

# **COMMUNITY OUTREACH PROGRAM**

## **Activity Report**

**By**

**Ms Grata Idaphonse (Vice-Principal)**

**(Coordinator)**



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

The Community Outreach Program was initiated by Fatima Mata National College (Autonomous) in 2018-2019 academic years to develop an ongoing program that will help foster participation of talented Teachers and Students in the affairs of Mission and Vision of our College. The program is designed to engage our students' in-service community activities through joint hands with Quilon Social Service Society (QSSS), where they have the opportunity to interact with QSSS professionals and help their different community oriented projects for the marginalized people in and around Kollam Districts.. Through the support of QSSS, this programs aims to focused on rising participation throughout the year.

The Outreach programs makes available to meet with the daily demand faced by the people in the community for counselling, support, direction, and also assists many basic necessities such as shelter, food, clothing, employment opportunities and medical services. Relying upon the development of trusting and unconditional relationships, the students can strives to motivate and empower these people to explore their options and meet new challenges to work towards bettering their current life situation.

Monitoring progress and offering encouragement and support as a follow up is also an important role of the outreach programme. The role of this programme is diverse and holistic in nature.

Some of the duties include:

- Counselling
- Encouraging use of/making referrals to Community Services Agencies
- Bridging or Mediating Parent/Teen conflict
- Teaching life skills
- Connecting single parents and young families to services
- Encouraging and connecting with the educational system
- Finding suitable accommodation and housing
- Assisting with employment opportunities
- Disaster management etc.

## **Objectives of Outreach Programmes**

- To create an awareness of self-worth.
- To provide facilities for improving the conditions of life specifically for the poorer sections of society.
- To stimulate self-reliance and self-development in local communities.
- To encourage, train and enable local people to assume community responsibilities.
- To encourage all segments of society, irrespective of caste, creed, religion or economic situation to cooperate on long-term development.

## **The activities focus on the following areas:**

- ✓ Non-formal Education
- ✓ Tuition (Tutoring) Classes
- ✓ Career Counseling
- ✓ Creating Awareness About Educational Opportunities
- ✓ Shelters for Street Children
- ✓ Physically & Mentally Challenged Support
- ✓ Self-help Groups
- ✓ Adult Education
- ✓ Income Generation Programme
- ✓ Tailoring Classes
- ✓ Beautician Courses
- ✓ Embroidery
- ✓ Paper pen making
- ✓ Health & Social Awareness
- ✓ Nutrition
- ✓ Senior Citizen Group
- ✓ Family Counseling Centre

The outreach programmes may included anything and everything that can help the rural poor in the upliftment of their social and economic status.



## Activity Report of the year 2019-2020

This year the activities of the community outreach programme was blessed by Rt Rev. Dr Paul Antony Mullessery, the Bishop of Quilon and the patron of our college. Through his guidance and commitment to the grooming of the student community by way of meaningful education for life and community compassion to the marginalized community in and around Kollam district. The main objective of the community outreach programme is to meet the mission and vision of our college especially highlighting our motto i.e. PER MATREM PRO PATRIA (through the Mother for the Fatherland). In addition to the teaching learning processes in the campus this programme gives an eye to love and harmony towards community among students as well as teachers. Through this act the teachers and students are determined to uplift the lives of the needy people in the community and bring communal harmony among them and it can extends hands to national resurgence and stability among people in India.

### Preparation of staff coordinators and student leaders for Fatima Community/ Extension Programme (FCP)/ (FEP).

SL NO.	Department	No. of Students	Staff coordinators	Phone No.	Student leaders	Phone No.
1	Botany	16	Ms Reshma Benson	8139817911	Gokul Krishnan II DC	9695363230
2	Chemistry Pol. Chem.	11 7	Ms Sherin Mol C.B. Dr Apsara	9446273282	Sooraj S.S. III DC	9605530262
3	Maths	13	Dr Sahni Mary Roosevelt	8129194551	Alvin III DC	
4	Physics	14	Mr Patric V. Lobo	8301091034	Sooraj Jose SR II DC	9902622309
5	Psychology	23	Dr Sajimon P.P.	9895028298	Preeth Raj I PG	
6	Zoology	19	Dr Mumthas Y	9567422347	Meera Rarichan	
7	Commerce	21	Dr Catherine			
8	Economics A & B	14 12	Ms Neethu M Mathews	7510267767	Rejani Rajan III DC B	9048594045
9	English		As Ashitha Neethu K. Thomsan	9400271805		
10	Malayalam	13	Mr Majoj Kumar V	9496242825		
11	History	12				
12	<b>Self Financing</b> Commerce	6	Ms Santhini Villiam	9605582781	Alwyn Antony III DC Coop.	8281855775
	English	8	Ms Ligia Nazareth	7356507552	Ajai Sajith III DC	8075424161
	Computer Science	6	Ms Merlin Mary John Ms Lekshmi V.	8606355923 9497365504	Mr Sai Sreeram III DC	8547738580
13	<b>QSSS Office</b>		Mr Antony George	7356836919		

**Activity schedule and participation report for the year 2019-2020**

Date	Venue	Departments	No. of students	Teachers
20.07.2019	QSSS	Maths	5	Ms Grata Idaphonse
		Zoology	6	Dr Sajimon P.P.
		Economics	8	Dr Anilkumar
		English (SF)	6	Dr Mumthas
				Mr Stancilous
				Ms Neethu
27.07.2019	QSSS	Physics	14	Ms Grata Idaphonse
		Psychology	23	Dr Sajimon P.P.
		Commerce	21	Mr Patric
		English	10	Ms Ashitha
		Comp. Science (SF)	8	Ms Merlin
				Ms Lekshmi V.
03-08-2019	QSSS	Botany	16	Ms Grata Idaphonse
		Chemistry	18	Dr Sajimon P.P.
		History	12	Ms Reshma Benson
		Malayalam	13	Ms Sherin Mol & Dr Apsara
		Commerce (SF)	6	Mr Manoj Kumar & Ms Shanthini Villiam

**Reports of important events of Society for Community Outreach Programme**

Date	Report	Venue
02-07-2019	Inauguration by Rt Rev. Dr Paul Antony Mullassery, Bishop of Quilon. Introducing the services of QSSS by Rev. Fr Alphonse, Director, QSSS.	QSSS
04-07-2019	Introduction to Extension Activity of the College by Ms Grata Idaphonse Orientation programme by Mr Antony George C, QSSS, Coordinator	QSSS
20-07-2019	Orientation to different projects for the community outreach by Mr Antony George C, and Rev. Fr Joe, QSSS, Coordinators.	QSSS
20-07-2019	Candle making and paper bag making hands on training by Ms Mary, QSSS, Coordinator.	QSSS

## Different Activity Events of Community Outreach Programme 2019-2020

Join hands with QSSS Community Outreach Activity session held on 20-07-2019



Outreach project of QSSS introduction by Rev. Fr Joe



Students and faculty members are involved in the participatory introduction session with QSSS



Hands on training on candle making and paper bag preparation by Ms Mary, QSSS, Coordinator



Faculty members and students are actively involving in the hands on training session.



Students are preparing paper bags during hands on training session.



Students are trained to make candle during hands on training session.





Fatima Community Outreach joint hands for flood relief activity organized by QSSS.



Students packed the flood relief materials.



Students and faculty members involved in the ‘Seethalayam’ General Medical Camp Organized by the Aayush Homeopathy Department, Government of Kerala and QSSS on 31<sup>st</sup> August, 2019 from 10 am to 2 pm.



Students and faculty members who involved in the Homeo General Medical Camp.



Students volunteered the Onam Kit preparation for the community ('Kaithangu Project by QSSS) during the Onam seasons.



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Participated and volunteered the Cancer Screening Camp, Awareness Programme & Medical Camp jointed organized by QSSS and Azeezia Medical College, Kollam on 10<sup>th</sup> October, 2019.



Students participation and general public involvement in the Cancer Screening Camp, Awareness Programme & Medical Camp jointed organized by QSSS and Azeezia Medical College, Kollam on 10<sup>th</sup> October, 2019.



Students participation and interaction with general public in the Cancer Screening Camp, Awareness Programme & Medical Camp jointed organized by QSSS and Azezia Medical College, Kollam on 10<sup>th</sup> October, 2019.

## Students' feedback and reports:

FATIMA MATA NATIONAL COLLEGE (AUTONOMOUS), KOLLAM  
DEPARTMENT OF ECONOMICS  
EXTENSION ACTIVITY - CAMPUS TO COMMUNITY

### REPORT

20th July, 2019

We were immensely happy to be part of the social service initiative put forward by our college Fatima Mata National College along with the Quilon Social Service Society. It's first session was held on 20th July, 2019. Twenty five students including twelve students from the department of economics along with faculties attended this session.

We were welcomed at the QSSS main office and firstly we attended a seminar led by one of their coordinator Mr. Antony, who explained the various activities carried out by the QSSS society. They had various income generation programmers intended to give job opportunities to the poor and needy people in the society. Fr. Alphonse, the director of the QSSS later addressed us. We were made familiar to projects like kadallamma fish marketing, Candle production, paper bag production and the waste management projects.

In this session, we had the opportunity to visit two of the above mentioned units-the candle making unit and the paper bag production unit. We divided ourselves into two teams and visited these units in turns. In the candle making unit, we were taught how to make candles out of wax. This production unit consisted of physically handicapped women. We engaged ourselves in wax molding according to their instructions. Later, we switched to paper bags, and we enjoyed making many.

We had a great experience at the first session and we are looking forward for the upcoming sessions with high expectations on next venture. We see this as a great opportunity as students to indulge in activities beneficial for the society.

## Department Of English (SF)

### Activity Report

Activity: Extension Activity

Date: 20/07/2019

Venue: QSSS, Kollam

Students: 30

Staff: Ligia Nazareth

A Fatima Mata National College (Autonomous) initiative for the student's betterment, we had taken our student volunteers to QSSS, Kollam. The visit to Q.S.S.S. (Quilon Social Service Society) was undertaken on 20th July, 2019 from 10 am to 2pm where the students of various departments - Maths, Zoology, Economics and English (S.F.) were given hands on training with regard to paper bag making and candle making.

The students from English Department (S.F.) include Sandra Joy and Alfred George from II DC along with Anju Rajendran and Nayana Mohan from III DC under the leadership of Ms Ligia Nazareth (Guest Lecturer and Staff -Co-coordinator for Extension Programme) joined the crew.

The major purpose of this visit-

- to understand the working of Quilon Social Service Society
- to sensitize the students about social work and its importance
- to create awareness about woman empowerment and emancipation.

Outcomes

- Students got a firsthand experience of the major projects and undertaking of QSSS.
- catered to their social and emotional development
- Dignity of labour.
- contribute something for the betterment of our society and be responsible citizens
- social responsibility

Students Feedback:

Nayana 3<sup>rd</sup> DC English: "It was an enriching experience, I was not aware that such a workshop was prevalent around me. I also learnt how I could be active participant in contributing to the society"

Sandra 2<sup>nd</sup> DC English: "It was very interesting program wherein I learnt new things. Helped me to understand how I can use my creativity for a better society and living"

\_\_\_\_\_ SF Coordinator.

***Prepared by:***

**Ms Grata Idaphonse, (Vice-Principal)**

**Coordinator, Community Outreach Programme**

**Fatima Mata National College (Autonomous), Kollam.**