



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

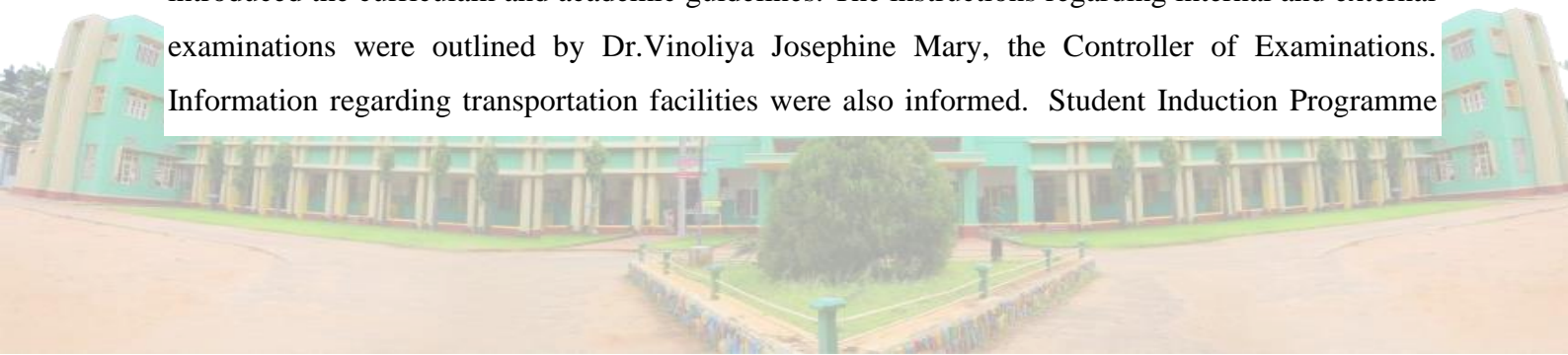
SSR
2019-2020
to
2023-2024

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

STUDENT INDUCTION PROGRAMME

Student Induction Programme was organized by Internal Quality Assurance Cell of our College from 19-08-2020 to 21-08-2020 for the first year UG students. The induction programme was brought in with a view to uplift the level of the entrants to an elevated stage, promote all-round development and exposing learners' stigmas to minimize and to maximize their learning. As the learners come with diverse thoughts, backgrounds and perceptions, it becomes important to help them adjust and feel comfortable to the new environment, inculcate the ethos of the institution, help them build bonds with other students and faculty members, expose them to a sense of larger purpose and self-exploration. The sessions were designed to improve students' awareness and motivate them for the branch they have chosen. All the sessions motivated students to start thinking towards the path they need to adopt for the coming years to achieve their goals.

To mark the beginning of the academic year and Induction Programme, on 19-08-2020, the programme began with invoking presence of god through a prayer by Dr. Benit, Assistant Professor of Botany and it was followed by the College Anthem. Dr. Sr. Leema Rose, Vice Principal of our college welcomed the parents and the students. Dr. M. Anitha Malbi, Assistant Professor of Chemistry and Coordinator of Parents Teachers Association read the report. Dr. Sr. Gerardin Jeyam, Secretary of our college gave the felicitation address and emphasized the importance of core values. Having given the warm welcome to the students, she appealed the students to utilize maximum resources at the most of their capacity for academic enhancement. Sr. Anne Perpet Sophy, Principal of our college gave the general instructions which must be followed by the students. Ms. Anishya Dani, Assistant Professor of English and Dean of students highlighted the history of the college and Dr. Sujitha, Assistant Professor of Mathematics took the freshers on virtual campus tour to familiarise them and to make them aware of different location in the campus. The Deans of Arts and Science Dr. Jeny Padua, Dr. Virgin Nithya Veena and Dr. C.K. Sunitha introduced the curriculum and academic guidelines. The instructions regarding internal and external examinations were outlined by Dr. Vinoliya Josephine Mary, the Controller of Examinations. Information regarding transportation facilities were also informed. Student Induction Programme



was inaugurated by Dr.Jimsy Asha, IQAC Coordinator. Dr.Nirmala Louis, Dean of students proposed the vote of thanks. In the afternoon session, orientation was given by the HODs, class incharges and mentors in their respective departments as the student should feel free to approach his faculty mentor, when facing any kind of problem, whether academic or financial or psychological etc. An introduction on Google classroom was also given to the students.

The second day of Student Induction Programme began with a prayer on 20-08-2020 at 9:30am which was followed by distinguished lecture series. The first lecture was on “Being and becoming” by Dr.Jimsy Asha , the IQAC Coordinator and the second lecture was on “Health and Hygiene” by Dr.Anami Augustus ,Assistant Professor of Botany and the third session was on “Health and Fitness by Zumba” by Dr. S.Ajith Sinthuja, Assistant Professor of Chemistry which was followed by Zumba fitness dance session . The sessions were quite interactive that proved to provide a visualization to Personal, Academic and social life with ease and a clear picture of self, the vitality of Human Values and health in general. The afternoon session was enveloped with Creative art session from 2:30-3:30 pm that included Paper art, Clay art, Bottle art and wall décor. The students enjoyed doing craft works that enriched their creativity.

As an integral part of Induction programme, the third day began with prayer followed by the distinguished lecture series on “Importance of Yoga” that was followed by yoga practical and feedback sessions. In the afternoon, SWOC Analysis was done by the class in-charges and also mentoring was done by the mentors on Environmental consciousness and human values. Towards the end of the programme, talent hunt was done from 3:00pm to 4:00pm where in many of the students brought out their hidden talents. It was followed by feedback and valedictory session. With the cooperation of the students and the faculty members the Induction programme was able to record the feedbacks of the students in Expert talks, Village Visit and Industry Visit. The total involvement of deputed Faculties actively engrossed in various responsibilities of induction programme. That facilitated to motivate the entrants to stir like a sugar in water of institutional activities. Students are made aware about multidisciplinary areas and their developments and developed ability to transcend from subjective knowledge to the application of subject in real life situations. As an outcome of the programme, freshers were able to display confidence and successful transition into a new academic environment. They were able to establish positive acquaintance with the institution and were able to attach moral values and behaviours with the practices of the institutional activities. They were able to project exemplary performance in activities designed during induction programme.



Internal Quality Assurance Cell
Accredited with A+ by NAAC-IV cycle – CGPA 3.35
Affiliated to Manonmaniam Sundaranar University
Tirunelveli.

“Student Induction Programme”
2020-2021



Programme Schedule

Day 1: 19-08-2020

Campus Facilities



Mentoring



Intro Google Classroom



Day 2 : 20-08-2020

Talks



Zumba Dance



Creative Art



Day 3 : 21-08-2020

Yoga



Talent Hunt



Feedback



PANDEMIC - ONLINE CLASSES



REDUCE THE RISK OF PCOS

- Polycystic ovarian syndrome (PCOS) is a common endocrine disorder affecting female adolescent and adulthood globally. The most annoying complications of PCOS are obesity and infertility.
- The clinical features comprise of reproductive manifestations such as reduced frequency of ovulation, menstrual irregularity, reduced fertility, abdominal obesity, sonographic evidence of ovarian cysts, and high levels of male hormones such as testosterone and androstenedione.
- Vigorito et al (2007) found that women diagnosed with PCOS who were not ovulating, were able to restore their normal menstrual cycle following a 3-month aerobic training program



meet.google.com is sharing your screen. Stop sharing risk



CERTIFICATE COURSES

Holy Cross College (Autonomous), Nagercoil organized various certificate programs for the academic year 2020-2021, starting on July 9, 2020. The various certificate programs were conducted through online mode. These programs aimed to develop and enhance students' talents. Pencil Shading and Calligraphy was provided by Praba Drawing School and Holy Cross Academy in collaboration with the Institution Innovation Council benefiting for fifty one students. Basic Beauty and Hair Styling was offered by Teena Beauty Salon and Holy Cross Academy in collaboration with the Institution Innovation Council, benefiting forty three students. Art of Dressing Better and Bright face and Beauty Hair Style were organized by Preethi Beauty Parlour and Holy Cross Academy in Collaboration with Institution Innovation Council, benefiting sixty and sixty two students' respectively. Catering was organized by Ruth Catering and Holy Cross Academy in Collaboration with Institution Innovation Council, benefiting fifty eight students. Traditional South Indian Pickles Making (Veg & Non-Veg) was organized by New Pickle and Holy Cross Academy in Collaboration with Institution Innovation Council, benefiting forty three students. Flower Arrangement was organized by Holy Cross Academy in Collaboration with Institution Innovation Council, benefiting fifty eight students. Hip Hop Dance was organized by Kavithalaya Dance Academy and Holy Cross Academy in Collaboration with Institution Innovation Council, benefiting fifty four students. Yogasanam & Muthura was organized by Aaro Yoga Centre and Holy Cross Academy in Collaboration with Institution Innovation Council, benefiting sixty students. Web Designing was organized by Creative Technologies and Holy Cross Academy in Collaboration with Institution Innovation Council, benefiting fifty students. Design Thinking for Innovation and Problem Solving was organized by Holy Cross Academy in Collaboration with Institution Innovation Council, benefiting thirty two students. Spoken Hindi was organized by Holy Cross Academy in Collaboration with Institution Innovation Council, benefiting forty six students. These certificate courses catered to the needs of the students, allowing them to learn new skills and develop their extracurricular activities.



Courses Offered

- Art of Dressing Better
- Basic Beauty and Hair Dressing
- Bright Face & Beauty Hair Style
- Catering
- Design Thinking for Innovation and Problem Solving
- Yogasanam & Muthura
- Flower Arrangement
- Spoken Hindi
- Traditional South Indian Pickles Making (Veg & Non-Veg)
- Pencil Shading & Calligraphy
- Web Designing
- Hip Hop Dance



Holy Cross College (Autonomous),
Nagercoil
Holy Cross Academy in Collaboration
with
Institution Innovation Council
Certificate Courses
2020-21



Duration: 30 Hours



Contact Us

Holy Cross College(Autonomous) Nagercoil,
Kanyakumari District,
TamilNadu, India - 629 004

☎ 04652-261473

☎ 04652-260704

✉ holycrossngc@yahoo.com

🌐 www.holycrossngl.edu.in

ART OF DRESSING BETTER

Holy Cross Academy Presents

Certificate course

In Collaboration with
Institution's Innovation Council (IIC)



ART OF DRESSING BETTER

GET TO
LOOK BEST
EVERY DAY!

- First Impression Matter
- Style your Body shape
- Wear your Best Color
- Everyday Grooming & Make Up
- Capsule Wardrobe

JOIN US EVERY DAY THIS WEEK

EVER PREEN IMAGE CONSULTING SOLUTIONS

Chennai | +91 8754496579

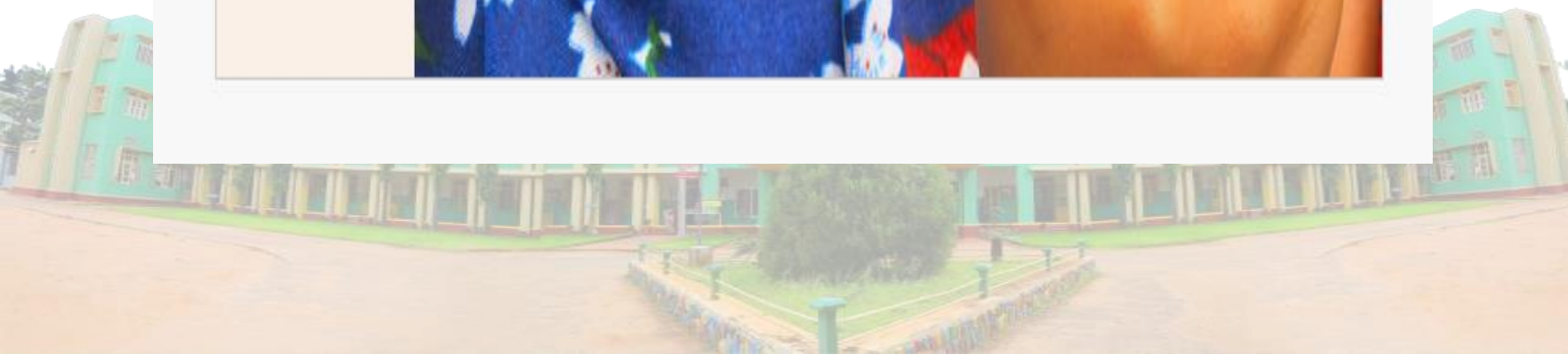
BASIC BEAUTY AND HAIR DRESSING

Certificate
Course
on
Basic Beauty &
Hair Dressing-I

PREETHI BEAUTY PARLOUR
9894037637

*Health & Hygiene, Skin & Hair
Care, Types of Bleaching, Facial
Process, Pedicure, Medicure, Makeup
& Hairstyles*

HOLY CROSS
ACADEMY IN
COLLABORATION
WITH INSTITUTION
INNOVATION
COUNCIL, HOLY
CROSS
COLLEGE (AUTONOM
OUS), NAGERCOIL



BRIGHT FACE AND BEAUTY HAIR STYLE



Holy Cross Academy
in Collaboration with
Institution Innovation
Council, Holy Cross
College (Autonomous), N
agercoil.

1. Threading
2. Herbal Bleach
3. Hair Oil Preparation
4. Manicure & Pedicure
5. Facial
6. Hair Style front
7. Back Hair Style
8. Nail Art
9. Hair Straightening
10. Skin Whitening
11. U cut
12. Bridal Make up
13. Beauty Tips

TEENA
BEAUTY
PARLOUR
8072918551

Certificate
Course on
Bright face &
Beauty Hair
Style

CATERING



- 1.WESTERN BREAKFAST
- 2.CAKES
- 3.SNACKS
- 4.DESSERTS
- 5.FRESH JUICES
- 6.JAMS

Holy Cross Academy
in Collaboration with
Institutional Innovation
Council,Holy Cross
College(Autonomous),
Nagercoil.

CERTIFICATE
COURSE

CONTACT
DETAILS
MS.DELANY
7845467597

CATERING

Transporting you to

FLOWER ARRANGEMENT



CERTIFICATE COURSE

ORGANISED BY

HOLY CROSS ACADEMY

IN COLLABORATION WITH

INSTITUTION INNOVATION COUNCIL

HOLY CROSS COLLEGE (AUTONOMOUS), NAGERCOIL

Flower arrangement

- *BOUQUET MAKING
- *IKEBANA FLOWER ARRANGEMENT FREE STYLE (JIYUKA)-LINES, SURFACES, MASS AND POINTS
- *FLOWER DISPLAY ON THE WALL
- *CHRISTMAS WREATH MAKING

COURSE COORDINATOR

Dr.A. Anusha Chandrarajan, M.Sc., M.Phil., Ph.D
TRAINED AT IKENOBO SCHOOL OF IKEBANA, KYOTO, JAPAN

For more info, Contact No.:7094893875

chandana14@zohomail.com

TRADITIONAL SOUTH INDIAN PICKLES MAKING



CERTIFICATE COURSE

ORGANISED BY

HOLY CROSS ACADEMY

IN COLLABORATION WITH

INSTITUTION INNOVATION COUNCIL

HOLY CROSS COLLEGE (AUTONOMOUS), NAGERCOIL

**TRADITIONAL SOUTH INDIAN PICKLES MAKING
(VEG & NON-VEG PICKLES)**

COURSE COORDINATOR

**T.Surya Tharsini B.ed,M.Sc
Founder of New sea Food**

For More info Contact : 8428958204



PENCIL SHADING AND CALLIGRAPHY

Pencil shading & Calligraphy

Online Certificate course

Organised by

Praba Drawing School & Holy Cross Academy

In collaboration with

***Institution Innovation Council,
Holy Cross college, Nagercoil***



One week programme
(Monday - Saturday)



Google Meet

Calligraphy

CREATIVE WRITING

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

DEPARTMENT OF ENGLISH (SF)
INVITES YOU TO THE LECTURE
ON
CREATIVE WRITING

ORGANISING SECRETARY:
Ms. M.Maria Helen Janoba

Resource Person:

- **JARITH.A, B.TECH, ANNA UNIVERSITY, MBA, HONORARY DOCTORATE (BANGALORE)**

Patron:
Dr. Sr. Gerardin Jayam, Secretary

Chairperson:
Dr. Sr. Anne Perpet Sophy, Principal

Convener:
Ms. J. Maria Prabina Sackaria,
(Head of the Department)

Date: 05-03-2021
Time: 01.15pm-03.15pm

Place: Holy Cross College
(Autonomous),
Nagercoil

For Queries contact Mail:
english_sf@holycrossncl.edu.in

| | |
|-------------------------|---|
| Title of the Programme | : Creative Writing |
| Date | : 05-03-2021 |
| Duration | : 01.15 pm to 03.15 pm |
| Organized by | : Department of English (SF) |
| Objective | : To know how and what to do to become a successful creative writer |
| Theme | : Skill Development |
| Resource Person | : Department Faculty |
| No. of beneficiaries | : 244 |
| Venue | : Seminar Hall |
| Outcome of the activity | : Students will be able to apply the skills they've learned and ultimately become creative writers. |



Google meet link: <https://meet.google.com/epi-pqqf-amz?hs=122&authuser=0>

You Tube link: <https://youtu.be/KAIaOzhfKs>

Report

On March 5th, 2021, the Department of English (SF) at Holy Cross College (Autonomous), Nagercoil, organized a lecture on "Creative Writing." The event commenced at 1:15 p.m. The organizing secretaries were M. Maria Helen and Janoba A. Jarith, who holds a B.Tech., MBA, and an Honorary Doctorate, as well as being a writer.

The lecture began with an invocation, followed by a welcome address from Ms. J. Maria Prabina Sackaria, Assistant Professor in the Department of English (SF). A. Jarith enlightened the audience by emphasizing the importance of writing skills and provided various activities to enhance creative thinking among the participants. The session aimed to underscore the significance of these skills.

In total, 244 students benefited from the program. Ms. Elza Therese Levin, Assistant Professor of English (SF), delivered the vote of thanks. The lecture concluded at 3:15 p.m.



REMEDIAL COACHING

Holy Cross College (Autonomous), Nagercoil initiated remedial coaching for the academic year 2021-2022 on August 24, 2020. This program was designed to support both slow learners and advanced learners. Slow learners were provided with easy-to-understand notes, mind map, flow chart, MCQ, peer teaching, modules, worksheets, open book tests, slip tests, and other supportive materials to aid their learning process. Advanced learners engaged in a variety of activities, including teaching spoken English classes to students from other departments, paper presentation, book review, SLP, master of ceremony, peer review, coaching slow learners, participating in a readers club, engaging in debates, and developing entrepreneurial skills. A total of two thousand and five students benefited from this program. This initiative significantly contributed to their academic improvement, enabling them to progress in their careers and compete more effectively with faster learners. Students found the remedial coaching highly beneficial for their academic growth.







| BSc Mathematics | | 2020-21 | | | | | |
|-----------------|----------------------|----------|----------|----------|----------|----------|--------|
| | | 13/12/20 | 14/12/20 | 25/12/20 | 28/12/20 | 31/12/20 | 4/1/20 |
| 190007 | Ashmeja R | BC | X | X | X | X | X |
| 190008 | Ashmi Adiya V.H | BC | X | X | X | X | X |
| 190010 | Berciya S | BC | X | X | X | X | X |
| 190009 | Benitta T.M. | BC | X | X | X | X | X |
| 190013 | Dayana S | BC | X | X | X | X | X |
| 190001 | Rashmi Ashima R | MBC | X | X | X | X | X |
| 190016 | Jebila Mary | BC | X | X | X | X | X |
| 190027 | Rashmi J | MBC | X | X | X | X | X |
| 190031 | Sahaya Anna Abisha S | BC | X | X | X | X | X |
| 190032 | Sahaya Lino | BC | X | X | X | X | X |
| 190038 | Shefali Akshaya S.M | MBC | X | X | X | X | X |

| | |
|--|----|
| Sequences and Series | SS |
| Probability Theory Distributions | AP |
| Sequences and Series | SS |
| Probability Theory & Distributions | AP |
| Differential Equations & Vector Calculus | SS |
| Sequences and Series | SS |

| | | |
|---------------------------|----|---------|
| Analytical Geometry 3D | SS | 25/1/21 |
| Problems in Analytical 3D | SS | 5/2/21 |
| Analytical Geometry 3D | SS | 17/2/21 |
| Groups and Rings | AP | 28/2/21 |
| Analytical Geometry 3D | SS | 6/3/21 |
| Groups and Rings | AP | 27/4/21 |
| Groups and Rings | AP | 8/5/21 |
| Groups and Rings | AP | 19/5/21 |

V.M. Arul Flower Mary

Dr. V.M. ARUL FLOWER MARY
Associate Professor & Head
Department of Mathematics
Holy Cross College (Autonomous)
Nagercoil - 826 004

BSc Mathematics (Aided)

2020-21

130

| | 14-8-20 | 25-8-20 | 4-9-20 | 31-12-20 | 22-01-21 | 20.7-01-21 |
|----------------------------------|---------|---------|--------|----------|----------|------------|
| 2020ADM014 A. Preethi Shalin | X | X | X | X | X | X |
| 2020ADM017 B. Geena Paul | X | X | X | X | X | X |
| 2020ADM022 J. Johnvika | X | X | X | X | X | X |
| 2020ADM033 J. Saranya | X | X | X | X | X | X |
| 2020ADM035 V. Shenbaga Lakshmi | X | X | X | X | X | X |
| 2020ADM037 R. Suvetha | X | X | X | X | X | X |
| 2020ADM0365 G. Ancy | X | X | X | X | X | X |
| 2020ADM0395 C. Abiraha | X | X | X | X | X | X |
| 2020ADM0398 Stella Mary Lawrence | X | X | X | X | X | X |

| | |
|---------------------------------------|----------|
| Differential Calculus & Trigonometry | Dr. V.M. |
| Differential Calculus & Trigonometry | Dr. V.M. |
| Differential Calculus & Trigonometry | Dr. V.M. |
| Classical Algebra & Integral Calculus | Dr. V.M. |
| Classical Algebra | Dr. V.M. |
| Integral Calculus | Dr. V.M. |

V.M. Arul Flower Mary

Dr. V.M. ARUL FLOWER MARY
Associate Professor & Head
Department of Mathematics
Holy Cross College (Autonomous)
Nagercoil - 629 004



[2020-2021]

| Sl.No | Roll Number | Name of the student | Category | Net Marks | 1st/2nd | 3rd/4th | 5th/6th | 7th/8th | 9th/10th |
|-------|--------------|----------------------|----------|-----------|---------|---------|---------|---------|----------|
| 1 | 2020 AUB117 | Abetha . P | BC | 69 | x | x | x | x | x |
| 2 | 2020 AUB 118 | Abi . I | BC | 79 | x | x | x | x | x |
| 3 | 2020 AUB 119 | Abisha Rani . R | BC | 80 | x | x | x | x | x |
| 4 | 2020 AUB120 | Abisha . S | BC | 58 | x | x | AA | x | x |
| 5 | 2020 AUB121 | Aji tha . A | BC | 77 | x | x | x | x | x |
| 6 | 2020 AUB122 | Ajitha . L | BC | 59 | x | x | x | x | x |
| 7 | 2020 AUB123 | Akkin . J | BC | 54 | x | x | x | x | x |
| 8 | 2020 AUB124 | Angelin Dewi . T . S | BC | 65 | x | x | x | x | x |
| 9 | 2020 AUB 125 | Anna Joe Mythili . N | BC | 68 | x | AA | x | x | x |
| 10 | 2020 AUB126 | Ashlyn Sujia . S | BC | 41 | AA | x | x | x | x |
| 11 | 2020 AUB127 | Ausha . R | SC/ST | 60 | x | x | x | x | x |
| 12 | 2020 AUB129 | Anackiya Sajina . U | BC | 74 | x | x | x | x | x |
| 13 | 2020 AUB 130 | Arul Janika . J | MBC/ANC | 74 | x | x | x | x | x |
| 14 | 2020 AUB 131 | Arul Seemija . S | BC | 63 | x | x | x | x | x |
| 15 | 2020 AUB132 | Ashika . S | BC | 60 | x | x | x | x | x |
| 16 | 2020 AUB 133 | Asma Noorreen . S | BC | 63 | x | x | x | x | x |
| 17 | 2020 AUB134 | Asmitha . J | BC | 61 | x | x | x | x | x |
| 18 | 2020 AUB 135 | Besmi Fredrick . V | BC | 62 | x | x | x | x | x |
| 19 | 2020 AUB136 | Brintha . S | BC | 72 | x | x | x | x | AA |
| 20 | 2020 AUB137 | Janifer . S | BC | 70 | x | x | x | x | x |
| 21 | 2020 AUB138 | Misha . A | BC | 73 | x | x | x | x | x |
| 22 | 2020 AUB139 | Mapsvin Fathima . M | BC | 65 | x | x | x | x | x |
| 23 | 2020 AUB140 | Pavithra . P | BC | 64 | x | x | x | x | x |
| 24 | 2020 AUB 141 | Rabshara . R | MBC | 71 | x | x | x | x | x |
| 25 | 2020 AUB142 | Reshma . S | BC | 76 | x | x | x | x | x |
| 26 | 2020 AUB 143 | Rethi Dewi . R | BC | 40 | x | x | x | x | x |
| 27 | 2020 AUB144 | Shroon Lisha . L . M | BC | 59 | x | x | x | x | x |
| 28 | 2020 AUB145 | Siva Jothy . G | BC | 59 | x | x | x | x | x |
| 29 | 2020 AUB146 | Sujia . T | | | L | E | F | T | |
| 30 | 2020 AUB147 | Thanga Nila . P | BC | 63 | x | x | x | x | x |
| 31 | 2020 AUB148 | Vaashini . P | BC | 73 | x | x | x | x | x |
| 32 | 2020 AUB149 | Vinisha Rani . M | BC | 59 | x | x | x | x | x |
| 33 | 2020 AUB 315 | Anisha . A | | | L | E | F | T | |

| Sl No. | Roll Number | Name of the Student | Category | % of Marks | 11/02 | 2/02 | 05/03 | 12/03 | 26/03 |
|--------|---|---|----------|------------|-------|------|-------|-------|-------|
| 34. | 2020 AUB 376 2020 AUB 376 | Bolin Rose . M Bolin Rose . M | MBC | 65 | x | x | x | x | x |
| 35. | 2020 AUB 377 | Nanthini . N | | 65 | x | x | x | x | x |
| 36. | 2020 AUB 378 | Vaishnavi . T | | AA | AA | x | AA | x | x |
| 37. | 2020 AUB 512 | Jegitha . S | Bc | 16 | x | AA | x | x | x |
| 38. | 2020 AUB 516 | Donald Abisha . J | MBC | 77 | x | x | x | x | x |
| 39. | 2020 AUB 519 | Swarajini . A | | 68 | AA | x | x | x | x |
| 40. | 2020 AUB 520 | Sahaya Binodhiga . A | | 67 | x | x | x | x | x |
| 41. | 2020 AUB 521 | Antony Nivina Dewi . A | BC | 70 | x | x | x | x | x |
| 42. | 2020 AUB 530 | Kirithika . S | | 71 | AA | AA | AA | AA | |
| 43. | 2020 AUB 532 | Nisha . C | BC | 59 | x | AA | AA | x | x |
| 44. | 2020 AUB 533 | Delighta . F | OC | 67 | x | x | x | x | x |
| 45. | 2020 AUB 534 | Ackeklin Seki . R | Bc | 68 | x | x | x | x | x |
| 46. | 2020 AUB 535 | Sibi Lavathu Mary . T. | BC | 62 | x | x | x | x | x |

Staff in charge: Dr. Sujana A. Pooj

Dr. Jayas - Jale

Dr. C. JESPIN IDA M.Sc., Ph.D.,
Coordinator and Head
(JUS)