

# FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

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



**5.1.3 Report 2015-16**

**IQAC** INTERNAL QUALITY  
ASSURANCE CELL

## TALK ON INTERPERSONAL RELATIONSHIPS

A talk on interpersonal relationship was delivered by Ms Grata Idalphase, Associate Professor, Department of Mathematics, F.M.N. College on 12.12.2015 and seven students participated. The students were encouraged to observe good values in their interpersonal relationships. They were motivated to be good enough to appreciate and encourage the achievements of their fellow beings. The lecture also focussed on how our faith influences our thoughts, how the thoughts transform into actions and how the actions mould our culture. The influence of spirituality on our objectives and responsibilities were thoroughly explained during the session. The session ended with an advice to the students to be the responsible citizens of the nation, society and family.



## REPORT OF WALK WITH THE SCHOLAR AND SCHOLAR SUPPORT PROGRAM

The Scholar Support Programme(SSP) and Walk With Scholar(WWS)-2015-2016 of the college was inaugurated by Dr Vincent B. Netto, Principal of the college, on 7-10-2015. The Government of Kerala launched Scholar Support Programme (SSP) in Government Arts & Science Colleges of the states during 2012-13. It was extended to 27 Aided Arts & Science Colleges during

2013-14 and to all the Aided Arts & Science Colleges in 2014-15. After the inauguration, various programs were conducted for the beneficiaries of SSP and WWS.

On 06.02.2016, A lecture on habits for success was conducted by Dr P V Joseph, Associate Prof (Rtd), Dept. of Chemistry, FMNC, Kollam for the beneficiaries of SSP and WWS. Another lecture on goal setting was taken by Dr P C Thomas, Associate Prof (Rtd), Dept. of Commerce, FMNC, Kollam on 12.02.2016. Dr. Mathew K Jacob, Associate Prof (Rtd), Dept. of Geology, S N College, Varkala, conducted a lecture on 'Towards Self Realization' on 23.02.2016. A workshop on Soft Skills and Communication was conducted on 27.02.2016. A talk on stress on Stress Management was conducted on 09.03.2016 by Mr. Joseph Camoens, MBA, Consultant, Stress Expert, Kollam. A talk on Academic Counseling was on 18.03.2016 by Dr Roshan Varghese, HOD, Psychology, FMNC, Kollam for the beneficiaries of WWS and SSP.

## **TALK ON INFLUENCE OF MEDIA**

The talk on influence of media was conducted for the participants of WWS and SSP by Malayala Manorama and Raju Mathew, Chief Editor Malayala Manorama on 4<sup>th</sup> March 2016.

## **CASE WRITING – THE NIMHANS SYSTEMIA**

The NIMHANS Systemia is an intensive Workshop on case writing. The participants learned the theory behind developing a good case study and the guiding principles to write case studies. The session helped the participants build a strong foundation for developing their own cases. The session was handled by Dr Biji from ICCONS, Trivandrum.

# **LIFE SKILLS**

## 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.



## YOGA PRACTICE

NSS special camp of the year 2015 was conducted at Govt. SNDP UP School, Pattathanam, Kollam, from 18 December 2015 to 24 December 2015. Each day was started by doing Yoga.



## **SEMINAR ON YOU ARE WHAT YOU EAT**

Nutrition psychology (NP) is the psychological study of how cognitive choices, such as meal decisions, influence nutrition, psychological health, and overall health. Nutrition psychology seeks to understand the relationship between nutritional behavior and mental health/well-being. The seminar titled “You are what you eat” aimed to educate the students about the importance of food in the formation of who they develop to be. Dr John Baby (Rtd. Professor & Head), University of Calicut handled the informative session.

## **AN AWARENESS CLASS ON ALZHEIMERS DISEASE**

September 21st every year is World Alzheimer's Day around the world. This is an international campaign aimed at raising awareness and challenge the common stigma that surrounds Alzheimer related dementia. Department of Psychology arranged an awareness programme on Alzheimer disease. The final year B.Sc. Psychology students of the college took classes for the junior

batches regarding this dreaded disease. Sixty-Two students of the department got benefited.



## SEMINAR ON YOUTH AND MENTAL HEALTH

Dr Sajimon P.P. faculty of our Department was a resource person for a seminar organized by NSS Unit of our college for their volunteers. The session explored the wealth of mental health that influences for the students and their communities. These include healthier lifestyles; better physical health; improved recovery from illness; fewer limitations in daily living; higher educational attainment; greater productivity, employment and earnings; better relationships with adults and with children; more social cohesion and engagement and improved quality of life etc.

The outcome for the volunteers in the NSS should acquire the subjective wellbeing, perceived self-efficacy, autonomy, competence, intergenerational dependence and recognition of the ability to realize one's intellectual and emotional potential. It has also been benefited to cope with the normal stresses

of life, work productively and fruitfully, and make a contribution to their communities.

## **A SHORT FILM ON SUICIDE AWARENESS – ONE MINUTE**

A short film on suicide awareness – “One Minute” was performed by the final year students of Department of Psychology on 03.03.2016.

## **LECTURE ON CANCER PREVALENCE AND ADOLESCENT HEALTH**

On 09.12.2015 students were introduced to the growing awareness within the community with regards to adolescent food habit and life style leading to prevalence of cancer in the later stages of life. The topic was handled by Dr. Reebu George M.D., Pathologist, Bishop Benziger Hospital, Kollam.

## **COMMUNITY HEALTH SURVEY**

Students of the community health club formed different groups to undertake a community survey during Christmas vacation of 2015. They surveyed selected corporation and panchayat ward for assessing the prevalence of cancer, diabetes, thyroid and other cardio vascular disorders in these areas. They prepared a detailed survey cum project report and submitted to the respective councilors and panchayat members.

## **SEMINAR ON ADOLESCENT HEALTH**

This seminar was lectured by Dr. Akhila Thomas, Prof. Zoology Department, FMN College. She defined health as a peace with oneself and the environment and she made the volunteers aware of the fact that one fifth

of the total adolescent population are in India. Hence the health of adolescence assumes more importance. With this view, 31<sup>st</sup> July is celebrated as world teenage day and 11<sup>th</sup> October as international Adolescent day of girl children. Then she brought the example of Malala Yousufzai. Then the seminar extended to topics like mood swings, cognitive changes and anger management. She defined anger as a reflection of inner turbulence. Anger management methods that came under discussion are one, two, three turtle method, Textualization and imagination.



## **FIRST AID AWARENESS PROGRAMME**

On 27.01.2016, first aid training was provided to the members with the objective to sensitize the students with respect to basic first aids and how to handle emergency situations. Real life cases were studied and analyzed section wise. The talk was delivered by Dr. Akhila Thomas.



## **WORKSHOP ON AWARENESS OF OBESITY AND ITS HEALTH EFFECTS**

Women Study Unit conducted a workshop on awareness of obesity and its health effects for the lady staff and students of the college on 3.10.2015. Dr. Noel T. Mathew, a physiotherapist from Hamstrings, a leading obesity clinic in Kerala handled the sessions. The sessions included a brief lecture on obesity, its evaluation, ill effects of obesity and management. Evaluation of obesity was done by Body Composition Analysis. Body Mass Index of the participants was evaluated at the workshop. Diet counselling, physical activity and physiotherapy counselling were also given to the staff members.



## **A SEMINAR ON DOMESTIC AND SOLID WASTE MANAGEMENT**

Eco club of FMNC had organized a seminar about ‘Domestic and municipal solid waste management’ on 31/01/2015. Forty-two students from various departments were actively participated. The speaker of the seminar was Dr. Sherly Williams, Associate Professor, Dept. of Zoology, FMNC, Kollam. The

seminar helped to create awareness among the students about various environmental issues.

## **AWARENESS CLASS ON ANTI NARCOTICS**

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. LissyShajahan (Clinical Psychologist) presented the seminar.

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## 1. ANTINARCOTIC DAY SEMINAR

Anti narcotic cell, FMN College, Kollam in association with NSS unit of the college organized an awareness programme on 26 June, 2015 in connection with the International Day Against Drug Abuse and Illicit Trafficking at Golden Jubilee Seminar Hall. Dr. Vincent B Netto inaugurated the programme and mentioned about the present threat of drug abuse. Mrs. Lissy Shajahan, Resource person from the Health department conducted an awareness class on drug abuse. Dr. Saju S, Convenor, Anti narcotic cell made the students aware of the social problem of Alcoholism and the steps for its recovery. Dr. Ignatius I, NSS coordinator explained about the role of NSS volunteers in Anti narcotic activities. 150 students from various classes participated in this programme. An interactive session also was conducted to clarify the doubts. Dr. Ignatius welcomed the gathering and Dr. Saju S proposed the vote of thanks.



## CONDUCTED HEALTH SEMINAR

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.



## VISIT TO A HEALTH CLINIC- HAMSTRINGS

The twenty students of the women's study unit visited Hamstrings, a leading weight loss service clinic at Asramam, Kollam on 23.01.16

The students were given an awareness class on obesity and related physical and mental ailments. Those who handled the classes suggested certain suitable physical exercises to prevent and control obesity in future. The students were also given an insight into the unfavourable junk food habits of the present generation and how such habits lead to lifestyle diseases. They strongly warned the students eating too much fat, sugar and complex carbohydrates. The resource person also explained the dangers of unscientific meal skipping, fasting and restrictive dieting. They emphasized the importance of drinking 3-4 L of water per day. They winded up the classes with a famous quote "A healthy mind stays only in a healthy body."



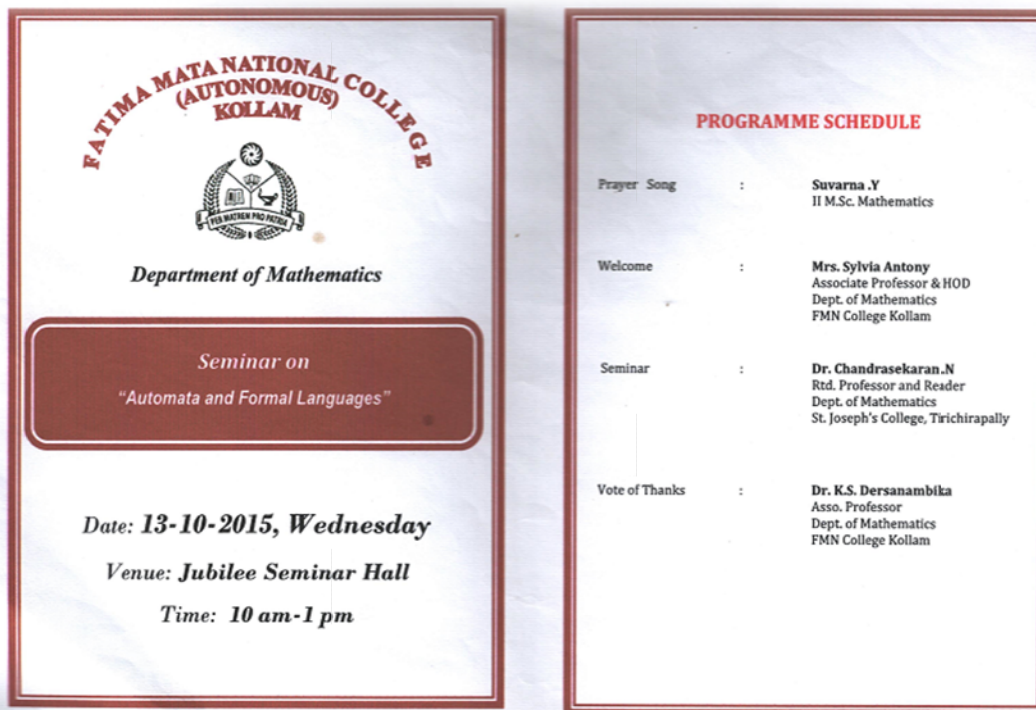
## **BLOOD DONATION CAMP**

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.

## **SEMINAR ON AUTOMATA AND FORMAL LANGUAGE**

Department of Mathematics organized a seminar on “Automata and Formal Languages” on 13-10-2015 at Jubilee Seminar Hall. The program began at 10am with a prayer song. The Head of the Department welcomed the

gathering. Dr Chandrasekaran N., Rtd Associate Professor and Head, Department of Mathematics, St. Joseph's College, Tiruchirapally, Tamilnadu was the resource person. He discussed in detail about the context-free languages, push down automata, solving problems in polynomial time etc. He also lectured about the history of Turing machine, illustration of its working with problems etc. The class was very interactive. The session ended with the vote of thanks by Dr K.S. Dersanamabika.



## WORKSHOP ON RESEARCH METHODOLOGY

Workshop on Research Methodology based on SPSS was conducted on 01.10.2015 by the Department of Economics. The resource person was Dr A. Abdul Salim, Professor, Dept. of Economics, University of Kerala.

