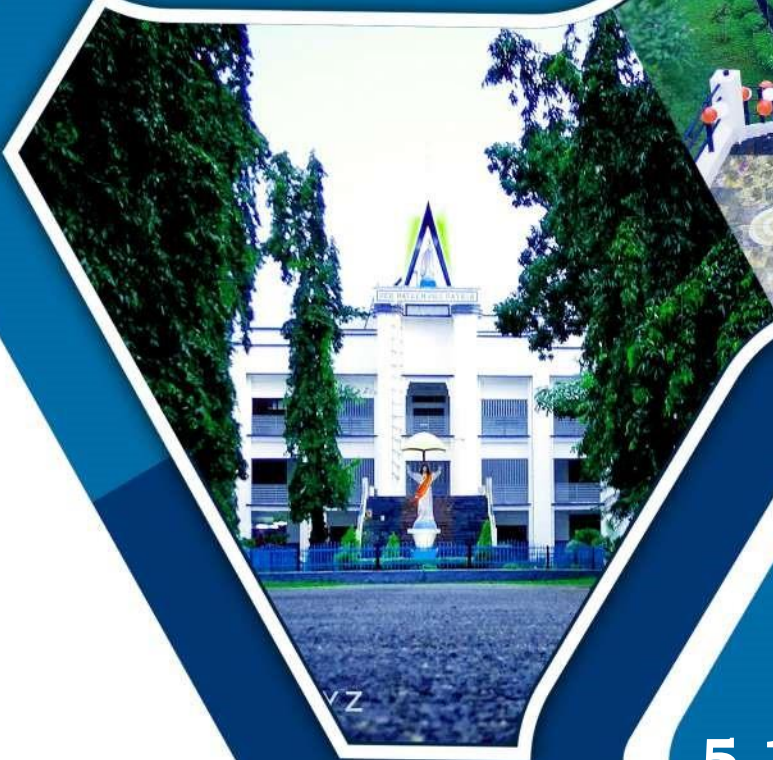


FATIMA MATA NATIONAL COLLEGE

AUTONOMOUS

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



5.1.3 Report 2017-18

IQAC INTERNAL QUALITY ASSURANCE CELL

A TALK ON SKILL EMPOWERING

Skills and knowledge are the driving forces of economic growth and social development for any country. In connection with the skill development and entrepreneurship programme of central government, the 3(K) Naval Unit NCC of Fatima Mata National College organized an expert talk on skill empowering. The talk was given by Sub.Lt Dr Laiju S, Associate NCC officer and Assistant Professor of Psychology, SN College, Kollam.



SOFT SKILL DEVELOPMENT THROUGH GROUP DYNAMICS

A seminar based on the topic “Soft Skill Development Through Group Dynamics” was taken by Adv. Sudheer C. (Advisor, Jaihind, Kollam). The talk was arranged by NSS unit of Fatima Mata National College (Autonomous), Kollam. Various group activities were conducted by the volunteers. The seminar section was really useful and lively with the active participation of the volunteers.



SEMINAR ON PERSONALITY DEVELOPMENT

A seminar on personality development was held in the PG seminar hall. It was organized by the department of Mathematics. The resource person Dr. Ajith Kumar Ramaswamy (Director, Mentor institute for Leadership Development, Kollam) elaborated at length on the impact of fixed behavioral and persons traits. The class was very interactive and interesting as evidenced by the feedback from the 132 audience present.



GROUP DISCUSSION ON OUR ROLE IN COMMUNITY BUILDING

Rev. Fr. Sanu, Co-ordinator of the self-financing wing of Fatima, addressed the gathering at the Jubilee Hall at 2:00 p.m. on 26th March 2018. The ice breaking session was very much lively and interesting. Father himself demonstrated an action song entitled “Its we who build Community”-

which marks the important role of each person in doing their best to build a Community. All the fifty-six students participated with great enthusiasm overcoming all inhibitions. The participants enjoyed the event.



TALK ON GOAL SETTING

Goal setting is the first step towards planning for future and plays a fundamental role in the development of skills in various facets of life. It involves the development of an action plan designed to motivate and guide a person towards a goal. On 10th March 2018 Sri. Johns K Lukose, Director, Life Skill Training and Counselling Centre gave an inspirational talk on goal setting and One Hundred and Two Students participated in the programme.



DESTINATION EMPOWERED: AN ATTEMPT TO EMPOWER THE SELF

On 11th October, 2017 a motivational talk on the topic “Destination Empowered: An attempt to Empower the Self” was given by Mr Mathews M. Karinjappally for postgraduate students of the department of Physics. Venue of the program was II M.Sc Physics classroom. The program started at 10.00 am by an introductory speech by the Head of the department Prof. Vimala V. Twenty-seven students attended the class. The seminar was very useful to the students. Mr Mathews cleared all the doubts raised by the students. A video session about great personalities was displayed. Then a students’ feedback session was arranged. The seminar ended at 1.45pm. In that short duration a lot of positive changes had taken in each student.



SEMINAR ON SELF IMAGE

A seminar based on the topic “Self Image” was conducted by Dr. Sajimon P. P. (Asst. Professor, Dept. of Psychology, FMNC, Kollam) as part of NSS camp activities on 24th December 2017. It was a motivation speech for the volunteers for the improvisation of their self-image.



A PROGRAM ON SOFT SKILL TRAINING

A program on Soft Skills Training” was conducted on 07-06-2017 by Mr. Fresnal Das, Chief Counsellor, CAPE INDIA. This session is started by a formal welcome address by Dr. Sajimon P.P., Assistant Professor, Department of Psychology, 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.

Though most of the students excelled in academics many of them lacked the confidence to express their ideas in public. Counselling and remediation classes were conducted in order to fill these lacunae. Mr. Fresnal Das, an expert counselor and Psychotherapist along with another counselor Mr. Sijin K.S. conducted the classes very effectively. All the students responded positively to these sessions. The whole sessions were conducted using lecture cum demonstration method. After the psychotherapy session, the participants engaged themselves in identifying the power of their mind.



FIRMAT

Under this skill course, the students are trained in Basic Communication Skills, Information Technology (IT) and the skill they opt for, this case, Fisheries. 55% of skill training is based on practical knowledge instead of theories. Since FIRMAT course focus on practical knowledge, students are given field training.



COMMUNICATIVE ENGLISH CLASS

A class on communicative English was held on 16th February 2018 by Overseas Academy, Kochi. The session was arranged for I and II-year degree students of the Mathematics department. The class was highly beneficial to the Twenty-Five students who attended the session. Tips on how to communicate effectively were the highlights of the talk



ENGLISH COMMUNICATION DEVELOPMENT CLASS

28th February 2018, Career Guidance and Placement Cell of Fatima Mata National College arranged an English Communication Development class to the I DC chemistry & Polymer Chemistry students on 28th February 2018, held in Chemistry Gallery at 10:00 am and sixty-eight students attended the session. Mr. Rajesh Mohan, Director, Overseas English Academy, Ernakulam was the resource person.



LIFE SKILL

YOGA DAY OBRERVANCE

Yoga Day celebration was organized by the department of Psychology on the 21st of June, 2017. The importance of Yoga in modern life is abundant. It is a practice which controls an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind. Yoga is very much useful for student community. It improves the concentration power, helps to have a healthy body out of diseases, out of stress etc. Knowing the importance of Yoga, Dept of Psychology observed International Yoga Day and 54 students participated.



INTERNATIONAL YOGA DAY

Yoga The NSS unit of Fatima Mata National College, Kollam observed on 21st July 2017. Fifty NSS volunteers participated in the activity.

INTERNATIONAL YOGA DAY

Yoga is an invaluable gift of India's ancient tradition. The international Yoga Day was celebrated on every year June 21. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature and a holistic approach to health and wellbeing. A total 30 Naval NCC cadets practiced yoga on that day at the volleyball court in front of college. Senior cadets Sherin Thomas, Mukundakrishnan and Arun S. Kumar gave demonstrations of different AASANAS



INTERNATIONAL YOGA DAY

International Yoga day is celebrated by the members of the health education club on 21st July 2017. Twenty-two students of the club participated in the program. It helps them to get physical and mental disciplines.



YOGA CLASS

Health Education Club in association with college union, organized a session on Yoga class and demonstration on 15th March 2018. Yoga Guru, Ms. Priya Antony took the session. Dr. Maria Padma Miranda, inaugurated the session. Union General Secretary, Emmanuel Bobby welcomed the gathering and Convener Dr. Saju S. proposed vote of thanks. Thirty members of the club attended the session. The students of health education had a brief session of meditation and yoga.



A SEMINAR ON NON- COMMUNICABLE DISEASES IN LIFESTYLE DISORDER

A seminar on 'Non communicable diseases in Life Style Disorder' was conducted by NSS Unit, Fatima Mata National College, Kollam. NSS Programme officer Mr. Ignatius J. welcomed the gathering to the seminar. The program was presided over by Dr Vincent B. Netto (Principal, Fatima Mata National College, Kollam). Dr Sandhya R, Dy.DMO& DSO, Kollam, inaugurated the camp. In her speech she talked about the non-communicable diseases and its precautions. Following the inaugural address, the felicitation speech was given by Nevin (Chairperson, FMN College Union). Vote of thanks was delivered by Prof. Asa Stephan (NSS Program Officer). After the inaugural section there was a seminar based on the topic "Non-Communicable Diseases in Life Style Disorder" at 11:30 am. The class was led by Dr. Sandya R. (Dy.DMO& DSO, Kollam). She did a very interesting interactive section.



AN INTERACTIVE SESSION ON VARIOUS RESCUE MEASURES

A seminar was conducted on the topic “Various Rescue Measures” by Mr. Renold Baby (Special Marine Home Guard, Coastal Police, Neendakara, Kollam). The seminar made the volunteers aware of various rescue measures in an emergency.



A SEMINAR ON DENTAL HEALTH AND ORAL HYGIENE

Dental hygiene or oral hygiene is the process of maintaining proper dental care to avoid oral health problems. It is recommended that you see your dentist and dental hygienist at least twice a year however the dental care that you provide on your own in-house is an integral part of maintaining good oral health. Neglecting to adhere to proper oral hygiene guidelines can lead to further oral health complications that are much easier to prevent .Improper dental hygiene results in increased accumulation of plaque and debris around the mouth, teeth, and gums that can lead to gum disease. Gum disease, or periodontal disease is an infection of the tissues and bones that surround and support the teeth. Gum disease is a direct result of poor dental hygiene and is preventable. Gum disease can also lead to halitosis, gingivitis, tooth decay etc. The talk was delivered by dr. Jeslet John(MDS), dental surgeon, govt. Hospital, Kollam

The topic of lecture – Gum disease, oral ulcer, oral cancer, treatment of injured tooth & brushing technique.



A Seminar Cum Exhibition on Health Awareness and the Role of Medicinal Plants- Harithayush

The main activities for the academic year commenced in the month of December with a programme entitled “HARITHAYUSH”, whose main intention was to create awareness in ‘Health through traditional medicine’. The programme was conducted in two phases: a talk-cum – interactive phase and an exhibition on locally available medicinal plants by the students. The programme, organized by the Community Health Club along with the Health Education club and the Nature Club of the college was conducted on 14.12.2017 at the Jubilee Seminar Hall. Students of the Dept of Zoology and Botany also participated in the event. Mr. Fresnal of the Dept of Psychology helped organize the event.



A SURVEY ON VECTOR BORNE DISEASE

As part of the communicable disease prevention and control campaign of the District health services department and initiative of the State Government- 'JAGRATHA', the members of the community health club and Dept of Zoology participated in a sensitization as well as Dengue vector surveillance programme on 9.1.2018, 16.1.2018 and 17.1.2018.

The 2-day vector surveillance programme was conducted on the 16th and 17th of January 2018. The officials of the health department transported the community health club members to the respective study areas identified by them. They were accompanied by the Convenor Mrs. Nisha Thomas. The members were split into teams of 6, each team being accompanied by a staff of the Health department. 35 houses were identified by each team in a day. Each house was surveyed for the presence of dengue larva, and where ever possible the house members were told how to get rid of them. The members also helped

5.1.3 CAPACITY BUILDING AND SKILL ENHANCEMENT PROGRAMMES

destroy active sites by pouring kerosene in the infected water bodies. Dr. Sandhya, DMO distributes certificates to the participants.



TALK CUM INTERACTIVE SESSION ON DEFEAT CANCER- I CAN, WE CAN

With the co-operation of the representative of a medical pharmaceutical company, BIOCAD, Mr. Anandharikumar, a talk-cum-interactive session on “DEFEAT CANCER-I CAN, WE CAN” was conducted for the Community Health Club members on 28-2-2018. The session also saw the participation of 200 students comprising of the I PG students of all the Departments, the members of the Science Club and also the Health Education Club. Dr. CherianThampy, Medical Oncologist from KIMS Cancer Centre, Thiruvananthapuram, was the spokesperson. Dr. Cherian began his talk by asking the audience the definition for disease and mentioned the 2 categories of disease. He then spoke about the life style diseases and then came to his topic ‘Cancer’. He undermined the fact that tobacco and alcohol were the 2 main cancer causatives. He summed up his presentation by encouraging the youth to bring about changes in the society. He reiterated the fact that “only the youth can create a tobacco free society”. The talk was then followed by a very active interactive session

5.1.3 CAPACITY BUILDING AND SKILL ENHANCEMENT PROGRAMMES



Date: 28-02-2018; Time: 2 Pm ; Venue: College Auditorium

Programme

Prayer song	
Welcome	Mrs. Nisha Thomas P
Presidential Address	Dr. Vincent B Netto Principal
Invited talk	Dr. Cherian Thampy Medical Oncologist KIMS Cancer Centre Trivandrum
Student interaction	
Vote of Thanks	



A VISIT TO PAIN & PALLIATIVE CLINIC

With the aim of lending a helping hand to cancer patients, members of the community health club visited the Pain & Palliative Clinic on 29-3-18 at 10.30am. Mr. N.M. Pillai, the secretary of the P & P Trust gave an introduction as to how pain and palliative care functions. This was followed by interactive

sessions by Rtd.Prof. Laila, Dr. Kamalasanan, Dr. Rani and others. The students and teacher Mrs. Nisha Thomas donated clothes and other stationery items needed for the patients. It was decided to form a palliative care voluntary group in the college so as to continue serving these hapless people.



TALK ON HARMFUL EFFECTS OF PLASTIC WASTE

A talk on 'HARMFUL EFFECTS OF PLASTIC WASTE' was given by Dr Akhila Thomas, Associate Professor, Dept. Of Zoology, FMN College. She explained the manufacturing process of plastic and also its ill-effects. She also told how it creates air, water and soil pollution with real life examples. She said that really it is unsafe for the mankind, plants, animals and our mother earth, the blue planet. Twenty for students attended and the talk was arranged on 5th June 2017.



A seminar on Awareness on Road Accidents and Traffic Discipline

The 3(K) Naval Unit NCC of Fatima Mata National College organized a seminar on '**Awareness on Road accident & Traffic Discipline**' on 20th January 2018. The expert talk was given by Mr. Shanavaz H, Assistant Sub Inspector of Police, District Crime Branch Office, Kollam.

The programme aimed at creating a new generation of citizen who abides road rules. The class was very effective and interactive. The class helped in creating awareness on traffic rules, familiarizing traffic signs and giving demonstrations including distribution of pamphlets related to the event.



ANTI NARCOTIC SEMINAR – VIMUKTHI

Antinarcotic cell, in association with NCC and College Union conducted an antinarcotic seminar on 8th February 2018 at Jubilee Seminar hall. Vice Principal of the college, Smt. Grata Ildaphonse, inaugurated the session. Excise Assistant Commissioner, Mr. Suresh Richard conducted awareness class and Excise officer Mr. Benny made a talk on unsafe behaviour of youth. Eighty students benefitted from the session.



WORKSHOP ON RESEARCH METHODOLOGY

Research is defined as, a careful consideration of study regarding a particular concern or a problem using scientific methods. Research is a process of systematic inquiry that entails collection of data; documentation of critical information; and analysis and interpretation of that data/information, in accordance with suitable methodologies set by specific professional fields and academic disciplines. The field of research is changing very fast. New technologies are growing enormously. Dr. Anitha V., Associate Professor, Dept of Economics, University of Kerala has explained in detail, the necessity of doing research and how to carry out research work using technology.



WORKSHOP ON PHP AND MYSQL

The inauguration of the one-day workshop on PHP and MySQL started by 10:00 in the morning. The Head of the Department Mrs Annie Johnson welcomed all the assembled members. The workshop was inaugurated by Dr Mary Teresa P. Miranda, Coordinator, Self-Financing. Tiji Thomas, HOD, Department of Computer Applications, MACFAST, Tiruvalla gave an introduction to the importance of PHP and MySQL for Computer students. The inauguration ceremony came to an end by 10:30 a.m. with the National Anthem.

The inauguration ceremony was followed by a class on the language PHP and MySQL by Tiji Thomas, HOD, MACFAST, Tiruvalla. The session was followed by hands on practice in the lab. The hands-on practice was conducted by Thomas Mathew, Assistant Professor, MACFAST, Tiruvalla. The students were given certificate from MACFAST Tiruvalla for attending the workshop. The certificates were given by Rev.Fr. Rolden Jacob, Pro. Manager, Fatima Mata National College Kollam.



INDUSTRIAL VISIT TO TECHNO VALLEY SOFTWARE INDIA PVT. LTD

As per the curriculum, the students went for an Industrial Visit by 7th of October 2017. The students started from college by 5:15 a.m. The students reached Techno valley by 9:30 a.m. Techno valley provides universal access to the world's best education, partnering with top MNC's and organizations to offer training and certification on world best cutting technologies. The students were given an interactions session on Ethical Hacking techniques. They were shown the illustration of hacking. An ethical hacker is a computer and networking expert who systematically attempts to penetrate a computer system or network on behalf of its owners for the purpose of finding security vulnerabilities that a malicious hacker could

potentially exploit. The forenoon session ended with the basic introduction on Oracle certified Course of DBMS (Data Base Management System).

The afternoon session consists of introduction of various certified courses and benefits of having a certification and the session ended with a class on placement opportunities. The students reached college by 11: p.m.

FIRMAT- SKILL ENHANCEMENT PROGRAMME

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