



NATIONAL SERVICE SCHEME

UNIVERSITY OF KERALA

UNIT No. 26 A & B

FATIMA MATA NATIONAL COLLEGE

(AUTONOMOUS)

KOLLAM

(Grade 'A' Accreditation by NAAC)

**REPORT ON THE REGULAR ACTIVITIES FOR THE
YEAR 2015-2016**

NSS REPORT ON THE REGULAR ACTIVITIES FOR THE YEAR 2015-16

Fatima Mata National College was established by His Excellency Rt Rev. Dr Jerome Maria Fernandez, the first native Bishop of Quilon Diocese, in the year 1951. The college is accredited by the NAAC with an 'A' Grade. Fatima College pursues the task of preparing young men and women for a rewarding life, providing value based education, and by inculcating in them a scientific temper and a firm commitment to spiritual and moral values. The NSS Units of the college have rendered valuable services towards achieving the vision and mission of the college. There are two units with 200 volunteers under two programme officers. This academic year the college NSS Units was able to implement all NSS programmes organized by the Government and the University of Kerala. The vegetable cultivation project which was implemented two years back was continued. In an attempt to reach out to the marginalized sections of the society, NSS Volunteers provide tuition to the inmates of the Children's Home, Kollam. NSS Volunteers from the college attended several camps organised by the University of Kerala. The unit conducted two blood donation camps in which a number of NSS volunteers came forward to donate blood during this academic year, which reflects the general spirit of social commitment among them. NSS volunteers also actively participated in the 'Green Campus, Clean Campus' drive initiated by the college.

Dr Vincent B. Netto
Principal

Programme Officers

Dr Manoj S.

Mr Ignatius J.

NSS ACTIVITIES FOR THE YEAR 2014-15

INAUGURATION

The NSS activities for 2015-16 were inaugurated on 4 June 2015 by Dr Vincent B Netto the Principal of the college. In his inaugural address he congratulated the NSS volunteers and program officers for successfully organizing programmes and competitions the previous year. He also expressed hope that the NSS units of the college will continue with their good work and implement new projects. Mr Varghese Sam of II DC Psychology and Ms Devika of II Dc Malayalam were selected as volunteer secretaries. Both the programme officers spoke on the occasion and presented the plan of action for the current year. The volunteers were reminded of the aims the NSS, to which they responded positively. Some of the volunteers also spoke on the occasion suggesting projects that could be possibly implemented in the future. It was decided to start works to expand the campus vegetable garden.

WORLD ENVIRONMENT DAY

World Environment Day was observed on 5 June 2015. Saplings supplied by the Agricultural Department were planted in the campus. Saplings were also distributed to the students and staff of the college on the occasion.

WORLD BLOOD DONOR DAY

World Blood Donor Day was observed on 14 June 2015. An awareness class was arranged for the volunteers. NSS volunteers from the unit donated blood at various hospitals in Kollam. The theme this year was “Thank you for saving my life”.

INTERNATIONAL YOGA DAY

International Yoga Day was observed on 21 June 2015 by organizing a yoga class for the NSS volunteers in the college. NSS volunteers also participated in the 'MASS YOGA CLASS' conducted by *Nehru Yuva Kendra*, Kollam at Kollam Railway station.

GREEN CAMPUS-CLEAN CAMPUS DRIVE

NSS volunteers participated in the campus cleaning drive in the college on 25 June 2015. All class rooms were cleaned. A combing operation was done to clear the college ground of plastic waste. The college waste was segregated and disposed properly.

ANTI-NARCOTICS DAY

A seminar was conducted for the volunteers on 26 June 2015 as part of Anti-Narcotics Day activities. The Principal Dr. Vincent B. Netto inaugurated the seminar and Smt. Lissy Shajahan (Clinical Psychologist) presented the seminar.

HEALTH SEMINAR

A seminar was conducted on 23 July 2015 on the topics "Protection of Mother and Child and the Increasing Population and Health Problems". The seminar was followed by a discussion on the topic.

INTERNATIONAL YOUTH DAY

A pledge was taken on International Youth Day (12 August 2015) by NSS volunteers of the college.

INDEPENDENCE DAY

Independence Day was celebrated on 15 August 2015. Dr Vincent B. Netto, Principal of the college hoisted the national flag. In his address after flag hoisting he mentioned the important role that youngsters have to assume in nation building. He suggested that more society-based activities should be planned by the NSS units of the college. After his speech the Principal distributed sweets to the volunteers. The NSS programme officers addressed the volunteers after Dr Vincent B. Netto's speech. The session ended with the recital of the National Anthem. The volunteers then cleaned the college campus. Lunch was provided to the volunteers. After lunch an essay writing competition was conducted on the topic "NATIONAL INTEGRATION AND SECULARISM". The events of the day came to a close by 3:30 pm.

SWACH BHARATH MISSION CLEANING CAMPAIGN

A team of NSS volunteers participated in the cleaning campaign of Ashramam Ground which was undertaken by the District Council on 16 August 2016. A quiz competition was also conducted based on the theme of *Swach Bharath* on August 20.

COLLEGE FARM LAND CLEANING

The college farm land was cleaned and weeds removed on 22 August 2015. The volunteers started preparing ground for planting plantain seedlings. New plants were also planted in the campus. Volunteers were divided into six groups to continue with the preparation of the farm land.

NATIONAL POLICY ON EDUCATION MEETING

NSS Programme Officer Mr. Ignatius J. participated in a District Level Discussion on the National Policy on Education on 17 September 2016.

PROGRAMME OFFICERS MEETING AND AWARD CEREMONY

NSS Programme Officer Dr. Manoj S. and NSS Volunteer Mr. George Christy (award for best volunteer) participated on 17 Sept 2015. NSS Programme Officers Dr. Manoj S. and Mr. Ignatius J. participated on 18 Sept 2015.

NSS DAY

NSS Day was observed on 24 September 2015. A seminar on “NSS: Campus – Society Interaction” was conducted by Mr Ignatius J. The participants were divided into groups to discuss relevant points on the topic. The group leaders then presented the summary of their discussion. Lunch was provided after the lively session. An essay competition based on the same topic was conducted in the afternoon. One hundred volunteers participated in the event.

NSS ORIENTATION CLASS

NSS Programme Officer Mr. Ignatius J. conducted an orientation class for the NSS volunteers of Bishop Benziger Nursing College on 26 September 2015.

SEMINAR & DOCUMENTARY SHOW ON DOWRY

A seminar and documentary show was conducted on the topic “Dowry Prohibition Act 1961” in collaboration with Social Justice Dept. Classes were conducted by Mr. Sabu, Regional Dowry Prohibition Officer, Mr. L. Rajan, RDPO, Kollam and Adv. Lijo Roy on 26 September 2015.

CAMPAIGN FOR ENROLMENT

A campaign for enrolling first year degree students in NSS was conducted on 27 September 2014. A presentation on the aims and objectives of NSS was made. The NSS programme officers addressed the gathering explaining the conditions for enrollment, and talked about new projects and action plan of the college NSS units for the year.

GANDHI JAYANTHI RALLY AND MEETING

Volunteers took part in the rally from Govt. rest house to Kollam beach from 7.30 am to 10 am and a meeting there after in the beach, organized by Gandhi Peace Foundation, Kollam on 2 October 2015.

ORIENTATION PROGRAMME

Orientation Programme for the first year degree students was conducted on 3 October 2015 in the Chemistry Gallery of the College. Dr Shibu Joseph, former NSS Programme Officer, FMNC NSS Unit, conducted a class on “NSS: Aims and Objectives”, a power point presentation on the topic was also made. The orientation class was followed by the screening of a documentary film on NSS. The programme officers also addressed the volunteers explaining the aims and importance of various NSS projects and programmes conducted by the units. Finally there was an interactive section with the students in which the programme officers cleared doubts on matters related to enrollment.

WORLD HOSPICE AND PALLIATIVE CARE DAY

Palliative care awareness drive was organized in the college on 10 October 2015 to spread the message “Hidden Lives/Hidden Patients”.

YOUTH AND METAL HEALTH SEMINAR

A seminar on 'Youth and Mental Health' was conducted for volunteers by Dr. Sajimon, Dept of Psychology FMN College, Kollam on 21 November 2015.

BLOOD DONATION CAMP

A blood donation camp was organized on 9 December 2015, with the cooperation of Zoology Department and Bishop Benziger Hospital, Kollam. The Blood Bank Team of Bishop Benziger Hospital, Kollam was led by Dr. Reebu George, Pathologist, Bishop Benziger Hospital, Kollam and by Sr. Maria Goretti, Blood Bank Technician, Bishop Benziger Hospital, Kollam. Around sixty students underwent the blood test procedures. Thirty-three students donated their blood out of which twenty-five were boys. Dr. Akhila Thomas (Dept. of Zoology) was the in-charge of the Blood Donation Camp. Around thirty students donated blood for patients in hospitals in and around Kollam on the basis of requests from the relatives of the patients.

HUMAN RIGHTS DAY

On 10 December 2015, as part of the Human Rights Day observation a pledge was taken by the volunteers in safeguarding the fundamental rights of an Indian citizen.

ANTI-NARCOTIC SEMINAR

A seminar was conducted by officials from Excise Department, Kollam on 13 January 2016.

HEALTH SEMINAR JANUARY 22

A seminar on Adolescent Health was conducted under the banner of Teen's Club. Class was taken by Dr. Sajimon P.P., Asst. Professor, Dept. of Psychology, FMNC, Kollam on 22 January 2016.

REPUBLIC DAY

Republic Day was celebrated by hoisting the national flag on 26 January 2016. The Principal of the College Dr Vincent B. Netto addressed the students and distributed sweets on the occasion.

CAMPUS CLEANING

Volunteers took part in the mass campus cleaning programme organized by the Green Campus-Clean Campus move in the college.

SEMINAR ON CYBER CRIME FEBRUARY 16

Kerala State Youth Commission conducted a seminar on Cyber Crime on 16 February 2016. NSS volunteers of the college actively participated in the seminar. There was discussion on the topic after the seminar which was fruitful to the volunteers.

TRAINING CAMP

Two NSS volunteers, Mr Gokul Krishnan-045 and Mr Nithin M. Pillai-072 Participated in the Leadership Training Camp organised by the University of Kerala at Thiruvananthapuram on 26 - 28 February 2016.

VISIT TO POOR HOME

NSS unit of FMNC visits the nearby Poor Home every year on 25 December to distribute the articles collected by the contribution of every NSS volunteers to the poor fathers, mothers, sisters, and brothers as a gift of Christmas and celebrates some moments with them.

BMI ANALYSIS FOR STUDENTS

This is an annual event conducted by the NSS volunteer for the students of the college.

SPECIAL CAMPING PROGRAMME

The Seven Days NSS Special Camping Programme was conducted from 18 to 24 December 2015 at Govt SNDP UP School, Pattathanam, Kollam. The details of the special camping programme are given in a separate report.

TEENS CLUB

As part of the Teens club activities a class was conducted on the topic “AROGYAKERALAM”. In which topics related to teen problems and the solutions to overcome it was discussed. As part of teens club activities body mass index of NSS volunteers were taken in order to check if they are in a healthy condition. Teachers too took part in this activity which had a wide appreciation from the college.

HAND WRITTEN MAGAZINE

Every year the NSS unit of the college prepares a *Hand Written Magazine* to create and innovate the imaginative skills of the volunteers. As part of that the magazine named *NATTUPACHA* was prepared by the NSS volunteers.















