

FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

(Reaccredited with 'A' Grade by NAAC)
Affiliated to University of Kerala



3.6.3 Extension Activities 2014-15

IQAC INTERNAL QUALITY
ASSURANCE CELL

WORLD ENVIRONMENT DAY CELEBRATION ON 5 JUNE 2014

As part of the World Environment Day celebration on 5 June 2014, 100 plant saplings were planted by the students. A talk was delivered Dr Shaiju P.N. on the topic "Global Warming" and the need of preservation of nature and its gifts that provide great pleasure.





BLOOD GROUP CHECKING AND BLOOD DONATION CAMP -14 JUNE 2014

The department of Zoology conducted blood group checking and blood donation camp in coordination with Bishop Benziger Hospital. About 35 students and 4 teaching staffs from the college were participated in the programme.

BLOOD DONATION cum TYPING CAMP- 30 JUNE 2014

The department of Zoology, NSS, community health club in connection with Bishop Benziger Hospital, Kollam organized a blood donation cum blood typing camp. Dr Reebu George, M.D. Pathologist, Bishop Benziger Hospital and a team of technicians conducted the camp. 30 students from various departments donated their blood from over 750 students screened by typing and physical examination.

SEMINAR: ALCOHOL & DRUG ABUSE- 30 AUGUST 2014

To create awareness about the drastic effect of use and abuse of drugs and alcohol by teens, Fatima Mata National College collaborated with District Health Cell of Kollam organized a seminar on "Alcohol & Drug abuse" in college campus on August 30, 2014.

SEMINAR ON DOMESTIC WASTE MANAGEMENT- 27 SEPTEMBER 2014

Domestic waste disposal is an issue that is important to the management of most of the cities. To provide awareness about how to dispose domestic waste, Ecoclub members organized a seminar on 'Domestic waste management' on 27 September 2015. The active participation of all students and teachers was the success of this seminar.

CLEANING DRIVE AS PART OF GANDHI JAYANTHI CELEBRATION - 02 OCTOBER 2014

Gandhi Jayanti was observed on 2 October 2014. An essay competition was conducted for NSS volunteers. This was followed by a cleaning drive in which all the volunteers participated earnestly.





ONE DAY CLEAN SHIP PROGRAMME AT TSUNAMI RESIDENTIAL COLONY MOOTHAKKARA KOLLAM- 04 OCTOBER 2014

Harithaghreham, Environment wing of Catholic Welfare Association, Diocese of Quilon and Ecoclub of FMNC organized a one day clean ship programme at Tsunami residential colony, Moothakkara, Kollam on October 4th, 2014. Forty five students and six teachers were enthusiastically participated in the clean up mission of Moothakkara.

**HARITHAGREHAAM ACTIVITIES AND MODUS OPERANDI”-
SEMINAR FOCUSED ON ‘WASTE MANAGEMENT AND
REFORESTATION’ -05 OCTOBER-2014**

As part of One day clean ship programme at Tsunami residential colony Moothakkara, Kollam’, Catholic Welfare Association, Diocese of Quilon and Ecoclub FMNC conducted a seminar focused on Waste management and reforestation on 5th October 2014. Sixty four students were present during the programme. The resource person for the seminar was. Dr F.George D’Cruz, Chairman, Harithageham.

**A TALK ON PERSONAL AND COMMUNITY HEALTH BASED ON THE
TOPIC "ABUSE OF DRUGS, TOBACCO AND ALCOHOL" on 12
OCTOBER 2014**

A power point presentation on the topic "Abuse of Drugs, /tobacco and Alcohol" on 12/10/2014 was organized by the Community Health Club, FMNC. It was followed by a discussion session which focussed on how these issues are compromised with personal and community health at large.

**PALLIATIVE CARE DAY CELEBRATION AND RALLY-"WALKATHON
2014" TO SPREAD THE MESSAGE "WHO CARES? WE DO!"-
CARE ENDOSULFAN VICTIMS
ON 15 OCTOBER 2014**

Palliative Care is the care for the terminally ill and their families, especially that provided by an organized health service. The NSS unit of

FMNC had celebrated a palliative care day with a mission to spread the importance of palliative care. About 100 NSS volunteers were participated in palliative care rally which provide awareness to improve the quality of life of patients and their families facing the problem associated with various life threatening illness. Palliative Care Day Celebration and rally named **WALKATHON 2014**- was carried out to spread the message **“WHO CARES? WE DO!”** ‘Care Endosulfan Victims’ in honour of World Hospice and Palliative Care Day.



WORLD MENTAL HEALTH DAY- 24 OCTOBER 2014

To raise public awareness of mental health issues, the department of Psychology organized a mental health programme under the theme "Living a healthy life with Schizophrenia" on 24th October 2014. As part of the programme, mental health analysis was carried out for the students of Vimala Hridaya H.S.S., Kristraj H.S.S. & SNDPS Kollam.

TALK ON "RIGHTS TO SAFE DRINKING WATER" HUMAN RIGHTS FORUM – 25 OCTOBER 2014

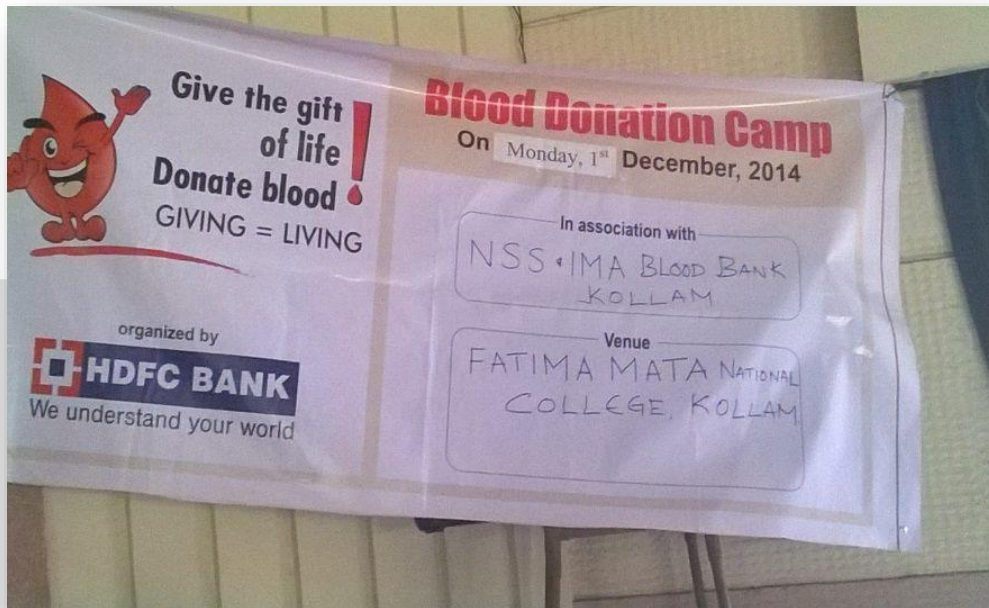
A talk on "Rights to Safe Drinking Water" was organized by the Human Rights Forum on 25 October 2014 which focussed on theme –"water is protected as a human right". It also focussed on the need to safeguard the supply of healthy water and to ensure that everyone has the access to it.

SEMINAR ON THE TOPIC "STRESS MANAGEMENT AND MENTAL HEALTH FOR YOUTH" – 01 NOVEMBER 2014

A seminar on the topic "Stress Management and Mental Health for Youth" was conducted in collaboration with health centre, University of Kerala. Mr. Najimudheen, Health Information Officer, University of Kerala took a session on counselling.

BLOOD DONATION CAMP- 1 DECEMBER 2014

World Blood Donor day was observed. A blood donation camp was organized in co-operation with HDFC bank and IMA. More than 200 volunteers donated blood.



BLOOD DONATION CAMP -14 DECEMBER 2014

NCC (NAVAL) unit of Fatima Mata National College organised a Blood Donation Camp & collected an amount of Rs.1500 on 14th December 2014. All the NCC cadets and students enthusiastically participated & donated their blood.

COMMUNITY HEALTH SURVEY – January to February 2015.

Students of the community health club grouped themselves to undertake a community survey in the months of January and February 2015. They surveyed selected corporation, wards and panchayats for assessing the prevalence of Cancer, Diabetes and Thyroid disorders in these areas and prepared a project report and submitted a copy to the respective councillors and panchayat members.

- (a) Kollam Corporation- Pallithottam
- (b) Thrikadavoor grama panchayat
- (c) Kollam Corporation- Kadappakkada
- (d) Pavithreswaram panchayat
- (e) Paravoor Municipality
- (f) Chavara panchayat
- (g) Kollam Corporation –Mangad
- (h) Kollam Corporation --Kottapuram
- (i) Kollam Corporation --Othiramukal
- (j) Kulakkada Panchayat

(k) Elampalloor Panchayat

Sixty Student members of the Cummunity Health club participated in the survey.(list attached)

FATIMA NATA NATIONAL COLLEGE, KOLLAM

Extension Activity 2014-2015 – Code No. 06- Community Health Activity

Sl.No.	Name of Student	Class	Extension Activity
✓ 1	Amala . A	II DC Maths 9048372561	
2	ARYA . S	II DC PHYSICS 8086628664	
3	ASHA GEORGE	II dc Polymer chemistry 9667311248	
✓ 4	Reshma Johnson	II nd dc Chemistry 9746856932	
✓ 5	Rekha mazy	II DC Economics B 9388499014	
✓ 6	Julie Kuniyakose	II DC Economics - B 9446706606	
✓ 7	ARYA . G	II DC Economics - B 7400194073	
✓ 8	Hima . B . S	II DC B. Com 9847855330	
✓ 9	Anjali . B	II DC B. Com 9946839364	
✓ 10	Karthika V.	II nd DC English 9562345019	
✓ 11	ALIA ABDUL WAHAB	II DC ENGLISH 955701 9455157019	
✓ 12	PRISMA . C . G	II DC PSYCHOLOGY 9400921002	
✓ 13	Remya Remesh	II nd DC Psychology 9495994508	
✓ 14	Gopika Jayachandran	II DC English 8129694083	
✓ 15	Preethe P.	II DC English 8281904670	
✓ 16	Reshma . Saji	II DC English 8086060315	
✓ 17	Anusha . O . V	II DC B. Com 9567176391	
✓ 18	Soumya . S . M	II nd DC Bcom 9081295471	
✓ 19	Isweenya . A	II nd DC Bcom 9746219953	
✓ 20	Reshma . D	II nd DC Bcom 8606786088	
✓ 21	Akeera Sura	II nd DC Bcom 9563151986	
✓ 22	Anjana . S	II nd DC . B . com 8289932106	
✓ 23	Rameesa . s	II nd DC psychology 8606387695	
✓ 24	Aysha Rani Shams	II DC Psychology 7995388120	
✓ 25	Sameena . Latheef . A	II DC Psychology 8113043365	

✓	Emmanuel Thomas	II nd BCom 04942764370
✓	Arun.v	II nd BCom 9049323311
✓	JENSON JOSEPH	II nd DC BCOM 9633040962
	JOSEPH THOMAS JOHN	II nd DC Polymer chemistry 9037401430
✓30.	Anuja.G.S	II ^{DC} Psychology 9496576127
✓31.	Anjali.u.G	II ^{DC} Psychology 8113059371
✓32.	Neha. Suresh	II ^{DC} Psychology 8129962243
✓33.	Aswathy.S.R.	II ^{DC} Botany 9605628930
✓34.	Sahana.A	II ^{DC} Botany 8891328064
	Poojith Balachandran	II ^{DC} B.COM 8129331656
✓	Midhun.N	II ^{DC} B.COM 8089192982
✓	Sachin.T	II ^{DC} B.COM 9847171022
	Noufiya.S.	II ^{DC} Botany 9747505782
✓	Raji Rajan	II ^{DC} Botany 8129182759
✓	Neethu. paul	II ^{DC} physics 9656944798
✓	Aswathy Das S	II ^{DC} physics 9544047009
✓	Shilpa Prasad.R	II ^{DC} Botany 9895250688
✓	Devi.R	II ^{DC} Botany 9747045948
✓	Nanditha.R.S	II ^{DC} Botany 8592036433
✓	Aneethu Raj.B	II ^{DC} zoology 9249828400
✓	Mary Grushma George	II ^{DC} Botany 9497176813
✓	Ajitha.B	II ^{DC} Botany 8593987272
✓	Amala.L	II ^{DC} Botany 9747812877
✓	Dhanya.y.Das	II ^{DC} Botany 9387053303
✓	Anithe.malg.D	II ^{DC} Bot
✓	Anju.peter.	II ^{DC} Bot
✓	Reshma Suresh	II ^{DC} Botany 8547973092
✓	Reshma.A	II ^{DC} physics 9745381181
✓	Rama devi.D	II ^{DC} math 2742011

✓	Sangeetha. A	II DC Zoology 9446114714	
✓	Alunima. P	II DC Botany 9961351183	
✓	Nisha. S	II DC Botany 9249245645	
✓	Abhiswathy. C	II DC B.Com 9496930932	
✓	Rehna. S. Lekshman	II DC B.Com. 9541164753	
✓	Archana. S	II DC Chemistry 9996238537	
✓	Abhiswathy. A	II DC Chemistry 9605481543	
✓	Paranya. U. S	II DC Chemistry 8547356244	
✓	Hima. N. Nath	II DC Chemistry 9400511638	
✓	Vineetha. P. Vinod	II DC Chemistry 9539144493	

Thomas
1/9/14.

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YOUTH AND HEALTHY INDIA-SPECIAL CAMP : 21 TO 27 JANUARY 2015
(SPECIAL CAMP NSS REPORT FOR DETAILS)

7 day annual special camp with the theme "Youth and Healthy India" held at Shreyas,Parimanam .Ten vegetable gardens were created

POOR HOME VISIT -MUNDAKKAL POOR HOME -26 JANUARY 2015

On 26th Jan 2015, the NSS volunteer visited the poor home at Mundakkal ,Kollam. By 9 am the campers reached the poor home and presented the inmates with cakes and clothes. New towels were bought and used clothes were collected to present to inmates. Then the volunteers sang songs and danced to entertain the inmates.The inmates of the poor home were very happy to see the volunteers and they asked them to visit them again. The volunteer vowed to visit the poor home

again in the future and bid good-bye to them and returned to the camp saner and wiser. By 3:30 pm NSS volunteers reached the venue of the camp.



SEMINAR-'DOMESTIC AND MUNICIPAL SOLID WASTE MANAGEMENT'-

31 JANUARY 2015

Eco club of FMNC had organized a seminar about 'Domestic and municipal solid waste management' on 31/01/2015. Forty two students from various departments were actively participated. Three teachers and 42 Ecoclub members were the backbone of the success of this seminar. The speaker of the seminar was Dr Razeena

WORLD WETLAND DAY CELEBRATION-02 February 2015

To raise public awareness of wetland values, benefits and promote the conservation & wise use of wetlands, department of Zoology conducted World Wetland Day celebration in coordination with Social Forestry Extension Southern Region of Kollam, Kerala Forests & wild life department, W.W.F., India

SEMINAR: ANTI-TABACCO CAMPAIGN-10 FEBRUARY 2015

The second major cause of death globally is the use of tobacco and is currently responsible for killing one in 10 adults worldwide. The use of pictures and presentations revealing the deadly effects of tobacco in individual clinics and masses, Anti tobacco campaign was organized in FMNC in cooperation with District Medical Office, Kollam. About 100 students and nine teachers actively participated in this seminar.

NATIONAL SCIENCE DAY CELEBRATION -28 FEBRUARY 2015

As part of National Science Day Celebration 2015, the students and teachers of the Zoology department visited National Institute of Inter disciplinary Science & technology. Science club members and students from various departments also enthusiastically participated.

SEMINAR ON "HUMAN RIGHTS ISSUES OF WOMEN, CHILDREN, DISABLED PERSONS & SENIOR CITIZENS-3 MARCH 2015

As part of Human rights forum, FMNC had conducted a seminar on "Human Right Issues of Women, Children, Disabled persons & Senior citizens on 3/3/2015.

Visit to Tenmala Ecotourism -7 March 2015-Ecoclub

REPORT

Eco Club coordinators of Fatima Mata National College have organized a one day Nature friendly tour programme to Thenmala ecotourism. It is the India's first eco tourism project . Thenmala is a small village at the foothills of Western Ghats and predominantly a forest area. The famous **Shenduruney Wildlife Sanctuary** is the most important ecotourism resource of **Thenmala Ecotourism**. This Wildlife Sanctuary is of about 100 sq. km. and harbors large varieties of flora and fauna. Thenmala Eco-tourism is a unique destination from a visitor's point of view. We left college at 6.30 am had breakfast on the way and reached Thenmala at 9.30am. It was a pleasant experience to walk through the conserved area. Deer park is a beautiful place at Thenmala with lots of trees and deers. A visit to the Deer Rehabilitation Centre, we could had a look at a group of spotted deer, the sambar deer and the barking deer, which have been given protection after straying out from the forests. After that we visited The Leisure Zone. The Leisure Zone is a small forest, dotted with more than 20 thematic sculptures. The main attractions of the leisure zone and sculpture park are, as the names implies sculptures and interesting resting points inside the forest outskirts of Schenthurinny wildlife sanctuary beside the dam. The sculptures of animals, cosmic flying men, depiction of ideas and thoughts, mythical characters like Vikramaditya and vethala, lord shiva, parasurama the Hindu avatar of God etc are arranged in various points of this sculpture park. We have to walk through the eco nature trail to have a sight of these sculptures and in the middle there are nicely designed.

The visit at Butterfly Safari Park offered our members a better opportunity to see a wide variety of butterflies at close quarters, so as to create enthusiasm among students regarding issues pertaining to Plants, Forest, Wildlife, Bio-diversity and Nature.

The Park is said to house around 125 species of butterflies besides birds such as hornbills. It has been realised by planning a wide variety of shrubs and trees that would attract butterflies— for feeding and breeding. Clerodendrum, Mussaenda, Lantana and Cassia species produce the nectar for them. Curry leaf, citrus, cinnamon, cherry and ficus plants, besides *Wattakaka volubilis*, *Thottea siliquosa*, *Tylophora indica*, *Mussaenda uteola*, and *Aristolochia indica*, serve as host plants for larvae of specific butterflies. Artificial streams, ponds and puddles maintain humidity and help the butterflies in mud puddling (butterflies obtain salt and amino acids from mud). Models of butterflies and display boards dot the garden that could be a great learning experience for students. The Park is touted as Asia's first Butterfly Safari Park. We had lunch at 1.300 pm from KTDC restaurant Thenmala. Next visit was to the Deer Rehabilitation centre located at Thenmala. This deer park of Thenmala is a distant part of Thenmala eco tourism and is built within the Kallada river side forest. Apart from various varieties of deers what you can see interesting here is a Tree House and a small Children's park with some ecologically blended resting places. Various walking routes into the forests can be seen and if you a group of people with plenty of time to spend here no harm in walking into the park forests.

Tour to 'Thenmala ecotourism' was a very good learning experience for the Eco Club members. The strength of the one-day programmes is that, for many students, this is their first time out of their classroom in a more informal learning environment. For them it is an unusual and exciting experience. It is important to us that we treat each student as our friend and encourage him or her to interact with us freely.





