



**Criterion** : V – Student Support and Progression

**Metric** : 5.1.3 – Capacity Enhancement & Skill Development

**Year** : 2016- 2017



# **LIFE SKILLS**

## **2016 - 2017**



**Criterion** : V – Student Support and Progression

**Metric** : 5.1.3 – Capacity Enhancement & Skill Development

**Year** : 2016- 2017



# **INTERNATIONAL YOGA DAY**

## **21.06.2016**

**Total No. of Participants - 92**



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

# 21<sup>st</sup> June 2016

**ANO Lt. Dr. Antony Amala Jayaseeli and 92 cadets performed Yogasanas and participated at the International Yoga Day held at Fatima College, Basket Ball Court from 7am – 7: 50am.**

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Sl. no.	Name of Institute	Medium	S&D	No. of students	Grade
1	1. Sri Jayacharya	English	01	50	
2	2. Sri Jayacharya	English	01	73	
3	3. Sri Jayacharya	English	01	84	
4	4. Sri Jayacharya	English	01	76	
5	5. Sri Jayacharya	English	01	88	
6	6. Sri Jayacharya	English	01	14	
7	7. Sri Jayacharya	English	01	55	
8	8. Sri Jayacharya	English	01	22	
9	9. Sri Jayacharya	English	01	11	
10	10. Sri Jayacharya	English	01	20	
11	11. Sri Jayacharya	English	01	10	
12	12. Sri Jayacharya	English	01	20	
13	13. Sri Jayacharya	English	01	20	
14	14. Sri Jayacharya	English	01	20	
15	15. Sri Jayacharya	English	01	20	
16	16. Sri Jayacharya	English	01	20	
17	17. Sri Jayacharya	English	01	20	
18	18. Sri Jayacharya	English	01	20	
19	19. Sri Jayacharya	English	01	20	
20	20. Sri Jayacharya	English	01	20	
21	21. Sri Jayacharya	English	01	20	
22	22. Sri Jayacharya	English	01	20	
23	23. Sri Jayacharya	English	01	20	
24	24. Sri Jayacharya	English	01	20	
25	25. Sri Jayacharya	English	01	20	
26	26. Sri Jayacharya	English	01	20	
27	27. Sri Jayacharya	English	01	20	
28	28. Sri Jayacharya	English	01	20	
29	29. Sri Jayacharya	English	01	20	
30	30. Sri Jayacharya	English	01	20	
31	31. Sri Jayacharya	English	01	20	
32	32. Sri Jayacharya	English	01	20	
33	33. Sri Jayacharya	English	01	20	
34	34. Sri Jayacharya	English	01	20	
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47	47. Sri Jayacharya	English	01	20	
48	48. Sri Jayacharya	English	01	20	
49	49. Sri Jayacharya	English	01	20	
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54	54. Sri Jayacharya	English	01	20	
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66	66. Sri Jayacharya	English	01	20	
67	67. Sri Jayacharya	English	01	20	
68	68. Sri Jayacharya	English	01	20	
69	69. Sri Jayacharya	English	01	20	
70	70. Sri Jayacharya	English	01	20	
71	71. Sri Jayacharya	English	01	20	
72	72. Sri Jayacharya	English	01	20	
73					

[illegible]

**Students practiced yoga on International Yoga Day 21.06.2016**



**Yoga - gives strength and power, students practiced yoga on 21.06.2016**



## Yoga - Various Poses



## Yoga - Butterfly exercise

## **Vajrasana Pose**



**Nominal Roll of Cadets Participating in Yoga at Fatima College  
(Autonomous), Madurai.**

*Antony Anala Jayasankar*  
**NCC Coordinator**



**Criterion** : V – Student Support and Progression

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**Year** : 2016- 2017



# **BETTER NUTRITION: EAT RIGHT WITH DELIGHT**

**08.09.2016**

No. of Participants - **180**





### NUTRIFEST 2016

The Department of Home Science with Food Biotechnology celebrated the NUTRIFEST 2016 in commemoration with the National Nutrition week on September 8, 2016 with the theme “Better Nutrition: Eat right with Delight”. Various events like Nutri-Quest, cooking contest, art with colours and memory game and outdoor games were organized in collaboration with Bethshan Special School. More than 75 special children were participated. The competitions organized created awareness on the importance of health and nutrition. Nutri Prince and Nutri Princess was a special event organized for the special children. The children having normal Body Mass Index and haemoglobin were crowned as Nutri Prince and Nutri Princess. **Dr.V.Ramanujam** M.D, Professor, Head, Dept.of Psychiatry, Vellammal Medical College, Madurai was the guest of honour for the valedictory programme. He delivered the valedictory address and distributed the prizes for the winners of the competitions. He evoked a lot of enthusiasm among the participants. As a token of appreciation a bag was distributed as complement. The programme ended with grand success with active participation of the special children.



Nutritious Recipe Preparation by Bethshan School Girls



Nutri Parade by Bethshan School Children



Crowning of Nutri Prince





Glimpses of NUTRIFEST 2016

*Vasanthi Rani*  
Signature of the HOD

**Dr. Vasanthi Rani**  
Associate Professor & Head  
Research Centre of Health Science  
(Autonomous)  
012



**Criterion** : V – Student Support and Progression

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**Year** : 2016- 2017



# MANAGING DISASTER – A STRATEGIC PERSPECTIVE

**29-09.2016 & 30-09-2016**

S. No.	Particulars	No. of Participants
1	Other Institution Participants	25
2	MBA Students	95
	<b>TOTAL</b>	<b>120</b>



**Fatima College (Autonomous)**

Mary Land, Madurai- 625018.

**Fatima Institute of Management**

**Department of MBA & PG IT**

**International Conference on**

**"Managing Disaster – A Strategic Perspective"**

**29 & 30 September 2016**

Department of MBA and PG IT of FATIMA INSTITUTE OF MANAGEMENT organised two-day international conference on 'MANAGING DISASTER – A STRATEGIC PERSPECTIVE' held on September 29 & 30, 2016.

Dr.P.Uma, The Director, MBA Department Welcomed the gathering. She stated that this event will be helpful for the gathering to understand disaster and the process of getting through it.



**Rev. Sr. Dr. K. Fatima Mary**, The Principal, Fatima College, Presided over the function and delivered presidential address. She emphasized that disasters are both natural and manmade.

**Rev. Sr. Dr. Francisca Flora**, Secretary, Fatima College, felicitated the conference, said that sustainability in disaster management leads to reflection, lobbying and networking of all the aspects.





The proceedings of the international conference with ISBN:9788193023426 was released by SR. Fatima Mary Principal, Fatima College (Autonomous) and the First Copy was given to **Dr. Pradeep Meyo**, Director, MACC, Singapore..

The keynote address was delivered by the chief guest Mr. Pradeep Meyo, Director, MACC, Singapore. The speaker initiated his speech by emphasising that 'the disaster management is not a failure management, rather it is a protective management' and people learn from their mistakes. He expressed three factors which helps to get out of disaster management that are, first factor is the pursuit of knowledge, the second factor is down to earth being an MBA graduate and working with shop floor workers. Yet, another factor is, people need to continuously evolve themselves. Finally, he concluded the session by encouraging the gathering to come out of their own self-interest and contribution as an act of preventing disaster.



The special address was delivered by Mr. Krishnan Subramanian, founder, the yellow bag, Madurai. He highlighted the two factors that prevent us from natural disaster. The first factor being sustainability of natural resources that prevents harmfulness to our society. The second factor emphasized by him is the habit of

'using and throwing' is to be shifted to the habit of 'creating and using'. He induced the audience to stop usage of plastic bags and to use cloth bags to enhance sustainability of natural resources.



Dr. P. Shyamala, Head of the Department of Information Technology proposed vote of thanks.



**Ms. Mathilde, Health officer, France** highlighted the 7 principles of disaster management as understanding and assessing risk, forecast and early warning, promote education and risk awareness, sustainable planning development, reducing vulnerability by mitigation, prepare and manage crisis and

evaluation and improvement. The need for an integrated approach to assessing environmental health issues and priorities after a disaster has been highlighted by the speaker. And also the emphasised the most effective way to protect the health of people imparted by disasters is to ensure adequate shelter, water, food and sanitation.

**Mr. Samuel Rukomia Kanguru, Kenya**, presented a comparative analysis of disaster management from the view point of India and Africa. He presented the causes and effects of natural and manmade disasters. He says that the disaster doesn't discriminate any country. He expressed his views on the impact of deforestation and also the speaker reminded the gathering that "When you cut one tree, plant tow tress" his speech was positive with regard to the topic to consolidate the session Mr. Samuel Rukomia Kanguru mentioned that the preparation for managing the upcoming uncertain disaster takes longer time than an actual event. And also he is very much concerned towards creating awareness on disaster management through social media especially radio and newspaper.



The afternoon session was started with the presentation of Ms. Mathilde, The speaker started the speech regarding natural disaster. She shared the France disaster Management. She highlighted the Precautions during the disaster in France. She emphasized that the tactics of precaution during Chennai Flood is followed by France during Chennai flood is followed by France during their



disaster. The speaker underline that the manmade disaster are increasing now a days. After Ms. Mathilde Presentation the skype session was arranged

A Skype session on the Topic “managing Disaster – A strategic Perspective” was a part of the two day international conference organised by department of MBA and PG IT of Fatima Institute of Management, Madurai.

Mr. Ravichandran talked about the risk assessment in Banking sector. The speaker started with the introduction of risk assessment. He talked about the problem faced by harmful competencies. He highlighted that the risk can only be reduced when the consequences of disaster is reduced. He emphasised many techniques of risk to overcome the risk management. He finally concluded that it is important to know the various disaster and outcomes of it to learn from that.

He started that presentation by saying that disaster should be managed by us. He highlighted that the major disaster is manmade disaster. He suggested that we should prepare the idea for the disaster that the prevention and spontaneous of facing the disaster. He enlightened that idea for the disaster should be planned within ourselves. He underline that the preparation and spontaneous ourselves he underline that the preparation take a longer time that the actual event finally the speaker quoted that that “Don’t built your house in a shore or soil”.

Mr. Amarnath, CEO of BGP Company addresses got an award on the name of “Budding engineer of India”. The speaker talked on the topic of “Role of Youth in disaster Management” He Underline that the 6.5% to 7.5% of the youth are not aware of the disaster outcomes. He enlightened that the youth’s minds should be channelized otherwise it will affect the environment. He discussed about the importance of role of youth in India. He requested everyone that they should have presence of mind in saving the people in terms of disaster. He highlighted that the youth should be ready for facing all situations rather than neglecting & escaping from the situation. The speaker finally concluded that the humanity should be improved in every minds of youth and humanity is greater value among the life values.

Dr. Prof. Venkatesh from Ackland, started with the introduction of disaster Management. Then the speaker moved on to the topic of disaster Management in supply chain management. He discussed about the humanity supply chain

management. He emphasised that that supply chain management is positive approach and it is a profit oriented. He highlighted that the supply chain management is worked by NGO's in terms of disaster. He underlined the supply chain management helps through NGO's in emergency situation. He enlightened that the many NGO's are created as precaution by supply management. Then finally the speaker concluded that the supply chain management also plays major role in sister management.

On 30<sup>th</sup> September, 2016 the 2<sup>nd</sup> day of International conference the department of MBA organised Inter Collegiate competition called **ZEALOT 2K16. The events of the competitions are as follows**

- ❖ **INGENIOUS CAPACITY**
- ❖ **MIME**
- ❖ **MEGISTANOUS of 2K16**
- ❖ **POSITION HOLD UP**
- ❖ **STUMBAL THE JUMBLE**
- ❖ **POSLOVNI PLAN**
- ❖ **B Quiz**
- ❖ **PUZZLE OF CONNEXIONS**

**On the whole** in which 99 under graduate (BBA & B.Com) and 46 MBA courses students from 8 colleges were participated in this inter collegiate competition Zelot 2K16.

Ms. Kalpitaa Rani of I MBA delivered the welcome address. Ms. Grysta Mercy of III MBA president of the Zealot 2K16 explained about the events. Ms. Swarnalatha of II MBA secretary of Zealot 2K16 explained about the rules & Venue of the events. Video Presentation was made about the department activities and achievements about the department activities and achievements.

### **Ingenious Capacity**

The students from seven colleges partipated in the event in seminar hall. The arbiter of the event was Ms. Kathiga and M.I Afroza, The alumnae of the department. The rules of the event are as follows No. Of Participants Min 4, Max 6 per team Round I- Own Product Presentation Round 2 — Spot product would be

given. •No vulgar word should be used. • The concept should be made clear. •  
Time management is essential

The team from the American college was the winner and the team from Lady Doak College Was the runner

### **MIME**

The students from five college participated in the event in seminar hall. The rules of the event are as follows

No. Of. Participants 6-10 per college

5-10Mins for each team

\* Theme Managing Disaster — A Strategic Perspective.

BGM and other should be brought by the participants,

From the colleges KSR college students are winner and VVV colleges are the runner & the instructor was Dr. S. Beulah Mabel< assistant Professor of MBA department.

### **Megistanous of 2K16**

The students from five colleges participated in the event in SJ17 and seminar hall the rules are listed as follows

No. Of. Participants 2 per college

Preliminary Round — General Quiz (70% Finance and 30 % Others)

Round 1 : Cash Management (5Mins)

Round 2 : Rapid Fire Round (4Mins)

Round 3 : Interpretation Of Financial Statement (5Mins)

Round 4 : Case Study Presentation (30Mins)

Laptop is a must for case preparation.

Four students were shortlisted among five participation In the first round.

The second round was rapid fire in which 3 participants were shortlisted for the next round.

In the third round financial management 2 were selected for the final round.

Then the final round was conducted in seminar hall on case analysis. Dr. P Uma , Director of MBA Department Judged the final round among three students. K. LokaPriya, of KSR College won the title “Best Manager”

### **Position Hold Up**

The students for 8 college participated in the event in SJ19. The rules are listed as follows No of participants 5 per group. Spot Situation would be given.

The ombudsman of the event was MS. Karthika, Alumni of the department. The students from KSR college were the winner and Thiagarajar college of Arts and Science were runner.

### **Stumble the Jumble**

7 Teams participated in the event & the rules are listed as follows

No. of participants 6 per team Round I- Jumbled letters would be given and participants have to find as many as possible entrepreneurs name within 5Mins. Round 2 Connexions of CEO's Name would be conducted.

The Rules the intercessor was Dr. S.L.Kumari, Head of the BBA department and Dr. N Vanitha, Assistant Professor, in BBA department, Fatima College. The winner was Lady Doak college and runner was KSR college

### **Poslovni Plan**

The intercessor was Dr. S. L.Kumari, Head of the BBA department and Dr. N Vanitha, Assistant Professor, in BBA department, Fatima College. The rules are listed as follows The winner was Lady Doak college respectively.

- No. Of participants 6 per team \* The participants should bring their plan copied in a CD

## **B-Quiz**

The students from 7 colleges participated in the event in SJ 8 the rules are listed as follows –

No. Of. Participants 2 per team

Round 1 : A question will be asked to a team and if they are unable to answer it will be passed to the next team- 24 Question

Round 2 : rapid Fire Round • Each team will be asked 10 questions one after another in 1 min time : 60 Questions

Round 3 : Buzzer Round : A question will be fired & the team who presses the buzzer first get to answer first — 6 questions, 30 sec and no passing.

Round 4 : Audio Visual Round :Team will be shown clips and will have to answer 12 questions 30 sec, No passing

\* Surprise Round in case of tie up in the final round.

The students from KSR College and VVV college were the winner and runners of the event respectively.

## **Valediction**

The international conference brought down its curtain with valedictory function. The welcome address with valedictory function. The welcome address was delivered by Mrs. L Meena Assistant Professor, MBA department Fatima College.

**Dr. V.Chinniah**, Professor and Head, Department of Management Studies, Madurai Kamaraj University delivered the valedictory address. He felicitated the event and explained about the two types of disaster \_ internal & external disaster. He stressed that to overcome external disaster Internal disaster needs to be managed. KSR college, Erode won the overall Shield. Enduring the vote of thanks was accustomed conference was wound up with National Anthem.



**September 30, 2016**

9.00 a.m. - 9.30 a.m. : Registration  
 9.30 a.m. - 4.00 p.m. : Competition (Zealot 2k16 & TECHNO FEAST)  
 Megastanos of 2k16, Business plan, Business Quiz, Adzap, Fun mela, Idea Update, Pick your Pic, Beat the Time  
 11.30 a.m. - 12.00 p.m. : Tea Break  
 1.00 p.m. - 2.00 p.m. : Lunch  
 4.00 p.m. - 4.15 p.m. : Tea Break  
 4.15 p.m. - 5.00 p.m. : Valediction  
 Valedictory Address : **Dr.V.Chinniah**  
 Professor and Head  
 Department of Management Studies  
 Madurai Kamaraj University,  
 Madurai - 625 022



All the accepted Papers will be published in proceedings with ISBN.

**Convenors**

**Dr. P. UMA**  
 Director  
 Department of Management Studies  
 Fatima College (Autonomous)

**Dr. P. SHYAMALA**  
 Head of the Department  
 Department of PG IT  
 Fatima College (Autonomous)

**Organising Committee**

**Department of MBA**

**Mrs. N Asha**  
**Mrs. L. Meena**  
**Dr. M. Nagarenitha**  
**Dr. S. Beulah Mabel**  
**Mrs. P. Jegadeeshwari**

**Department of PG IT**

**Mrs. R. Meenakshi**  
**Mrs. S. Subha**  
**Mrs. S. Amala Devi**

**INTERNATIONAL CONFERENCE  
 ON**

**Managing Disaster -  
 A Strategic Perspective**

September 29 & 30, 2016



**Fatima College (Autonomous)**

(College with Potential for Excellence)  
 (Re-Accredited with 'A' Grade by NAAC)  
 Mary Land, Madurai - 625 018.  
 E.Mail.ID : fcmbseminar@gmail.com  
 mscit@fatimacollegemdu.org  
 Telephone : 0452 - 2668366

**Fatima Institute of Management  
 Department of MBA & PG IT**

**ABOUT THE COLLEGE**

Fatima College (Autonomous), with the lofty ideas of the founder Mother Rose and the tireless efforts of the Missionary Sister of St.Joseph of Lyons has held steady to its quality pursuit in higher education from its inception since 1953. The National Assessment and Accreditation Council (NAAC) accredited the College with the highest rating of 5 stars and re-accredited with "A" grade. In the year 2004, the Status "College with potential for Excellence" was conferred by the UGC. In 2006 and 2013, NAAC re-accredited and honoured the college with 'A' grade.

**ABOUT THE DEPARTMENTS**

The AICTE approved professional course MBA (Master of Business Administration) was started in the year 1996. This programme is designed to inculcate knowledge, to hone up skills and to empower women to face corporate challenges. The PG Department of Information Technology was established in the year 2000. Based on the emerging requirements of the global market, which is totally backed up by IT, the following courses are offered by the department M.Sc.( Information Technology & Management), M.Sc.(Computer science & Information Technology). The courses are specially designed to suit ever-changing trends in IT industry and to provide the right ground to facilitate placement.

**CONFERENCE THEME**

Disaster is a serious disruption of the functioning of a community or a society. Disasters involve widespread human, material, economic or environmental impacts, which exceed the ability of the affected community or society to cope using its own resources. Local, regional, national and international organizations are all involved in mounting a humanitarian response to disasters. Each will have a prepared disaster management plan. These plans cover prevention, preparedness, relief and recovery.

Managing Disaster is a sustainable development goal that integrates the utilization of

resources during natural disasters, environmental emergencies, complex emergencies and pandemic emergencies. The disaster management programmes have been set up to facilitate a paradigm shift from the hitherto relief-centric approach to a more proactive, holistic and integrated approach of strengthening disaster preparedness, mitigation, and emergency response.

**The Objectives of this International Conference are**

- \* To identify the potential and examine the existing practices in Disaster Management
- \* To overview government policies on Disaster Management in education at Professional levels
- \* To develop a critical & practical understanding of factors that lead to challenges during disasters
- \* To discuss the best practices of the implementation of strategies, technology in Research, Education and Organization
- \* To enhance interaction and exchange of ideas between Researchers, users and policy makers.

**Programme Schedule  
 September 29, 2016**

9.00 a.m. - 9.30 a.m. : Registration  
 9.30 a.m. - 10.30 a.m. : Inauguration  
 Welcome Address : **Dr. P. Uma**  
 Director  
 MBA Programme  
 Fatima College (Autonomous)  
 Madurai  
 Presidential Address : **Rev.Sr.Dr.K. Fatima Mary**  
 Principal  
 Fatima College (Autonomous)  
 Madurai  
 Felicitation : **Rev.Sr.Dr.M.Francisca Flora**  
 Secretary  
 Fatima College (Autonomous)  
 Madurai

Special Address : **Mr. Pradeep Moyo**  
 Director  
 MAC, Singapore  
 Vote of Thanks : **Dr. P. Shyamala**  
 Head of the Department  
 Department of PG IT,  
 Fatima College (Autonomous)  
 Madurai  
 10.30 - 11.00 a.m. : **Tea Break**  
 11a.m. - 1.00 p.m. : **Technical Session**  
**Ms. Mathilde Peric**  
 Health Officer,  
 France  
 : **Mr.Samuel Rukomia**  
**Kanguru**  
 Research Scholar,  
 Kenya  
 12.30 -1.00 p.m. : **Dr. K. Ravichandran**  
 Director of Experiential Education  
 Associate Professor  
 School of Management  
 New York Institute of Technology,  
 Abu Dhabi  
 1.00 - 2.00 p.m. : **Lunch**  
 2.00 - 4.00 p.m. : **Panel Discussion & Paper Presentation**  
 2.30 - 3.00 p.m. : **Ms. Oshibuchi San**  
 Women Entrepreneur,  
 Japan  
**Ms. G. Suganya**  
 Marketing Consultant,  
 Canada  
 3.00 - 3.30 p.m. : **Dr. Mark Abad**  
 Faculty  
 Bahrain Training Institute,  
 Bahrain  
 3.30 - 4.00 p.m. : **Mr. VG. Venkatesh**  
 Faculty-Auckland University of  
 Technology,  
 Auckland

**Head of the Department**

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



**Criterion** : V – Student Support and Progression

**Metric** : 5.1.3 – Capacity Enhancement & Skill Development

**Year** : 2016- 2017



# **AWARENESS SESSION ON HEALTHY EATING HABITS**

**06.10.2016**

No. of Participants - **912**



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

**NATIONAL SERVICE SCHEME**

**AWARENESS SESSION ON HEALTHY EATING HABITS**

**DATE:** 06.10.2016

**TIME:** 2.00PM- 4.00PM

**VENUE:** Fatima College, Madurai

After a long night of studying followed by an early-morning wake-up call and rush to the bus stop, our college students often struggle to fit a healthy breakfast into their routine. Though breakfast is important for all family members, it's particularly critical for teenagers who need lots of energy throughout the day to remain alert and support their busy growth. With as many as a third of teenagers skipping breakfast, health and wellness problems are on the rise. Keeping this thought in mind, NSS wing of Fatima College arranged an awareness session on "Healthy Eating Habits" on 06.10.16. The key objective of this programme is to change the attitude of college students towards healthy food choices and habits. Dr. V.Sarojini, Assistant Professor, Madurai Medical College, Madurai was the resource person who delivered a lecture.

Healthy eating is not only important for your diet, it's also important as a part of your personal well-being. Starting healthy eating habits at a young age will possibly help people as they get older. She advised the students not to skip the breakfast and added the consequences of missing breakfast and lunch which may cause ulcers in the stomach and add on to various problems like polycystic ovary syndrome, obesity and acidity problems. She asked them to combine balanced diet with physical activity which will help them to live a long and healthy life. Also she quoted "It is your meal strategy that determines your figure". She spoke about the junk foods and said a healthy diet is one which is low in saturated fats, high in starch and dietary fibre and low in sugar. Just because something is fat free or low fat doesn't mean that they can be

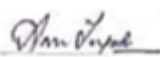
taken as much. Many low-fat or nonfat foods are also high in calories. Carbohydrate and protein content of different foods were tabulated and shown to students.

**CHIEF GUEST PROFILE:** Dr. V. Sarojini, Assistant Professor, Madurai Medical College, Madurai

**OUTCOME:** Students were very much inspired by the hand model description of the food illustrated by the speaker. They took oath to be smart about their food choices and get a good amount of exercise. Students interacted well at the end of the session with the doctor and also got their queries answered.



**Dr. V.Sarojini, was the resource Person for the session on “Healthy Eating Habits” and she was welcomed by the NSS volunteer.**

  
(Dr. Ancemma Joseph)  
NSS Coordinator



**Criterion** : V – Student Support and Progression

**Metric** : 5.1.3 – Capacity Enhancement & Skill Development

**Year** : 2016- 2017



# **AWARENESS ON FOOD PRODUCTS 07.10.2016**

No. of Participants - **323**





FATIMA COLLEGE (Autonomous), MADURAI – 18

CONSUMER CLUB of FATIMA COLLEGE

**“AWARENESS ON FOOD PRODUCTS”**

**DATE: 07.10.2016**

**TIME : 12.30PM- 1.30PM**

**VENUE : JUBILEE HALL**

The Citizen Consumer Club organized a program on “Awareness on Food Products” on 07.10.2016 at Jubilee hall, Fatima College. Mr. Jeyakumar, Food safety officer, Madurai Urban and Mr.Chandra Mohan, Food safety officer, Vadipatti, Madurai were the guest of honour. Mr.Jeyakumar insisted about the packaging of food products and the details to be checked in the label and cover of the food products before consuming.

Mr. Chandra Mohan explained the possibilities of adulteration in food products and he suggested some home remedies for overcome such adulterations. It was an interactive session between resource persons and members of the club. The member asked several questions to clarify their doubts regarding food products. The resource persons also guided the students to file a petition in case of adulteration.

### **Chief Guest Profile**

1. Mr. Jeyakumar,  
Food safety officer, Madurai Urban

2. Mr.Chandra Mohan,  
Food safety officer, Vadipatti, Madurai.

**Outcome:** The participants learnt how to be aware on identifying adulteration in various products and checking of manufacturing and expiry dates of different products.



Mr. Jeyakumar addressing on packaging of food products



Mr. Chandra Mohan explained the possibilities  
of adulteration

*S. Fatima Rosaline Mary*  
Dr. Mrs. S. Fatima Rosaline Mary  
Associate Professor,  
Research Centre of Commerce  
Fatima College (Autonomous)  
Madurai



**Criterion** : V – Student Support and Progression

**Metric** : 5.1.3 – Capacity Enhancement & Skill Development

**Year** : 2016- 2017



# **MARCHING TOWARDS AIDS FREE SOCIETY**

**01.12.2016**

**No. of Participants - 168**

**Topic** : Marching Towards AIDS free Society.

**Date** : 01.12.2016

**Resource Person** : Mrs. Glory, Programme, Co-ordinator Russ Foundation.

**Venue** : Smart Room, Fatima College

World Aids Day was observed on December 1<sup>st</sup> 2016, the programme is designed to rise about HIV infection awareness. The theme of the programme was to minimize the gap between HIV prevention and treatment. The Sociology and Social work department observed this event by involving young social scientists in the awareness campaign. Mrs. Glory Programme Co-ordinator Russ Foundation had an interaction session on HIV and AIDS with the students and took the session with emphasis on HIV transmission staging, stigma, prevention, treatment and students role in reduction of stigma.



**Mrs. Glory Programme Co-ordinator Russ Foundation addressed the Topic on Marching towards AIDS free Society on 01.12.2016.**



**Mrs. Glory Programme Co-ordinator Russ Foundation interacted with our student on Marching towards AIDS free Society on 01.12.2016.**

  
**Signature of Head of the Department**  
Dr. M. MEEHAKUMARI, M.A., M.Sc., U.P.S.I., P.D.,  
Assistant Professor & Head  
Department of Sociology and Social Work  
FATIMA COLLEGE, MADURAI  
Tamilnadu-625 018



**Criterion** : V – Student Support and Progression

**Metric** : 5.1.3 – Capacity Enhancement & Skill Development

**Year** : 2016- 2017



## **AWARENESS ON AIDS**

**01.12.2016**

**No. of Participants - 875**





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

## **Part V - Commemoration of World Aids Day**

### **WORLD AIDS DAY**

**DATE:** 01.12.2016

**TIME:** 2.00 PM -4.00P M

**VENUE:** Fatima College, Madurai.

World AIDS Day is an annual observance that takes place on Dec 1, 2016 to educate the public about the impact of HIV and AIDS on young people and to highlight the work young people are doing across the country to respond to the epidemic. NSS wing of Fatima College organized an awareness programme. Shri Jeyapandi, District Coordinator, RRC and a HIV positive person was invited to address the NSS volunteers. Unfortunately social stigma against AIDS and HIV infected patients is a reality that cannot be denied. In such a grave situation, it becomes a necessity to spread awareness not only on the facts of the disease, its prevention, transmission and treatments, but also to educate the general minds to show solidarity and support to people who are infected with HIV. The invited speaker Shri Jeyapandi, District Coordinator, RRC spoke on the causes, prevention and transmission of the disease. He gave a broad outlook on the scientific approach of the treatment of disease. The other speaker, a HIV positive person, gave the social perspective behind the nature of occurrence of this disease especially in the women folk through her own story. It was really a heart touching speech which made many in the audience to shed tears. The awareness session ended with students taking oath on showing solidarity and support to people who are infected with HIV.

### **CHIEF GUEST PROFILE:**

Shri Jeyapandi,  
District Coordinator,  
RRC, Madurai.

### **OUTCOME:**

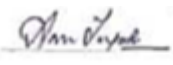
Students were motivated to spread awareness, fight prejudice and improve health and social wellbeing.

Students were motivated to spread awareness, fight prejudice and improve health and social wellbeing.

### PHOTO GALLERY



The invited speakers Shri Jeyapandi, District coordinator RRC, and a HIV +Ve person addressing the gathering - 01.12.2016

  
(Dr. Ancemma Joseph)  
NSS Coordinator





**Criterion** : V – Student Support and Progression

**Metric** : 5.1.3 – Capacity Enhancement & Skill Development

**Year** : 2016- 2017



# META COGNITION SKILLS

14.12.2016

S. NO.	PARTICULARS	NO. OF PARTICIPANTS
1	II MCA	60
2	III MCA	52
	TOTAL	112



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

**PG DEPARTMENT OF COMPUTER APPLICATION**

**META COGNITION SKILLS**

Name : MS .S. Santhi

Designation :Sub. Inspector of Police, Madurai

Phone No. :8300011669

Date : 14.12.2016

Time : 2.00 p.m - 4.00 p.m

Venue : Seminar Hall

**Key Points Highlighted:**

- ✓ What are the self awareness skills?
- ✓ What does it mean to be more self aware?
- ✓ What is meta cognition in education?
- ✓ How can I improve my self-awareness?

**CONTENT :**

The session started by giving an introduction to self awareness. She clearly explained how to be an independent self concept, how to direct their own learning. She accumulated a reservoir of life experiences that can be a resource for the students. She also insisted that it should be internally motivated rather than to learn externally.

**FEEDBACK:**

Student gained knowledge on

- How to recognize strengths and weaknesses.
- How to identify what she needs to complete a task.
- How to recognize errors in schoolwork.

- How to understand and talk about her feelings.
- How to recognize other people's needs and feelings.



Ms. Shanthi, Sub-Inspector of Police, Madurai addressed the students about self-awareness

*L. Hylm*

PG DEPARTMENT OF COMPUTER APPLICATIONS  
FATIMA COLLEGE (AUTONOMOUS)  
MADURAI-625 002



**Criterion** : V – Student Support and Progression

**Metric** : 5.1.3 – Capacity Enhancement & Skill Development

**Year** : 2016- 2017



# **INTERACTION WITH VILLAGERS ABOUT MENTAL ILLNESS**

**02.02.2017**

**No. of Participants - 168**



**Fatima College (Autonomous)**  
**Mary Land, Madurai -18**  
**Awareness Programme on Mental Health**

**Topic : Interaction with Villagers about Mental Illness**

**Date : 02.02.2017**

**Venue : Sathyamoorthy Nagar**

Mental health problems are very common and Sathyamoorthy Nagar villagers would benefit from greater awareness, as people with poor physical health are more likely to experience mental health difficulties. Equally, people mental health often also has poor physical health.

On February 2, 2017 Ms.Buvana, the programme Co-ordinator, Santhmanas, Madurai gave a brief introduction about Mental illness and mental Retardation. Mr.Vignesh, Psychiatric School Social Worker, Santhmanas, interact with the villagers about the different ways of handling and taking care of such people in their home. This short programme aims to raise the awareness of mental Health among villagers.



**Students from department of Sociology and Social Work interacted with Sathyamoorthy Nagar villagers on Mental Illness on 02.02.2017**

  
**Signature of Head of the Department**  
**Dr. M. MEENAKUMARI, M.A., M.Sc., Ph.D.,**  
Assistant Professor & Head  
Department of Sociology and Social Work  
FATIMA COLLEGE, MADURAI  
Tamilkudal-625 018





**Criterion** : V – Student Support and Progression

**Metric** : 5.1.3 – Capacity Enhancement & Skill Development

**Year** : 2016- 2017



# **SEMINAR ON FIRST AID**

## **24.02.2017**

No. of Participants - **50**



**YEAR : 2016-2017**

**DATE: 24/02/2017**

**Activity : First Aid**

## **Seminar on First Aid:**

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The first aid camp was held in the Sri VellaswamiNadar College on 24<sup>th</sup> February, 2017(Friday). This was organised by the INDIAN RED CROSS SOCIETY. The Union Barriers and the Co-Ordinators of the Part- V NSS activity participated in it. The session based on saving the life of people in critical situations. It was taught by **Mr.Rajkumar,** Member of Youth Red Cross. Different methods of first aid was taught based on kind of accident situation.

### **OUTCOME**

The session is very useful for the students as well as it also showed us the value of human life which is one of the very precious things which was created by the Almighty Lord in the World.

**NSS Co-ordinator (Shift II)**

*J. Fable Jasmin Shobha*



**Criterion** : V – Student Support and Progression

**Metric** : 5.1.3 – Capacity Enhancement & Skill Development

**Year** : 2016- 2017



# HEALTH MANAGEMENT USING YOGA 27.02.2017

S. NO.	PARTICULARS	NO. OF PARTICIPANTS
1	II MCA	60
2	III MCA	52
	<b>TOTAL</b>	<b>112</b>



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

**PG DEPARTMENT OF COMPUTER APPLICATION**  
**HEALTH MANAGEMENT USING YOGA**

Name : Mrs.L.R.Rani  
Designation : Yoga professor, TN Open University, Madurai  
Phone No. : 8124596709  
Date : 27.02.2017  
Time : 2.00 p.m - 4.00 p.m  
Venue : SJ8

**Key Points Highlighted:**

- ✓ **The event emphasized on the importance of Yoga.**
- ✓ **She stressed on the need of practicing Yoga and Yoga as a way of life.**

The session started with an introduction about a simple way called “YOGA” through which we can make all the body parts healthy and perfect. She persisted that it is a practice of different body postures, “ASANAS” which helps a lot to become healthy, fit and fine. She explains Yoga can remove the stress, depressions from human mind and results a better health and a better mood. She insisted that Yoga is a kind of meditation and peaceful environment is required to do Yoga. She encouraged us that Morning timing is the best suitable time for Yoga. We also get knowledge that India is recognized as the Leader in Yoga.

**OUTCOME:**

- ✓ *This session is very useful to know the importance and awareness of Yoga*
- ✓ *We understand, that it improves our flexibility, perfects the posture, protects our spine, betters our bone health, ups our heart rate and etc.*



Ms. Rani, Professor of Yoga, TN Open University demonstrated poses of yoga to the students on 22.07.2017 at San Jose, Fatima College, Madurai

*L. Myln*  
 PG DEPARTMENT OF COMPUTER APPLICATIONS  
 FATIMA COLLEGE (AUTONOMOUS)  
 MADURAI-625 022