

2. Copy of circular/brochure/report of the event

Copy of circular/brochure/report of the Language
and Communication skills

2. Copy of circular/brochure/report of the event

SREE NARAYANA COLLEGE, PUNALUR

Department of Hindi

NOTICE

To be read in all IInd year classes

Students who have enrolled for the Course on Spoken Hindi 'Varthalaap' are informed that the classes will be conducted on Saturdays from 12:00 pm to 1:30 pm on google meet. The inauguration of the course is to be held on 5/07/2020.

PUNALUR
22/06/2020

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COURSE ON SPOKEN HINDI 2020-2021

A 30 days Course on Spoken Hindi was offered by the Department of Hindi, Sree Narayana College, Punalur in the academic year 2020-2021. A class of one and a half hours was conducted every week. The course commenced on 5 July 2020 with an inauguration program. An oral and a written examination was conducted at the end of the course completion.

Objectives

- To enable the learners to gain basic communication skills in Hindi
- To empower the learners with the language skills necessary for central govt. jobs

Process

With the permission of the Principal, the Department of Hindi circulated a notice among the second-year students in various departments to inform them about the course. Following this, twenty-three students enrolled for the course. The inauguration of the course was held on 5 July 2020 on google meet. Principal Dr. T Pradeep was the chief guest. After the inauguration, Dr. Shiny Mathews, HOD, Department of Hindi gave the students a brief overview of the course.

Classes were held on Saturdays for one and a half hours of simple skills in Hindi language and Hindi grammar. The lessons were given by the teaching faculty of the department of Hindi. Following the class, an oral and a written assessment was conducted. Those students who scored a total of 80, 70 and 60 percent were given A, B and C grades respectively.

Benefits

- The learner became proficient in basic Hindi Grammar.
- The learners were able to speak Hindi



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Copy of circular/brochure/report of the Life skills
(Yoga and Health Hygiene)

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NCC Unit, COY-4 , 9(K) BN
NCC KOTTARAKARA

CELEBRATES

INTERNATATIONAL YOGA DAY 2017

"Yoga for Health "

DATE : 21 JUNE 2017

TIME : 9.30 AM

VENUE : INDOOR AUDITORIUM




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Report of International Yoga Day Celebration 2017-2018

21 June is declared as the International Yoga Day by the United Nations General Assembly on 11 December 2014 as a result of the relentless efforts of our Prime Minister Mr. Narendra Modi. In its resolution, the UNGA endorsed that "Yoga provides a holistic approach to health and well-being apart from striking a balance between all aspects of life".

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. On 21 June 2017 the NCC unit of S.N. College, Punalur celebrated World Yoga Day by conducting a yoga class in the college. The programme uploaded the year's theme "Yoga for health". The programme was inaugurated by Lt. Dr. Arun V, Principal, S.N. College, Punalur and the class was led by Dr. Jasmine Anand, Assistant Professor and Head, Department of Zoology. The class was conducted in two batches. It included both theory and practical lessons. Hundred students participated in the programme. As part of the programme the students learned different asanas and their benefits. In addition to this, they also understood the significance of yoga in maintaining good health.



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NSS UNIT No. 28 A, B

CELEBRATES

INTERNATIONAL YOGA DAY 2018

"Yoga for Peace"

DATE: 21 JUNE 2018

TIME: 9.30 AM

VENUE: INDOOR AUDITORIUM



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Report of International Yoga Day Celebration 2018 – 2019

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature. It is a holistic approach to health and well-being. Beyond being an exercise, it creates a sense of oneness with ourselves, the world, and the nature. Thus, yoga plays a significant role in our holistic development.

The theme of fourth International Yoga Day was "Yoga for Peace". Yoga practice helps us to find inner peace. Yoga sessions often start with a short period of meditating that helps preparing both our body and mind to the upcoming exercises. Hence, negative energy passes, giving way to the flow of positive energy.

On 21 June 2018, the NSS Unit organized a yoga class as part of World Yoga Day celebration. The programme was inaugurated by the principal. The programme was led by Dr. Jasmine Anand, Assistant Professor, Department of Zoology. The aim of the programme to make the students aware about the significance of yoga and to build a healthy youth. The class included both theoretical and practical sessions. 147 students attended the class held in the college auditorium. The students studied various yogasanams and their benefits. Apart from this, they also understood the significance of yoga in the contemporary world.



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NCC Unit, COY-4 , 9(K) BN
NCC KOTTARAKARA

CELEBRATES

INTERNATATIONAL YOGA DAY 2019

"Yoga for Heart "

DATE: 21 JUNE 2019

TIME: 9.30 AM

VENUE: INDOOR AUDITORIUM



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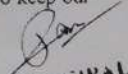
Report on International Yoga Day Celebration (2019-20)

The theme of International Yoga Day 2019 was "Yoga for Heart". Heart is an organ that works continuously even when we fall asleep. It is the most vital organ responsible for pumping blood throughout the body and so it is crucial to take better care of it. Sedentary lifestyle, food habit, and stress are a few things that can disturb the normal functioning of our heart and can increase the risk of cardiovascular problems. In such a condition, yoga is one of the best ways to take care of our heart. Practising yoga everyday can keep our heart healthy.

S.N. College, Punalur celebrated International Yoga Day on 21 June 2019 by performing numerous Yogasanas, Pranayamas and Dhyana under the guidance and supervision of Associate NCC Officer, Lt. Dr. Arun. The programme was held in the indoor auditorium. Ninety seven students participated in the programme. The event was inaugurated by the Principal Dr. T. Pradeep. The programme started with a warm-up session. Following this, a session on asanas was conducted. This helped the students to study different asanas for healthy heart such as Tadasana, Vrikshasana, Utkatasana, Setu Bandhasana so on and so forth. At the end of the sessions, the Yoga Instructor, Lt. Dr. Arun stressed on the need to practise yoga to keep our heart healthy.



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NCC Unit, COY-4 , 9(K) BN
NCC KOTTARAKARA

Celebrates

INTERNATATIONAL YOGA DAY 2020

"Yoga for Health "

DATE : 21 JUNE 2020

TIME : 9.30 AM



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Report of International Yoga Day Celebration 2020-2021

The practice of Yoga brings joy, health, peace from within and deepens a sense of connection between an individual's inner consciousness and the external world. Thus, yoga plays a significant role in our holistic development. International Yoga Day was celebrated in 2020 amid the coronavirus (COVID-19) pandemic with the theme "Yoga at Home and Yoga with Family."

The NCC unit celebrated International Yoga Day on 21 June 2020 by performing many Yogasanas, Pranayamas and Dhyan under the guidance and supervision of Associate NCC Officer, Lt. Dr. Arun. V. NCC Cadets Practiced Yoga in their home.

In addition to this, with the aim of creating awareness among the students regarding the significance of yoga the NSS unit conducted an intercollegiate online quiz competition related to yoga on 21 June 2020. The programme was inaugurated by the Principal Dr. T Pradeep. Following this the programme officers gave a brief talk on the importance of yoga in our day to day life. After this they gave a detailed overview about the competition. Students from various colleges participated in the competition.



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Interdisciplinary Webinar

on

Topic- Personnel Hygiene and Sexual abuse

16/11/2019 at 4.30 pm.

Jointly Organized by the
Department of Zoology
&
IQAC

Resource Person

Smt. Resmi. A
Assistant Professor
Department of Botany, S N College, Punalur.

Platform
Google meet

Contact
Dr. Divya R (Ph. 9249771706)
E-mail: divya_r@punalur@gmail.com



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SREE NARAYANA COLLEGE, PUNALUR

Report on Health and Hygiene seminar- 2019-20

Topic- Personnel Hygiene and Sexual abuse

The Department of Zoology in association with the IQAC, Sree Narayana College, Punalur jointly organized a Webinar on the Broad Topic - Sexual Abuse. **Smt. Resmi. A.** Assistant Professor of Botany, Sree Narayana College, Punalur was the resource person for the program on 16/11/2019 at 4.30 pm. The Programme focused on various aspects of Sexual Abuse among students and the necessity of being personally hygiene. The aim of the present webinar was to help participants to understand what sexual abuse is, what consent is, and what is its impact on those victims who choose to remain silent due to multiple factors. The speaker led the session in a very interactive manner, having the participants discuss every point that was covered. One of the focal points was the LGBTQIA+ Community, whose members often find themselves in the shoes of silent victims. The live interaction of students or any health and hygiene related offline programmes could not be held for the current academic year, due to the Covid pandemic, and hence it is decided to conduct a webinar on Personnel Hygiene and Sexual Abuse. The Google meet platform was limited to 100 participants and about 48 students, and teachers from various disciplines of our College participated in the session.

The Webinar started with a prayer song by the college choir. **Dr. Divya R.**, the webinar coordinator and Head of the Department of Zoology, S.N. College, Punalur, welcomed the online gathering. The principal of Our College, **Dr. T. Pradeep**, rendered the inaugural Address. **Dr.**



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Santhosh R, HoD, Department of Physical Education and IQAC Coordinator of our College, addressed the gathering and conveyed his well wishes for the webinar. Smt. Kavitha K.S, Head of the Department of Commerce, S N. College, Punalur, Dr. Shiny Mathews, HoD, Department of Oriental Languages, SN College, Punalur, and Dr. Divya Sadasivan, Associate Professor, Department of Mathematics, delivered felicitations. Ms. Salu T.Y –II B.Sc Student anchored the full event.

An interactive session followed after the presentation, and the resource person, cleared all the doubts asked directly and posted in the chat box, by the participants. Feedback link was sent to the participants and E-certificates were issued to those who submitted the feedback forms.

Vote of thanks was proposed by Ms. Resmi Raveendran, Assistant Professor of English, SNC, Punalur, it is noteworthy to say that the students and the faculty members of various departments have also attended the Webinar, which made it a great success.

Signature of HoD

Dr. Divya R



Signature of Principal

Dr. T. Pradeep

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Interdisciplinary Seminar

on
Topic- Public Health and Hygiene

18/11/2021 at 2.30 pm.

Jointly Organized by the
Department of Zoology
&
IQAC

Resource Person

Dr. Abhilash R
Assistant Professor
Department of Zoology, Christian College, Chengannoor.

Venue
Seminar Hall, SN C, Punalur.

Contact
Dr. Divya R (Ph. 9249771706),
E-mail : sncpunalur@gmail.com



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DEPARTMENT OF ZOOLOGY

Report on Health and Hygiene seminar- 2020-21

Topic- Public Health and Hygiene

The Department of Zoology in association with the IQAC, Sree Narayana College, Punalur jointly organized a National Seminar on the Broad Topic –Public health and Hygiene. It was organized on behalf of the Departmental seminar series- 2021 and was the third seminar in this series. The resource person of the occasion was **Dr. Abhilash. R.**, an Assistant Professor in the PG Department of Zoology, Christian College, Chengannoor, Alappuzha. About 77 participants including 55 students, and teachers from various disciplines of our College participated in the session.

Dr. Divya R., the seminar coordinator and Head of the Department of Zoology, S.N. College, Punalur, welcomed the online gathering. **Dr. Santhosh R.**, HoD, Department of Physical Education and IQAC Coordinator of our College, addressed the gathering and conveyed his well wishes for the webinar.

Dr. Abhilash's talk dealt upon the importance of maintaining Public Health and Hygiene, which turned out as a very informative, short awareness session to the students and it was conducted at Seminar Hall of our College on 18th November, 2021. This session aims to demonstrate the importance of maintaining good personal hygiene and illustrate the importance of comprehensive cleaning to maintain a good health and a better personality in a certain society.



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A handwritten signature in green ink, appearing to be "S. Divya R.", written over the principal's stamp.

Following are the objectives of the session, "Public health and Hygiene"

- Awareness among Participants about the importance of personal hygiene.
- Demonstrate the social importance of personal hygiene to maintain a hygienic life style
- Encourage the participants to take responsibility of their health and cleanness in a friendly environment to remain mentally, physically and socially healthy.
- Teach the attendees how to take care of hand, body, tooth, foot, and cloth's hygiene in day to day life in the presence and the absence of certain facilities.

All the Participants are benefitted from the present Seminar, and got clear understanding about the fact that Personal hygiene is important for many reasons, for instance, to have a better personality, a good health, for social reasons and for psychological issues. Good hygiene perpetuates a nice image of an individual in a society. Emphasizing on good personal hygiene can reduce a risk of many social, mental, and health problems. The good personal hygiene is as simple as hand washing which can reduce the plethora of illnesses, infections, and disorders. In a social situation a clean and tidy appearance can boost one's confidence and reflects a positive image of that individual to others. It is more frequently noticed that a clean and tidy person usually gets more attention in a public platform and people usually tends to trust him/her more. Unhygienic people are mostly avoided by others and most of the times the stress level of unhygienic people is high as compare to hygienic people. So to keep ourselves socially, mentally, and physically healthy it is important to be dirt free and should maintain a hygienic life style.




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ICT/computing skills


NOTICE

Department of PHYSICS, Sree Narayana College, Punalur is conducting training program for MS Office for the year ..2020....21..... The training is offered free of cost for UG students.

Class will commence from1/11/2021..... Students those who are interested in joining the training program are requested to contact the physics department.

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NOTICE

Department of PHYSICS, Sree Narayana College, Punalur is conducting training program for MS Office for the year ..2021...22..... The training is offered free of cost for UG students.

Class will commence from ...3/01/2022..... Students those who are interested in joining the training program are requested to contact the physics department.

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