



Holy Cross College (Autonomous) Nagercoil – 629 004

Affiliated to Manonmaniam Sundaranar University, Tirunelveli
Nationally Accredited with A+ Grade (CGPA 3.35) by NAAC IV Cycle
An ISO 9001:2015 Certified Institution

SSR
2019-2020
to
2023-2024

2.3.3 Preparation and adherence of Academic Calendar and Teaching plans by the institution

2023- 2024

PG Department of Social Work

Action Plan (2023-2024)

Month	Activity	Staff In charge	Beneficiaries	Expected Outcome of the Programme
20 th June 2023	Extension activity-Resource directory	Ms.Mary Deeba	Various Community in Kanyakumari District	The students come to know the value of social work and resource directory to reduce fear, anxiety and to sacrifice themselves to others especially in disaster accompaniment. Both the social workers and the public domain gain from this.
12th July 2023	Social Work Club "We Are Their Voice"	Ms. R. Sahaya Helba Barbara	I & II MSW Students	Students of Social work understood the status of social work in current scenario
July 26th – September 17th 2023	Concurrent field Work	Dr.E.Sathia Raj	II MSW Students	It enhances the knowledge skills and values for professional competence
July 9 th 2023	Observation visit- Counselling Ministry, Bishop House, Nagercoil.	Dr.E.Sathia Raj	I MSW Students	Students understood the skills of systematic observation, critical analysis and developed the spirit of inquiry.

July 13 th 2023	Observation visit- Provision, Mylady	Dr.E.Sathia Raj	I MSW Students	The Ist MSW Students learned about the qualities of professional social worker& women empowerment.
July 17 th to 21 st 2023	Workshop on Folk Arts Training, MaiyamKalaikuzhu, Chennai.	Dr.E.Sathia Raj	I & II MSW Students	The Social Work trainees learnt the importance of folk art training and it connected them to the Tamizh tradition
July 27 th 2023	Observation visit- The Salvation Army, CBH, Nagercoil& Reflexology, Nagercoil	Dr.E.Sathia Raj	I MSW Students	The Ist MSW Students learned about the quality education and practice for developing the health and well-being of communities
July 28 th 2023	Observation visit- Kottar Service Society, Nagercoil	Dr.E.Sathia Raj	I MSW Students	The Ist MSW Students learned about the Child care & child line project.
August 3 rd 2023	Observation visit- Association For Women's Education Development , Villukuri & PunarJeevan, Villukuri	Dr.E.Sathia Raj	I MSW Students	The Ist MSW Students learned about the women's rights & tribal community development.
August 4 th 2023	Observation visit- Gold King Charitable Trust, Kurusady, Nagercoil & A.M.L Neuro Psychiatric Clinic, Nagercoil	Dr.E.Sathia Raj	I MSW Students	The Ist MSW Students learned about the NGOs registration and voluntary activity.
August 5 th 2023	Observation visit- Psycho Park, Thiruvanthdrum	Dr.E.Sathia Raj	I & II MSW Students	* The Importance of Mental Health * Cognitive therapy involves managing oneself and



				enhancing these skills in the field.
August 7 th 2023	World Breast Feeding Day, Jointly organizing Zoology club & Social Work Club, Nagercoil	Ms.Mary Deeba	I & II MSW Students	The World breastfeeding- has the dual goal of improving the health of babies and promoting, protecting, and supporting the rights of women to breastfeed anywhere and at any time.
August 10 th 2023	Observation visit- Suraksha Family Counselling Centre, - Nagercoil& PURA, Nagercoil	Dr.E.Sathia Raj	I MSW Students	The Ist MSW Students learned about the rural development and tribal development programmes.
Aug 31 st 2023	Observation visit- Aaram, Aaralvaimoly	Dr.E.Sathia Raj	I MSW Students	The I st MSW Students learned about the senior citizen problems and how they care by NGOs.
September 1 st 2023	Observation visit- ShanthiNilayam, Paruthivillai,& Thiruppumunai Deaddiction Centre, Nagercoil	Dr.E.Sathia Raj	I MSW Students	Students understood the effect of alcoholism and the activities of that institution.
September 23 rd 2023	Catharsis 2023, Bishop Heber College, Tiruchirappalli.	Ms.Mary Deeba	I & II MSW Students	Through this Catharsis the students identified their peculiar talents and proved themselves in best budding Social Workers to this Nation.
September 25 to Oct 2 nd 2023	Rural Camp- Mothiramalai	Ms.Mary Deeba	Community people from Mothiramalai	Understood the meaning of group living and learned the effects of communication skills and team

				spirit. Also they experienced the value of unity in diversity.
October 10 th 2023	World Mental Health Day Celebration, Nagercoil	Ms.Mary Deeba	Community people from Punnainager.	Raise awareness about the mental health it reduce stigma associated with mental illness and it promote help seeking behaviors and emotional well-being practices, and prevent suicide
October 27 th to 11 th November 2023	MOU- Activity with Seem Nepal	Ms.Mary Deeba	I & II MSW Students	To provide an opportunity to study the social culture changes, values, social practice and phenomena in Nepal country.
22 nd December 2023	Joy of Sharing, Pupperty artist, Thoivalai	Ms.Mary Deeba	I & II MSW Students	To experience the joy of sharing without expecting anything in return
8 th March 2024	Women's Day Celebration	Ms.Mary Deeba	Social Work Students	Make them to contribute equality to the home, society and Nation.
21 st March 2024	Social Workers Day celebration in collaboration with Rani Anna College, Thirunelveli	Ms.Mary Deeba	Social Work Students and Social Work Practioners	The day aims to celebrate the achievements of social work, along with raising the visibility of social services for the future of societies.
7 th April 2024	World Health Day	Ms.Mary Deeba	Social Work Students	To gain awareness and encourages people to take



NAAC V Cycle Self Study Report (SSR)

				action towards better health.
10 th April 2024	Social Work Club Valedictory	Ms. R. Sahaya Helba Barbara	I & II MSW Students	Students are appreciated for their achievements.
15 th May to 6 th June 2024	Block Placement	Ms. R. Sahaya Helba Barbara	I & II MSW Students	Students learn the art of working with the NGOs based on their specialization.

L. Mary Welch

HOD
Dept. of Social Work
Holy Cross College (Autonomous)
Nagercoil



2022-2023

PG Department of Social Work

Action Plan (2022-2023)

Month	Activity	Staff In charge	Beneficiaries	Expected Outcome of the Programme
July 26 – September 17 2022	Concurrent field Work	Ms.Mary Deeba	Various Community in Tamil Nadu and Kerala	It enhances the knowledge skills and values for professional competence
August 1 2022	Extension Activities Collaboration with Nuthana Trust	Ms. Mary Deeba	Community people from Nagercol area	Students understood the skills and knowledge of critical analysis.
August 9 2022	Observation visit- Counseling Ministry, Deaddiction Centre, Kottar Social Service Society, Nagercoil.	Ms. Mary Deeba	I year MSW Students	Students understood the skills of systematic observation, critical analysis and developed the spirit of inquiry.
August 11 2022	Observation visit- Provision Mylady, Viveka	Ms. Mary Deeba	I year MSW Students	The 1st MSW Students learned



	Trust, Nagercoil			about the qualities of professional social worker & women empowerment
August 13 <i>Deeba</i>	Observation visit- District Child Protection Unit, Suraksha Family Counselling Centre, Nagercoil	Ms. Mary Deeba	I year MSW Students	The 1st MSW Students learned about the rural development and tribal development programmes.
August 16 <i>Deeba</i>	Observation visit- GGAMCMH Vellamadam, Voice India, Nagercoil	Ms. Mary Deeba	I year MSW Students	The 1st MSW Students learned about the senior citizen problems and how they are cared by NGOs.
August 18 <i>Deeba</i>	Observation visit- A.M.L Neuro Psychiatric Clinic, Punarjeevan Counseling Centre	Ms. Mary Deeba	I year MSW Students	Students understood the effect of alcoholism and the activities of that institution.



NAAC V Cycle Self Study Report (SSR)

August 20 <i>2022</i>	Observation visit- People Rural Uplift Centre, Rural Upliftment Centre, Parvathipuram	Ms. Mary Deeba	I year MSW Students	The Ist MSW Students learned about the how to creating just social and economic order.
August 22 <i>2022</i>	Association Meeting Dr. Darwin, Social Worker	Ms. Mary Deeba	I year and II year MSW Students	The students got knowledge about the how to overcome from the stress. And also known how to manage the stress.
August 22- August 27 <i>2022</i>	Folk arts Training Maiyam Kalai kuzhu, Chennai.	Ms. Mary Deeba	I year MSW Students	The Social Work trainees learnt the importance of folk art training and it connected them to the Tamizh tradition.
September 25- 30 <i>2022</i>	Rural Camp- Kovalam	Ms. Mary Deeba	Community people from Kovalam	Rural camp involves



NAAC V Cycle Self Study Report (SSR)

				students in participation in planning and designing action activities for themselves and those for rural people and also helps in developing.
October 17 Oct 22 <i>2022</i>	Study Tour	Ms. Mary Deeba	II year MSW Students	Social Work trainees knew the importance of Social Worker in the contemporary society.
December 2nd <i>2022</i>	Association Meeting- Contemporary changes in Social Work. Br. Justin Avinash, Jana Deepa Institute of Philosophy and Theology	Ms. Mary Deeba	I year and II year MSW Students	Social Work trainees got orientation about type of therapy, Vision Therapy, Behavioral therapy and Physiotherapy

NAAC V Cycle Self Study Report (SSR)

December 23 <i>2023</i>	Joy of Giving, Transgenders.	Ms. Mary Deeba	I year and II year MSW Students	To experie ce the joy of sharing without expectin g anything in return
January 2 to February 1 <i>2023</i>	Block placement	Ms. Mary Deeba	I year MSW Students	Students learn the art of working with the NGOs based on their specializ ation
February 3 to March 7 <i>2023</i>	Block placement	Ms. Mary Deeba	II year MSW Students	Students learn the art of working with the NGOs based on their specializ ation
March 23rd <i>2023</i>	Social workers Day celebration	Ms. Mary Deeba	Social work students and Social Work Practioners	Students are apprecia ted for their achieve ments.

M. Mary Deeba

HOD
Dept. of Social Work
Holy Cross College (Autonomous)
Nagercoil



2021-2022

PG Department of Social Work

Action Plan (2021-2022)

Month	Activity	Staff In charge	Beneficiaries	Expected Outcome of the Programme
June 15 2021	Extension Activities Collaboration with Nuthana Trust	Ms. Mary Deeba	Community people from Kallu Vilai	Students understood the skills and knowledge of critical analysis.
June 17 2021	Observation visit- Counseling Ministry, Deaddiction Centre, Kottar Social Service Society, Nagercoil.	Ms. Mary Deeba	I year MSW Students	The Ist MSW Students learned about the quality education and practice for developing the health and well-being of communities
June 20 2021	Observation visit- Provision Mylady, Viveka Trust, Nagercoil	Ms. Mary Deeba	I year MSW Students	Students understood the skills of systematic observation, critical analysis and developed the spirit of inquiry.
June 22 2021	Observation visit- District Child Protection Unit, Suraksha Family Counselling	Ms. Mary Deeba	I year MSW Students	The Ist MSW Students learned about the qualities of



NAAC V Cycle Self Study Report (SSR)

	Centre, Nagercoil			profession al social worker & women empowerment
June 24 2021	Observation visit- GGAMCMH Vellamadam, Voice India, Nagercoil	Ms .Mary Deeba	I year MSW Students	The Ist MSW Students learned about the rural developme nt and tribal developme nt programm es.
June 27 2021	Observation visit- A.M.L Neuro Psychiatric Clinic, Punarjeevan Counseling Centre	Ms. Mary Deeba	I year MSW Students	The Ist MSW Students learned about the senior citizen problems and how they care by NGOs.
June 29 2021	Observation visit- People Rural Uplift Centre, Rural Upliftment Centre, Parvathipuram	Ms. Mary Deeba	I year MSW Students	Students understoo d the effect of alcoholis m and the activities of that institution
July 6 2021	Association Meeting, MR. Darwin, Social Worker	Ms. Mary Deeba	I year and II year MSW Students	The Ist MSW Students learned about the how to creating just social and economic order.



NAAC V Cycle Self Study Report (SSR)

August 17 <i>led</i>	Concurrent Field Work	Ms. Mary Deeba	I year and II year MSW Students	It enhances the knowledge skills and values for professional competence
August 17 <i>led</i>	Folk arts Training	Ms. Mary Deeba	I year and II year MSW Students	The Social Work trainees learnt the importance of folk art training and it connected them to the Tamizh tradition.
September 12-18 <i>led</i>	Rural Camp-Surulakodu	Ms. Mary Deeba	Community people from Surulakodu	Rural camp involves students in participation in planning and designing action activities for themselves and those for rural people and also helps in developing.



NAAC V Cycle Self Study Report (SSR)

Sep 29 th Oct 5 <i>2021</i>	Study Tour	Ms. Mary Deeba	II year MSW Students	Social Work trainees knew the importance of Social Worker in the contemporary society
October 3rd <i>2021</i>	Hemoglobin Awareness Program, Xavious Medical College, Chunkankadai.	Ms. Mary Deeba	MSW Students	The Students get knowledge about the awareness of nutrition food.
December 2nd <i>2021</i>	Association Meeting, Clement Wincely, Director, Nuthana Trust.	Ms. Mary Deeba	I year and II year MSW Students	The students got knowledge about the how to overcome from the stress. And also known how to manage the stress.
December 23 <i>2021</i>	Joy of Giving, Transgenders.	Ms. Mary Deeba	I year and II year MSW Students	To experience the joy of sharing without expecting anything in return
January 2 to February 1 <i>2022</i>	Block placement	Ms. Mary Deeba	I year MSW Students	Students learn the art of working with the NGOs based on their specialization



February 3 to March 7 <i>Deeba</i>	Block placement	Ms. Mary Deeba	II year MSW Students	Students learn the art of working with the NGOs based on their specialization
March 23rd <i>Deeba</i>	Social workers Day celebration	Ms. Mary Deeba	Social work students and Social Work Practitioners	Students are appreciated for their achievements.

L. Mary Deeba
HOD
Dept. of Social Work
Holy Cross College (Autonomous)
Nagercoil



2020-2021

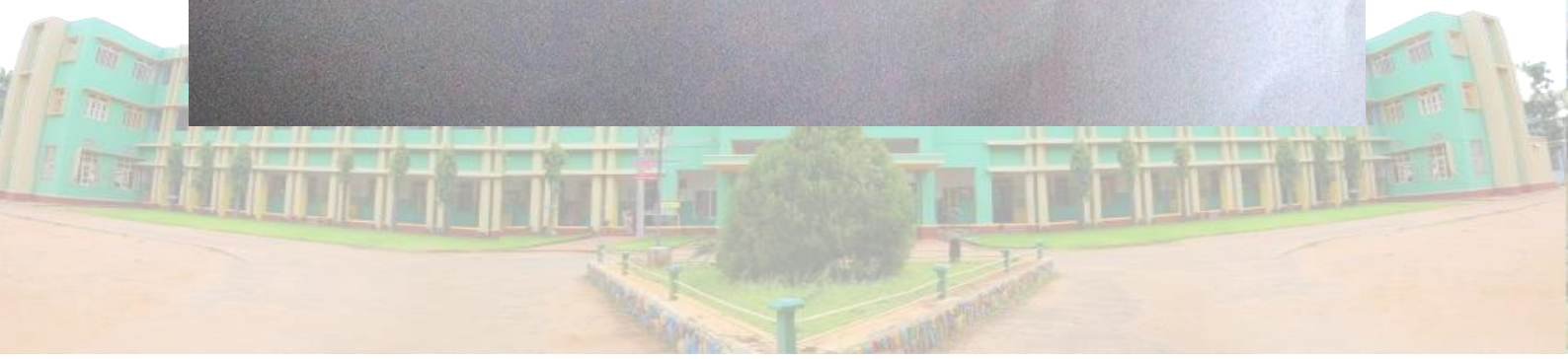
PG Department of Social Work

Action Plan (2020-2021)

Month	Activity	Staff In charge	Beneficiaries	Expected Outcome of the Programme
August 6 th 2020	Extension Activities Collaboration with Nuthana Trust	Ms. Mary Deeba	Community people from Kallu Vilai	Students understood the skills and knowledge of critical analysis.
August 13 2020	Observation vist- Juvenile Home, Trivandrum.	Ms. Mary Deeba	I year MSW Students	Students understood the skills of systematic observation, critical analysis and developed the spirit of inquiry
August 14 2020	Observation vist- Provision Mylady	Ms. Mary Deeba	I year MSW Students	The 1st MSW Students learned about the quality education and practice for developing the health and well-being of communities
August 15 th 2020	Observation vist- Shanthi Nilayam Paruthivilai	Ms. Mary Deeba	I year MSW Students	The 1st MSW Students

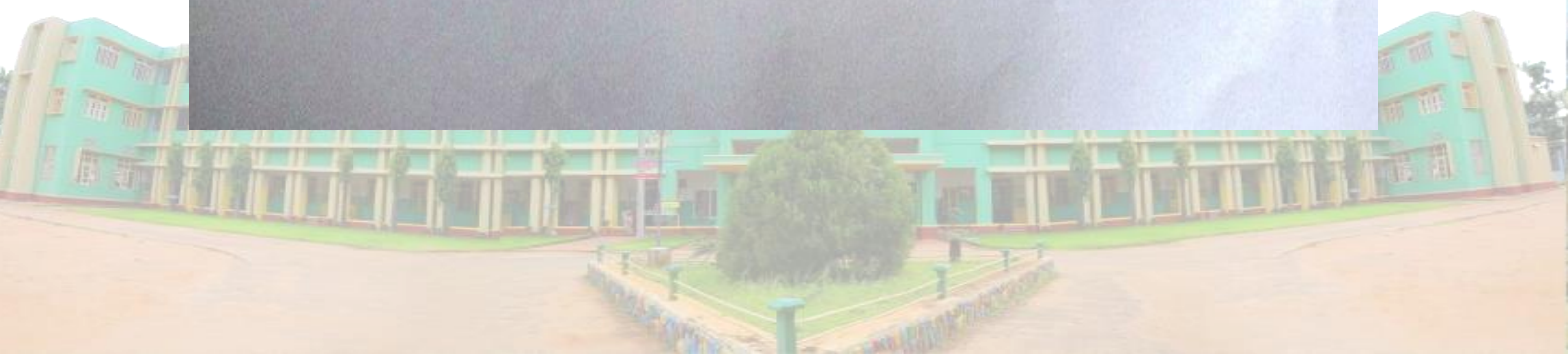
NAAC V Cycle Self Study Report (SSR)

				learned about the enable and empower with disabilities , women and marginaliz ed communiti es by providing education, livelihood and health support for enhancing the quality of life.
August 18 th <i>Selo</i>	Observation visit- GGAMCMH Vellamadam	Ms .Mary Deeba	I year MSW Students	The Ist MSW Students learned about the child care centre and to know the importance of quality of life.
August 20th <i>Selo</i>	Observation visit- CHDP Putheri	Ms. Mary Deeba	I year MSW Students	. The Ist MSW Students learned about the quality education and practice for developin g the health and well-being of communiti es.



NAAC V Cycle Self Study Report (SSR)

August 22nd <i>Solo</i>	Motivational Talk Dr.S.Gerardin Jeyam	Ms. Mary Deeba	I year and II year MSW Students	. The MSW Students learned about the senior citizen problems and how they care by NGOs
September 22 to 27 <i>Solo</i>	Rural Camp- Kalluvilai	Ms. Mary Deeba	Community people from Vellamadam	The 1st MSW Students learned about the how to creating just social and economic order.
Sep 29 Oct 5 <i>Solo</i>	Study Tour	Ms. Mary Deeba	II year MSW Students	Social Work trainees get orientation about type of therapy, Vision Therapy, Behavioural therapy and Physiothera py.
October 3rd <i>Solo</i>	Income generated Program	Ms. Mary Deeba	Community people from Earuthurkadai	Social Work trainees knew the importance of Social Worker in the contempor ary society.
December 2nd <i>Solo</i>	Mobilization for HIV fund	Ms Mary Deeba	HIV infected affected students from Provision	Students get the fund raising skills.
December 11th <i>Solo</i>	Association Meeting ,Amala Saranya ,KSSS		I year and II year MSW Students	The 1st MSW Students learned



NAAC V Cycle Self Study Report (SSR)

				about the counselling techniques and how to diagnosis the problems.
January 2 to February 1 <i>Dee</i>	Block placement	Ms. Mary Deebe	I year MSW Students	Students learn the art of working with the NGOs based on their specializat ion
February 3 to March 7 <i>Dee</i>	Block placement	Ms. Mary Deebe	II year MSW Students	Students learn the art of working with the NGOs based on their specializat ion
March 23rd <i>Dee</i>	Social workers Day celebration	Ms. Mary Deebe	Social work students and Social Work Practioners	Students are appreciate d for their achieveme nts.

L. Mary Deebe
 HOD
 Dept. of Social Work
 Holy Cross College (Autonomous)
 Nagercoil



2019-2020

PG Department of Social Work

Action Plan (2019-2020)

Month	Activity	Staff In charge	Beneficiaries	Expected Outcome of the Programme
August 5 th 2019	Extension Activities Collaboration with Nuthana Trust	Ms. Mary Deeba	Community people from Kallu Vilai	Students understood the skills and knowledge of critical analysis.
August 12 th 2019	Observation vist- Juvenile Home, Trivandrum.	Ms. Mary Deeba	I year MSW Students	Students understood the skills of systematic observation, critical analysis and developed the spirit of inquiry
August 14 th 2019	Observation vist- Provision Mylady	Ms. Mary Deeba	I year MSW Students	. The Ist MSW Students learned about the quality education and practice for developing the health and well-being of communities
August 15 th 2019	Observation vist- Shanthi Nilayam Paruthivilai	Ms. Mary Deeba	I year MSW Students	The Ist MSW Students learned about the enable and empower with disabilities, women and marginalized communities by providing education, livelihood and health support for enhancing



NAAC V Cycle Self Study Report (SSR)

				the quality of life.
August 18 th 2019	Observation visit- GGAMCMH Vellamadam	Ms .Mary Deebea	I year MSW Students	The Ist MSW Students learned about the child care centre and to know the importance of quality of life.
August 20th 2019	Observation visit- CHDP Putheri	Ms. Mary Deebea	I year MSW Students	. The Ist MSW Students learned about the quality education and practice for developing the health and well-being of communities.
August 22nd 2019	Motivational Talk Mr. Clement	Ms. Mary Deebea	I year and II year MSW Students	Social Work trainees knew the importance of Social Worker in the contemporary society.
September 22 to 27 2019	Rural Camp- Kalluvilai	Ms. Mary Deebea	Community people from Vellamadam	The Ist MSW Students learned about the how to creating just social and economic order.
Sep 29 Oct 5 2019	Study Tour	Ms. Mary Deebea	II year MSW Students	Social Work trainees get orientation about type of therapy, Vision Therapy, Behavioural therapy and Physiotherapy.



October 3rd <i>2019</i>	Income generated Program	Ms. Mary Deeba	Community people from Earuthurkadai	Social Work trainees knew the importance of Social Worker in the contemporary society.
December 2nd <i>2019</i>	Mobilization for HIV fund	Ms. Mary Deeba	HIV infected affected students from Provision	Students get the fund raising skills.
December 12th <i>2019</i>	Association Meeting ,Mr. Darwin	Ms. Mary Deeba	I year and II year MSW Students	The Ist MSW Students learned about the counselling techniques and how to diagnosis the problems.
January 2 to February 5 <i>2020</i>	Block placement	Ms. Mary Deeba	I year MSW Students	Students learn the art of working with the NGOs based on their specialization
February 2 to March 7 <i>2020</i>	Block placement	Ms. Mary Deeba	II year MSW Students	Students learn the art of working with the NGOs based on their specialization
March 23rd <i>2020</i>	Social workers Day celebration	Ms. Mary Deeba	Social work students and Social Work Practioners	Students are appreciated for their achievements.

L. Mary Deeba

HOD
Dept. of Social Work
Holy Cross College (Autonomous)
Nagercoil

