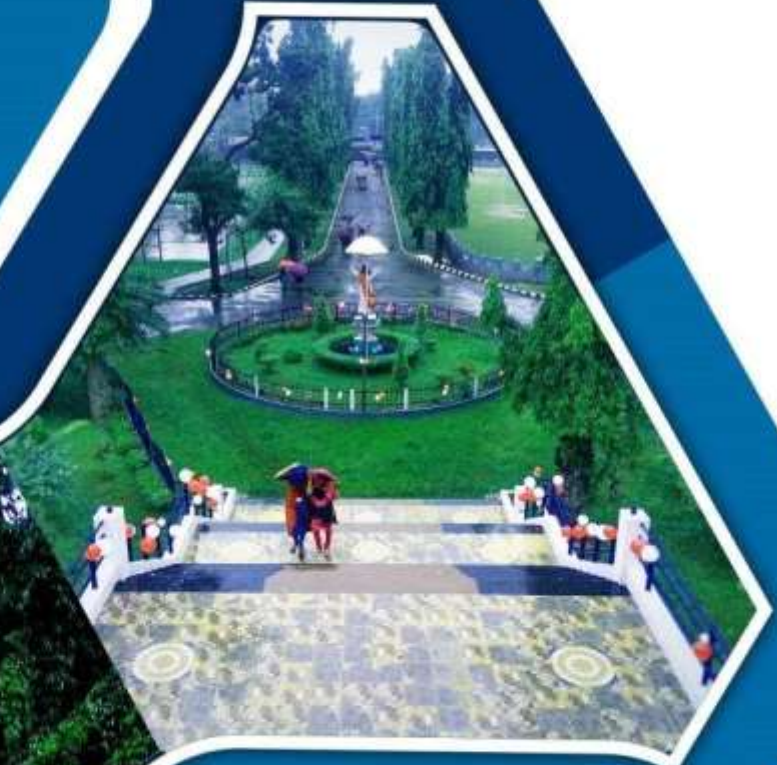


FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

(Reaccredited with 'A' Grade by NAAC)

Affiliated to University of Kerala



2.2.1 Extra curricular activities

IQAC INTERNAL QUALITY ASSURANCE CELL

EXTRA CURRICULAR ACTIVITIES

Fatima Mata National College offers a diverse range of extracurricular activities that enrich the overall college experience and promote holistic development among students. These activities provide opportunities for students to explore their interests, cultivate new skills, and engage in meaningful interactions beyond the academic curriculum. Some of the common extracurricular activities at the college may include:

1. **Cultural Events and Festivals:** The college hosts various cultural events and festivals, including annual fests, where students showcase their talents in music, dance, drama, and other performing arts. These events foster a vibrant and creative atmosphere on campus.
2. **Student Clubs and Societies:** There are numerous student-led clubs and societies catering to a wide range of interests, such as literature, debating, photography, environmental conservation, entrepreneurship, and social service. These clubs provide a platform for like-minded students to collaborate and organize events aligned with their passions.
3. **Sports and Athletics:** The college encourages sports and physical activities by offering facilities for indoor and outdoor games. Students participate in intercollegiate sports competitions, annual sports meets, and friendly matches, promoting physical fitness and team spirit.
4. **Workshops and Seminars:** The college conducts workshops, seminars, and guest lectures on various subjects, providing students with exposure to industry trends, career opportunities, and emerging fields of study.
5. **Volunteer and Community Service:** Students actively engage in community service initiatives, volunteering for social causes and participating in outreach programs to give back to society.
6. **Study Tours and Excursions:** The college organizes study tours and educational excursions to places of historical, cultural, or academic significance, offering students experiential learning opportunities beyond the classroom.

7. **Intercollegiate Competitions:** Students represent the college in various intercollegiate competitions, including debates, quizzes, and cultural events, showcasing their skills and talent on a larger platform.
8. **Leadership Development Programs:** The college conducts leadership development programs and workshops to enhance students' leadership qualities, communication skills, and decision-making abilities.
9. **Research and Innovation:** Students are encouraged to participate in research projects, innovation challenges, and science exhibitions to foster a spirit of inquiry and creative thinking.
10. **Publications and Media:** The college supports student-run publications, newsletters, and media initiatives that allow students to express their opinions, showcase their writing skills, and share relevant information with the college community.

These extracurricular activities at Fatima Mata National College contribute significantly to students' personal growth, leadership development, and well-rounded education. They create a lively and dynamic campus environment, encouraging students to explore their passions, cultivate a sense of social responsibility, and develop into confident and well-rounded individuals.



Congratulations our Kabadi team for winning North Zone competition

#proud

നോർത്ത് സോൺ ഇന്റർ കൊളീജിയറ്റ് കബഡി ചാമ്പ്യൻഷിപ്പ് സമാപിച്ചു



ആയുർ മാർത്തോമ കോളേജിൽ നടന്ന കബഡി ചാമ്പ്യൻഷിപ്പിൽ ട്രോഫി കരസ്ഥമാക്കിയ ഫാ. ഫാ. ജോർജ്ജ് കോളേജിന്റെ കബഡി ടീം

ആയുർ മാർത്തോമ കോളേജിന്റെ കബഡി ടീം നോർത്ത് സോൺ ഇന്റർ കൊളീജിയറ്റ് കബഡി ചാമ്പ്യൻഷിപ്പ് ആയുർ മാർത്തോമ കോളേജിൽ സമാപിച്ചു. തിരുവനന്തപുരം, കൊല്ലം ജില്ലകളിലെ 20 ടീമുകൾ പങ്കെടുത്തു.

കൊല്ലം ഫാത്തിമ മാതാ നാഷണൽ കോളേജ് ചാമ്പ്യന്മാരായി. ചാത്തന്നൂർ ശ്രീനാരായണ കോളേജും കായംകുളം എം.എസ്.എം.കോളേജും യഥാക്രമം രണ്ടും മന്നൂർ സ്റ്റാമ്പറിയം കർമ്മശാലയും സമാപനസമ്മേളനത്തിൽ

എറ്റാർക്ക് ട്രഷറർ എം.എ.എ.ബി.എ. ഹെ. ഡോ. കെ.ജെ.ജെ.എ. എന്നിവർ സമ്മാനവിതരണം നിർവഹിച്ചു. പ്രിൻസിപ്പൽ ഡോ. ജോസഫ് മത്തായി അധ്യക്ഷത വഹിച്ചു. വിനോദ് ജെ.ജെ.എ. തോമസ് കോശി, ശ്രീജിത്ത് എന്നിവർ പ്രസംഗിച്ചു.



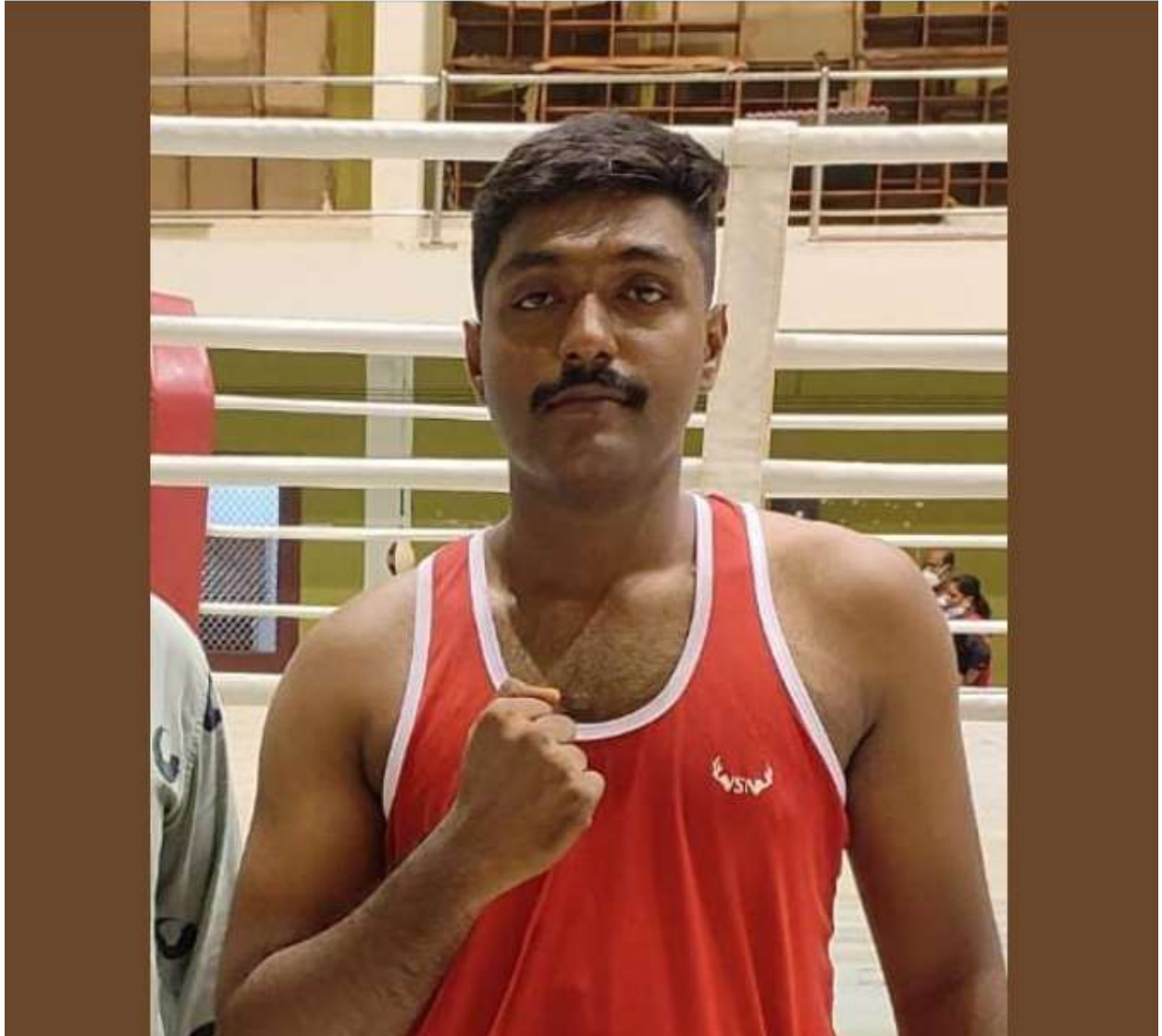
Fatima Mata National College

December 8, 2021 · 🌐



We are really delighted to inform you that our Second Year student Mr Jerson Kristuraj won Gold Medal in Kerala University Boxing Championship in Heavy Weight Category

[#Congratulations](#) [#proud](#) [#fmnc](#) [#Fatima](#) [#boxing](#)





Fatima Mata National College

December 8, 2021 · 🌐



Congratulations Alfayad Shajahan for his silver medal in banton weight category of Kerala University Boxing Competition

#proud #Fatima #Congratulations #boxing #fmnc





Fatima Mata National College

September 19, 2021 · 🌐

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ജില്ലാ സൈക്കിളിംഗ് അസോസിയേഷൻ സംഘടിപ്പിച്ച സൈക്കിളിംഗ് മത്സരത്തിൽ road cycling നും mountain cycling നും ജില്ലാതലത്തിൽ രണ്ടാം സ്ഥാനം നേടിയ കിരൺ കുപ്പൻ കെ. ഫാത്തിമ മാതാ നാഷണൽ കോളേജ് ഫിസിക് വിഭാഗം മൂന്നാം വർഷ വിദ്യാർത്ഥിയും എൽ.സി.സി കേഡറുമാണ് .കിരൺ കുപ്പൻ അഭിനന്ദനങ്ങൾ

#Fmnc #cycling



Yoga Practice Session on Self Defence Techniques at Fatima Mata National College

On December 27, 2023, an informative and practical-oriented yoga practice session on self-defence techniques was conducted by **Dr. Renjini N.**, Assistant Professor in the History Department at Fatima Mata National College (FMNC). The session aimed to empower the female students with essential self-defence skills while promoting physical and mental well-being through yoga.

The Yoga Practice Session on Self Defence Techniques organized by Dr. Renjini N. was a commendable initiative by Fatima Mata National College in promoting the safety and empowerment of its female students. It demonstrated the college's dedication to holistic education and providing students with practical life skills beyond academics. This session will undoubtedly leave a lasting impact on the participants and contribute to creating a more confident and secure college community.

