

SREE NARAYANA COLLEGE, PUNALUR

AQAR 2022-23

3.4 - Extension Activities

EXTENTION ACTIVITIES 2022-2023

1. Observance of World Environment Day

Date: 05/06/22

Venue: Seminar Hall

Number of students participated: 55

Organizing unit/Agency: NSS,Bhumithra sena,Nature club

Sree Narayana College punalur as a part of NSS unit 28AB celebrated World environment day. At 10.30 am an awareness class on nature conservation was held under the auspices of NSS unit and nature club. Dr Santhosh R(principal in charge),Dr Divya Jayan (NSS programme Officer),Ms ResmiA(convenior nature club),Ms Raji V(Department of Chemistry),Dr prasanthS(Department of physics),Ms Deepthi P S (Department of English),Ms Lekshmi R S(Department of Physics) Dr Deepthi PR (Department of History) presided over the function.55 students participated in the event.



2. International Yoga day Celebrations

Date: 21/06/22

Venue: College Auditorium

Number of students participated: 120

Organizing unit/Agency: NSS,NCC,Physical education department

On **International Yoga day**, 21.06.2022, S.N. College, Punalur celebrated this auspicious occasion by performing Yoga under the guidance and supervision of **Sruthi J Nath**.

The campus community including Physical education, NCC and NSS students of the S.N. College and faculty members participated in this event. The event started at 09: 00 AM in the morning. The session was inaugurated by the Principal **Dr. R. Santhosh**, with Prayer.

There was a warming up session (neck rotation, shoulder rotation, hip and knee rotation etc.) which was followed by the session on Asanas. Various asanas were performed as per the guidelines given by the Ministry. These included asanas in standing positions (such as Tadasan, Vrukasan etc.), asanas in seating position (Bhadarsan, Shashankasan etc.), Sleeping position on stomach(Bhujanhgasan, Makrasan etc), Sleeping position (Sarvangasan, Shavasan). This was followed by Pranayam.

During this function various Yoga Aasanas along with benefits explained by the Yoga Instructor, **Sruthi J Nath** and she stressed on the need of practicing Yoga and Yoga as a way of life. 120 students participated in the yoga programme.

Photographs on International Yoga day





Resource Person

DR. J. K. KULKARNI
 M. Ed., M. A., M. Phil., Ph.D.
 100 LEVEL, J. K. SOMAYAJI YOGA MANDALA

Date: 21 June 2022
Time: 5:00 AM
Topic: Ashwini Krikatika

SHREENARAYANA COLLEGE, PUNJABUR


Programme Chart

Topic	5:00 to 6:00	6:00 to 7:00
6:00 to 7:00	7:00 to 8:00	8:00 to 9:00
9:00 to 10:00	10:00 to 11:00	11:00 to 12:00

Organizing Committee

Dr. J. K. Kulkarni Manager, J. K. Somayaji	Dr. J. K. Kulkarni Principal, J. K. Somayaji	Dr. J. K. Kulkarni Faculty, J. K. Somayaji
Dr. J. K. Kulkarni Faculty, J. K. Somayaji	Dr. J. K. Kulkarni Faculty, J. K. Somayaji	Dr. J. K. Kulkarni Faculty, J. K. Somayaji

Department of Physical Education
 J. K. Somayaji College, Punjabur

International Yoga Day Celebration 2022
 Yoga for Bharat

3. Report of Anti-drug awareness programme as part of Vimukthi

Date: 03/08/2022

Venue: Seminar Hall

Number of students participated: 64

Organizing unit/Agency: NSS,Excise department



National Service scheme of SN college, Punalur has conducted vimukthi anti-drug awareness campaign by conducting a seminar at the college seminar hall. It was conducted on 3rd August. The formal section was begun by evoking the blessings of the lord Almighty. The welcome speech was delivered by Dr Divya Jayan (NSS programme officer) .The program was inaugurated by Principal Dr Santhosh. Seminar were taken by excise civil officer Arun Kumar. The seminar was success with cooperation of students who attended the seminar. The seminar made a great impact in the student's point of view towards drugs.

At the end of seminar ,there was an interactive and feedback session with the NSS volunteers. Vote of thanks was delivered by Mr Athul T B (NSS programme officer) .In total, it was a great experience thoughtful guidance from the teachers and NSS unit of the college. 64 NSS volunteers participated the occasion.





പുനലൂർ ഗ്രീനാദായണ കോളേജിലെ എൻ.എസ്.എസ്.ിന്റെ നേതൃത്വത്തിൽ സംഘടിപ്പിച്ച ലഹരി വിരുദ്ധ സെമിനാർ പ്രിൻസിപ്പൽ ഡോ.സഞ്ജയ്കൃഷ്ണനെ ചൊല്ലുന്നു

പുനലൂർ എസ്.എൻ കോളേജിൽ ലഹരി വിരുദ്ധ സെമിനാർ

പുനലൂർ: പുനലൂർ ഗ്രീനാദായണ കോളേജിലെ നാലുനാൽ സർവീസ് സ്റ്റീജിന്റെ നേതൃത്വത്തിൽ വിദ്യാർത്ഥികൾക്കായി ലഹരി വിരുദ്ധ സെമിനാർ കാനൂരിനും സംഘടിപ്പിച്ചു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ.സഞ്ജയ്കൃഷ്ണൻ അദ്ധ്യക്ഷത വഹിച്ചു. അദ്ധ്യക്ഷൻ

ഷ്, പ്രിൻസിപ്പൽ സി.ജി. സതീഷ്കൃഷ്ണൻ അദ്ധ്യക്ഷത വഹിച്ചു. എൻ.എസ്.എസ്.ി വിൽമാനം സ്മരണയോടുകൂടി സെമിനാർ ആരംഭിച്ചു. വിജയ് എസ്.കോർപ്പറേഷൻ നേതൃത്വം നൽകി. എൻ.എസ്.എസ്.പ്രോഗ്രാം ഓഫീസർ ഡോ.വിനുജൻ സ്വാഗതവും എസ്.പി.അഭിനവ്ദീപ്തിയും പങ്കെടുത്തു.

KERALA KAUWLEDI PAPER Di ping Kanta Kuzhali - Kollam

Seminar on Anti-drug Campaign

4. Construction of Mulaveli-Use of Natural Resources

Date: 08/08/2022

Venue: College Premises

Number of students participated: 10

Organizing unit/Agency: NSS

On behalf of propagating the idea of utilization of natural resources, the NSS unit of S.N college, Punalur engaged in constructing 'Mulaveli' around the college campus. This aims at the beautification of the campus and the use of cheaply available resources in the college premises. 10 NSS Volunteers actively engaged in the process.





5. AWARENESS PROGRAMME ON PALLIATIVE CARE ACTIVITIES

Date: 12/08/2022

Venue: Seminar Hall

Number of students participated: 64

Organizing unit/Agency: NSS, Taluk Hospital Punalur

An orientation programme for palliative care activities was conducted on 12/08/2022 at seminar hall. The class started with the recitation of NSS song. Dr. Santhosh R, Principal inaugurated the programme. Dr. Divya Jayan, NSS PO delivered the welcome address. Felicitations were done by Dr. Divya Sadasivan. Awareness classes were carried out by Mrs. Suja, Nurse Taluk Hospital Punalur. Abhiram S P, NSS volunteer secretary gave the vote of thanks. 64 NSS volunteers participated the occasion.





Orientation Class- Palliative Care on 12/08/2022

6. Anti-drug Awareness class

Date: 17/08/2022

Venue: Seminar Hall

Number of students participated: 81

Organizing unit/Agency: NSS&DREAM

As part of the anti-drug campaign, a class on the topic was conducted at the college seminar hall on 17/08/2022. The programme was inaugurated by Principal, Dr. Santhosh R. Dr. Divya Jayan delivered the welcome speech. Dr. Niju P of History Department gave the felicitations. The programme was in association with the “DREAM”, Drug Rehabilitation Education and Monitoring. Jai Singh handled the active sessions. It was a very informative session to the volunteers. Abhiram S P, delivered the vote of thanks. 81 students participated this programme.





GPS Map
Camera Lite

Manjamankala,, Chemmenthoor, 2W77+R87,
Chemmanthoor, Punalur, Kerala 691305, India

Latitude
9.0137525°

Longitude
76.9137071°

Local 11:43:51 AM
GMT 06:13:51 AM

Altitude 0 meters
Wednesday, 17-08-2022

7. Awareness Class On Anti-Drug

Date: 24/08/2022

Venue: Seminar Hall

Number of students participated: 68

Organizing unit/Agency: NSS

On behalf of the anti-drug campaign, an awareness class was conducted at the seminar hall, S.N College, Punalur on 24 August, 2022. The campaign was inaugurated by Dr. Santhosh R (Principal). Dr, Divya Jayan (NSS PO) delivered the welcome speech. The session was carried out by Adv. Greeshma Parakasham, Advocate, Punalur. The class was so interesting and informative based on the harmful effects and the legal effects of using various drugs. 68 students participated this programme.





8. Quiz Competition

Date: 12/10/22

Venue: Seminar Hall

Number of students participated: 91

Organizing unit/Agency: NSS ,BODHYAM

The NSS unit of Sree Narayana College Punalur Conducted Quiz Competition based on the topic " VIMUKTHI" on 12/10/2022 as a part of the programme" BODHYAM 2022" launched by The Government of Kerala. The programme was inaugurated by Dr. Shiny Mathews. Programme officres, Dr. Divya Jayan and Athul T. B gave directions to the programme and explained the details of the same. Volunteers actively participated in the session. Vijay S Kumar (II B. Sc Physics). Nandana B Suresh (II Chemistry), Muhsina (II Chemistry) shared the first, second and third prized respectively. 91 students participated in Programme.



Punalur, Kerala, India
Kollam District, 2W96+5M4, Chemmanthoor, Punalur, Kerala 691305, India
Lat 9.017098°
Long 76.911733°
12/10/22 11:36 AM GMT +05:30



Punalur, Kerala, India
Kollam District, 2W96+5M4, Chemmanthoor, Punalur, Kerala 691305, India
Lat 9.017098°
Long 76.911733°
12/10/22 11:37 AM GMT +05:30



Punalur, Kerala, India
Kollam District, 2W96+5M4, Chemmanthoor, Punalur, Kerala 691305, India
Lat 9.017098°
Long 76.911733°
12/10/22 11:36 AM GMT +05:30

Inaugural Session





Winners of Competition

9. Anti-drug Awareness at Community Level

Anti-Drug Awareness Seminar

Date: 10/11/22

Venue:Seminar Hall

Number of students participated: 55

Organizing unit/Agency: NSS ,Taluk hospital punalur

An anti-drug awareness class was organized by the NSS unit of SN College, Punalur at the college seminar hall on 10-11-2022 at 10.30 am. The seminar was inaugurated by Dr. Shiny Mathews, Athul T B delivered the welcome speech. Classes were handled by Dr. Afsal, and Suja, Taluk Hospital, Punalur. The session was very informative and interesting to the volunteers, making them aware of the harmful effects of drugs. 55 students participated in Programme.



10. One day workshop on "Inter departmental badminton and football tournament"

Date: 23/11/22

Venue:Seminar Hall

Number of students participated: 30

Organizing unit/Agency: Sports club

Sports and games are an integral part of total education program and student's life. It experiences a good quality of life, an excellent tool to build confidence, stimulates the sense

of coordination, team spirit etc. A student should study hard to be successful but he/she should also play sports and games to enjoy health and vigor of life. The club consists of the following members. Convenor, Department of History Member, Department of Mathematics Student Convenor Sports club comprises of 20 members belong to various departments of the college. A meeting was convened on July 2022 and planned to organize various activities. Activities Organized Conducted interdepartmental tournaments. Selected various college teams which participated in the Kerala University Intercollegiate Tournaments. Organized seminars on 'Every Seconds Count' [first aid]. Observed Yoga Day and World Heart Day. 30 Members of the were actively participated for the grand success.



Organizing Committee

Sri. Vellapally Natesan
Patron, Manager of SN Colleges

Dr. Santhosh R- Principal-in-
Charge and HOD, Department
of Physical Education

Dr. Niju P- Coordinator- Sports
Club

RESOURCE PERSON

**Dr. Jophin R Isaiah MBBS, MS
(General Surgery) Assistant Surgeon
THQH Punalur**

**Date 23/11/2022
Time 10.00 am to 12.00 pm**

**SREE NARAYANA
COLLEGE PUNALUR**

**"EVERY SECOND COUNTS"
(BASICS OF FIRST AID)**

Department of Physical
Education
and
Sports Club

11. GENERAL HEALTH CHECKUP

Date: 29/11/22

Venue: College Seminar Hall

Number of students participated:20

Organizing unit/Agency: Health club,DDRC-SRL Punalur

Today, preventative health care is becoming commonplace as people become more educated and empowered about their own health. The health of working staff is an aspect that should prioritize in every organization. The productivity of employees largely on how healthy they are. Employee health screening is a practice involving a range of checks and tests aimed at identifying health risks and enhancing the wellbeing of staff. Health club in association with DDRC SRL, Punalur conducted a general health check up programme in the campus for the

teaching and non-teaching staff of the college on 29/11/2022. Sample for Various clinical tests were offered at concession rates. Tests included thyroid function test, liver function test, renal function test etc. Health club members volunteered well so that Teaching and non teaching staff was able to participate without disturbing their working hours. Principal in charge Dr.R Santhosh specially thanked the team saying that DDRC,SRL is a trusted neighbour hood laboratory in Punalur. Health club convenor thanked the DDRC team and

health club members for their efforts for making the programme a successful one.

HEALTH CLUB

SREE NARAYANA COLLEGE PUNALUR
Affiliated to University of Kerala

General Health Check-Up

Facilities available

THYROID FUNCTION TEST (TFT) Only @ Rs.200 (Actual price-Rs.400)
GLYCOCYLATED HB(HB A1C) Only @ Rs.300 (Actual price-Rs.475)
LIPID PROFILE Only @ Rs.300 (Actual price-Rs.475)
LIVER FUNCTION TEST Only @ Rs.300 (Actual price-Rs.515)
RENAL FUNCTION TEST Only @ Rs.250 (Actual price-Rs.325)
VITAMIN D Only @ Rs.650 (Actual price-Rs.950)

DATE:29/11/2022
TIME: 10.30 AM
VENUE: Auditorium
(S N College Punalur)

FOR MORE DETAILS CONTACT

Dr.Nikhila M.J.Coordinator (9526488305)
Ms.Geetha B.K (9072742832)
Ms.Leelashree P.K
Mr.Athul T.B



Photos of General health checkup programme at college campus

12. Observance of Human Rights Day

Date: 12/12/22

Venue: College Auditorium

Number of students participated:95

Organizing unit/Agency: NSS, Human Rights Forum

On behalf of observing the Human Rights Day, the NSS unit of S. N College, Punalur in association with the Human Rights Forum conducted a seminar on the topic- Conservation of Human Rights. The programme was inaugurated by Sri. Muhammed Raees, Special Judge, Fast Track Special Court, Punalur. The presidential address was done by Dr. Santhosh R, Principal , S.N College, Punalur. The programme was co-ordinated by the NSS Pos. The classes were so informative and the session was handled by Adv. S Ranjendran Pillai. Volunntter Secretaary Abhiram gave the vote of thanks.95 students participated in the event.



13. Seminar on Career Opportunities in Medical Coding

Date: 12/01/23

Venue: College Auditorium

Number of students participated:45

Organizing unit/Agency: Department of Zoology, Irez Academy

Career Guidance is a counselling programme designed to help students choose the right career path based on their educational and professional choices. It is a qualitative and quantitative assessment of the knowledge, skills, information, and experience to identify career options available. A career advisor or counsellor is an expert in exploring students' skill sets and interest levels and suggesting a balanced solution combining the merits of both. The career advisor relies on career interest or aptitude tests as part of the discovery process to identify factors influencing career interests, abilities, and values. In essence, a career advisor sets realistic career goals for each student.

Technology and computers are some of the most emerging careers in today's scenario. It is the duty of these career counselors to aware students of these changes. Having complete knowledge will prevent students from making decisions in a vacuum of information. Many aspirants do not know about their life plans while some of them fail to trace relevant steps. Thus, career guidance will resolve all these dilemmas. Taking all these factors into consideration, a career guidance programme for B.Sc Zoology Students was jointly organized by Department of Zoology in association with Irez Academy at college auditorium on 12-01-2022 at 2 pm. The programme commenced with a prayer. Welcome address was delivered by Dr.Divya.S.Rajan,Assistant Professor & HOD,Department of Zoology. The inauguration was done by the Principal, Dr. Santhosh. R. Felicitation was delivered by Dr.Shiny Mathews,Associate Professor & HOD, Department of Hindi and Dr.Divya Sadasivan, HOD of Mathematics.The Career guidance talk was led by Mr.Unnikrishnan,Medical Coder. It was followed by an effective interactive session revealing the various opportunities associated with it.45 students participated in the event.

Follow Us!



SEMINAR

Medical coding

SESSION ON 12TH JANUARY AT 2PM

AT SN COLLEGE, PUNALUR

Organizing Committee:

Sri.Vellapally Natesan

(Patron,Manager,S.N.Colleges)

Dr.Santhosh.R

(Principal in Charge)

Dr.Divya.S.Rajan

(Co-ordinator,Assistant Professor,Department of Zoology)

Ms.Resmi.A

(Joint Co-ordinator,Assistant Professor, Department of Botany)

Dr.Divya.M.S

(Assistant Professor on Contract,Department of Zoology)

Dr.Sneha Dineshan

(Assistant Professor on Contract,Department of Zoology)

SPEAKER

Unnikrishnan G

Medical auditor



Venue

SEMINAR HALL



Visit our website
WWW.IREZ.IN

Organized by
Department of Zoology,Sree Narayana College, Punalur

IREZ ACADEMY
knowledge for success

BROCHURE OF THE SEMINAR ON MEDICAL CODING



The Speaker Mr.Unnikrishnan (Medical Auditor) discussing about the scope and significance of Medical Coding.



Punalur, Kerala, India

Kollam District, 2W96+5M4, Chemmanthoor, Punalur,
Kerala 691305, India

Lat 9.017346°

Long 76.911801°

12/01/23 02:23 PM GMT +05:30

Google

**14. International Seminar - Advanced chemistry for sustainable developments
(Department of Chemistry)**

Date: 15/03/23 & 16/03/23

Venue: Seminar hall

Number of students participated: 105

Organizing unit/Agency: Department of Chemistry

Chemistry will help meet the Affordable and Clean Energy goal through the development of new materials for renewable energy, by being more energy efficient in the chemical processing industries, and by advancing cleaner fuel technologies. Sustainable chemistry is also a process that stimulates innovation across all sectors to design and discover new chemicals, production processes, and product stewardship practices that will provide increased performance and increased value while meeting the goals of protecting and enhancing human health.

Chemistry is central in the drive of global sustainable economic development. It plays the major roles in food (fertilizers and insecticides), clothing (textile fibers), housing (cement, concrete, steel, bricks), Medicine (drugs), Transportation (fuel, alloy materials).

The department of Chemistry Sree Narayana College, Punalur organized a two day international seminar and award distribution ceremony in connection with the two endowments. The theme of the seminar is "*Advanced chemistry for sustainable developments*". Majority of the resource persons are chemistry alumni.

The main aim of this conference is to provide a platform for the researchers in academics, industries and research institutions for exchanging and upgrading their knowledge in different fields of Chemistry and also their sustainability aspects. The conference includes invited talks, plenary lectures from speakers of leading research institutions and contributed research papers in various areas of Chemistry by participants.

Capt. Dr V Arun , Head of the department welcomed all the resource persons and participants. The seminar was formally inaugurated by Dr. R Santhosh; Principal Sree Narayana College Punalur by lighting the lamp. After the inaugural ceremony endowment distribution was organized. Prof P.K Veena endowment was given to Vaisakhi MI and Prof Santha Devi endowment was given to Vaisakhi MI and Aiswarya SR.

In the first day, the technical session I was delivered by Dr. Mathew M Samuel (Director and CEO of OPT Chemical Technologies Cooperation, Houston, Texas USA) on the topic "*Role of Chemistry and India in the Fracking of oilfield to extract more oil out of the Well*". An interactive session was then organized. Afternoon technical session II was presented by Vishnu Viswanath (Sci/Engr SD Propulsion Research and Studies ,Liquid Propulsion

Systems Centre, Valiamala, Thiruvananthapuram) on the topic ***"Rocket propulsion ,A venue to be explored"***. It was then followed by an interactive session in which all the participants were actively participated.

On the second day of the seminar the technical session III was handled by Dr. Blessy Joseph (Post Doctoral Researcher, University of Alabama at Birmingham Alabama,USA) with an interesting topic "3D printed Scaffolds for biomedical applications". During the interactive session most of the participants aroused their queries regarding the aspects. The technical session IV was handled by Dr. Thomas Mathew (Head of the Department St. Johns College, Anchal) on the topic ***" Tales told by molecules"*** It was very informative and interacting session. After that the technical session V was taken by Capt. Dr.V Arun (HoD, Chemistry S N College Punalur) on the ***topic "most famous Scientists in Science History"***.

The last part of technical session VI was taken by Pushpaka B.Samarasingha (Senior Research Scientist, Centre for Material Science and Nanotechnology, Department of Chemistry University of Oslo Norway) with an interesting topic ***" chemistry of Energy Storage Materials in Lithium ion batteries."*** Within the stipulated time he delivered an informative talk.

All the students of the Chemistry Department and various reputed personalities gave color to the function. Feedback collected from the participants revealed that they enjoyed each and every moments of the sessions, they able to explore the ideas of each aspects discussed by the various reputes.

P.G. DEPARTMENT OF CHEMISTRY

organises

TWO DAY INTERNATIONAL SEMINAR & ENDOWMENT DISTRIBUTION FUNCTION

THEME
ADVANCED CHEMISTRY for SUSTAINABLE DEVELOPMENTS

Hybride Mode

ONLINE

MARCH 15 & 16 2023

OFFLINE



SREE NARAYANA COLLEGE, PUNALUR – 691305, KERALA, INDIA

Re-accredited by NAAC with B++ Grade (CGPA of 2.91)
Supported by RUSA and DST-FST
Email : sncpunalur@gmail.com
Website : www.sncollegepunalur.org

About the College

Sree Narayana College, Punalur was established in 1965 with a view to fulfil the social and educational mission of the great social reformer, "Sree Narayana Guru", and practice his ideal "Enlightenment through Education". Rooted firmly on its glorious 50 years of excellence, the college is now looking forward to attain the noble vision of equality based on human dignity and transform the students into knowledgeable, competent, socially committed, and honest citizens of the motherland. The college is owned and managed by the S.N. Trusts, Kollam and is affiliated to University of Kerala. College has been re-accredited by NAAC with B++ grade and facilitated by RUSA and DST-FST. The College has eight UG and four PG departments.



About the Department

The Department of Chemistry was established in 1988 and upgraded as undergraduate department in the year 1976 with a student-uptake of 88. Later on in 1999, the department was promoted as a post graduate department. During the years 1996-2003, the department also conducted a B.Sc. Course on Industrial Chemistry. The Department has always maintained a good academic record, has organized a good number of national seminars, exhibitions, lectures, and is an active centre of post graduate studies and research. The department has received various grants from UGC, RUSA, DST-FST etc.



About the seminar

The Department of Chemistry, Sree Narayana College, Punalur, organizing two-day international seminar and award distribution ceremony in connection with the two endowments. The theme of seminar is "ADVANCED CHEMISTRY FOR SUSTAINABLE DEVELOPMENTS". Majority of the resource persons are chemistry alumni. During the seminar we are distributing the two cash prizes for the endowments, Prof. P.K. Veera Endowment and Prof. G. Sankhadevi Endowment.

Prof. P. K. Veera Endowment

The endowment was sponsored by the Staff Association, S.N. College, Punalur in memory of Prof. P.K. Veera, the former HOD of Chemistry and was given to the student who secures highest mark for the First Year B.Sc. Chemistry Degree Examination.



Prof. G. Sankhadevi Endowment

The endowment was instituted by the B.Sc. Chemistry Alumni batch 1978-81 in memory of Prof. G. Sankhadevi, the former HOD of Chemistry and was given to two students who secure the first and second positions respectively in First Year B.Sc. Chemistry Degree Examinations.



Dear Sir/Madam,

The P.G. Department of Chemistry, Sree Narayana College, Punalur cordially invites you to attend and participate in the International Seminar on "ADVANCED CHEMISTRY FOR SUSTAINABLE DEVELOPMENTS" during 15th and 16th March 2023. The seminar will include invited lectures on multidisciplinary aspects in the field of chemistry and material science. The primary purpose of the seminar is to provide a scope for interaction of students, scientists, and young researchers from various academic institutions and industry. Kindly inform your colleagues for active participation.

With warm regards

Capt. Dr. Arun. V.
HOD & Convener

Dr. Santhosh, R.
Principal & Chairman

LOCAL ORGANIZING COMMITTEE

Patron

Sri. Velappally Natesan, Manager, S.N. Trust

Chairman

Dr. Santhosh, R. Principal, S.N. College, Punalur

Convener

Capt. Dr. Arun. V. HOD, Department of Chemistry, S.N. College, Punalur

Members

Smt. Raji. V. Department of Chemistry, S.N. College, Punalur

Dr. Gopalan Raj, Department of Chemistry, S.N. College, Punalur

Smt. Neera Pradeep, Department of Chemistry, S.N. College, Punalur

Dr. Divya Jayan, Department of Chemistry, S.N. College, Punalur

Dr. Nikhila. M.P. Department of Chemistry, S.N. College, Punalur

Dr. Kani Rajan, Department of Chemistry, S.N. College, Punalur

Smt. Reshmi. V.R. Department of Chemistry, S.N. College, Punalur

INTERNATIONAL ADVISORY COMMITTEE

• Prof. Dr. M. Viswanathan (Formerly Professor & Chair Person, Department of Chemistry, Amrita School of Arts and Sciences, Amrita Vishwa Veda Vellore Institute of Technology, Amrita Campus, Kollam, Kerala, India & Formerly Principal, Sree Narayana College, Kollam, Kerala, India)

• Dr. Matthew M Samuel (Director and CEO of OPT Chemical Technologies Corporation, Houston, Texas, USA)

• Sri. Vishnu Viswanath (Scientist/Mechanical Engineer SD, Propulsion Research and Studies, Liquid Propulsion Systems Centre/ISRO, Valiamala, Thiruvananthapuram, Kerala, India)

• Dr. Pushpaka B. Samarasingha, Ph.D. (Senior Research Scientist, Centre for Materials Science and Nanotechnology, Department of Chemistry, University of Oslo, PO BOX 1033, OSLO, NORWAY)

• Dr. Jayajourkar Kartikayyan (Research Scientist, Centre for Materials Science and Nanotechnology, Department of Chemistry, University of Oslo, PO BOX 1033, OSLO, NORWAY)

• Dr. Blessy Joseph (Post Doctoral Researcher, University of Alabama at Birmingham, Alabama, USA)

• Dr. Sarath Chand Saravagadhevan (Research Scientist, Southern Research Institute, Birmingham, Alabama, USA)

• Sri. Saku Daniel (Director, Danyotam Chemicals Private Limited, Mumbai, India)

• Jayashree Ravendran (Head Principal, Govt. Higher Secondary School, Pattampuzha, Kerala, India)

• Dr. Thomas Mathew, HOD, Department of Chemistry, St. John's College, Anchal, Kerala, India



Dr. Matthew M Samuel, Director and CEO of OPT Chemical Technologies Corporation, Houston, Texas, USA.
Topic: "Role of Chemistry and India in the Fracking of Oilfield to extract more Oil out of a Well"



Vishnu Viswanath, Sci/Engr SD, Propulsion Research and Studies, Liquid Propulsion Systems Centre, Valiamala, Thiruvananthapuram.
Topic: Rocket propulsion: Aspects to be explored



Dr. Pushpaka B. Samarasingha, Ph.D, Senior Research Scientist, Centre for Materials Science and Nanotechnology, Department of Chemistry, University of Oslo, Norway.
Topic: Chemistry of Energy Storage Materials in Lithium Ion Batteries



Dr. Blessy Joseph, Post Doctoral Researcher, University of Alabama at Birmingham, Alabama, USA.
Topic: "3D Printed Scaffolds for biomedical applications"



Dr. Thomas Mathew, HOD, Department of Chemistry, St. John's College (Affiliated to University of Kerala), Anchal, Kerala, India.
Topic: "Tales told by Molecules"



Capt. Dr. Arun. V, HOD, Department of Chemistry, S.N. College (Affiliated to University of Kerala), Punalur, Kerala, India.
Topic: "Meet Famous Scientists in Science History"



Anvarya SR,
First Position in B.Sc. Chemistry
2022 (CGPA 8.845)



Vaishali MI,
Second Position in B.Sc. Chemistry
2022 (CGPA 8.828)

Endowment winners 2022

Venue

Seminar Hall, Sree Narayana College, Punalur

Registration fee

U.G., P.G. & Research Students: Rs. 250/-

Scientists & Faculty Members: Rs. 500/-

Includes Conference Kit, certificate, lunch and refreshments

INTERNATIONAL
SEMINAR

MARCH 13 & 14
2023

PROGRAM

SEMINAR HALL,
SREE NARAYANA
COLLEGE, PUNAJUR



WEDNESDAY, MARCH 15

9.00 AM
Registration

9.30 AM
Inauguration
Dr. SATHISH R.
Principal, S.N.College, Punalur

9.45 AM
ENDOWMENT
DISTRIBUTION FUNCTION

10.30 AM SESSION 1 (ONLINE)
Dr. MATHEW M SAMUEL, Texas, USA,
"Role of Chemistry and India in the
Fracking of Oilfield to extract more Oil
out of a Well"

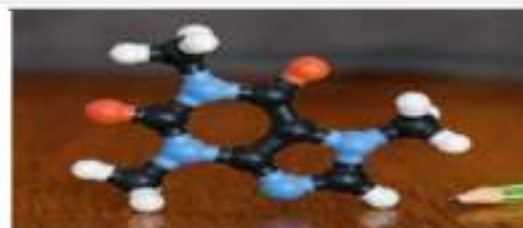
2.00 PM SESSION 2 (OFFLINE)
VISHNU VISWANATH, VSSC, Trivandrum
"Rocket propulsion: A venues to be
explored"

INTERNATIONAL
SEMINAR

MARCH 13 & 14
2023

PROGRAM

SEMINAR HALL,
SREE NARAYANA
COLLEGE, PUNAJUR



THURSDAY, MARCH 16

9.00 AM SESSION 3 (ONLINE)
Dr. BLESSY JOSEPH, USA
"3D Printed Scaffolds for Biomedical Applications"

11.00 AM SESSION 4
Dr. THOMAS MATHEW, INDIA
"Tales Told by Molecules"

2.00 PM SESSION 5 (ONLINE)
Dr. PUSHPAKA B. SAMARASINGHA,
NORWAY
Chemistry of Energy Storage Materials in
Lithium Ion Batteries


3.30 PM SESSION 5 (OFFLINE)
Capt. Dr. ARUN, V, INDIA
Most Famous Scientists in Science History

Online link

<https://meet.google.com/uxj-zdro-ajk>





 **GPS Map Camera**

Punalur, Kerala, India

Kollam District, 2W96+5M4, Chemmanthoor, Punalur,
Kerala 691305, India

Lat 9.017308°

Long 76.911831°

16/03/23 09:52 AM GMT +05:30



SREE NARAYANA COLLEGE PUNALUR

OUT REACH PROGRAMMES 2022-2023

1.BLOOD DONATION CAMPAIGN-World Blood Donor Day celebration

Date: 20/06/22

Venue:College Auditorium

Number of students participated: 75

Organizing unit/Agency: NSS,Health club, HDFC Bank,Punalur Taluk Govt.Hospital

World blood donor day is celebrated on 14 th June of every year. Theme of current year is 'Donating blood is an act of solidarity join the efforts and save lives'. In association with NSS club and Taluk Head Quarters, Punalur Health club of SN College Punalur conducted a blood donation campaign on 20/06/2022. Programme was conducted with the help of volunteers of ICPF Kollam , Punalur area. All the preparations such as arrangement of beds, sanitation etc were made a day before the programme. As per the direction from the ICPF Volunteers, Club members were asked to set 1)Pre donation waiting area this may be utilized to enable the blood donor to sit and fill in the blood donor questionnaire and consent proforma, 2) Medical screening area 3)Phlebotomy area, 4)Post donation and blood storage area A team of doctor and nurses from the local Govt. hospital had reached in time. Programme started at 9.30 am in the college auditorium and was inaugurated by Principal in charge Dr.R Santhosh. Health club convenor Dr. Nikhila M P gave the welcome address and Felicitation was given by Dr. Divya S Rajan, HoD Department of Zoology. One of the doctors also addressed the audience to make the students aware that the blood donation never weaken the donators and the recovery takes place very soon. He talked about facts/ myths/ Blood Groups related information. The medical team consisted of one doctor and 10 medical staff. medical officer performed the screening of all the blood donors. She took the relevant history from the donor and performed a physical examination. Donors are allowed to donate only if declared fit for donation by the medical officer 38 students from various department and one teaching staff (Smt.Ganga M R , Assistant Professor Department of Commerce) from commerce department enthusiastically donated the blood in the venture. Donation programme extended to 1 pm. All the health club members actively involved in the programme and assisted the medical staff. The volunteers of ICPF had arranged refreshment for blood donors and club members .A certificate of appreciation, donation card was given for those who have donated blood. Programme ended with

vote of thanks by Mr. Prawin (NSS Volunteer) of Department of Chemistry.75 students actively involved in the programme.



Inauguration session



Pre donation waiting and screening area



Blood donation programme



Brochure -Blood donation campaign

SNEHASPASHAM-PALLIATIVE CARE UNIT

Sree Narayana College, Punalur is the centre for higher education in the eastern alcove of Kollam district. The National Service Scheme 28 A,B of Sree Narayana College Punalur has been functioning well with so many activities furnishing development to the volunteers as well as the community. The College have an active Students Palliative Club Unit with NSS for the smooth conduction of community activities. Under the club, the NSS volunteers should instruct the attitude of 'Help the Needy' and develop empathy towards those suffering from personal strain as well as mental stress. The main objective of Students Palliative Club is not only make them aware of the activities, but also popularising and participating in such community based activities. The programme officers Dr.Divya Jayan and Athul T B did the best with the help of Principal in charge, Dr.Santhosh R.

The NSS unit organised the Palliative Club namely Snehasparsham and running since 2019 onwards. .Dr.Shahinsha, Supt., Taluk Hospital, Punalur inaugurated thePalliative Club. District Palliative co-ordinator Mr.Anooj.D.T was the chief guest. The club had the palliative work with the help of Mrs. Suja, Staff Nurse, Taluk Hospital, Punalur. We provided food kits, medicines, wheel chair, etc. volunteers visited their home and spend with palliative patients.



2. UNIVERSITY LEVEL & DISTRICT LEVEL TRAINING

Date: 27/07/22,28/07/22,29/07/22

Venue: Senate House Campus Palayam, BJM College Chavara

Number of students participated: 03

Organizing unit/Agency: NSS

NSS volunteer SreeDevi (II BAHistory) attended university level training programme. .Jessu J (II BAHistory), Vijay S Kumar (II BSc Physics) attended district level training programme. The training sessions was organized at B.J.M College, Chavara, Kollam.







University Level Training on 27/07/2022 to 29/07/2022.



District Level Palliative Training

3. Obsevanse of conservation of heritage monuments- Cleaning of Hanging Bridge of Punalur

Date: 13/08/2022

Venue: Hanging bridge,Punalur

Number of students participated: 53

Organizing unit/Agency: NSS,,Punalur Municipality

On behalf of observing the conservation of heriate monuments, the NSS unit of S.N College, Punalur engaged in cleaning the Hanging Bride of Punalur and the surrounding areas on 13/08/2022. The Programme was inaugurated by Municpal Vice – chairperson and was co-ordinated by the Programme officers, Dr. Divya Jayan & Athul T. B. It provides the volunteers the importance of keeping our culture and transfer the heritage to the coming generations.53 student actively participated in the cleaning programme.





4. DISTRIBUTION OF FOOD KITS (NJANGALUND KOODE)

Date: 20/08/2022

Venue: Adopted village , Chemmanthoor

Number of students participated: 11

Organizing unit/Agency: NSS

The NSS unit of S.N College, Punalur provided food kits to financially weaker palliative patients on 20/08/2022. The programme coordinated by Dr.Divya Jayan. Abhiram S P (NSS Volunteer secretary) Jessu, Vijay (NSS Volunteers) lead this activity. Volunteer's handover stationery items and vegetable kits to palliative patients. 11 volunteers participated this programme.





GPS Map
2W77+R87, Chemmanthoor, Punalur, Kerala 691305, India
Latitude 9.0150261° Longitude 76.91306822°
Local 04:26:54 PM Altitude -75.65 meters
GMT 10:56:54 AM Saturday, 20-08-2022



Punalur, Kerala, India
2W77+R87, Chemmanthoor, Punalur, Kerala 691305, India
Lat 9.015038°
Long 76.9129°
20/08/22 04:27 PM



Distribution of Food Kit

5. "Vimukthy community awareness Programme "

Date: 31/08/2022

Venue: Punalur Municipality

Number of students participated: 77

Organizing unit/Agency: NSS,Punalur Municipality

The NSS unit 28 (A, B) of S. N College, Punalur conducted the Vimukthi awareness programme at the community level. Programmes are arranged in an effective manner to get an awareness to the public. A Rally was conducted on behalf of this, starting from the college premises to the private market junction, Chemmanthoor, Punalur. The rally was inaugurated by the Principal, Dr. Santhosh R. Programme Officers Dr. Divya Jayan and Sri Athul T B gave the directions. Pluck cards showing the adverse effects are also used. The rally starts from the college auditorium at 10:30am on 31/08/2022. The rally covers the home town of the college named chemmanthor and enter into the main roads and spend sometime to convey the community what is the importance of vimukthi and we gave them posters related to vimukthi and ends up the programme by a great NSS clap.

The programme also aimed to make the public aware about the bad effects of using the different kinds of drugs, even smoking both passive and active and its harmful effects. Volunteers made a great effort for this by engaging into shop-wise awareness using pluck cards and posters. 77 students participated this programme.





Community Awareness Programme



Anti- Drug Awareness Rally

6. PALLIATIVE SURVEY

Date: 13/09/2022

Venue: Thumbod ward

Number of students participated: 85

Organizing unit/Agency: NSS,Taluk Hospital, Punalur

Our Palliative club conducted a Survey in Thumbod Ward in Punalur Municipality on 13-09-2022 at 9 am to 2 pm. Programme Officers Dr,Divya Jayan and Athul T B coordinated this programme. Volunteers and Programme officers assembled College seminar hall. Programme officers give primary instruction to their volunteers and its importance. After that the total volunteers divided into different group and selected a leader from each group. Kudumba Sree unit members also guide to our volunteers. After conducting survey our volunteers analysed that survey and identified palliative patients in our adopted village. 85 students participated in the palliative survey.









Palliative Care Survey on 13/09/2022

7. PALLIATIVE HOME VISIT

Date: 30/09/2022, 17/11/22, 18/11/2022

Venue: Different wards of Punalur municipality

Number of students participated: 9

Organizing unit/Agency: NSS, Taluk Hospital, Punalur

Club visited palliative care patients with help of taluk hospital staff nurse Sreeja Dr. Afsal (Physician) and asha workers. 3 volunteers visited 11 houses of Aikarakonam ward. Volunteers interacted patients' family members. Distributed medicine of the palliative patients. Alternatively, 3 volunteers of S N college used to volunteer the Home care, Palliative unit wing of Taluk Hospital, Punalur. The students accompany Suja, Staff Nurse and Mrs. Sreeja along with the asha workers, Mrs. Lisy, Mrs. Geetha, Mrs. Hema for the visit. This provided the volunteers a platform for social interaction and also to understand the pathetic situations and sufferings of the patients. This home care also made them fit to face an emergency situation. The visit on 30/09/22 was on Maniyar ward of Punalur. The volunteers visited 6 houses from 9.30 to 1:00. The volunteers visited 11 homes from 10 am to 12 pm. at Kalayanadu, Power house ward and Panayamkuttymala, Punalur.



GPS Map Camera

Punalur, Kerala, India
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 Lat 8.999137°
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 30/09/22 11:31 AM GMT +05:30

Google



GPS Map Camera

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Google



GPS Map Camera

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 30/09/22 11:29 AM GMT +05:30

Google









Punalur, Kerala, India

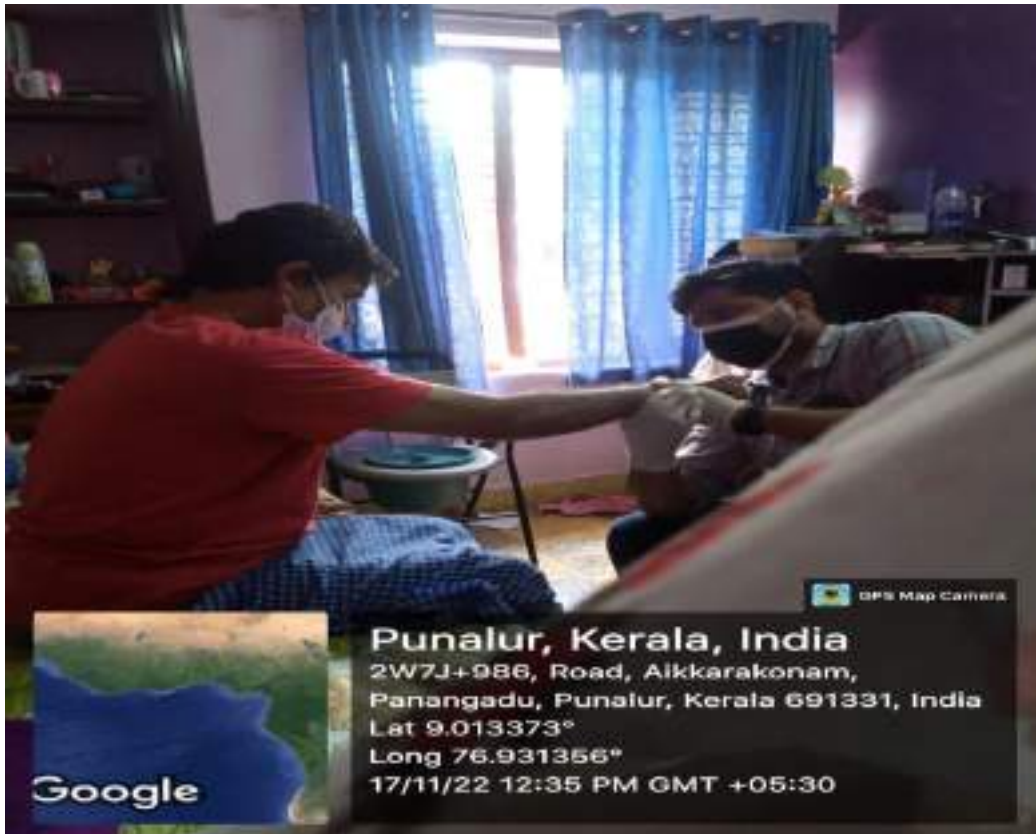
ABDUL SALAM MEMMORIAL BUILDING T.B
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Kerala 691331, India

Lat 9.007612°

Long 76.94638°

18/11/22 12:53 PM GMT +05:30

GPS Map Camera







POCO
POCO M2 RELOADED



POCO
POCO M2 RELOADED



Palliative Home Visit

8. MEDICINES DISTRIBUTION

Date: 14/09/22& 16/11/22

Venue: Punalur municipality

Number of students participated: 16

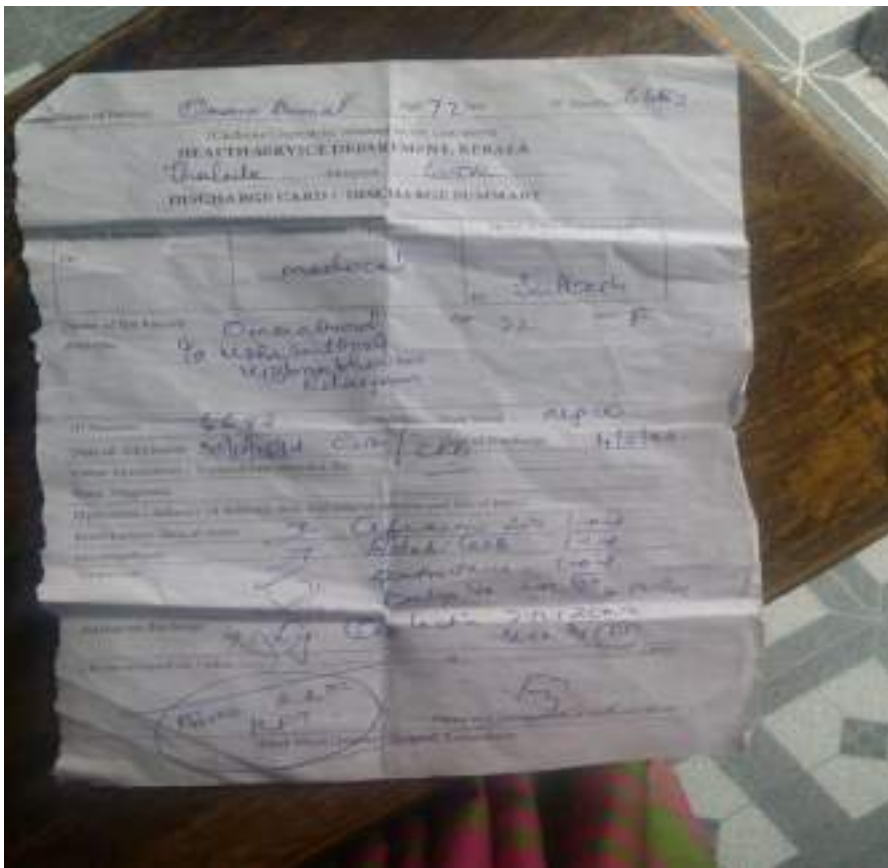
Organizing unit/Agency: NSS

Our unit provided Medicine kits to palliative patients suffering major diseases. Programme Officer Dr. Divya Jayan Coordinated this programme. Volunteers visited and collected doctor prescription from their home. 16 volunteers participated this activity. We provided medicine to Subaida Beevi, (Chemmanthur, Punalur) Maniyamma (Heart problem, College Ward Punalur) on 14-09-2022.



Distribution of Medicines on 14/09/22

The NSS unit provided Medicine kits to palliative patients suffering major diseases. Programme Officer Athul T B coordinated this programme. Volunteers visited and collected doctor prescription from their home. The medicine was given to the palliative patient Omana Ammal, Punalur and was distributed by volunteer, Vijay S Kumar (II Physics) on 16-11-2022.



Distribution of Medicines on 16/11/22

9. GLOBAL HANDWASHING DAY (17/10/2022)

Date: 17/10/22

Venue: Chemmanthoor

Number of students participated: 20

Organizing unit/Agency: Health Club and Swichtwa Mission

October 15 is Global Handwashing Day, a global advocacy day dedicated to increase awareness and understanding about the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives.

Students used for Global Handwashing Day around the world
Shows in the image are water, soap, and hand

TIME: 12.30pm
DATE : 17/10/2022

Inauguration
(Dr.Santhosh K,Principal in charge)

Community Awareness Programme
("Unite for Universal Hand Hygiene")

Programme is conducting as a part of
Global Handwashing Week Campaign
of Suchitwa Mission, Kollam

Theme for Global Handwashing Day
2022
"UNITE FOR UNIVERSAL HAND HYGIENE"
(which calls for coordinated action as
we actively work toward universal hand
hygiene)

ORGANIZING COMMITTEE
DR.VIJAYAKRISHNAN
(PATRON,MANAGER SN COLLEGE)
DR.SANTHOSH K (PRINCIPAL IN CHARGE)
DR. ANEESH K (COORDINATOR, HEALTH CLUB)
MR. JASINUS J (DEPARTMENT OF PHYSICS)
MR. SURESH (DEPARTMENT OF CHEMISTRY)
MR. ATUL T B (DEPARTMENT OF MATHEMATICS)

SREE NARAYANA
COLLEGE
PUNALUR
Affiliated to University of Kerala

**GLOBAL
HAND
WASHING
DAY**

OCTOBER 15

ORGANIZED BY
HEALTH CLUB
SREE NARAYANA COLLEGE
PUNALUR

October 15 is Global Handwashing Day, a global advocacy day dedicated to increasing awareness and understanding about the importance of handwashing with soap as an effective and affordable way to prevent diseases and save lives. As a part of Global Handwashing Week Campaign of Suchitwa Mission, Kollam Health club of Sree narayana college conducted a community awareness programme on 17/10/2022. Theme of global handwashing day 2022 'Unite for universal hand-hygiene' was taken as the theme of the programme. Students of health club prepared many placards all mentioned the importance of handwashing. Programme was inaugurated principal in charge of SN College Punalur Dr.R Santhosh. He gave a short message about the need of proper hygiene which should be maintained in every home, college and community so that spread of diseases can be minimized. The community awareness programme aimed to motivate people near to our community to improve the hand washing habits which prevent spread of illness and save lives. The proper ways of hand washing with soap were demonstrated by the students. They tried to raise awareness and understanding among the common people about the importance of handwashing with

soap is an easy affordable and effective way to prevent various diseases. Health club convenor Dr.Nikhila M P coordinated the event and 20 Students actively participated in the programme.



Photographs of Community awareness programme - global hand washing

10. Anti Drug Awareness Musical Programme

Date: 20/10/22

Venue: Private Bus stand Auditorium , Punalur

Number of students participated: 20

Organizing unit/Agency: NSS

As an initiative of the antidrug awareness programme at the community level, a musical band programme was conducted at the Auditorium of Private Bus Stand, Punalur. The programme was inaugurated by Principal, Dr. Santhosh R. Programme Officers Dr. Divya Jayan and Athul T B coordinated the programme. It was a great initiative on the part of volunteers to make the public aware of the harmful effects of using drugs. Abhijith of II B.A English, who was the key volunteer in organizing the programme by composition of musical works. 20 students participated in the programme.





11. DISTRIBUTION OF WHEEL CHAIR

Date: 25/11/22

Venue: Taluk Headquarters Hospital Punalur

Number of students participated: 32

Organizing unit/Agency: NSS

The NSS unit provided two wheel chairs to the needy. The programme was inaugurated by Sri P. V Unnikrishnan, (Vice Chairman, Punalur Municipality) and was organized at the Taluk Headquarters Hospital on 25/11/2022, Punalur. Dr. Shahansha (Supertindent, Taluk

Hospital Punalur), Vice Chairperson, Punalur Municipality, Dr. Santhosh R (Principal, S.N College, Punalur) delivered the felicitations. The distribution of wheel chair was done at the function by the NSS unit, to the palliative patients, Raghavan, GirijaVilasom, Arampunna and to Subaidabeevi, Aleenamanzil, Thumbode ward, Punalur. By-standers of the patients collected the wheel chair.

It was also the venue for the distribution of certificates to the volunteers as well as the Programme officers who have successfully completed the Palliative training programmes. Vice chairperson and the counsellor appreciated the volunteers who have actively participated in the programme. , Staff nurse delivered vote of thanks to this programme.32 students participated in the event.



Inaugural session



Distribution of Wheel chairs on 25/11/22





Distribution of Certificates on Palliative Training

12. Blood Donation Camp

Date: 26/11/22

Venue: College Auditorium

Number of students participated:45

Organizing unit/Agency: NCC, Punalur Taluk Headquarters Hospital

As a part of the NCC day Celebrations, the 9(K) Bn NCC Kottarakara and NCC Unit, Sree Narayana College, Punalur in association with Govt. Taluk Headquarters Hospital, Punalur organized a Blood Donation Camp at Sree Narayana college, Punalur on 26 November 2022. **Colonel Amitesh Varma**, Commanding Officer, 9(K) Bn NCC, Kottarakkara, inaugurated the blood donation camp. **Capt. Dr. Arun. V**, Associate NCC Officer & HOD Department of Chemistry, Sree Narayana College, Punalur gave the welcome and the function was presided by **Dr. Santhosh. R**, Principal, Sree Narayana College, Punalur. **Felicitation: Dr. Smitha. L**, (MBBS, MD, DND(Patho), Govt. Taluk Headquarters Hospital, Punalur, felicitated and **Athul J Aravind**, JUO, NCC Unit, S. N. College, Punalur gave vote of thanks. 45 Volunteer Senior Division NCC Cadets donated blood.

Photographs on the “BLOOD DONATION”





13. REPUBLIC DAY CELEBRATION

Date: 26/1/23

Venue: Punalur Municipality

Number of students participated:80

Organizing unit/Agency: NCC , Punalur Municipality

As a part of the Republic Day Celebration, the NCC unit of S.N. College, Punalur hoisted the National Flag at 08.00 AM on 26th January 2023. Dr. Santhosh R, Principal, hoisted the National Flag. After this the 80 NCC cadets participated in the republic day celebrations organised by the Punalur municipality.

Photographs on the Republic Day Celebration 26 January 2023

