



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

5.1.4 The institution adopts the redressal of student grievances including sexual harassment and ragging cases

ANTI RAGGING

Anti-Ragging Awareness Talk - June 30, 2023

On June 30, 2023, an essential meeting was organized by the campus Animation team for our first-year students, with a specific focus on anti-ragging awareness. Sr. P. Leema delivered a crucial talk to 600 students about fostering a safe and respectful environment within the college and hostels.

During the session, she emphasized the importance of preventing ragging and creating a conducive atmosphere for students to thrive in their academic pursuits. The awareness talk covered the prohibited actions for seniors, outlined the steps for affected students to take, and elucidated the severe consequences awaiting those engaged in ragging activities.

Students were informed about the college's commitment to maintaining a zero-tolerance policy against ragging, and the potential repercussions for offenders, including termination of studies. Additionally, the existence of a designated complaint email ID was highlighted, providing a confidential and accessible channel for reporting any incidents.

The session aimed not only to educate the students about the severe implications of ragging but also to create a sense of responsibility and mutual respect among the student body. The proactive approach to anti-ragging measures contributes to a safer and more supportive learning environment for all students.





Holy Cross College (Autonomous), Nagercoil
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Campus Animation Team

Organizes

Resource Persons

Dr. P. Sathya
Dr. Sr. Leema Rose

Orientation Programme

on
Code of Conduct
&
Antiragging

for the

I UG & I PG Students

Date:

30.06.2023

Time:

11.00 am

Venue:

Multipurpose Hall

Organizing Committee:

Dr. Sr. S. Sebastiammal
Dr. J.M. Vinitha Charles
Dr. Y. Christabel Shaji
Dr. M.F. Anne Feril
Dr. M.D. Arun Mozhi Nangai
Mr. M. Julibar Euprin Xavier



Holy Cross College, Nagercoil.
30.06.2023 11:43
8.15453, 77.41561



ANTI-DRUG AWARENESS PROGRAMME

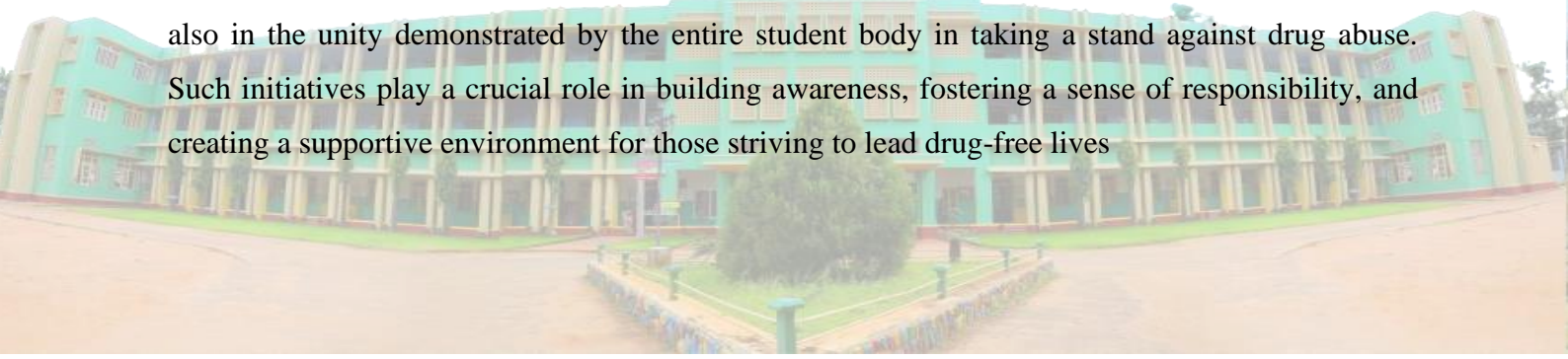
Anti-Drug Awareness Program Meeting - August 11, 2023

A significant Anti-Drug Awareness Program was conducted on August 11, 2023, with a focus on enlightening and empowering the student community. An impressive turnout of 600 students participated in the meeting dedicated to addressing the critical issue of drug abuse.

During the session, a solemn oath was administered, urging the students to abstain from substances that can be harmful to both the body and mind. The pledge symbolized a collective commitment to a drug-free lifestyle, emphasizing the importance of individual responsibility in promoting a healthy and secure environment.

Notably, on the same day, the entire college, consisting of 1,998 students, collectively took the oath against drug abuse. This comprehensive commitment from the student body underscores the gravity of the issue and reflects the determination of the college community to foster a drug-free campus.

The success of the Anti-Drug Awareness Program lies not only in the significant turnout but also in the unity demonstrated by the entire student body in taking a stand against drug abuse. Such initiatives play a crucial role in building awareness, fostering a sense of responsibility, and creating a supportive environment for those striving to lead drug-free lives





HOLY CROSS COLLEGE (AUTONOMOUS),
Affiliated to Manonmaniam Sundaranar University
Accredited with A+ Grade (CGPA 3.35 - IV Cycle) by NAAC
Nagercoil, Tamil Nadu

ANTI - DRUG AWARENESS

RESOURCE PERSON
ADV. A. ANTUSH JEROME MBA., LLB., DPT., DVMS

Time: 11.00a.m.
Date: 11th August, 2023
Venue: Multipurpose Hall

Patron: Dr. Sr. Mary Gilda, Secretary
Chairperson: Dr. Sr. Sahayaselvi, Principal
Organizing Secretaries: Dr. Sr. Leema Rose (Vice Principal 1)
Dr. P. Sathya (Vice Principal 2)



JUST SAY
NO
TO DRUGS



IT DOESN'T JUST AFFECT YOUR LIFE BUT IT AFFECTS EVERYONE





HOLY CROSS COLLEGE (AUTONOMOUS),
NAGERCOIL-629004,
Affiliated to Manonmanian Sundaranan University, Tirunelveli
Accredited with A+ Grade (CGPA 3.85 Cycle) by NAAC



Anti-ragging and Anti-drug Committee of Holy Cross College
Organizes A Seminar
In Collaboration With The Prison Ministry of Kottar Diocese
on

"Empowering Young Girls: Navigating Life's Highs without Drugs"

Date: 22/01/2024

Time: 11.00 am 12.30 pm

Venue: Seminar Hall

RESOURCE PERSONS

DR. PHILIP

DR. IMMACULATE

Organizing Secretaries

Dr. P. Leema Rose

Dr. Sathya

Fr. Antony Prabu

Mr. Peter Thomas

Participants **Science Students**





Anti -ragging And Anti -drugs
Anti- Ragging And Anti- Drugs
22.01.2024 11:25



Anti -ragging And Anti -drugs
Anti- Ragging And Anti- Drugs
22.01.2024 11:25



On the 22nd of January 2024, a transformative initiative unfolded at our institution, focusing on empowering young girls to navigate life's challenges without resorting to drugs. The event, organized by a dedicated team led by Dr. Leema Rose, Dr. Sathya, Fr. Antony Prabu, and Mr. Peter Thomas, brought together esteemed resource persons, Dr. Immaculate and Dr. Philip.

The initiative witnessed active participation from nearly 220 first-year students, creating an environment conducive to learning and growth. The main objective was to equip these young minds with tools and insights to face life's challenges with resilience and wisdom.

The event commenced with insightful presentations from Dr. Immaculate and Dr. Philip, who shared their expertise on the psychological and medical aspects of coping with life's challenges. The discussions delved into the importance of mental health, effective communication, and building a support network.

Led by the organizing team, interactive sessions and group discussions allowed students to openly express their concerns and seek guidance. Dr. Leema Rose emphasized the significance of creating a safe space for dialogue, encouraging a culture of empathy and understanding.

To make the experience more engaging, a series of exercises were incorporated into the program. These activities aimed at promoting teamwork, self-reflection, and stress management. Students actively participated in these exercises, fostering a sense of camaraderie and shared experience.

Feedback from the participants highlighted the immense value they derived from the initiative. Many expressed gratitude for the opportunity to engage with experts and peers on topics that are often overlooked. The event not only provided valuable information but also created a sense of community among the first-year students.

In conclusion, "The Initiative for Life's Challenges" on January 22, 2024, stands as a testament to the commitment of our institution to the holistic development of its students. By addressing the specific needs of young girls and fostering an environment of open dialogue and support, the event has made a positive impact on the lives of those who participated. It is a step forward in nurturing resilient and empowered individuals who can face life's challenges with confidence and grace.



DRUG AWARENESS



**HOLY CROSS COLLEGE (AUTONOMOUS),
NAGERCOIL-629004,
Affiliated to Manonmanian Sundarana University, Tirunelveli
Accredited with A+ Grade (CGPA 3.85 Cycle) by NAAC**



**Anti-ragging and Anti-drug Committee of Holy Cross College
Organizes A Seminar
In Collaboration With Sunlight wellness centre
On**

“Empowering Young Girls: Saying No to Drugs and Choosing a Healthy Lifestyle”



RESOURCE PERSONS (BMDC GROUP 10)

DR. A. M. ARAASU, MRS. GAYATHRI, MRS. TAMILSELVI, MISS. ARUL MALAR, MR. ANTONY

MASTER VOLUNTEER- NASH MUKTI BHARAT ABHIYAN, K.K. DIST

Date: 15/02/2024

Time: 11.00 am 12.30 pm

Venue: Chemistry Seminar Class

Participants

Post Graduate Students

Organizing Secretaries

Dr. P.LeemaRose

Dr. Sathya

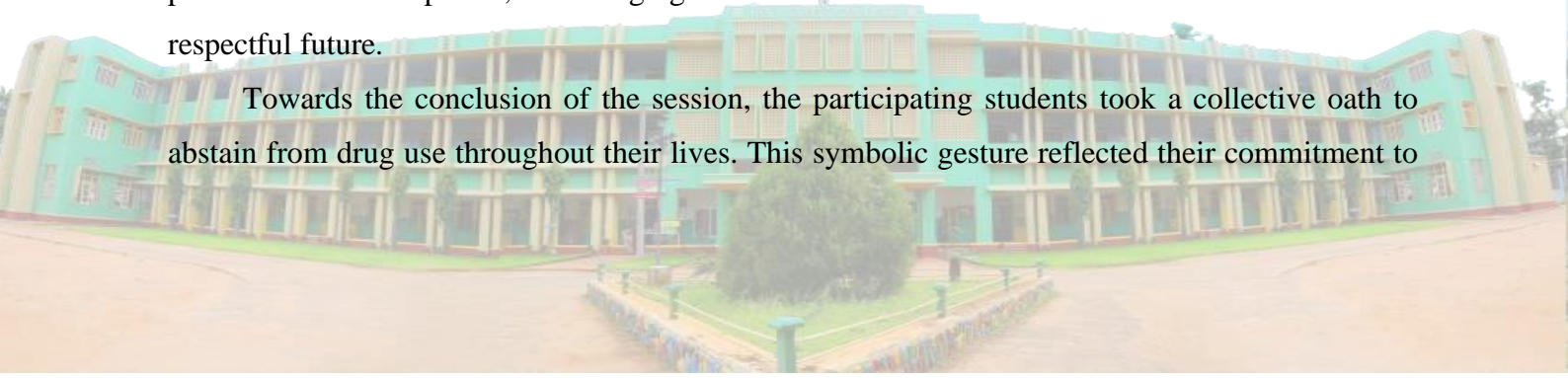


On 15th February 2024 a compelling session on "Say No to Drugs" was conducted for the second-year PG students, aiming to raise awareness about the detrimental effects of drug use on individuals, families, and society. The event, organized by the Anti-Ragging Committee and spearheaded by Dr. Leema Rose and Dr. Sathya, witnessed the active participation of 125 students.

The resource persons for the session were experts in their respective fields, including Dr. Araasu, Mrs. Tamilselvi, Mrs. Gayathri, Miss. Arul Malar, Mr. Rajan, and Mr. Antony. Their presentations covered the multifaceted impacts of drug abuse, addressing the physical, psychological, and social consequences. Additionally, the session explored the rising concern of mobile addiction, emphasizing the need for responsible mobile usage.

Incorporating an interactive approach, the event also touched upon the importance of good manners and cultivating self-confidence. These aspects were discussed in relation to personal and professional development, encouraging students to build a foundation for a successful and respectful future.

Towards the conclusion of the session, the participating students took a collective oath to abstain from drug use throughout their lives. This symbolic gesture reflected their commitment to



a healthy and responsible lifestyle, fostering a drug-free environment within the academic community.

The organizational efforts of Dr. Araasu and the collaboration of the Anti-Ragging Committee played a pivotal role in the success of the event. Their dedication ensured a seamless and impactful session, leaving a lasting impression on the participating students.

In conclusion, the "Say No to Drugs" session served as a valuable platform for second-year PG students to gain comprehensive knowledge about the consequences of drug use. The holistic approach, encompassing mobile addiction, good manners, and self-confidence, contributes to the overall well-being and character development of the students. The event stands as a testament to the commitment of the institution and its anti-ragging committee towards creating a healthy and nurturing educational environment.





Anti Drug Awareness Committee
Say No To Drugs
15.02.2024 11:33
8.15524, 77.41445
Holy Cross College Bus Stop, Holy Cross Nagar, Nagercoil, Tamil Nadu
629002



Anti Drug Awareness Committee
Say No To Drugs
15.02.2024 12:47
8.15521, 77.41448
Holy Cross College Bus Stop, Holy Cross Nagar, Nagercoil, Tamil Nadu
629002



AWARENESS ABOUT SUBSTANCE ABUSE

Date : 06-03-2024

Venue : St. Joesph's Hall

Participants : 100 students from history and economics disciplines attended.

Objective : The meeting aimed to raise awareness about substance abuse among students and highlight its historical and economic implications.

Highlights:

1. Introduction: The session commenced with an introduction highlighting the significance of the topic in both historical and economic contexts.
2. Presentation by Mrs. Saleth: Mrs. Saleth, a renowned expert in the field, delivered an insightful presentation. She discussed the historical evolution of substance abuse, tracing its roots and impact through various civilizations and time periods.
3. Economic Perspectives: The presentation also delved into the economic ramifications of substance abuse, emphasizing its costs on society, healthcare systems, and productivity. Mrs. Saleth presented statistical data and case studies to underscore the economic burden associated with substance abuse.
4. Interactive Discussion: Following the presentation, an interactive discussion ensued, allowing students to ask questions and share their thoughts. Topics ranged from preventive measures to policy implications and societal interventions.
5. Awareness Campaigns: Strategies for promoting awareness and prevention were also discussed. Students brainstormed ideas for organizing awareness campaigns within the university and local community.
6. Conclusion: The meeting concluded with a call to action, urging students to actively participate in combating substance abuse and spreading awareness among their peers.

Outcome:

Overall, the meeting provided a comprehensive understanding of the historical and economic dimensions of substance abuse. It empowered students with knowledge and equipped them with the tools to contribute towards creating a substance-free environment.

Future Steps:

- Organize follow-up workshops or seminars to delve deeper into specific aspects of substance abuse.
- Collaborate with relevant stakeholders to implement awareness campaigns and preventive measures.



- Encourage ongoing discussions and initiatives within the student body to address substance abuse effectively.

The meeting served as a crucial step towards fostering a culture of awareness and responsibility among students, paving the way for a healthier and more informed community.

HOLY CROSS COLLEGE (AUTONOMOUS), NAGERCOIL, 629004
AFFILIATED TO MANONMANIAM SUNDARANAR UNIVERSITY, TIRUNELVELI

Anti ragging and Anti drug committee of Holy Cross College
organizes a seminar
In collaboration with Sunlight wellness centre
On
A Call Against Substance Abuse

RESOURCE PERSONS (BMDC GROUP 3)

Organizing Committees
Ahila rajam.R
Antony Xavier.M
Arthi.A
Catherin Mary.D
Deepa.A
Jeya Mary.S
Johnsy Thanga Bai.T
Mary melin Vimala.V
Sahaya sinthan.A
Sheela Leo.L
Sugirtha Mary.P

U.SALIGHT RENGITHA BAI
E.D.MOSES ROY

Master Volunteer- Nash Mukti Bharat Abhiyaan, K.K. Dist

Date: 06/03/2024
Time: 11:30-12:30
Venu: St. Joseph Hall

Participants:
History and Economics
Students

Organizing Secretaries
Dr.P.Leema Rose
Dr.Sathya
Dr.Jalaja Kumari,Head of
Department of History
Dr.Sanjana,Head of
Department of Economics



Holy Cross College
Anti - Drug & Anti - Ragging Committee
06.03.2024 11:58
8.15461, 77.41423 (±8m)
Altitude: -38m
5C37+RQC, Holy Cross College Rd, Thollavilai, Nagercoil 629002



Holy Cross College
Anti - Drug & Anti - Ragging Committee
06.03.2024 11:56
8.15456, 77.41423 (±10m)
Altitude: -38m
5C37+RQC, Holy Cross College Rd, Thollavilai, Nagercoil 629002



ORIENTATION PROGRAMME ON ANTI-RAGING



ANTI- RAGGING AND SEXUAL HARASSMENT COMMITTEE
HOLY CROSS COLLEGE (AUTONOMOUS)

Affiliated to Manonmaniam Sundaranar University
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Roch Nager, Kurusady, Nagercoil-4.



24x7 helpline toll free no.
18001805522

**DON'T BE A MUTE SPECTATOR TO RAGGING
REPORT RAGGING INCIDENTS IMMEDIATELY**

☎ : 8754719075

Mail id : antirc@holycrossngl.edu.in

What is Ragging ?

- a mental / physical / sexual abuse
- a verbal abuse
- an indirect behaviour
- a criminal offence/ wrongful restraint
- an undermining human dignity
- a financial exploitation/ extortion
- an use of force

EACH OF THE ABOVE IS A CRIMINAL OFFENCE

A student indulging in ragging can be:

- Expelled from the institution
- Banned from the Mess/ Hostel
- Scholarship can be withdrawn
- Debarred from examination
- Declined admission to any institution.
- Institution have been asked to file FIR

JOIN HANDS TO MAKE OUR CAMPUS RAGGING FREE



TOBACCO FREE CAMPUS/ ANTI NARCOTIC CELL HOLY CROSS COLLEGE (AUTONOMOUS)

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Roch Nager, Kurusady, Nagercoil-4.

THIS IS A TOBACCO FREE CAMPUS



CAUSES

CARDIOVASCULAR DISEASE, CANCER,
CHRONIC LUNG DISEASE AND DIABETES.

PARTS AFFECTED

LUNGS, HEART, BLOOD VESSELS,
REPRODUCTIVE ORGANS, MOUTH,
SKIN, EYES, AND BONES.



BENEFITS OF QUITTING

IMPROVES MOOD, HELPS RELIEVE
STRESS, ANXIETY AND
DEPRESSION.

CLEAN MOUTH.
THIN BLOOD.
NORMAL HORMONE LEVELS.
PROPER HEALING.

**LET US HAVE AN ENVIRONMENT FREE FROM TOBACCO SO THAT OUR FUTURE GENERATION CAN
BREATHE FREE**



ANTI-RAGGING PROGRAMME

The Orientation Programme of Anti-Ragging Committee was held on 23-07-2019 at 11.15 to 12.30 in two batches. The main aim of this Orientation Programme was to have “Ragging free Campus”. A Power point presentation on ragging and its consequences was given to the students by Dr. Sr. Leema Rose our Vice-Principal. It was to give an awareness about it in order to be cautious and also prudent the power point slides covered the following aspects

- Ragging and its types
- The punishment for acts of ragging
- Why and how ragging affects the victims
- Rules and regulations and IPC for registering FIR.

UGC guidelines regarding anti-ragging were explained to the students. An award-winning documentary film about ragging was staged to them. 250 students gained from this orientation programme. The meeting came to an end with the vote of thanks. A Feedback by students on Anti-Ragging Programme held on July 23rd 2019.

It was good and we were able to understand everything. It helped us to know how to act in such situations. We also learned to give this same awareness to our friends and neighbours. The important points that we received are

- Not to be depressed in such situations
- To be courageous in speaking
- Not to take wrong decisions in life
- Not to spoil and kill other’s life.
- Became aware of the punishment of the ragging.

Video clippings on Anti-Ragging moved and touched us to respect the dignity of each person.



MEETING CONVENED BY THE ANTI-RAGGING COMMITTEE FOR THE STUDENTS



Moreover, during the Value Education Class issues of ragging that occur in different places which come out Newspapers / TV/ Internet are discussed and the teachers give awareness to the students so as to be prudent.

On September 23rd, 2019, the Women's Cell of our college is organising one day National Seminar on the Challenges faced by women during which the topic 'Anti ragging measures' will be dealt upon so that the students may be cautious about it.

