

**LIFE SKILLS**  
**2017 - 2018**

**NEED FOR YOGA IN DAILY  
LIFE**

**21.06.2017**

**No. of Participants - 1371**



**Fatima College (Autonomous)**  
**Mary Land, Madurai -18**

## **INTERNATIONAL YOGA DAY**

**Date: 21-06-2017**

### **MEDITATION IN ACTION MOVEMENT**



Meditation in action movement club has observed International Yoga Day on June 21, 2017. The students were motivated by Mrs. Thanga Japamalai @Indira , Founder and Head of Indira Yoga Centre, Madurai. The practical demo session helped the students to do yoga in their day to day life. On that day various competitions were conducted to the students.

Competitions have been conducted on the theme “Yoga to unlock inner strength”.

### Essay Writing Competitions

1. J. Hindu Sree – II B.A. English
2. Jovica Sharon – II B.A. English



### Poster Making :

1. C. Divya – II B.Sc Zoology.
2. G. Keerthiga – III B.Sc Mathematics ‘B’(SF)

Poster Presentation on importance of yoga on International Yoga Day



Guest Lecture: “Need for Yoga in daily life”.

Chief Guest: Mrs.ThangaJapamalai@Indira,

Founder and Head of Indira Yoga Center, Nagamalai, Madurai



Mrs. ThangaJapamalai @ Indira, founder of Indira Yoga Centre delivered her guest Lecture on 21.06.2017

*Dr. S. Ivy Jeno.*  
Dr.S. IVY JENO, M.A., M.Phil., Ph.D.  
Associate Professor  
Research Centre of Economics,  
Fatima College, Madurai-18

**COMMERCIALIZATION OF  
FOOD PRODUCTS**

**30.06.2017**

**No. of Participants - 40**



**Fatima College (Autonomous)**  
**Mary Land, Madurai -18**

## **DEPARTMENT OF HOMESCIENCE**

### **Commercialization of Food Products**

**Title :** Commercialization of Food Products

**Date :** 30.06.17

**Resource Person :** Mr.Ashok Kumar, Director, Business Promotion Unit, Chamber of Commerce, Madurai

**No. of Participants :** 40

**Focus on :** Food production and marketing .

**Outcome :** The participants were able understand the different routes from Lab to Market in commercialization process.

**Report:**

The Department of Human Nutrition and Nutraeuticals, Fatima College, Madurai organized a guest lecture on “Commercialization of Food Products” for the Post graduate students on 30 June, 2017 by. Mr.Ashok Kumar, Director, Business Promotion Unit, Chamber of Commerce, Madurai highlighted the importance of product development, commercialization and promotion of food products. He also emphasized on the funding agencies and scholarships available for the students. He concluded the session by motivating the students to carry out research in the field of food and nutrition. The session was very inspiring and informative for the students.

  
Signature of the HOD



# **WORLD BREASTFEEDING WEEK**

**05.08.2017**

<b>S. No.</b>	<b>PARTICULARS</b>	<b>NO. OF BENEFICIARIES</b>
1	III UG	1185
2	II PG	484
<b>TOTAL</b>		<b>1669</b>



**Fatima College (Autonomous)**  
**Mary Land, Madurai -18**

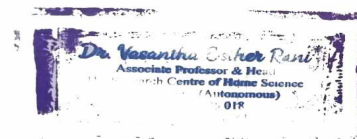
## **DEPARTMENT OF HOME SCIENCE**

### **Guest Lecture on Breast Feeding: A Key to Sustainable Development**

The Department of Home Science with Food Biotechnology, Fatima College organized a guest lecture on “Breast Feeding: A Key to Sustainable Development” on 05.08.2017. Dr.R.Priyadharshini Assistant Surgeon, Government ESI Hospital, Madurai delivered a lecture on the importance of Breast feeding. All the final year students were attended and benefitted from the guest lecture.



*Vasanthi Rani*  
Signature of the HOD





# **MILLET EATERIES**

**06.07.2017 - 08.02.2018**

**No. of Participants - 1277**



**Fatima College (Autonomous)**  
**Mary Land, Madurai -18**

**MILLET EATERING**

**2017-2018**

“To enhance the habit of eating healthy food among the students’ millet stall was organized by Environment Education Students”.

Their high-fiber content helps in bowel movement and manages diabetes and obesity. Besides, millets can bring down blood glucose in diabetics and are rich sources of antioxidants apart from being useful in preventing cardiovascular diseases. From this, the students learn the importance of healthy food.

<b>S. No.</b>	<b>DATE</b>	<b>DEPARTMENT</b>	<b>NO. OF PARTICIPANTS</b>	<b>PLACE</b>	<b>ITEMS</b>
1.	27.07.2017	History	61	COLLEGE CAMPUS	sundal, Thinaiurundai, kadalaiurundai, kammangool, keppaiputtu, keppaiadai, elluurundai, paruppupayasam, ulunthu malt, kolukkattai, pasippayaru, varagu arisi puttu, mulmurungai dosai, etc.,
2.	21.08.2017	Economics	73		
3.	07.09.2017	Sociology	45		
4.	15.09.2017	English	73		
5.	04.10.2017	Tamil	74		
6.	12.10.2017	Mathematics	75		
7.	28.11.2017	Physics	52		
8.	06.12.2017	Chemistry	52		
9.	15.12.2017	Zoology	63		
10.	22.01.2018	Home Science	49		

11.	08.02.2018	Computer Science	53		
12.	26.02.2018	Commerce	80		

**2017-2018**

<b>S. No.</b>	<b>DATE</b>	<b>DEPARTMENT</b>	<b>NO. OF PARTICIPANTS</b>	<b>PLACE</b>	<b>ITEMS</b>
1.	7.02.2018	BBA	72	COLLEGE CAMPUS	Thinai paniyaram Paasipayaru Sundal Paal paniyaram Muruku Kolakattai Boli Ellu mittai Navathaniyam oorundai
2.		English	74		
3.		Journalism and Mass Communication	34		
4.		Mathematics	72 and 69		
5.		Statistics	47		
6.		B.Sc IT	48		
7.		BCA	44		
8.		Commerce with Computer Applications	53 and 53		

## Business Time....





G. Revathi  
(G. REVATHI)

Co-Ordinator, Environment Education  
Fatima College  
Madurai

# **LIFE SKILLS**

**10.07.2017**

No. of Participants - **48**



FATIMA COLLEGE (AUTONOMOUS), MARY LAND, MADURAI -18

DEPARTMENT DOCUMENTATION

2017-2018

FATIMA COLLEGE (AUTONOMOUS), MADURAI – 18

DEPARTMENT OF COMPUTER SCIENCE

*Computer Science Association*

Staff and Students of the Department of Computer Science

Cordially invite you  
for a Guest Lecture on

*Life Skills*

by

*Mrs.A.Amalorpava Jemma*  
*Engineer Lead*  
*Texas- 78750*

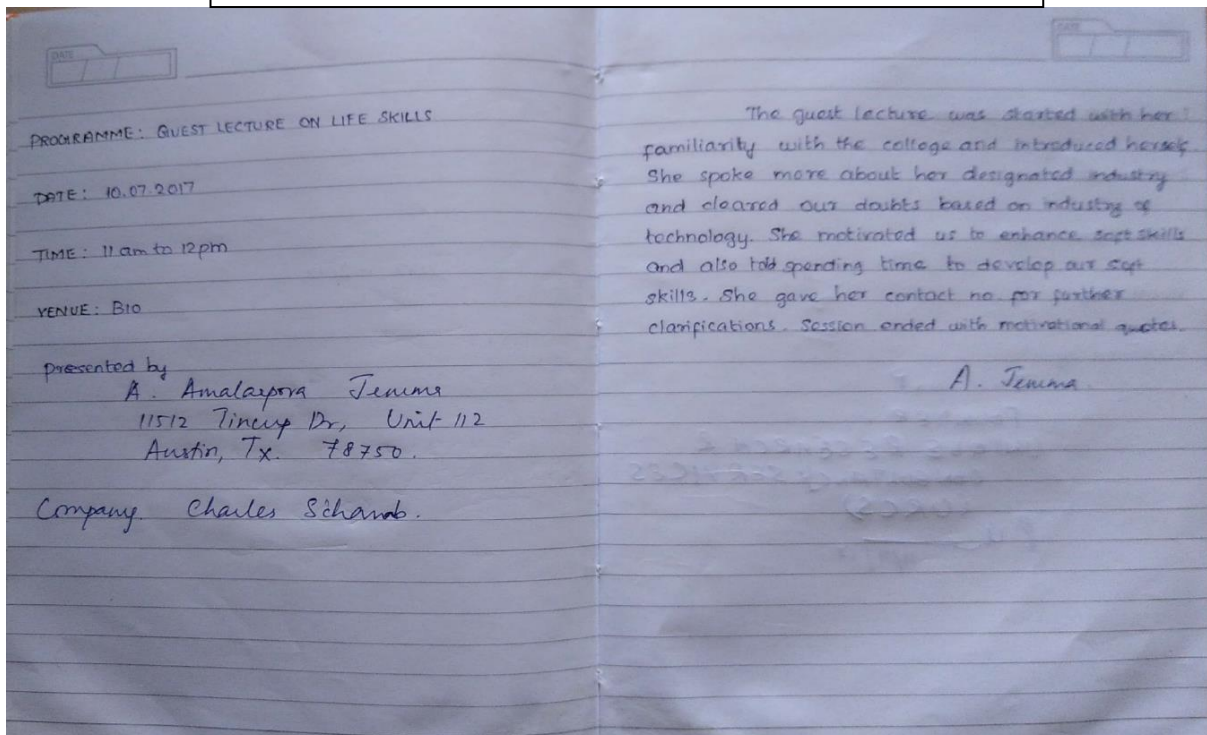
Date : 10/07/17

Time : 11.00 a.m – 1.00 p.m

Venue : B14



Speaker: Mrs. A. Amalorpava Jemma, Engineer Lead, Texas  
Topic : Life Skills



*Jemirellay*  
Signature

Head, Department of Computer Science  
Fatima College (Autonomous)  
Madurai -625018



**CONGENITAL DISORDERS OF  
VITAMINS: TRANSPORT AND  
METABOLISM**

**29.07.2017**

No. of Participants - **143**



## **FATIMA COLLEGE (AUTONOMOUS)**

**MARYLAND, MADURAI -625018**

**College with Potential for Excellence  
Re-Accredited with 'A' Grade by NAAC**

We the staff and the students of the PG Department of Zoology, cordially invite you to the inauguration & Diamond Jubilee celebration of PG Zoology Association and Guest Lecture on

### **“CONGENITAL DISORDERS OF VITAMINS: TRANSPORT AND METABOLISM”**

#### **RESOURCE PERSON**

**Dr. B. Ashokkumar M. Sc., Ph.D**  
**Assistant Professor**  
**Department of Genetic Engineering**  
**School of Biotechnology**  
**Madurai Kamaraj University**

*Date* : 29.07.2017

*Time* : 10.15 a.m – 11.15 a.m

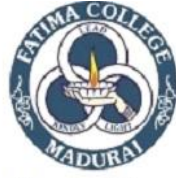
*Venue* : Smart Room



**Fatima College (Autonomous)**  
**Mary Land, Madurai -18**

**PG DEPARTMENT OF ZOOLOGY**

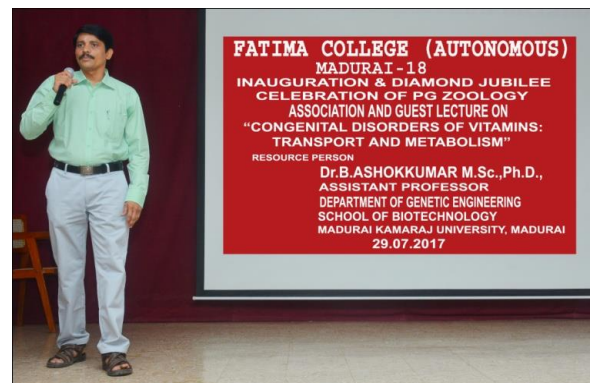
PG Department of Zoology organised the Inauguration & Diamond Jubilee celebration of PG Zoology Association and a Guest Lecture on **“Congenital Disorders of Vitamins: Transport and Metabolism”** delivered by Dr. B. Ashokkumar, Assistant Professor, Department of Genetic Engineering, School of Biotechnology, Madurai Kamaraj University on July 29, 2017. He spoke about the congenital disorders related to deficiencies of vitamins like Riboflavin , vitamin B12 and the malformities.



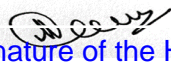
**Fatima College (Autonomous)  
Mary Land, Madurai -18**

**PG DEPARTMENT OF ZOOLOGY  
GUEST LECTURE**

**“CONGENITAL DISORDERS OF VITAMINS: TRANSPORT AND METABOLISM”**



Guest Lecture delivered by Dr. B. Ashokkumar, Assistant Professor, Department of Genetic Engineering, School of Biotechnology, Madurai Kamaraj University on 29.07. 2017.

  
Signature of the HOD  
Department of Zoology  
Fatima College  
Madurai - 18

**AWARENESS PROGRAMME  
ON WATER CONSERVATION**

**03.08.2017**

**No. of Participants - 515**

**FATIMA COLLEGE (Autonomous), MADURAI-18**  
**NATIONAL SERVICE SCHEME**  
**AWARENESS SESSION ON WATER CONSERVATION**

**DATE:** 03/08/2017

**Time :** 2pm – 4pm

**Venue :** Jubilee Hall

Awareness session on “water conservation” was arranged by NSS units of Fatima College on 03.08.17. All the NSS students were participated in this session. Dr. B.Balaji, Assistant Professor, Thiagarajar Engineering College , Madurai was the resource person for the session. The key objective of this programme was to educate the college students towards healthy practices to conserve water.

He emphasized the strategies and activities to be followed to sustainably manage the natural resource of fresh water and the methodology to protect the hydrosphere, and to meet the current and future human demands.

He explained the traditional and modern methodology used around the world to conserve the water and also explained how to reduce the daily usage of water.

**Chief Guest Profile:** Dr. B.Balaji,M.Tech., Assistant Professor, Thiagarajar Engineering College , Madurai

**Outcome of the session:** Students gained knowledge in the different methods of water conservation especially rainwater harvesting, watershed management & water purification. They promised that they will spread the awareness in the villages to have a fruitful impact.



**Dr.B.Balaji, Assistant Professor addressing the gathering**

*Binosha*

**(Dr. B. Vinosha)**

NSS Coordinator

**PROGRAMME ON LIFE  
MANAGEMENT**

**24.08.2017**

**No. of Participants - 113**



**Fatima College (Autonomous)**

**Mary Land, Madurai -18**

**Department of M. B.A**

**“Life Management”**

**24.8.2017**

**Name** : Mr. KO  
**Designation** : Orator  
**Official Address** : Mr. Raja, 7GF, AKAASH,  
PARSN SHRISHI APARTMENTS,  
Madurai -18.  
**Contact Numbers** : 9047220729  
**E-Mail ID** : [spvraja2011@gmail.com](mailto:spvraja2011@gmail.com)  
**Qualification** : B.Sc., MD (AM)

MBA department organised guest lecture on topic “Life Management” felicitated the resource person Mr. Ko @ Raja, Orator at Sanjose seminar hall from 2 p.m. to 3.30 p.m. on 24.8.17. 59 students of II MBA, 56students of I MBA attend the programme.

### **HIGHLIGHTS**

Mr.Ko @ Raja spoke about women empowerment. He insisted that women should be bold in this society. He taught life management skills through some games. He discussed real time examples on struggles of women entrepreneurs and managers. He also made students to participate in the discussion with their own solutions and suggested some changes in the ideas given.

## Photo gallery



Mr. KO, Orator spoke about women Empowerment in Life Management session on 24.08.2017



Mr. KO, Orator addressed the gathering on life management skills on 24.08.2017

**Head of the Department**

DEPARTMENT OF MANAGEMENT STUDIES  
FATIMA COLLEGE (AUTONOMOUS)  
MADURAI-625 018

**DONATE BLOOD, SAVE LIFE**

-

**BLOOD DONATION CAMP**

**24.08.2017**

**No. of Participants - 515**

**FATIMA COLLEGE (Autonomous), MADURAI-18**

**NATIONAL SERVICE SCHEME**

**Blood Donation Camp**

**DATE:** 24.08.2017

**TIME:** 9.00AM- 1.00PM

**VENUE:** Fatima College, Madurai

In collaboration with the Government Rajaji Hospital, Madurai, the NSS unit of Fatima College organized a blood donation camp on August 24, 2017 from 9.00 A.M to 1.00 P.M. The inauguration began at 9.00 A.M with the lighting of the lamp. Ms. Pearlin of II English welcomed the gathering and introduced the chief guest Dr Mercy Joyston, Assistant Professor in the Department of Transfusion Medicine, Madurai Medical College.

In her address, Dr Mercy Joyston appreciated the NSS Unit of Fatima College for the constant services rendered to the poor and needy. She underscored the efforts taken by the Management to organize blood donation camps every year. The doctor also emphasized how blood transfusions can save innumerable lives all over the world. Dr Mercy explained the way the donated blood is preserved to cater to the needs of the underprivileged in the society. She was much pleased with the overwhelming response of student-donors and their enthusiasm to know about the significance of blood donation.

Rev Dr Celine Sahaya Mary, Principal, declared open the Blood Donation Camp and appreciated the donors. Eighty two donors came forward and donated 82 units of blood.

**CHIEF GUEST PROFILE:** Dr. Mercy Joyston, Assistant Professor, Department of Transfusion Medicine, Madurai Medical College.

**OUTCOME:** The students donated blood and assured that they will keep up with the good work in the future.



**Students donating blood**

*B. Vinosha*

**(Dr. B. Vinosha)**

**NSS Coordinator**

# **CONSERVATION OF ANIMALS**

**15.09.2017**

No. of Participants - **75**



**Fatima College (Autonomous)  
Mary Land, Madurai -18**

**DATE: 15/09/2017**

**Time : 12:30pm – 1: 30 pm**

**Venue : Jubilee Hall**

**Programme: Conservation of Animals**

In the inaugural function of Green club-FIN, Mr. N. Raveendran, Founder of Iragugal trust, Member of nature green forum Madurai was delivered a lecture on “Conservation of Animals”. He also spoke about the behavioural aspects of wild life species and journey towards the forest. He emphasized the fact and need for “conservation of animals” in nature. At the end students interacted with him posing several questions.

**Chief guest:**

Mr. N. Raveendran,  
Founder of Iragugal trust,  
Member of nature green forum ,  
Madurai.

**Outcome: Students received the information about behavioral aspects of wild life species and need for “conservation of animals” in nature.**

**PHOTOS**

**Special lecture on ‘Conservation of Animals’**



*Dr. N. Malathi*  
Dr. N. MALATHI  
ASST. PROF. OF ZOOLOGY &  
GREEN CLUB CO-ORDINATOR

**CONTAMINATION, SPOILAGE  
& PRESERVATION OF FRUITS,  
VEGETALES AND MILK**

**09.10.2017**

**No. of Participants - 49**





**Fatima College (Autonomous)  
Mary Land, Madurai -18**

DEPARTMENT OF HOME SCIENCE

Contamination, Spoilage & Preservation of Fruits, Vegetables and Milk

**Title :** Contamination, Spoilage & Preservation of fruits, vegetables and milk

**Date :** 9.10.17

**Resource Person :** Mr.Immanuel Suresh, Assistant Professor, Department of Microbiology and Immunology, American College, Madurai.

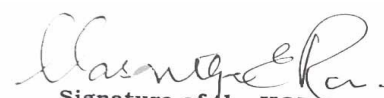
**No. of Participants :** 49

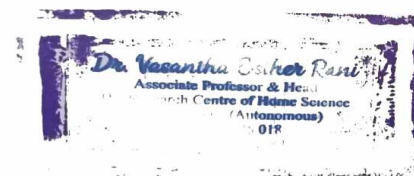
**Focus on :** Food Safety

**Outcome :** The participants understand the concepts of food microbiology

**Report:**

The Department of Human Nutrition and Nutraeuticals, Fatima College, Madurai organized a guest lecture on “Contamination, Spoilage & Preservation of fruits, vegetables and milk” for the undergraduate students on 9.10.2017. Mr.Immanuel Suresh, Assistant Professor, Department of Microbiology and Immunology, American College, Madurai was the resource person. The session highlighted on the importance of food safety. He explained the different methods involved in the contamination, spoilage & preservation of fruits, vegetables and milk.

  
Signature of the HOD



**Life Skill Orientation -**

**12.10.2017**

**No. of Participants - 49**



**Fatima College (Autonomous)**

Mary Land, Madurai -18

**DEPARTMENT OF HOME SCIENCE**

**Guest lecture on Life skill orientation**

**Title :** Life skill orientation

**Date :** 12.10.17

**Resource Person :** Ms.Dafne and Mr.Shiva, Trainer, KPSMK Institute of Training, Research & Development, Madurai

**No. of Participants :** 49

**Focus on :** Life skills

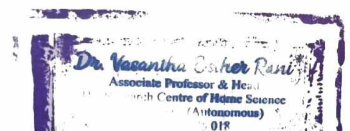
**Outcome :** The participants were oriented with life skills.

**Report:**

The Department of Human Nutrition and Nutraeuticals, Fatima College, Madurai organized a guest lecture on “Life skill orientation” for the undergraduate students on 12.10.2017. Ms.Dafne and Mr.Shiva, Trainer, KPSMK Institute of Training, Research & Development, Madurai oriented the students on the life skills. They emphasized the life attributes that determines a person’s growth.



*Vasanthi Rani*  
Signature of the HOD



**AWARENESS  
PROGRAMME ON  
AIDS**

**21.12.2017**

**No. of Participants - 515**

**FATIMA COLLEGE (Autonomous), MADURAI-18**

**NATIONAL SERVICE SCHEME**

**AIDS AWARENESS PROGRAMME**

**DATE:** 21.12.2017

**TIME:** 2.00PM- 4.00PM

**VENUE:** Fatima College, Madurai

World Aids Day is observed on December 1 every year to create awareness about the symptoms, causes and preventives of the pandemic disease HIV/AIDS. Like every year, World AIDS Day 2017 was celebrated with a new theme "Right to health' including a range of interactive activities, campaigns by distributing posters and events that are endorsed by governments, people and organizations in various places. In commemoration with this the programme organised on 21.12.2017 by the NSS units in the premises of Fatima College was "AIDS AWARENESS PROGRAMME' the invited guest speaker Ms.R.Nalina Devi, ICTCO Counselor, ESI Hospitals. The aim of the HIV/AIDS Awareness Programme is to empower and increase the awareness to the students. The main objective of the programme was to make the youth to understand the facts about AIDS and them openly discuss about AIDS so they can themselves be aware of and spread awareness among others too.The speaker said that according to a 2008 government-backed estimate the number of people living with HIV/AIDS in India is an alarming 2.4 million. She also spoke about the emphasis on HIV transmission, staging, stigma, prevention and treatment. The students actively participated in awareness programme and we believe that the future generation has the ability to sensitize others and prevent spread of HIV.

**CHIEF GUEST PROFILE:**Ms.R.Nalina Devi, ICTCO Counselor, ESI Hospitals.

**OUTCOME:** The students were made aware of AIDS and learnt how to behave with the HIV patients.



**The Chief Guest being introduced**

*Buisha*

**(Dr. B. Vinosa)**

NSS Coordinator

# **VALUE OF LIFE**

**12.02.2018**

No. of Participants - **167**

## DEPARTMENT OF HOME SCIENCE

### 'Sr Mary P.A Endowment Lecture' on "Values of Life"

**Title :** Human Wellbeing – Values of Life

**Date :** 12.02.18

**Resource Person :** Dr.M.Kannan, Director – Research, M.S.Chellamuthu Institute Of Mental Health And Rehabilitation, Madurai

**No. of Participants :** 167

**Focus on :** Human values

**Outcome :** The participants were able to analyze their thoughts, desires and expectations and acquire knowledge to live in harmony with others.

#### **Report:**

Research Centre of Home Science, Fatima College, Madurai organized a **Sr Mary P.A Endowment Lecture' on "Values of life"** for the students from on 12/02/2018. Dr.M.Kannan, Director – Research, M.S.Chellamuthu Institute Of Mental Health And Rehabilitation, Madurai emphasized the importance of values of life. The session instils self-analysis and self confidence among students.



Dr.Sr.P.A.Mary addressing the gathering on Endowment lecture session

- 12.02.2018

*Changela R.*  
Signature of the HOD

Dr. Vasanthakumari Chandrasekaran  
Associate Professor & HoD  
Research Centre of Home Science  
(A Home Science)  
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