SPORTS DAY

The National Sports Day in India is celebrated on 29th August, on the birth anniversary of hockey legend Major Dhyan Chand. This day marks the birthday of Major Dhyan Chand Singh, the hockey player who won gold medals in Olympics for India in the years 1928, 1932 and 1936.

Sports develop a sense of friendliness among the children and develop their team spirit. It helps children to develop mental and physical toughness. Participation in sports and other physical activities can have many benefits for children. Participation in organized sports offers the chance for youth to enhance their physical and social skills. A balance should be maintained that matches the child's maturity, skills, and their interests with their sports participation. Sports offer children a change from the monotony of their daily life. It is also a useful means of entertainment and physical activity for them.

Children also learn how to cope in a competitive environment as well as learning all about winning and losing; these are important life skills to assimilate in preparation for the working environment. Sport is an excellent tool to build self-confidence. Sports bring discipline in life. Sports certainly sharpen the mind and reduces the stress of mind.

SPORTS DAY @ FATIMA

Sports day at Fatima was organized on 01.03.2019. On this day, the sports club members were fully engaged in organizing the college annual sports day in a very successful manner. The sports day activities started at 8 am and concluded at 6 pm. The club members started by marking the track and fields as per standard specifications, and then even officiated for the competitions as per rules. In general, the manner in which the students organized the sports day was very encouraging. On conclusion of the sports day, they expressed their confidence in organizing such competitions, stating that they could individually manage such events in future even after leaving college.



MERIT DAY CELEBRATION

Merit is a concept considered fundamental to Buddhist ethics. It is a beneficial and protective force which accumulates as a result of good deeds, acts, or thoughts. Merit Day is meant to be an occasion for giving award for meritorious achievement for students. merit is an excellent achievement, honor, value or quality that is deserving of approval. This program is held to recognize the young talents. Awards are a way to encourage good behavior and inculcate competitive spirit.

An award is given to recognize achievement. No matter what field it represents, it is important to give an award to show that a person's achievement is appreciated and commended. Awards are given to recognize an achievement, a victory or any great act that is praise worthy. Awards are a way to show that a person is both appreciated and celebrated. The very essence of giving an award is to recognize the expertize and outstanding achievement in a particular field. Awards can also encourage people to do better and they can serve as a form of motivation. That is why they are frequently used in education sector.

MERIT DAY @ FATIMA

Merit day is a remarkable event in Fatima Mata National College. It is an occasion to honour and award the brilliant achievers of the College. The Merit Day celebration 2018-19 was held at college auditorium on 28-02-2019 at 10.30 am. The programme started with the prayer song by the college choir. Dr Mary Antony (Convener, Awards Committee) welcomed the gathering. The meeting was presided over by Dr Vincent B Netto (Principal). The event was inaugurated by Sri P K Madhu IPS (District Police Chief, Kollam). The keynote address was delivered by Sri George Pulickan (Asianet news). The benedictory address was delivered by Rev. Fr Rolden Jacob (Manager). Sri S L Sajikumar (Vice President, PTA) and Mr Ajithlal (Chairman, College Union) felicitated the award winners. The rank holders and meritorious students were honoured with medals, cash prizes and certificates. The programme concluded with a vote of thanks proposed by Ms Sangeetha Vincent (Member, Awards Committee).

Fatima Mata National College (Autonomous), Kollam



MERIT DAY

CELEBRATIONS 2019

Venue: College Auditorium
Time: 10.30 am Date: 28-02-2019

Programme

Prayer Song : College Choir

Welcome speech : Dr Mary Antony

(Convenor, Awards Committee)

Presidential Address : Dr Vincent B. Netto

(Principal)

Inaugural address : Sri P K Madhu IPS

(District Police Chief, Kollam)

Keynote address : Sri George Pulickan

(Asianet News)

Benedictory address : Rev. Dr Rolden Jacob

(Manager)

Felicitations : Sri S. L. Sajikumar

(Vice President, PTA)

Mr. Ajithlal

(Chairman, College Union)

Distribution of Medals and Cash awards to the Rank holders

Distribution of Scholarships / Awards / Prizes

Vote of Thanks : Ms. Sangeetha Vincent

(Member, Awards Committee)

National Anthem

Invitation





COMMERCE ASSOCIATION DAY

Commerce Association was inaugurated on 14.03.2019 by Prof. Raymond Symon, Faculty, Bishop Jerome Institute, Kollam. The inaugural session started at 11.00 a.m. with a prayer song. The association president, Mr. Abey Gomez welcomed the gathering. Dr. Valsalachandran, Head, Department of Commerce, delivered the presidential address. Prof. Raymond Symon gave a motivational talk on the importance of time management in the everyday life. The talk was very much inspiring and thought provoking. Fr. Sanu Francis proposed the vote of thanks. There was variety entertainment program by the students in the afternoon session



ARTS FESTIVAL

Art is the product of creative human activity in which materials are shaped or selected to convey an idea, emotion or visually interesting form. The art can refer to visual arts, including sculpture, painting, architecture, photography etc. Art is the use of skill and imagination in the creation of aesthetic objects that can be shared with others. It involves the arranging of elements in a way that appeals to the senses or emotions or acts as a means of communication with the viewer as it represents the thoughts of the artist.

An arts festival is a festival that can encompass a wide range of art genres including music, dance, film, fine art, literature, poetry etc. and isn't solely focused on visual arts. History shows that art has been used as a major tool for communication.

ARTS FESTIVAL @ FATIMA

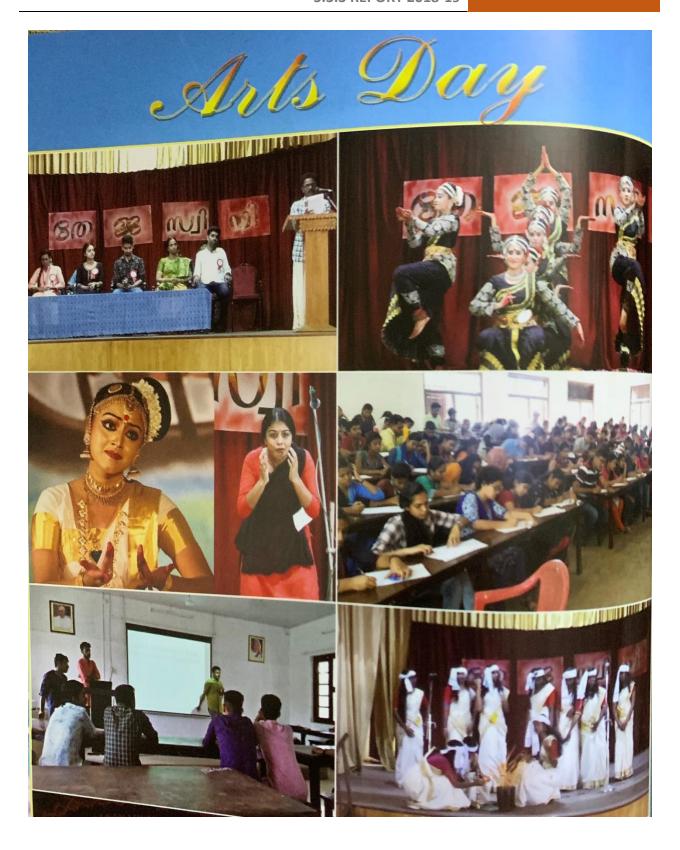
Arts Festival at Fatima 'Thejeswini - 2019'was celebrated on 24.01.2019 and 25.01.2019. The programme commenced at 10 a.m. with the inauguration ceremony. Magazine editor Pranav P.S. delivered the welcome speech. The arts festival was inaugurated by the students who were last year's Kerala University Youth Festival winners. Both of them shared their experience and inspiring words followed by the presidential address of arts club secretary, Oygan J. Arts consultant, Nisha ma'am and Dean of students, Dr. Sarayu Devi offered felicitations. University Union Councilor Soya A.S. delivered the vote of thanks.

The events were staged in three stages- college auditorium, botany seminar hall and chemistry gallery. The first day witnessed fifteen events; folk dance, kadhaprasangam, vanchipoattu,mime, mimicry, folksong, western vocal (group and solo), recitationHindi, elocutionHindi, debateHindi, elocutionMalayalam, debate Malayalam and debate English across three stages. Eighteen events; monoact(female and male), fancydress, margamkali, groupsong, guitar, group dance,skit, lightmusic (male and female), classicalmusic, recitationTamil,quiz, recitationEnglish, recitation Malayalam and elocution English were conducted on the second day.

Literary events - Malayalam essay writing, poetry writing Arabic, essay writing English, poetry writing Hindi, Malayalam short story writing, short story Arabic, short story writing English, short story writing Sanskrit were conducted on 16.01.2019. Poetry writing Malayalam, essay writing hindi, poetry writing English, poetry writing Sanskrit, short story writing Hindi, poster making, painting, clay modelling, cartooning, collage making were conducted on 17.01.2019







DOCUMENTARY FEST

A documentary film is a non-fictional, motion picture intended to document reality, primarily for the purposes of instruction, education, or maintaining a historical record Documentary has been described as a filmmaking practice, a cinematic tradition, and mode of audience reception that is continually evolving and is without clear boundaries. Documentary films were originally called actuality films, and were one minute, or less, in length. Over time, documentaries have evolved to be longer in length, and to include more categories; some examples being: educational, observational etc. Documentaries are meant to be informative works, and are often used in educational institutions as a resource to teach various principles. The documentary Fest helps to bring out the real talents.

DOCUMENTARY FEST @ FATIMA

The Theatre and Film club of Fatima Mata National College in association with Public Relation Department, Government of Kerala conducted a documentary fest in college media room. The documentary fest held on 26th March 2019 had great appreciation from the audience. The College Manager Rev. Dr. Rolden Jacob Inaugurated the fest at 10.15 am and Mr. Girish U the club convener presided over the meeting. The following documentaries were screened during the event.

The fest was an opportunity to see five different styles of documentaries. The documentaries on renowned personalities of Malayalam film industry were of different styles of presentation. The Documentary "P Padmarajan" was a biographical description of the great filmmaker. "Devanayakan" was another biopic which illustrated the life of the great film actor Padmasri Prem Nazir, another notable documentary was the one on the famous film director Ramu Karat entitled as "Swpnavum Cnemayum." The documentary on Vailopalli Sreedhara Menon based on his literary themes was a different experience, specifically by the different kind of narration used. The afternoon session began with works and life of C V Raman Pillai, extended an outlook into the socio economic condition of the period. The concept of renaissancein his work and reluctance to practice in life was one of the point of the discussions of the picture. The last documentary on Vallathol Narayana Menon and his contribution to Malayalam poetry and Kerala Kalamandalam differed from others in the way of narration. The students had a new

experience with this fest as the technical and style completely different from that of commercial films.





UNION AND ARTS CLUB INAUGURATION

Most colleges and universities have unions which are expected to work for the welfare of students of a particular institution. Students' unions are established to give voice to students and also to make sure that a particular institution is not manhandling the students, and their rights are not compromised. Recognized student organizations create opportunities for leadership development, learning, student engagement, and fostering of shared interests. The student organizations are expected to uphold policies and procedures of the institution and always act in good faith when conducting its business.

UNION AND ARTS CLUB INAUGURATION @ FATIMA

The College Union named "samanwaya" was inaugurated on November 16th, 2018 in the College Auditorium. The Chief Guest of programme was Mr. Ganapoojari (poet). The Arts Club was inaugurated by playback singer Vyshakan -. The inaugural meeting was chaired by Mr. Ajith Lal, College Union Chairman. The Principal Dr. Vincent B. Netto., Dr. Shaiju P.N., Union Consultant, and Mr. Girish U., Arts Club consultants, deliver felicitation speeches. Vote of thanks was given by Mr. Arjun Vinod., General Secretary. Various cultural programmes were staged under the banner of arts club after the inaugural ceremony. Arts club logo and name was introduced by Mr. Adarsh, Mimicry Artist.





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WORLD CONSUMER DAY CELEBRATION

It is a day marked to raise global awareness about consumer rights and needs. Celebrating World Consumer Rights Day is a chance to demand that the rights of all consumers are respected and protected, and to protest against market abuses and social injustices which undermine those rights. The World Consumer Rights Day is celebrated every year on March 15 to pay solidarity with the international consumer movement and give more attention to promote basic rights of consumers.

World Consumer Rights Day was inspired by President John F Kennedy, who sent a special message to the US Congress on 15th March 1962, in which he formally addressed the issue of consumer rights. He was the first world leader to do so. The consumer movement first marked that date in 1983 and now uses the day every year to mobilize action on important issues and campaigns.

WORLD CONSUMER DAY CELEBRATION @ FATIMA

World Consumer Day was celebrated by inaugurating Consumer Club on 15.03.2019 and arranged a talk on The Rights of Consumersby Adv. Amritha Nelson. Fr. Sanu Francis welcomed the students and the teachers to the session. Dr. Joseph James V., the president of the function gave the presidential address. Mr Arun of II B.Com. was nominated as the president of the club and he talked about the importance of consumer club and the forthcoming activities. After that Adv. Amritha Nelson addressed the gathering about the Rights of the Consumers in detail. The session ended with the vote of thanks proposed by Fr. Ajeesh.

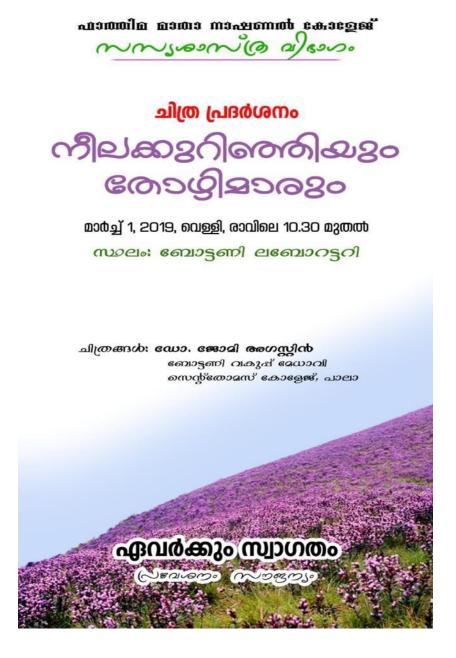




PHOTO EXHIBITION ON STOBILANTHES KUNTHIANUS AND ASSOCIATED SPECIES BY THE DEPARTMENT OF BOTANY

Dept. of Botany in collaboration with Dr. Jomy Augustine, Head, Department of Botany, St. Thomas College, Pala, organized a photo exhibition titled '*Neelakurinjiyumthozhimarum*' on 1st March, 2019 at Botany Laboratory. The inaugural session was started at 10.30 am with prayer song. Dr. Rubin Jose delivered the welcome. Presidential address was given by Dr. Merilyn V.J, Head, and Dept. of Botany. Dr. Jomy Augustine, HOD Dept. Of Botany, St. Thomas College, Pala, delivered the keynote address. The exhibition was opened by Rev. Fr. Dr. Rolden Jacob, Manager, and FMNC. The first session was a PowerPoint presentation about the

Strobilanthus (Neelakurinji). In this session students introduce the botanical details of Stobilanthus kunthianus and associated species. Seventy-four rare photographs of Strobilanthus spp. from Western Ghats were exhibited. More than 500 persons participated in the exhibition. It was a department sponsored programme.





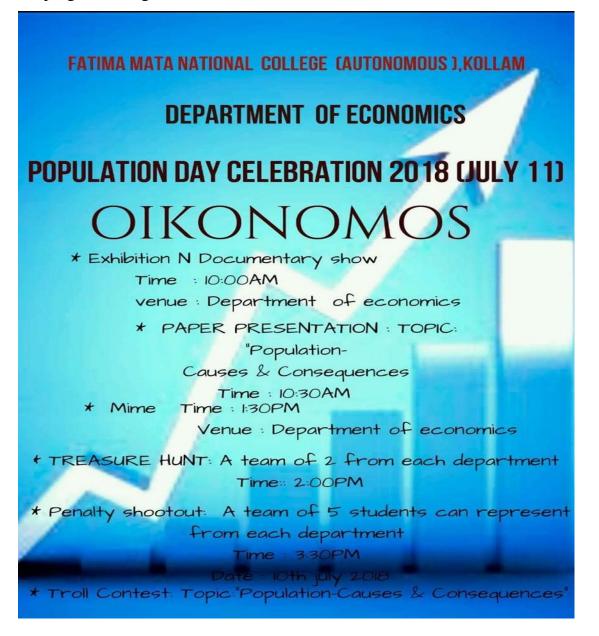
POPULATION DAY CELEBRATION

World Population day is an annual event, observed on July 11 every year, which seeks to raise awareness of global population issues. The event was established by the Governing Council of the United Nations Development Programme in 1989. World Population Day aims to increase people's awareness on various population issues such as the importance of family planning, gender equality, poverty, maternal health and human rights. The day was suggested by Dr. K.C. Zachariah in which population reaches Five Billion. The major objective behind observing World Population Day is to focus the attention on the consequences of increasing population and how it affects the overall development plans and programmes.

POPULATION DAY CELEBRATION @ FATIMA

The Department of Economics celebrated World Population Day (11thJuly) with colourful programmes. The programmes include creation of population tree, population pyramid, exhibition, graffiti designing, mime and treasure hunt. There was a football match with the participation of students from various departments. As a mark of the celebrations teachers and students released hydrogen filled "**Population Balloons**". The

programme came to an end by 3.45 pm. The active participation of the students made the programme a grand success.





COGNETHRA 2K19 – ANNUAL FEST, DEPT OF PSYCHOLOGY

The annual fest Cognethra, onto its third consecutive year was held on the 14trh and 15th of March 2019 with the aim of developing cordial relationships between students from the Psychology Departments at different colleges. The fest provides a common platform for the students to interact, and compete with each other on their psychological skills and knowledge. The program was a grand success with the number of participants and colleges part taking in the events showing a steady increase.







POPULATION DAY CELEBRATIONS BY COMMUNITY HEALTH CLUB

In collaboration with the Indian Dental Association, the Community Health Club organized a talk at the Jubilee Hall on the UN theme for 2018 i.e. "FAMILY PLANNING IS A HUMAN RIGHT". Dr. Annie George, Secretary of the World Dental Association, Kollam Chapter, was instrumental in bringing the Chief Guest and Speaker, Dr. Reena, a gynecologist from GovtTaluk Hospital, Kottarakkara, Kollam to deliver the talk. With the help of a PowerPoint presentation Dr. Reena was able to give an insight into the various natural and artificial methods of contraception, their advantages and disadvantages etc. The programme was attended by the members of the Community Health Club, the NSS, Science Club and the I PG students of the Dept of Zoology. The programme which commenced at 3.00pm came to an end by 4.15pm. The meeting was blessed by the presence of the President of the IDA, Kollam Branch, Dr. Christine and other members.





NCC DAY AND COMMUNAL HARMONY CAMPAIGN WEEK

 $NCC unit of FMNC celebrated NCC day of communal harmony campaign week \ from \ 19^{th} \ to \ 25^{th}$ November conducting various programmes. The by unit inauguratedtheeventwithaseminarofnationalintegrationon20thNov2018. $Essay competition and drawing competition was conducted on 22^{nd} November\\$ withatopicnationalintegrationoncommunalharmony. Cadetsparticipated in blooddonationcampon23rdNovember2018.Arrangementforfundcollection boxesweremadeon23rdNovember.Atreeplantationprogrammewasorganized on 24th November and planted trees on college front ground. The celebration ended with the participation of cadets and ANO in NCC run from AshramamgroundtogroupHQon25thNovember2018.





INTER DEPARTMENTAL ELOCUTION COMPETITION AS PART OF ENVIRONMENT DAY CELEBRATION – DEPT OF ZOOLOGY

World EnvironmentDay 2018 was celebrated in Fatima Mata National College, Kollam under the auspices of PG & Research Department of Zoology with the support of Kerala State

Council for Science Technology and Environment (KSCSTE), Thiruvananthapuram. The KSCSTE funded the celebrations and issued guidelines for the conduct of the Day.

The Day was organized in FMN College on 26th June 2018 at the Jubilee Hall. The Day's activities were formally inaugurated by the Resource Person Mr. Shibu Krishnan. Following the inauguration, he delivered the Keynote Address. He elaborated on the importance of Environment Day and the issues and concerns related to the plastic pollution. The hour long talk with the use of Audiovisual aids, guided the students through different types of plastics, effect of plastics on various ecosystems, effect of plastic on human beings, Ocean plastics and micro plastics. He convinced the audience on the need to say NO to disposable plastics. He urged recycling and refusing, reusing and reducing the plastics. Suitable alternatives to various plastics were suggested. DrSherly Williams (Asso. Professor) felicitated and briefed various activities related to Environment Day. As part of the World Environment Day Celebrations PG & Research Department of Zoology conducted *Inter Department Elocution Competition* on Plastic Pollution which was moderated by Dr. Charles George D Cruz and the First Prize won by MsBincy Mini Princy (II DC Chemistry of FMN College, Kollam), Second Prize for Ajis Maria (III DC Chemistry) and Kashinath of III DC Zoology.



INTER DEPARTMENTAL QUIZ COMPETITION, POSTER AND ESSAY COMPETITION BY DEPT OF ZOOLOGY AS PART OF WETLAND DAY CELEBRATION

World wetland Day 2019 was celebrated in Fatima Mata National College, Kollam under the auspices of PG & Research Department of Zoology with the support of Kerala State Council for Science Technology and Environment (KSCSTE), Thiruvananthapuram. The KSCSTE funded the celebrations and issued guidelines for the conduct of the Day. The Day was organized in FMN College on **04**th **Feb 2019** at the Jubilee Hall. The Day's activities were formally inaugurated by the Resource Person Dr Hari, Professor, Department of Zoology SN College for men, Kollam. Following the inauguration, he delivered the Keynote Address. He elaborated on the importance of protection of wetlands, types of wetlands and the issues and concerns related to the destruction of wetlands. Dr Sarlin PJ (Asst. Professor) felicitated and briefed various activities related to wetland day. As part of the World wetland Day Celebrations PG & Research Department of Zoology conducted *Inter Department quiz, essay and poster Competition* on wetland and human which was moderated by Dr. Charles George D Cruz.



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INTER DEPARTMENTAL QUIZ COMPETITION – SHASTRA 2019

An Inter Departmental Quiz Competition "Shastra 2019" was organized and conducted by the first year post graduate students of Physics department on 27/02/2019 as part of Science week celebration 2019. There were 44 teams representing various departments with two students in each team. A preliminary written exam was conducted to screen the teams at 12.30pm in the Physics lab. Five teams were selected for the final round. The competition began at 1.45pm in the PG Lab. Dr Ben Byju and Dr K.B.Benson were the quiz masters. The teams selected for final round were:

1. Team A

C.H. Vivek Namboothiri (I DC History) and Sahal N (III DC History)

2. Team B

Febi B. Panicker (I Economics) and JohaG.S.(I Economics)

3. Team C

Anjali M. (III DC Maths) and Aneeta Antony. (III DC Maths)

4. Team D

Jomon J. (II DC Chemistry)

and Bartholomen (II DC Chemistry)

5. Team E

Abhiraj G. and Sooraj S.S. (II DC Chemistry)

The competition included 4 rounds. After final round, the scores were as follows:

Team A- 110pointsTeam B-70 pointsTeam C- 30 pointsTeam D – 10 points

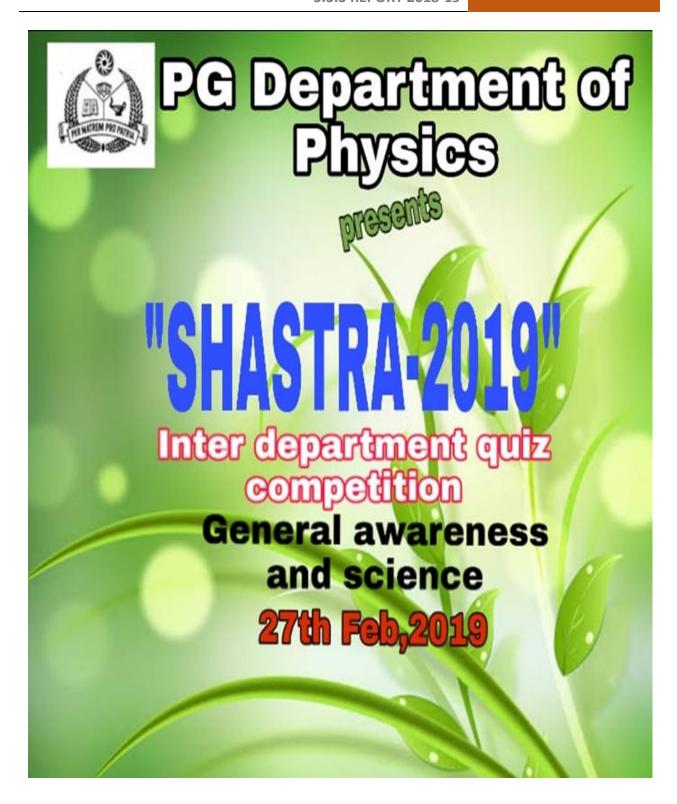
Team E-120 points.

The first prize was sponsored by the alumni Dr C.YohannanPanicker, Rtd Associate Professor, TKM College,Kollam. The second prize was sponsored by the first PG students.

First prize –Rs1001/- Team E

 $Second\ prize-Rs501/\text{-}\ Team\ A$

All teams were given participation certificates.



INTER DEPARTMENTAL ELOCUTION COMPETITION AND ESSAY WRITING COMPETITION BY ENVIRONMENT CLUB AS PART OF WETLAND DAY CELEBRATION

As part of the World Wetlands Day Celebrations on 5th Feb, 2019 at 10 am PG & Research Department of Zoology conducted an Inter Department Elocution Competition on –Wetlands and Climate change" which was moderated by Dr. Johnson Pius and Dr. Sreelekshmy. First Prize was won by Ms Nihitha Sajan (I DC Physics of FMN College, Kollam), Second Prize was won by Ms. Aleena A (I DC Physics of FMN College, Kollam).

The afternoon session of the day was lively with the participation of 16 UG students vigorously competing in the Inter Department Essay Writing Competition on—Wetlands and Climatechange" which was conducted by Dr. Johnson Pius and Dr. Vijayasree. Sreelekshmy J S of II DC English won the first prize and Shilpa Raj S of III DC Zoology won the second prize.





INTER DEPARTMENTAL QUIZ COMPETITION - (DEPT OF CHEMISTRY - CHEMISTRY FORUM)

Interdepartmental quiz competition was conducted by II PG students on 18/07/2018.

Winners: I prize – Chemistry
II prize - History



PAPER PRESENTATION COMPETITION – DEPARTMENT OF PHYSICS

The department of Physics conducted a paper presentation competition on the topic "Gravitational Waves". The chairperson of the session was Ms Bindhu Christopher (Asst professor, Physics Department). The competition was held for the degree students and six students participated. A panel compromising the teachers and Post Graduate students judged the competition. Each student was given 5 minutes for his/her presentation. Thereafter the prizes were distributed. Megha V G of II Dc Physics bagged the first prize while Aleena of I DC Physics and Nitya of I DC Physics got the II and III prizes respectively. The program came to and end by 4:00 pm.



A.D. SHROFF MEMORIAL ELOCUTION COMPETITION (DEPT OF ECONOMICS)

The department organized the 54thA.D. Shroff Memorial Elocution Competition on 20thDecember 2018 in the Jubilee Hall at 2pm. This Competition is being conducted in memory of the late A.D. Shroff with the object of encouraging college students to think and speak on economic and other subjects, besides enabling them to display their oratory skills. The themes for this year's competition were as follows.

- Modern Technology for Enhancing Agricultural Productivity
- Challenges of Moving Towards CashlessEconomy
- Combating Pollution & Improving Quality ofLife
- Healthcare Mission Issues and Challenges
- Skills Development for EmploymentGrowth



INTER DEPARTMENTAL QUIZ COMPETITION – DEPARTMENT OF ENGLISH

Department of English conducted an inter departmental quiz competition on 8th February 2019.



POSTER MAKING COMPETITION

SadharyamMunnottu (March Ahead Boldly): Poster making Competition was conducted by the Women's cellin association with Kerala State Council for Child Welfare on 30.01.2019



ZOOLOGY ASSOCIATION INAUGURATION

The PG and Research Department of Zoology, Fatima Mata National College, Kollam inaugurated Zoology association 'Zaagarika' 2019 on Feb 4afternoon sessionat the zoology seminar hall. The inauguration of 3 R's challenge was presided by the Manager Rev. Father Rolden Jacob. The Head of the department, Dr Akhila Thomas welcomed all the faculty and students. The Manager chaired the session which began with the importance and conservation of nature by the waste materials. Reusable material was collected from students and faculty side and exhibited the items. Students from other departments also visited the exhibition and take the reusable items they need. After lunch all students from our department actively participated various cultural programmes.



DEBATE ON DEMONITIZATION BY THE DEPARTMMENT OF COMMERCE

Demonetization is the act of stripping a currency unit of its status as legal tender. It occurs whenever there is a change of national currency: The current form or forms of money is

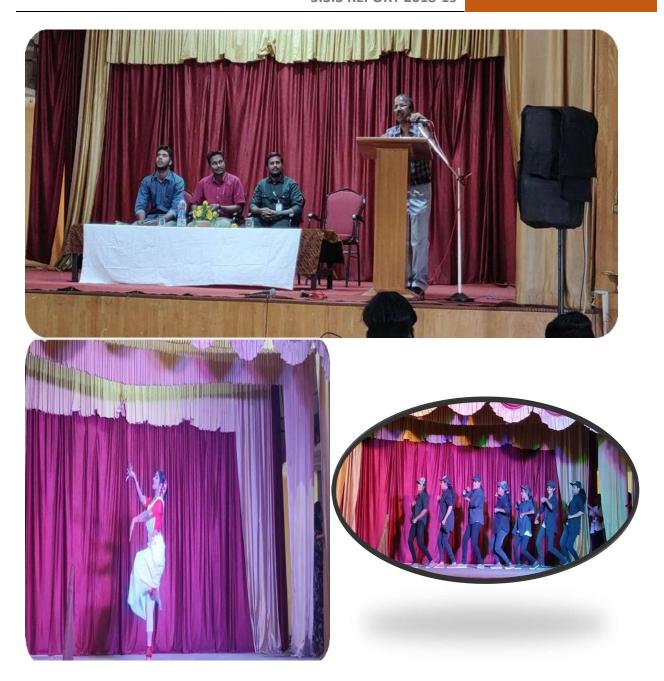
pulled from circulation and retired, often to be replaced with new notes or coins. Sometimes, a country completely replaces the old currency with new currency. The Government of India announced the demonetization of all ₹500 and ₹1,000 banknotes. It also announced the issuance of new ₹500 and ₹2,000 banknotes in exchange for the demonetized banknotes.

The department of Commerce conducted a debate on 'Demonetization – For and Against' on 12.09.2018. Two groups were formed with a participation of five students in each group. The participants in Group A consists of AbhijitM.Nair, Sreeraj, Sugandhya, Meenakshi and Irenia Miriam. The Group B consists of Mary, Kavya, Noufiya, Sajad and Hafas. Abida Joy was the moderator of the debate. Both the teams actively participated in the debate and Group A were the winners.



ECONOMICS ASSOCIATION DAY

The Economics Association promotes co-curricular activities and channelize the energies and talents of students towards creative endeavors. OIKONOMIA 2019, the Economics Association Day was celebrated on 16thMarch 2019. Mr. Vincent Vijayan, Assistant Professor, Department of Economics, S N College, Kollam was the chief guest of the day. The students celebrated the day with variety entertainment programmes.



ASSOCIATION DAY - COMPUTER SCIENCE

As a part of the department fest of BCA on 11.03.2019,the cultural programme session was organized. The program consisted of several interesting activities. We marked its beginning with a song followed by several dance performances by 1st, 2nd and 3rd DC students. The programme was well promoted by Students as well as the Teachers who too joined for the same to make the event complete. The cultural programme ended by 3:45 pm

