

Institutional Distinctiveness

St. Mary's College, is run by the congregation of Our Lady of the Missions which was founded by **Euphrasie Barbier** (1829-1893). The congregation dates its beginnings to 1861 in Lyon France. Its work was the **education of women and children** especially in "foreign missions" stability in the works of education and in other spheres of activity took precedence over the original missionary thrust of the congregation.

The sisters of **Our Lady of the Missions**, are committed in a special way to **working with women** because we believe that when you educate women you help to **educate families** and to build a **better world**.

The objectives of the College are guided by the motto and the coat of arms, the inculcation of zeal, integrity and quality of the young.

The College aims at imparting an inclusive education, at reaching out to students from the socially challenged areas and diverse backgrounds in a wonderful and conducive atmosphere, thus enabling the youth to grow together. The vision of drawing out the best from each individual is expressed and effort to offer an all round education in imparting life skills is the focus of the College.

The College also believes that education must go hand in hand with creation of an atmosphere of learning of community and of guidance, both moral and academic.

The Curriculum has been designed to impart value based education apart from the traditional courses like, Bachelor of Arts, Bachelor of Science, Bachelor of Commerce, Bachelor of Clinical Nutrition and Dietetics and Bachelor in Computer Applications and Compulsory Environmental studies for all students of the College.

Value Education:- Every week the students have specially designed classes for **Value Education, Moral Ethics and Scriptures**. These classes are aimed at nurturing the positive values, and transform their attitudes about life, the outlook towards life, dealing with social norms and coping with stress as well as inculcating spiritual values to the stakeholders.

The **Compulsory Environmental studies** are aimed at providing a foundation course in environmental studies and promoting the necessary knowledge and sensitivity towards the environment.

College Initiatives:- Since 2018 the College has taken the initiative to go green and hence from then all departments are making an effort to be plastic free and stop using single use plastics and plastic files. Drinking water is provided through Water purifiers(Aqua Guards) in the campus to avoid use of single use plastic bottles. Students were encouraged to submit their assignments without using plastic files, in an effort to go green.

Co-curricular Activities:- All students choose to join the NSS or NCC or Youth Red Cross or Rangers. These help to shape our future leaders to shoulder the National Responsibilities right from an early age. It gives a sense of satisfaction. It boosts the confidence of the students as they collaborate and participate in community extension activities, eg: field trips, swatchta campaigns, village adoption, Independence and Republic day parades, various competitions etc.

Alumni Associations:- The Alumni Association of St. Mary's College was born in 1997, soon after Dr (Sr) P. Kharakor took over the responsibility as Principal of the College. Many alumni are in eminent positions and support the institute whenever it is needed. Various activities are conducted in the College. Annually fund raising events involving the alumni and the students of the College.

Constitutional Rights and Responsibilities:- The College conducts both national and international commemorative days every year. St. Mary's Day, birth and death anniversaries of freedom fighters like U Tirot Singh Syiem, Gandhi Jayanti, are celebrated and various academic related programmes are organized as a part of constitutional rights and responsibilities.

Club, Committees etc:- The College also conducts various co-curricular activities through its various associations clubs and units along with the students affairs committees. In order to bring forth talent, encourage the various hobbies and interest of the students and teachers, train the students in teamwork and leadership and to develop in them a sense of responsibility in society and in community, various clubs and units preparing to specific hobbies, interest and social aims have been formed in the College. The list of units/ clubs are Health club, cyber tech club, NCC, NSS, Rangers and Youth Red Cross.

IGNOU Centre:- In taking the College to greater heights by increasing opportunities and opening avenues for obtaining double degrees, the College has linked up with Indira Gandhi National Open University (IGNOU) in opening an IGNOU programme centre in the College campus. The centre operates the certificate, diploma courses and a Master's programmes in Dietetics and food service management.