

# FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

(Reaccredited with 'A' Grade by NAAC)

Affiliated to University of Kerala



## 3.6.1 Community Health Club Report 2016-17

**IQAC** INTERNAL QUALITY ASSURANCE CELL

# Activity Report for Community Health Activity 2016-2017

## FATIMA MATA NATIONAL COLLEGE KOLLAM

### COMMUNITY HEALTH ACTIVITY (2016-2017)

#### 1. Blood donation camps

(i) : Blood typing cum donation camp was held at the Department of Zoology on 9/12/16. Dr Reebu George M.D Pathologist, Bishop Benziger Hospital and a team of technicians conducted the camp. She delivered a talk on the relevance of blood donation for a healthy community. 42 student volunteers donated their blood from over 750 students screened by typing and physical examination.

(ii) : Blood donation camp was organized on 13/3/17 at Department of Zoology co partnered by Department of Commerce, NSS, and NCC volunteers. A team from IMA Kollam Unit lead by Dr. Anitha conducted the camp. 45 students donated their blood .

#### 2. First Aid Awareness programme

On 16/12/16 and 10/2/17, Dr.Akhila Thomas delivered a power point presentation on basic first Aid and how to handle emergency situations. Real life case studies were discussed and analyzed section wise. .

3. Students of the community health club grouped themselves to undertake a community health survey in the months of January- February 2017. They surveyed selected Corporation wards and panchayats for assessing the prevalence of Cancer, Diabetis and Thyroid disorders in these areas. They briefed the surveyed population on various dimensions of healthy life style .They analysed their findings and prepared a project report and submitted a copy to the respective councilors and panchayat members. A blood donations volunteers list of that area was also prepared and submitted. The following areas were surveyed.

1. Punthalathazham Panchayat

2.Mundakkal East Ward , Kollam Corporation.



3. Kavanad, Kollam Corporation.

4. Naduvillakkara, Mayyanad Panchayat.

5. Vallathungal, Mayyanad Panchayat.

6. Perinad, Panchayath.



CO ORDINTOR: Dr. A. Akhila Thomas

Department of Zoology

F M N College, Kollam.



Fatima Mata National College, Kollam  
(An Autonomous institution affiliated to the University of Kerala)  
Social Service / Extension Activities  
(Semester III & IV of FDP) 2014-17 batch

Activity: FIRST AID Date: 6/12/16 Advisor: .....

No	Name of the student	Candidate Code	Department	Signature
1	Sandra S.	U1515012	Botany	Sandra
2	Stelios	U1515014	Botany	Stelios
3	Amina. AR	U1515004	Botany	Amina
4	Faseela. R	U1515031	Botany	Faseela
5	Syama. S	U1513018	chemistry	Syama
6	Vinitha. G	U1513021	chemistry	Vinitha
7	Vineetha Mary	U1513020	chemistry	Vineetha
8	Catherin. Michle	U1513005	chemistry	Catherin M
9	Anu. S	U1513033	chemistry	Anu
10	Aaya. L. A	U1517001	Psychology	A.
11	N. R. Annu Mathan alexander	U1517002	Psychology	Annu
13	Jena. Jacob	U1531044	Commerce	Jena
14	Anjana. S R	U1531035	Commerce	Anjana
15	Kaushma. T	U1531049	Commerce	Kaushma
16	Veena Venukumar	U1515046	Botany	Veena
17	Sreedekshmi. S	U1515045	Botany	Sreedekshmi
18	Abhirami. M. S	U1515018	Botany	Abhirami
19	Silpa. A. M	U1515043	Botany	Silpa A.M
20	Athulya. A. Thulasi	U1515007	Botany	Athulya
21	Rasu Manoj	U1515009	Botany	Rasu
22	Mary Daisy. T	U1517025	Psychology	Mary Daisy
23	Sumina. A. N	U1517032	Psychology	Sumina
24	preethu Raj	U1517011	psychology	preethu
25	Aparna. J	U1515022	Botany	Aparna
26	Anjali Rajan	U1515005	Botany	Anjali
27	Athira. P. D	U1515006	Botany	Athira
28	Deepthi Das	U1515028	Botany	Deepthi Das
29	Arkula Raju	U1515020	Botany	Arkula





**Fatima Mata National College, Kollam**  
 (An Autonomous institution affiliated to the University of Kerala)  
**Social Service / Extension Activities**  
 (Semester III & IV of FDP) 2015-18 batch  
**Registration Form**

Activity: Community Health..... Advisor: Dr. A. Akhila Thomas

No	Name of the student	Candidate Code	Department	Signature
1	ANTALI RAJAN	U1515005	Botany	<i>Antali</i>
2	APARNA J	U1515022	Botany	<i>Aparna</i>
3	AKHILA RAJU	U1515020	Botany	<i>Akhila</i>
4	FEBA J	U1515032	Botany	<i>Feba</i>
5	Vishnu Poonya V.J	U1515047	Botany	<i>Vishnu</i>
6	SYAMA S	U1513018	Chemistry	<i>Syama</i>
7	VINITHA G	U1513021	Chemistry	<i>Vinitha</i>
8	RESHMA R	U1513009	Chemistry	<i>Reshma</i>
9	Rajeedha karan A	U1515039	Botany	<i>Rajeedha</i>
10	Thanzuya N	U1511026	Mathematics	<i>Thanzuya</i>
11	Shafna S	U1511023	Mathematics	<i>Shafna</i>
12	Smrithi Krishna G	U1511025	Mathematics	<i>Smrithi</i>
13	Binsha BS	U1511042	Mathematics	<i>Binsha</i>
14	Ann Mary Jose	U1511001	Mathematics	<i>Ann Mary</i>
15	Parvathi VA	U1511005 <sup>B</sup>	Mathematics	<i>Parvathi</i>
16	Sumina AN	U1517032	Psychology	<i>Sumina</i>
17	Mary Daisy T	U1517025	Psychology	<i>Mary Daisy</i>
18	Preethi Raj	U1517011	Psychology	<i>Preethi</i>
19	Aneetha Mary F	U1511036	Mathematics	<i>Aneetha</i>
20	Isline Antony	U1511015 <sup>B</sup>	Mathematics	<i>Isline</i>
21	Reshma Rajendran	U1511022 <sup>B</sup>	Mathematics	<i>Reshma</i>
22	Tyothi Lekshmi S	U1511016 <sup>B</sup>	Mathematics	<i>Tyothi</i>
23	Anya L.A	U1517001	Psychology	<i>Anya</i>
24	Nikki Annu Maham Alex	U1517002	Psychology	<i>Nikki</i>
25	Cathercin Michle	U1513005	Chemistry	<i>Cathercin</i>



No	Name of the student	Candidate Code	Department	Signature
26	Athira P. D	U1515006	Botany	<i>Athira P. D</i>
27	Deepthi Das	U1515028	Botany	<i>Deepthi</i>
28	Architha. J	U1515021	"	<i>Architha</i>
29	Veena Venukumar	U1515046	"	<i>Veena</i>
30	Abhinami. M. S	U1515018	"	<i>Abhinami</i>
31	Saree Lekhmi. S	U1515045	"	<i>Lekshmi S</i>
32	Silpa. D. M	U1515043	"	<i>Silpa D. M.</i>
33	Kandikonda Raja	U1515002	"	<i>K. Raja</i>
34	Athulya. A. Thulasi	U1515007	"	<i>Athulya</i>
35	Raru. Manoj	U1515009	"	<i>Raru</i>
36	Anjana. S. R	U1531035	Commerce	<i>Anjana</i>
37	Kareeshma. T	U1531049	Commerce	<i>Kareeshma</i>
38	Jeena. Jacob	U1531044	Commerce	<i>Jeena</i>
✓ 39	Sajan Sunny	U1516014	Zoology	<i>Sajan</i>
✓ 40	Tony T. N	U1516049	Zoology	<i>Tony</i>
✓ 41	SATITH. S. Raj	U1516040	Zoology	<i>Satith</i>
✓ 42	Joel. V. Zacharias	U1516032	Zoology	<i>Joel</i>
43	Anu. S	U1513033	Chemistry	<i>Anu</i>
44	Vineetha Mary	U1513020	Chemistry	<i>Vineetha</i>
45	Sandra S.	U1515012	Botany	<i>Sandra</i>
46	<del>Adithya. R</del>	<del>U1515015</del>	<del>Botany</del>	<del>Adithya</del>
47	Faseela. R	U1515031	Botany	<i>Faseela</i>
48	Amin. A. R	U1515004	Botany	<i>Amin</i>
49	Stelin. S	U1515014	Botany	<i>Stelin</i>
50	Uma. M	U1531009	Commerce	<i>Uma</i>
51				
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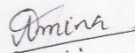



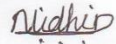

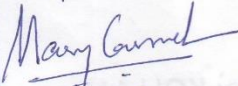
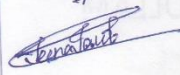

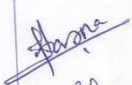






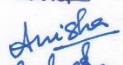


953124219



Phone no:-  
9847889746

✓ 61	NIDHIN MATHEW	U1511019	Mathematics	Nidhin
62	Siddharth. T.U	U1515012	Botany	Siddharth
63	Hriswiray. D.L	U1502402	History	Hriswiray
64	Pramal. DP	U1515037	Botany	Pramal
✓ 65	Deepa. T.G	U1511028	Mathematics	Deepa
✓ 67	Emilia Mary Paw	U1511003	Mathematics	Emilia
✓ 68	Priyanka. A	U1511006	Mathematics	Priyanka
✓ 69	Abita. A	U1511029	Mathematics	Abita
70	Mary Carmel. Y	U1531051	Commerce	Mary
71	Athira Sajeev	U1531013	Commerce	Athira
72	Shijin. C	U1504023	Ba History	Shijin
73				
74				
75				
76				
77				
78				
79				
80				

### List of Students – Basic First Aid Activity

Sl. No	NAME	DEPT	SIGN
1.	Nikho Annu Mohan Alexander	Psychology	
2.	Amina A.R.	Botany	
3.	Stelin Stephen	Botany	
4.	Arya . L. A.	Psychology	
5.	Sumina . A.N	psychology	
6.	Nidhin Mathew	Mathematics	
7.	Anjana .S.R.	Commerce	
8.	Mary Carmel	"	
9.	Teena Jacob .	"	
10.	Kareesha.T	"	
11.	Aparna . J	Botany	
12.	Arjali Rajan	"	
13.	Akhila Raju	"	
14.	Athulya . A.Thulasi	"	
15.	Deepthi Das .	"	
16.	Athira P.D	"	
17.	Rasu mangi	"	
18.	Anisha Mary Francis	Maths	
19.	Reshna Rajendran	"	
20.	Jyothilekshmi S.	"	



**Health Club Seminar held on 17/2/2017**

COMMUNITY HEALTH CLUB : (2016-17)

Date: 17/2/17; Zoology Sem. Hall, Topic: BMI - Health

Sl.No	Name	DEPT	SIGN
1.	NIDHIN MATHEW	MATHEMATICS	<u>Nidhin</u>
2	ARYA. L.A	PSYCHOLOGY	<u>Arya</u>
3	NIKHI ANAND MOHAN - ALEXANDER	PSYCHOLOGY	<u>Nikhi</u>
4.	Amina. AR	Botany	<u>Amina</u>
5.	Stelin Stephen	Botany	<u>Stelin</u>
6.	Ivnie Antony	MATHEMATICS	<u>Ivnie</u>
7.	RESHMA Rajendran	MATHEMATICS	<u>Reshma</u>
8.	ANISHA Mary Francis	MATHEMATICS	<u>Anisha</u>
9.	JYOTHI LAKSHMI. S	MATHEMATICS	<u>Jyothi</u>
10	TANY T.M.	Zoology	<u>Tany</u>
11	MARY DAISY. T	Psychology	<u>Mary</u>
12	DREETHU RAJ	Psychology	<u>Dreethu</u>
13	SUMINA A.N	Psychology	<u>Sumina</u>
14.	SYAMA. S	CHEMISTRY	<u>Syama</u>
15.	VINITHA. G	"	<u>Vinitha</u>
16.	RESHMA. R	"	<u>Reshma</u>
17	Catherine	chemistry	<u>Catherine</u>
18	Anu. S	chemistry	<u>Anu</u>
19	Vineetha Mary	chemistry	<u>Vineetha</u>

20	Abitba. A	Bsc Mathematics	<u>Abitba A</u>
21.	Deepa. T. G	"	<u>Deepa</u>
22.	Priyanka. A	"	<u>Priyanka A</u>
23	Emilia Mary Paul	"	<u>Emilia</u>
24	Vishnu poiya.	B.S.C Botany	<u>Vishnu</u>
25	Feta. J	Bsc Botany	<u>Feta</u>
26.	Rajeeha	B.S.C Botany	<u>Rajeeha</u>
27	Anchitha. J	Bsc Botany	<u>Anchitha</u>
28	Sneha Kishna G	BSc. Mathematics	<u>Sneha</u>
29	Parvana. V. A	"	<u>Parvana</u>
30	Anu Mary Jose	"	<u>Anu Mary Jose</u>
31	Shafna. S	"	<u>Shafna</u>
32	Binslia. B.S	"	<u>Binslia</u>
33	Mausiga. N. N	"	<u>Mausiga</u>
34	Kareeshma. T	Commene	<u>Kareeshma</u>
35.	Jena Jacob	"	<u>Jena</u>
36.	Anjana S. P	"	<u>Anjana</u>
37.	Nisha. T	"	<u>Nisha</u>
38.	Uma. m	"	<u>Uma</u>
39.	Marycarmel. Y	"	<u>Marycarmel</u>
40	Athira sajeev	"	<u>Athira</u>
41	Athira P. D.	Botany	<u>Athira</u>
42	Aparna. J	"	<u>Aparna</u>
43	Deepthi Das	"	<u>Deepthi</u>
44	Anjali Rajan	"	<u>Deepthi Das</u> <u>Anjali</u>





# NATIONAL SERVICE SCHEME

FATIMA MATA NATIONAL COLLEGE

KOLLAM - 691 001

UNITS : 26 AB

Phone : 0474 - 2743387  
e-mail : nss.fatima@gmail.com

Ref:

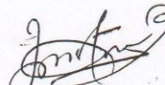
Date 09/03/17.....

To,

IMA, Kollam

Respected Ma'am,

The College Principal has given permission to conduct a blood donation camp on 13/03/2017 [Monday], which will be executed combinedly by the Dept. of Commerce, the NSS Units and the Community Health Club of FMNC Kollam. We request you to kindly provide the necessary support for the above mentioned camp.

  
Programme Officer  
National Service Scheme  
Fatima Mata National College  
Kollam 1



**Student Activity as part of Community Health Club**  
**Visit to Perinad Grama Panchayat for undertaking Survey**



PERINAD GRAMA PANCHAYAT - COMMUNITY SURVEY

COMMUNITY HEALTH.





**പെരിനാട് ഗ്രാമപഞ്ചായത്ത്**

ചെമ്മക്കാട് പി.ഒ., കൊല്ലം ജില്ല, പിൻ - 691 603, 0474-2552688

ജി.വിശ്വനാഥൻപിള്ള  
മെമ്പർ  
വെള്ളിമൺ - II

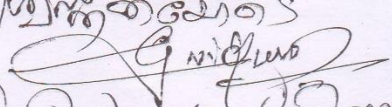
വന്ദനം,  
വെള്ളിമൺ പി.ഒ.,  
ഫോൺ : 9487848589

നമ്പർ.

ഡയറക്ടറേറ്റ്

തീയതി 31/7/17

കൊല്ലം മാതൃഭാഷാ മാതൃഭാഷാ നാമകരണ  
കോളേജിൽ എസ്. ചെമ്മക്കാട് മിഷിന്റെ  
അപേക്ഷയ്ക്കായി ഇഷ്ടിനാമകരണ പ്രസ്തുത  
സി. വി. മെമ്പർ, ചിലവിലെ മെമ്പർ -  
മെമ്പർമാർ ശ്രദ്ധിച്ചതായ അതിന്റെ മാനദണ്ഡങ്ങൾ  
അനുസരിച്ച് അതിന്റെ അർത്ഥം ഉപയോഗിച്ച് വിവര  
ങ്ങൾ ശേഖരിക്കുന്നതിനായി അതിന്റെ അർത്ഥം  
വിവരിച്ചിട്ടുള്ളതും അതിന്റെ അർത്ഥം  
ഉപയോഗിച്ച് അതിന്റെ അർത്ഥം  
അതിന്റെ അർത്ഥം

എസ്.  
വിശ്വനാഥൻപിള്ള  
  
ജി. വിശ്വനാഥൻപിള്ള

Letter of Consent for Survey granted by Perinad Grama Panchayat

# BLOOD DONATORS

No	Name	Group	Ph No.
1.	Gireesh Mumar	A <sup>+</sup> ve	9633512402
2.	Siva Prasad	O <sup>+</sup> ve	9020157690
3.	Arun Kumar	O <sup>+</sup> ve	9048950093
4.	Sreehar	B <sup>+</sup> ve	7736528269
5.	Ajith	A <sup>+</sup> ve	9446813408
6.	Sojan	B <sup>-</sup> ve	8606298605
7.	Abhilash	O <sup>+</sup> ve	8606783607
8.	Vijaya	O <sup>-</sup> ve	8137035894
9.	Rohith Nath R	AB <sup>+</sup> ve	7736395062
10	Deepak.D	A <sup>-</sup> ve	9633335826
11	Amal Babu	A <sup>+</sup> ve	9947948082
12	Prabhu Raj	O <sup>+</sup> ve	9961474426
13	Arun Krishnan	A <sup>+</sup> ve	8086264410
14	Ashut Pillai	A <sup>+</sup> ve	8921118193



**Activity Report of Students' Survey of Diseases seen in the general public of Mundakkal East Ward**

**FATIMA MATA NATIONAL COLLEGE AUTONOMOUS**

**INTRODUCTION**

Date: 28/12/2016

**COMMUNITY HEALTH CLUB**

**SURVEY OF DISEASES**

- **DIABETIS**
- **THYROID**
- **CARDIO VASCULAR DISEASE**
- **BLOOD DONATION LIST**

**LOCATION : MUNDAKKAL EAST WARD**

**GROUP MEMBERS:**

- **ANU.S**
- **CATHERIN. MICHLE**
- **RESHMA R**
- **SYAMA.S**
- **VINEEHA MARY**
- **VINITHA. G**

II<sup>nd</sup> DC chemistry FMNC

## INTRODUCTION

The students of Fatima Mata National College in the Chemistry department has conducted a survey on diseases including diabetes, thyroid, cardiovascular diseases and the list of people who are willing to donate blood on behalf of the activities of community health club 2016 – 2017. We decided to conduct this survey in Mundakkal east ward on 28 December 2016. We visited 25 houses and collected the data of 100 members.





## Report

We conducted a survey on 28 December 2016 about the diseases like diabetes, thyroid, cardio vascular diseases and we collected data's of 100 members and a list of 15 members who are willing for blood donation. We submitted this list to the ward councilor Mrs. Girija Sundaram and she supported us very well.

Every people cooperated with us and some people were unwilling to donate blood because of lack of awareness and about 70% are affected by anemia.

Most of the people suffering from diabetes second goes to thyroid and few of people are affected by heart diseases.

This survey was very fruitful, relevant and quite interesting. We have to interact with our neighbor ~~so~~<sup>so</sup> as to realize about various types to diseases and to develop helping mentally and we can activate our thinking level for the welfare of our society.

Letter of Consent to conduct survey by the Councilor of Mundakkal

ഗിരിജാ സുന്ദരൻ

കൗൺസിലർ

ഡിവിഷൻ-42 (മുണ്ടയ്ക്കൽ)

കൊല്ലം മുനിസിപ്പൽ കോർപ്പറേഷൻ



ദേവദാരു, കോട്ടയടിമുക്ക്

മുണ്ടയ്ക്കൽ ഇസ്കൂൾ, കൊല്ലം

മൊ: 9656507673

തീയതി: 28/12/16

താലൂക്ക് കെ-42 മുണ്ടയ്ക്കൽ ഡിവിഷനിൽ  
അരുൺ നിവസ്, മുണ്ടയ്ക്കൽ ഇസ്കൂൾ, താലൂക്ക്-7 എന്ന മേൽവില  
സത്തിൽ താമസിക്കുന്ന അനിയമം അനിയമം ഉപേക്ഷി  
പ്രാർത്ഥനാ നൽകാൻ തോളേക്കിലെ 2nd year BSc Chemistry  
വിദ്യാർത്ഥിയായ മദ്ര 5 ലേയും കുട്ടി ചേർന്ന്, ഡയറക്ടർക്ക്  
അപേക്ഷിച്ച്, വിദ്യാർത്ഥിയായ അനുഗ്രഹങ്ങൾ ഉപേക്ഷി  
കുറിച്ചുള്ള സർവ്വതരം രജിസ്ട്രേഷൻ നൽകാൻ വേണ്ട  
ലിസ്റ്റും തയ്യാറാക്കുന്നതിനായി മുണ്ടയ്ക്കൽ ഇസ്കൂൾ വർദ്ധിച്ച്  
അനുഗ്രഹം നൽകിയിരിക്കുന്നു.

വിശ്വേശ്വരയോഗം

Giriya

GIRIJA SUNDARAN  
COUNCILLOR  
MUNDAKKAL DIVISION-42  
KOLLAM CORPORATION  
Mob: 9656507673



28/12/2016

Blood donation paper  
Mundakkal east

L-NO	Name	Phone number	Blood group	Weight	Signature
1.	Sreejith	8301819957	O <sup>+</sup> ve	72	<u>Srijith</u>
2.	Biji Dev	9020058445	O <sup>-</sup> ve	56	<u>Bijid</u>
3.	Diji	9961369946	B <sup>+</sup> ve	64	<u>Diji</u>
4.	Sreekrishnan	9895239151	O <sup>+</sup> ve	72	<u>sk</u>
5.	Dileep Kumar	<del>944</del> 9400568052	A <sup>+</sup> ve	85	<u>Dileep</u>
6.	Vishnu	8129361323	A <sup>+</sup> ve	65	<u>Vish</u>
1.	Jayashree	9995284195	AB <sup>+</sup> ve	74	<u>Jayashree</u>
3.	Vignesh	8547712382	B <sup>+</sup> ve	55	<u>Vignesh</u>
7.	Rajesh	828106528	B <sup>+</sup> ve	55	<u>Rajesh</u>
0.	Nija	9562244643	A <sup>+</sup> ve	80	<u>nija</u>
1.	Ray Stanley	8086601923	A <sup>+</sup> ve	50	<u>Ray</u>
2.	Belesh	9544908507	AB <sup>-</sup> ve	64	<u>Belesh</u>
3.	Krishanthu	<del>98</del> 9961639173	AB <sup>-</sup> ve	53	<u>Krishanthu</u>
4.	Catherin	8137042559	O <sup>+</sup> ve	54	<u>Catherin-M</u>
5.	Rajeev	9846686831	B <sup>+</sup> ve	70	<u>Rajeev</u>

**Activity Report of Students' Survey of Diseases seen in the general public of Kavanad**

**FATIMA MATA NATIONAL COLLEGE KOLLAM  
(AUTONOMOUS)**

Date: 07/01/2017

**COMMUNITY HEALTH CLUB**

**SURVEY OF DISEASES**

- DIABETES
- THYROID
- CARDIO VASCULAR DISEASE
- BLOOD DONATION LIST

**LOCATION : KAVANAD**

**GROUP MEMBERS:**

- ANISHA MARY FRANCIS
- IRINE ANTONY
- JYOTHI LEKSHMI. S
- NIDHIN MATHEW
- RESHMA RAJENDRAN

II<sup>nd</sup> DC Mathematics FMNC



## INTRODUCTION

The students of Fatima Mata National College in the Mathematics department has conducted a survey on diseases including diabetes, thyroid, cardiovascular diseases and prepared the list of people who are willing to donate blood on behalf of the activities of community health club of the college. We decided to conduct this survey in Kavanad on 7 January 2017. We visited 25 houses and collected the data's of 100 members.



## Report

We conducted a survey on 7 January 2017 about the diseases like diabetes, thyroid, cardio vascular diseases and we collected data's of 100 members and prepared the list of 15 members who are willing for blood donation. We submitted the blood donation list to the ward councilor Mrs. Rajalekshmi Chandran and she encouraged us very well.

Most of the people were suffering from diabetes second goes to thyroid and few people are affected by heart diseases.

This survey was very faithful, relevant and quite interesting. We had a very good interaction with our neighbors and made them aware of blood donation and about various types of diseases. They were very co-operative to us.



# BLOOD DONATION LIST

SL NO:	NAME	AGE	SEX	BLOOD GROUP	PHONE NUMBER	SIGNATURE
1	Leena Vijayan	48	F	O <sup>+</sup> ve	9633519395	<u>Leena</u>
2	Gejo Vijayan	27	M	A <sup>+</sup> ve	9633519395	<u>Gejo</u>
3	Gemson Vijayan	25	M	O <sup>+</sup> ve	9633519395	<u>Gemson</u>
4	Grincy Vijayan	19	F	O <sup>+</sup> ve	9633519395	<u>Grincy</u>
5	Annama Benny	43	F	A <sup>+</sup> ve	8129134020	<u>Annama</u>
6	Sylvester Petu	39	M	O <sup>+</sup> ve	9567037115	<u>Sylvester</u>
7	Helda Sylvester	33	F	O <sup>+</sup> ve	9995384928	<u>Helda</u>
8	Priya John	32	F	B <sup>+</sup> ve	984793286626	<u>Priya</u>
9	Britto	42	M	O <sup>+</sup> ve	9567357545	<u>Britto</u>
10	Suchitra	29	F	O <sup>+</sup> ve	9496412188	<u>Suchitra</u>
11	Tijo Christopher	25	M	B <sup>+</sup> ve	9995785572	<u>Tijo</u>
12	Emmanuel Francis	20	M	B <sup>+</sup> ve	9207396417	<u>Emmanuel</u>
13	Anisha	22	F	B <sup>+</sup> ve	9947831944	<u>Anisha</u>
14	Remya	34	F	O <sup>+</sup> ve	8606084974	<u>Remya</u>
15	Manu Wilson	20	M	O <sup>+</sup> ve	9847443272	<u>Manu</u>

**Activity Report of Students' Survey of Diseases seen in the general public of Naduvilakara,  
Mayanad panchayat**

**FATIMA MATA NATIONAL**  
**COLLEGE**

**COMMUNITY HEALTH CLUB**  
**PROJECT**

**TOPIC: SURVEY ON COMMON DISEASES**

**LOCATION: WARD NO: 7, NADUVILAKKARA,**  
**MAYYANADU PANCHAYATH**

**By: Department of psychology**



## **MEMBERS OF THE GROUP**

**U1517001; Arya. L. A**

**U1517002; Nikhi. Annu. Mohan. Alexander**

**U1517011; Preethu. Raj**

**U1517025; Mary. Daisy**

**U1517032; Sumina. A. N**

## ACKNOWLEDGEMENT

We owe a deep sense of gratitude to Dr Akhila Thomas, Associate Professor of Zoology Department and in charge of community health club for her help, guidance and advice

We are highly indebted to Mrs. Sheela Kumari, Ward Member of ward no 7, Naduvilakkara, Mayyanadu Panchayath , for her immense help and guidance during the survey.

Above all we must thank to the people who have willingly cooperated with us during this survey.



## INTRODUCTION

Today's lifestyle is the major reason for the emergence of common diseases like diabetes, blood pressure, cholesterol etc. Apart from genetic factor, lack of exercise, stress, food habits and social and environmental factors are the major factors that causes these diseases.

The students of II DC Psychology Department of Fatima Mata National College has conducted a survey on behalf of Community Health Club, on the topic "Common Diseases" like diabetes, blood pressure, cholesterol, thyroid and also on the willingness of individuals to donate their blood. The survey was conducted during the first week of January 2017 by a group of five members in ward no: 7, Naduvilakkara, Mayyanadu Panchayath.



# REPORT

## LIST OF BLOOD DONORS

<u>SL NO</u>	<u>NAME</u>	<u>BLOOD GROUP</u>	<u>AGE</u>	<u>PHONE NUMBER</u>
1	Vishak	B <sup>+ve</sup>	22	9526217037
2	Avaniprathap	A <sup>+ve</sup>	19	9847530454
3	Anandprathap	A <sup>+ve</sup>	19	9847530454
4	Biju.S	O <sup>+ve</sup>	39	8289935094
5	Shiju. S	O <sup>+ve</sup>	33	8289935094
6	Nisha	B <sup>+ve</sup>	35	9745914252
7	Biju	AB <sup>+ve</sup>	41	9745914252
8	Anoop	A <sup>+ve</sup>	27	9995581246
9	Kannan	A <sup>+ve</sup>	20	9605868933
10	Rajesh Kumar	B <sup>+ve</sup>	40	9544664848
11	Abhilash	A <sup>+ve</sup>	32	9846503657
12	Jishnu	O <sup>+ve</sup>	21	9633601981



## REPORT

A survey on common diseases like diabetes, cholesterol, blood pressure etc was conducted on behalf of community health club of Fatima Mata National College by the students of Department of Psychology on first week of January on 100 people in the 7<sup>th</sup> ward, Naduvilakkara, Mayyanadu Panchayath.

As per the survey it is evident that most of the people possess common disease like diabetes, cholesterol, blood pressure and thyroid. People within the age group of 35 -65 are found to have these diseases. It was found that people above the age of 65 rarely have any of these health problems. Most of the people admitted that one disease lead to an array illness. No other major health issues or illness were found.

*As per the survey 40% of people have these diseases out of which 22% have diabetes 18% have BP, 18% have cholesterol and 9% have thyroid.*

Letter of Consent to conduct survey granted by the Member of Mayyanad Gramapanchayat



മയ്യാനാട് ഗ്രാമപഞ്ചായത്ത്

മയ്യാനാട് പി. ഒ., കൊല്ലം. ഫോൺ : 0474-2555266  
mayyanadgp@gmail.com

ആർ. ഷീലാകുമാരി  
മെമ്പർ, വാർഡ് നമ്പർ -7

ലക്ഷ്മി വിഹാർ  
ഉമയനല്ലൂർ പി. ഒ., കൊല്ലം.  
Ph: 0474 - 2537286, Mob: 9633519270

Ref.

Date. 12.11.2017.

സാക്ഷ്യപത്രം

മയ്യാനാട് ഗ്രാമപഞ്ചായത്തിലെ നടുവിലക്കര വി.ഓ വാർഡിൽ Community-Health club project-ന്റെ ഭിന്നമതി 21/11/2017-ൽ 100 ശതമാനത്തോളം ജനങ്ങളിൽ പോയി survey- ന്നായി ചേർന്നു കണ്ടെടുത്തതിൽ അതിരായി സാക്ഷ്യപത്രം.

ഈ സാക്ഷ്യപത്രം ചേർന്നിട്ടു വന്ന സമയത്ത് തിരുത്തലില്ലാതെ ഉള്ളതായി സാക്ഷ്യം.

Sheela Kumary.R  
Ward Member- VII, Naduvilakkara  
Mayyanad Grama Panchayath



**Activity Report of Students' Survey of Diseases seen in the general public of  
Punthalathazham Panchayat**

**FATIMA MATA NATIONAL COLLEGE (AUTONOMOUS)**

INTRODUCTION

**SURVEY 2017**

On 15<sup>th</sup> February 2017

**15 February 2017**

**BLOOD PRESSURE, DIABETES, CHOLESTEROL**

Shilpa, Student of

conducted a survey

**GROUP MEMBERS**

Group:

- 1) AKHILA RAJU
- 2) AMINA A.R.
- 3) ANJALI RAJAN
- 4) APARNA.J ( LEADER)
- 5) ATHIRA P D
- 6) ATHULYA. A .THULASI
- 7) DEEPTHI DAS
- 8) FASEELA
- 9) RARU MANOJ
- 10) ROJA
- 11) SANDRA
- 12) SHILPA
- 13) STELIN

## INTRODUCTION

On 15<sup>th</sup> February 2017 we the students Akhila, Amina, Anjali, Aparna, Athira, Athulya, Deepti, Faseela, Raru Manoj, Roja, Sandra, Shilpa, Stelin of II DC Botany, Fatima Mata National College conducted a survey on diseases such as Blood Pressure, Diabetes, Cholesterol. The survey was conducted with the permission of councilor Lalithamma at Punthalathazam Panchayat.





## SURVEY REPORT

On 15<sup>th</sup> February 2017 we the students Akhila, Amina, Anjali, Aparna, Athira, Athulya, Deepti, Faseela, Raru Manoj, Roja, Sandra, Shilpa, Stelin of II DC Botany, Fatima Mata National College conducted a survey on diseases such as Blood Pressure, Diabetes, Cholesterol. The survey was conducted with the permission of councilor Lalithamma at Punthalathazam Panchayat.

When we conducted the survey, the people cooperated with us in a good manner. We conducted the survey on 60 people. According to the survey <sup>15%</sup> 9 people have Blood Pressure, <sup>11.66%</sup> 7 people have diabetes, and <sup>18.3%</sup> 11 people have cholesterol. 5 people are willing for donating blood. The councilor had provided us with all the support and facilities to complete our survey in a successful manner.

As per our survey 15% of people have blood pressure, 11.66% people have diabetes, and 18.3% of people have cholesterol.

Letter of granting consent to students for conducting survey



ഫോൺ : 0474-2715780

കൊറ്റുകര ഗ്രാമപഞ്ചായത്ത് കാര്യാലയം, കുറ്റിച്ചിറ  
റ്റി.കെ.എം.സി. (പി.ഒ.), കൊല്ലം-691005

ലളിത ജി  
മെമ്പർ  
വാർഡ് XII, (M.V.G.H.S.S.)

പുത്തൻവീട്  
പേരൂർ, റ്റി.കെ.എം.സി. പി.ഒ. പിൻ 691 005  
Mob : 9744484671

നമ്പർ.....

തീയതി.....15/2/2017

To,  
Fathima Matha National Collage,  
kollam.

Sir,  
ടി കോളേജിൽ പഠിക്കുന്ന  
13 കുട്ടികൾക്ക് കൊല്ലം പഞ്ചായത്തിൽ  
XII-ാം വാർഡിൽ സർവ്വേ നടത്തുവാനുള്ള  
അനുമതി നൽകിക്കിരിക്കുന്നു.

എസ്. ലളിത

ജി. ലളിത  
12-ാം വാർഡ് മെമ്പർ  
കൊറ്റുകര ഗ്രാമപഞ്ചായത്ത്



**List of people of the panchayat, who volunteered to donate blood**

Name	Blood group	Signature
) Rakesh	A +ve	<u>Rakesh</u> 8136901439
Vindhya	A +ve	<u>Vindhya</u> 8136901439
) SIDDIK.A	O +ve	<u>Siddik</u> 9995310266
Asanind . P	AB +ve	<u>Asanind</u> 9567456659
Shaji	O +ve	<u>Shaji</u> 984703930

**Activity Report of Students' Survey of Diseases seen in the general public of Kollam Corporation**

**Date: 17.02.2017**

**FATHIMA MATA NATIONAL COLLEGE  
COMMUNITY HEALTH CLUB**

**Survey of Disease**

- Diabetics
- Blood Pressure
- Cholestrol
- Blood donate list

**Location:** Valathenghu

**Group Members**

- Vishnu Priya. V.J
- Veena Venukumar
- Sree Lekshmi. S
- Abhirami. M.S
- Anchitha. J. Johnson
- ~~Rajendra Banu~~ *Rajeecha Banu.*
- Feba. J

**II DC Botany**



## INTRODUCTION

The students of Fathima Mata National College in Botany Department has conducted a survey on diseases including Diabetics, Blood Pressure, Cholestrol and the list of people who are willing to donate blood on behavior activities of community health club 2016 – 2017. We decided to conduct a survey in on 17 February 2017. We visited 24 hours collected data of 100 members.



S.No	Name	Address	Gender	Age	Diabetics	Cholestrol	BP
1	Shamshad		M	17	Sugar	Cholestrol	No
2	Sarima		F	29	No	No	No
3	Shamshad	P.M. Sherief	M	57	No	No	No
4	Sarima		F	8	No	No	No
5	Sarima		M	41	No	No	No
6	Sarima		M	9	No	No	No
7	Chandranthy		F	38	No	No	No
8	Sahadevan		M	67	No	No	No
9					No	No	No
10					No	No	No
11					No	No	No
12					No	No	No
13					No	No	No
14					No	No	No
15					No	No	No
16					No	No	No
17					No	No	No
18					No	No	No
19					No	No	No
20					No	No	No
21					No	No	No
22					No	No	No
23					No	No	No
24					No	No	No
25					No	No	No
26					No	No	No
27					No	No	No
28					No	No	No
29					No	No	No
30					No	No	No
31					No	No	No
32					No	No	No
33					No	No	No
34					No	No	No
35					No	No	No
36					No	No	No
37					No	No	No
38					No	No	No
39					No	No	No
40					No	No	No
41					No	No	No
42					No	No	No
43					No	No	No
44					No	No	No
45					No	No	No
46					No	No	No
47					No	No	No
48					No	No	No
49					No	No	No
50					No	No	No
51					No	No	No
52					No	No	No
53					No	No	No
54					No	No	No
55					No	No	No
56					No	No	No
57					No	No	No
58					No	No	No
59					No	No	No
60					No	No	No
61					No	No	No
62					No	No	No
63					No	No	No
64					No	No	No
65					No	No	No
66					No	No	No
67					No	No	No
68					No	No	No
69					No	No	No
70					No	No	No
71					No	No	No
72					No	No	No
73					No	No	No
74					No	No	No
75					No	No	No
76					No	No	No
77					No	No	No
78					No	No	No
79					No	No	No
80					No	No	No
81					No	No	No
82					No	No	No
83					No	No	No
84					No	No	No
85					No	No	No
86					No	No	No
87					No	No	No
88					No	No	No
89					No	No	No
90					No	No	No
91					No	No	No
92					No	No	No
93					No	No	No
94					No	No	No
95					No	No	No
96					No	No	No
97					No	No	No
98					No	No	No
99					No	No	No
100					No	No	No

## Report

We conduct a survey on 17.02.2017 about the disease like diabetics, cholesterol, blood pressure and we conducted data of 100 members and list of 15 members. Who are willing for blood donation. We submit the this list to the ward councilor Mr: Priyadarsanan. V. S and he supported as very well.

Every people co-operated withus and same people were unwilling to donate blood because of lack of warness and about 70% are affected by Anemia.

Most of people suffering from Diabetics. Second goes to blood pressure and few of people are affected by cholesterol.

The Survey was very leithful and element and quite interesting. We have to interact with our neighbout go as to release about various type of disease and to develop helping mentality and we can activate our thinking level for welfare of our society.



**Letter of consent granted by the Chairman of Town Planning Committee, Kollam**

**V.S. Priyadarsanan**  
Chairman  
Town Planning Standing Committee  
Municipal Corporation of Kollam



'Vellamthottam'  
Panthrandumuri  
Thattamala P.O., Kollam  
Ph : 0474-2763523 (O), 9895364929  
0474-2727564 (R)

Date ..17.....1..2017..

എല്ലാ പരാമർശിച്ചിട്ടുള്ള കരാറുകളും  
അവയുടെ ഭാഗമായി നൽകിയിട്ടുള്ള  
അനുമതിയുടെ ഭാഗമായി നൽകിയിട്ടുള്ള  
അനുമതി നൽകുന്നു. എല്ലാ കരാറുകളും  
നൽകി നൽകുന്നു.

എല്ലാ കരാറുകളും

**V. S. Priyadarsanan**  
Chairman  
Town Planning Standing Committee  
Kollam Municipal Corporation

**List of people who volunteered to donate blood**

Blood Donation list.

SI NO:	Name	Age	Sex	blood group	phone number.
1.	Biju.R	48	male	A <sup>+</sup>	9961067783
2.	Joseph	45	male	A <sup>+</sup>	984728994
3.	Jonson	44	male	O <sup>+</sup>	9895118033
4.	Ferdinand	45	Male	A <sup>+</sup>	8547368483
5.	Abhilash	20	male	A <sup>+</sup>	8137035349
6.	Hamza	49	male	A <sup>+</sup>	9495021051