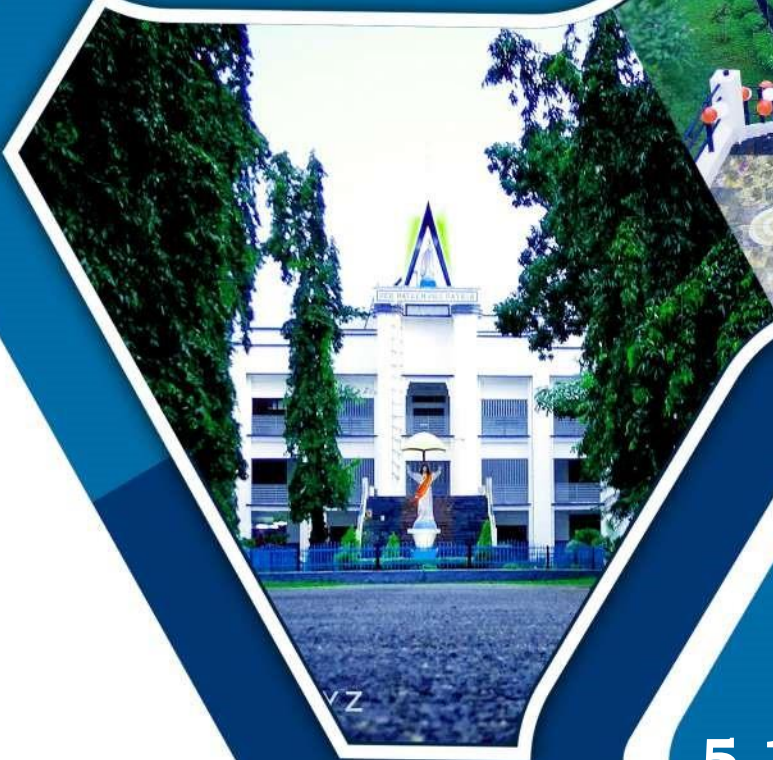


FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

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



5.1.3 Report 2014-15

IQAC INTERNAL QUALITY ASSURANCE CELL

WORKSHOP ON MEMORY TRAINING

A workshop on memory training was conducted by Sri Rajesh Maheshwar, Memory Trainer and Author. He explained the different means to develop one's memory and gave practical tips at improving memory. Many memory games were also played. The session was also an interactive one which was very useful to the students.

A SPEECH ON PERSONALITY DEVELOPMENT

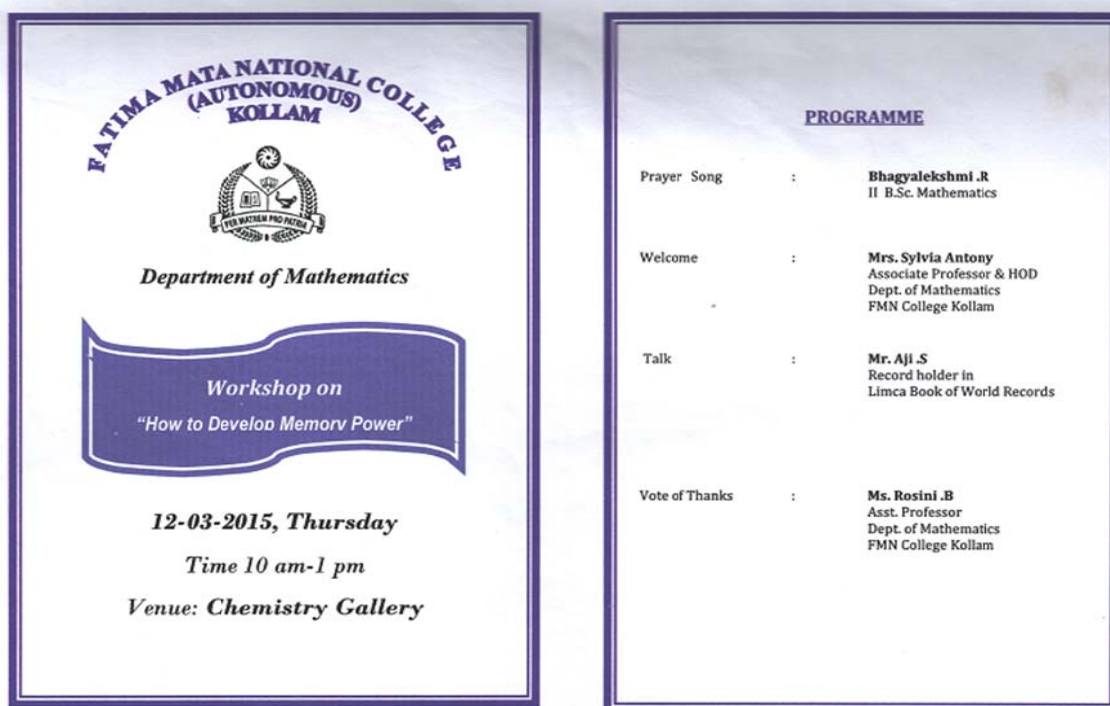
Personality development is the development of the organized pattern of behaviors and attitudes that makes a person distinctive. Personality development occurs by the ongoing interaction of temperament, character, and environment. Discovering the hidden aspects of your personality, accelerate success & popularity.

As part of the literary and debate club activities, Mr. Raju Mathew, Senior Sub Editor, Malayala Manorama, delivered a speech on Personality Development on 3rd March 2015. He stressed the importance of interpersonal skill in personality development. He also explained the five stages of personality development. Thirty-Two students of the club were benefited out of the session.

WORKSHOP ON HOW TO DEVELOP MEMORY POWER

A workshop on 'How to develop memory power' was conducted on 12.03.2015 in the Chemistry Gallery. Mr. Aji A.S., Record holder in Limca Book of World Records, was the resource person. He elaborated on how students can memorize a page of study material by just scanning the matter into the brain in few seconds. He astonished the audience by memorizing and reproducing a list of 50 digits (numbers randomly selected by the students) written on the board.

The workshop was quite entertaining and brain storming and the students actively participated in the interactive session. The audience were greatly benefited by the programme.



SKILL ENHANCEMENT AND WOMEN EMPOWERMENT PROGRAMME

The skill enhancement and women empowerment program was conducted for the students of IT Mission.

A NEWS PAPER READING SESSION – THE HINDU

The art of reading newspapers seems to be dying out as more potential readers turn to other sources for information, particularly Internet publications like blogs and opinion sites. Whether you're reading to find a connection to

your community, for greater knowledge about world events, or to relax while enjoying a coffee, here is a good way to get into newspaper reading.

Newspaper reading is essential for the aspirants of all kinds of competitive exams. Reading of newspapers help a very lot to improve the communication skill. It provides with so much vocabulary.

A newspaper reading session was conducted on 9.1.2015. Students were asked to read out a news item from "The Hindu". A model reading was given by the co-ordinator as to how to modulate their reading so that reading becomes a meaningful and not a mechanical exercise. Necessary corrections were made and remedial measures were suggested to improve their reading skills.

REVIEW OF 'WINGS OF FIRE'

The literary club conducted the review of the book 'Wings of Fire' authored by Dr. A.P.J. Abdul Kalam. On 20. 3. 2015, there was a review of APJ Abdul Kalam's *Wings of Fire* by Ajanya. She pointed out how she was greatly inspired by the visionary ideas of Abdul Kalam. She urged the other members to read the book and they would be definitely motivated by the great vision of a great man. She also read out excerpts from the book, charting out crucial phases in Kalam's life. The activities of the Club culminated with a valedictory session. The session was very much useful for all the thirty-two members present. It helped them to improve their communication skill.

REVIEW OF 'INHERITANCE OF LOSS'

The *Inheritance of Loss* is the novel written by Indian author Kiran Desai. It was first published in 2006. It won a number of awards, including the Man Booker Prize for that year, the National Book Critics Circle Fiction Award in 2007, and the 2006 Vodafone Crossword Book Award. The session was informative for thirty-five members present. On 13.2 2015, a book review

session was conducted. Indu Nair gave a review of the book *Inheritance of Loss*. She analyzed how the novel traces the loss of identity and a sense of alienation felt by the characters. She also traced the non-linear pattern of the narrative.

LIFE SKILLS

INTERNATIONAL YOGA DAY

International Yoga Day was celebrated by the Sports club on 21.06.2017. A session explaining the aasanaas of Yoga, which is followed by the practice of some important aasanaas



BLOOD TYPING CUM DONATION CAMP

Blood typing cum donation camp was held on 30.06.2014. Dr. Reebu George, pathologist Bishop Benziger Hospital inaugurated the camp. 30 student volunteers from NSS, Community Health & Dept. of Zoology donated their Blood.

A TALK ON RIGHT TO SAFE DRINKING WATER

On 25/10/2014, Dr. Kishore Ram Asst. Prof., NSS College Kottiyam delivered a talk on “Rights to Safe drinking water”. He explained the importance of not polluting the drinking water.

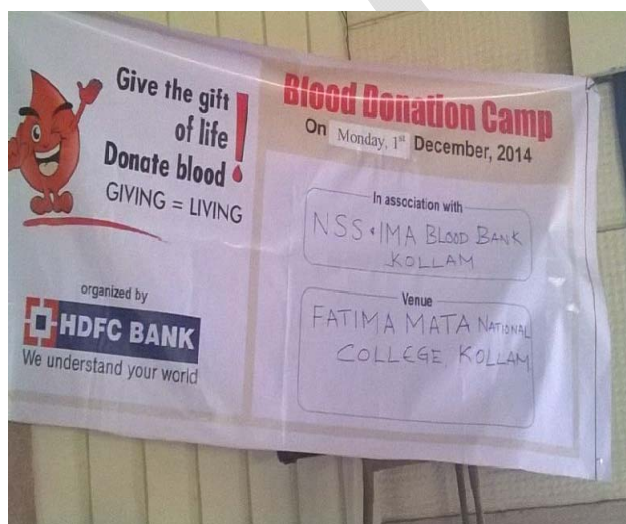
A TALK ON PERSONAL AND COMMUNITY HEALTH

A talk on personal and community health was provided by the community health club on 12.10.2014. The talk was on abuse of drugs, tobacco and alcohol. The talk focused on how these issues compromised personal and community health at large. A discussion session was also there. The students interacted with the resource person and the session was very useful.

WORLD BLOOD DONOR DAY - BLOOD DONATION CAMP

World blood donor day, “Spare only 15 minutes and save one life”

World Blood Donor day was observed on 01.12.2014. A blood donation camp was organized by the NSS Unit of Fatima Mata National College, Kollam in co-operation with HDFC bank and IMA. More than 200 volunteers donated blood.





SURVEY ON ASSESSING CANCER, DIABETES AND THYROID DISORDERS

Students of health club conducted a survey on assessing the prevalence of cancer, diabetes and thyroid disorders in selected corporations and panchayat wards. Students of community health club grouped themselves to undertake the survey in the months of January- February 2015. They surveyed the selected areas and prepared a project report and submitted a copy to the respective councilors and panchayat members.

HEALTH AWARENESS TO TEENS

As part of the teens club activities a seminar was conducted on the topic “AROGYAKERALAM”. Topics related to teen’s problems and the solutions to overcome it were discussed. 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.



SEMINAR ON CANCER AWARENESS

Seminar on Cancer Awareness was conducted by Dr Akashdeep A. A., AIMO, ESI Dispensary, Keralapuram. He spoke about the causes of cancer. Then he talked about the common types of cancers among the people of Kerala. The changed life style and food habits contribute to deadly disease like cancer, he said. The session helped to have a proper understanding of the causes and prevention of cancer.

SEMINAR ON DOMESTIC AND MUNICIPAL SOLID WASTE MANAGEMENT

Eco Club organized a seminar for the students on 'Domestic and Municipal Solid Waste Management'. The speakers for the seminar were Dr.

Razeena Karim, for the first session followed by Dr. Sherly Williams Associate Professor, Dept. of Zoology for the second session. The seminar helped to create awareness among the students about various environmental issues. Forty-Two students participated in the seminar. The Seminar also helped the students in understanding and managing the household waste through simple and easier methods, by which to protect and preserve our environment. The seminar was interactive and allowed room for the participants to discuss with the Speaker.

HARITHAGEHAAM ACTIVITIES AND MODUS OPERANDI

A one-day seminar was organized by Catholic welfare association, Diocese of Quilon on “**Harithagehaam activities and Modus Operandi**”. The seminar was focused on ‘Waste management and Reforestation. The resource person for the seminar was, Dr. F.George D’cruz, Chairman, Harithagehaam. Total participants were 64.

WORLD PALLIATIVE CARE DAY AND CELEBRATION

Palliative Care, the care for the terminally ill and their families, especially that provided by an organized health service. The NSS unit of FMNC had celebrated a palliative care day with a mission to spread the importance of palliative care. About 100 NSS volunteers were participated in palliative care rally which provide awareness to improve the quality of life of patients and their families facing the problem associated with various life threatening illness.

WORLD MENTAL HEALTH DAY

To raise public awareness of mental health issues, the department of Psychology had organized a mental health programme under the theme “Living a healthy life with Schizophrenia” on 24th October 2014. As part of this, mental health analysis was observed at Vimala Hridaya H.S.S., Kristraj H.S.S. & SNDPS Kollam.

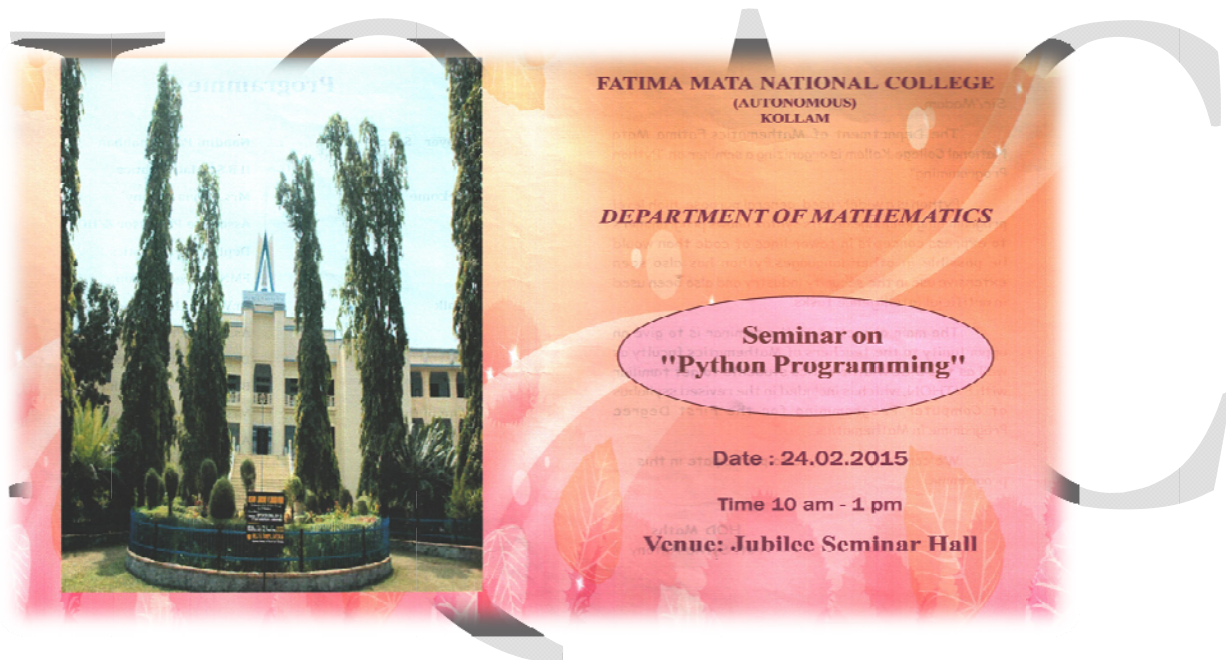


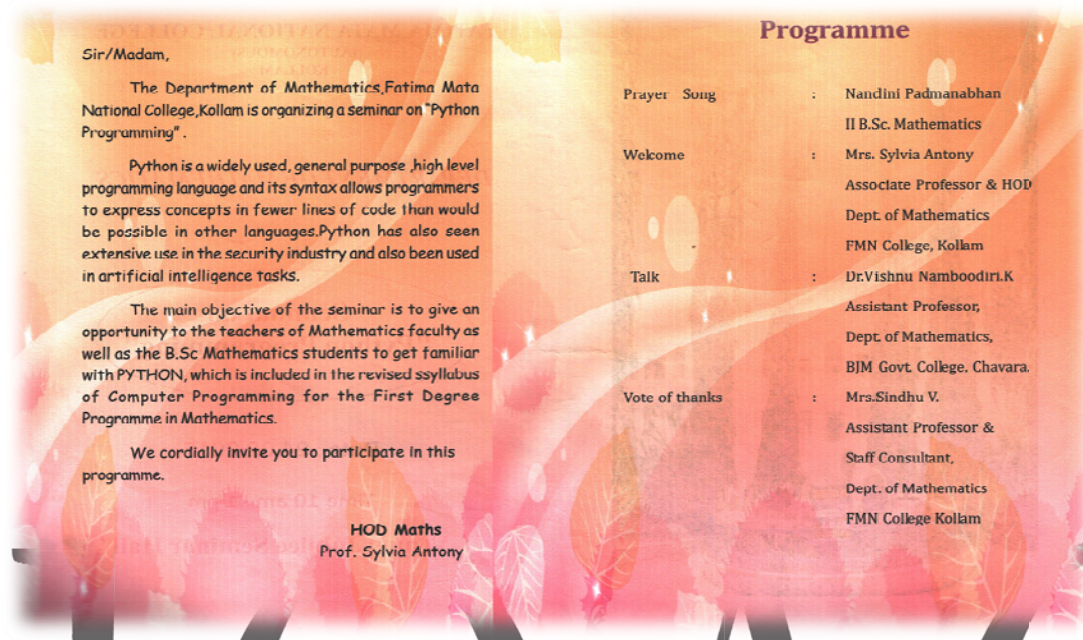
WORKSHOP IN RESEARCH AND APPLICATIONS-SPSS

The workshop was designed with the primary objective of educating the students of the department to handle the analysis part of their under-graduate degree/ post-graduate degree research works in an independent manner especially using SPSS. The session was handled by Dr Ajilal, assistant professor at S.N. College, Chembazhanthy. He was able to explain the knowledge structure required build it in the students, within the objective focus of the session. He was also able to address the concerns of the students quite effectively; and instilled in them the confidence that they will be able to do their own analysis by themselves. The department of Psychology conducted the workshop on 07.03.2015 and One Hundred and Twenty students of the department participated.

SEMINAR ON PYTHON PROGRAMMING

A Seminar on “Python Programming” was conducted on 24/02/2015, Tuesday at 10am by the Mathematics Department in the Seminar Hall of Fatima Mata National College Kollam. The programme began with a prayer song and welcome speech. Dr Vishnu Namboodiri K., Assistant Professor, BJM Govt College, Chavara, Kollam, was the resource person. He demonstrated the various programmes and different methods of solving problems in Python Programming. The seminar was highly beneficial to all the students and teachers. 159 students participated in the program.





WORKSHOP ON EXPEYES

Aiming to provide an intense training on teaching Physics at post graduate level, a one-day workshop on 'Exp Eyes'- A tool for learning science by exploring and experimenting held during 26 the August 2014 at Seminar hall Fatima Mata National College(Autonomous), Kollam. ExpEyes is a hardware & software framework for developing and demonstrating Science & Engineering experiments in class rooms without getting in to the details of electronics or computer programming. It converts a PC into a science laboratory for performing Physics and Engineering experiments. ExpEyes is developed in IUAC, New Delhi with an objective of developing affordable laboratory equipment. Design of ExpEyes combines the real-time measurement capability of micro-controllers with the ease and flexibility of Python programming language for data analysis and visualization. Students and teachers can use ExpEyes as a test equipment for all types of experiments in Physics, Electronics and other branches of Science & Engineering.

The workshop covers topics on how the experiments using ExpEyes can empower students and teachers of science and engineering branches. **Dr. Ajith**

Kumar B.P, Senior Scientist, IUAC, New Delhi and the founder developer of the ExpEyes project lead the classes & hands-on sessions.

IQAC