

FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

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



3.6.3 Extension Activities 2016-17

IQAC INTERNAL QUALITY
ASSURANCE CELL

WORLD ENVIRONMENT DAY CELEBRATIONS-05/06/2016

The “World Environment Day” was celebrated by planting saplings in the college campus. The saplings were received from Forest Department. NSS volunteers, NCC cadets & Department of Botany coordinated the planting of saplings and the distribution of saplings among the students and the staff of the college.



WORLD ENVIRONMENT DAY CELEBRATIONS-10 & 14, JUNE 2016

(Report on World Environment Day June 2016 for more details)

The department of Zoology along with KSCSTE organized “World Environment Day” Celebration on 10th June 2016. Students from various departments and colleges participated in this celebration.

COLLEGE FARM LAND PREPARATION-11/06/2016

The NSS volunteers cleaned and prepared the plantain field and planted plantain saplings. Near about 100 volunteers were participated in the activities.

MASS YOGA CLASS ON INTERNATIONAL DAY OF YOGA AND 5 DAY TRAINING PROGRAMME- 21/6/2016

The "Yoga Day" was celebrated according to the directions given from the Ministry of Youth Affairs. It was planned through a 5-day training programme conducted in the campus for NSS volunteers, NCC cadets and other interested persons. A seminar based on Yoga was conducted, after which the demonstration and practice of various "Aasanaas" of Yoga were done.

ONE DAY FARM LAND ACTIVITIES-09/07/2016

The NSS volunteers prepared the grow-bags and planted the saplings. They sorted the sapling bags and distributed in proper locations. Near 100 volunteers participated in this programme.

ANTI-NARCOTIC AWARENESS AS A PART OF "SAFE KOLLAM" PROJECT-10/8/2016

NSS programme officer Mr. Ignatius J attended a meeting in the office of the Asst. Police Commissioner, Kollam which discussed a project named "Safe Kollam". The project was planned to operate by Kollam city police and Lion's club, Kollam. The project was aimed to execute anti-narcotic awareness among students in Kollam district.



**"KOOTTAYOTTAM" FROM KOLLAM BEACH TO CHINNAKKADA AS
"SAFE KOLLAM" PROMOTION PROGRAMME. 12/08/2016**

Thirty NSS volunteers of the college participated in "Koottayottam", from Kollam beach to Chinnakkada, organised by City Police & Lion's Club, Kollam in promoting the project "SAFE KOLLAM". It is a project aimed at anti-narcotic awareness among students of Kollam.

"SWATCH FATIMA" - A CAMPUS CLEANING DRIVE-12/8/2016.

A campus cleaning event named "Swatch Fatima" was coordinated by the NSS unit of FMNC. All students and staff participated in campus cleaning activities. NSS volunteers gave special attention in removing plastic waste from the campus.



PLANTING OF SAPLINGS IN CONNECTION WITH "INDEPENDENCE DAY"-15/8/2016

NSS volunteers planted sapling in the campus as a part of the Independence Day observation in coordination with Police department of Kollam.

SWACH BHARATH MISSION CLEANING CAMPAIGN-16/8/2016

NSS volunteers organized Swach Bharath Mission Cleaning Campaign on 16th August 2016.



WORLD PALLIATIVE CARE DAY CELEBRATION-07/10/2016

The World Palliative Care Day Celebration was organised with the coordination of NSS units and District Medical Office, Kollam. The district-wise inauguration of "Palliative Care Project, Kollam" was done by Adv. V. Rajendra Babu, Mayor, Kollam Corporation, in a meeting in the Jubilee Memorial Hall of the college. A seminar on "The Role of Students in Palliative Care" was also conducted in which Dr. Shaji M., Medical Officer, Palliative Care, Kollam, conducted the class.

WORLD MENTAL HEALTH DAY CELEBRATION-24/10/2016

The department of Psychology of FMNC organized "World Mental Health Day celebration" with painting competition and street play.

ARDRA 2016 - STEM-CELL DONATION DRIVE AND AWARENESS

CLASS "ARDRA" 04/11/2016

"ARDRA 2016", a stem-cell donation drive was conducted in the campus. An awareness class on the Importance of Stem-cell donation was given by Mr. Aby Sam John, the Kerala coordinator of 'DATRI Stem-Cell Donor Registry'. The programme was in the morning session, from 10.00 am to 1.00 pm.







DATRI Blood Stem Cell Donors Registry
ACT NOW. GIFT A LIFE.
www.datri.org

ARUNIMA.S

Registered with DATRI as a potential Blood Stem Cell Donor



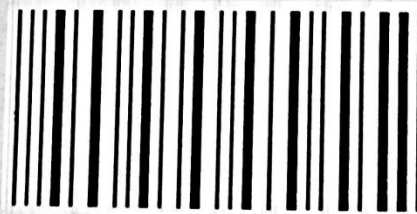
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Be proud. Flash your ID. Spread the word.



DATRI Blood Stem Cell Donors Registry
ACT NOW. GIFT A LIFE.
www.datri.org

SWATHY MOHAN



90244049

Be proud. Flash your ID. Spread the word.

MINI MARATHON ON NCC DAY CELEBRATION-25/11/2016

As part of NCC day celebration, NCC (Army) of FMNC organized a mini marathon. A team of NCC staff and cadets actively participated in this marathon.



DOWRY PROHIBITION ACT-SEMINAR-26/11/2016

Thirty NSS volunteers participated in a seminar on “Dowry Prohibition Act”, arranged in QSS seminar hall, Kollam. The seminar was organized by the “Women Protection Office” of the Social Justice Department, District Office, Kollam.

AWARENESS CAMPAIGN AS A PART OF WORLD AIDS DAY-

01/12/2016

The department of Psychology organized a awareness campaign as a part of world AIDS day.

RALLY – WORLD AIDS DAY – 01 DECEMBER 2016

In connection with World Aids Day-2016 cadets participated in a rally from central school compound, Mulamkadakom to TM Varghese Memorial Hall, Kollam.

TREE PLANTATION PROGRAM AS A PART OF "HARITHA KERALAM MISSION"-08/12/2016

As part of Haritha Keralam Mission, NCC (NAVAL) of FMNCs conducted a tree plantation program at College premises on 8 December 2016.



BLOOD TYPING CUM DONATION CAMP- 09/12/2016

The department of Zoology of FMNC in association with Bishop Benziger Hospital Kollam & Community Health Club organized a blood typing cum donation camp on 9th December 2016. About 750 students participated in this camp of which forty two students donated their blood

**ONE DAY WORKSHOP IN CONSORTIUM WITH HEDGE SCHOOL OF
ECONOMICS-15/12/2016**

Dept. of Commerce & Hedge School of Economics arranged one day workshop in consortium with hedge school of economics on 15th December 2016.

**SEVEN DAY ANNUAL SPECIAL CAMP BASED ON THEME "UNITY
THROUGH SECULARISM". - DECEMBER 19 TO 25 ,2016**

The seven day NSS Annual Special Camp was conducted from 19 to 25 of December 2016, at 'Sreyas', Parimanam, Kollam. The theme of the camp was "*Unity through Secularism*" and the classes and seminars were arranged accordingly. 100 volunteers participated in the camp





IQAC





CAREER ORIENTATION PROGRAMME ON LOGISTICS AND SUPPLY CHAIN MANAGEMENT-20/12/2016

The Department of Commerce in cooperation with Keltron organized a career orientation programme on logistics and supply chain management on 20th December 2016. All students of FMNC actively participated in this career orientation programme.

VISIT TO AGATHIMANDIRAM- 22/12/2016

The department of Botany organized a visit to Agathimandiram. Students and staff of the department collected cloths and other materials for daily use and donated them to the inmates of Agathi Mandiram on 22nd December 2016 as part of our X'mas celebrations.

COMMUNITY HEALTH SURVEY – DECEMBER 2016 –JANUARY 2017

Several community health related activities were coordinated by Community health club of FMNC during the months of Dec 2016 and Jan 2017. **(Community Health Club Report 2016-17 for Detailed Report)**

COGNETHRA 2K17- 13& 14,-01-2017

The Department of Psychology of FMNC organized first mental health fest titled as COGNETHRA 2K17 on 13th & 14th January.

REPUBLIC DAY CELEBRATION- 26/01/2017

As part of Republic day, NCC (Army) of FMNC organized Republic Day Celebration on 26th January 2017. The day was celebrated with parade and flag hosting ceremony. The selected cadets from our college participated in the Republic Day Parade conducted at Lal Bahadur Sastri Stadium, Kollam

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**UNION BUDGET SEMINAR IN ASSOCIATION WITH MALAYALA MANORAMA-
09/02/2017**

Department of Economics & Malayala Manorama arranged a Union Budget Seminar on 9th February, 2017.

“SWACHHTA HI SEVA”- 10/02/2017

A team of NCC cadets participated in the cleaning campaign at Kollam Beach, which was undertaken by 7(K) BN NCC, Kollam.



18-02-2017-SKILL-ORIENTED TRAINING-WOMEN STUDY UNIT

Students were empowered by imparting skill-oriented training on “Liquid Painting”. The session was conducted by Mrs. Parvathy (Retd. Associate Professor, Dept. of Botany, NSS College, Thiruvananthapuram). The students had a great fun time learning the skills imparted by the resource person. It was held on 18/2/2017 and duration was 9.30 AM to 3.30 PM





ONE DAY SCIENCE CAMP FOR HIGHER SECONDARY STUDENTS OF KOLLAM-

27/02/2017

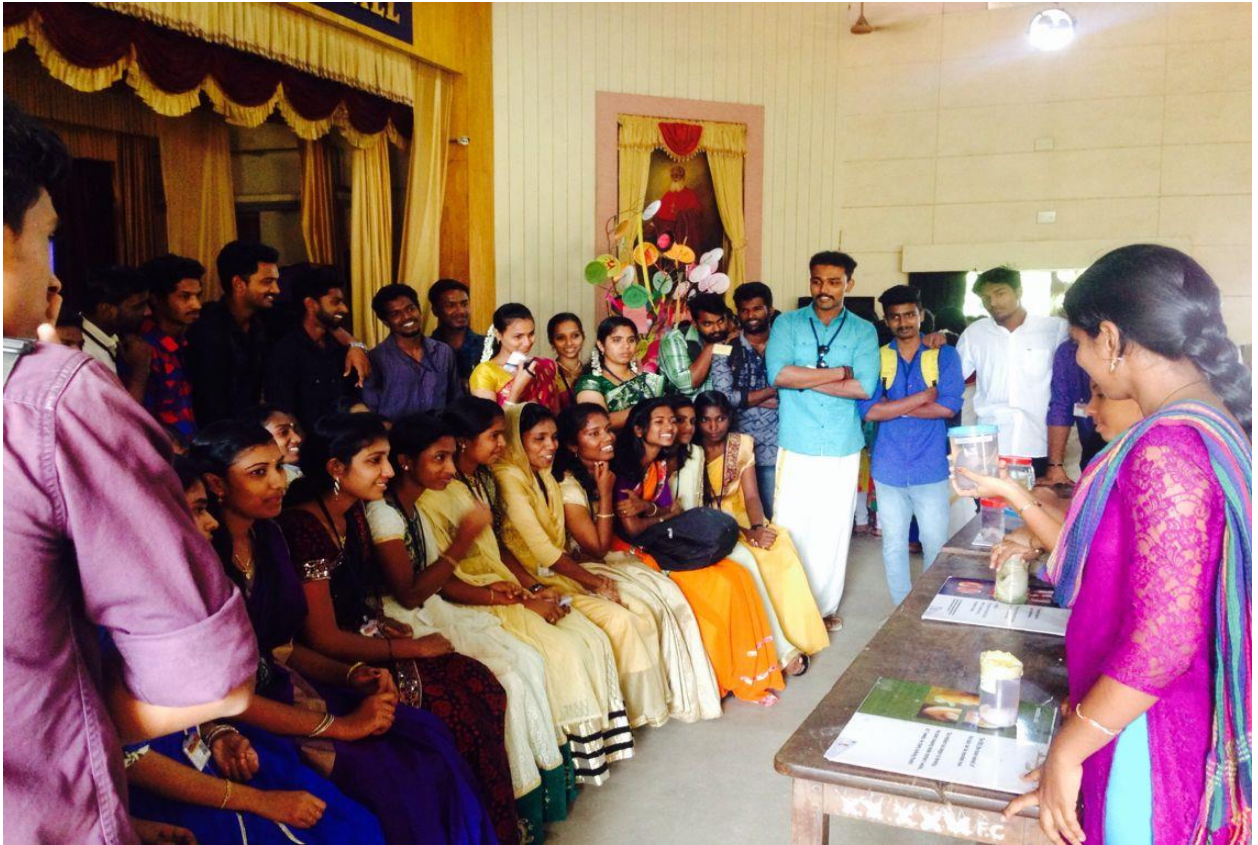
Department of Zoology, FMNC organized one day science camp for higher secondary students of Kollam. Students from various higher secondary schools actively participated in this one day camp

27-28,FEBRUARY 2017 - PRO-LIFE EXHIBITION AND SEMINAR -ANTI-ABORTION MOVEMENTS- CAMPUS MINISTRY ,FMNC

. An exhibition on pro-life was held on February 27th and 28th F.N. All the students in the college visited the exhibition. Intersession prayers were conducted throughout the programme.







There was a seminar on Pro-Life on February 28th A.N.





SEMINAR ON "PRESERVATION OF GROUND WATER"- "GROUND WATER: LAW, CONSUMPTION & CONTROL"- 07/03/2017

To provide awareness about ground water and its importance, Ground Water Department of Kollam was organized a seminar on "Preservation of ground water"- Ground water: law, consumption & control on 7th March 2017 in college campus. 15 NSS volunteers were participated in this seminar

WOMEN'S DAY CELEBRATIONS- 09/03/2017

Women's Study Unit was arranged Women's Day celebrations on 9th March 2017. Women oriented programmes were conducted in this day.

BLOOD DONATION CAMP- 13/03/2017

A blood Donation Camp was organized by the NSS, Dept. of Commerce and Community Health Club of the college. A team of IMA (Indian Medical Association),

Kollam, conducted the camp. Many students were participated in the camp out of which 46 donated their blood.



SEMINAR ON THE CELEBRATION AND AWARENESS ON "WORLD CONSUMER DAY" ON THE TOPIC "CONSUMER RIGHTS IN THE DIGITAL AGE" - 15/03/2017

8 NSS volunteers were participated in a seminar on the celebration and awareness on "World Consumer Day", arranged in the Public Library Hall, Kollam. The seminar was

on the topic "Consumer Rights in The Digital Age". The seminar was arranged by the Kerala State Consumer Department

STATE LEVEL SEMINAR ON "ZERO TOLERANCE TO CORRUPTION "17/03/2017

Anti corruption Bureau, Kollam & IQAC of FMNC organized a state level seminar on Zero Tolerance to corruption on 17th March, 2017.

**SEMINAR CUM WORKSHOP ON DOMESTIC WASTE MANAGEMENT-
20/03/2017**

Jilla Suchithwa Mission & Ecoclub organized a seminar cum workshop on Domestic waste management on 20th March 2017

FILM FEST- 29/03/2017

Film Club of FMNC organized a Film fest on 29th March 2017. All students and club members were actively involved in this Film fest.