Rs. 11,217/- was given to 1 student.

- 4 students received Rs. 10,000/- as Merit Cum Means Award.

- This year 578 students of both aided and self-financing streams are benefited by the Farmers' Welfare & Social Security Scheme of Tamil Nadu government.

- 150 freshers applied for post-matric minority welfare scholarship (FRESH) and 44 students received renewal of the post-matric minority welfare scholarship offered by the Tamil Nadu State Government.

- 139 first year under graduate students as freshers applied for Central Sector Scheme Scholarship worth Rs.10,000/- each and 6 under graduates received scholarship worth Rs. 10,000/- each through renewal of Central Sector Scheme Scholarship.

- 137 under graduate SC/ST/SCC students applied for PM Award worth Rs. 3,000/- each and 35 post graduate SC/ST/SCC students applied for PM Award worth Rs. 5,000/- each for the year 2017 -18 on merit basis.

- One student received Rs. 34,050/- from JAINS India Trust.

- IMAN Education and Charitable Trust, Dubai sanctioned Rs. 7,000/- to 1 under graduate student.

- KALAAM Trust award of Rs. 33,500/- was received by 12 students.

- One student received Rs. 12,000/- from Lion's Club.

- In addition, 256 students received various scholarship from organizations for / sources such as Railway, Ex-serviceman, Army, Police, Church, Parish Priest, Vaniyar Sangam, Muslim Literary Society, Disability Scholarship, Building Workers, Tamilnadu Building Workers NLC and ONELLA TRUST, PM Scholarship, BSNL Scholarship, LIC Scholarship, Tea Board Scholarship and LSD & Mines scholarship.



Celebrations of Life

International Yoga Day

NSS, NCC and Department of Physical Education of Holy Cross College (Autonomous), Tiruchirappalli celebrated International Yoga Day on 21st June 2018. The programme was presided over by Rev. Sr. Niranjana Anthonisamy, Secretary, Rev. Sr. Dr. A. Christina Bridget, Principal, Rev. Sr. Dr. Judy Gomez, Vice Principal and Sister-in Charge, Shift II, Holy Cross College (Autonomous), Tiruchirappalli. Ms. R. Lalitha Lakshmi IPS, Deputy Inspector General, Trichy range, was the chief guest of the day. She spoke on the importance of meditation and yoga. She highlighted on meditation that helps to control emotional imbalance and bring peace of mind. Yoga helps to keep the body fit and healthy. She said that maximum number of crimes in the society are due to the inability to handle the emotions. She also said that only women who are mentally and physically fit can build a healthy generation. She concluded saying that yoga can give a whole person development. Ms. Sivakami Thirumavalavan, Yoga instructor, GMCKS Pranic Healing Centre, Trichy demonstrated yoga to the students.

Nearly 3000 students participated in the yoga day celebration. The programme came to an end with the National Anthem.



Mother Foundress Day

Mother Claudine's death anniversary was celebrated as Mother Foundress day on 10th August 2018. Six days Novena was conducted on different qualities of Mother Claudine. Various competitions like quiz, solo singing, group singing, paper presentation, elocution and poem writing for the students and group singing for the administrative staff were conducted from 6th to 9th August. The best performers were selected and given prizes on 10th August. Mother Foundress day was conducted on the theme "Mother Claudine as a Joyful Witness". In the present situation of the world the present role models were compared with Mother Claudine's life and projected on the screen. The efforts Mother Claudine took to make the unpleasant events as joyful ones were enacted.

The chief guest Rev. Sr. Niranjana Anthonisamy, the secretary of Holy Cross College, Trichy addressed the students and motivated them to be courageous like Mother Claudine. She highlighted the special quality of Mother Claudine such as trust in God, humility, obedience, commitment to duty. She also motivated the students to give up the comfort zone, think out of the box and decide out of the box following the footsteps of a dynamic role model Mother Claudine. She

encouraged the students to search for their inner potential, strength and energy to use it to make the society better. She also told them to take courage and learn to face the difficult situations in life with confidence and trust in God. Prayer service was conducted by Sr. Jerline, Sr. Aaron, Sr. Arockia Mary and Sr. Nancy. The history of Mother Claudine Echernier was depicted in the form of a skit by the students. The programme came to an end with the Holy Cross Anthem sung by all the Sisters of the Cross.



Independence Day

The 72nd Independence Day was celebrated in the college premises at 7.00 am. The program was presided over by Rev. Sr. Niranjana Anthonisamy, Secretary and Rev. Sr. Dr. Christina Bridget, Principal, Holy Cross College (Autonomous), Trichy. Rev. Sr. Dr. Judy Gomez, Vice Principal and Sister-in-charge of Shift II. Rev. Sr. Lizy George, Controller of Examinations also participated in the celebration. The chief guest of the day was Major Patrick, Training Officer, NCC

Group, Trichy. The National flag was hoisted by Major Patrick followed by the flag song.

The chief guest spoke on the sacrifice rendered by the freedom fighters of our nation and insisted that the students maintain the spirit of sacrifice and enhance the bond of brotherhood among themselves. He also highlighted that the students should develop leadership qualities and other skills to become good leaders and also encouraged the students to be patriotic, dedicated and be the role models to the young generation of the nation. The program came to an end with the National Anthem.



Teachers Day

Students' Programme

Shift I

The Teacher's day celebration was held on 5th September, 2018. The program began at 9 a.m. with a prayer.

The welcome address was delivered by C. Iris Reeba, the Student Council President. The program was presided over by Mr. R. Vijayan, News 7 channel. The programs were conducted by the staff and students of the departments of Audiology and Biotechnology. Some cultural programs were conducted by the above departments followed by the Student Council Members. The teachers then entertained the students with their performance. Games were conducted for the

teachers by the Student Council Members, followed by the chief guest's address.

The vote of thanks was delivered by Z. Afrin Sultana, Vice President, Student Council. The program came to an end with the College Anthem.

Shift II

Teacher's day was celebrated on 5th September 2018 at 4.30 pm in the college ground. Teachers were led to the ground by the college band. The function started with a prayer service. Guest of Honor was Rev. Fr. Rufus S.J Assistant Professor, Department of English, St. Joseph's College, Trichy. Father spoke about the role of a teacher in the life of the students. A teacher can mould a child and at the same time a teacher may be misleading a child unknowingly. He also compared a teacher with Jesus as he played all the roles whenever necessary. So that is how a teacher should also be was the main idea that father focused on. Ms. Magedaline, Department of Computer Science was crowned as the Queen of the day. The celebration came to an end with the college anthem.

Staff Programme

The Teachers Day celebration DASKALOS FEST 2018 was celebrated on 5th September 2018. As a part of the celebration various competitions were held for the teachers. More than 100 (hundred) teachers participated and the winners of 1st, 2nd and 3rd place were given prizes. The celebration came to a happy ending with lunch.

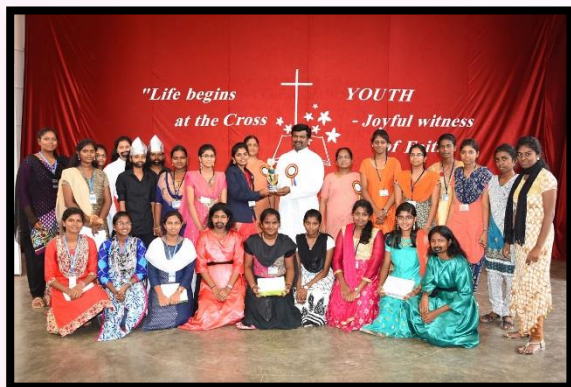


Bible Day

The Holy Cross Feast and Bible Day celebration was held on 29th September, 2018. The gathering was welcomed by Dr. M. Viji, Assistant Professor of History. Games were conducted for the sisters and Queen of the day was announced. The Bible Day was celebrated with the theme "Youth – Joyful Witness of Faith". The chief guest for the day was Rev. Fr. Arokia Panneer Selvam. The first prize winners of various events displayed their performance on stage. The prizes were distributed to the winners of various competitions. The Department of Mathematics came out as the overall winners and the trophy was awarded by the dignitaries on the dais.

Bible Day celebrations 2018 an activity of the Department of Value Education (DOVE) commenced under the guidance of the Director of DOVE Rev. Sr. Bridget Chelladurai. Several events were conducted to emphasize the importance of Holy Bible. On 17th September, events held were essay writing in Tamil and English and group singing for shift I students. Events held on 18th September were speech in Tamil and English, solo singing and classical dance. The events held on 19th September were group dance and Bible verse recitation. On 20th September preliminary round of quiz competition was conducted along with drawing competition, tableau and poster making was held on 24th September. Drama competition was held on 25th September and the final quiz competition for shift I was held on 26th September.

The various events held for shift II were drawing and quiz preliminary round on 17th September. Bible verse recitation and drama was held on 18th September. Tableau and poster making was held on 19th September. Group singing and solo singing was held on 24th September. Four events, essay writing in Tamil and English, group dance and classical dance were held on 25th September. Speech in Tamil and English was held on 26th September. The Bible day program on 29th September started with a prayer service by student sisters of the college and installation of the Holy Bible was done by the Chief Guest of the day Rev. Fr. Panneer Selvam, Parish Priest, Duraisampuram.



Proceedings of the national conference conducted in the previous year was released by Secretary of the college Rev. Sr. Anthonisamy and the first copy was received by the Principal of the institution Rev. Sr. Dr. Christina Bridget. The chief guest of the day Rev. Fr. Panneer Selvam spoke on the importance of Holy Bible in everyone's life. The chief Guest underlined the importance of suffering in every one's life, he highlighted that if there is a Good Friday, it will be followed by Easter. He focused on the

importance of mother in everyone's life by pointing out that all religion give importance to women. The chief guest's address was followed by best performance of Bible Day Competitions of both shift I and shift II. Prizes were distributed by Rev. Sr. Niranjana Anthonisamy, Rev. Sr. Dr. Christina Bridget and Rev. Fr. Panneer Selvam. The overall championship of Bible day competitions were bagged by Department of Mathematics, followed by Departments of Rehabilitation Science and Computer Science. For shift II, Department of English bagged the first prize followed by Department of Computer Science. Dr. Rosaline Selvarani, Assistant Professor, Department of Computer Science proposed the vote of thanks. The program came to an end with a hymn of praise for the successful completion of the day with the Papal Anthem.



Christmas Celebration

Students' Programme

On 21st December 2018 Christmas day was celebrated. The celebration was started with the prayer service in the form of human crib by the students of the Department of Physics. The secretary Rev. Sr. Niranjana Anthonisamy, the Principal Rev. Sr. Dr. Christina Bridget, the Vice Principals, Deans, Controller of Examinations and staff of various Departments graced the occasion. A. Deepika of II BBA welcomed the gathering. The college ground was reverberated with the melody of Christmas carols by the college choir and the students of BBA Department. A skit was performed by II BA English Literature Shift II students on the topic "HCC Comedy Galatta". The play explained the

importance of love, sharing and family bonding.

The Chief Guest of the day was Rev. Fr. Barnabas John, Director, Youth Village: Youth resource and Research Centre, Melapaduvayal, Pudukattai District. He addressed the gathering about what is real and meaningful Christmas with examples and quoted that these celebrations bring happiness and togetherness in the society and also inculcate the spirit of sharing and giving in them. He concluded with the theme of the day "Let's make Everyday a Christmas". A dance performance was given by the students of the Department of Physics. The beautiful assembly became energized with the beats of Jingle Bells and dance by Santa Claus. The celebration came to an end by the vote of thanks by Ms. A. Dhina Infant Maria, Student Council Member of Department of Physics Shift II.

Staff Programme

The celebration of Christmas was held on 20th December at 6.00 pm as a family get-together. The evening was filled with joy and happiness of Christmas witnessing the human crib, carols and Christmas message by Rev. Fr. James A, Correspondent, Sacred Heart Higher Secondary School, Ponnalaipatti. Games were held for the children of age between 5 to 17 and prizes were given. The Joy of Sharing was experienced by staff and their family members through gifts and delicious dinner. More than 150 children participated in the games and prizes were given. A wing known as 'Kids Zone' was introduced to thrill the small children. It consisted of stalls like Popcorn Corner, Balloon Babies and Tattoo Stall. The Joy of Sharing was experienced by staff and their family members (more than 500 family members of Teaching and Non-Teaching) through gifts and delicious dinner. The Christmas celebration for administrative staff was held on 23rd December. It was commenced with lunch followed by the exchange of gifts.

Rev. Sr. Niranjana Anthonisamy, the Secretary and Rev. Sr. Dr. Christina Bridget, the Principal, explained the special significance of Christmas and how each day can be Christmas if we care to share with the poor and needy. The presence of Santa Claus added joy to the presence amidst Christmas carols that were played.



Pongal Celebration

The Pongal festival was celebrated in our college on 12th January 2019 to celebrate the harvest festival. Our college folk team along with our Secretary, Principal, Vice Principals, Deans, Heads of all the departments and Sisters of the Cross took out a procession from the college entrance to the College Grounds. Our secretary Rev. Sr. Niranjana Anthonisamy led the celebrations. The function started with the prayer service thanking God, followed by the welcome address. Students showcased their skills in Silambattam, Karakattam, Oyilattam, Kolatam, Paraiyattam and demonstrated a few Martial Arts. All the teaching and non-teaching faculty and the students were dressed up in traditional costumes that completed the festive mood by

creating the traditional atmosphere. Our Secretary distributed prizes to the faculty and the students who won in captions writing competition and kolam competition.

The people from Alagiyamanavalan and Thirupanjalli and faculty members along with their students of their respective departments, cooked Pongal in their allotted places. The Principal distributed gifts to the villagers as a token of love. Students organized traditional games like Pot Breaking Tug-of-War and they also enjoyed the flash mob by dancing to the different tunes played. Bulls and cows were decorated and were offered sweet Pongal during the celebrations.

Republic Day

The 70th Republic Day was celebrated on 26th January 2019. Major. Dr. Viji M, hoisted the National Flag and she spoke on the role of youth in nation building. She also said today's youth must develop patriotic spirit, they are to be aware of the hurdles and should take actions to rectify and to bring glory to our nation by hard work and involving in developmental activities.

Hostel Day

The Hostel Day celebration joyously began with the campfire on 22nd February 2019 at 8.00 p.m. Dr. Sr. Christina Bridget, was the chief guest. On 23rd February 2019 Hostel Day Holy Mass was concelebrated by several priests and Rev. Fr. Dr. Arokiasamy SJ, Principal of St. Joseph's College, Trichy was the main celebrant. Dr. Nirmala Krishna Kumar, motivational speaker, was the chief guest for the hostel day.

Women's Day

The International Women's Day was celebrated on 8th March 2019. The chief guest was Mr. Kulandai Francis, Ramon Magsaysay Awardee and Founder President, Integrated Village Development Project, Krishnagiri, Tamil Nadu. Rev. Sr. Niranjana Anthonisamy, Secretary, Dr. Sr. Christina Bridget, Principal,

Holy Cross College honored the chief guest with a shawl and memento. The chief guest gave an elaborative speech on women's selfless service and importance of women empowerment in the current scenario. To acknowledge the achievement of women, the college honored three women achievers Ms. S. Rajeswari, Ms. C. Indirani and Ms. M. Selvam with shield and cash prize. Earlier Dr. Latha, Assistant Professor of Tamil welcomed the gathering. Followed by cultural events, Dr. M. Maria Sophiya, Assistant Professor of Economics delivered the vote of thanks. More than 4500 students participated in the programme, which came to an end at 1.30 p.m. The programme arrangements were made by the Departments of Economics, Social Work and Women's Studies Centre.



Parents Forum & PTA

The Parent-Teachers Association, Holy Cross College, started its activity, for the academic year 2018-19, with the meeting, exclusively arranged for the parents of the I year UG and PG students, The chief guest Dr. Matilda Bhuvaneshwari, Assistant Professor, Department of Social Work, Cauvery College for women, enlightened the parents on the topic "Parental Counselling". The objective of

the meeting is to give counselling to the parents on handling their wards, in the backdrop of cultural impact caused by media and technology. Dr. S. Amala Fathima Rani, Associate Professor of Chemistry and PTA coordinator, welcomed the gathering. The meeting was presided over by Rev. Dr. Sr. Christina Bridget, Principal of Holy Cross College, who offered felicitations. The chief guest urged the parents to spend quality time with their children, so that they follow traditional values and culture. She said that a good inter-relationship between the parents and the wards is very much essential for the overall well-being of the children. She also insisted that parents should take up more responsibility in taking care of their children. She also narrated various case-studies, related to parental counseling, which was very much captivating for the audience. Around 1500 parents, actively participated in the meeting and appreciated the efforts taken by the Parent-Teachers Association of the college, in organizing the session. After the session, the parents met the class teachers of their wards in the respective departments. The departmental PTA meetings were also attended by the parents of II and III year UG and II PG students. The academic progress of the students was discussed by the class teachers. Feedback forms were filled up by the parents, which was later consolidated by the PTA in-charges.

Parent –Teachers meet for shift II was held on 20th September 2018. The guest of the day was Dr. John Balaih, Counseling Psychologist, St. Joseph’s College, Trichy. The meeting was held in the college ground at 2.00 pm. He spoke on what is the role of a parent and how important he or she is. They should understand that their kids will have a lot of expectations but everything can be fulfilled only by a proper understanding on both the sides. He also stressed that the parents should not expect a lot from their children. It was an interactive session. The queries of the parents were clarified and they were happy that they were able to know how to handle the situations with their children. The program ended with the College Anthem.

The parent teachers meeting was held on 20th September 2018 for all undergraduate and postgraduate students of all the departments.

The Parents Forum, organized by the Parent-Teachers Association of Holy Cross College, was conducted on 12th January 2019. Around 250 parents of students from all the departments attended the meeting, which was presided over by the Principal, Rev. Sr. Dr. Christina Bridget. The meeting was organized by Dr. S. Amala Fathima Rani, Associate Professor of Chemistry and PTA coordinator and her team. The objective of the meeting, is to encourage parents to come forward to give their suggestions and insights.



Rev. Sr. Dr. Christina Bridget, Principal, addressed the parents, insisting them to contribute to the all-round development of the institution and encouraged them to take stock of existing and emerging situations and share their views. Mr. K. Dharmaraj, Mr. N. Kunchithapatham and Mr. S. Venkatesh were elected as President, Vice-President and Secretary respectively from among the parents of students. The parents were overwhelmed as a “Lucky Dip” was conducted and many parents received gifts from the Principal.

Parents actively participated in the feedback session and insisted on the following points:

- ✚ Prohibit the usage of cell phones.
- ✚ Improve toilet, water and lab facilities.
- ✚ Break hours should be fully utilized by the student.
- ✚ Change of college timings from 9 a.m. to 5 p.m.
- ✚ Encourage the students to read books more than using internet or other technological tools to develop communication skills.
- ✚ Maintain attendance for library usage
- ✚ Encourage students to read newspaper daily in the class.
- ✚ Parents photo to be placed at the back of student's Identity Card.
- ✚ Encourage the students to do more physical activity.
- ✚ Online payment of fees to be made in the college itself.
- ✚ Cell phones are the need of the hour but safe usage is required.
- ✚ Parents are role models, so they should be God-fearing and bless their children in all ways.

The Parents Forum arranged a meeting for the final year UG students of the college by inviting Mr. D. Parisuthanathan, B.Sc., B.L., Advocate, High Court, Madurai Bench, Father of P. Nancy, II B.Com, on 27th February, 2019. The chief-guest addressed on the topic, "Laws Pertaining to Women", highlighting the domestic laws, property laws, marriage acts, sexual harassment laws and so on.

The departmental PTA meeting was conducted on March 2nd, 2019, which was attended by the parents of UG and PG students of all the departments. The academic progress of the students based on CIA marks, was discussed by the class teachers.

Department wise Report of the Annual Parent – Teacher Meeting

Parent Teachers Association of Social Work Department initiated first round parent teachers meeting on 24th September in Social Work Department hall. Total students strength including I and II MSW were 38, in which 25 students' parents volunteered and participated.

In spite of continuous steering we were able to bring a very small crowd, but it came out effectively with many constructive thoughts and made way to understand the nature of the course and grievances between students and parents were addressed and on the whole this PTA served as a bridge. A thorough knowledge of fieldwork components and all the anticipated curriculum events of the department including job placements were disseminated to the parents, which made them to build trust on the two years of learning.

Chemistry

PTA meet was conducted on 20th September for all UG and PG students of the department. Parents participated in large numbers and were eager to know about the performance of their wards. The academic progress of the students was discussed with the parents. Feedback forms were also given to them.

Computer Science

Shift I: On 20th September 2018, the general Parents Forum for the parents of I - B.C.A. and I - M.C.A. was held in the college grounds from 10 a.m. onwards. After that Parents-Teachers Meet was conducted in their respective classes with their class teachers. Teachers discussed on the discipline, progress report and attendance of the students with their parents. Totally 326 parents participated in the meet and gave their feedback. Many parents suggested to conduct the meeting on holidays. They also gave their suggestions to improve the Placement Cell, Canteen and Water facilities. Some parents asked to conduct such meetings often.

Shift II: Parent Teachers meet for the department was held on 20th September 2018. There was a common meeting organized for the parents of the I UG and I PG students. After that, they were allowed to meet the teachers of their ward. Parents of the II UG, III UG and II PG students met the teachers at 4.30 pm. Progress of their children were discussed and feedback forms were filled. Totally, 138 parents of the students were present. Most of

them were satisfied and felt at ease with the college activities.

Department of Chemistry

PTA meet was conducted on 2nd March for all UG and PG students of the department. Parents participated in large numbers and were eager to know about the performance of their wards. The academic progress of the students was discussed with the parents. Feedback forms were also given to them.

Alumnae

The General Alumnae Meet of Holy Cross College was held on 8th December, 2018, in Our Lady's Hall at 10 a.m. The Chief Guest of the day was Professor S.H. Afroze, Vice Principal, Dhanalakshmi Srinivasan College of Arts and Science for Women (Autonomous) Perambalur. The Special invitee's were Ms. Lorna Fernandes, Private Tutor, President, Alumnae Chapter, Singapore and Ms. S. Amala Antony, Teacher at Telok Kurau Primary School, Secretary Alumnae Chapter, Singapore. The occasion was graced by the alumnae who were present for the meeting.

The Newsletter of the Alumnae Association "In Touch" Vol: 12. December 2018 was released by the Chief Guest Professor S.H. Afroze, Vice Principal, Dhanalakshmi Srinivasan College of Arts and Science for Women (Autonomous) Perambalur and the first copy was received by the Principal Rev. Sr. Dr. Christina Bridget. In her address she thanked the institution for the opportunity and shared her experiences as a student during her education. She inspired the gathering to face challenges bravely. She insisted on holistic development and spoke about the impact of the values Holy Cross College has imbibed in her and her profession. Prof. Afroze offered her service to take part in the extension activities of the college, so that the contribution of the alumnae could strengthen the college. The Principal, Rev. Sr. Dr. Christina Bridget felicitated the gathering. She expressed her joy for the alumnae meetings conducted in Malaysia and Singapore. She said that she was

overjoyed to see alumnae of Holy Cross College excel in life. Sister thanked the alumnae for their presence and wished them God's blessings, in the years to come.

The Special invitees Ms. Lorna Fernandes and Ms. S. Amala Antony through their messages, inspired the gathering to look back on their wonderful days spent as students in Holy Cross College that explained the implication of alumnae reunion, for the growth of the institution and the individuals. Ms. Lorna fondly remembered Dr. P. Daisy for bringing about a change in her life. She said that she will take the Singapore Alumnae chapter to the next level. Ms. S. Amala Antony said that Holy Cross College has groomed her to become a better human being and that she concentrated on below average students and made them shine, a practice that she learnt from her teachers.

Retd. IAS officer Ms. Neela Gangadaran alumna from the department of Economics 1971 batch addressed the gathering. She spoke about the discipline, respect and the dignity that she has learned and gained from Holy Cross College. She was happy to be part of the meeting and requested all the students to make the best use of Holy Cross College.

The alumnae from Dubai and Singapore spoke to the gathering through a video call. They were very happy to address the alumnae and be part of the General Alumnae Meeting. A game of Tombola was conducted by the staff of English Department. The alumnae actively participated in the game. The Alumnae meet ended with lunch hosted by the college and every one bid each other and their friends a touching farewell.

The Alumnae Association of Holy Cross College organized a workshop on Marital Counseling for all the final year UG students of both Shift I and II on 29th and 30th January 2019. Totally 1650 students benefitted from the session. The session was held for the III year students of Science departments on 29.01.2019 in Our Lady's Hall. Nearly 620 students from various Science departments participated in the program. Dr. T. Ramani

Devi, from Ramakrishna Medical Mission was the resource person. The workshop started with the prayer service and welcome address. The workshop was separated into two sessions.

The first session focused on choosing a right partner, living in harmony and parenting. The session started with few questions to the audience on marriage and related aspects. Based on their answers the session was taken over by the speaker. She emphasized the need for adaptations and forgiveness in a married life. The session was very interactive and motivating for the students.

The second session focused on the various tests that are to be administered before marriage and during the time of pregnancy. Various queries of the students regarding health issues were clarified. Techniques to handle in-laws issues and marital conflicts was also discussed. Finally the session came to an end with the feedback session and vote of thanks.

A similar session was arranged on 30th January 2019 for the final year UG students of all Arts departments and Shift II. It started with a prayer and welcome address. Ms. Meera Ramesh, Psychologist, Athma Institute of Medical Sciences, Trichy delivered the address on the topic “Marital Status”. She spoke about how to maintain a good personal relationship. She motivated the students as to how to handle situations without anxiety and should not hesitate to apologize. She also shared her counselling experiences. Another session was headed by Dr. Tamilselvi, Gynecologist and Obstetrician, from Arul Hospital. She gave a talk about menstrual cycle, and the personal hygiene that is to be maintained during menstruation.

She persuaded the students not to skip breakfast and also highlighted on the benefits of consumption of vegetables, fruits, cereals and pulses and the need to avoid junk foods. She clarified about polycystic ovarian syndrome and other reasons for irregular menstrual cycle. The session came to an end with interaction and clarification. The

programme came to an end with a vote of thanks.



Department Alumnae Meetings

Computer Science

Alumnae Meeting of the Department of Computer Science was held on 20th October 2018 at Sophy’s Hall, Holy Cross College, Trichy. Around fifty alumnae of the Department of Computer Science attended the meeting. The meeting commenced at 10.30 a.m with a prayer service. Dr. D. Roselin Selvarani, Assistant Professor of the Department of Computer Science welcomed the august gathering.

The alumnae were honored by the presence of Dr. (Sr.) Christina Bridget, Principal, Holy Cross College, Trichy. Sister encouraged the alumnae to freely share their experiences, views and memorable thoughts of their golden days spent in the Holy Cross campus during their course of study. Most of the Alumnae were visiting their Alma Mater after a long time and naturally were thrilled to be back in the campus again. The Principal congratulated and blessed the Alumnae for their

achievements and wished them good luck for all the future endeavors.

Dr. (Sr.) Daisy Premila Bai, Head of the Department of Computer Science, an alumna, felicitated the alumnae requesting the volunteers for the alumnae forum. The forum constituted six members: Ms. M. Gracy, Ms. Annie Savera, Ms. Sagaya Preethi, Ms. Merlin Sofia, Ms. Preethi, Ms. Jeyamalar and Ms. Philo. The forum members were asked to form chapters in their respective zones. The event also had the cultural performance given by alumnae Ms. J. Vinnarasi and team.

The meet also included some interesting games conducted by Ms. K. Keerthana and Ms. S. Lawrenca Sophia, alumnae of the department, to make the alumnae meet more cheerful. Most of the alumnae participated in the games enthusiastically. The special invitee, Mrs. Annie Savera, Head, Project Delivery, APPY HUB Technology Solutions Pvt. Ltd., Chennai, an alumna addressed the gathering with enthusiastic and thoughtful words. The meet was concluded by vote of thanks given by Ms. H. M. Leena, Assistant Professor of Computer Science, Holy Cross College. The Alumnae showed their willingness to help and to be the partners in various ways. The meet ended with a sumptuous meal coupled with the sweet hope of meeting again.

Chemistry

On 27th August 2018, Ms. Malathi Shanmugam, Business Consultant, Intellect Design Arena Ltd, Chennai highlighted the importance of passion, persistence and perseverance to become successful in life. She insisted that the students should be empowered to face the social and cultural challenges and proactive. She felt proud to be an alumna of the department and recalled her pleasant memories as a student in the college. The students were spell bound by her inspiring talk.

Reunion of Alumnae – Department of Chemistry

On 13th October 2018, Reunion of Alumnae programme was organized at Sophy's Hall to facilitate the participation of alumnae from various batches. Rev. Sr. Elizabeth Rose an alumna and former Principal of Holy Cross College was the Chief Guest and Rev. Sr. Dr. Christina Bridget, Principal of Holy Cross College delivered the presidential speech. Nearly 40 alumnae from various batches participated.

On 21st December 2018, Ms. Prema distinguished alumna, currently working at Singapore, ignited the students about the importance of goal setting. She quoted that Chemistry is the base for all fields and there are only 6% of Chemistry graduates left unemployed. She highlighted the various job opportunities available in Singapore. She also promised to help the students who are interested to work in prominent pharmaceutical and food industries at Singapore. The meeting came to the end with an interaction session. Another alumnae meet was held on 21st September 2018 for the batch 2015-2018 and reunion of alumnae programme was organized on 3rd November 2018.

Rehabilitation Science

The alumnae meet of the PG and Research Department of Rehabilitation Science "Santhipoma 2019" was held on 9th February 2019. Nearly 35 alumnae of various batches from different places participated in the alumnae meet. Rev. Sr. Dr. Christina Bridget, Principal of the college headed the program. The program started with the prayer service and welcome address.

Report of the general alumnae meet was read and various efforts taken by the college to strengthen the alumnae association was informed to the participants. All the alumnae shared their experiences both about their college life and work experience to the audience. Sister Principal felicitated the

gathering and gave a small memento to all the participants. The program came to an end with the vote of thanks.

Visual Communication

On 9th February 2019 the reunion of 2018 batch was organised in the Department. The resource person was Mr. Terry our alumnus. He is an entrepreneur and the founder of Art Waves AV studio in Dindugal. More than 20 students were present on this day. His deliberations were quite inventive and well appreciated by the participants and his career guidance was of great help to the alumnae.

DMLT

The alumnae association meeting for the academic year 2018-2019 was held on 23rd November 2018 in the department of MLT. The alumnae students of passed out batch of 2017-2018 attended the program and they spoke about their working experience in the clinical laboratories and they shared their experiences and views to the final year DMLT and PGDMLT students.

Holy Cross Community Radio

Holy Cross Community Radio is a dynamic and highly practical training unit, designed to equip aspiring radio professionals with everything they need to know about how the radio industry works.

Holy Cross Community Radio gave orientation to the first year undergraduate and postgraduate students of Arts and Science departments to gain skills in broadcasting, reporting and producing radio programme.

Certificate course in radio production - 128 students were trained in two phases to script, edit and record radio programme. The students were given hands on training in FM transmission, announcing and Radio Jockeying.

Holy cross CR has been instrumental in assisting the students to write radio scripts. More than 100 radio scripts on various socially

relevant themes such as blood donation, gender equality, breast cancer awareness, etc. have been produced and recorded this year.

Four students have been trained in radio transmission. The trained students take care of HCCR transmission when the transmission in charge is not available.

Valedictory

The valedictory of all the associations and clubs of the college was held on 14th March 2018. The chief guest, Dr. K. Durairasan, Controller of Examinations, Bharathidasan University, appreciated the prize winners and distributed the prizes. The staff in charge of the department associations and clubs presented the reports of the activities conducted.

College Day Mass

The College Day Mass was celebrated on 13th March 2018 to praise and thank God for all His manifold blessings showered on the institution and its inmates during this academic year. The celebrant of the mass was Rev. Fr. Joe Lawrence, Parish Priest, V.F. of Crawford Parish.

College Day

The college day was celebrated on 15th March 2019. The chief guest was Dr. K. Abdul Gani, The Green Man of India, and Renowned Activist, from Chennai. He delivered the college day address and distributed the prizes.

Farewell

Teaching staff

The following staff are retiring this year after several years of dedicated service to the college and student community.

We wish them good luck and God's blessings as they embark on new ventures in their onward journey of life.

- Dr. Annal Lourdu Regina, Associate Professor of Commerce
- Dr. Amala Fathima Rani, Associate Professor of Chemistry
- Dr. Viji M, Assistant Professor of History
- Ms. Uma Rani, Assistant Professor of Economics
- Dr. Subhashini A, Assistant Professor of Botany
- Rev. Sr. Saghayamary, Librarian went on voluntary retirement

Administrative Staff

- Ms. G. Elizabeth Rani, Library Asst.

Obituary

Rev. Sr. Dona, Former Principal and HoD of Zoology and Rev. Sr. Dr. Georgia, former HoD of History and Controller of Examinations and Dr. Sr. John Marie, Retd. Associate Professor and former HoD of Tamil and Ms. Gnana Sironmani, Office Superintendent departed to their heavenly abode. May their souls rest in peace in the Lord.

New Endowments

I sincerely appreciate and thank all those who have contributed generously towards new endowments

- Mr. Manoharan's Endowment for Poor Students of Rehabilitation Science - Rs. 5,000/-
- Dr. Anup Mandal Endowment, Zoology Department for Poor Students - Rs. 3,500/-
- Mr. Thiyagadurgam P.R. Ayyam Perumal (Ms. Rajathi) Zoology Department for students - Rs. 10,000/-
- Dr. Amala Fathima Rani Endowment for Chemistry Department for Gold Medal for any other Department - Rs. 50,000/-
- Dr. Amala Fathima Rani Endowment for Chemistry Department for Lecture Fund - Rs. 50,000/-

- Endowment from Kalvi Valam Department of MCA Lateral Entry Student for Gold Medal - Rs. 5,000/-
- Endowment from Green Soft Computers Group Department of MCA Lateral Entry Student for Gold Medal - Rs. 10,000/-
- Endowment from Hitachi Systems, Department of MCA Lateral Entry Students for Gold Medal - Rs. 5,000/-
- Endowment of Ms. R. Rajeswari (1996-1999 Batch) Department of Chemistry for Poor Students - Rs. 5,000/-
- Endowment for Blossom's Poor students - Rs. 56,600/-

Gratitude is a healthy attitude that changes everything. It helps to revive our energies and enable us to look at life positively by counting our blessings. This is the time to pause and appreciate people for their support and co-operation.

On this occasion of the 96th College Day, it is my special privilege and pleasure to thank all the people who have collaborated and cooperated with me for the smooth functioning of the college and for the successful conduct of various activities during this academic year. It is my honour to thank the chief guest of today's function, Dr. K. Abdul Gani, The Green Man of India, Renowned Activist, from Chennai, for being present with us today, for his motivating address and for distributing the prizes to the prize winners of this year. Thank you sir!

I extend my sincere thanks to Rev. Sr. Jyothi Selvaraj, our Provincial, for her guidance and prayer support. I thank our Secretary, Rev. Sr. Niranjana Anthonisamy, for her support and help generously extended for the welfare of the institution. I thank Rev. Sr. Dr. P. Judy Gomez, Vice Principal and Sister in charge of shift II, for her co-operation. I also thank Rev. Sr. Lizy George, Controller of Examinations and the sisters of the community for their co-operation and prayer support.

I am grateful to the two lay Vice Principals, Dr. L. Jenitra and Dr. P. Nagalakshmi for their cooperation and help in the conduct of academic programmes. I thank the Deans, Heads of the various departments, staff in charge of various associations, staff- both teaching and administrative, Student Council members, and all who supported me for the welfare of the students and the development of the college. I also thank the wardens, Sr. Jasmine, Sr. Catherine Savarimuthu, Sr. Judy Gomez, Sr. Bridget Chelladurai for guiding the inmates with their concern and encouragement. I thank the media personnel and technical staff, for their technical help rendered at all times.

I express my gratitude to the Vice-Chancellor, Registrar and staff of the Bharathidasan University for their support. I also thank the Regional Joint Director and Staff, the Bank officials, Transport and Corporation authorities, District Collector, and Department of Law and Order, for their timely help. I am thankful to UGC and other organizations for the financial support provided for various projects.

I humbly acknowledge my thanks to God Almighty for the showers of blessings and protection throughout this academic year and for the laurels won through His grace and compassion.

In the words of the Psalmist I say:

*We give thanks to you, O God,
We give thanks to you Ps 75:1*

Thank you

