

FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

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



3.6.3 Extension Activities 2018-19

IQAC INTERNAL QUALITY
ASSURANCE CELL

WORLD ENVIRONMENT DAY CELEBRATION- 05/06/2018

World environment day was the biggest, most globally celebrated day for positive environmental action. The cadets of NCC army wing was conducted several activities during the environment day like planting trees, environment awareness programme etc on 5th june 2018.



WORLD ENVIRONMENT DAY CELEBRATION- 05/06/2018

NSS unit, NCC unit of FMNC and Kerala Forest Department was organized World Environment Day Celebration on 5th June 2018. Different programme were conducted in this Day. 130 students and two teachers were actively participated in this day celebration

The Plastic Bottle Collection Drive - 2018 -

05-06-2018 to 21-06-2018

As part of the **World Environment Day Celebrations 2018** in the College, the Department of Zoology with the support of **KSCSTE** Thiruvananthapuram, Students of Environmental Club organized a Plastic Bottle Collection Drive. The initiative a hitherto unheard venture in this part of the world was a grand success with 132kg of discarded plastic disposable bottles picked up by the staff and students of the college along with the support of NSS Volunteers.

The collected bottles were handed over to Mr. Benzil Job of M/s SIGNET RING General Trading LLC, Mundakkal for recycling.

From our collection we gladly supplied more than 1000 bottles to the students engaged in Flood Relief Operations to distribute cleaning lotions prepared by them.

The quantity of the plastic bottles collected indicates the dedication of those involved. These discarded bottles would have ended in landfills or clogged the drains or landed in water bodies and continued polluting the atmosphere. With this humble initiative we were able to remove this much plastic and above all we relished every moment of this drive where all the ones involved and onlookers gained valuable insights about environment and plastic pollution and the new sense of civic responsibility.

Students of Environment Club actively involved in these activities.



BUTTERFLY GARDEN & BOTANICAL GARDEN ACTIVITIES 17-06-2018

NSS volunteers participated in the furnishing of the butterfly garden and the botanical garden. The activities started by 9.30 am in the morning and ended by 4 pm.



INTERNATIONAL YOGA DAY -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 fulfillment; harmony between man and nature and a holistic approach to health and wellbeing. The day was observed by conducting a Yoga class for cadets. Cadets also participated in the Mass Yoga class conducted at, Kollam Beach during every year.



International yoga day -21-06-2018

International yoga day was observed by the Department of Psychology with the aim of inculcating the practice into the lives of the students. To realize this goal, an awareness program that explained in detail, the possible physical and psychological benefits, was organized in association with the experts from 'SWASTI' A centre for Yoga and healing. Mr. Ravikiran, Yoga trainer at the centre, lead the Workshop. The students of the Department took an active role in the workshop, and was so motivated that they decided to be the beneficiaries by actively incorporating yoga into their daily life. The students on their own accord, took a pledge to perform yoga daily.



BLOOD DONATION CAMP ON 29-6-2018

The Community Health Club along with the NSS, the Departments of Zoology & Botany in co-ordination with Bishop Benziger Hospital conducted a "blood Donation Camp at the Department of Zoology on 29-6-2018 at 10.00am.

Approximately over 120 students from different departments including the self-financing streams were screened by Dr.PremchandPrabhu, who led the team from Bishop Benziger Hospital. 27 students were bled by the team of nurses led by Sr.Goretti. The outpour of students to the venue was an indication of the helping mentality of the students and that goodness still prevailed. Many had to be sent back due to paucity of time.The camp came to an end by 1.30pm.

BLOOD DONATION CAMP ORGANISED BY THE COMMUNITY HEALTH CLUB AT THE DEPT OF ZOOLOGY ON 29-6-2018 IN ASSOCIATION WITH NSS,DEPTS OF ZOOLOGY & BOTANY





GREEN CAMPUS-2/7/2018

Greening the campus is all about sweeping away wasteful inefficiencies and using conventional sources of energies for its daily power needs, correct disposal handling, purchase of environment friendly supplies and effective recycling program. These strategies need to be incorporated into the institutional planning and budgeting processes with the aim of

developing a clean and green campus. As a part of it NCC army wing cadets participated in this process on 2nd July 2018.



WORLD POPULATION DAY" CELEBRATION ON 11-7-201

In collaboration with the Indian Dental Association, the Community health Club organized a talk at the Jubilee Hall on the UN theme for 2018 i.e. " FAMILY PLANNING IS A HUMAN RIGHT. Dr. Annie George, Secretary of the World Dental Association, Kollam Chapter, was instrumental in bringing the Chief Guest and Speaker, Dr.Reena, a gynaecologist from

Govt Taluk Hospital, Kottarakkara, Kollam to deliver the talk. With the help of a powerpoint presentation Dr. Reena was able to give an insight into the various natural and artificial methods of contraception, their advantages and disadvantages etc. The programme was attended by the members of the Community Health Club, the NSS, Science Club and the I PG students of the Dept of Zoology. The programme which commenced at 3.00pm came to an end by 4.15pm. The meeting was blessed by the presence of the President of the IDA, Kollam Branch, Dr. Christine and other members.

WORLD POPULATION DAY' CELEBRATION WITH THE MEMBERS OF THE INDIAN DENTAL ASSOCIATION ON 11-7-2018



**AWARENESS SEMINAR ON SAFE PROTECTION OF PARENTS AND
ELDER PEOPLE-26/07/2018**

NSS unit of FMNC in coordination with Office of the Sub Collector, Kollam was organized an awareness seminar on Safe Protection of Parents and Elder People on 26th July 2018. 62 students were actively participated in this awareness programme.

**WORLD BREAST FEEDING WEEK CELEBRATIONS"-AN AWARENESS –
CUM- POSTER EXHIBITION ON 2-8-2018.**

The Obstetrics & Gynaecology Dept of Bishop benziger College of Nursing conducted awareness cum poster exhibition at the First Aid Room in the quadrangle of the college. The programme which was organized by the Community Health Club during the lunch break hours from 1.00 to 2.00pm saw the participation of almost all the girl students and staff of the college. The programme was inaugurated by the Vice-Principal Dr. Greta Ildaphonse and the Co-ordinator Mrs. Nisha Thomas welcomed the gathering. Assistant Professors of the Nursing College Mrs. Nisha & Mrs. Joice were also present.

The exhibition focused on the benefits of breast feeding, the proper method of breast feeding, the female reproductive system specifically the structure of the uterus, uterine disorders that lead to excessive menstruation, etc.

The programme was an eye-opener to the students where they got to interact with the nursing students and clarify their doubts. The programme

which was huge success ,was also attended by the Extension Activities Co-ordinator Dr. Supriya.

04-08-2018- "KAITHANGU" (KUTTANAD RELIEF PROJECT)

Another striking event that took place in the unit was the active participation of all unit members in collecting clothes and raising fund inorder to help the flood affected victims of Kuttanad under the AICUF State Project **"KAITHANGU"** (Kuttanad Relief Project). The FMNC Unit President Duethin S handed over the fund (Rs. 2500/-) and clothes collected by the Unit members to the State President Mr. Dixon David and team on **04 - 08 - 2018** (Saturday) in presence of the Unit Animator Dr Mary Nancy T.E. and the Second DC representative Ajims James. The collections from all AICUF Units were handed over to recipients at various Flood Relief Camps by the Kerala AICUF Unit Leaders. Fr Prince S J thanked us for being a part of the total collections handed over which amounted to Rs. 100000/-





SWACHCHATA HI SEVA-CLEANING CAMPUS -15-08-2018

NCC cadets of FMNC cleaned college ground and campus as a part of SWACHCHATA HI SEVA campaign. Through the campaign cadets succeeded in making and realizing others cleanliness has a very important role in day today lives.





KERALA FLOOD RELIEF-20/08/2018

NCC students of Fatima Mata National College had participated in the Kerala Flood Relief activities. Cadets collected food materials, cash and cleaning lotions/detergents and sent them to relief camps on 20th August 2018.





SWACHH BHARAT MISSION –SWACHH BHARAT ABHIYAN

Swachh Bharat Abhiyan or Swachh Bharat Mission was a nation-wide campaign in India for the period 2014 to 2019 that aims to clean up the streets, roads and infrastructure of India's cities, smaller towns, and rural areas. A team of NCC cadets participated in the cleaning campaign at Kollam, which was undertaken by 7(K) BN NCC, Kollam.



POSHAN ABHIYAAN "- A PRIME MINISTER'S OVERREACHING SCHEME FOR HOLISTIC NOURISHMENT BY RADIO BENZIGER 107.8 FM ON 5-9-2018.

As part of the Prime Minister's 'PoshanYogana' scheme, an interactive session on the topic "Anemia in Women" was conducted at the Dept of Chemistry on 5-9-2018. The programme where in which Mrs. Sony John, Clinical Instructor, Bishop Benziger College of Nursing, interacted with a few students of the Community Health Club dealt with the necessity of iron in a women's diet, its nutritional deficiencies and how to overcome it. The programme was recorded by Radio Benziger 107.8 FM and was telecast the next day.

."POSHAN ABHIYAAN" -PRIME MINISTER'S INITIATIVE FOR NURTURING HOLISTIC NOURISHMENT . AN INTERACTIVE SESSION BY MEMBERS OF THE COMMUNITY HEALTH, BISHOP BENZIGER COLLEGE OF NURSING & RADIO BENZIGER 107.8 FM ON 5-9-2018





SWACHCHATA HI SEVA-TREE PLANTATION (21-09-18)

NCC cadets of FMNC planted trees as a part of SWACHCHATA HI SEVA campaign. Cadets plant trees at college to save the environment as trees play an important role in saving and maintaining the environment.

KERALA AICUF LEADERSHIP CAMP – 2018 -

20 – 09 – 2018 to 23 – 09 – 2018

Another major event, the **State Level Leadership Camp**, was held at AICUF Centre, Thiruvananthapuram, from **20 – 09 – 2018 to 23 – 09 – 2018**. The theme of the camp was 'Nationalism and its Challenges'. Four of our unit members who attended this event are:

1. Duethin S
2. Ajims James
3. Sandra Jelson
4. Preethi Prasad



SWACHCHATA HI SEVA-CLEANING GARDEN (27-09-2018)

NCC cadets of FMNC had cleaned the garden as a part SWACHCHATA HI SEVA campaign on September 2018.



YOGA CLASS -10 11-2018

NCC unit of FMNC conducted a yoga class on 10-11-18. ANO Dr.Capt. Valsalachandran.K inaugurated the event and spoke about the importance of practicing yoga and said "a few minutes of yoga during a day can be great way to get rid of stress that accumulates daily in both the body and mind. Pranayama and meditation were the effective techniques

to release stress. Cadet Anjaly and Cadet Vijayalakshmi demonstrated yoga and others followed their instructions.

FIELD VISIT TO KINGS FISHERIES- 19/12/2018 (REPORT-Ecoclub)

Ecoclub of FMNC organized a field visit to Kings Fisheries on 19th December 2018.

INTERACTION SESSION FOR PG SCIENCE STUDENTS WITH SCIENTISTS OF SREECHITRA INSTITUTE OF SCIENCE & TECHNOLOGY REGARDING "RESEARCH PROSPECTS IN NANOSCIENCE"- 2017-2018

Sree chitra Institute of science & Technology was conducted a interaction session for PG science students with eminent scientists regarding "Research prospects in Nanoscience". All Science PG students were actively participated in this interaction session.

PROFESSIONAL TRAINING PROGRAMME FOR STUDENTS BY EVENT MANAGEMENT TEAM OF MALAYALA MANORAMA: 2017-2018

Professional training programme for students by event management team of Malayala Manorama was conducted in FMNC. All students were actively participated in this training programme.

ENGLISH COMMUNICATION DEVELOPMENT CLASSES-2017-2018

Overseas English academy was conducted a English communication development classes in FMNC. All students were actively participated in these classes.

ANTI NARCOTIC CAMPAIGN

Excise Department , Kollam , in cooperation with NCC Army, Navy & College Union was a organized antinarcotic campaign. More than 67 students and 3 teaching staffs were actively participated in this campaign.

RALLY ORGANISED BY THE KOLLAM DISTRICT DIVISION OF EXCISE DEPARTMENT FOR THE PROMOTION OF ANTI-NARCOTIC DAY

ACTIVITIES.- 26/06/2018

Kollam District Division of Excise Department was organized a rally for the promotion of Anti-Narcotic Day activities on 26th June 2018. Two teachers and 47 students were participated the success of this rally.

FLOOD RELIEF ACTIVITIES – DO FOR KERALA –REBUILD KERALA MISSION- 17/08/2018

FMNC, Staff,NSS,NCC, Students,FSA and PTA was organized flood relief programme- DO FOR KERALA –REBUILD KERALA MISSION on 17th August 2018. 1410 students and 67 teachers were actively participated in this rebuild Kerala Mission programme.

PLASTIC BOTTLE COLLECTION DRIVE TO FLOOD RELIEF OPERATIONS TO DISTRIBUTE CLEANING SOLUTION- 20/08/2018

NSS Unit & Environment Club of FMNC was organized plastic bottle collection drive to flood relief operations to distribute cleaning solution on

20th August 2018. 153 students and 9 teachers were actively participated in this cleaning programme.

PARTICIPATION IN NAAVYAM-2018 -CLEANING OF FLOOD AFFECTED AREA- 22-08-2018, 23-08-2018

NSS of FMNC and NSS of Kerala University was organized cleaning of flood affected area "Participation in Naavyam 2018 on 22nd &23rd August 2018. Ten students and two teachers were actively participated in this cleaning programme.

FLOOD RELIEF ACTIVITIES – DO FOR KERALA REBUILD KERALA MISSION A COLLECTION OF ONE LAKH SEVENTEEN THOUSAND RUPEES (RS.1,17,000/-) WAS HANDED OVER TO J. MERCYKUTTY AMMA (MINISTER OF FISHERIES)- 10/09/2018

FMNC,Staff, Students, FSA and PTA was organized Flood relief activities- Do for Kerala Rebuild Kerala Mission- A collection of RS.1,17,000/- was handed over to J. MERCYKUTTY AMMA (MINISTER OF FISHERIES) on 10/09/2018. 2367 students and 63 teachers were actively participated in this mission.

WORLD OZONE DAY CELEBRATION-18-09-2018

Venue: JUBILLE HALL, FMN COLLEGE, KOLLAM

Speaker: Dr. Rubin Jose, Convenor, Science club

Topic: OZONE LAYER DEPLETION- HARMFUL EFFECTS

OZONE LAYER DEPLETION- HARMFUL EFFECTS

Ozone layer, also called **ozonosphere**, region of the upper atmosphere, between roughly 15 and 35 km (9 and 22 miles) above Earth's surface, containing relatively high concentrations of ozone molecules (O₃). Approximately 90 percent of the atmosphere's ozone occurs in the stratosphere, the region extending from 10–18 km (6–11 miles) to approximately 50 km (about 30 miles) above Earth's surface. In the stratosphere the temperature of the atmosphere rises with increasing height, a phenomenon created by the absorption of solar radiation by the ozone layer. The ozone layer effectively blocks almost all solar radiation of wavelengths less than 290 nanometres from reaching Earth's surface, including certain types of ultraviolet (UV) and other forms of radiation that could injure or kill most living things.

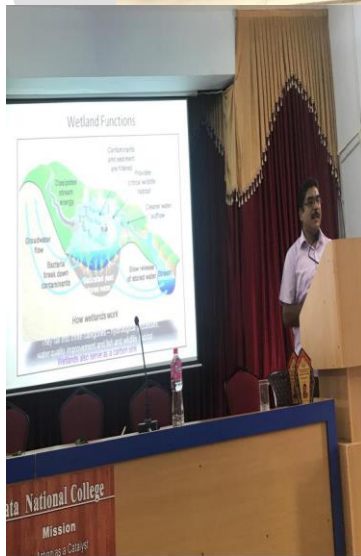
We *can* reduce global warming emissions and ensure communities have the resources they need to withstand the effects of climate change—but not without you. Your generous support helps develop science-based solutions for a healthy, safe, and sustainable future.



WORLD WETLANDS DAY –8TH FEBRUARY 2019

World Wetlands Day 2019 was celebrated in Fatima Mata National College, Kollam under the auspices of PG & Research Department of Zoology with the support of Kerala State Council for Science, Technology and Environment (KSCSTE), Thiruvananthapuram. The KSCSTE funded the celebrations and issued the guidelines for the conduct of the day. As part of the World Wetlands Day Celebrations on 5th Feb, 2019 at 10 am PG & Research Department of Zoology conducted an **Inter Department Elocution Competition** on —**Wetlands and Climate change**” which was moderated by Dr. Johnson Pius and Dr. Sreelekshmy. First Prize was won by Ms Nihitha Sajan (I DC Physics of FMN College, Kollam), Second Prize was won by Ms. Aleena A (I DC Physics of FMN College, Kollam).

As part of the World Wetlands Day Celebrations on 8th Feb 2019 at 10 am, The PG & Research Department of Zoology conducted an **Inter Collegiate Poster Painting Competition** on —**Man and Wetlands – The Vital Link**” which was evaluated by a panel of experts including Dr. Johnson Pius, Dr. Charles George D’Cruz and Dr. Vijayasree. 9 contestants from various nearby colleges actively participated. S. Nivedhitha of I DC Psychology (FMN College, Kollam) won the first prize and Tina Terrance of IDC Zoology (FMN College, Kollam) won the second prize. The Day was celebrated in FMN College on 08th February 2018 at the Jubilee Hall.





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