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Re-Accredited with 'A++' (CGPA 3.61) by NAAC (Cycle- IV)
College with Potential for Excellence (2004 - 2019)
101 - 150 Rank Band in India Ranking 2021 (NIRF)
Mary Land, Madurai - 625 018, Tamil Nadu.



#### SPORTS FACILITIES ON CAMPUS

The college has **five acres** for promoting sports and games. There is open air and indoor stadium.



#### SPACIOUS GROUNDS FOR TRACK AND FIELD EVENTS





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#### BASKETBALL COURT AND OPEN GALLERY



#### **VOLLEYBALL COURT**





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#### **HOCKEY FIELD**







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#### FOOTBALL COURT



#### KHO KHO COURT





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#### BASKET BALL COURT







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#### SOFT BALL FIELD



## INDOOR TABLE TENNIS





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#### FRONT VIEW OF THE INDOOR STADIUM (FONTBONNE ARENA)



#### INTERIOR OF THE INDOOR STADIUM





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## NUTRITION CAFÉ PROVIDING HEALTHY SOUP TO THE SPORTS STUDENTS





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#### **COLLEGE BAND**







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#### SPECTACULAR DISPLAY ON SPORTS DAY -AN ANNUAL FEATURE



YouTube Link: https://youtu.be/Rr3d\_hGwGSM



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#### **GYMNASIUM**







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#### **MEDITATION IN ACTION MOVEMENT (MAM)**



#### **MEDITATION IN ACTION MOVEMENT REPORT-2020-2021**

International Yoga Day – 21.06.2020

Yoga and Meditation clears the clutter in thoughts to attain inner peace. Realizing this, in Fatima College, many students practice yoga regularly. Since it's a lock down period, On June 21st 2020, International Yoga Day, students performed Yoga at their homes and were also engaged in creating posters and writing essays on "Yoga and Meditation for countering pandemic anxiety". This reflects the awareness of young minds in identifying the need for yoga and meditation for the current day crisis. Prize winners on these competitions are:



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#### PRIZE WINNERS NAME LIST- ESSAY COMPETITION

S. No.	Name	Prize	Year	Major
1.	Ms. B. Vidyasri	I	IYR	Home Science
2	Ms. T. Arokia Sabestian Margertta.	II	IIYR	Mathematics
3.	Ms. T. Barani.	III	IIIYR	Economics

#### POSTER MAKING COMPETITION

Si.No	Name	Prize	Year	Major
1.	Ms. B.Priyadarshini	I	IIIYR	Economics
2.	Ms. Vidyasree	II	IIYR	Mathematics
3.	Ms. Assumptana Sirumalar	III	IIIYR	Physics

#### **BEST PRACTITONERS OF YOGA & MEDITATION**

S. No	Name	Prize	Year	Major
1.	Ms. Sujitha	I	IIIYR	Economics
2.	Ms. R.K Shalini	II	IIIYR	English
3.	Ms. Saithani	III	IIYR	Tamil



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#### YOGA & MEDITATION FOR COUNTERING PANDEMIC ANXIETY

Due to the pandemic, the daily routines of thousands have been affected and this has created tension among people. Students from different family backgrounds search for ways to stay calm during this challenging times. Understanding this need, Fatima College takes sincere efforts to help students to live, less stressed through performing yoga and meditation. So, On 15th October 2020 all undergraduate students were trained to do yoga and meditation, through online performance by their senior core group members of yoga and meditation. This created a positive impact by reducing anxiety, frustration and fear among youth and tried to bring hope in their life.



On  $22^{\rm nd}$  October all I Undergraduate students were trained to do yoga and meditation online.

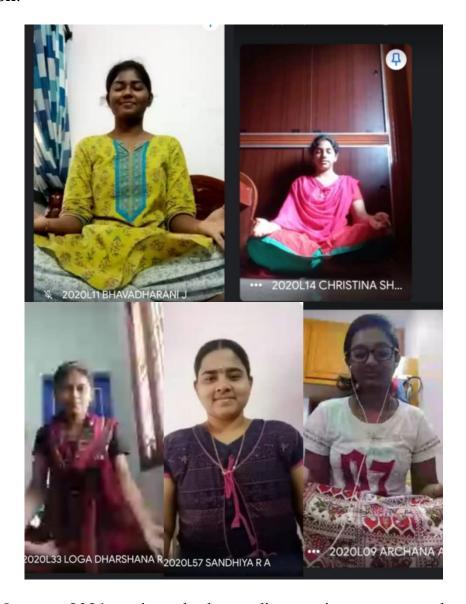


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On18th November all I U.G students were trained to do yoga and meditation.



On 19<sup>th</sup> January 2021 students had an online session on yoga and meditation.

Mindfulness Meditation enhances a person's self-insight, increased immune functioning, improves well-being, and reduces psychological distress. Realising this need among the youth, On 23<sup>rd</sup> February yoga and meditation training was given to the students.



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#### **GUIDANCE & COUNSELLING CENTRE**



#### PERSONAL COUNSELLING



#### **GROUP COUNSELLING**





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#### **FACILITIES FOR CULTURAL ACTIVITIES**

Intercollegiate, Intercollegiate Fest – Springs & Fine Arts, Tamil Literary And Cultural Fest And For All Department Cultural Activities The Jubilee Hall Which Has A Seating Capacity Of 2500 Is Used



### GEOTAGGED PICTURE OF JUBILEE HALL AND ITS ANNEXE MAUREEN HALL



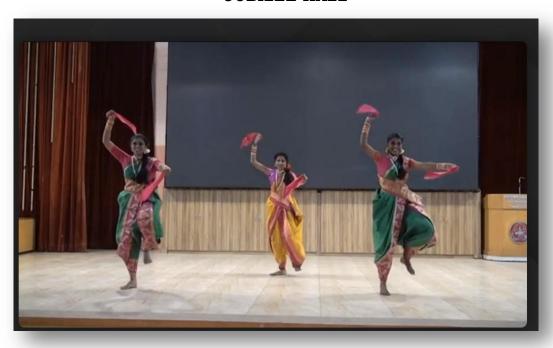


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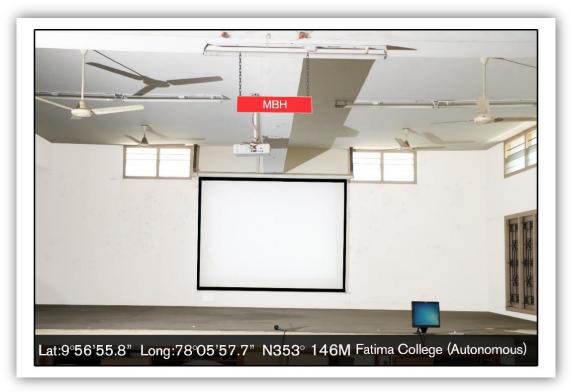
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#### JUBILEE HALL



#### MAUREEN BLOCK HALL -MBH





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# ILLYRIUM IS THE VAST OPEN SPACE IN FRONT OF THE ADMINSTRATIVE BLOCK. IT IS USED FOR A HOST OF CULTURAL EVENTS AND COMPETITIONS.



