

FATIMA MATA NATIONAL AUTONOMOUS

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

7.3.1 FATIMA Care and Share

IQACINTERNAL QUALITY ASSURANCE CELL

INSTITUTIONAL DISTINCTIVENESS

LIST OF VARIOUS "SHARE AND CARE PROGRAMMES"

UNDERTAKEN BY FATIMA (2014-2019)

I. FATIMA JEEVANREKHA (FATIMA LIFE LINE)

The philanthropicspirit of the students of Fatima is best exemplified in theirhumanitarian activities and charitable attitude towards fellow human beings.

A) BLOOD DONATION

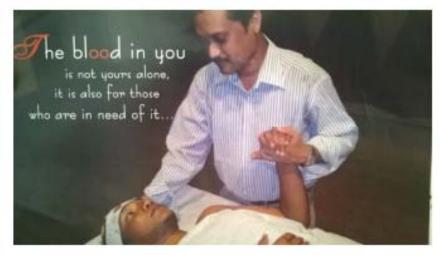
Every Year Blood donation is done on a regular basis by the students of FATIMA.

List of Blood Donation Programmes (2014-2019)

- **30.06.2014**: Dr. Reebu George, pathologist Bishop Benziger Hospital inaugurated the blood donation camp. 30 student volunteers from NSS, Community Health & Dept. of Zoology donated their Blood.
- **1.12.2014**: A blood donation camp was organized by NSS in co-operation with HDFC bank and IMA. More than 200 volunteers donated blood.

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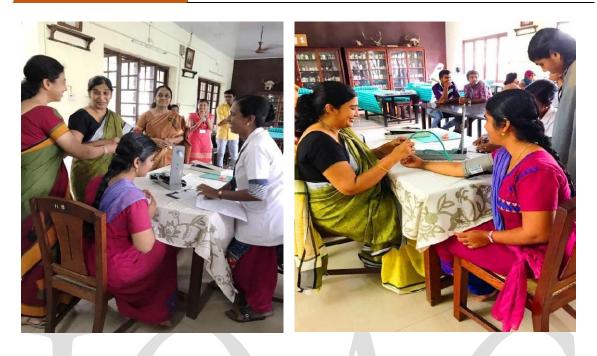


Best photograph award was given to this photograph of our NSS. Unit by District Health Department, during the blood dionor day.

- 9-12-2015: As part of the official inauguration of the Zoology Association, Dr.Reebu George, Chief Pathologist, Bishop Benziger Hospital, Kollam gave a talk on " Cancer Awareness". Simultaneously a Blood Donation Camp was conducted in collaboration with Bishop Benziger Hospital. 32 students donated their blood.
- **9-12-2016**: DrReebu George M.D Pathologist, Bishop Benziger Hospital and a team of technicians conducted the Blood typing cum donation camp held at the Department of Zoology. DrReebu 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.
- **13-03-2017**: Blood donation camp was organized by the Department of Zoology co-partnered by Department of Commerce, NSS, and NCC volunteers. A team from IMA Kollam Unit led by Dr Anitha conducted the camp. 45 students donated their blood.



• **30.06.2017:** A Blood Donation Camp was organized by the Department of Zoology &NSS Unit on 30.06.2017under the supervision of Bishop Benziger Hospital. Head of the Medical Team, Dr.Reebu George (Pathologist) delivered a talk on the importance of blood donation. Forty-six students successfully donated blood.



• **29.06.2018**: The Community Health Club along with the NSS, the Departments of Zoology & Botany in co-ordination with Bishop Benziger Hospital conducted a blood Donation Camp at the Department of Zoology on 29-6-2018 at 10.00 am. Approximately over 120 students from different departments including the self-financing streams were screened by Dr.PremchandPrabhu, who led the team from Bishop Benziger Hospital. 27 students were bled by the team of nurses led by Sr.Goretti.









• 23.11.2018: NCC (Army) unit of FMNC celebrated NCC Day and Communal Harmony Campaign week from 19th to 25th November by conducting various programmes. Cadets participated in blood donation camp on 23rd November 2018.



• The Students of BCA (semester three and five) donated their blood to the blood bank of Medicity Hospital, Holy Cross hospital and Ashramam Blood Bank.A total of fifteen students actively participated in the blood donation camp.

B) HAIR DONATION

Fatima is extremely proud of its students and teachers who volunteer to donate their hair to cancer patients. 'Locks of Love Campaign' was conducted in the College by SARGA KSHETHRA, a cultural and charitable centre located in Chethipuzha, Kottayam.

The list of the hair donors are:

- 1. 2016-17: Ms. Abida Abu, (III D.C.English)
- 2. 2017-18:Ms.Liya Joy (Guest Faculty, Dept of Economics)
- **3. 2017-18**: Ms. AishMariya Alphonse (B.Com.Co-operation SF)
- 4. 2017-18: Ms. Athira A. (B.Com. Co-operation SF)
- 5. 2017-18: Ms. Megha Sunil (B.Com. Co-operation SF)
- 6. 2018-19: Reshma Das(II DC Economics)
- 7. 2018-19: Reena S (II DC Economics)
- 2018-19: Strands of Hair: On International Women's Day, College Student Union organized a hair donation

programme "**Strands of Hair**". 22 students joined the mission and donated their hair.

- 8. VarshaVimal (I DC Psychology)
- 9. Varija (I DC Zoology)
- **10.** Reshma (II DC Economics)
- **11.** Reena (II DC Economics)
- **12.** Aleena (I DC Zoology)
- **13.** Rossett (III DC Chemistry)
- **14.** Aneeta (II DC History)
- **15.** Shalima (II DC History)
- **16.** Ardra (II DC Physics)
- **17.** Siji (III DC English)
- **18.** Elsa (II DC Physics)
 - **19.** Sinu (II DC Physics)
 - **20.** Salma (I DC History)
 - **21.** Varsha (III DC Malayalam)
 - **22.** Vinni (II DC Maths)
 - **23.** Ashna (I DC Botany)
 - **24.** Renjitha (II DC Maths)
 - **25.** Vijayasree (III DC Malayalam)

- **26.** Gowri (III DC Malayalam)
- **27.** Aneeta (I DC Maths)
- **28.** Ferin Francis (II DC English)
- 29. Arya (III DC Malayalam)

"STRANDS OF HAIR"





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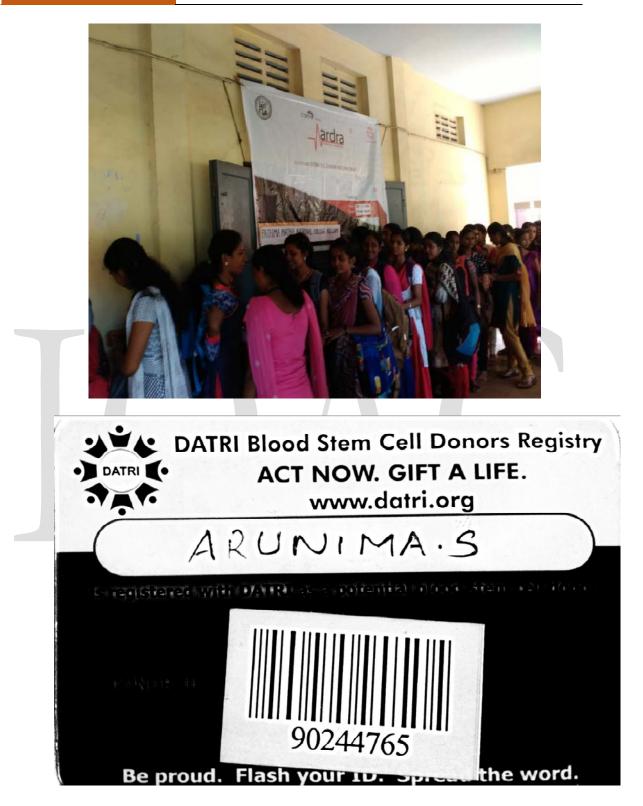


C) STEM CELL DONATION

A stem-cell donation drive **ARDRA 2016** was conducted in the campus on **04.10.2016**. 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 Organ DonationProgramme**PUNARJANI**was organizedon **21stAugust 2017** to create awareness among the students about organ donation. The event was inaugurated by Kollam City PoliceCommissioner, Mrs.Ajeetha Begum, IPS. In her speech, she elaborated on the need fororgan donation and expressed her wish to donate her organs after death and alsoencouraged the youth to come forward and pledge their organs. The event was presidedover by JC. Dr.ShanimaNizam, President, JCI Quilon. Others who spoke included were JC.Dr.Girishankar and JC HGF AsharafSherief. Dr.Sree Das, Nephrologist elucidated theconcept of brain death, the irreversible loss of all brain functions. Around 60 students and teachers of the college attended the function.



E) PRO-LIFE MOVEMENT

A Pro- Life exhibition was conducted on the 27th and 28th of February2017. Prolife is a movement started as a move to stop abortion which is done as part of family planning. This movement was conducted in college to educate the youth of our college about this issue.

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• **Prolife Exhibition** conducted on February 10th and 11th, 2020







F. AWARENESS ON EYE DONATION 14.11.2019

A seminar on Eye donation was organized by Internal Quality Assurance Cell (IQAC) in collaboration with **Environmental Club**, **Bhoomithrasena**& Lions Club of Kollam Greater. DrJayasankar, Dy DMO &Nodal Officer, Eye Donation Kollam explained the medical aspects of the eye donation. Lion Dr. J Ganesh MJF, Chairperson, Sight First Dist.324-4 explained all the procedures and laws regarding eye donation after death. The resource persons were able to clarify the apprehensions of the participants. The importance and the need for eye donation were conveyed.



PROGRAMME

Date:14th Thursday November 2019 Time: 1.30 pm Venue: Bishop Jerome Auditorium

Invocation	: Fatima Green Band
Welcome	: Dr. Saju S Convenor, Media & Radio Club
Presidential Address	: Dr. Vincent B. Netto Principal, FMNC
Inaugural Address	: Lion V. Parameswaran Kutty PMJF First Vice Dist. Governor: Lions Clubs International District 318-A
Benedictory Address	: Rev. Dr. Rolden Jose Jacob Manager, FMNC
Introduction of the Proje	cct : Lion R. Vijayarajan MJF Chairman Eye Donation Dist. 318-A
Address by Chief Facult	ty : Lion Dr. J.Ganesh MJF Chairperson: Sight First Dist. 324B-4
Felicitations	: Dr. Jayasankar Dy DMO & Nodal officer Eye Donation Kollam
	: Lion Tomy Joseph President, Lions Club of Kollam Greater
Vote of Thanks	: Lion Dr. Johnson Pius
National Anthem	

Lions Club of Kollam Greater Ln. Tomy Joseph (President) Ln. N. Sujay (Secretary) Ln. P.Pradcep (Administrator) Ln.T.Mujib (Treasurer)

Dr. Vincent B Netto (Principal) Dr.Sarlin P. J. (Coordinator)

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II. FATIMA SAHAYAHASTHAM (LENDING A HELPING HAND)

Fatima students are at the forefront in extending financial and material help to victims of natural calamities. They engage themselves wholeheartedly in the relief activities.

A. CYCLONE RELIEF ACTIVITIES

Okhi Fund Raising: As part of Christmas celebrations, students collected funds for Cyclone Okhi relief activities and distributed it among the victims.





B.FLOOD RELIEF ACTIVITIES UNDERTAKEN BY

DIFFERENT DEPARTMENTS AND CLUBS

It was an unprecedented student mobilisation that Fatima witnessed when the state was shattered by natural calamities, like the Cyclone Okhi (2017) and the gigantic flood (2018) which virtually engulfed half of the state. Fatimites were at the forefront lending a helping hand to the victims by giving them financial and material help

• August 22-23, 2018: **NSS volunteers** participated in the cleaning project named "NAAVYAM -2018" organised by NSS, to clean the flood-affected areas





NSS Unit of the Collegealso collected items, which were handed over to the collection centre running in the college



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• NCC (Army)Cadets participated in the Kerala Flood Relief activities. Cadets collected cash, food materials, and prepared cleaning detergents and sent them to relief camps on 20th August 2018.





• KAITHANGU (KUTTANADRELIEF PROJECT)

AICUF Unit of the College collected cloths and raised fund in order to help the flood affected victims of Kuttanad under the AICUF State Project **"KAITHANGU"** (Kuttanad Relief Project). The FMNC Unit President Duethin S handedover the fund (Rs. 2500/-) and cloths collected by the Unit members to the State President Mr. Dixon David and team, on **04-08-2018** in the presence of the Unit Animator Dr Mary Nancy T.E. and the Second DC representative Ajims James.



• **Commerce Department (SF)** contributedmore than 1000 books and 1000 pens to the student community who suffered from the disaster. Apart from this contribution, they actively participated in the cleaning andother relief activities in the flood affected areas.

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- The Students of the **Department of Economics** contributed a sum of Rs.36821/- towards flood relief activities during August/September. The teaching faculty of the Department contributed their one-month salary to Chief Ministers' Disaster Relief Fund.
- **Department of Commerce (B.Com Co-operation SF**): Students Contributed more than 1300 note books and 700 pens to flood victims.
- The Students **of Physics Department** contributed Rs. 16,450/- to the flood relief fund. They also undertook flood relief activities at flood affected areas.



• **Department of English** purchased items worth more than Rs 25,000/ and distributed them among the



victims. They also participated in the cleaning activities.





• Department of Psychology donated dress, medicines and other household items to the flood victims.





- The students of **COMPUTER SCIENCE(SF)** Department extended their help to donate generously by giving clothes, a sum of Rs2750/-, 500 books and pens to the College management, in order to be handed over to flood affected victims. They also spread the word about the procedure to donate towardsthe CM Disaster Relief Fund.
- Contribution of **Department of Chemistry**to Flood Relief Activities

 Dr. Sunil Culas accompanied the college to Kuttanad. (05/09/18) 	eam to
• Students who accompanied the college tea	m
Sajan.S, Jeslin Francis, Ananthakrishnan	(06/09/18)
Bibin Jose, Akhil.K .R, Jerisili James	(14/09/18)
 Total amount contributed towards CHIEF FLOOD RELIEF FUND is Rs. 8675/- 1) Akhil .S .Mohan: Camps attended 	MINISTER'S

 Paripally – food, medicines, clothes.
Paravoor
• Kollam
Karunagapally
2) Anandhu .M: Camps attended
Chavara – food items distribution, dress, sanitary
items.
 Chengannur – food items, cleaning, cooking
3) Rony .T .M: Camps attended
 Mundro Island- food items, sanitary items.
Kallada – food items.
4) Jeslin Francis: Camps attended
 Chavara – food items distribution.
5) Vishakh .B: Camps attended
 Kollam Collectorate – food items, sanitary
items,dress.
6) Anjali Das:NCC, financial support
Grocery items collected by third DC Polymer
Chemistry students were given to the NSS unit of
the college, which was later distributed to various
camps.

• DO FOR KERALA: REBUILD KERALA MISSION

A Collection of One lakh seventeen thousand rupees (Rs.1,17,000/-) was handed over to J. MercykuttyAmma (Minister of Fisheries) on10/09/2018. Theamount was raised by FMNC,Staff, Students, FSA and PTA. 2367 students and 63 teachers actively participated in flood relief activities.



A collection of one lakh seventeen thousand rupees was handed over to J. Mercykutty Amma (Minister of Fisheries)

C) HELPING ENDOSULFAN VICTIMS

 M.Sc Previous students of Department of Botany, organized a fund raising campaign on 4th November, 2015, in association with the 'NallaPadam' of MalayalaManorama Daily. An amount of Rs. 12000/was collected and the amount was handed over to the Manager of the college, Fr. Anil Jose. Later it was donated to the 'NallaPadam' of MalayalaManorama Daily.



 On 10-01-2019, The Kerala AICUF had organized an art exhibition (ONUS) and a signature campaign in order to stand for the rights of the Endosulfan victims. FMNC AICUF members couriered 13 posters which they

managed to prepare in between their exams. FMNC AICUF members managed to collect more than 560 signatures by 10th January 2019 from the campus in support of this venture. Their effort was fruitful as the Govt. agreed to do justice in the matter of the Endosulfan victims after the hunger strike by the social worker Dayabhai and the Kerala AICUF before the Secretariat. Thus the AICUF members of FMNC could become part of a genuine social work.



D) FATIMA'S CONTRIBUTIONTO COMBAT COVID-19

As the fear of the pandemic gripped the masses and shortage of sanitizers became a serious concern, teachers and students of the Department of Chemistry rose to the occasion and prepared sanitizers and distributed them in theCollege.Sanitizers were also distributed at the railway station and the people were alerted to the gravity of the situation.









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III. FATIMA KOODEYUNDU (FATIMA IS WITH YOU)

In collaboration with Quilon Social Service Society (QSSS), FATIMA has started an outreach programme for the benefit of the local community, whereby the students and faculty of FATIMA join hands with the social workers of QSSS to execute a large number of programmes. The Community Outreach Program was initiated by the College during the academic year 2018-2019 to develop an ongoing program that would enable the participation of dedicatedteachers and students in the activities associated with the mission and vision of our College - to help the downtrodden of the Society. The outreach programmes include activities that can help the rural poor in the upliftment of their social and economic status. Various Outreach activites were conducted during this period. The members were given hands on training on candle making and paper bag preparation. They worked as volunteers for General Medical Camp, the Cancer Screening Camp etc. (Please refer the detailed Report)

IV. SNEHAVIHITHAM: A SHARE OF OUR LOVE

Snehavihithamis a **Share and Care Initiative** by the College, undertaken with the support of AICUF and IQAC, to offer noon meals to the poor and the destitute. The event is scheduled to be held on the 11th of every month. The students and the faculty are directed to bring one extra meal each to be distributed in the poor homes, orphanages and old age homes.

V. 'SANTHVANAM': FATIMA CHARITY VISITS

A) PALLIATIVE CARE VISITS

With the aim of lending a helping hand to cancer patients, members of the Community Health Club visited the Pain & Palliative Clinic along with their coordinatorMrs.Nisha Thomas on 29-03-18. 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 Retd.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.



• The members of the **Community Health Club** along with their co-ordinatorMrs.Nisha Thomas visited the **Pain & Palliative Care Clinic** at Chinnakada on 16-5-2019. Dr. Jayasree and Prof. Laila spoke to the children about what palliative care is and about the activities of the clinic. The trust members requested that we make them gauze pieces required to dress the

sores of cancer patients, since that was what they needed the most. Students distributed clothes, soap, toothbrushes, pastes, for the inmates.





• WORKSHOP ON GAUZE MAKING FOR TERMINALLY ILL CANCER PATIENTS ON 21-12-2019

Under the auspices of the 'Pain and Palliative Care Clinic' at Kollam, Community Health Club organized a workshop on gauze making for its members on 21-12-2019. The Saturday, programme titled **"SANTHWANAM** Community Health Club" was inaugurated by our Manager Rev DrRolden Jose Jacob. MrLekshminarayanan, a former Medical Rep and currently a volunteer at palliative care clinic spoke about their activities and how our students could help the terminally ill cancer patients either directly or indirectly. Mr. M K Appu, formerly a medical personnel in the Armed Forces in UAE, and who after retiring worked at Upasana Hospital for sometime, and a volunteer at the clinic, spoke of the hardships faced by

his daughterwhofought cancer. It was this experience that brought him to palliative care. He then went on to demonstrate how to make gauze pads for the patients under their care. The raw materials were brought by them. All the 40 students who took part were asked to make gauzes of various sizes. This was done underthe supervision of Mr.M K Appu. On January 17th, the students made dressing pads and they were handed over to the Clinic.















Palliative Care Trust Kollam is with Ayyappan Pillai.

3 mins • 🕄

The Community Health Club at Fatima Matha National College,Kollam had been trained by The Pain and Palliative Care Trust Kollam nursing department as to how to make dressing pads.Yesterday in a meeting the Principal of the college Dr.Vincent B Netto and Asst.Prof.Nisha Thomas handed over the first consignment of the dressing pads they made......great gesture ..



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B. VISITS TO POOR HOMES AND ORPHANGES

- The students of S4 M.Sc. Physics(2014-2016) visited Children's Home run by C.S.I at Kollam accompanied by their class teacher Mrs Vimala and handed over the money they collected from the beginning of the course for the very same purpose.
- The students of S3 B.Sc. Physics(2014-2017) visited Quilon Poor Home (run by the government) at Mundakal, Kollam, accompanied by their class teacher Ms Bindhu Christopher and served them food and other provisions.
- The students of II DC Economics batch along with their class teacher Ms.Liya Joy organized a visit to SS Samiti (SarvathrikaSahodaryaSamithi), a registered charitable trust located in Mayyanad, Kollam, as part of their Christmas celebration on 17th December 2016. They donated Rs. 3000/- collected from their class and spent a full day with the inmates.
- A group of students of **III DC Economics**conducted a visit to SS Samiti, Mayyanad as part of their Christmas celebration on 22nd December 2017. The students raised Rs. 5000 to provide food to the inmates.

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As part of the Onam celebration, the students of I D.C.
 Economics visited the old age home ABHAYAM in

Eravipuram, Kollam on 1st September 2017 along with their class teacher Mr. Manu V and Dr. Mary Antony (Head, Department of Economics). The students donated Rs. 3000/- to sponsor OnamSadya (traditional feast) to the inmates.

Students of Department of Commerce (SF) 2018-2019visited SS Samithi, Mayyanadu, Kollam to give Financial assistance and also food items and dress materials to the inmates. They shared meals with them and performed various cultural activities too.



NSS Unit of FMNCvisited the Poor Home at Mundakkal on 26th January 2015. The volunteers reached the poor home and presented the inmates with cakes and clothes. Then the volunteers sang songs and danced to entertain the inmates.







> The staff and students of the **Department of Botany**visited Poor Homeon 21st December, 2017. X'mas was celebrated with the inmates of Poor Home. Cakes were distributed to them. Staff and students distributed various materials like soap, brush, paste, clothes etc. to them.





• The students and teachers of the **Department of Malayalam** visited the Old Age Homeon July 25, 2017 and distributed foodstuff and spent some time with them.



- On 16th February 2018, a team of 48 students of Community & Health Club accompanied by 2 faculty members of the department visited "Sanketham" Kalayapuram, a poor home. Our students donated dress items for different age groups, provided financial assistance and shared meals with inmates of the home. Students performed various cultural programmes for entertaining them. It was a nice and hearty experience for students.
- On 22 -07-2019, students of Department of Physics
 visited the Old Age Home AssissiVinayalaya









• KARUTHAL: EDUCATIONAL AID

A programme named **KARUTHAL**, meaning care or concern was launched by Dept of Psychologyto give financial aid to those students who do not come under the overheads providing assistance, or as supplementary aid to those who are already receiving assistance, but which is inadequate to meet their daily requirements. This fund mobilized by the students and staff of the Department ishanded over to the Head of the Department to be utilized as and when required.



13.11.2017: The Student College Union "Udayam-2017" had taken up its motto as "EllathillimoruNanma"(Deeds of Nobility).In a unique gesture by our students, the College Union was inauguratedbyRev. Sister Theresa, who runs an orphanage called *Karunyatheeram* for orphaned children at Eravipuram, Kollam. The Union upheld its motto by handing over 1000 notebooks contributed by teachers and students of the College to Rev. Sister **Theresa**, for the children of *Karunyatheeram*.



22.02. 2019: COLLECTION & DISTRIBUTION OF DRESS.

College NSS units and "PalathulliPeruvellam Society" (an All Kerala Charitable Society) jointly conducted a programme to collect dress for all ages for the members of Gandhi Bhavan, Pathanapuram, Kollam. Volunteers collected and sorted the dresses. Dr. Grata Illdaphonse, Vice-Principal of the college handed over the collected dresses to Mr. B. Pradeep(Retd. Jail D.I.G., Executive Manager of Gandhi Bhavan) in the presence of the members of the "PalathulliPeruvellam Society".







- MrShahil S. of II B.Com Co-operation (SF 2016-2019 Batch) took initiative and collected Rs.6300/-in response to a newspaper report for a poor boy suffering from a rare skin disease. (EpidermolysisBullosaDystrophica)
- Financial assistance of Rs 50,000/- was handed over by our Manager Rev FrDrRolden Jacob to Ms Aleena II B.A. Malayalam student, whose family was in need of immediate medical attention after a major road accident.



