



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



LIFE SKILLS

2019 - 2020



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



INTERNATIONAL YOGA DAY

21.06.2019

No. of Participants - 4105



FATIMA COLLEGE (AUTONOMOUS) MADURAI

21.06.2019

Meditation in Action Movement Report-2019-20.

INTERNATIONAL YOGA DAY REPORT

In today's environment, many people are suffering with stress and anxiety of day to day living and are finding themselves unable to cope up with life's little emergencies. Prescriptions of drugs are on the rise due to the increasing need for people to deal with their stress and anxiety. However, many people are searching for ways to be less stressed and live a happy and healthy life without drugs. In this situation yoga and meditation plays a vital role in relieving their stress and anxiety.

Realizing this, Fatima College encourages all students to practice Yoga and Meditation in their everyday life. Awareness on the significance of Yoga and Meditation is spread through celebration of International Yoga Day too.

In commemoration with International Yoga Day, guest lecture entitled "Yoga and Meditation for Excellence" is arranged on 21.06.2019. Yoga Trainer "Mrs. R Suriya Praba, M.Sc in Yoga and Meditation" delivered lecture and explained different yoga poses and narrated their benefits, if practiced regularly.



Nearly 2210 students did various stress relieving yoga exercises in Regular and Self finance sections in the presence of Secretary Dr. Sr. Fransica Flora and Principal Dr. Sr. Celine Sahaya Mary. NCC students have also demonstrated various postures to the audience.

[Students Demonstration in International Yoga Day - 21.06.2019](#)





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

Poster Making

I Prize Sushmitha, III B.Sc Comp.Science

II Prize S.Nivasini, II B.Sc Maths

III Prize R.Asmath Haseena, II B.Sc Maths-‘A’

Best Yoga Practitioner

I Prize S.Nivasini, II B.Sc Maths

II Prize A.Shalini III B.Sc Statistics

III Prize R.K.Shalini II B.A English

Dr. S. Ivy Jeno.
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 : 2019- 2020



SCIENTIFIC AND YOGA MEDITATION

24.06.2019

No. of Participants - 34



PG DEPARTMENT OF COMPUTER APPLICATION

SCIENTIFIC & YOGA MEDITATION

NAME	: Mrs. N. Rama Rani	DATE	: 24.06.2019
DESIGNATION	: YOGA TRAINER, ANAYUR, MADURAI.	TIME	: 10.00 – 12.00 noon
PHONE NO	: 8124596709	VENUE	: Seminar Hall

KEY POINTS HIGHLIGHTED:

- Importance of yoga on account of International yoga day.
- The event emphasized the importance of Yoga.
- The need of practicing Yoga for health management.

The session concentrated on importance of practicing Yoga and meditation to improve mind-body health and stress resilience. Yoga and meditation can play an important role in their life because these help in controlling the function of our mind i.e. ego, desire and intellect. Yoga is a well-known physical, mental and spiritual practice since the ancient time and still benefitting people globally. It helps in the expansion from narrow egoistic personality to the all-pervasive, endless and delightful state of reality. The practice includes physical postures, regulated breathing, meditation and relaxation, which is helpful in improving life-style and also in bringing down the prevalence of medical emergencies like psychological, neurological and metabolic disorders.

OUTCOME:

- ✓ This session is very useful to know the importance of Yoga and Meditation.
- ✓ It helped the students to remain happy and healthy even with many life stresses.

✓



✓ **SCIENTIFIC & YOGA MEDITATION, 24 JUNE 2019, N. RAMA RANI,
YOGA TRAINER, ANAYUR, MADURAI.**

S. Mayhew

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 : 2019- 2020



MILLET EATERIES

11.07.2019 - 31.07.2019

No. of Participants - 1091



Fatima College (Autonomous)
Mary Land, Madurai -18

MILLET EATERIES

2019-2020

“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.

Shift – I

S. No.	DATE	DEPARTMENT	NO. OF PARTICIPANTS	PLACE	ITEMS
1.	11.07.2019	History	41	COLLEGE CAMPUS	Raagi puttu,
2.	29.07.2019	Economics	71		Kambu adai
3.	06.08.2019	Sociology	36		Thinai urundai
4.	03.09.2019	English	70		Mulmurungai vadai
5.	12.09.2019	Tamil	63		Mulmurungai adai
6.	18.10.2019	Mathematics	68		Pasiparupu sundal
7.	21.11.2019	Physics	46		Mulaikattia dhaniangal
8.	09.12.2019	Chemistry	43		Sivaparisi payasam,etc.,
9.	18.12.2019	Zoology	42		
10.	27.01.2020	Home Science	43		

Shift – II

S. No .	DATE	DEPARTMENT	NO. OF PARTICIPANTS	PLACE	ITEMS
1.	03.12.2019	BBA	69	COLLEGE CAMPUS	Sweet corn. Ragiladdu, Dhal masala, Fruit salad, Rajma with onion, Paaseepayaru paayasam, Ravaaladdu, Aval urundai, and Paniyaaram
2.	03.03.2020	English	66		
3.	22-1-2020	Journalism and Mass Communication	20		
4.	17.09.2019	Mathematics (A and B Sec)	64 and 71		
5.	6.02.2020.	Statistics	33		
6.	8.08.2019	B.Sc IT	40		
7.		BCA	39		
8.	31.07.2019	Commerce with Computer Applications	44 and 45		

Health Awareness Exhibition through Millet Stalls....



Health Awareness Exhibition through Millet Stalls....



Health Awareness Exhibition through Millet Stalls....



Health Awareness Exhibition through Millet Stalls....



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 : 2019- 2020



AWARENESS PROGRAMME ON CERVICAL CANCER 17.07.2019

No of Participants - 1115



FATIMA COLLEGE (Autonomous), MADURAI-18.

ROTARACT Club of Fatima College

Awareness session on "Cervical Cancer" in collaboration with YI (Young Indians) and Bella Premier.

DATE : 17/07/2019

Time : 10 AM – 12 PM.

Venue : Jubilee Hall

Chief Guests:

- **Mr. S. M. Manikandan, Chief Operating Officer, Aparajitha Software Services(P) Limited.**
- **Mr. Ramanathan L. Srinivasan, Director, Sree Vinayaga Screens.**
- **Dr. Mythily Prathibah Pandian**
- **Mrs. Meenakshi Arvind, A globe trotter and an avid reader** (Coimbatore-based entrepreneur Meenakshi Arvind travelled 70 days, 24 countries, one car. Titled XPD2470, the expedition covered 28,600 kilometres, crossing 24 countries in 70 days, to commemorate 70 years of India's independence)

“Raise you awareness and share your uniqueness to the world”

On 17/07/2019 an awareness program on ‘Cervical Cancer’ was organized. The first part of the session was handled by Mr. S. M. Manikandan, He insisted that there are 3 Keys in Life. They are,

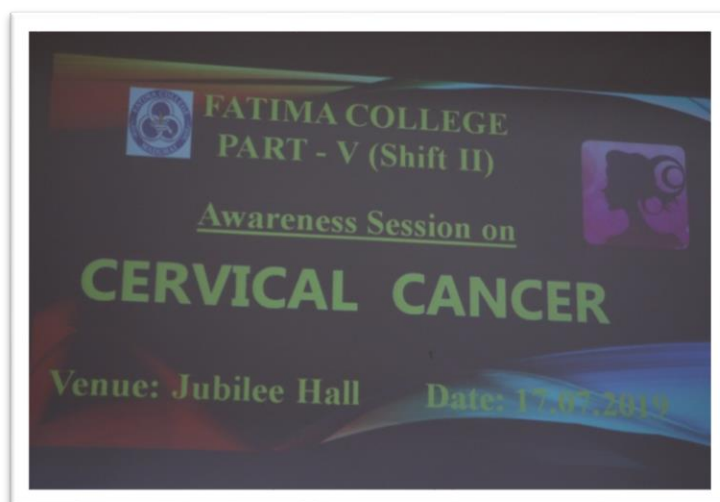
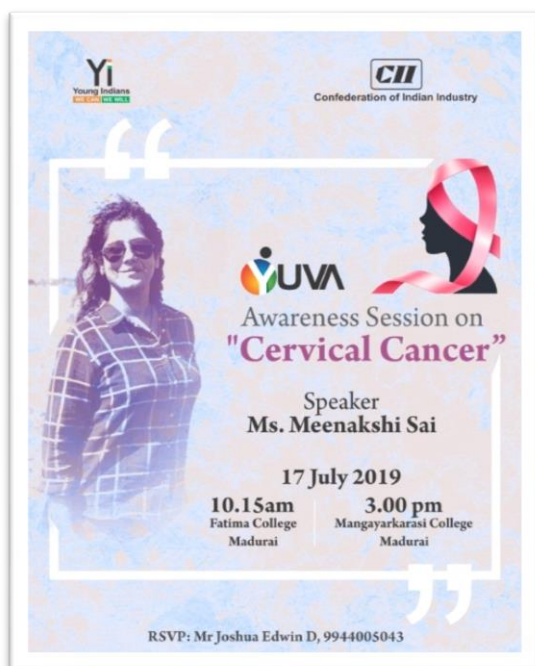
1. Passion
2. Practice
3. Persistence

When we follow this, we can able to succeed in life. **Dr. Mythily Prathibah Pandian** gave a brief introduction about Feminine hygiene. **Mrs. Pavithra** from Bella premiere company gave an orientation about why hygiene and feminine hygiene is important. She also gave some health tips for the students. **Mrs. Meenakshi Arvind**, gave an introduction about cervical cancer. She also listed the causes Symptoms and Signs, Diagnosis, Precautions and treatment. She insisted that mainly because of Infection or a special type of virus is the cause of cervical

cancer among youngsters. She also insisted that early treatment can give a cure to this problem.

Outcome: Students came to know about cervical cancer and the steps to be taken for maintaining feminine hygiene. They also came to know several precaution measures to avoid infections.

PHOTO





Chief Guests



Mr. S. M. Manikandan, Chief Operating Officer, Aparajitha Software Services(P) Limited.



Mrs. Meenakshi Arvind



Mrs. Meenakshi Arvind – Cervical Cancer Awareness

V. Jane Varamani Sulekha

SIGNATURE of the Coordinator



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



You are What you Eat

18.07.2019

No. of Participants - **75**



FATIMA COLLEGE (Autonomous), MADURAI – 18.

Women Cell of Fatima College

Session on Awareness Program

Date: 18/07/2019

Time: 2.30 PM – 4 PM

Venue: San Joes Seminar Hall

Topic: You are, what you eat

Health is wealth and health forms the basis for a sound life. Women Cell organized a health awareness programme on 18th July, 2019. Dr.K.Karthiga, Assistant Professor, Department of Home Science, Fatima College was the Chief Guest. The programme started with a prayer song by I UG computer science students. Ms.Harini of I B.Sc Home Science welcomed the guest Dr.K.Karthiga. The chief guest delivered her speech on the topic entitled **“You are, what you eat”**. She stressed on the importance of balanced diet, breakfast, nutrition etc., She motivated the students to have right proportion in right quantity throughout the day.

The speech was focussed on the nutrition for youngsters, the right type of intake of food such as consume adequately, liberally, moderately and sparsely. She also directed the students towards **“Eat well plate”** on the daily recommendation of food allowances for the teenagers. She rightly pointed out the ill effects of skipping breakfast such as heart problem and diabetics in man and women respectively through videos.

She pointed out the health hazards of junk foods including rise in blood pressure, bad cholesterol, cancer, stroke, heart problems and health food tips to overcome the deficiencies. She motivated the students to find out their BMI and maintain correct weight through healthy food habits. The whole programme was co- ordinate by Fatima Siha of I B.Sc Home Science.

Chief Guest Profile:

Dr.K.Karthiga,
Assistant professor,
Department of Home Science and Nutrition,
Fatima College, Madurai-18
Email id: karthila@rediffmail.com; go2karthi08@yahoo.co.in

Outcome: She motivated the students to find out their BMI and maintain correct weight through healthy food habits.

PHOTOS



Photo1: Chief Guest Dr.K.Karthiga and Women Cell coordinator



Dr.K.Karthiga addressing the I UG Students


Signature of Women Cell Co-ordinator



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

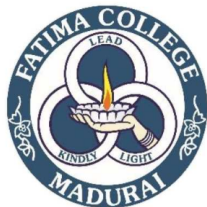
Year : 2019- 2020



FRACTURES AND PRECAUTIONS

25.07.2019

No. of Participants - **156**



FATIMA COLLEGE (Autonomous), MADURAI-18.

YOUTH RED CROSS of FATIMA COLLEGE

FRACTURES AND PRECAUTIONS

DATE: 25/07/2019

Time: 10AM – 12 PM

Venue: SMART ROOM

A guest lecture on “Fractures and Precautions” was held in the premise of Fatima College on 25.07.2019. The programme was organised for the students of the Youth Red Cross of Fatima College. Dr. Karthick, Physiotherapist was invited as the chief guest of the programme. Dr. Manimegalai, who also attended the programme helped YRC for the initiative. He explained different types of fractures and sprains with pictures to the students. He also taught the precautionary steps and exercises for prevention. He emphasized on the physical condition of women and enlisted the problems in detail. Students learnt more information from the doctor and benefited from the lecture. Dr. Karthick has been working as a physiotherapist for more than a decade and he has cured many patients and gave many lectures on his field of knowledge at many institutions.

Chief Guest Profile:

Dr. KARTHICK PANDIAN
PHYSIOTHERAPIST
SRI SAI PHYSIO
MADURAI
PH: 98430 43238

OUTCOME: OUR STUDENTS UNDERSTOOD THE DIFFERENT TYPES OF FRACTURES AND PREVENTIVE MEASURES.

PHOTO



Coordinator Welcomes The Chief guest with the Memento



Students Listening to the Women Related Problems enlisted by the Doctor



Sitting Constantly at One Place will Give the Same Effects Caused by Smoking

M. Aabidha

Youth Red Cross Coordinator

M. Aabidha Thaslim
Coordinator, Youth Red Cross
Fatima College
Madurai



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



AWARENESS PROGRAMME ON ENVIRONMENT

08.08.2019

No. of Participants - 220



Fatima College (Autonomous)

College with Potential for Excellence
Re-Accredited with 'A' Grade by NAAC (3rd Cycle)
94th Ranking India Ranking 2019 (NIRF) by MHRD

Mary Land, Madurai - 18

&

NSS Unit (Shift II)

We cordially invite you to the

Awareness Programme

Chief Guest

Dr. J. Jerald Wilson M.Sc., Ph.D.,

Assistant Professor

Department of Food Science and Technology

Arul Anandar College, Karumathur

Madurai

will deliver the speech on the topic

"Can we recover the Lost Paradise?"

Date: 8th August, 2019

Time: 10 a.m.

Venue: M. B. Hall

In this function, Dr. Arasammal, Vice Principal and Coordinator of part-5 activities, Faculty in charges of part-5 activities and the entire First and Second year students were participated and grace the function.

Outcome

Students learnt the Awareness about Bleaching-Impact in the sea, Sampling plantation, Seed bells, Miyawaki Forest method, Coral Reef Restoration.



Fatima College (Autonomous)
Mary Land, Madurai -18

DATE: 8th August, 2019

Title/Topic of the Activity: Awareness Programme on Environment

Time: 10AM-12PM

Venue: MBH

- The NSS Awareness was held on 8th August, 2019 at 10AM. The Chief Guest was **Dr.J.Jerald Wilson**, Assistant professor, Department of Food and Technology , Arul Anandar College, Karumathur, Madurai. The guest speaker spoke on the importance of ENVIRONMENT.
- He also delivered a lecture on the topic “ **Can we recover the LOST Paradise? ”**
- He gives the message about how Deforestation affects the Bio-diversity.
- He explicated the beauty of of our environment by playing the song “ En DeivamVaazhum Boomi Ithu “.
- He also urges us to think about “ Sustainable Environment “.
- He also gave the awareness about Bleaching-Impact in the sea, Sampling plantation, Seed bells, Miyawaki Forest method, Coral Reef Restoration.

He was took part in the oppo Moose Transplant Project which is to restore Core

SAVE MOTHER EARTH - 08.08.2019



NSS Coordinator (Shift II)

Dr. R. Ponni
Assistant Professor of Tamil
Fatima College
Madurai



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



ROAD SAFETY PROGRAMME

10.08.2019

No. of Participants - 164



**THE DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK
AND
DEPARTMENT OF PHYSICAL EDUCATION
FATIMA COLLEGE (AUTONOMOUS), MARY LAND, MADURAI-18**

**CORDIALLY INVITES YOU
FOR**

"ROAD SAFETY PROGRAMME"

**BY
MS. PAUL THAI
INSPECTOR OF TRAFFIC (SOUTH)
MADURAI**

**THEME : "Road Safety"
DATE : 10.08.2019
TIME : 10.00am
VENUE : Administrative Block**

**Road Safety Programme jointly organized by The Department of Sociology and Social Work
and The Department of Physical Education on 10.08.2019**



Fatima College (Autonomous)
Mary Land, Madurai -18

**DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK &
PHYSICAL EDUCATION**

AWARENESS PROGRAMME ON ROAD SAFETY

Theme	:	Road Safety
Organized by	:	Department of Sociology and Social Work, and Department of Physical Education Fatima College, Madurai- 18
Chief Guest	:	Ms.Paul Thai, Inspector of Traffic (South), Madurai
Date	:	10.08. 2019
Time	:	10.00 a.m.
Venue	:	Administrative Block

The Road Safety Programme was jointly organized by Department of Sociology and Social Work and Department of Physical Education, Fatima College Madurai. Student Union President welcomed the gathering Dr.Sr.Celine Sahaya Mary, Principal Fatima College honoured the chief guest.

In her Chief Guest address Ms. Paul Thai, Inspector of Traffic (South), Madurai shared her college life experiences and her journey towards her service. Then she . She emphasised that each individual should drive their vehicle only if they have taken the license. She also gave information about the penalty. She also inculcated the importance of helmet while driving for each and every individual in the society. Exclusively for girls, while they are in driving they should conscious about their attire, especially dupatta which should be safely tied a knot, she added.


Also she mentioned about the blind spot of the heavy vehicles and how the two wheeler rider should aware about that and drive safely in accordance to heavy vehicles. She also made clear about pedestrian rules that while walking on the road we should always walk against the direction of the vehicle at side. Hence, we can aware about the vehicle and safeguard ourselves accordingly. Also, she demonstrated with four sports students. She also gave general instructions on speed control, indicator signal and so on. The Programme was benefitted for more than 3000 fatimites. The programme was ended up by delivering vote of thanks by our student union.



Chief Guest Pal Thai was honoured by the Principal on Road Safety Programme



Ms. Paul Thai, Inspector of Traffic (South), instructed the traffic rules & discipline with students on 10.08.2019


 Signature of Head of the Department
 Dr. M. KEESEKUMAR, 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 : 2019- 2020



AWARENESS PROGRAMME ON SOLID WASTE MANAGEMENT

22.08.2019

No. of Participants - **229**



FATIMA COLLEGE (Autonomous), MADURAI-18.

Green Club Report 2019-20

DATE: 22/08/2019

Time : 12 noon – 1: 30 pm

Venue : Jubilee Hall

Programme: Green Club Inauguration & Guest Lecture

Inauguration of Green club was held on 22.08.2019. The inaugural address was delivered by Mr. K. Thirupathi, Professor, KM College of Pharmacy & Managing Director, KT greens, (Solid Waste Management Unit) Madurai. The chief guest spoke about the management of solid wastes both at domestic level and at corporation and municipalities. He also explained about the method they follow in their unit “KT Greens” to convert vegetable wastes collected from the hotels in Madurai into organic manure for which they have a MoU with corporation of Madurai and thereby carry out organic farming also. He explained different methods of composting and the methods employed to enhance the process. He also said that biogas plant and electric charging point for cellular phones can also produced out of vegetable wastes. He said that every organic waste can be converted into energy or other useful forms.

Chief Guest Profile: Mr. K. Thirupathi, M.Pharm
Professor, KM College of Pharmacy
& Managing Director,
KT greens, (Solid Waste Management Unit)
Temple City Group of Hotels
Madurai.
Mobile: 98942 33331

Outcome: Students got more insight about converting waste into wealth and importance of solid waste management



FATIMA COLLEGE (Autonomous), MADURAI-18. Green Club Report 2019-20

Segregate Waste & Manage them well - 22.08.2019



Mr. K. Thirupathi, Professor, KM College of Pharmacy & Managing Director, KT greens, (Solid Waste Management Unit) Madurai addressed the students about solid management



A handwritten signature in black ink, likely belonging to one of the coordinators.

Signature of Coordinators

Dr. V. Bharathy
Mrs. T. Leena Premakumari
Coordinators of Greenclub
Fatima College, Madurai



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



FIT INDIA MOVEMENT

29.08.2019

No. of Participants - **1058**



Fatima College (Autonomous)
Mary Land, Madurai -18

DATE: 29th August, 2019

Title/Topic of the Activity: 'FIT INDIA MOVEMENT'

Time: 10AM-12PM

Venue: SJ Seminar Hall

'Fit India Movement' programme was held on 28th August, 2019 at 10AM. All the students and staffs took a pledge regarding the fitness

The inauguration of 'Fit India ' Movement was telecasted to the students. The live show starts with cultural activities like dances. The Hon'ble Prime Minister of India addressed the gathering and explains the importance of Fitness. All the students get an idea and awareness of being fit because of this programme. And finally a motivational short film was played to the students.

On the same day Fit India Movement was observed in our college campus. Fit India Movement Oath was taken on that day. Students were eagerly participated in the following activities on that day.

- ☐ Yoga
- ☐ Meditation
- ☐ Walk around the campus

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



Out come :

Remain healthy and fit by including physical activities and sports in their daily lives.

NSS Coordinator (Shift II)

Dr. R. Ponni
Assistant Professor of Tamil
Fatima College, Madurai



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



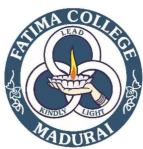
THE JOURNEY TO HEALTHY LIVING

—

BE HEALTHY & STAY HEALTHY

04.09.2019

No. of Participants - **824**



FATIMA COLLEGE (Autonomous), MADURAI-18

NATIONAL SERVICE SCHEME

REPORT ON 'POSHAN MAAH'

DATE: 4.09.2019

TIME: 2.00PM- 4.00PM

VENUE: Fatima College, Madurai

Detailed Report on Poshan Maah

On 4.9.19, at 2.00 P.M, NSS organized a lecture workshop in the premises of Fatima College on “The Journey to Healthy Living – Be Healthy & Stay Healthy “. T. DEEPIKA of I B.A., TAMIL welcomed the gathering. The chief Guest was Dr. Vasantha Esther Rani, Head & Associate Professor of research Centre of Home Science talked about the tips for good health, nutritional value of food, importance of regular exercise and NSS – STUDENTS were given an awareness on Dietary Guide lines and how to keep our body fit and strong. All NSS students were given with a HEALTH QUESTIONNAIRE and self-evaluation was done by NSS students to know how good is their health. An open discussion on impact of fast food was conducted. NSS volunteers came forward to participate in the open discussion. All the participants were very much appreciated by the chief guest. Finally feedback session was also given by NSS Volunteers. A small cultural programme was performed by Tamil department students to impart the significance of ancient foods through pot -dance.

K. Preetha sanjay of II B.A ENGLISH, delivered vote of thanks.

CHIEF GUEST PROFILE: Dr. Vasantha Esther Rani, Head & Associate Professor, Research Centre of Home Science, Fatima College

OUTCOME: Students learned the effects of unhealthy eating habits and learned the nutritious values of healthy food.



Chief Guest addressing the gathering



Rally on 'Healthy Food for Wealthy life'





Nutrition Exhibition organized at Fatima College

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 : 2019- 2020



BLOOD DONATION CAMP

19.09.2019

No. of Participants - **824**



FATIMA COLLEGE (Autonomous), MADURAI-18

NATIONAL SERVICE SCHEME

Blood Donation Camp

DATE: 19.09.2019

TIME: 9.00AM- 1.40PM

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 19th September 2019 from 9.00 a.m. to 1.40 p.m. NSS volunteer Miss. Kannatheshwari, II Bsc Maths welcomed the gathering. Dr. Vasantha Kumari, Medical Officer, Blood bank, Rajaji Hospital delivered special address. She enlightened the students on the need for blood on a daily basis. She further mentioned the requirements for a blood donor and urged the students to adapt a healthy lifestyle. Rev. Dr. Sr. Celine Sahaya Mary, Principal, Fatima College, felicitated and declared open the Blood Donation Drive and appreciated the donors. **Eighty One** donors came forward to donate and donated seventy eight units of blood of various groups. The inauguration ended with vote of thanks.

CHIEF GUEST PROFILE: Dr. Vasantha Kumari, Medical Officer, Blood bank, Rajaji Hospital, Madurai.

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



Students donating blood and Dr. Vasantha Kumari addressing the audience

M. Ragam

(Dr. M. Ragam)

NSS Coordinator



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



PREPARATION OF LIQUID DECOMPOSER

27.09.2019

No. of Participants - **38**



FATIMA COLLEGE (Autonomous), MADURAI-18.

Green Club Report 2019-20

DATE: 27.09.2019

Time : 12 noon – 1: 30 pm

Venue : Vermicompost Shed

Programme: Preparation of liquid decomposer

Waste decomposer is now-a-days developed by farmers which is used for quick composting from organic waste, soil health improvement and as plant protection agent. It is a consortium of micro organism extracted from desi cow dung. Students of green club were taught to prepare Liquid decomposer by using Butter milk, Jaggery and Cow dung **27.09.2019** and this mixture was poured into to compost pits to enhance the composting process. Students learned the importance of organic manure and the method to enhance the process of decomposition in a natural way. 38 students attended the activity and were taught to prepare the liquid decomposer. 1 kg jaggery was mixed it in a plastic bucket containing 50 liters water and 2 litres of buttermilk and cowdung was added and Mixed with a wooden stick for uniform distribution of waste decomposer in a drum. The drum was covered and after the solution was poured into the pit. Students were benefited by learning the preparation of liquid decomposer which they can teach to the farmers who are unaware of this in their neighbouring communities or in extension programmes.

Outcome: Students got more insight about converting waste into wealth and importance of solid waste management

Photos





**FATIMA COLLEGE (Autonomous), MADURAI-18.
Green Club Report 2019-20**



Preparation and spraying of liquid decomposer by students

A handwritten signature in black ink, appearing to read 'V. Bharathy'.

Signature of Coordinators

Dr. V. Bharathy
Mrs. T. Leena Premakumari
Coordinators of Greenclub
Fatima College, Madurai



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

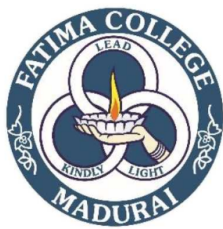
Year : 2019- 2020



EYE CARE PROGRAMME

10.10.2019

No. of Participants - **824**



FATIMA COLLEGE (Autonomous), MADURAI-18

NATIONAL SERVICE SCHEME

AWARENESS ON EYE CARE

DATE: 10.10.2019

TIME: 2.00PM- 4.00PM

VENUE: Fatima College, Madurai

Programme Highlight:

Programme started with the Invocation song. MS. S. Prakatheeswari II Maths welcomed the gathering. NSS Programme Co-ordinator Dr. Ragam honoured the chief guest. The programme was anchored by Ms. Merlin Maria Praveena of II Chemistry, Ms. P. Menaka II year Tamil proposed the vote of thanks. Programme came to an end with National Anthem.

Highlighted Points in the session:

- Importance of Eye Care
- Statistics of Eye Problems
- Need for Eye Care Services
- History of Aravind Hospital
- Vision and Statistics of the Beneficiaries of Aravind Eye Hospital
- Anatomy & Physiology of Eye
 - Parts of the eye ball
 - Eye ball in orbit
 - Process of image formation
- Common Eye Problems
 - Myopia
 - Cataract – congenital
 - Cataract and Traumatic Cataract
 - Glaucoma
- Retina
- Diabetic Retinopathy
- Retina Laser Treatment
- Lacrimal System
- Squint Eyes
- Cornea Transplantation

- Myopia Correction by Surgery
- Eye Donation
- Aurolab
- Exporting Lens to 120 Countries

CHIEF GUEST PROFILE: R. Meenakshi Sundaram, Senior Manager - Clinical Services, Aravind Eye Hospital, Madurai.

OUTCOME: The students learned about eye and the care it needs.



The Chief guest addressing the gathering

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 : 2019- 2020



FIRST AID TRAINING

15.10.2019

No. of Participants - **220**



Fatima College (Autonomous)
Mary Land, Madurai -18

DATE: 15/10/2019

Title / Topic of the Activity: FIRST AID TRAINING

Time: 10.00AM – 11.30 AM.

Venue: SJ Seminar Hall

Youth Red Cross and NSS collaborated was organized First Aid Training Programme. Tamil Nadu Youth Red Cross Centre was conducted this Programme. They briefly explained through demonstration on Disaster Management and First Aid.



[Dr. Mohamed Firdhouse, Government Hospital, Dharmapuri](#)



A handwritten signature in blue ink, likely belonging to Dr. R. Ponni.

NSS Coordinator (Shift II)

Dr. R. Ponni
Coordinator NSS - Shift II
Fatima College, Madurai



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



ALOE VERA & PLANTING FOR HERBAL PRODUCT PREPARATION

16.10.2019

No. of Participants - 26



FATIMA COLLEGE (Autonomous), MADURAI-18. Green Club Report 2019-20

DATE: 16/10/2019

Time : 1: 30 pm

Venue :Zoology lab

Programme: *Aloe vera* planting for herbal product preparation

Aloe vera is a herb with immense health and beauty care potential which is a common ingredient in most of beauty products and common health care products. The plant is also well known for its anticancer property. Students of green club brought the *Aloe vera* plants from their home and planted in the herbal garden of Zoology Department for Preparing the health care and beauty products by these plants as raw materials.

Outcome: Students learnt the importance of *Aloe vera*, and its health benefits



Sappling Plantation - 16.10.2019

Signature of Coordinators

Dr. V. Bharathy
Mrs. T. Leena Premakumari
Coordinators, Greenclub
Fatima College, Madurai



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



DENGUE AWARENESS - DISTRIBUTION OF IMMUNITY BOOSTER DRINK - NILAVEMBU KASAYAM

24.10.2019

No. of Participants - 164



Fatima College (Autonomous)
Mary Land, Madurai -18

Distribution of Nilavembu kasaym 24.10.2019

Fatima College has spread the awareness against Dengue fever and the preventive measures. The one way is the Environment Sustainable Club has prepared the Nilavembu Kasayam and distributed to the students. The club members were prepared the drink in hygienic method. The preventive measures were followed while they prepared the drinks.

Nilavembu Kasayam distributed to the students



Out come: The students got the awareness on Nilavemu Kasayam, and they know the preparation of it. They said they will introduce it to their family and friends.

G. Revathi
(G. REVATHI)

Coordinator, Environment Education



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



**TRAINING IN
MANUFACTURING
(LEVEL 1) - FOOD
SAFETY SUPERVISOR
30.11.2019
No. of Participants - 25**



Department of Home Science

Cordially invites you

on

**Training in Manufacturing (Level1)-Food safety
Supervisor**

by

**Dr.Poonkodi,Head, Professor,FOSTAC-Training
Partner,Dept.Food Science & Nutrition, Periyar
University, Salem**

on

30.11.19



Fatima College (Autonomous)
Mary Land, Madurai -18

THE RESEARCH CENTRE OF HOMESCIENCE

Training in Manufacturing (Level1)
Food safety Supervisor

30.11.19

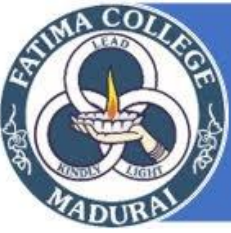


Dr. Poonkodi addressed the gathering about food safety and manufacturing techniques

Dr.Poonkodi,Head, Professor,FOSTAC-Training Partner,Dept.Food Science & Nutrition, Periyar University, Salem taught the students about the food safety and the manufacturing techniques.

Outcome : Enhances the knowledge and awareness of hygiene and sanitation -food industries.

Vasanthi Esther Rani
Dr. Vasanthi Esther Rani
Associate Professor & Head
The Research Centre of Home Science
Fatima College (Autonomous)
Madurai - 625 018



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



STRESS MANAGEMENT AND OPEN THE DOOR TO HAPPINESS

06.12.2019

No. of Participants- 277



Fatima College (Autonomous)
Mary Land, Madurai -18

**DEPARTMENT OF COMMERCE WITH COMPUTER
APPLICATIONS**

Cordially invite you for the Guest Lecture of

SYSCOM CLUB

CHIEF GUEST

MRS.ANDRESIA MICHAELINE.K MSW.,M.PHIL.,NET,

CORPORATE TRAINER / STUDENTS COUNSELLOR,

DINDIGUL

VENUE:MBH

DATE:06/12/2019

TIME: 3:30 PM - 4:30 PM



Fatima College (Autonomous)
Mary Land, Madurai -18

**DEPARTMENT OF COMMERCE WITH COMPUTER
APPLICATIONS**

Cordially invite you for the Guest Lecture of

SYSCOM CLUB

CHIEF GUEST

MRS.S.KATHIJA YASMINE MBA., GCC., TEFL,

SOFT SKILL TRAINER, NATIONAL ACADEMY SCHOOL,,

RAMANATHAPURAM.

VENUE:MBH

DATE:06/12/2019

TIME: 4:30 PM - 5:30 PM



Fatima College (Autonomous), Madurai-18.

Department of Commerce with Computer Applications

CIRCULAR

Date: 06-12-2019

To

To : The B.Com(CA) & B.Com(SF) Students

Sub: **"STRESS MANAGEMENT" & "OPEN THE DOOR TO HAPPINESS"**

The Announcement for the B.Com(CA) & B.Com(SF) Students,

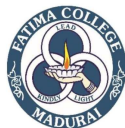
You are requested to attend the "STRESS MANAGEMENT" & "OPEN THE DOOR TO HAPPINESS" guest lecturer on 06-12-2019 in MBH.

Through Stress Management session students got insight on various aspects of stress and Stress relief methodology. Through Open the door to Happiness session was very vibrant and energetic. Students were highly motivated to lead their life with Potential .

.

Head of the Department

(Dr.M.Arasammal)



Guest lecture on “STRESS MANAGEMENT” & OPEN THE DOOR TO HAPPINESS”

Date: 06.12.2019

Place: MBH

Number of Participants: 277

Resource Person :

1.Mrs.Andresia Michaeline.K Msw.,M.phil.,NET,Corporate Trainer/Students Counsellor,Dindigul.

2.Mrs.S.Kathija Yasmine MBA., GCC., TEFL, **Soft Skill Trainer, National Academy School,,Ramanathapuram .**

Topic : “STRESS MANAGEMENT”

This session was very useful and helpful for the student . In this session different points related to stress management were presented. Through this session students got insight on various aspects of stress and pain relief methodology. The session was interactive in which students asked and cleared their doubts.

Topic : “OPEN THE DOOR TO HAPPINESS”

This session was very vibrant and energetic. Students were highly motivated to enjoy their life with full of happiness. She discussed the importance of positive thinking and attitude which brings optimism to their life and also highlighted some constructive changes that makes their life brighter and successful.

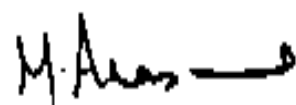
Resource Person : Mrs.Andresia Michaeline.K Msw.,M.phil.,NET,Corporate
Trainer/Students Counsellor,Dindigul



Resource Person : Mrs.S.Kathija Yasmine MBA., GCC., TEFL,Founder –Skill
Theatre,Madurai.



Head of the Department



(Dr.M.Arasammal)



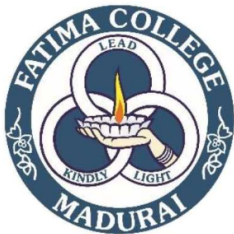
Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



MUSIC THERAPY FOR CANCER PATIENTS Twice in a Month No. of Participants - 3



FATIMA COLLEGE (AUTONOMOUS), MADURAI

AICUF REPORT

SERVICE FOR CANCER PATIENTS THROUGH MUSIC THERAPY

- Venue : Rajaji Government Hospital, Madurai.
- Name of the Organizers : The Ashwin Maharaj Foundation, and NGO
- Participants : AICUF Students
- Title / Topic of the activity : **Service for Cancer Patients Through Music Therapy**

ACTIVITY DESCRIPTION:

MUSIC THERAPY FOR CANCER PATIENTS

Fatima College joining with The Ashwin Maharaj Foundation, an NGO entrusted in music therapy sessions for the cancer patients at Government Rajaji Hospital, Madurai. Two AICUF students and Four NSS volunteers are accompanied by **Dr. Angel**, The AICUF Coordinator and Assistant Professor of Tamil in Fatima college to visit Cancer Centre, Oncology division, Government Rajaji Hospital **twice in a month** to give music therapy for cancer patients.

This music therapy is a part of a complementary medicine program in supportive cancer care which accompanies medical treatment. Music therapy for cancer patients—interactive music therapy techniques (instrumental improvisation, singing) as well as receptive music therapy techniques (listening to recorded or live music, music and imaginary) are used to improve mood, decrease stress, pain, anxiety level and enhance relaxation. This therapy is an effective form of supporting cancer care for patients during the treatment process which also basic for planning effective programs of rehabilitation to promote wellness, improve physical and emotional well-being and the quality of life.

THE CHOIR TEAM IN RAJAJI HOSPITAL



DR. MRS. ANGEL CHEER UPS THE CANCER PATIENTS BY SING SONGS



THE TEAM OF OUR STUDENTS PERFORMS INFRONT OF THE PATIENTS



OUTCOME:

Through this programme AICUF Students have stimulated to help the needy people especially Patients as possible.

A handwritten signature in blue ink that reads "R. Angel". The signature is written in a cursive, flowing style.

Signature Of The AICUF Coordinator

(Dr. Mrs. R. Angel)



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



AWARENESS PROGRAMME ON ROAD SAFETY MEASURES-FLASH MOB AT GORIPALAYAM AND RAILWAY STATION

25.09.2019 & 06.01.2020

No. of Participants - 70



Fatima College (Autonomous)
Mary Land, Madurai -18

•FLASH MOB 1

Students presented a Flash Mob on the topic “The Importance of wearing helmet and other Road Safety Measures” on Sept. 25, 2019. The first attempt was on Fatima College campus, the whole campus witnessed surprise dance moves which while promoting awareness offered entertainment too.



- FLASH MOB 2

THE MESSAGE ABOUT ROAD SAFETY WAS TAKEN FROM THE COLLEGE TO THE COMMUNITY TWO FLASH MOBS WERE PRESENTED, ONE AT THE GORIPALAYAM TRAFFIC JUNCTION AND ANOTHER IN FRONT OF THE RAILWAY STATION ON JAN. 6, 2020, IN AN ATTEMPT TO TAKE THE AWARENESS PROGRAMME TO THE NEXT LEVEL

MEDIA FLASHES OF THE FLASH MOB



THE NEW
INDIAN EXPRESS

MADURAI

ALMANAC TODAY

Tuesday: 07/01/2020 • Year: Vikram • Margazhi: Valar Pirai • Paus: Shukla Paksha
 Tithi: Dwadashi till 28-15hrs • Nakshatra (Star): Krittika till 15-24hrs
 Moon in Vishakh. Today is: Krittika • Rahukalam: 15:00-16:30
 Yamagantam: 09:00-10:30 • Gulikalam: 12:00-13:30

MADURAI WEATHER

02 MADURAI

TUESDAY 07.01.2020



An attempt to make roads safer

Madurai: Students of Fatima College performed a skit, and a flash mob on road safety awareness and on the significance of wearing helmets at Goripalayam Bus stand and Railway junction here on Monday. The programme was organized by the Department of Journalism and Mass Communication.



'Driving Risky After Whisky'

Seventy students from the department gathered at Goripalayam and 20 of them carried placards with such catchy slogans as 'Driving Risky After Whisky, Fast Drive Could be Your Last Drive, Love safety, Marry Rules, Divorce Speed'.



Driving the point home through dance

Over 15 students performed dance and a skit towards spreading awareness on the importance of wearing helmet. The same programme was performed at Railway Junction as well.

Women students 'take to streets' to spread road safety message

TIMES NEWS NETWORK

Madurai: Around 40 women students from a city college performed flash mobs on Monday at two major public spots in the city to create awareness about road safety and wearing helmets.

Students from Fatima College's Department of Journalism and Mass Communication performed flash mobs at Goripalayam junction and outside Madurai Railway Station

Students from Fatima College's Department of Journalism and Mass Communication performed flash mobs at Goripalayam junction and outside Madurai Railway Station, carrying the message of wearing helmets and staying safe on roads. "The inspiration for coming up with such an activity started within the college. We noticed that many students didn't wear helmets properly or they used to wear them only



SHAKING A LEG FOR ROAD SAFETY: Fatima College students performing a flash mob at Goripalayam junction

on seeing the police. It is sad to see that many of us, even after being aware of safety rules tend to ignore it. So, we did a program to make students understand the importance of road safety. Then, we had the thought of taking the message directly to the public through such an activity," said Dr Saira Banu S, Assistant Professor, Department of Journalism and Mass Communication, Fatima College.

The performances of the students reminded the public about safe practices to be followed while on road. The need for

people on two-wheelers including the pillion riders to wear helmets, the necessity for wearing seat belts and following road safety rules. Dr Saira Banu further said that the students received full support of the local police, including district Commissioner of Police, S Davidson Desirvatham. "The police stressed on the need for such awareness events. Our journalism students not only benefited from organizing the flash mob but also by covering it as budding reporters, talking to the public and police about road safety in the city," she said.

© Anthony Xavier



Dance movements: Students of Fatima College staging a flash mob at Goripalayam junction in Madurai on Monday. © A. Xavier

College girls jig and jive on road for your safety

Flash mob stresses the importance of wearing helmet

STAFF REPORTER

Vehicle users who passed through Goripalayam junction here on Monday morning were in for a surprise as about 50 students of Fatima College performed a flash mob to raise awareness of road safety. With music booming from loudspeakers, the students danced and held placards to emphasise the importance of wearing helmet.

The students from the Department of Journalism and Mass Communication of the women's college performed a flash mob at the entrance of Madurai railway junction too. "Though it is mandatory to wear helmet, many a motorcycle rider hurriedly slaps his helmet on his head only on seeing traffic police. So many people still violate the law and do not understand that wearing helmet is for their safety only," said Subudhin Balakrishnan, a final-year student.

Talking on mobile while riding is also another rule to follow, said R. Dharti, a second-year student. "A lot of people speak on their cell phones while riding. We want to emphasise that even the pillion rider must

The way forward

- About 200 head injury victims come for eye treatment every month
- Imposing fine alone might force bike riders to wear helmets
- Self-realisation and behavioural change needed among people

wear a helmet," she said. M. Panchavaram, a traffic police officer present at the junction, lauded the students for their novel attempt. "We tell riders to wear helmets all the time, but not many follow the rule. When students themselves create an awareness of this kind, it will certainly make an impact on the youth," she said.

Loss of vision

Though not all road accidents were fatal, the victims could lose eyesight even due to a minor injury, said S. Mahesh Kumar, Head, Department of Neuro Ophthalmology, Aravind Eye Hospital.

"A small injury on the head can damage the optic nerve which may even lead to loss of eyesight," he said. "On an average, about 200 head injury victims

come for treatment to our hospital every month. Most of them could not have worn the helmet. To prevent damage to vision, one must certainly wear a helmet," he said.

"There was a considerable increase in the number of motorcycle riders wearing helmet in the city," said Assistant Commissioner of Police (Traffic) Joseph Dixon. "Total compliance of helmet rule is possible only when there is self-realisation among people," he said.

60% to 80%

Deputy Commissioner of Police (Traffic) K. Sukumaran said, "In July 2009, only around 60% of the vehicle users used helmets. Now, it has risen to 80%," he said.

The police were creating awareness along with penalising violators so that every rider wore a helmet. "Though imposing fine might force bike riders to wear helmets, it is not sustainable. Spreading awareness is the solution in the long run by which we are aiming at a behavioural change," he said. "Our main focus is to create awareness among the youth. Through sustained efforts we can achieve total compliance," he said.



jeyalakshmi @jeyahirthi · 7h

Students from Fatima College staged flash mob on 'Road safety and significance of wearing helmet' at Railway junction #Madurai @xpresstn @VinodhArulappan



IN SOCIAL MEDIA

Dr. S. Saira Banu

Signature of the Head of the Department

R. Ramesh

Head

Department of Journalism
& Mass Communication
Fatima College (Autonomous)
Madurai - 625 018.



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



HANDS ON TRAINING - PREPARATION OF HERBAL BEAUTY PRODUCTS FROM ALOE VERA

10.01.2020

No. of Participants- 52



FATIMA COLLEGE (Autonomous), MADURAI-18.

Green Club Report 2019-20

DATE: 10.01.2020.

Time : 1: 30 pm

Venue : Herbal Garden

Programme: Hands on training on “Preparation of herbal beauty products from *Aloe vera*”

Green club in collaboration with Department of Zoology organized a **Hands on training on “Preparation of herbal beauty and healthcare products from *Aloe vera*”** on 10.01.2020. Earlier students of green club brought the *Aloe vera* plants from their home and planted in the herbal garden of Zoology Department on 16th of October 2019 for preparing the health care and beauty products from these plants as raw materials. The concept was “ **Go Green**” to make them grow the plant and prepare products out of it. Dr. B. Vinosha of Chemistry Department trained the students in preparing the *Aloe vera* Lip balm and *Aloe vera* home made soap. Dr. V. Bharathy of Zoology trained the students in preparing the *Aloe vera* oil, *Aloe vera* Juice and *Aloe vera* face gel. A total of 52 students 47 students from regular and 5 students from self finance courses attended the programme were benefited. Rs.50/ was collected from each students towards fee.

The aim of the programme was to make student community aware of the importance of the naturally, abundantly available herbs and their potential uses. At the end of the programme the beneficiaries gained the knowledge and well trained on the preparation of these products. The easy availability of the *Aloe vera* and the awareness of its medicinal benefits given by this programme encouraged the students to go organic which they reflected in oral feedback.

Trained by:

Dr. B. Vinosha
Assistant Professor
Department of Chemistry
&
Dr. V. Bharathy
Assistant Professor
Department of Zoology
Fatima College
Madurai



FATIMA COLLEGE (Autonomous), MADURAI-18. Green Club Report 2019-20

Outcome: Students were trained in the preparation of *Aloe vera* Soaps, Lip balm, face wash, face gel and *Aloe vera* juice



Skill training on "Preparation of herbal health and beauty care products from *Aloe vera*"



Signature of Coordinators

7th .

Dr. V. Bharathy
Mrs. T. Leena Premakumari
Coordinators, Greenclub
Fatima College, Madurai



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



PRACTICE MEDITATION

13.01.2020

No. of Participants - **198**



FATIMA COLLEGE (Autonomous)

(College with Potential for Excellence)

Re-Accredited with 'A' Grade by NAAC)

Madurai – 625 018



**Faculty Members and Students of
The Department of B.B.A**

Cordially invite you to the

“BIZINNOVA CLUB”

GUEST LECTURE ON
“PRACTICE MEDITATION”

BY

Mr.S.Harikrishnan-SahajMarg Meditation centre

on

13.01.2020

Venue: MBH, Fatima College





Fatima College (Autonomous)
Mary Land, Madurai -18

DEPARTMENT OF BUSINESS ADMINISTRATION

MEDITATION SESSION - PRACTICE MEDITATION

Department of Business Administration, Fatima College, Madurai organised a guest lecture on **13.1.2020** .198 students participated from BBA department. The Program was inaugurated by **Mr.S.Harikrishnan-Sahaj Marg Meditation centre Madurai** Dr.S.L.Kumari Head of the Department, Fatima College welcomed the gathering followed by the enlightening speech of the chief guest .He threw light upon **“PRACTICE MEDITATION ”** and He also insisted the importance of **MEDITATION IN LIFE** ,how to improve leadership quality, and trained students with some activity based on yoga. In the session, the students of three years are divided into teams. Participants were remain seated and had interaction with the group regarding leadership. During the meditation session the students feel relaxed and our goal is to transcend or rise above the person's current state of being. The student's really participated well and it developed unity among the students.

Mr.S.Harikrishnan- Meditation centre Madurai.He shared view Sahaj Marg on importance of meditation



GROUP ACTIVITY DURING MEDITATION SESSION



ACTIVITIES DURING THE SESSION



S.L. Kumari
Head, BBA Department.
Head
Department of Business Administration
Fatima College (Autonomous)
Madurai-18



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



AWARENESS PROGRAMME ON HEALTH & HYGIENE

30.01.2020

No. of Participants - 958



Fatima College (Autonomous)
Mary Land, Madurai -18

DATE: 30th January, 2020

Title/Topic of the Activity: Awareness Programme on Health & Hygiene

Time: 10AM-12PM

Venue: Jubilee Hall

The Programme was held on 30th January, 2020 at 10AM. Guest lecture was arranged for all the part V, shift II students. Dr. kayalvizhi M.D., Gynecologist, Theni, addressed the gathering about the several stages of human life. She insisted the following points. She created awareness among the students based on healthy and hygienic life. She also insisted the students to maintain a healthy life. She explains the several health issues faced by women. Such as cervical cancer and its preventions. She made interaction with students and students also clarified their doubts based on session.

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



Stay Healthy - Health is Wealth - 30.01.2020

NSS Coordinator (Shift II)



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



MEDICAL NUTRITION THERAPY

07.02.2020

No. of Participants - **35**

FATIMA COLLEGE (AUTONOMOUS)

Mary Land, Madurai -18



RESEARCH CENTRE OF HOME SCIENCE

Organizes Guest Lecture

On

Medical Nutrition Therapy

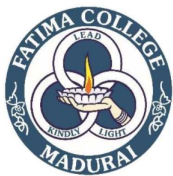
07.02.2020

Resource Person

Mr. Kevin kumar,

Senior Research Fellow,
Department of Biotechnology,
Madurai Kamaraj University,
Madurai.

Venue:FRM Lab



DEPARTMENT OF HOME SCIENCE

Guest lecture on Medical Nutrition Therapy

Title :Medical Nutrition Therapy

Date :07/02/2020

Resource Person :Mr.Kevin Kumar, Senior Research Fellow, DeptBiotechnology, Madurai Kamaraj University, Madurai

No. of Participants : 35

Focus on :Knowledge updation

Outcome : The participants were updated with recent trends in medical nutrition therapy.

Report:

Research Centre of Home Science, Fatima College, Madurai organized a Guest lecture on “Medical Nutrition Therapy” for the Post graduate students from on 07/02/2020. Thirty five Post Graduate students were benefitted from this lecture. Mr.Kevin Kumar, Senior Research Fellow, Dept Immunology Biotechnology, Madurai Kamaraj University, Madurai delivered the lecture. He gave insights on the latest updates and implications of medical nutrition therapy on human health.



Mr. Kevin Kumar, Senior Research Fellow, Dept Immunology Biotechnology, Madurai Kamaraj University, Madurai delivering Guest lecture on Medical Nutrition Therapy

Vasanthi Esther Rani
Dr. Vasanthi Esther Rani
Associate Professor & Head
The Research Centre of Home Science
Fatima College (Autonomous)
Madurai - 625 018



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



AWARENESS ON CORONA VIRUS

13.02.2020

No. of Participants - 824



NATIONAL SERVICE SCHEME

FATIMA COLLEGE (AUTONOMOUS), MADURAI-18

Awareness on Corona Virus

DATE: 13.02.2020

TIME: 2.00PM- 4.00PM

VENUE: Fatima College, Madurai

Corona virus has become a growing threat to human lives all over the world. Originating from Wuhan, China, the virus is endangering the lives of innumerable people. As knowing about the virus gives the power against it, Fatima College (Autonomous), Madurai, organised a session to educate the students on the precautions to be taken against the virus. The program started around 02.00 p.m. in the Jubilee Hall with a prayer song. Ms. Subbulakshmi, II U.G. Tamil welcomed the gathering and introduce the guest speaker, Dr. G. Uma, Vice Principal, Shift I, Fatima College. Ms. Fahira Banu, II U.G. Physics gave a brief introduction to the virus and stressed on the importance of the session to the students. Dr. G. Uma then spoke about the origin of the virus and its symptoms. The virus was originally identified in bats living in cages, when humans started to disturb their livelihoods, it spread among humans. She then detailed the symptoms as cough, uneasy breath and fever. When the individual does not respond to the usual treatment, their blood is then tested and after 14 days the results will be produced. Humans with low immunity lose their lives as their body fails to fight the virus for 14 days. Dr. G. Uma then briefed the students on the everyday preventive actions that ought to be taken by them. It included washing hands 10-15 times a day, using handkerchiefs instead of tissues, food intake and avoiding human contact. She then informed the precautions taken by the government of India to keep its citizens out of harm's way.

Demonstrations were made by the students on personal hygiene. The program ended with a vote of thanks by Ms. Jesfa, II U.G. Tamil.


CHIEF GUEST PROFILE: Dr. G. Uma, Vice Principal, Fatima College

OUTCOME: The students learned the basics about CORONA and its preventive measures.



Dr. Uma addressing the students




(Dr. M. Ragam)
NSS Coordinator



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



AWARENESS ON CORONA VIRUS - NOVEL CORONA VIRUS 2019

13.02.2020

No. of Participants - **958**



Fatima College (Autonomous)
Mary Land, Madurai -18

DATE: 13th February, 2020

Title/Topic of the Activity: 'AWARENESS ON CORONA VIRUS'

Time: 10AM-12PM

Venue: SJ Seminar Hall

Awareness **Programme** was held on 13th February, 2019 at 10AM . Dr. Aabitha, Assistant professor, Department of English, Fatima College, has delivered a wonderful lecture on the topic 'Awareness in Corona Virus'. She told that corona virus originated in China and affects larger number of people and also told that more than thousand people died in china due to corona virus. Explained symptoms of corona virus and Risks of corona virus. These points are very useful to students about corona virus.

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



Awareness on Corona - 13.02.2020

NSS Coordinator (Shift II)

Dr. R. Ponni
Coordinator of NSS - Shift II
Fatima College, Madurai

Outcome



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



AWARENESS PROGRAMME ON WATER CONSERVATION

20.02.2020

No. of Participants - 160



Fatima College (Autonomous)
Mary Land, Madurai -18

WATER CONSERVATION
by

**Mr.Yogesh karthick, Meiporul Foundation, 4/268 Gurusamy Nagar, Karadipatti
,Nagamalai Pudukkottai,Madurai-625 019.**

On
20.02.2020

The session was enlightened about traditional or ancient water conservation technique in Tamil Nadu among the students. The vivid pictures explained the life of tribes in kodaikanal portrayed the significant of natural way of life to the students.



Mr. Yogesh Karthick vibrant presentation....

Keen observation of audience...



G. Revathi
(G. REVATHI)

Coordinator of Environment Education



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



HUMAN WELLBEING – STRUGGLES AND CHALLENGES

24.02.2020

No. of Participants - 166



Fatima College (Autonomous)
Mary Land, Madurai -18

DEPARTMENT OF HOME SCIENCE

‘Sr Mary P.A Endowment Lecture’ on “Human Wellbeing – Struggles and Challenges”

Title :Human Wellbeing – Struggles and Challenges

Date :24/02/2020

Resource Person :Dr.Synthia Mary, Professor and Head, Dept. of Social Sciences, Lady Doak College, Madurai.

No. of Participants :166

Focus on :Stress mangement

Outcome : The participantsgained the skills to cope up psychological problems.

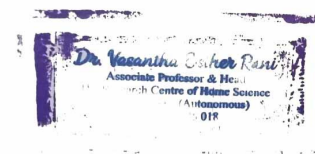
Report:

Research Centre of Home Science, Fatima College, Madurai organized a **Sr Mary P.A Endowment Lecture’ on “Human Wellbeing – Struggles and Challenges**for the students from on 24/02/2020.Dr.Synthia Mary, Professor and Head, Dept. of Social Sciences, Lady Doak College, Madurai delivered the lecture. She enlightened the students on strategies to cope up with psychological problems.



Dr.Synthia Mary, Professor and Head, Dept. of Social Sciences, Lady Doak College, Madurai. delivering the endowment lecture.

Dr. Vasantha Sahar Rani
Signature of the HOD





Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

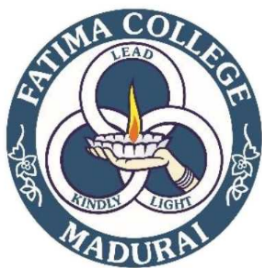
Year : 2019- 2020



AWARENESS PROGRAM ON EYE DONATION

27.02.2020

No. of Participants - 824



FATIMA COLLEGE (Autonomous), MADURAI-18

NATIONAL SERVICE SCHEME

Eye Donation Awareness

DATE: 27.02.2020

TIME: 2.00PM- 4.00PM

VENUE: Fatima College, Madurai


To increase the number of eye donors, the NSS unit of Fatima College organized a program on eye donation in the premises of Fatima College. The program started at 02:25p.m. with a prayer song. Ms. Siva Aarthi, I B.A. Tamil welcomed the gathering. The chief guest, Mr. D. Saravanan, Manager, Eye Bank, Aravind Eye Hospital, Madurai was honoured by Dr. Ragam, NSS Coordinator, Fatima College. In his speech Mr. D. Saravanan gave a brief explanation of the anatomy of the eye, the ratio of eye supply which he underlined is very low in the current scenario. He further explained corneal blindness, its causes and treatment. He then explained the needs of an eye donor. The students found the session extremely informative and many came forward to become future donors. Ms. Nithya, I B.A. Tamil delivered the vote of thanks. The program ended at 03:15 p.m. with the National Anthem.

CHIEF GUEST PROFILE:Mr. D. Saravanan, Manager, Eye Bank, Aravind Eye Hospital, Madurai

OUTCOME: The students learned about the defects of eye and the importance of eye donation.



Mr. D. Saravanan addressing the students


(Dr. M. Ragam)
NSS Coordinator



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



THE IMPORTANCE OF PSYCHOTHERAPY EDUCATION FOR TEACHERS 27.05.2020

No. of Participants - **222**



பாத்திமா கல்லூரி (தன்னாட்சி)

(ஆற்றல்சால் கல்லூரி
தேசியத் தர மதிப்பீட்டில் "ஏ" தகுதி பெற்றது
என்.ஐ.ஆர்.எப். மதிப்பீட்டில் இந்திய அளவில் 94^{ஆம்} இடம்பெற்றது)
மதுரை - 18

தமிழ் உயராய்வு மையம் நடத்தும்

இணையவழிக் கருத்தரங்கம்

தலைப்பு : ஆசிரியர் பணியில் மனநலக் கல்வியின் தேவை

சிறப்பு விருந்தினர் : திருமதி பிரான்சிஸ்கா லாசர்,



பள்ளி ஆசிரியர் பணித்திட்ட அதிகாரி,

இனோவா தொடக்கப் பள்ளி,

(School Staff Developer in Innova Primary)

சிங்கப்பூர்

Google Meet செயலி வழியாக நடைபெற உள்ளது
Google meet link : <https://meet.google.com/ogg-uxyf-pgf>

27. 05. 2020 புதன்கிழமை

நண்பகல் 2.30 மணிமுதல் 3.30 மணிவரை

ஒருங்கிணைப்பாளர்கள்

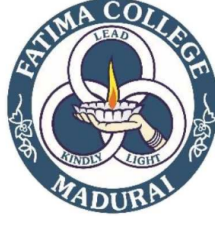
முனைவர் ஆ.பாப்பி கமலா பாய் (9443015690)

முனைவர் க.லதா (9003351385)

முனைவர் செ.அன்புராணி (9791334094)

இல்லத்தில் தனித்திருப்போம் ! இணையத்தால் இணைந்திருப்போம் !

REGISTRATION LINK : <https://forms.gle/sUzXt5ndtbBpBnuc8>




பாத்திமா கல்லூரி, தமிழ் உயராய்வு மையம்

“ஆசிரியர் பணியில் மனநலக்கல்வியின் தேவை”

பன்னாட்டு இணையவழிக் கருத்தரங்கம் - அறிக்கை

மதுரை, பாத்திமா கல்லூரி, தமிழ் உயராய்வு மையம் 27.05.2020 அன்று பிற்பகல் 2.30 மணியிலிருந்து 3.30 மணிவரை “ஆசிரியர் பணியில் மனநலக்கல்வியின் தேவை” எனும் தலைப்பில் பன்னாட்டு இணையவழிக் கருத்தரங்கம் நடத்தியது. இந்நிகழ்விற்கு சிறப்பு விருந்தினராக சிங்கப்பூர், இனோவா தொடக்கப் பள்ளி, பள்ளி ஆசிரியர் பணித்திட்ட அதிகாரி, திருமதி பிரான்சிஸ்கா லாசர் அவர்கள் கலந்து கொண்டு சிறப்புரையாற்றினார். அவர்தம் சிறப்புரையில், “வாழ்க்கைத் திறன்களை மேம்படுத்துவது கல்வி. வாழ்க்கையை நெறிப் படுத்தவும் மேம்படுத்தவுமே கல்வியைப் பயன் படுத்தப்பட வேண்டும்.” என்று கூறினார்.

இக்கருத்தரங்கில் பங்கேற்க பதிவு செய்தவர்களின் எண்ணிக்கை 222. பங்கேற்றுச் சான்றிதழ் பெற்றவர்கள் 51 பேர். தமிழ்த்துறை மாணவர்கள், ஆய்வு மாணவர்கள், பேராசிரியர்கள், தமிழ் ஆர்வலர்கள் என அனைவரும் பங்கேற்றுச் சிறப்பித்தனர்.


Dr. K. LATHA
HEAD & ASSOCIATE PROFESSOR
RESEARCH CENTRE OF TAMIL
FATIMA COLLEGE
MADURAI-625 018



Criterion : V – Student Support and Progression

Metric : 5.1.3 – Capacity Enhancement & Skill Development

Year : 2019- 2020



NOVELTIES IN NUTRACEUTICALS

05.06.2020

No. of Participants - **166**



Fatima College (Autonomous)

Re-Accredited with 'A' grade by NAAC (3rd Cycle)
College with Potential for Excellence (2004 - 2019)
94th Rank in India Ranking 2019 (NIRF) by MHRD
Mary Land, Madurai - 625 018, Tamil Nadu

**Research Centre of Home Science with
Food Biotechnology**

International Webinar on NOVELTIES IN NUTRACEUTICALS

on June 5, 2020 @ 2.30 p.m



RESOURCE PERSON

Dr. A. PREMKUMAR

Guest Scientist
Department of Molecular Biology & Genetics
Faculty of Science
Istanbul University
Turkey

Presided By

Dr. Sr. G. Celine Sahaya Mary
Principal, Fatima College

Dr. Sr. M. Francisca Flora
Secretary, Fatima College

No Registration Fee
E- Certificate will be provided

Registration Link

<https://event.webinarjam.com/register/73/8r504f1n>

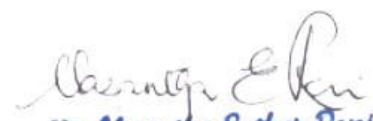




Fatima College (Autonomous)
Mary Land, Madurai -18

Research Centre of Home Science

Name of the Event	: International Webinar
Date	: June 5, 2020
Time	: 2.30 pm
Title	: Novelties in Nutraceuticals
Organized By	: Research Center of Home Science, Fatima College, Madurai- 18.
Resource Person Profile	: Dr. A. Premkumar, Guest Scientist, Dept. Of Molecular Biology & Genetics Faculty of Science, Istanbul University, Turkey.
No. of Beneficiaries	: 166
Outcome of the Event	: 1. Enhancement of knowledge on the newer concepts of Nutraceuticals 2. Instilled in the minds of the students the thirst for research 3. Provided an opportunity to reflect on the perspectives of collaborative research. 4. Facilitated subject expertise and exchange possibilities in technological advancement.


Dr. Vasantha Esther Rani
Associate Professor & Head
The Research Centre of Home Science
Fatima College (Autonomous)
Madurai - 625 018