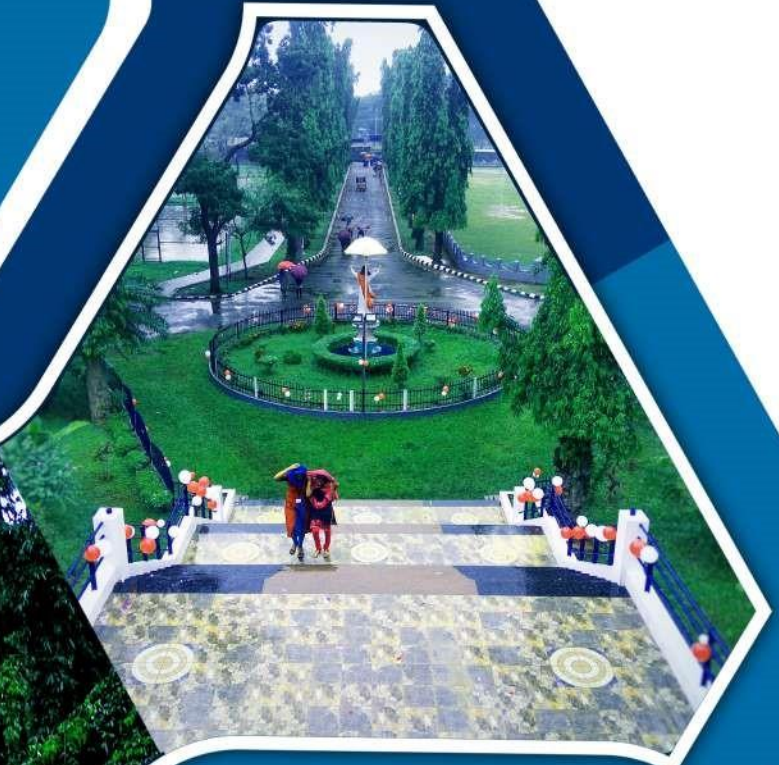


FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

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



5.1.3 Report 2016-17

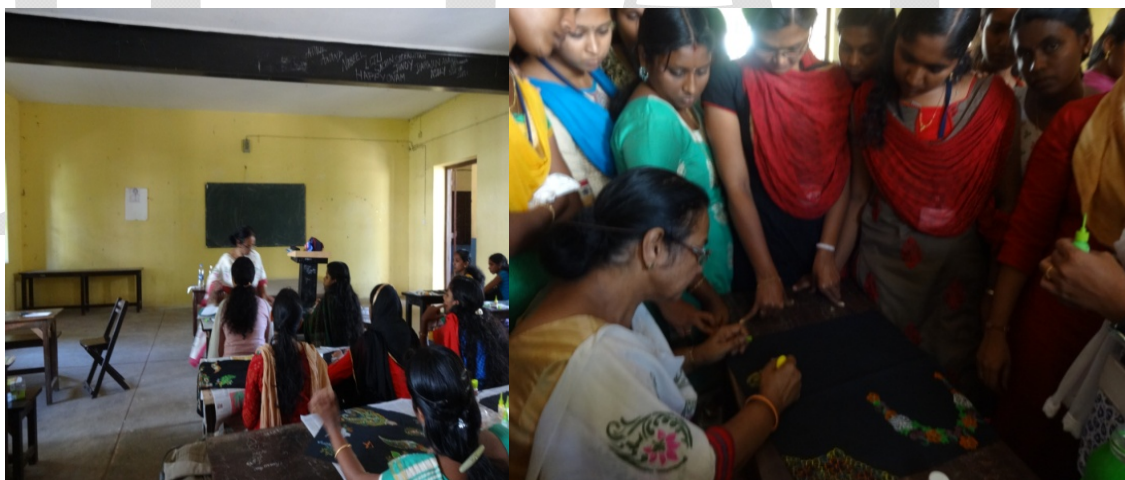
IQAC INTERNAL QUALITY ASSURANCE CELL

SEMINAR ON MEMORY TRAINING

A seminar on “Memory Training” is arranged for the NSS volunteers, in the Jubilee Memorial Seminar Hall, on 4th October 2016. Mr. Rajesh Maheswar, a well-known memory trainer handled the session.

SKILL ORIENTED TRAINING PROGRAMME ON LIQUID PAINTING

Students were empowered by imparting skill-oriented training on “Liquid Painting”. The session was conducted by Mrs. Parvathy (Rtd. Associate Professor, Dept. of Botany, NSS College, Thiruvananthapuram) and fifteen students participated. The students had a great fun time learning the skills imparted by the resource person. It was held on 18.02.2017 and duration was 9.30 AM to 3.30 PM





REWIRE YOUR BRAIN AND FIND A NEW IN YOU

Department of Chemistry has conducted a talk on 'Rewire your Brain and Find a new in you' on 27.09.2016. To find a new in you means to find out what is 'the self'. The session was presided over by Mr. Ganesh, alumnus of the college. Sixty-Two students of the Final year B.Sc. and M.Sc. students attended the class. The class was very much informative and interesting.

TALK ON COMMUNITY BUILDING

Community Building dramatically improves outcomes in a broad range of existing social service and criminal justice programs. It does this in two key ways. First, Community Building directly impacts criminogenic and other key success factors such as: antisocial attitudes, negative peer associations and interactions, lack of empathy, minimal problem-solving capability, and difficulty with self-control. The process instills prosocial skills that promote independence and self-sufficiency such as: anger management, empathy/compassion, communication, listening, collaboration, impulse

control, and other unproductive attitudes and behaviors that are difficult for traditional curriculum-based programs to address.

The talk was given by Mr. Sijin S., Assistant Professor, Department of Psychology, Fatima Mata National College, Kollam on 23rd December 2016.



A TALK ON SELF AWARENESS FOR CAPACITY BUILDING

A talk on Self Awareness for Capacity Building” on 13-01-2017 by Dr. K.C. Mohan, Retired Professor, Christian College, Kattakada. This session is started by a formal welcome address by Dr. A.S. Pradeesh, Assistant Professor, Department of Malayalam, Fatima Mata National College, Kollam. The class started at 10 am and concluded by 1 pm. The feedbacks from the students reveal that they are highly benefitted from these external mentoring sessions.



TALK ON PERSONAL EXCELLENCE SKILL

A talk on “Personal Excellence Skills” on 13-01-2017 by Dr. P.V. Joseph, Associate Professor PG & Research Dept. of Chemistry Maharaja’s College,

5.1.3 CAPACITY BUILDING AND SKILL ENHANCEMENT PROGRAMMES

Ernakulam. This session was started by a formal welcome address by Dr Sajimon P.P., Coordinator, WWS, Fatima Mata National College, Kollam. The class started at 1.30 pm and concluded by 4.30 pm. The feedbacks from the students reveal that they are highly benefitted from these external mentoring sessions.





Report of the Activities of the Literary and Debate Club 2016 – 2017

Co-ordinators:

Literary Club: Dr Supriya M.

Debate Club: Dr Cynthia Catherine
Michael

Literary and Debate Club was inaugurated on 17.02.17 by Dr Clara Bernadette Reshma, Assistant Professor, Dept of English, FMNC, Kollam. Dr Clara talked

on the importance of such clubs in developing the communicative skills of the students. She discussed various aspects of verbal and non-verbal communication, and pointed out how one's body language, dress, posture etc communicate one's personality. She also emphasized the necessity of developing a rich vocabulary for good communication.

On 23.02.17, a film review session was conducted. SairaBhanu of II DC English gave an analysis of the Hindi movie "Highway". AnanthanB.M., Riya K. Aniyar, and Jain Mary Morris gave their responses about the movie.

Prajith A. of II DC Physics did the review of the Malayalam movie "Anandam" and stated how it beautifully captured the spirit of campus friendship. Amina S. expressed her reservations on the movie which, she argued, was an idealistic and over-romanticized presentation of the theme of friendship.

The Session conducted on 01.03.17 was compered by Indulekha M. of II DC English. Sneha Jerome of II DC Mathematics read out her own poem titled "Please Look at Me", a poem about solitude and how one yearns for companionship. The poem presented loneliness as man's essential condition. Aquila Noel, TheerthaTheophin and GokulDas C. gave their comments about the poem. They stated that they could relate themselves to the state of mind of the poet.

The Session also undertook an analysis of the movie *MaheshintePrathikaram* byKrishnanunni of II DC Economics. He was all praise for the movie, its strong script, casting, cinematography, and editing. He also mentioned the 'butterfly effect' which was beautifully worked out in the movie. Ananthan M. and Adarsh Mohan gave their feedbacks. Sini Jose and Nila M.S. remarked that the reviews had actually inspired them to see the movie. The session ended with a vote of thanks proposed by Indulekha. The programmes for the next session were charted out by the conveners.

On 08.03.2017, the next session of the Club was conducted. Sachu Sekhar of II DC English was the compere. Nadiya S. Noushad of II DC English did the book review of the Malayalam translation of the autobiography of Benazir Bhuto titled *KizhakintePuthri*. Nadiya pointed out how the book powerfully brought out the struggles of a woman; how she fought against the military rule and brought democracy to the nation. Alan Joseph and Gokul Das gave their responses to the book and also to Nadiya's impressive presentation.

Ananthu S. of II DC Economics gave a brief talk on the programme *Sancharam* telecast in the *Safari* Channel. He pointed out that the unique presentation gives one the feeling of actually having undertaken a journey to these places. It is a highly informative and entertaining programme worth watching. The session came to an end with a vote of thanks proposed by Sachu Sekhar.

Literary and Debate Club also identified and selected talented students and sent them to represent the College in various inter-collegiate competitions. The students participated in literary and debate competitions, elocutions, essay writing and put up a creditable performance.

LIFE SKILL

INTERNATIONAL DAY OF YOGA

International Day of Yoga was celebrated by NCC, Army Wing, Fatima Mata National College on 21.06.2016. Yoga means union. Yoga means union with God, or, union of the little, ego-self with the divine Self, the infinite Spirit. Twenty-Six students joined together to perform Yoga.

INTERNATIONAL DAY OF YOGA

Yoga is a systematic practice of physical exercise, breath control, relaxation, diet control, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment. International Day of Yoga was celebrated by NCC, Naval Wing, Fatima Mata National College on 21.06.2016. Twenty students of the college participated in performing Yoga asanaas.

INTERNATIONAL DAY OF YOGA

International Day of Yoga was celebrated by NSS, Fatima Mata National College on 21.06.2016. The “Yoga Day” is celebrated according to the directions given from the Ministry of Youth Affairs. It is planned through a 5-day training programme conducted in the campus for NSS volunteers, NCC cadets and other interested persons. A seminar based on Yoga conducted, after which the demonstration and practice of various “asanaas” of Yoga were done.



SEMINAR ON PLANT BASED HEALTH – FOOD FOR CURING

Department of Botany arranged a seminar on Plant based health on 01-03-2016 at the Botany seminar hall in collaboration with Sami Director, Dr. Vinod delivered theme lecture on 'Neutraceuticals- Food for curing'. Sri. Tom delivered a lecture on the effect of Bioperin and curcumin. Twenty students participated in the seminar.



BLOOD TYPING CUM DONATION CAMP

Blood typing cum donation camp was held at the Department of Zoology on 9/12/16. Dr Reebu George M.D Pathologist, Bishop Benziger Hospital and a team of technicians conducted the camp. She delivered a talk on the relevance of blood donation for a healthy community. 42 student volunteers donated their blood from over 750 students screened by typing and physical examination.

SEMINAR CUM WORKSHOP ON DOMESTIC WASTE MANAGEMENT

Eco Club organized one-day seminar cum workshop on domestic waste management. The co-organizers of the seminar were Jilla Suchithwa Mission. The resource person was Mr. Prasad Lal, Instructor, Jilla Suchithwa Mission. The main objective of the talk was, how to manage the home waste to live

healthy. The measures emphasized were to reduce garbage, vermi composting, reduce paper wastage, use reuse containers, dispose of trash and hazardous waste properly, create and maintain compost pit. Eighty-Nine members of the Eco Club attended the program. The session was interactive.

BLOOD DONATION CAMP

Blood donation camp was organized on 13.3.2017 at Department of Zoology co-partnered by Department of Commerce, NSS, and NCC volunteers. A team from IMA Kollam Unit lead by Dr Anitha conducted the camp. 45 students donated their blood.



PRESENTATION ON BASIC FIRST AID

Dr. Akhila Thomas delivered a power point presentation on the basic first aid and how to handle the emergency situation. Real life cases were also analyzed. The presentation was given on 16th December 2016 and Fifty-two members participated.

PRO-LIFE EXHIBITION AND SEMINAR ON ANTI-ABORTION MOVEMENT

5.1.3 CAPACITY BUILDING AND SKILL ENHANCEMENT PROGRAMMES

An exhibition on pro-life was held on February 27th and 28th. All the students in the college visited the exhibition. Pro-life is a movement started as a move to stop abortion which is done as part of family planning.



COMMUNITY HEALTH SURVEY

Students of the community health club formed different groups to undertake a community survey during the months of January-February 2017. They surveyed selected corporation and panchayat ward for assessing the prevalence of cancer, diabetes, thyroid disorders in these areas. They briefed the surveyed population on various dimensions of healthy life style. They prepared a detailed survey cum project report and submitted to the respective councilors and panchayat members. A blood donation volunteers list of that area was also prepared.

5.1.3 CAPACITY BUILDING AND SKILL ENHANCEMENT PROGRAMMES





ROLE OF STUDENTS IN PALLIATIVE CARE

The World Palliative Care Day Celebrations was organized by the coordination of NSS units and District Medical Office, Kollam on 7th October 2016. The district-wise inauguration of “Palliative Care Project, Kollam” was done by Adv. V. Rajendra Babu, Mayor, Kollam Corporation, in a meeting in the Jubilee Memorial Hall of the college. A seminar on “The Role of Students in Palliative Care” is also conducted in which Dr. Shaji M., Medical Officer, Palliative Care, Kollam, conducted the class.

AWARENESS CLASS ON IMPORTANCE OF STEM CELL DONATION

“ARDRA 2016”, a stem-cell donation drive was conducted in the campus on 4th November 2016. An awareness class on The Importance of Stem-cell donation was given by Mr. Aby Sam John, the Kerala coordinator of ‘DATRI Stem-Cell Donor Registry’. The

programme was in the morning session, from 10.00 am to 1.00 pm. Seventy-Five students participated.



SEMINAR ON CANCER AND THYROID AWARENESS

A seminar based on “CANCER AND THYROID AWARENESS” was taken by Dr. Akash Deep A.A. (PH Centre, Sasthamcotta). The class

was really useful for the volunteers. The volunteers were energetic and active in the class. The Doctor gave a clear picture about the after effects of cancer and how it is to be prevented. It was an interactive section. A total of Fifty-Six members attended the seminar.



WORKSHOP ON RESEARCH METHODOLOGY

One Day Workshop on Research Methodology was conducted on 16.12.2016 by Department of Economics. A total of One Hundred and Fifty-Three students participated.



PROSPECTS OF RESEARCH IN COORDINATION CHEMISTRY

A workshop on Prospects of Research in Coordination Chemistry was conducted by the department of Chemistry and Dr Krishnakumar D., Assistant Professor, University of Iceland.