

FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

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



3.6.3 Extension Activities 2015-16

IQAC INTERNAL QUALITY
ASSURANCE CELL

ORLD ENVIRONMENT DAY-05 JUNE 2015

As part of the 2015 World Environment Day global celebration, NSS members of FMNC celebrated World Environment Day celebration on 5th June 2015 under the theme 'resource efficiency and sustainable consumption and production'. Saplings supplied by the Agricultural Department were planted in the campus. Also saplings were distributed to the students and staff of the college on the occasion.



WORLD BLOOD DONOR DAY-14 JUNE 2015

NSS themes of FMNC had celebrated World Blood Donor Day on 14th June 2015 with colourful programmes. An awareness class was arranged for the volunteers. NSS volunteers from the unit donated blood at various hospitals in Kollam. The theme this year was "Thank you for saving my life".

INTERNATIONAL YOGA DAY -21 JUNE 2015

International Yoga Day was observed on 21 June 2015 by organizing a yoga class for the NSS volunteers in the college. NSS volunteers also participated in the "MASS YOGA CLASS" conducted by *Nehru Yuva Kendra*, Kollam at Kollam Railway station.



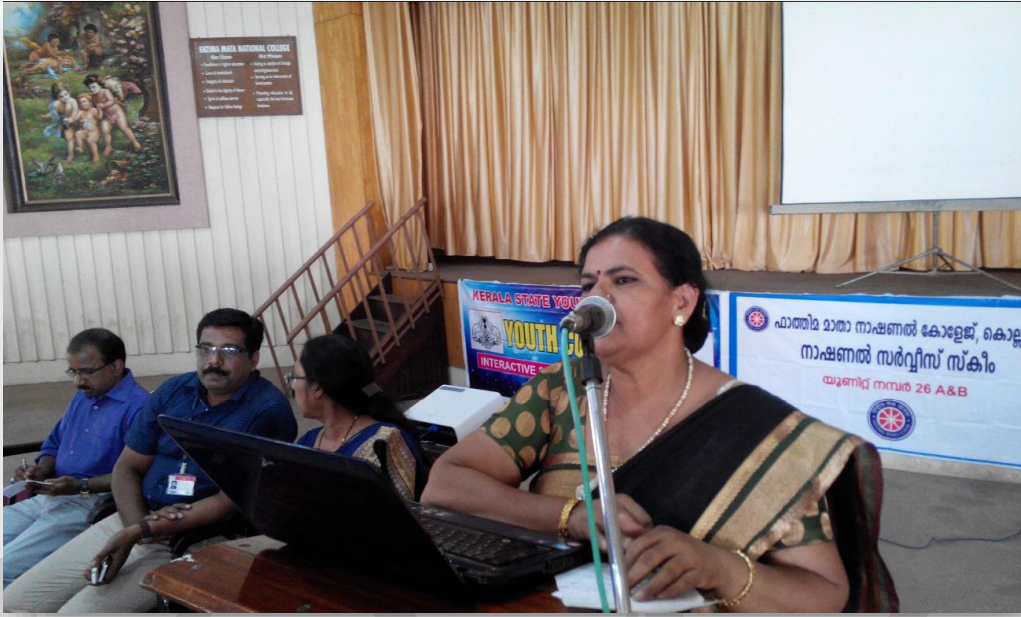
GREEN CAMPUS-CLEAN CAMPUS DRIVE – 25 June 2015

NSS volunteers participated in the campus cleaning drive in the college on 25 June 2015. All class rooms were cleaned. A combing operation was done to clear the college ground of plastic waste. The college waste was segregated and disposed properly



ANTI-NARCOTICS DAY -26 JUNE 2015

A seminar was conducted for the volunteers on 26 June 2015 as part of Anti-Narcotics Day activities. The Principal Dr. Vincent B. Netto inaugurated the seminar and Smt. Lissy Shajahan (Clinical Psychologist) presented the seminar.



HEALTH SEMINAR- 23 JULY 2015

A seminar was conducted on 23 July 2015 on the topics "Protection of Mother and Child and the Increasing Population and Health Problems". The seminar was followed by a discussion on the topic.

INTERNATIONAL YOUTH DAY-12 AUGUST 2015

A pledge was taken on International Youth Day (12 August 2015) by NSS volunteers of the college.

SWACH BHARATH MISSION CLEANING CAMPAIGN-INDEPENDENCE DAY – 15 AUGUST 2015

A team of NSS volunteers participated in the cleaning campaign of Ashramam Ground which was undertaken by the District Council on 16 August 2016.

SEMINAR & DOCUMENTARY SHOW ON DOWRY- 26 SEPTEMBER 2015

A seminar and documentary show was conducted on the topic "Dowry Prohibition Act 1961" in collaboration with Social Justice Department & NSS volunteers of the college. Classes were conducted by Mr. Sabu, Regional Dowry Prohibition Officer, Mr. L. Rajan, RDPO, Kollam and Adv. Lijo Roy on 26 June 2015.

GANDHI JAYANTHI RALLY AND MEETING -02 OCTOBER 2015

NSS volunteers took part in the rally from Govt. rest house to Kollam beach from 7.30 am to 10 am and a meeting there after in the beach, organized by Gandhi Peace Foundation, Kollam on 2 October 2015.



WOMEN'S DAY CELEBRATION- WORKSHOP ON AWARENESS OF OBESITY AND ITS HEALTH RISKS – 3 OCTOBER 2015

Women's Study Unit of the college had organized women's day celebration in October 3rd 2015. Women Study Unit conducted a workshop on awareness of obesity and its health risks/effects for the lady staff and students of the college on 3.10.2015. Dr. Noel T. Mathew, a physiotherapist from Hamstrings, a leading obesity clinic in Kerala handled the sessions. The sessions included a brief lecture on obesity, its evaluation, ill effects of obesity and management.

Evaluation of obesity was done by Body Composition Analysis. Body Mass Index of the participants was evaluated at the workshop. Diet counselling, physical activity and physiotherapy counselling were also given to the staff members.



WORLD HOSPICE AND PALLIATIVE CARE DAY-10 OCTOBER 2015

Palliative care awareness drive was organized in the college by NSS volunteers on 10 October 2015 to spread the message "Hidden Lives/Hidden Patients".

FUND COLLECTION FOR HELPING ENDOSULFAN VICTIMS-4 November 2015

By the leadership of Department of Botany, MSc students organized a fund raising campaign on 4th November, 2015, in association with the 'Nalla Padam' of Malayala Manorama daily. An amount of Rs. 12000/- has been collected and the amount was then handed over to the Manager of the college, Fr. Anil Jose. Later it was donated to the 'Nalla Padam' of Malayala Manorama.

YOUTH AND MENTAL HEALTH SEMINAR-21 NOVEMBER 2015

A seminar on "Youth and Mental Health" was conducted for volunteers by Dr. Sajimon P.P., Assistant Professor, Dept of Psychology FMN College, Kollam on 21 November 2015.



BLOOD DONATION CAMP-9 DECEMBER 2015

A blood donation camp was organized on 9 December 2015, with the cooperation of Zoology Department and Bishop Benziger Hospital, Kollam. The Blood Bank Team of Bishop Benziger Hospital, Kollam was led by Dr. Reebu George, Pathologist, Bishop Benziger Hospital, Kollam and by Sr. Maria Goretti, Blood Bank Technician, Bishop Benziger Hospital, Kollam. Around sixty students underwent the

blood test procedures. Thirty-three students donated their blood out of which twenty-five were boys. Dr. Akhila Thomas (Dept. of Zoology) was the in-charge of the Blood Donation Camp. Around thirty students donated blood for patients in hospitals in and around Kollam on the basis of requests from the relatives of the patients.

HUMAN RIGHTS DAY 10 DECEMBER 2015

On 10 December 2015, as part of the Human Rights Day observation, a pledge was taken by the volunteers in safeguarding the fundamental rights of an Indian citizen.

SPECIAL CAMP WITH THE THEME "NURTURE THE NATURE, SAVE THE FUTURE." - (7DAY CAMP) 18-12-2015 to 24-12-2015

(Note : Special Camp Report Of Nss For Further Details And Photographs)

NSS special camp was conducted at Govt. SNDP UP School, Pattathanam, Kollam, from 18 December 2015 to 24 December 2015. The theme of the camp was "Nurture the Nature, Save the Future." Sri. Y. M. Shajikumar, Assistant Conservator of Forest, Social Forestry Division, Kollam inaugurated the programme. Seminars were conducted by Shri Rajesh Maheswar, Memory Trainer, Dr V. S. Radhakrishnan, MSM College, Kayamkulam, Dr Kishore Ram, NSS College, Kottiyam and Adv. Vinayachandran among others. Fr Anil Jose, the Manager, visited the camp and motivated the volunteers. The valedictory session was inaugurated by Dr Sophia Paul, Vice-principal, FMN College.



POOR HOME VISIT-25 DECEMBER 2015

NSS unit of FMNC visits the nearby Poor Home every year on 25 December to distribute the articles collected by the contribution of every NSS volunteers to the poor fathers, mothers, sisters, and brothers as a gift of Christmas and celebrates some moments with them. At 10:00 am six of the NSS volunteers visited the poor home at Mundakkal. By 10:30 am, the campers reached the poor home and presented the inmates with cakes and gifts. New towels and clothes were donated by the volunteers for them. The inmates were happy to see them and asked them to visit again. The NSS volunteers assured them to visit again.

ANTI-NARCOTIC SEMINAR- 13/01/2016

Excise Department of Kollam & NSS team of FMNC organized an anti-narcotic seminar to provide awareness to pupils.

HEALTH SEMINAR- 22/01/2016

A seminar on Adolescent Health was conducted under the banner of Teen's Club. Class was taken by Dr. Sajimon P.P., Asst. Professor, Dept. of Psychology, FMNC, Kollam on 22 January 2016.

CAMPUS CLEANING EVENT IN CONNECTION WITH "REPUBLIC DAY CELEBRATION"- 26/01/2016

NSS & NCC Volunteers of FMNC arranged campus cleaning programme in connection with Republic Day Celebrations.