

FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

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



3.6.3 Extension Activities 2017-18

IQAC INTERNAL QUALITY
ASSURANCE CELL

**TWO DAY PERSONALITY DEVELOPMENT PROGRAM FOR PUBLIC,
WESTERN ARTS CLUB, SAKTHIKULANGARA, KOLLAM-03-04, 6, 2017**

Faculty and students of the Department of Psychology organized a two day personality development programme for public with the co-ordination of Western Arts Club Sakthikulangara, Kollam. There were about 90 public participants of younger generation. The sessions were very interactive.









TREE PLANTATION – 05-06-2017

The tree plantation programme was conducted in the college and the NCC cadets made an active participation in the programme.



SWACHH BHARAT MISSION- 26-06-2017

A team of NCC cadets participated in the campus cleaning campaign.



WORLD ENVIRONMENT DAY CELEBRATIONS, 5 JUNE 2017.

Under the aegis of the Department of Zoology, NSS and NCC Unit of Fatima Mata National College (Autonomous), World Environment Day was commemorated by planting saplings at the campus on **5th June 2017**.



WORLD ENVIRONMENT DAY CELEBRATION -05/06/2017

The World Environment Day-2017 was celebrated by Naval NCC Subunit on June-5. The theme of the day was 'CONNECTING PEOPLE TO NATURE'. The programme includes tree plantation and collection and disposal of plastic waste in the college premises. The Cadets participated in the campaign with great enthusiasm and also promised to keep environment clean and green.





INTERNATIONAL YOGA DAY CELEBRATION-21/06/2018

Yoga is an invaluable gift of India's ancient tradition. The international Yoga Day was celebrated on every year June 21. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. A total 30 Naval NCC cadets practiced yoga on that day at the volleyball court in front of college. Senior cadets Sherin Thomas, Mukundakrishnan and Arun S. Kumar gave demonstrations of different 'AASANAS'





BLOOD DONATION CAMP (30-06-2017)

A Blood Donation Camp was organized on 30th June 2017 by the Department of Zoology &NSS Unit of Fatima Mata National College (Autonomous) under the supervision of Bishop Benzigar Hospital. Head of the Medical Team, Dr. Reebu George (Pathologist) delivered a talk on the importance of blood donation. The camp was a grand success and forty-six students successfully donated blood.



WORLD POPULATION DAY CELEBRATIONS-13/7/2017

World Population day, which seeks to focus attention on the urgency and importance of population issues was celebrated by the department of Economics on 13th July 2017.



19-07-2017 REFORESTATION DRIVE BY PLANTING TREES IN AN UNDISTURBED ZONE AT THE CAMPUS.

Renowned film personality Sri Jayraj inaugurated Birds Club International, FMNC unit on **19th July 2017** at Fatima Mata National College (Autonomous). Department of Zoology and NSS Unit actively participated in this reforestation drive by planting trees in an undisturbed zone at the campus.



CAREER COUNSELLING CUM MOTIVATIONAL TALK BY PROGRAMME - 20/7/2017

Department of Zoology & All India Radio organized a career counseling cum motivational talk by programme coordinator Ms. Vahida nair, All India Radio. All students of the college actively participated in this motivational talk.

03-08-2017- REPORT SUBMISSION ABOUT THE POLLUTION ASPECT OF ASHTAMUDI LAKE AND VATTKAYAL TO KOLLAM MAYOR

A team lead by Dr. Sherly Williams, Associate professor, Department of zoology submitted a report on the pollution aspect of Ashtamudi Lake and Vattakkayal, a notified wetland in Kollam district, to Kollam Mayor Sri, Rajendra Babu in a vision to protect these water bodies from its present worst condition. Dr. Sarlin Poly, Dr. Seethal Lal. S and Dr. Razeena Karim L were the team members. The follow up activities were discussed in the meeting held on 03/ 08/2017 in Kollam cooperation office.



TREE PLANTATION DRIVE -5th to 15th /August 2017

In view of social service and community development action plan 2017 of NCC Dte (K&L), the 3(K) Naval Unit NCC of Fatima Mata National College (Autonomous), Kollam participated in the 10 days Tree Plantation Drive under the guidance of Principal Dr Vincent B Netto and Care Taker Mr Sunil A. The programme created social awareness about the importance of tree plantation. The college conducted awareness program on GREEN CAMPUS-CLEAN CAMPUS, facilitated discussions as well as planted trees in college premises and arranged follow up to implement the project successfully.

During the programme from 5th august to 15th august 2017, a total of 25 saplings were planted at suitable places of college premises. We had planted various types of plants some of them being mango tree, jack tree, guava, bread fruit, Indian plum, jambu fruit etc. Cadets showed great enthusiasm in planting them and they knew their hard work would recharge ground water, prevent soil erosion and preserve the nature. Not only among the cadets but also people living around and adjacent to the college are at least felt and realized the negative impact of chopping down trees and importance of trees.





In view of Swachh Bharat programme of the central government and Green Protocol of the state government, the Naval Subunit of FMN College take initiative to

make the campus clean and plastic free. On August 14, the campus was declared as 'GREEN CAMPUS CLEAN CAMPUS' by our respected Vice Principal Dr A.R. Titus



21-08-2017-"PUNARJANI" – THE ORGAN DONATION PROGRAM

On **21st August 2017**, an awareness session on **"PUNARJANI"** – The Organ Donation Program was organized by JCI Quilon in collaboration with the Fatima Mata National College (Autonomous), Kollam at the Golden Jubilee Block. The objective of the program was to create awareness among the students about organ donation.



SWACHHTA HI SEWA-22August to 2October 2017

The 3(K) Naval Unit NCC of Fatima Mata National College (Autonomous), Kollam participated in the nationwide sanitation campaign "Swachhta Hi Seva" . Under this programme we organized 10 days Cleanliness Drive from 22nd September 2017 to 2 October 2017 The programme includes cleaning of the college premises and public places, awareness programmes among cadets, poster competition, placard competition etc.

More than 40 cadets participated in the cleaning program conducted in the college campus. We are planned to extend our cleaning programme in the public cemetery at Mulamkadakom.

A total of 38 cadets participated in the poster and placard competition held on 25 September 2017. The theme of the competition was 'Clean India'. Cadets

participated in the competition with great enthusiasm and also promised to keep the premises clean around the College as well as their houses.



OLD AGE HOME VISIT- 01/09/2017

As part of the cultural festival ONAM, the students of the Department of Economics (I DC "B" Batch) visited the old age home ABHAYAM in Eravipuram on 1st September 2017. They were accompanied by Mr Manu V. (Class Counsellor) and Dr Mary Antony (Head, Department of Economics). The students took the initiative to raise a fund of Rs 3000/- to sponsor ONAM SADYA to the inmates. The students made the inmates dance and sing along with them. They spent quality time with the inmates providing the much needed warmth in their hearts.

<https://drive.google.com/file/d/1yObH1v7cOhTebntJP1L7JpbHHu4wswJc/view>

“SWACHHTA HI SEVA”-22/09/2017

The 3(K) Naval Unit NCC of FMNC was participated in the nationwide sanitation campaign “Swachhta Hi Seva” . Under this programme,10 days Cleanliness Drive from 22nd September 2017 to 2 October 2017. The programme includes cleaning of the college premises and public places, awareness programmes among cadets, poster competition, placard competition etc. More than 40 cadets participated in the cleaning program conducted in the college campus. A total of 38 cadets participated in the poster and placard competition held on 25 September 2017. The theme of the competition was ‘Clean India’. Cadets participated in the competition with great enthusiasm and also promised to keep the premises clean around the College as well as their houses

GANDHI JAYANTI- INTERNATIONAL DAY OF NON-VIOLANCE -2 October 2017

The 3(K) Naval NCC subunit celebrated Gandhi Jayanti 2017 as a cleanliness drive at Kollam beach along with National Service Scheme and the Students Police Cadet on October 2. The programme was inaugurated by Kollam City Police Commissioner Ms Ajitha Beegum. The NCC Group Commander Brig. G.M. Sankar Presided the meeting.





SEMINAR ON "DENTAL HEALTH & ORAL HYGIENE"-07 November 2017

Women's cell of FMNC was organized a seminar on Dental health and Oral Hygiene by Dr. Jeslet John, Dental Surgeon, Govt.Hospital, Kollam on 7th November 2017.

NATIONAL BIRD WATCHING DAY IS CELEBRATED ON 12 NOVEMBER ,2017 - WITH A THEME OF 'SAVE TREES, SAVE BIRDS'.

National Bird Watching Day is celebrated on November 12th of every year to mark the birth anniversary of renowned ornithologist and naturalist Dr Salim Ali, known as the 'The Birdman of India. As part of this, the Bird Club International had organized a one day programme on 10th November 2017 for the club members from various colleges of Kollam District at the Golden Jubilee Seminar Hall of St. Gregorious College, Kottarakara with a theme of 'Save Trees, Save Birds'.The 1st year M.Sc. Zoology students of FMNC Kollam attended the programme.





**ESSAY COMPETITION ON CONSTITUTIONAL & LEGAL SAFEGUARDS FOR
WOMEN-15/11/2017**

Women's cell of FMNC organized Essay Competition on Constitutional and Legal Safeguards for Women on 15th November 2017.

Women's Study Unit

National Commission of Women Guidelines

Topic for Essay Writing Competition

“Constitution and Legal Safeguards for Women”

or

“സ്ത്രീകളും ഭരണഘടന നിയമ പരിരക്ഷയും”

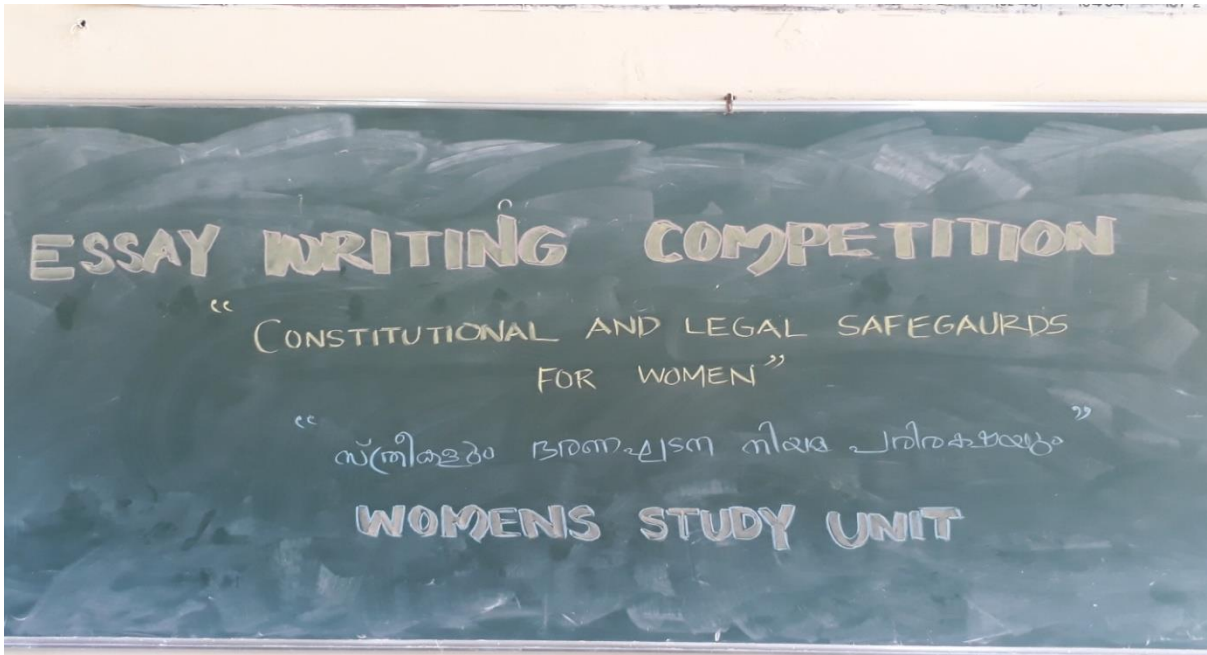
Date : **November 16th, 2017**

For Registration contact
Dr. Apsara A.P
Department of Chemistry

Laws relating to Women Right & Empowerment

Dowry prohibition Act, Protection of Women from Domestic Violence, Prevention, Prohibition & Redressal Act 2013, Maternity Benefit Act, Minimum Wages Act, Immoral Traffic Prevention Act, SC and ST Amendment ACT.

Principal
26/10/17



BLOOD DONATION CAMP-15/11/2017

FMNC students arranged a Blood Donation Camp on 15th November 2017.

21-11-2017: Seminar on Dowry Prohibition ACT – 1961: Women’s Study Unit

This Act prohibits the practice of giving or taking of dowry. This law also punishes demanding and advertising dowry. The dowry system is thought to put great financial burden on the bride's family. In some cases, the dowry system leads to crime against women, ranging from emotional abuse and injury to even deaths. The payment of dowry has long been prohibited under specific Indian laws including the Dowry Prohibition Act, 1961 and subsequently by Sections 304B and 498A of the Indian Penal Code. An informative talk was organized in the College auditorium on 21-11 2017as per direction of the Dowry Prohibition Officer, Social Justice Department. 200 students participated in the programme.





BIRD WATCHING DAY CELEBRATION AT POLACHIRA ELA ON

14th Nov 2017

Under the aegis of Social Forestry Division of the Wild life Department and WWF India and Kollam Birding Batallion, a bird watching programme was conducted on 14th November 2017 as part of SALIM ALI BIRD WEEK celebrations. Student volunteers led by DrSarlin PJ, from the department participated in the event along with students from SN College Kollam. Participants gained field experience in bird watching and were briefed on the tips and technics. Large number of birds were photographed and identified in the survey. The data was tabulated and passed on to the organizers for their records and publication.

Social forestry division kollam
with
WWF- india and Kollam birding battalion
presents
Dr Salim ali bird week
12 - 18 nov 2017
Birding @ polachira
ON 14 NOV 2017 TUESDAY
7am to 11





MINI MARATHON & BLOOD DONATION CAMPAIGN-26/11/2017

NCC DAY is celebrated every year on the fourth Sunday in the month of November. In 2017, NCC day was celebrated on 26- November 2017. Regarding the NCC day celebration, a mini marathon for NCC staff and cadets held from Ashramam ground to NCC Group Headquarters. Certificates are given to the participants by NCC Group Commander Brigadier G M Sankar. A blood donation campaign was also organized.



01-12-2017 :World AIDS DAY

The day was celebrated with an awareness rally to spread awareness in association with the CASTALIA Educational Charitable Trust, Trivandrum. The students of the department took active participation and the rally that began within the college grounds continued all the way to the railway station. Awareness on AIDS, the necessary protective measures to be adopted, health living, and other prominent areas of awareness were put up on pluck cards and held by the participants. Commuters were given the opportunity to read through the placards and other awareness material. They were also given the opportunity to interact with the team of experts that took part in the rally and clear their doubts, if any.

20.12.2017 : SEMINAR ON 'INTRODUCTION TO FORENSIC SCIENCE AND ITS APPLICATIONS'

Dept of Botany conducted a seminar on 'Introduction to Forensic science and its applications' on 20th December, 2017) at Botany Seminar hall. The seminar started with prayer song. Dr. Rubin Jose delivered the welcome Speech. Presidential address was given by Dr. Marilyn V.J, Head, Dept of Botany. Mr. Yeavarsudasan A. (Asst professor, Govt. college, Chavara) delivered the keynote address. The topic of his presentation is 'Introduction to Forensic science and its applications'. Smt . Nirmala Jayarani delivered the felicitation speech. Mr Adarsh (Secretary, Botany Association expressed vote of thanks.





14.12.2017: HARITHAYUSH: Awareness Programme on Medicinal Plants and Medicinal Plant Exhibition

An awareness programme on 'Medicinal Plants' was conducted by Department of Botany. The awareness class on 'Health Awareness' was taken by Mr. P.R. Prakash, Success Trainer and Distributor-AYUSH. Twenty nine student members attended the event. The students brought with them some medicinal plants and they were exhibited in the afternoon. A sales counter was also arranged.

1) A seminar- cum- exhibition on 'Health Awareness and the role of Medicinal Plants'

The main activities for the academic year commenced in the month of December with a programme entitled " **HARITHAYUSH** ", whose main intention was to create awareness in 'Health through traditional medicine'. The programme was conducted in two phases : a talk-cum – interactive phase and an exhibition on locally available medicinal plants by the students. The programme , organized by the Community Health Club along with the Health Education club and the Nature Club of the college

was conducted on **14-12-2017** at the Jubilee Seminar Hall. Students of the Dept of Zoology and Botany also participated in the event. Mr.Fresnal of the Dept of Psychology helped organize the event.

Phase I

The first session commenced at 10.30 am. Mrs. Nisha Thomas P., (Convenor-Community Health),welcomed the gathering and introduced the chief guest ,Mr. Prakash, who is a representative of AYUSH as well as a success trainer. This was followed by the talk on **“HEALTH AWARENESS”**. The session came to an end by 1.00pm.

Phase II

The second phase i.e. the medicinal plants exhibition-cum –sale was inaugurated by Mr. Prakash. Under the able guidance of Dr.Sinilal and Mrs.Siji , both of the Dept of Botany, students from different departments participated in the exhibition. The exhibition provided information on the medicinal plants and their role in the treatment of various chronic diseases. The locally available medicinal plants exhibited were *Asparagus officinales*, *Saracaindica*, *Geophilarepens*, *Vitexnegundu*, *Phyllanthusemblica*, *Phyllanthusamaranthus*, *Mimosa pudica*, *Sidaalnifolia*, *Sidaacuta*,*Murrayakoineji*, *Citrus lemon*,*Difoliaternata*, *Indigoferatuniforia*,*Neem* ,*Lucous*, etc. The exhibition commenced at 10.00am and came to an end by 4.00pm. These plants were then transferred to the college Botanical garden.





Inauguration of the medicinal plant exhibition-cum -sale by Mr. Prakash

VISIT TO "THE QILON POOR HOME"-21-12-2017- DEPARTMENT OF BOTANY

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2500/- ചായ & പലഹാരം	
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സദ്യ. ഉച്ചഭക്ഷണ നിരക്ക്	











SEMINAR ON "NON COMMUNICABLE DISEASES IN LIFE STYLE DISORDER- 23/12/2017

Non communicable or chronic diseases are diseases of long duration and generally slow progression. To provide awareness of drastic effect of non communicable diseases, NCC(Army) FMNC & District Medical Office was organized a seminar on Non Communicable Diseases in life style disorder on 23rd December 2017. The class was led by Dr. Sandya R.(Dy.DMO & DSO, Kollam).



**SEMINAR ON "GLOBAL WARMING & SURVIVAL" BY DR.F.GEORGE D'CRUZ
(DIRECTOR ,ENVIRONMENT STUDY &RESEARCH CENTRE,KSSP,KOLLAM)-
27/12/2017**

NCC (Army) of FMNC organized a seminar on "Global Warming & Survival" by Dr.F.George D'Cruz (Director, Environment study & Research centre, KSSP, Kollam) on 27th December 2017. The class encouraged the volunteers to think in a different way. It was an interactive session. Major causes, consequences and remedies of global warming were mentioned in this session. The seminar was really a worth one for the volunteers.

**SPECIAL CAMP WITH THE THEME : "HEALTHY YOUTH FOR HEALTHY INDIA"-
22-12-2017 to 28-12-2017.**

The special camp of the year 2017 was conducted at Bishop Jerome Engineering College, Kollam, from 22 December 2017 to 28 December 2017. Rev. Fr. Rajesh Martin, Manager of the institution, for granting permission to conduct the camping programme in Bishop Jerome Engineering College, Kollam. The theme of the camp was "Healthy Youth For Healthy India". Dr. Sandhya R. (Dy.DMO & DSO, Kollam) inaugurated the camp. Seminars were conducted by Dr. Sandhya R (Dy.DMO & DSO Kollam), Dr. Sajimon P. P.(Asst. Professor, Dept. Of Pshycology,FMNC, Kollam), Dr. Manoj S. (Asst. Professor, Dept. Of English, FMNC, Kollam), Adv.Sudheer

C (Advisor, Jaihind, Kollam), Mr. Renold Baby(Special Marine Home Guard, Coastal Police, Neendakara, Kollam), and Dr. F George D'cruz(Director, Environment Study and Research Centre, KSSP, Kollam). Dr. Vincent B. Netto, Principal of our college, visited the camp and motivated the volunteers. The camp was visited by NSS Programme Coordinator Dr. Shaji S. A butterfly garden was setup at Fatima Mata National College during the camp. The Valedictory Session was presided over by Dr. Titus A. R. (Vice principal, FMNC, Kollam).

SEMINAR ON "SELF-IMAGE"-24/12/2017

NCC (Army) of FMNC organized a seminar on "Self-image" by Dr. Sajimon P.P (Asst.Professor,Dept. of Psychology,FMNC). All cadets actively participated in this seminar. It was a motivational speech for the volunteers for the improvisation of their self image.

SEMINAR ON "SOFT SKILL DEVELOPMENT THROUGH GROUP DYNAMICS"BY ADV.SUDHEER C.(ADVISOR,JAIHIND,KOLLAM) 26/12/2017

NCC (Army) of FMNC organized a seminar on "Soft skill development through group dynamics" by Adv. Sudheer C. (Advisor, JAIHIND, Kollam) on 26th December 2017. Various group activities conducted by the volunteers. The seminar section was really useful and lively with the active participation of the volunteers.

INTERACTIVE SESSION ON "VARIOUS RESCUE MEASURES"BY MR.RENOLD BABY (SPECIAL MARINE HOME GUARD)- 26/12/2017.

On 26th December, NCC (Army) of FMNC organized an interactive session on "Various rescue measures". Mr.Renold Baby (Special Marine Home Guard, Coastal Police, Neendakara, Kollam) was explained various sections of rescue measures to cadets. The seminar made the volunteers aware of various rescue measures in an emergency. Demonstrations of rescue measures were also carried out by Mr. Renold Baby.

TRAFFIC AWARENESS PROGRAMME-A SEMINAR ON 'AWARENESS ON ROAD ACCIDENT & TRAFFIC DISCIPLINE'-20/01/2018

The 3(K) Naval Unit NCC of Fatima Mata National College organized a seminar on '**Awareness on Road accident & Traffic Discipline**' on 20th January 2018. The expert talk was given by Mr. Shanavas H, Assistant Sub Inspector of Police, District Crime Branch Office, Kollam from 10:30am to 12:30 pm at F.M.N. College. The programme aimed at creating a new generation of citizen who abides road rules. The class was very effective and interactive. The class helped in creating awareness on traffic rules, familiarizing traffic signs and giving demonstrations including distribution of pamphlets related to event.





**SKILL DEVELOPMENT TRAINING PROGRAMME IN
CONNECTION WITH SKILL DEVELOPMENT AND
ENTREPRENEURSHIP PROGRAMME OF CENTRAL GOVT.-
20/01/2018**

Skills and knowledge are the driving forces of economic growth and social development for any country. In connection with the skill development and entrepreneurship programme of central government, the 3(K) Naval Unit NCC of Fatima Mata National College organized an expert talk on SKILL EMPOWERING. The talk was given by Sub.Lt Dr Laiju S, Associate NCC officer and Assistant professor of Psychology, SN College, Kollam.



9-1-2018, 16-1-2018 AND 17-1-2018- ORIENTATION AND 2 DAY SURVEY ON VECTOR BORNE DISEASES

1) Orientation and 2 day survey on Vector borne diseases in collaboration with the District Malaria Office ,Kollam – 9-1-18, 16 & 17-1-18.

As part of the communicable disease prevention and control campaign of the District health services department and initiative of the State Government- '**JAGRATHA**', the members of the community health club and Dept of Zoology participated in a sensitization as well as Dengue vector surveillance programme on **9-1-2018, 16-1-2018 and 17-1-2018.**

The orientation programme was conducted in the Dept of Zoology at 3.00pm by the **District Malarial Officer Mr. Suresh T.** Through a power point presentation, he spoke about the different mosquitoes prevalent in our region, their larval forms and their identification, how to conduct the survey, how to calculate the various indices necessary to identify high risk areas for dengue, etc. The programme came to an end by 4.00pm.

The 2 day vector surveillance programme was conducted on the 16th and 17th of January 2018. The officials of the health department transported the community health club members to the respective study areas identified by them. They were accompanied by the Convenor Mrs. Nisha Thomas. The members were split into teams of 6, each team being accompanied by a staff of the Health department. 35 houses were identified by each team in a day. Each house was surveyed

for the presence of dengue larva, and where ever possible the house members were told how to get rid of them. The members also helped destroy active sites by pouring kerosene in the infected water bodies.

Certificates of participation were distributed to the all students who participated in the survey by the District Medical Officer, Mrs. Sandhyain another event conducted in the college.

ORIENTATION PROGRAMME ON DENGUE VECTOR SURVEILLANCE BY Mr. SURESH KUMAR T ON 9-1-2018.





Members of the Community Health Club during the survey on Aedes larva 16-1-18 & 17-1-18.

At a construction site



At a home





Aedes larva observed in a fish tank



Corrective measures implemented



The members with the officials of the Health Dept.



Distribution of certificates by Dr. Sandhya, DMO, to the participants of the health survey "JAGRATHA" organized by the Health Services Department





WORLD WET LAND DAY CELEBRATIONS -05/02/2018

To provide awareness to the importance of wetlands, Environment Club of FMNC was organized World Wet land Day Celebration on 5th February, 2018. The success of this program was the active participation of 140 students, 4 teachers and all environmental club members.

VOLUNTARY HAIR DONATION-07/02/2018

Chethana integrated development society of Alappuzha organized voluntary hair donation program on 7th February of 2018.

VIMUKKTHI: AN AWARENESS PROGRAMME ON ILL EFFECTS OF DRUGS-08/02/2018



AWARENESS CLASS TO KEEP CAMPUS NEAT & CLEAN-09/02/2018

NCC (Army) of FMNC was organized an awareness class to keep Campus neat and Clean on 9th February 2018. All cadets and students actively participated to clean the campus on 9th February 2018.

15-02-2018: "MIZHI"- LEGAL AWARENESS PROGRAMME FOR WOMEN AND GIRLS

സെന്റർ ഫോർ മാനേജ്മെന്റ് ഡെവലപ്മെന്റ്
ഇരു കേരള നവീകാർ സമാജം സമാധനം
തൃശ്ശൂർ, തൃശ്ശൂർ - 695 014, കേരളം



CENTRE FOR MANAGEMENT DEVELOPMENT
(An autonomous institution sponsored by the Government of Kerala)

No. CMD/078/2018

03.02.2018

The Principal
Fatima Mata National College
Kollam

Sir/Madam,

Sub: Intimation of Legal Awareness Programme for Women and Girls.

Centre for Management Development, Trivandrum, has been entrusted with the conduct of Legal Awareness Programme for Women and Girls by the Social Justice Department. The objective of the programme is to give legal awareness to 7,500 women. This includes students of higher secondary schools and colleges, Self Help Group leaders, women in urban areas and women in rural areas.

The programme is of one day duration and will be provided free of cost. The participants shall be given awareness about laws pertaining to women that include Women and the Constitution, Women and Family Laws, Criminal Law and Women, Procedure in Action and Rights in Workplace. Refreshments shall be provided.

As per the telephonic conversation we had with you, we obtained consent in conducting the programme in your reputed institute. **We are happy to conduct the classes on February 15th 2018 (Thursday) in your college.** We expect a participation of 200 students. Kindly acknowledge the same. Thank you.

Yours sincerely,

Programme Co-ordinator (9656625033)

1/12
6/2/18

I
Dr. Pappan

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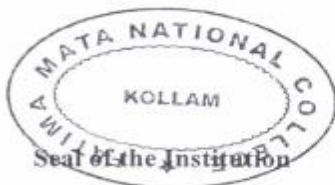
MIZHI
LEGAL AWARENESS PROGRAMME FOR WOMEN AND GIRLS
(A one-day workshop for women and girls)

Centre for Management Development

Social Justice Department

This is to certify that MIZHI - "Legal Awareness Programme for Women and Girls" organized by the Centre for Management Development, Trivandrum, for the Social Justice Department, Government of Kerala, was conducted in our institute.....*Fatima Mata National College (Autonomous), Kollam*.....

.....
on*15/2/2018*..... A total of*132*..... students took part in the programme. The one-day programme organized was, in general,*motivating and the students actively participated*.....
.....*in the seminar.*.....



[Handwritten Signature]
Signature of the Head of the Institution
PRINCIPAL
Fatima Mata National College
Kollam

ANTI DRUG MOVEMENT: PLEDGE & DRAMA-23/02/2018

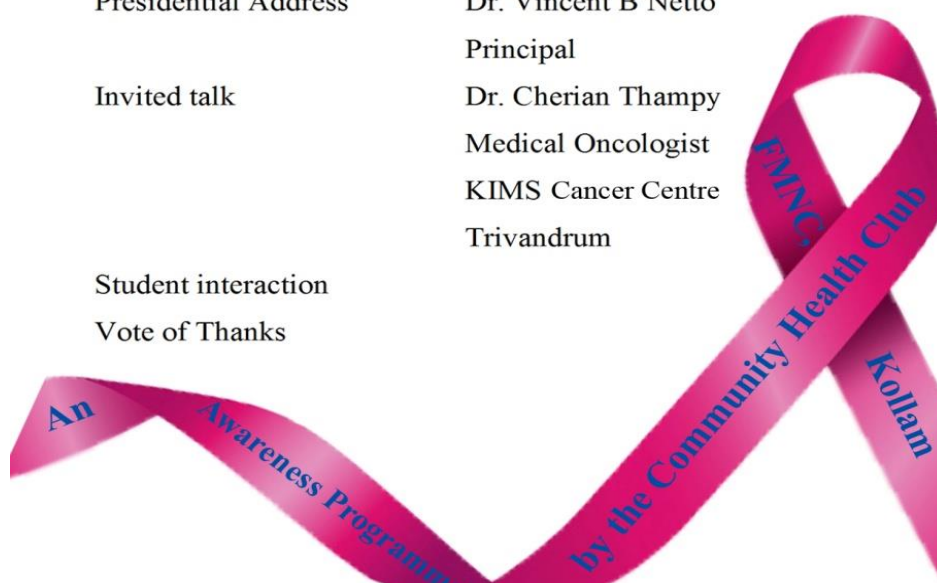
To provide awareness about deathful effect of the usage and addiction of drugs, students of FMNC arranged an anti drug movement- "Pledge and Drama" on 23rd February 2018.

28-02-2018-A Cancer Awareness Talk-Community Health Club,FMNC



Programme

Prayer song	
Welcome	Mrs. Nisha Thomas P
Presidential Address	Dr. Vincent B Netto Principal
Invited talk	Dr. Cherian Thampy Medical Oncologist KIMS Cancer Centre Trivandrum
Student interaction	
Vote of Thanks	



With the co-operation of the representative of a medical pharmaceutical company, BIOCAD, Mr.Anandaharikumar, a talk-cum-interactive session on **“DEFEAT CANCER-I CAN, WE CAN”** was conducted for the Community Health Club members on **28-2-2018**. The session also saw the participation of 200 students comprising of the I PG students of all the Departments, the members of the Science Club and also the Health Education Club. Dr. CherianThampy, Medical Oncologist from KIMS Cancer Centre, Thiruvananthapuram, was the spokesperson.

Dr.Cherian began his talk by asking the audience the definition for disease and mentioned the 2 categories of disease. He then spoke about the life style diseases and then came to his topic 'Cancer'. He undermined the fact that tobacco and alcohol were the 2 main cancer causatives. He summed up his presentation by encouraging the youth to bring about changes in the society. He reiterated the fact that “only the youth can create a tobacco free society”. The talk was then followed by a very active interactive session. The programme which commenced at 2.00pm came to an end by 4.00pm.

The lighting of the lamp ceremony



Presidential Address by the Principal



The audience



Interaction of staff and students



Presentation of memento to the Chief Guest



Felicitation by the co-ordinator of the College Extension Activities



KOLLAM BEACH CLEAN UP-03/03/2018

The Department of Zoology and Environmental Activities Club of FMNC in coordination with "Kollam Social Forestry Division and Kollam Corporation", organized Kollam Beach clean-up programme on 3rd March 2018. More than 75 students actively participated in this cleanup programme.

PROFESSIONAL GROOMING SESSION FOR DEGREE STUDENTS -05-03-2018

A grooming session for first, second and third year students were given jointly by the career guidance and placement cell and Malayala Manorama daily on 05.03.2018 and 960 students of various classes got benefitted.



Women's Day Celebration- March 7th 2018



ഫാത്തിമ മതാ നാഷണൽ കോളേജ്

(ഓട്ടോണമസ്)

കൊല്ലം

സമന്വയ കലാലയ യൂണിവേഴ്സിറ്റി

2017-18



International
Women's Day

വനിതാ ദിനാഘോഷം 2018

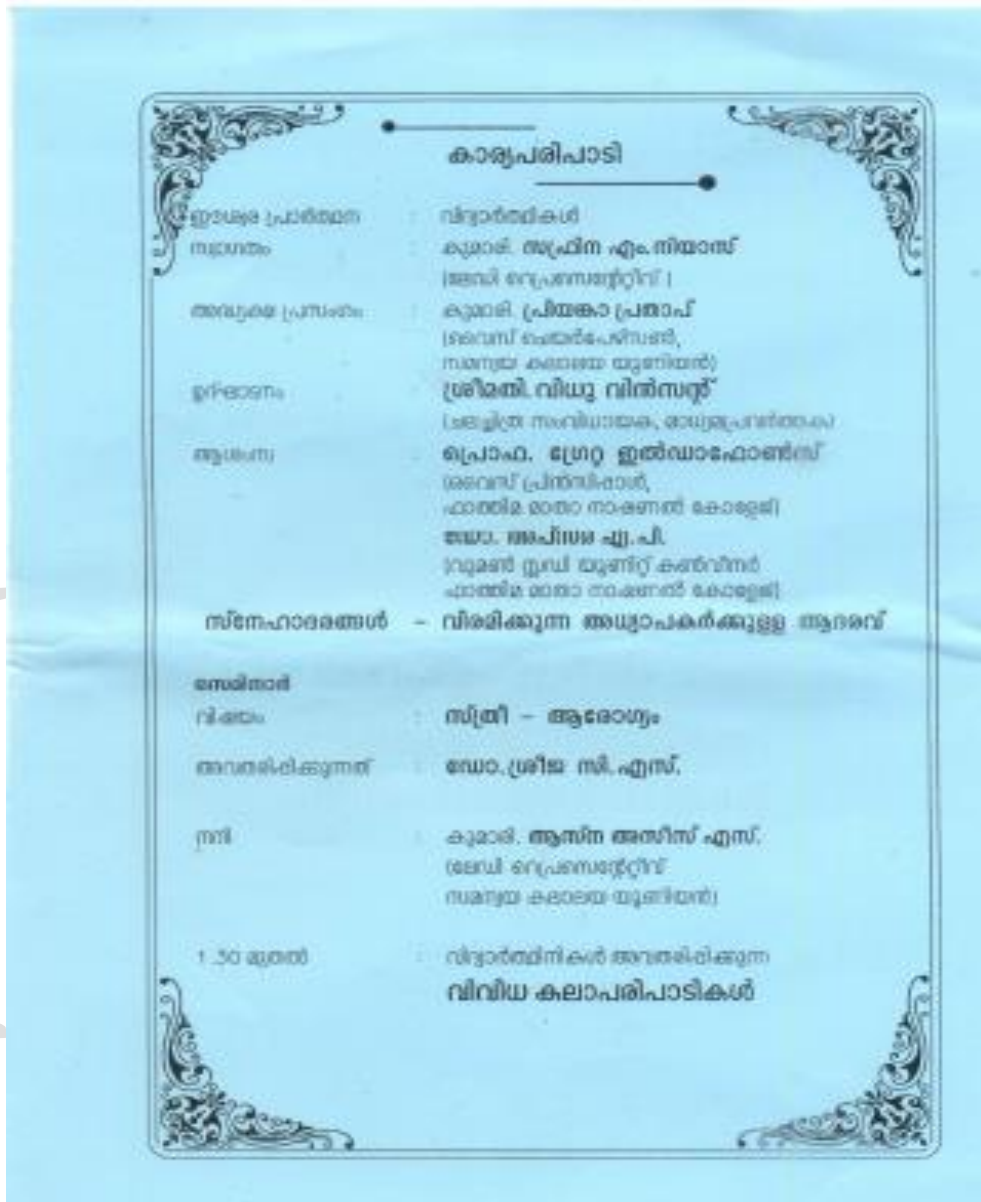
വനിതാദിനാഘോഷവും
സെമിനാർ അവതരണവും



മാർച്ച് 7, 2018

കോളേജ് ആഡിറ്റോറിയം

മാവിലെ 10 മണി മുതൽ



Women’s Day Celebration was inaugurated by Smt.Vidhu Vincent, Film Director and Journalist. The session was followed by an informative talk on ‘Women Health’. The stages of growth from infant to women, the health issues and remedies were discussed. It was an interactive session which concluded at 12.30pm. The afternoon programmes were colourful with group dance, song, skit etc. The celebration concluded by 3.30pm.

YOGA CLASS- 15/03/2018

The art of practicing yoga helps in controlling an individual's mind, body and soul. A 'Yoga class' was arranged for the students of FMNC to provide a grooming session on physical and mental disciplines to achieve a peaceful body and mind.

AICUF GROUP DISCUSSION ON "OUR ROLE IN COMMUNITY

BUILDING"-26/03/2018

WORKSHOP ON BLS PROVIDER TRAINING PROGRAMME

"FIRSTAID" - 27/03/2018

Community Health Club of FMNC in cooperation with Bishop Benziger College Of Nursing, Kollam was arranged a workshop on BLS provider training programme "First Aid" on 27th March 2018. Forty Four students were participated in this workshop.

RHYTHMS OF FATIMA: A PROGRAMME ON RADIO BENZIGER AND A PLATFORM TO RAISE OPINIONS ON SOCIAL ISSUES- 27/03/2018

Community Radio Benziger 107.8FM arranged "Rhythms of Fatima: a programme on Radio Benziger and a platform to raise opinions on social issues on 27th March 2018.

A VISIT TO A PAIN & PALLIATIVE CLINIC ON 29-3-2018-Community Health Club

With the aim of lending a helping hand to cancer patients, members of the community health club visited the Pain & Palliative Clinic on 29-3-18 at 10.30am. Mr. N.M.Pillai, the secretary of

the P & P Trust gave an introduction as to how pain and palliative care functions. This was followed by interactive sessions by Retd.Prof. Laila, Dr. Kamalasanan, Dr. Rani and others . The students and teacher Mrs. Nisha Thomas donated clothes and other stationery items needed for the patients. It was decided to form a palliative care voluntary group in the college so as to continue serving these hapless people. We all left the clinic by 1.00pm all the more humbled and with an urge to come again.

WITH Mr.N.M.PILLAI



WITH Prof. LAILA



WITH THE DOCTORS DR. RANI & DR.

AT THE CLINIC

