



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



LIFE SKILLS

2018 - 2019



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



MEDITATION IN ACTION MOVEMENT

21.06.2018 - 28.02.2019

No. of Participants - 1108



Fatima College (Autonomous)
Mary Land, Madurai -18

INTERNATIONAL YOGA DAY

Guest Lecture : “ Incredible benefits of yoga and Meditation”

Date: 21.6.2018.

Chief Guest: “Mrs.Indira Baskaran and Mrs.Maria Selvam”

Several competitions like Essay writing ,Poster making and Best practitioners of Yoga and Meditation were conducted and Winners were awarded with prizes.



N.C.C. cadets showcased their talents and encouraged all to do yoga regularly

Need for Yoga and Meditation for leading a healthy and stress free life



Chief Guest Address: Mrs. Indra Baskaran (Yoga Trainer)

Chief Guest: Dr.Mrs.Antony Amala Jayaseeli,

Asst.Prof.in Zoology

‘Need for yoga and meditation’.



Competition conducted on “Incredible benefits of Yoga and Meditation”.

Essay Writing :

1. T.Thamarai Yazhini – III B.A. English
2. R.Shanmuga Priya – II B.COM.C.A
- 3.S.Durga Devi –II B.Sc Maths



Poster Making :

1. B. Abarna Devi - III B.Com
2. S. Ranganayagi - II B.Com C.A
3. T.R. Niranjana Devi - III B.Com



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



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

26.06.2018

No. of Participants - 165



Fatima College (Autonomous)
Mary Land, Madurai -18

Topic : International Day against Drug Abuse and Illicit Trafficking
Date : 26.06.2018
Time : 09.30a.m -12.30p.m
Venue : Thamukkam Ground & IMA Hall

In order to create awareness on drug abuse, drug addiction and illicit trafficking. The City Police Madurai and Anti Narcotics Club jointly organized a Rally. The staff and students from department of Sociology and Social Work were actively participated in the sensitization programme. The chief for the rally and seminar is Mr.Davidsan Devasirvatham, Commissioner of Police, Madurai. He flagged off and commenced the rally. The rally began from Thamukkam ground and ended in MMC-IMA Hall

Signature of Head of the Department

Dr. M. MEENAKUMARI, M.A., M.Sc., M.Phil., Ph.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 : 2018- 2019



WORLD BLOOD DONORS' DAY / UTHIRAM'18 MARATHON 06.07.2018

No. of Participants - 250



Fatima College (Autonomous)
Mary Land, Madurai -18

UTHIRAM'18 MARATHAN

DATE: 06.07.2018

TIME: 2.00 PM -4.00P M

VENUE: Fatima College, Madurai.

As a part of World Blood Donors Day celebration, 135 NSS volunteers, 75 Physical Education students, 25 students from AICUF and 15 students from Women's cell participated in Uthiram'18 Marathan organized by Blood Donors Club, Madurai Medical College, Govt. Rajaji Hospital, Madurai on 6.07.2018 at Madurai Medical College. Thiru. S. Davidson Devasirvatham, Commissioner of Police, Madurai was the chief guest. He insisted that blood donation is an extremely noble act and every drop really counts and one should make it a point to donate blood at least once a year. He added that, the eligible age for donating blood is 18 years and one should try and put their effort towards this noble cause and help people. He emphasized that Blood donation is not hazardous and proved it to be healthy habit. It is a good message that needs to be spread across the world that one's blood could be in use for someone in real need of it. A total number of 250 students from Fatima College actively participated in the event and won the first prize Uthiram Trophy for the year 2018.

CHIEF GUEST PROFILE:

Thiru. S. Davidson Devasirvatham,
Commissioner of Police,
Madurai

OUTCOME:

Promote a culture of voluntary and regular blood donation.

Public awareness on the importance of blood donation.



Receiving the Uthirambis Trophy for the year 2018

A handwritten signature in black ink, appearing to read 'Dr. M. Ragam'.

(Dr. M. Ragam)

NSS Coordinator



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



MILLET EATERIES

12.07.2018 - 07.02.2018

No. of Participants - 1289



Fatima College (Autonomous)
Mary Land, Madurai -18

Millet stall

12 July 2018 to 7 February 2019

Environment Education Members were prepared traditional food and arranged a millet stall that spread the awareness to their fellow students about the value of traditional food and its benefits. All the second UG students were arranged this millet stall in cycle wise.

Total No of Participants: 1289



G. Revathi
(G. REVATHI)



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

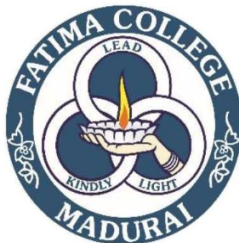
Year : 2018- 2019



GREEN COVERAGE

30.07.2018

No. of Participants - 216



FATIMA COLLEGE(Autonomous),MADURAI-18.
Green Club Report 2018-2019

Importance of Waste Management

DATE: 30/07/2018

Time :12 noon – 1: 30 pm

Venue :Sanjose seminar hall

Programme: Green Club Inauguration & Guest Lecture

The Green club inauguration was held on 30/07/2018 at in Sanjose seminar hall. The green club Inaugural address was delivered by Dr. S.Rajendran Associate Professor Department of Botany, Saraswathi Narayanan College, Perungudi, Madurai. He motivated the students to go green in all their ideas and plans he encouraged the young generation to come forward to protect earth. His speech focussed on the importance of waste management and different methods of recycling the wastes. He also insisted them on growing indoor plants as so that they would help to contribute to htegeen coverage. It was an awakening session for the students to know about the importance of the natural resources, after the session the chief guest along with green club co-ordinators visited the solid waste management pit. It was a lively session which was mixed with a sense of humourand was thought provoking too.

Photos



Chief guest:

Dr. S.Rajendran
Associate Professor
Department of Botany,
Saraswathi Narayanan College,
Perungudi,
Madurai.
Email Id: s.rajendrann@yahoo.co.in

Handwritten signature of the coordinators.

Signature of
Coordinators



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

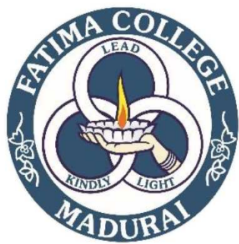
Year : 2018- 2019



CONSUMER CLUB ON SALT ADULTERATION

31.07.2018

No. of Participants - 273



FATIMA COLLEGE (Autonomous), MADURAI – 18

CONSUMER CLUB of FATIMA COLLEGE

CONSUMER CLUB INAUGURATION

Demo on Salt Adulteration

DATE: 31.07.2018

TIME: 12.30 PM – 1.30 PM

VENUE: JUBLIEE HALL

Fatima College inaugurated the Consumer Club on 31.07.2018. The guest of honour was **Mrs. N. Meenambal and Mrs. C.Thangam**. She highlighted the rights of consumers regarding products and services. She explained how the consumers are cheated by advertisement and other marketing strategies. She demonstrated adulteration process by using salt and it was published in the tamil newspaper (Dinamalar, Aug1,2018).

Chief Guest Profile:

Mrs.N. Meenambal

Zonal Secretary of Consumer forum

PLV – District Court Legal Aid Service Authority

Mob: 9865092863

Email:womenconsumer@rediffmail.com

Mrs. C.Thangam.

Member,

Women Consumer Protection Association,

Madurai.

Outcome: Students gained knowledge on identifying the adulterated products while consuming



Mrs. N. Meenambal and Mrs. C. Thangam addressing the students

C. Lucia Vanitha

Dr. C. Lucia Vanitha
Coordinator, Consumer Club



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



WORLD BREASTFEEDING WEEK

06.08.2018

S. No.	PARTICULARS	NO. OF BENEFICIARIES
1	III UG	1321
2	II PG	452
TOTAL		1773

FATIMA COLLEGE

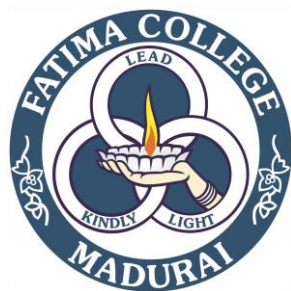
(AUTONOMOUS)

College with Potential for Excellence

Re-Accredited with 'A' Grade by NAAC

65th Rank in All India Ranking 2018 (NIRF)

MADURAI – 625 018



In commemoration of the World Breast Feeding Week

The Research Centre of Home Science

Organises a session

on

Breast Feeding: Foundation of Life



Date: 06.08.2018

Time: 12.30 P.M. - 1.30 P.M.

Venue: Jubilee Hall

All are cordially invited!!



Fatima College (Autonomous)
Mary Land, Madurai -18

DEPARTMENT OF HOME SCIENCE

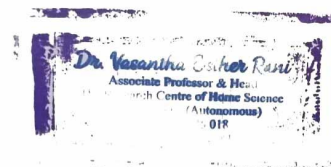
BREAST FEEDING: FOUNDATION OF LIFE

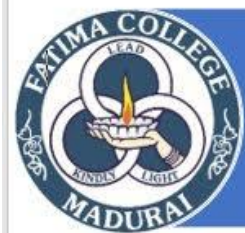
The Department of Home Science with Food Biotechnology, Fatima College organized a guest lecture on “Breast Feeding: Foundation of life” on 05.08.2018. **Dr.S.Balasankar, Professor & Head and Dr.M.S.Rajarajeswaran, Professor, Government Rajaji Hospital, Madurai** delivered special lecture for the final year students. They highlighted the importance of early initiation of breast feeding, exclusive breastfeeding for six months, continuing breastfeeding till two years, avoiding formulae feeds and its disadvantages, positioning and attachment, expression and storage of breast milk. The programme created a platform for the students to learn from the experts, share their views, and create ideas that support mothers and babies in their breast feeding relationship. All the final year students were attended and benefitted from the guest lecture.

BREAST FEEDING – FOUNDATION OF LIFE



Dr. Vasanthi Oshor Rani
Signature of the HOD





Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



BE A CHAMPION - SPORTS STUDENTS

29.08.2018

No. of Participants - **102**



FATIMA COLLEGE (AUTONOMOUS),

Mary Land, Madurai – 625 018.

INTERACTIVE SESSION FOR SPORTS STUDENTS **Programme**

DATE: 29.08.2018

TIME: 9.00 A.M.

VENUE: SJ5

 **PRAYER**

 **WELCOME ADDRESS**

 **HONORING THE DIGNITARIES**

-  **SESSION - I** : **DR. AUGUSTUS SAMUEL DODD,**
MEDICAL SUPERINTENDENT,
GRACE KENNETT HOSPITAL, MADURAI
-  **SESSION - II** : **MS. H. THOUJITHA BANU,**
DIETITIAN, GRACE KENNETT HOSPITAL, MADURAI
-  **SESSION - III** : **MR. JESUDOSS,**
FITNESS CONSULTANT, GRACE KENNETT HOSPITAL, MADURAI
-  **SESSION - IV** : **MRS. S. SHALINI,**
FASHION DESIGNER, GRACE KENNETT HOSPITAL, MADURAI

 **VOTE OF THANKS**



FATIMA COLLEGE (AUTONOMOUS),

Mary Land, Madurai – 625 018.

IQAC – Report on “Be a Champion”

INTERACTIVE SESSION FOR SPORTS STUDENTS

August 29, 2018

The IQAC along with the Mentoring facilitation committee organized an interactive session for the sportswomen on 29.8.2018. The topic was ‘Be a Champion’. This session was taken by Dr. Augustus Samuel Dodd. , M.S., MBA, Medical Superintendent, Grace Kennett Hospital, Madurai.

Apart from motivating the sportswomen to be a champion in life and sports, he gave a lot of practical suggestions for maintaining a healthy body. He also addressed the important issue of sports related injury and how to deal with it.

Mr. Doss the fitness trainer gave a comprehensive presentation on various healthy postures. He also advised the sportswomen on how to relax muscles and prevent injuries. The nutritionist Miss. Shalini spoke on the diet requisites for a sportswoman. She also gave an awareness on what constitutes a healthy diet.

The session was lively, interactive and informative. As a handful of staff voluntarily attended this session, the suggestion was that Dr. Dodd could address the general staff as well.



Champs in Making - Be a Champion - To be a Champion - 29.08.2018

Sindya
IQAC CO-ORDINATION
Fatima College (Autonomous),
Madurai-625018.



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



DEMONSTRATION

ON

FOOD ADULTERATION

31.08.2018

No. of Participants - 70



FATIMA COLLEGE (Autonomous), MADURAI – 18

CONSUMER CLUB of FATIMA COLLEGE

DEMONSTRATION ON FOOD ADULTERATION

DATE: 31.08.2018

TIME: 12.30P.M – 1.30P.M

VENUE: HOME SCIENCE DEPARTMENT

On 31-08-2018 Department of Home Science demonstrated food adulteration to Commerce and Economics students in their department lab. They demonstrated how sweet curd and Ghee is adulterated by mixing vanaspathy, sugar is adulterated by chalk powder, honey is adulterated by sugar solution, wheat flour is adulterated by chalk powder, black pepper by papaya seeds, chilli powder by brick powder, and common salt by chalk powder. They explained everything elaborately and clearly and encouraged students to demonstrate this adulteration to all others inside and outside the college. It was very informative and Students participated actively.

Chief Guest Profile:

Dr. Karthika and Ms. J. Josephine Jesintha

Assistant Professors of Home Science

Fatima College (Autonomous)

Madurai-18.

Mobile: 9486362612

Outcome: Students gained knowledge on Food adulteration, and the ways to identify the adulteration.



Commerce Club members taking training to identify the adulteration.

C Sahaya Mary Sripa

Co-Ordinator, Consumer Club
Fatima College, Madurai



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

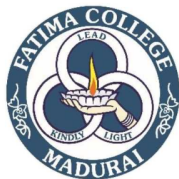
Year : 2018- 2019



BLOOD DONATION DRIVE

10.09.2018

No. of Participants - 998



FATIMA COLLEGE (Autonomous), MADURAI-18 NATIONAL SERVICE SCHEME

Blood Donation Drive

DATE: 10.09.2018

TIME: 9.00AM- 2.00PM

VENUE: Fatima College, Madurai

NSS units of Fatima College organized a blood donation camp in collaboration with Rajaji Government Hospital blood bank of Madurai, on 10th September 2018 from 9.30 a.m. to 2.30 p.m. The camp began at 09.30 a.m. with formal inauguration with lighting of the lamp. NSS Volunteer Ms. Lakshmi Gowri of II B.A. Sociology welcomed the gathering. Dr. Mercy Joyston, Assistant Professor, Department of Transfusion Medicine delivered special address. She insisted on the growing need of blood in the state and applauded the NSS units of Fatima College for the constant services rendered to the needy people. She underscored the efforts taken by the Management to organize blood donation camps every year. 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. Sr. Celine Sahaya Mary felicitated and declared open the Blood Donation Drive and appreciated the donors. Forty One donors came forward to donate and donated forty one units of blood of various groups. The inauguration ended with the vote of thanks proposed by Ms Archana of II Sociology.

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

OUTCOME: The students donate blood and learned more about the importance of donation.



Chief Guest addressing the students and the students actively participating in the blood donation

(Dr. M. Ragam)

NSS Coordinator



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



AWARENESS ON ZONOSIS DISEASE

20.09.2018

No. of Participants - 202



Fatima College (Autonomous)
Mary Land, Madurai -18

DATE: 20/09/2018

Title / Topic of the Activity: ZOONOSIS

Time: 10 AM – 12 PM.

Venue: SAN JOSE HALL

'Awareness on Zoonosis disease' programme was held on 20th September, 2018 at 10AM.

Dr.G.Suresh, veterinary doctor, Madurai was explained about ZOONOTIC diseases which was spread between animals and people. The following points were discussed.

- Transfer of virus
- Transmitting infected agents from animals
- Bites from an infected animals
- Faecal oral transfer / animal body fluid in cuts
- Consuming infected meat or milk

NSS and Youth Red Cross students were participated. They were asked so many questions and clear the doubts.

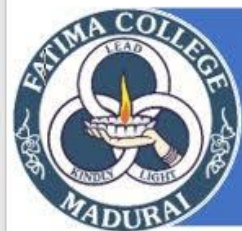
In this function, Dr.Arasammal Vice Principal (Shift-II), and Coordinator of part-5 activities, Faculty in charges of NSS and all the First and Second year students were participated and grace the function.

NSS Students got the awareness about the diseases of pet animals and transfer of virus.



A handwritten signature in black ink, likely belonging to the NSS Coordinator (Shift II).

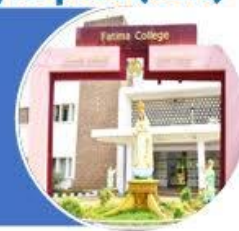
NSS Coordinator (Shift II)



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



AWARENESS ON HERBAL MEDICINE

17.10.2018

No. of Participants - **203**



Fatima College (Autonomous)
Mary Land, Madurai -18

Guest Lecture
on
Herbal Medicine
By
Dr. Guru Moorthy
Accupuncture Clinic, Kulamangalam, Madurai
on
17.10.2018

Dr. Guru Moorthy was delivered the importance of herbal medicine. He said all the in an around plants were helped the human beings. He advised the students maximum utilisation of herbal medicine in their life.

Outcome: The students learnt about herbal medicine and its impact.

Guest Lecture delivered by Dr. Guru Moorthy



G. Revathi

(G. REVATHI)

Mrs. G. Revathi
Coordinator - Environment Education
Fatima College, Madurai



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



PRESENT TREND OF HIV

12.12.2018

No. of Participants - **165**



THE STAFF AND STUDENTS
OF
THE DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK
FATIMA COLLEGE (AUTONOMOUS), MARY LAND,
MADURAI-18

CORDIALLY INVITES YOU
FOR
"SOCIAS - ASSOCIATION MEET"

BY
MR. R.SAKTHI ANAND
PROGRAMME MANAGER
RUSS FOUNDATION
MADURAI

TOPIC : "Present trend of HIV"
DATE : 12.12.2018
TIME : 11.00am
VENUE : MBH

SOCIAS - Association Meet on " Present trend of HIV" conducted by The Department of Sociology and Social Work on 12.12.2018.

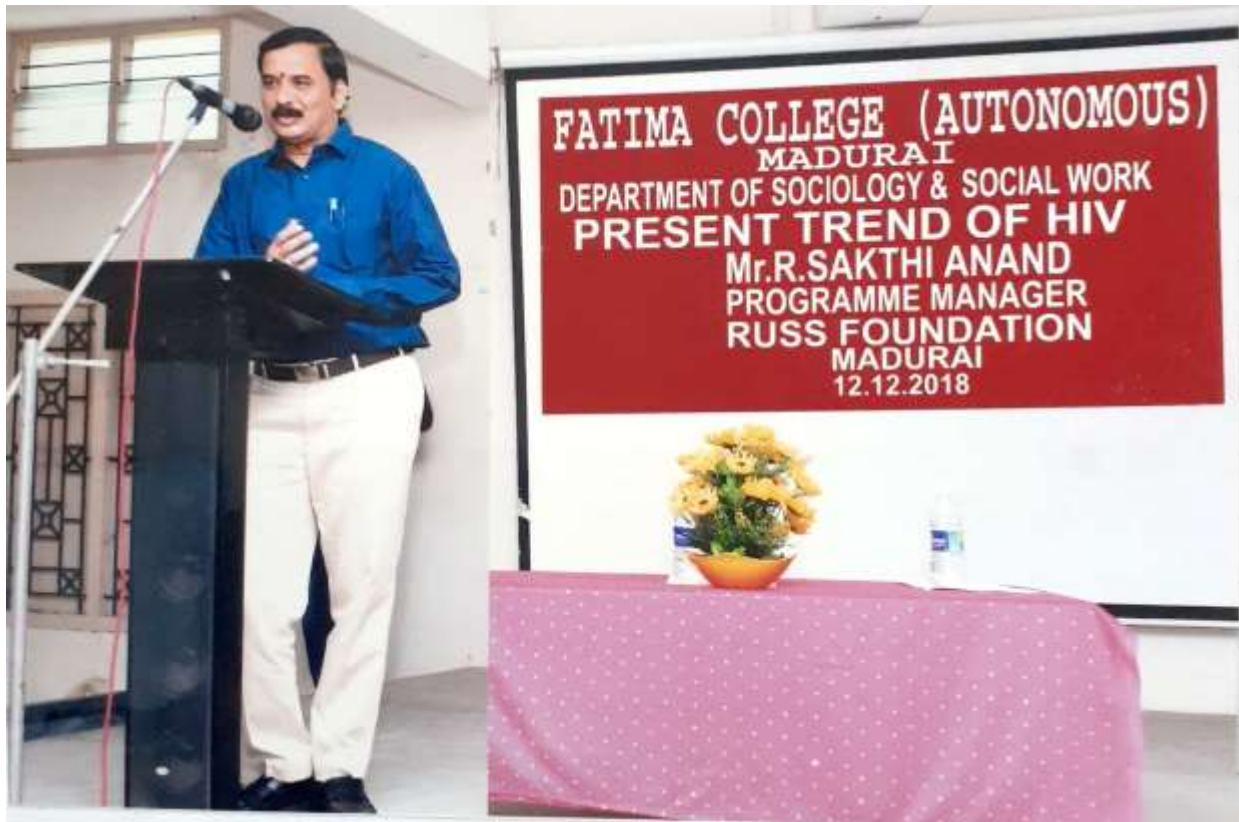


FATIMA COLLEGE (AUTONOMOUS), MADURAI

DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK

- Topic : Present trend of HIV**
- Date : 12.12.2018**
- Time : 11.00a.m**
- Venue : Smart Room, Fatima College.**
- Resource Persons :**
- 1. Mr. R.Sakthi Anand Programme Manager RUSS Foundation**
 - 2. Mrs.V.Suganthi Counsellor RUSS Foundation**
 - 3. Mrs. C.Tamil Selvi Social Worker RUSS Foundation**
 - 4. Mrs. N. Hemalatha Christyal Social Worker RUSS Foundation**
 - 5. Mr. J.Vigneshwaran Monitoring RUSS Foundation**

Sociology and Social Work Association Meet held on 12.12.2018 at MBH. In order to give awareness about AIDS- a dreadful disease, SOCIAS- the department of Sociology and Social Work Association organized the meet on the Topic “Present trend of HIV”. The Chief Guest for the meet is Mr.Sakthi Anand, Programme Manager, RUSS Foundation, Madurai given awareness on HIV/AIDS through his magnificent presentation. In his presentation, he made it clear about the acronyms of HIV/AIDS. Also he explained that, HIV, after entering the human body destroys the immune system that is our body may lose ability to fight with infections and diseases.



Mr.Sakthi Anand, Programme Manager, RUSS Foundation, given awareness on HIV/AIDS on 12.12.2018.



SOCIAS- the department of Sociology and Social Work Association organized the meet titled on “Present trend of HIV” on 12.12.2018.

Signature of Head of the Department

Dr. M. NEEHANURAM, M.A., M.Sc., M.Phil., Ph.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 : 2018- 2019



PREVENTIVE MEASURES OF HEPATITIS

13.12.2018

No. of Participants - 82



FATIMA COLLEGE (Autonomous), MADURAI – 18.

Women Cell of Fatima College

Session on Awareness Program

Awareness Programme on “Hepatitis” - Preventive Measures of Hepatitis

Date: 13/12/2018

Time: 2.30 PM – 4 PM

Venue: San Joes Hall

Topic: Health awareness

Women cell organised a **health awareness programme** on 13th December, 2018 at San Joes Seminar Hall. Dr. Prof. Arthur Joseph Asirvatham, MD (General Medicine), D. Diab, Arthur Asirvatham Hospitals. A most experienced doctor who has published more than 14 books, 70 research papers recently on prevention of metabolism, he had organised many “patient friendly” medical camp. The programme started with a prayer song. Ms. Soundarya of I B.Com welcomed the chief guest. Ms Raagam NSS, Coordinator honoured the chief guest with a memento. The guest of honour Dr. Prof. Arthur Joseph Asirvatham delivered the Awareness speech on Hepatitis.

Dr. Prof. Arthur Joseph Asirvatham in his speech addressed the types, causes, symptoms and treatment of Hepatitis. The highlights of his speech not limited as given below,

He has differentiated the types of hepatitis as

- **Hepatitis** the word denotes liver inflammation
- There are three types of Hepatitis A, B and C. Hep A is a communicable disease and B and C are blood borne and dangerous.
- Alcoholic hepatitis occurs in alcoholic consuming people
- Auto immune hepatitis is rare occurs in joint points
- Sterio- non alcoholic hepatitis causes diabetes.

He also pointed out the symptoms and treatments for hepatitis which includes,

- Loss of appetite, passing high coloured urine, Conjunctiva, stomach pain, extreme tiredness
- No specific antiviral drug, Only nutritional supplement such as adequate calories, vitamin, bed rest etc.,
- Prevention: Hygiene
- Test: serum Bilrubin < 1 mg' liver enzymes AST, ALT < 40

At last Dr. Prof. Arthur Joseph Asirvatham advised the students about the importance of immunizaiton. The programme came to an end with the vote of thanks (Ms.Yalini I year Sociology)

Chief Guest Profile:

Dr. Prof. Arthur Joseph Asirvatham, MD (General Medicine), D. Diab,
 Arthur Asirvatham Hospitals, Madurai
 Contact no: 0452 -2535266
 Mail Id: arthurasirvathamhospital@yahoo.com

Outcome: The students get motivated towards actively participating and expressing their views



Welcome address and vote of thanks (Yalini Sociology)



Ms. Raagam NSS Coordinator honoured the chief guest with a memento

2. Jy 21

Signature of Women Cell Co-ordinator



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



MENTAL HEALTH - SECRET TO HAPPINESS

20.12.2018

No. of Participants - 499



FATIMA COLLEGE (Autonomous), MADURAI-18

NATIONAL SERVICE SCHEME

MENTAL HEALTH: SECRET TO HAPPINESS

DATE: 20.12.2018

TIME: 2.00PM- 4.00PM

VENUE: Fatima College, Madurai

The National Institute of Mental Health has a mantra, “No health without mental health.” However, due to the stigma that often surrounds mental health millions of people worldwide do not receive the help they need and often overlook this extremely prevalent health issue. According to the National Alliance on Mental Illness, in a given year, one in five, or 18.5% of Indian adults experience a mental illness. To emphasis on power of mental health, NSS Fatima College organized a special lecture on ‘Secret to Happiness’ in the premises of Fatima College. Rev. Dr. Sr. Francis Pauline addressed the volunteers about mental health. She briefed about, illnesses including depression and bipolar disorders, anxiety, schizophrenia, dementia, and eating disorders. She said that, depression is the number one cause of disability worldwide and is one of the most significant contributors to the global burden of disease, greatly impacting individuals and their families mentally, physically, socially, and financially. “Mental illness affects everyone no matter their race, gender, culture, age, ethnicity, or sexual orientation”, she added. She concluded that mental health is the secret to happiness which helps to reach the destination at an ease.

CHIEF GUEST PROFILE: Rev. Dr. Sr. Francis Pauline, Counselor, Fatima College

OUTCOME: The students learned the importance of mental health and learned how to keep a healthy mind.



The chief guest addressing and interacting with the students

Dr. M. Ragam
(Dr. M. Ragam)
 NSS Coordinator



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



KEY FACTOR OF SUCCESSFUL PROJECTS

21.12.2018

No. of Participants - 77



KEY FACTOR OF SUCCESSFUL PROJECTS

Name : <u>Ms. L. SENTHILAKSHMI</u>	Date : 21.12.2018
Designation : EXECUTIVE DIRECTOR, TANDEM INFOTECH, MADURAI	Time : 1.30 p.m - 3.30 p.m
Phone No. : 9994666099	Venue : SJ Seminar Hall

Key Points Highlighted:

- ✓ Factors that lead to successful projects
- ✓ Best practices for successful project implementation
- ✓ How to start with a clear project scope

The session start with a quote, “Operations keep the lights on, strategy provides a light at the end of the tunnel, but project management is the train engine that moves the organization forward” by Joy Gumz. Mam highlighted that with the right amount of planning, implementing and monitoring there can be the opportunity to complete a project on time, on budget and with high quality results, Implement while keeping an eye on the metrics and keeping an eye on the quality.

OUTCOME:

- ✓ Students came to know how to become smart in planning, open communication, strong project closure
- ✓ How to look for a tool that leads to successful projects?



KEY FACTORS OF SUCCESSFUL PROJECTS, 21 DEC 2018, MS. L. SENTHILLAKSHMI, EXECUTIVE DIRECTOR, TANDEM INFOTECH, MADURAI.

A handwritten signature in black ink, appearing to read "S. Mayhem".

HEAD
Department of Computer Science
Fatima College (Autonomous)
Madurai - 625 018



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



HERBAL COSMETOLOGY

28.01.2019

No. of Participants - **176**

FATIMA COLLEGE (AUTONOMOUS)
Mary Land, Madurai -625018
College with Potential for Excellence
Re-Accredited with 'A' Grade by NAAC (3rd Cycle)
65th rank in India Ranking 2018 (NIRF) by MHRD

We, the faculty and the students of the Department of Zoology, cordially invite you to the
has consented to deliver the
GUEST LECTURE
ON

HERBAL COSMETOLOGY

RESOURCE PERSON: DR.J.JEYAVENKATESH

CHAIRMAN

KOKILA SIDDHA HOSPITAL & RESEARCH CENTRE

THIRUMANGALAM

MADURAI

Date: 22.01.2019



Fatima College (Autonomous)
Mary Land, Madurai -18

Department of Zoology

“HERBAL COSMETOLOGY”- 28.01.2019

Report:

DR. J. Jeyavenkatesh, Chairman, Kokila Siddha Hospital & Research Centre,


Thirumangalam, Madurai delivered a guest lecture – “Herbal Cosmetology”. He spoke about the herbal ingredients and its potential property to be used in the formulation of herbal cosmetics and the increased demand for the same in the market. He also explained about the future of this field as promising entrepreneurship as people consider chemical cosmetics are not safe to skin.

Department of Zoology

Guest Lecture - "HERBAL COSMETOLOGY"- 28.01.2019



DR. J. Jeyavenkatesh, Chairman, Kokila Siddha Hospital & Research Centre, Thirumangalam, Madurai delivered a guest lecture – "Herbal Cosmetology"


Signature of the HOD
Dr. A. TAMIL SELVI
Head, Dept. of Zoology
FATIMA COLLEGE (AUTONOMOUS)
MADURAI-625 018



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



PROGRAMME ON MENSTRUAL HYGIENE

29.01.2019

No. of Participants - 710



Fatima College (Autonomous)
Mary Land, Madurai -18

Programme on Menstrual Hygiene

29.01.2019

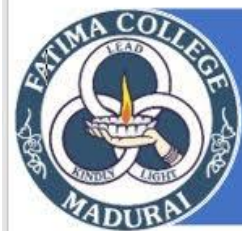
Dr.K.Catherine, Dept. Of Chemistry, Fatima College, Madurai delivered Hygienic Programmes on Sanitary Napkins. She explained how to use sanitary napkins and how to dispose it. All second years students were participated. The Students are able to identify and choose healthy and hygienic napkin

HYGENIC PROGRAMME ON SANITARY NAPKIN



G. Revathi
(G. REVATHI)

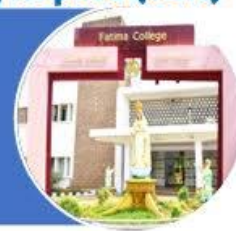
Mrs. G. Revathi
Coordinator - Environment Education
Fatima College, Madurai



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



GENERAL MEDICAL CHECK UP

08.02.2019

No. of Participants - **110**



FATIMA COLLEGE (Autonomous), MADURAI – 18.

Women Cell of Fatima College

Session on Health Issues

Date: 08/02/2019

Time: 9AM – 5 PM

Venue: Jubilee Hall

Topic: Medical Check Up

As a part of Part V activities Women cell along with AICUP, NCC and Physical Education organized a General Medical Check-up on 8th February, 2019 at Jubilee Hall. **Dr. G. Uma**, Vice Principal -II (Shift I), Fatima College coordinated the programme. The programme started with a prayer song followed by prayer. The programme was inaugurated by **Dr. Sr. G. Celine Sahaya Mary**, Principal, Fatima College (Autonomous). **Dr. Sr. Diana Theresa**, MBBS, Sisters' Sr. Francis and Sr. Thangam were the Chief Guest. Dr. Antony AmalaJeyaseeli NCC Coordinator gave a welcome address. The Chief Guest Dr. Sr. Diana Theresa gave a Keynote address. In her speech she gave a brief note on the points to be noted for a health life. She pointed out that personal hygiene along with yoga, healthy diet, regular exercise can get rid of more stress related problems. After a brief address the general medical check up for 110 students were done. First the student's general information regarding Name, Sex, Age were noted down in a form. The NCC students helped in measuring the height and weight of the students. Later on the students were individually addressed by the Nurse sister's Sr. Francis and Sr. Thangam regarding their personal problems related to menstruation and genetic background. Doctor Sr. Diana Theresa checked each student who had medical problems and suggested prescription.

Chief Guest Profile:

Dr. Sr. Diana Theresa

Outcome: The students get motivated towards actively participating in general medical check up.

Medical Checkup



Medical Checkup



2. Jy 21

Signature of Women Cell Co-ordinator



Criterion : V – Student Support and Progression

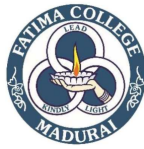
Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2018- 2019



TAMIL MEDICINE EXHIBITION ON IYARKAIKU THIRUMPUVOM 20.03.2019

No. of Participants - **226**



Fatima College (Autonomous), Madurai 18

DEPARTMENT OF TAMIL

2018-2019

Title : Medicinal Herbs and their Uses – Exhibition of Medicinal herbs

Date : 20.03.2019

No. of Participants :226

Focus on : **Entrepreneurship & Skill Development**

Outcome :

- The participants gathered information about the use of medicinal herbs and the importance of living close to nature, which is one of the significant areas discussed in Tamil Literature.
- They were informed about lot of possibilities of Research on Herbal Medicine

பாத்திமா கல்லூரி (தன்னாட்சி), மதுரை - 18.

ஆற்றல்சால் கல்லூரி,
தேசியத் தரமுறைமதிப்பீட்டில் "ஏ" தகுதி பெற்றது
என்.ஐ.ஆர்.எப் மதிப்பீட்டில் இந்திய அளவில் 65- ஆவது இடம் பெற்றது

தமிழ் உயராய்வு மையம்
இளங்கலை மூன்றாம் ஆண்டு மாணவிகள் நடத்தும்

இயற்கைக்குத் திரும்புவோம்
மூலிகை மருத்துவக் கண்காட்சி

நாள் : 20-03-2019
இடம் : தமிழ் உயராய்வு மையம் முன்புறம்

நகழ்ச்சி நரல்

தலைமை : முனைவர் அருள்சகோதரி. ஜெ.செலின் சகாய மேரி
முன்னிலை : முனைவர். அருள்சகோதரி. ம.பிரான்சில்கா விலோரா

- இயற்கைக்குத் திரும்புவோம் - நாடகம்
- அறிந்த பழங்களும் அறியாத பயன்களும்
- மூலிகைக் குடிநீர்
- மூலிகைகளும் அவற்றின் பயன்களும்
- சீறுதானியங்களின் பயன்கள்
- சூரணங்கள்
- பாரம்பரிய உணவு
- 'நாடி' பார்த்து உடல்நலம் அறிதல்



The Final Year UG students of Tamil Major organized the Exhibition of Medicinal Herbs

A. Pappay Kamala Bai

HEAD OF THE DEPARTMENT