

Sree Narayana College Punalur

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Third Cycle NAAC Accreditation 2022

CRITERION 3

Research, Innovations and Extension

3.4.3: Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., during the last five years

Submitted to



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

EXTENSION ACTIVITIES REPORT 2016 – 17

World Environment day-Sapling in the college premise and near locality (5-06- 2016)

NSS activities of the year 2016-17 began by observing World Environment Day. Principal, Dr. G. Jayasenan inaugurated the programme by planting a sapling in the college premise and near locality. He gave a brief address to the students on the importance of conserving and protecting our environment for a better future. Teachers of various departments participated in the programme by planting saplings. 80 NSS volunteers actively participated in this event and planted more than 25 saplings in the college premises.



Tree planting by Dr.G.Jayasensn, Principal SN College in connection with observation of World Environment Day in presence of Shibu T (HOD Department of History) Ms. Biji .M.S (HOD Department of Malayalam) Dr.Bijo S Anand (Faculty Department of Mathematics) and Volunteers of SN College Punalur.

National Seminar on “Join the race to make the world better place” (17.06.2016)

The focal theme for World Environment Day-2016 is, “Join the race to make the world better place”. This year’s theme is on wild-life conservation, biodiversity conservation, impact of climate change, global warming, plastic waste, pollution etc. Though the World Environment day falls on 5th June, we have celebrated it on 17.06.2016 by conducting a one day National Seminar on “Join the race to make the world better place” sponsored by Kerala State Council for Science Technology and Environment and an Essay Writing Competition on 15.06.2016. The Principal, Dr. G. Jayasenan presided over the inaugural function. The meeting started with a prayer song by the college choir. Dr. R.Jayaprakash, Associate Professor in Zoology welcomed the honourable guests. Dr. T.Sabu, Program

Director, Centre for Environment & Development, Thiruvananthapuram inaugurated the function by lighting the lamp and delivering the inaugural address. Dr.Gopan Raj, Convener, IQAC, Dr.Baiju.S, Associate Professor, Department of Mathematics, Prof. R.Santhosh, Associate Professor & HOD, Department of Physical Education, Prof.T.Shibu, Assistant Professor & HOD, Department of History delivered felicitations. Dr.Biju.C, Co-ordinator, WED-2016 extended vote of thanks. Dr.T.Sabu, Program Director, Centre for Environment & Development, Thiruvananthapuram handled the first technical session. The subject was “Join the race to make the world better place” and was chaired by Dr.Divya.R, Assistant Professor and Department of Zoology. The session was enriched with creative discussions on the subject. After the lunch break, the second technical session was handled by Prof.E.Kunhikrishnan, Rtd. Professor & HOD, Department of Zoology, University College Thiruvananthapuram on the topic “Wild life Conservation & Climate Change” and chaired by Dr.Arun, Assistant Professor& HOD, Department of Chemistry. The faculty members from various departments like Chemistry, Physics, Mathematics, History etc are actively participated. After this session, the Valedictory function started. Valedictory address was given by Prof.E.Kunhikrishnan, and certificates & prizes were distributed by him. Dr.Jasmine Anand, Assistant Professor & HOD, Department of Zoology extended vote of thanks. It is noteworthy to say that the 109 students and the faculty members of various departments have also attended the National Seminar, which made the seminar a grand success.

Under the auspices of World Environment Day celebrations, an Essay Writing Competition in “Join the race to make the world better place” was conducted on 17.06.2016 in the college auditorium. Twenty students participated in the competition. Certificates were distributed to the winners of the Essay writing competition. Refreshment and Certificates were given to all participants.



Dr.T.Sabu, Program Director, Centre for Environment & Development, Thiruvananthapuram engaging the students in technical session.

Anti-drug day campaign (25 -06- 2016)

Anti-drug day was observed on this day. Excise Department and NSS unit jointly organized a speech. The excise officer delivered a speech on Anti-drug campaign which dealt with the ill effects of being addicted to drugs and alcohol. He exhorted that the younger generation should actively campaign against such things in order to completely root out it from our society. After this session, a documentary show that focused on the ill effects of drug addiction was shown to the students. The unit also conducted a quiz competition and essay writing competition to create awareness among students regarding anti-drugs. 193 volunteers participated in this programme.



The excise officer does interact with the NSS Volunteers in connection with Anti-Drugday observation

Seminar on “Water borne Diseases during Monsoon and its Precautions”(02-07-2016)

The seminar was conducted by National Service Scheme, SN College Punalur. Volunteers were given an awareness class on the topic 'Water borne Diseases during Monsoon and its Precautions'. The session handled by Dr. Bijo S anand, Programme Officer, SN College Punalur. He dealt upon the various methods by which we could prevent the breeding of mosquitoes and avoid the spread of vector borne diseases. The class span for one hour. After this session, the volunteers were divided into groups and they cleaned the college campus and the boundaries that made suitable conditions for the mosquitoes to dwell on.

165 volunteers participated in this programme.



Cleaning activities of N S S volunteers

Independence Day Celebration (15-08-2016)

As the part of the Independence Day Celebration, the NCC unit of S.N. College, Punalur hoisted the National Flag at 08.00 AM on 15th August 2016. After this the NCC cadets cleaned the college campus as a part of the Swachh Bharath Abhiyan. 48 cadets participated in this programme.



Dr.G.Jayasanan, Principal SN College punalur inagurating Swachh Bharath Abhiyan in association with Independence Day celebration

Quiz competition - Popularization of Swacha Bharatha Mission (27-08-2016)

As directed by the Kollam District Collector for the popularization of Swacha Bharatha Mission a quiz was conducted on behalf of NSS units. The quiz competition was entitled 'Ente Nadine Ariyuvan'. Volunteers were grouped into teams and each team collected information about Punalur where our college is situated. A report was made based on the details collected and each group prepared questions from the report. Finally the quiz competition was conducted based on the questions prepared by the teams. Prizes were distributed by the Principal for the winners. 174 volunteers actively participated in this programme.

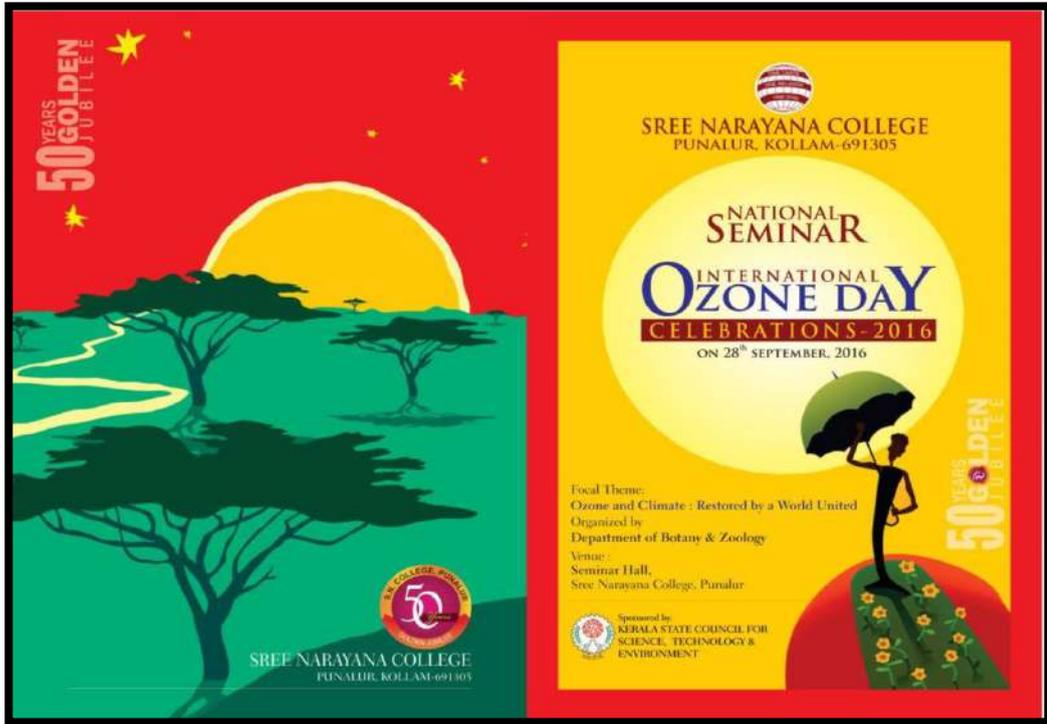


Volunteers engaging quiz competition

National Seminar on “Ozone and Climate: restored by a World United” (28.09.2016)

The focal theme for International Ozone Day-2016 is “Ozone and Climate: restored by a World United”. This year’s theme is on emission of CFC, green house gases, biodiversity conservation, impact of climate change, global warming, harmful effects of plastic waste, various kinds of pollution etc. Though the International Ozone Day falls on 16th September, environmental club celebrated it on 28.09.2016 by conducting a one day National Seminar on “Ozone and Climate: restored by a World United” sponsored by Kerala State Council for

Science, Technology and Environment and an Essay Writing Competition on 26.09.2016. The Principal, Dr.G.Jayasenana presided over the inaugural function. The meeting started with a prayer song by the college choir. Dr.R.Divya, Assistant Professor in Zoology welcomed the honorable guests. Dr.Renjan Mathew Varghese, State Director, WWF-India inaugurated the function by lighting the lamp and delivering the inaugural address. Dr.Baiju.S, Associate Professor, Department of Mathematics, Mrs.R.Santhosh, Associate Professor and HOD, Department of Physical Education, Mrs.T.Shibu, Assistant Professor & HOD, Department of History delivered felicitations. Dr.Jasmine Anand, Assistant Professor and HOD, Department of Zoology extended vote of thanks. Dr.Renjan Mathew Varghese, State Director, WWF-India handled the first technical session. The subject was “Ozone and Climate: restored by a World United” and was chaired by Dr.Arun.S.Prasad, HOD, Department of Physics. The session was enriched with creative discussions on the subject. After the lunch break, the second technical session was handled by Dr.Indose Aravind, Assistant Professor, Department of Chemistry, Devaswom Board College, Sasthamcotta, and Kollam on the topic “Ozone & its impacts” and chaired by Smt.Neethu, Assistant Professor, Department of Chemistry. The faculty members from various departments like Chemistry, Physics, Mathematics, History etc actively participated. After this session, the Valedictory function started. Valedictory address was given by Dr.R.Jayaprakash, Former HOD, Department of Zoology, Iqbal College, Peringamala and certificates & prizes were distributed by him. Dr.Biju.C, Coordinator extended vote of thanks. As part of the International Ozone Day celebrations, an Essay Writing Competition on “Ozone and Climate: restored by a World United” was conducted on 26.09.2016 in the college auditorium. Fifteen students participated in the competition. Certificates were distributed to the winners of the Essay writing competition. Refreshment and Certificates were given to all participants. It is noteworthy to say that 80 students and the faculty members of various departments have attended the National Seminar, which made the seminar a great success.



Brochure in connection with national seminar



The Principal, Dr.G.Jayasenana presiding the inaugural function

Clean Campus Programme- Swatch Barath Mission (19-11-2016)

The camp was organized by the National Service Scheme, SNC Punalur to check the previous camp activities and to make sure that everything is running smoothly. On this day we made the list of materials needed for special camp. The volunteers cleaned the campus including the artificial pond and made pluck cards for the AIDS day rally. After the day's programme, the volunteers gave a review of the day's programme. 189 volunteers participated this programme.



Volunteers in cleaning activities

Organic Farming (26-11-2016)

In order to create an awareness among the students concerning the importance of Organic Farming and its advantages College NSS unit in association with Bhoomithra Sena club and Krishi Bhavan, Punalur made a plantation day in which volunteers planted seeds supplied by Krishi Bhavan. They created a small plot area of their own and sow the seeds supplied. After the programme volunteers gave a review of the day's programme. 112 volunteers participated



Dr.Bijo S Anand (NSS PO) planting vegetable seeds in growbag as the part of plantation day observation.

Volunteer's Day-debate on 'Is political party a necessity in colleges?'(05-12-2016)

A debate competition was conducted by NSS Unit SN College Punalur to mark volunteers day celebrations. The topic of the debate was, 'Is political party a necessity in colleges'. It was a healthy debate and the team who was against the topic won and the debate was concluded by the moderator. 187 volunteers participated in this programme.



Debate Session

Republic Day Celebration (26-01-2017)

On 26th January 2017 Dr.Shiny Mathews, HOD of Hindi hoisted the National Flag at 08.00 am along with the NCC cadets, ANO and other teaching staffs. All NCC Cadets (99)

and ANO participated in the Republic Day celebration organised by the Punalur Municipality. The programme commenced with the parade by the NCC Cadets of S.N. College, Punalur

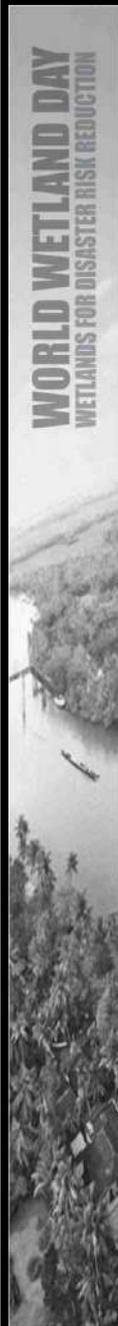


Dr.Shiny Mathews, HOD of Hindi hoisting the National Flag at along with the NCC cadets

One day Field Oriented Activity cum Popular lecture on “Wetlands for Disaster Risk Reduction” sponsored by Kerala State Council for Science, Technology and Environment (10.02.2017)

The programme conducted by Environmental Club. The theme for World Wetland Day- 2017 was “Wetlands for Disaster Risk Reduction” is chosen to emphasize the importance of these ecosystems as a natural, effective and less costly solution than other hard measures taken to reduce disaster risk and the effects of climate change. Wetlands play an important role in helping to provide communities with resilience to natural hazards such as flooding caused by storms, cyclones, storm surges and tsunamis. Under projected climatic change scenarios, extreme climatic events, including floods, droughts and storms are expected to increase in frequency and intensity. Though the World Wetland Day falls on 2nd February, we have celebrated it on 10.02.2017 by conducting a one day Field oriented Activity cum Popular lecture on “Wetlands for Disaster Risk Reduction” sponsored by Kerala State Council for Science, Technology and Environment and an Essay Writing Competition on 09.02.2017. The field oriented activity cum popular lecture was held at Asramam Mangroveforest, Kollam on 10.02.2017. Dr.Biju.C, Co-ordinator welcomed the honourable guest. Dr.Mary Teresa P. Miranda, HOD, Dept. of Zoology, Fathima Matha National College, Kollam, handled the technical session. The session was enriched with creative discussions on the subject. The locale of the visit and the informative talk were an excellent and enthusiastic experience.

Dr.Jasmine Anand, HOD, Department of Zoology, extended vote of thanks. 90 volunteers participated this programme.



Dear Sir/Madam,

Sree Narayana College, Punalur is organising **World Wetland Day Celebrations on 9th & 10th February 2017** in association with Kerala State Council for Science, Technology & Environment (KSCSTE). World Wetlands Day is celebrated every year on 2nd February to raise global awareness about the value of wetlands for humanity and the planet. It also marks the date of adoption of the Ramsar Convention on Wetlands in 1971, in the Iranian city of Ramsar. World Wetlands Day was celebrated for the first time in 1997. "Wetlands for Disaster Risk Reduction" is the theme for World Wetlands Day in 2017. Wetlands play an important role in reducing the impact of extreme weather events such as floods, droughts and cyclones. Wetlands act as a natural sponge, absorbing and storing excess rainfall and reducing flooding. During the dry season, they release the water stored, delaying the onset of droughts and reducing water shortages.

We are organizing different activities like Essay writing competition and Field oriented activities cum a popular lecture on Wetlands for Disaster Risk Reduction. We cordially solicit your esteemed participation to make this event a grand success.

Dr.Biju.C
(Co-ordinator)

Dr.Jasmine Anand
(HOD, Dept. of Zoology)

Dr.G.Jayasenan
(Principal)

09.02.2017, 3.00 pm - 4.00 pm

ESSAY WRITING COMPETITION
College Auditorium

10.02.2017, 11.00 am - 01.00 pm

**FIELD ORIENTED ACTIVITY CUM POPULAR LECTURE
ASRAMAM MANGROVE FOREST, KOLLAM**

Welcome : Dr.Biju.C, Co-ordinator

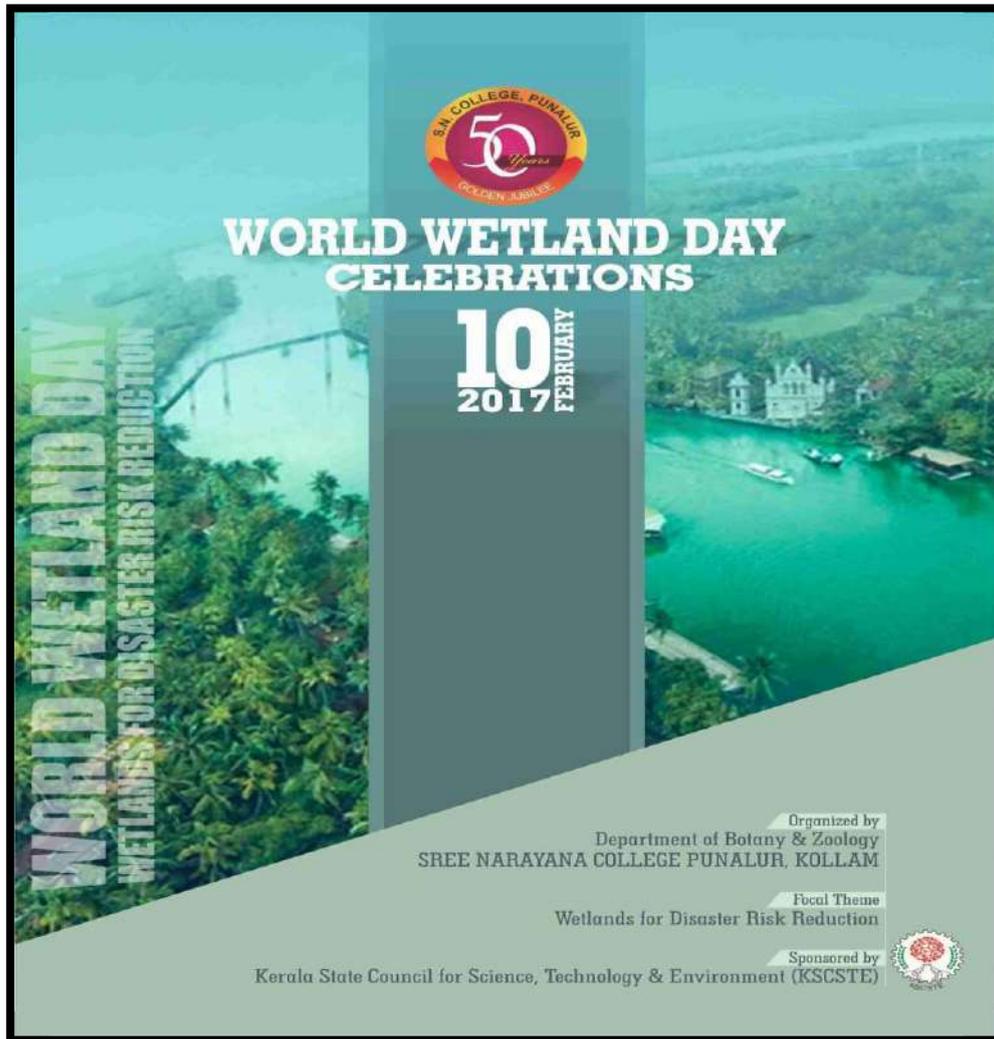
Resource Person : **Dr.Mary Teresa P. Miranda**
HOD, Dept. of Zoology,
Fathima Matha National College, Kollam

Valedictory Address
and Prize Distribution : **Dr.G.Jayasenan**, Principal

Vote of Thanks : Dr.Jasmine Anand, HOD, Dept. of Zoology

National Anthem

Brochure in connection with world wetland day celebrations



Brochure in connection with world wetland day celebrations



Students participating wetland day celebrations

National Seminar on, “Intellectual Property Rights” sponsored by PIC-Kerala and Kerala State Council for Science, Technology and Environment (22.02.2017)

National Seminar on, “Intellectual Property Rights” sponsored by PIC-Kerala and Kerala State Council for Science, Technology and Environment was conducted by Environmental Club held on 22.02.2017. The focal theme for the seminar included Patent for inventions, Trade marks, Industrial designs and Geographical indications, Copyrights etc. The function began with a prayer by the college choir. Dr.G.Jayasenana, Principal, presided over the inaugural function and Dr.Biju.C, Co-ordinator welcomed the honourable guests. Sri.A.K.GOPAKUMAR, District Judge (MACT) Punalur, inaugurated the function by lighting the lamp and delivered the inaugural address thereafter. Sri.V.P.Balagangadharan, Former Brahmaprakash Scientist, VSSC, Thiruvananthapuram, Prof.R.Santhosh, HOD, Department of Physical Education, Prof.T.Shibu, HOD, Department of History and Dr.Arun.S.Prasad, HOD, Department of Physics delivered felicitations. Dr.Jasmine Anand, HOD, Department of Zoology, proposed the vote of thanks. Sri.V.P.Balagangadharan, Former Brahmaprakash Scientist, VSSC, Thiruvananthapuram handled the first technical session on the topic “Introduction to Intellectual Property Rights”. It was an enriching with creative discussions on the topic. Smt.Kavitha K S , HOD, Department of Commerce, extended the vote of thanks. The second technical session was led by Dr.Bismi Gopalakrishnan, Associate Professor, Department of Law, University of Kerala, on the topic “Legal Dimensions of Copyrights & Trademarks”. Smt.Neethu, Department of Chemistry proposed the vote of thanks. After the lunch break, the third technical session was led by Sri.Arun Alfred, Project Scientist, PIC-Kerala, KSCSTE on the topic “Patent Searching tools and Patent filing procedures”. Sri.Sreemurukan, Department of Mathematics proposed vote of thanks. The meeting concluded with a valedictory session held on the same day. Ms.Prathibha, Second B.Sc Zoology student presented the resume of the seminar. The valedictory address was given by Sri.V.P.Balagangadharan, Former Brahmaprakash Scientist, VSSC, Thiruvananthapuram. He distributed the certificates for the participants. Dr.R.Jayaprakash, Department of Zoology extended vote of thanks. Refreshment and Certificates were given to all participants of the seminar. The active participation of 144 students and faculty members of various departments enriched the national seminar and made it a great success.



Technical session : Dr.Bismi Gopalakrishnan, Department of Law, University of Kerala



Sri.V.P.Balagangadharan, Former Brahma prakash Scientist, VSSC, Thiruvananthapuram

OUT REACH PROGRAMME REPORT 2016-2017

Anti-drug day rally (26-06-2016)

An Anti-Drug Awareness Rally was conducted as a part of the annual training camp by 9(K) Bn NCC, Kottarakkara at SMHSS, Patharam from 21 April 2017 to 30 April 2017. 100 NCC cadets of Sree Narayana College, Punalur actively participated in the anti-drug awareness rally.



Anti-drug day awareness rally

Rally - 'Traffic Rules - Do's and Don'ts (22-08-2016)

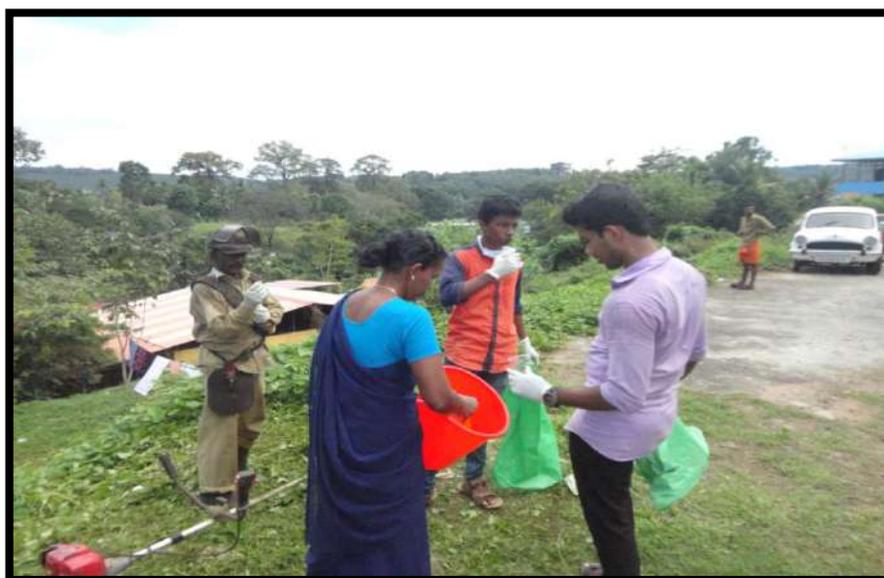
A rally was conducted jointly by the Punalur Janamaithri Police and NSS unit in order to create awareness on 'Traffic Rules - Do's and Don'ts. More than 157 volunteers participated in this event carrying pluck cards made of paper. The volunteers were careful not to use any kind of plastic objects in the rally. The rally began at 10:00 am and ended by 12:30 pm. Volunteers distributed notices that contained road safety measures to public.



Traffic rules awareness rally

Gandhi Jayanthi- public place cleaning programme (02-10-2016)

Gandhi Jayanthi was observed on this day. The programme conducted by National Service Scheme. Volunteer Secretaries delivered short speech on Mahatma Gandhi, Father of our nation and about the freedom struggle he had led to attain freedom for our country. The volunteers were grouped and were engaged in cleanliness drive programme in KSRTC bus stand and taluk hospital surroundings . 183 volunteers actively participated the programme.



NSS Volunteers engaging in cleaning activity along with hospital staff

AIDS Day awareness class and Rally (01-12-2016)

On this day a rally was organised jointly by the NSS unit and Taluk Hospital, Punalur. The rally was inaugurated by Dr.Subhgan, Superintendent, Taluk Hospital, Punalur. Volunteers marched on with pluck cards showing awareness about AIDS. The day's programme continued with an awareness class on AIDS by Dr.Jayaprakash, Rtd.Professor and HOD of Zoology, Iqbal College Peringamala. Volunteer's made their review on the day's programme. 160volunteers participated this programme.



Dr.Bijo S Anand and Ms.Biji.M.S (NSS PO'S) leading the students as the part of World AIDS day observation at Govt. Taluk Hospital Punalur.

EXTENSION ACTIVITIES REPORT 2017 – 2018

World Environment day- sapling in the college premise and near locality (5 -06- 2017)

Our college NSS Unit celebrated world environmental day. Olympian Jaisha inaugurated the programme by planting a sapling in the college premise. Principal Dr. Arun V gave a brief address to the students on the importance of conserving and protecting our environment for a better future. Teachers of various departments accompanied and participated in the programme by planting saplings. 98 NSS volunteers actively participated in the programme.



Report of the environmental day observed at SN College Punalur in Kerala Kumudi Daily



Olympian Jaisha planting tree sapling at S N College , Punalur



Lt.Dr.Arun, Principal S N College Punalur planting tree sapling.

Inter Collegiate Essay Writing Competition (09-06-2017)

Department of Zoology and Botany in collaboration with Kerala State Council for Science, Technology and Environment conducted an Inter Collegiate Essay Writing Competition on “Green Economy & Sustainable Development” on 09.06.2017. The Principal-in-charge, Lt.Dr.Arun.V presided over the inaugural function. Twenty students participated in the competition. Cash prizes, Certificates and Mementos were distributed to the winners of the Inter Collegiate Essay writing competition. Refreshment and Certificates were given to all participants. 90 students participated this programme.



Essay writing competition introduction session



Essay writing -first prize



Essay writing – second prize

Lecture on “Connecting People to Nature” sponsored by Kerala State Council for Science, Technology and Environment (14.06.2017)

A World Environment Day Celebrations 2017 organized by Environmental club on 14.06.2017. The focal theme for World Environment Day Celebration 2017 is, “Connecting People to Nature”. This year’s themes are wildlife conservation, biodiversity conservation, impact of climate change, global warming, plastic waste, pollution, etc. Though the World Environment day falls on 5th June, we have celebrated it on 14.06.2017 by conducting Popular Lecture cum Slide show on “Connecting People to Nature” sponsored by Kerala State Council for Science Technology and Environment. The Principal-in-charge, Lt.Dr.Arun.V presided over the inaugural function. The meeting started with a prayer song by the college choir. Dr.Biju.C, Co-ordinator welcomed the honourable guests. Prof.Abraham Thomas, HOD, Department of Natural Science, Peet Memorial Training College, Mavelikkara inaugurated the function by lighting the lamp and delivering the inaugural address. Dr.Arun.S.Prasad, HOD, Department of Physics delivered the felicitations. Dr.Jasmine Anand, HOD, Department of Zoology, extended vote of thanks. Prof.Abraham Thomas, HOD, Department of Natural Science, Peet Memorial Training College, Mavelikkara handled the popular lecture cum slide shows session. The subject was “Connecting People to Nature”. The session was enriched with creative discussions on the subject. This was followed by the valedictory function. The valedictory address was given by Prof.Abraham Thomas, Cash prizes, Certificates and Mementos were distributed by him. Dr.Biju.C, Co-ordinator extended vote of thanks.



Inaugural Session



Prof. Abraham Thomas in Inaugural session



Prof: Abraham Thomas handling technical

World Yoga Day (21-06-2017)

The NSS and NCC unit of S.N. College, Punalur observed the World Yoga Day by conducting a yoga class in the college. It 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 included both theory and practical lessons. The class was conducted in two batches and around 188 NSS and NCC volunteers participated. The students were highly motivated and understood the importance of yoga in daily life.



Practical session in yoga class

One Day Camp- green campus clean campus (24-06-2017)

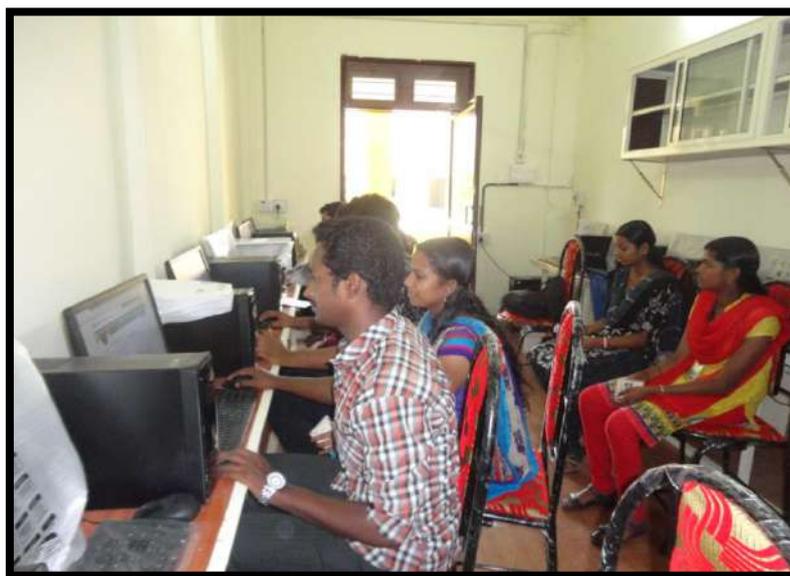
The one day camp was conducted by National Service Scheme on 24.06.2017 at the college. The meeting which was held in the college auditorium began with the recital of NSS song. The students were divided into groups and leaders were selected to monitor cleaning programme. After the clean campus programme, the students gave a review of the day's programme. 99 volunteers participated in this programme.



Cleaning programme in connection with green campus clean campus at college premise

Computer Awareness Class (01-07-2017)

A computer awareness class was arranged by NSS Unit SN College Punalur for the NSS volunteers. The class was led by Dr. Bijo S Anand, NSS programme officer, S.N. College, Punalur. The main objective of the programme was to give a basic awareness of computer basics especially in Microsoft word, excel etc. About 104 NSS volunteers are benefited through the programme.



Computer awareness class to NSS volunteers

Independence Day Celebration (15-08-2017)

On 15th August 2017, as part of Independence Day celebration, NCC and NSS Units of the college organized various programmes in the college campus.

Flag hoisting

Principal in Charge & Associate NCC Officer, Lt. Dr. Arun. V hoisted the National Flag at 8AM. Principal in Charge addressed the gathering about the tolerance and patriotism and about the sacrifice of freedom fighters towards national integrity. He also spoke about the responsibility of every individual in the development of our nation.



Principal in Charge Lt. Dr. Arun. V hoisting the National Flag on Independence Day .



Principal in charge Lt Dr. Arun V addressing NCC cadets

Swachh Bharath Mission

Following the great words of **Mahatama Gandhi**, “Sanitation is more important than independence”, the Hon’ble Prime Minister of India, has given a clarion call to the Nation for Swachh Bharat (Clean India) Mission. He has officially launched the mission at New Delhi in commemoration of the Birth day of Mahathma Gandhi on 2nd October 2014. Beholding the mission, NCC Cadets of our college participated in various activities like cleaning the campus , class rooms and toilets on 15th August 2017.



NCC Cadets cleaning the campus surroundings

Tree plantation

Under the guidance of the Associate NCC Officer Lt. Dr. Arun V, NCC cadets of S.N. College, punalur, planted trees at the College Campus on 15th August 2017. All the trees were planted, watered and secured with tree guards



NCC Officer Lt. Dr. Arun V of S.N. College planting tree saplings at the College Campus



NCC cadets taking care of saplings

Popular Lecture cum Slide shows on “Caring for all life under the sun” sponsored by Kerala State Council for Science, Technology and Environment (25.09.2017)

Environmental Club, Sree Narayana College, Punalur conducted on International Ozone Day Celebrations-2017. The focal theme for International Ozone Day-2017 is, “Caring for all life under the sun”. This year’s theme are on emission of CFC, greenhouse gases, biodiversity conservation, impact of climate change, global warming, harmful effects of plastic waste, various kinds of pollution etc. Though the International Ozone Day falls on 16th September, we have celebrated it on 25.09.2017 by conducting a Popular Lecture cum Slide shows on “Caring for all life under the sun” sponsored by Kerala State Council for Science, Technology and Environment .The Principal in charge, Lt.Dr.Arun.V presided over the inaugural function. The meeting started with a prayer song by the college choir. Dr.Jasmine Anand, HOD, Department of Zoology welcomed the honourable guests. Dr.Mary Teresa P.Miranda, Former HOD, Department of Zoology, Fatima Matha National College, Kollam inaugurated the function by lighting the lamp and delivering the inaugural address. Smt.Kavitha.K.S, Staff Secretary & HOD, Department of Commerce delivered felicitations. Dr.Mary Teresa P.Miranda, Former HOD, Department of Zoology, Fatima Matha National College, Kollam handled the Popular lecture cum slide shows session. The subject was “Caring for all life under the sun”. The session was enriched with creative discussions on the relevant subject. This was followed by the valedictory function. The valedictory address was given by Dr.Mary Teresa P.Miranda. The brief feedback of this event was given by Ms.Prathibha, III B.Sc Zoology. Dr.Biju.C, Co-ordinator & HOD, Dept. of Botany extended vote of thanks. 164 students participated in this programme.



Inauguration: Dr.Mary Teresa P.Miranda, Former HOD, Dept. of Zoology, FMN College, Kollam



Students attending the seminar

Gandhi Jayanthi (02-10-2017)

Gandhi Jayanthi was observed by National Service Scheme SN College Punalur. Volunteers gathered in the college auditorium and the program commenced with the recital of NSS song. Programme officers delivered a short speech on the importance of the day. Volunteers were divided into groups for cleaning the campus and planting saplings on college premises. Volunteer secretaries made a review of the day. 123 volunteers participated in this programme.



Volunteers engaging in cleaning activities

Essay Writing Competition (06-10-2017)

An essay writing competition was conducted by the NSS unit on the topic “Relevance of Gandhian Ideals in Contemporary Society”. 37 Students from all departments participated and the winners were awarded with prize.



Prize distribution

Paper Bag Making (07-10-2017)

The programme was organized by NSS Unit. On behalf of the observance of Sevana Varam volunteers made pledge on Plastic Free Campus. The program commenced with the recital of the NSS song. On this day our former NSS volunteers Mr.Alan. S. Dinsha and Mr.Anto Panicker led a one day camp for the volunteers on the art of paper bag making. 88Volunteers actively participated in the program and made hundreds of paper bags and distributed inside and outside the campus.



Former NSS Volunteer, Mr.Alan S Dinsha giving hands on training on paper bag making.

Altians Orientation Camp (21-10-2017)

The programme was organized by NSS Unit. Newly enrolled volunteers participated in a one day camp at college auditorium conducted by Altian Mentors on 21 October 2017. The programme started by 10.00.a.m with the recital of NSS song. Programme Officer Mrs. Biji. M.S welcomed the volunteers and Dr.Bjio. S. Anand gave felicitation. The programme was officially inaugurated by Principal Lt. Dr. V. Arun. After the inauguration, Alan. S. Dinsha,

Sumaya, Anto. Panicker former students and Altian mentors led the camp. The session started with the recital of Altian theme song. Mentors explained the vision of Altians which work at creating independent and self sustained society and also aim at enhancing the leadership quality of students. The camp progressed with various tasks, games, experience sharing etc. The camp made a platform for the volunteers to themselves to be a good leader. 167 volunteers participated in this programme.



An interactive session of Altians Volunteer camp

National Unity Day (31-10-2017)

Celebrated the National Unity Day, birthday of Sardar Vallabhai Patel founding father of the Republic of India who played a leading role in the country's struggle for independence and guided its integration into a united, independent Nation. The programme was organized by National Service Scheme. The meeting commenced with the recital of NSS song. On behalf of the National Unity Day celebration volunteers took a pledge, which was read out by the programme officer Dr. Bijo S Anand. On behalf of the celebration an essay writing competition was held and 150 students from all departments participated.



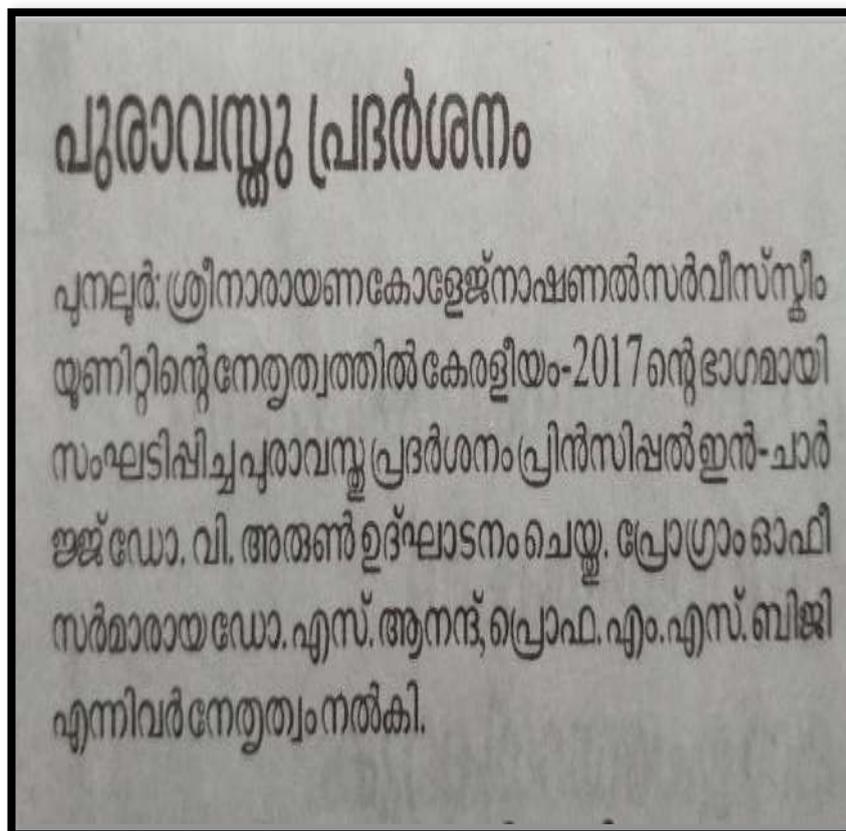
Dr.Bijo S Anand (NSS PO) delivering Pledge on National Unity Day



Volunteers engaging essay writing competition

Exhibition “Keraleeyam 2017” (10-11-2017)

On behalf of the Kerala Piravi celebration the NSS unit conducted an exhibition titled “Keraleeyam” 2017 on 10-11-2017 Friday. The exhibition started by the inaugural ceremony. Principal Dr. Arun V inaugurated the ceremony. NSS volunteers were divided according to their departments and each department showed up a great collection of antiques that expressed the value and tradition food culture of Kerala and musical instruments were also displayed on the exhibition by the volunteers. Each stall was named with a name that signifies the heritage of Kerala. Students and teachers remarked that the exhibition was so good and they really liked it so much. The exhibition started by 11.00a.m. and ended up by 3.30 p.m. The History department and B.Com department won the prizes for their great collection of antiques and artifacts. All other stalls were given incentive prizes for their hard work and 124 students contributed in making this event a grand one.



News report of Keraliyam in connection Keralapiravi in Keralakumudi Daily



On the occasion of inauration of Keraliyam, the exhibition Lt.Dr.Arun (Principal in charge) lighting the traditional lamp. Along with him Dr.Bijo S Anad, Ms. Biji.m.s (NSS PO'S)

Drawing Competition (14-11-2017)

On behalf of the Children's day celebration the NSS unit conducted a Drawing Competition on the topic 'Children Our Emerging Leaders'.The programme started with the recital ofNSS song. More than 34 students participated in the competition and made literally wonderful portraits.



Volunteers participating Drawing competition in connection with Children's day celebration.

Painting competition (18-11-2017)

A painting competition was conducted on behalf of NSS unit SN College Punalur to observe communal harmony. More than 15 students participated in the competition.



Volunteers participating drawing competition as a part of Observance of communal harmony conducted by NSS units SN College Punalur

Seminar on Agriculture (23-12-2017)

The programme was conducted by NSS Unit SN College Punalur. The day started with the hoisting of NSS flag by Amaljith, Volunteer secretary and the volunteers recited the NSS song. The session was a seminar on Agriculture and the talk was led by Ajoi.Sukumar, Agriculture officer Thennmala. 162 NSS volunteers actively participated this programme.



Speech giving by Ajoi Sukumar, Agriculture officer Thenmala as a part of agriculture seminar

Primary precautions one has to take during a fire (24-12-2017)

NSS Unit SN college Punalur conducted a class on primary fire safety awareness was held and the class was handled by P.Sasidharan, Assistant station officer Punalur Fire and Rescue. They demonstrated the basic and primary precautions one has to take during a fire, demonstrated many equipment, the materials used and their chemical formulas. 157 volunteers participated programme.



Primary fire safety awareness training by P.Sasidharan, Assistant station officer Punalur Fire and Rescue

Class on Anti-drugs (26-12-2017)

Sree Narayana college punalur, NSS unit with the help of Excise department arranged a class on Anti-drugs was conducted by M Radhakrishnan Pillai, Preventive Officer, and Excise Punalur. This class was very interesting and informative. 100 students participated in this programme.



Delivering speech on anti-drug by M Radhakrishnan Pillai, Preventive Officer, Excise Department Punalur

Self-defense training program (08-01-2018 to 10-01-2018)

Our NSS unit conducted a self-defense training program in association with the Kerala Police Department. The training program was scheduled for three days from 08/01/2018 to 10/01/2018. The event was officially inaugurated by Krishnakumar, DYSP. College Principal, Superintendent, Programme officers, Union chairperson, Teachers and 174 students were participated in the college auditorium. After the inaugural ceremony the women policepersonnel gave the students training-cum-awareness to be self reliant. Women Self Defense Training Program is a unique initiative of Kerala Police under its Community Policing Project. This project aims at empowering women through comprehensive awareness and practical training program. The three day training program was effective and created a huge impact on students and volunteers.



Deputy Superintendent of police Shr.Krishnakumar, lighting the lamp on the occasion of the inauration of self defence training programme.

One day camp- plant the saplings (17-02-2018)

The programme was organized by National Service Scheme, SN College punalur. As a part of the green campus campaign a one day camp was organized on 17-02-2018 to plant the saplings. NSS volunteers were given instructions to protect and care the saplings that have already been planted on the World Environmental Day. 187 volunteers participated in this programme.



NSS Volunteers engaging cleaning activities.

One day camp – Documentary display (24-02-2018)

The programme was organized National Service Scheme. A documentary show was conducted to reduce the summer diseases. 166 volunteers participated this programme. After the show a discussion was conducted on the topic. The main points raised during the discussions are the following.

1. Try to avoid activities outside the home during peak sun hours.
2. Avoid exposure to direct sunlight and crowded areas.
3. Increase water or liquid intake so as to prevent dehydration.
4. Avoid roadside food or contaminated water.



Documentary display

International Women's Day (08-03-2018)

The programme was jointly organized by NSS Unit and Women's Studies Unit. Women's day was observed on 08-03-2018. On behalf of the day a seminar was organized and Dr. Shiny Mathews inaugurated the programme. She gave a talk on the challenges faced by women and the methods to tackle them. 122 students participated in this programme.



Dr.Shiny Mathews inaugurating the programme

Bhoomithra Sena Club Inaguration (16-03-2018)

The bhoomithra sena club of SNC punalur 2017-2018 had its grand inauguration on Friday 16th march 2018. The program was anchored by our member anuja of II bsc physics. Reghu II bsc physics made the function more graceful with his prayer. Lekshmi.R.S, Bhoomithra sena convenor, Assistant professor Department of physics gave heartly

welcome for each and all. Our respected principal Lt.Dr.Arun officially inaugurated this function. Anchal range officer B.R.Jayan our chief guest addressed the audience and Sri.Shibu boomithra sena member facilitated the function. Anziya II Bsc physics gave vote of thanks for then program.

Technical session was conducted after the function. Chief Guest Mr.B.R.Jayan gave a talk on “forest and environment”. In his talk, he conveyed the importance of conservation of forest for the existence of life. Abhinand gave vote of thanks. 105 volunteers participated this programme.



On the occasion of inaguration

A seminar on “Women’s Rights and Gender Equality” (21-03-2018)

The programme jointly organized by NSS Unit and women studies unit With a view to ensure effective convergence mechanism of key partners that will transform and inspire overall development and empowerment of women. The objective is to promote a holistic development and empowerment of women, gender equality and gender justice through inter sectoral convergence of programmes impacting women. The seminar was held on 21th March2018 at Sree Narayana College, Punalur. Welcome and introductory address by Ms.Gayatri, member of Women’s Studies Club . The college choir melodiously took every one to the Almighty and did a prayer for the successful event. The Welcome Speech was by

Mrs. Krishna Sree R.S ,Convenor of Women's Studies Club. She was delighted to welcome all the prominent guests of the function. In his Inaugural address Principal Lt.Dr. Arun .V stressed on the need to educate women especially in rural areas where women illiteracy rate is very high. Infact, due to illiteracy most of these women become victims of social and economic exploitation including oppression, rape and sexual harassment. Women has the required skills if guided and given a chance are Ambassador of the people. Government should ensure that enough opportunities are given to women in education, health and economics sector. Stressed to sensitize the local headman community leaders. After the Principal's Address, the audience was given a chance to see the short film on "Imagining Equality for Women". The film lasted for nearly five minutes and it was a good message for the future generation. Next was the Address by the Chief Guest Adv. K.P.Sajinath. He gave a detailed account of the issues faced by women in India. He stressed that the women of the present generation have witness the changes in the society especially those relating to the cause of women during the last couple of years. It is a fact that during this period, the position of women in India has changed in various aspects. The felicitation was given by Ms. Kavitha, Head of Department, Commerce. The Vote of Thanks was given Ms. Vaishnavi, II BA English and thanked each and every one for their presence in the function. The next session was the talk by Adv. K.P.Sajinath. He gave a detailed account on the Women's rights and Gender Equality. He said the Constitution of India has provided equal rights and equal opportunities for its citizens including women. However, gender discrimination against girls and women, high infant mortality rate and maternal mortality rates and cross violence of women, adolescence and child's rights continue to be the challenges of the 21st century. Legally, women are recognized socially equal to men, but the condition of rural women is still in the clutches of traditional roles assigned to them, since most of this women are illiterate. When India became independent, various laws were enacted based on equal rights and opportunities for women. With this in view, women came out and took out leadership in the field of education, health, social work, politics, administration and so on. Mrs.Indira Gandhi rose to a stature of highest honour when appointed 9 as Prime Minister of India. Vijay Lakshmi Pandit, Sarojni Naidu, Padmaja Naidu, Sucheta Kripalani and Bonnily Khongmen are the name of few Indian ladies who have joined higher political post and served the country very efficiently. Now a days we have Smt. Mira Kumar, who is the speaker of the Lok Sabha, Sushma Swaraj, Brinda karat,

Sheila Dixit and Mrs. Sonia Gandhi are few women who have made the position and place in politics because of their confidence, education and have shown the path to upcoming women leaders. Women are essential and integral part of the development process including planning, decision making and implementation. Mother Theresa has devoted her entire life for the welfare of the poor, the sick and the down trodden and has received worldwide recognition for humility and social service. With a view to tackle issues affecting women from welfare to development and to empowerment, the Govt. of India declared the year 2001 as the Women's Empowerment year. The empowerment of women by legislative measures have resulted in acknowledging that women have the necessary skills and can act as the eyes and ears of the people. When we talk about making women aware of their rights, we should be careful not to inflame their minds against the rights and responsibilities of men. Indian women have labored for centuries their efforts to create harmony in the domestic front and a better and more prosperous society can be termed "Labour of Love". We there fore need to try and ameliorate the working conditions of women by making men, society and the government aware of the problems that women face. We have to concentrate our attention on providing opportunities to women in the sectors of education, health and economic self-reliance. By simply demanding equality of sexes we may be creating a confrontationist situation between the sexes. Man and women are the two halves of a whole. They are not competitors. We must not attempt to transform women in to men, because this will create a conflict in the society. Therefore the most important thing is that we should respect each other and work together so that we will be able to root out the problems faced by women. Our constitution is committed to the goal of providing social justice, liberty and equality, reflecting a wonderful vision the makers of our constitution had. Building a rights based and gender friendly society, however is a big challenge facing the judiciary, government, social society and social activist. 88 students participated this programme.



“Women’s Rights and Gender Equality” Ms. Gayatri, inaugurating with Lighting the lamp of the seminar



Participants of the seminar “Women’s Rights and Gender Equality”

OUT REACH PROGRAMME REPORT 2017-2018

International Youth Day -A cleanliness drive at The Punalur Taluk Hospital (12-08-2017)

The programme was organized by National Service Scheme SN College Punalur with the help of Punalur Taluk Hospital. The NSS programme officers gave a talk on the importance of international youth day. After the session the NSS Unit and the Taluk Hospital jointly organized a cleanliness drive at The Punalur Taluk Hospital. 180 NSS volunteers actively participated in cleaning the hospital wards premises and the palliative care area.



Volunteers engaging in cleaning at Govt. Taluk Hospital Punalur

Suchitwa Bodhana Rally (14-08-2017)

As directed by the Swach Bharat Mission, NSS units of Sree Narayana College, Punalur conducted a Suchitwa Bodhana Rally. The rally was flagged off by Principal Dr. Arun V. The rally started from the College, passed through main road, Punalur and PNS junction, Punalur and finally concluded at the College. 193 NSS volunteers carried placards and posters related to the Swach Bharat mission.



Report of the Suchitwa Bodhana Rally conducted NSS SN College Punalur in Kerala Kumudi Daily



Volunteers participating suchitwa bodhana rally starting from SN College to PNS Jnuction Punalur

NSS Day Celebration-Punalur private bus stands cleaning (24-09-2017)

NSS day was celebrated by National Service Scheme with the aim of giving awareness to the public about the importance of cleanliness and plastic free zones. In association with the Municipality of Punalur around 174 volunteers were participated in the program. The program started at the college auditorium with recital of NSS song. Volunteers collected all kinds of waste materials and disposed it on the dustbins provided by Municipality of Punalur and marched to Punalur private stand with pluck cards showing the importance of Green Earth and a plastic free society. A cleanliness drive programme was conducted at the Punalur private bus stand. On seeing the volunteers involved fin the onlookers also accompanied the volunteers in the cleaning program and showed great response and support. After the cleaning campaign volunteers made a review and shared their experience.



Inauguration of cleaning campaign by Dr.Bijo S Anand, (NSS PO) ,Ms.Biji.M.S (NSS PO) aside.



Cleanness drive at Private bus stand, Punalur

Cleanliness Rally and Cleanliness Drive Awareness Programme (2-10-2017)

As part of the “Swachh Bharat-Swasth Bharat” NCC cadets of 9(K) Bn NCC unit, S. N. College, Punalur conducted Cleanliness Rally and Cleanliness Drive Awareness Programme in collaboration with Punalur Municipality on 2nd October 2017.

The cadets along with the ANO, Lt. Dr. Arun. V took pledge to keep the compound of the college and its premises clean. The rally started from the College at 9.00 am with placards showing the importance of cleanliness, raising slogans and displaying of anti-littering notices. The rally passed through Municipal bus stand, Punalur to Government School, Kuthirachira, Punalur. The NCC cadets removed the objectionable & eyesores such as dry wood, plastic materials including polythene, cut grass, debris etc throughout the rally.

After the rally, NCC cadets assembled at Government School, Kuthirachira, Punalur, where the Municipal Chairman Sri. M. A. Rajagopal addressed the cleanliness drive awareness programme. All the Municipal councilors, Asha workers, Kudumbasree members and members from health departments attended the programme.



NCC Cadets participating rally

Seminar at Ashraya (10-10-2017)

26 selected volunteers got the opportunity to attend a seminar at Ashraya, Kottarakara on a topic related to Mental Disorders in Modern Society. The program started by 10.00 a.m. and our volunteers got the opportunity to recite the prayer song and the NSS song. The seminar was officially inaugurated by Shri. N.K. Premachandran, M.P. After the inaugural ceremony Dr. Darwin. C. Paul led the seminar which was very informative and he interacted with the student. After the seminar the volunteers had lunch with the inmates of Ashraya and visited them. At the meeting held for reviewing the day's experience everyone remarked that the visit was a wonderful experience and wanted to visit again.



Inaugural Ceremony at Ashraya seminar by Shri. N.K. Premachandran, M.P.



Volunteers interacting with inmates of Ashraya bhavan, Kottarakara

Blood donation Camp (15-11-2017)

In association with HDFC bank Punalur branch and Punalur Taluk Hospital the NSS unit conducted a blood donation camp. The camp started with an official inaugural ceremony. The volunteers recited the NSS song. Principal Dr.V.Arun inaugurated the camp. The

presidential address was given by Mr. Aneesh Muraleedran, Branch manager HDFC Bank,Punalur. Sunil. S. Nair Deputy Manager, Dr. Sanishya (From Taluk hospital) and programme officers Dr.Bijo. S. Anand and Prof. Biji. M. S also spoke on the occasion. The camp was a successful one as many students came forward to donate blood. More than 80 students donated their blood for the blood bank. Refreshments were given to the blood donors.



Report of Blood donation conducted NSS units SNC punalur in Malayala Manorama Daily



Volunteers donating blood in blood donation camp conducted by NSS units SN College punalur

Organ donation awareness programme (22-11-2017)

Organ donation camp was organized by National Service Scheme. Organ donation form was filled up and collected from the students. It was handed over to the Principal and forwarded to the University. 15 volunteers participated this programme.



Filled Organ donation form hand over to Lt.Dr.Arun (Principal SN College Punalur) by Ms.Biji.M.S (NSS PO'S) Dr.Bijo S Anand aside.

Energy conservation day Rally- Karavaloor Grama Panchayath (14.12.2017)

The programme was organized by Environmental club, SN College punalur. URJA KIRAN 2017 (Energy Conservation Awareness Campaign) at Karavaloor Grama Panchayath Inaugural address: Sri.Rajan, President, Grama Panchayath, Karavaloor. This rally speakout the importance of energy conservation. 78 Students, teachers and public participated this rally.



Inaugural session of URJA KIRAN Programme at Karavaloor Grama Panachayath



Providing awareness to public as a part of the programme

Republic Day (26-01-2018)

26th January 2018 marked the republic day celebrations at the S.N. College Campus. The celebrations began with the hoisting of the flag by Dr. Arun V, Principal, S.N. College, Punalur followed by the national anthem. Principal then addressed the gathering and motivated them to serve others and live a life of humility. Also the NSS volunteers and NCC Cadets (106) and ANO were participated in the Republic Day Celebrations organised by the Punalur Municipality.



Flag hoisting by NCC Officer Lt Dr. Arun V



Photographs on Republic Day Celebrations- Students marching

Communicative Interactive Session with the students of Govt. L.P.School, Tholicodu (25-05-2018)

The students of II B.A English and Communicative English of S.N.College, Punalur engaged in a communicative interactive session with the students of Govt. L.P.S. Tholicodu on 25 April 2018. The main objective of the programme was to enhance the communicative skill of the students. The students were given an opportunity to interact freely with the students of Govt. L.P.S., Tholicodu. The interactive session includes short exchanges of everyday usage, storytelling sessions, rhymes etc. The programme was organised under the banner of Mikavulsavam. The students of II B.A.English and Communicative English namely Neelima Sreekumar, Pooja Sajeev, Ashna Raj, Akhila Mohan under the guidance of Ms. Reshma R, Assistant Professor and Head, Department of English, S.N.College, Punalur participated in the programme. Headmaster Mr. Abraham, PTA president and members were also present during the session. Students of the Department of English volunteered to teach basic English communicative skills and basic grammar to the students of Govt. L.P.School, Tholicode. Selected students from II year BA English & Communicative English took classes to the students on various days. Maheswari Shafi, Alana Rafeek, Aleesha Noushad, Gopika B.S. were some of the students who handled the various sessions.



News on English communication training to school students at Govt. L.P.School, Tholicodu , Malayala manorama daily dated on 26 April 2018



Classes taken by 2nd BA communicative English students at Govt. L.P.School, Tholicodu

EXTENSION ACTIVITIES REPORT 2018-2019

World Environment day celebration (5.06.2018)

NSS, NCC and Bhoomithra Sena Club celebrated world environment day in June 5. Our principal Dr.T.Sasidharan inaugurated the programme by planting a sapling. NSS programme officers gave short presentation about conservation of trees and environment. All the NSS volunteers actively participated in the programme.

As a prequel to the celebration the *Bhoomithra Sena* Club conducted a seminar regarding “BEAT PLASTIC POLLUTION” in our college seminar hall. The programme was inaugurated by principal Dr.T.Sasidharan and presided by Dr.Shibu, Assistant professor, Department of history. The welcome speech by Mrs.Lekshmi, Assistant professor, Department of physics (faculty charge). The seminar class taken by Boby.T.Edwin , Assistant professor, Department of botony, TKM College Kollam. 130 students participated this program



Planting trees by the members of *Bhoomithra Sena* inside the college campus



Planting trees by the members of National service scheme inside the college campus

Clean Campus Programme (16-06-2018)

A one day camp was held in the college auditorium as part of the clean campus programme. It was a morning to evening session. The camp began with the recital of NSS song. Awareness was given to the students regarding the day's schedule. The students were divided into groups and were selected under the guidance of NSS programme officers. The 111 volunteers collected the plastic wastes and handed over to the municipality.



NSS Volunteers engaging cleaning activities



NSS volunteers cleaning the campus

Yoga Day (21-06-2018)

The programme was organized by NSS Unit. The training session started early in the morning. The session was led by Dr. Jasmine Anand, Assistant Professor, Department of Zoology, S.N. College, Punalur. NSS volunteers were very much interested in the session because it contained both the theory and practical parts of Yoga. 147 students participated this programme.



Students in Yoga session



Yoga day celebrations inside the college auditorium

Anti-drug day (26-06-2018)

Anti-drug day was observed on this day. Excise Department and NSS unit jointly organized a quiz competition and essay writing competition to create awareness among students regarding anti-drugs. The programme was conducted on 26-06-2018. The excise officer delivered a speech on Anti-drug campaign which dealt with the ill effects of being addicted to drugs and alcohol. He exhorted that the younger generation should actively campaign against such things in order to completely root out it from our society. After this session, a documentary show that focused on the ill effects of drug addiction was shown to the students. About 124 students participated this programme.



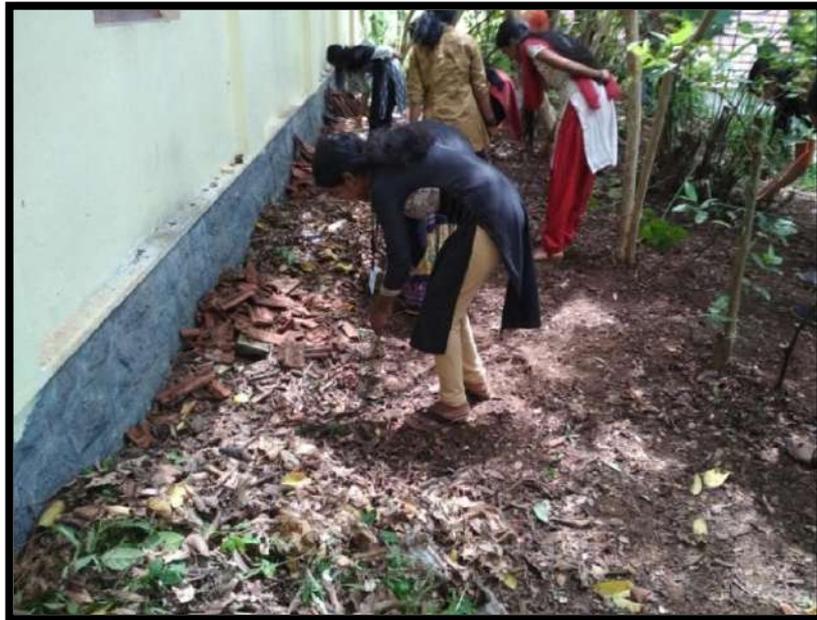
Delivered a speech in connection with anti-drugawareness campaign

Clean Campus Programme (07-07-2018)

It was a one day camp conducted by NSS unit by cleaning each and every corner of the campus. The camp was started at 10.00am. After the cleaning session the programme officers and the volunteers made discussions about the upcoming activities of NSS unit. 107 students participated this programme



students engaging cleaning activities



One day camp for campus cleaning: NSS volunteers cleaning the college campus

Saturday camp -cleaning the campus (28-07-2018)

It was a one day camp which was conducted by NSS Unit of SN College punalur with the main aim of cleaning the campus. The volunteers worked hard to clean all bathrooms, toilets, ladies waiting rooms and resting room without any hesitation. They also cleaned the garages around that region. 102 students participated this programme.



Students engaging cleaning activities

Independence Day Celebrations (15-08-2018)

Independence Day celebration by the NCC unit of the college commenced by hoisting the national flag by the principal Dr.T Sasidharan at 08.00 AM on 15th August 2018. He addressed the NCC cadets with a mind-blowing speech about nationalism. Volunteers and NCC Cadets were inspired by his speech that focused on the hardships faced by our national heroes in the process of attaining Independence.



Photographs on Independence Day Celebration

Training on Nadiyodoppam (05-11-2018)

NSS unit, SN College conducted a training session based on the grand program of *NSS Nadiyodoppam* conducted in the college auditorium. Our program officers Dr.Bijo S Anand and Biji M S gave an outline of the programme. NSS volunteer Abhinand who got special training on the programme gave a detailed plan of the program. After that the volunteers had a discussion on the programme. 68 volunteers participated this programme.



Inaugural session of the program *Nadiyodoppam* at college auditorium

Essay Writing Competition (15-11-2018)

NSS unit conducted an essay writing competition in connection with the Children's day celebrations. About 80 volunteers participated this programme.



Students participating Essay writing competition

Youth day (02-01-2019)

As part of national youth day NSS team of our college conducted an anti-drug addiction awareness class among students. The interactive session was absolutely fabulous. Students gained lots of information on the harmful usage of drugs. 84 volunteers participated this programme.



Youth day programme inauguration session

Saturday camp– clean campus green campus (19-01-2019)

It was a one day camp organized by NSS unit which was divided into two sessions in which the first session deals completely with the cleaning process. The volunteers made a conscious effort to clean the campus wastes. The second session included a small awareness class the harmful effects of plastic wastes and ways to avoid it. 62 volunteers participated this programme.



Students engaging cleaning activities

Campus level best manager contest (20-02-2019)

Campus level best manager contest was organised in association with GIIMS , Kochi among the final year students, and Midhun and Ramseena were announced as winners and cash prizes were distributed . 195 students participated this programme.



Prize distribution of Best Manager contest

CHEM FEST (25-02-2019, 26-02-2019 and 27-02-2019)

Sree Narayana College, Punalur is the center for higher education in the eastern alcove of Kollam district in Kerala. Every year, National Science Day is being celebrated in our institution with science exhibitions, seminars, lectures etc. This year P.G. Department of Chemistry proposed to conduct National Science Day Celebrations 2019 in our institution with the financial support of Kerala State Council for Science Technology and Environment and DST, Govt. of India. National Science Day is celebrated in India on 28th February every year to mark the discovery of the Raman Effect by the Indian physicist Sir Chandrasekhara Venkata Raman on 28th February in 1928. National Science day is being celebrated every year in order to spread a message about the importance of science in the daily life of people. The main objective behind celebrating National Science Day is to bring science to the forefront and thus inculcate scientific temper and take pride in the scientific achievements of the country. The main theme of NSD Celebrations 2019 is “Communicating Science For All”.

The programmes were decided to be conducted on 25th, 26th and 27th February 2019 as communicated to KSCSTE. National Science Day Celebrations 2019 started off with inauguration function held on 25th February 2019 at college seminar hall. Dr. R. Raveendran, UGC Emeritus Professor and Rtd. Principal S N College, Varkala was the chief guest. The session was opened by lighting the lamp by the chief guest.

Lt. Dr. V. Arun, HoD, P. G. Department of Chemistry welcomed the gathering. In his welcome address, he briefed the gathering about the objectives of celebrating National Science Day. The presidential address was delivered by our Principal, Dr. T. Sasidharan.



Inauguration Ceremony- Lighting the Lamp



Keynote address : Dr. R. Raveendran



Welcome address: HOD Lt. Dr. Arun V



Vote of thanks: Dancy Surendran

The first technical session was handled by the chief guest Dr. R. Raveendran on the topic “New Developments in Science”. He explained how a creative thinking and observation can lead to win a scientific outlook. He introduced the new technologies developed in science to students. The session was well received by students and they took active participation in the interactive session that followed with question and answers.



Invited talk by Dr. R. Raveendran

The second technical session was handled by Dr. V.L. Pushpa, HOD, Department of Chemistry, S. N. College Punalur on the topic, "Symmetry of molecules". She explained the application of group theory in chemistry and physics and discussed its various aspects with the students. Students got well interested in the topic. They express their gratitude towards her for selecting such an interesting topic for them. The second day programmes included quiz competition and painting/ pencil drawing competition. First session was quiz competition. Students from different departments participated in the programme. The convenor explained the rules and regulations to students. Two students formed a team after the screening. Five teams were selected to second round. Ashla T Johnson and Sreelekshmi S from 2nd semester Msc chemistry won the first prize and Akhil Chandran and Alok Vijay from 6th semester chemistry got second prize. The second session was pencil drawing competition based on the theme "Science for Future". Anoop S of 6th semester B.Sc. Physics won the first prize and second prize by Karishma S of 4th semester B.Sc. Chemistry.



Pencil drawing competition

The final day programmes included group discussion and essay competition. The group discussion was conducted in the morning session. The topic was “Impact of social media on science communication.” Each team comprised of three students. Ten minutes were allotted for each team for the discussion among the team members. Each team expressed their views. The team of Akshai Kumar, Sankeerthana and Alana Rafeek from B. A. Communicative English won the first prize and the team of Vishnu Ratheesh, Amal and Arathy Krishna from B.Sc. Physics won the second prize.



Group discussion on the topic “Impact of social media on science communication.”

The last programme “Essay competition” was scheduled in the evening session. The topic selected for the essay competition was “Internet- An information super highway –comments and criticism.” Ms. Devika S Anil 6th semester B.Sc. Chemistry won the first prize and Ms. Ashla T. Johnson from 2nd semester M.Sc. Chemistry selected for the second place. There was enthusiastic participation for all the competitions from the students as well as the faculties. The students were very happy and expressed their satisfaction and gratitude to the organizers.



Students participating essay writing competition

Women self defence training programme (2-03-2019)

Women self defence training programme was conducted in association with janamaithrai suraksha by punalur police station on march 2nd 2019. The programme was conducted with the support of our Career Guidance Cell. 69 students participated this programme.



Demonstrating self- defensing

“How to select course after graduation” , an awareness program (30-03-2019)

Department of commerce organized “How to select a course after graduation” , an awareness program was organised for final year students. The program was arranged by IATA Kottarakkara and 73 students participated.



Students participating awareness program

Workshop on the topic "Kerala women yesterday, today and tomorrow" (31-03-2019)

With a view to ensure effective convergence mechanism of key partners that will transform and inspire overall development and empowerment of women. A poster workshop on the topic "kerala women yesterday, today and tomorrow" was organized by the Women’s Studies Club in association with ICDS Cell, kollam. The objective is to promote a holistic development and empowerment of women, gender equality and gender justice through inter – sectoral convergence of programmes impacting women. The seminar was held on 31th March 2019 at Sree Narayana College, Punalur and 60 students participated.

Welcome and introductory address by *Ms.Farsana*, member of Women’s Studies Club . The college choir melodiously took every one to the Almighty and did a prayer for the successful event. The Welcome Speech was by *Mrs. Krishna Sree R.S* ,Convenor of Women’s Studies Club.

In his Inaugural address Principal **Dr.T Sasidharan**, stressed on the need to educate women especially in rural areas where women illiteracy rate is very high. Infact, due to illiteracy most of these women become victims of social and economic exploitation including oppression, rape and sexual harassment. A woman has the required skills if guided and given a chance is Ambassador of the people. Government should ensure that enough opportunities are given to women in education, health and economics sector. Next was the Address by the Chief Guest Mariyam, DPDO, ICDS cell, Punalur. She gave a detailed account of the issues faced by women in India. He stressed that the women of the present generation have witness the changes in the society especially those relating to the cause of women during the last couple of years. It is a fact that during this period, the position of women in India has changed in various aspects. The felicitation was given by *Mrs. Gayathri Salim* ,Asst Prof, Department of English. The Vote of Thanks was given *Ms. Karthika* ,II BSc Physics and thanked each and every one fortheir presence in the function.



Inaugural session in connection with womens day celebration

The next session was the poster presentation by our students. Almost 25 students participated. Later on discussions and debate was held in which our students, both boys and girls gave their thoughts and ideas on women empowerment and gender equality. Posters presented by Bibia, II BSc Physics and Ms.Anju Vijayan, II MSc Physics were selected to the state level.



Poster making competition

A workshop on “Development of Women Entrepreneurs” (07-05-2019)

As per the fund sanctioned by DIC, ED Club organized a workshop on “Development of Women Entrepreneurs” for the students on May 7th 2019. In the Ist Session the Welcome speech was given by Asst. Prof Kavitha K.S, HOD of Commerce , The programme was inaugurated by the Principal, Dr. T.Pradeep. In the Session II the Chief Guest, Ambily V. Trainer of Manava Vibhava Shesi gave her experience and knowledge to the students . She gave a class for Craft making which is beneficial for developing the new entrepreneurs. Also make fancy ornaments of different kind. Finally, Vote of thanks was given by Asst.Prof. Ganga M.R., Entrepreneurship Development Club Co-Ordinator and 81 students participated.

May 7



Workshop on "Development of Women Entrepreneurs"

OUT REACH PROGRAMME REPORT 2018-2019

Cleanliness rally and cleanliness drive awareness programme under Swachh Bharat-Swasth Bharat (2-10-2018)

NCC cadets of 9(K) Bn NCC unit, S. N. College, Punalur in collaboration with Punalur Municipality organised a cleanliness drive awareness programme- “HARITHAYANAM”- Zero Waste Campaign on 2nd October 2018. As part of the program, a Cleanliness Awareness Rally was organised to create Swachhata awareness among students and public. The rally was flagged off by Lt. Dr. Arun. V, ANO of the College. The cadets along with the ANO, took pledge to keep the college campus and its premises clean. The rally started from the College at 9.00 am with placards displaying the importance of cleanliness, raising slogans and anti littering notices. The rally ended at municipal bus stand, Punalur, where Sri. Adv. K. Raju, Hon.Minister of Forests, Wildlife Protection, Animal husbandry, Dairy Development, Milk- Co-operatives, Zoos of Kerala Legislative Assembly received the rally. After the rally, the Minister inaugurated the “HARITHAYANAM- Zero Waste Campaign” a programme organised by the Punalur Municipality in which the NCC cadets of the college participated. After the rally, the Minister and Municipal Chairman Sri. M. A. Rajagopal started Cleanliness Drive Awareness Programme where all the NCC cadets of the college along with the ANO, Municipal councilors, Asha workers, Kudumbasree members, members from health departments participated. These activities enabled to create an awareness on the mission of cleanliness under “Swachh Bharat-Swasth Bharat” to the community.



Photographs of inauguration -Cleanliness rally and Harithayanam Programme





Photographs on Cleanliness drive at Punalur Town





Photographs on Cleanliness drive near Bus stand, Punalur

Flood Relief Activities August-2018

The NSS and NCC Unit of S.N.College, Punalur did remarkable service during the flood that hit Kerala on August 2018. The volunteers were active participants of the relief operations at some of the worst hit places at Pathanamthitta district and supplied the victims with food, medicines and other necessary items. The volunteers attended the flood relief camp at Mulakkuzha School at Chengannur and rendered their active support and service. The camps at Thenmala and Kulathupuzha areas were also visited and extended their support and help. The students themselves volunteered to collect fund on behalf of flood relief and the amount was sent to Chief Minister's Distress Relief Fund. The Unit also collected food, medicines, sanitary napkins, dresses, bed sheets and other necessary items needed by the people in the relief camps. These items were sent to the relief camps at Harippad, Pathanamthitta and the collection centre of Kollam District collector. There are 28 students participated this programme.



Food kit collection



Volunteers collecting food kit



Collecting and supplying food for flood victims at Pathanamthitta



Students helping to clean the flood affected house at Pathanamthitta

“Zero Waste Campaign-Punalur Municipality- 2018 as a part of the Swachhata Mission Programme-2018”.

Green Brigade Training, NCC cadets as the members of the “Harithasena” and Swachhata Survey Campaign Swachhata Pakhwada started in April 2016 with the objective of bringing an intense focus on the issues and practices of Swachhata by engaging GOI Ministries/Departments in their jurisdictions. As part of the “Zero Waste Campaign- Punalur Municipality-2018” NCC cadets of 9(K) Bn NCC unit, S. N. College, Punalur participated in the following activities.

1. Attended the Orientation Class conducted by the District Swachhata Mission

100 NCC cadets of S.N. College, Punalur along with the ANO, Lt. Dr. Arun. V attended and participated in the one day orientation class and training programme conducted by the District Swachhata Mission, Kollam and Punalur Municipality on 13th October 2018 at K. Krishnapillai Cultural Centre, Chemmanthoor, Punalur.

2. Participated in the “Green Brigade Training” on October 13th 2018.

Municipal Chairman Sri K. Rajagopal inaugurated the “Zero Waste Campaign Programme” and “Green Brigade Training” of Punalur Municipality. The aim of this on day programme was to give a training programme to the NCC cadets on how to conduct the Swachhata Survey in Punalur Municipality.

3. Visited the houses of the different wards of the Punalur Municipality and conducted a survey and awareness on Swachhata in association with the Municipality.

In this regard, NCC cadets formed 10 groups along with the Asha Workers, Municipal ward councillors and members of the municipal office. Each group called “Harithasena”, visited the Houses of Municipality wards and conducted the Swachhata awareness and survey from 18 October 2018 to 21 October 2018. Here the NCC Cadets function as the “Green Volunteers” of Punalur Municipality



Photographs on Green Brigade Training and Campaign under “Zero Waste Campaign- Punalur Municipality 2018”





NCC cadets as the members of the “Harithasena” and Swachhata Survey- Zero Waste Campaign-Punalur Municipality-2018

Blood Donation Camp (03-12-2018)

It was a successful program conducted by our NSS unit. Blood donation is always a life giving process. As a volunteer it is important to ensure the value of life. The medical team of Punalur Taluk hospital led the camp and hundreds of students actively participated in blood donation. 66 volunteers participated this programme.



Students donating their blood in Blood donation program organized by NSS Unit

Republic Day (26-01-2019)

The program organized both NSS and NCC unit started by hosting the national flag by the principal Dr T Sasidharan. All NSS(101) NCC Cadets (106) and ANO participated in the Republic Day Celebrations organised by the Punalur Municipality. The celebration started with the **Parade** by the NCC Cadets of S.N. College, Punalur.



Photographs of Republic Day rally at Punalur town

Mid -day meal for old age home (All Friday)

First year students of the department arranged mid day meal for old age home inmates of Karavalloor on all Fridays. Children brought lunch from the home and was collected and distributed among the inmates. This programme was organized by department of commerce and 100 students participated.



Students collecting food

CATC, HSS for Boys Punalur (03-April 2019 to 12 April 2019)

ANO, Lt. Dr. Arun. V, and 37 NCC cadets attended the CATC conducted by the 9 KERALA BN NCC KOTTARAKARA at HSS For Boys, Punalur from 03-April 2019 to 12 April 2019. The obstacle course and the firing practices and competitions were carried out in the S.N. College, Punalur.



NCC Cadet's attended and won firing practice competition

EXTENSION ACTIVITIES REPORT 2019-2020

International Yoga day (21.06.2019)

On International Yoga day, 21.06.2019, S.N. College, Punalur celebrated this auspicious occasion by performing many Yogasanas, Pranayamas and Dhyana under the able guidance and supervision of Associate NCC Officer, Lt. Dr.Arun. V. The campus community including 68 NCC Cadets of the S.N. College and faculty members participated in this event. The event started at 8: 00 AM in the morning. The session was inaugurated by the Principal Dr. T. PRADEEP, with Prayer.

There was a warming up session (neck rotation, shoulder rotation, hip and kneerotation 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 Tadasana, Vrukshasana etc.), asanas in sitting position (Bhadrasana, Shashankasana etc.), Sleeping position on stomach (Bhujanghasana, Makarasana etc), Sleeping position (Sarvangasana, Shavasana). This was followed by Pranayama. During this function various Yoga Asanas along with benefits explained by the Yoga Instructor, Lt. Dr.Arun. V and he stressed on the need of practicing Yoga and Yoga as a way of life.



Students practicing yoga

Independence Day Celebration (15-08-2019)

As a part of the Independence Day Celebration, the NCC unit of S.N. College, Punalur hoisted the National Flag at 08.00 AM on 15th August 2019. After this the NCC cadets and ANO assembled in the Government HSS, Punalur where they participated in the “SnehaSannasam” Programme organised by the Punalur Police Station as a part of the “JanamithriSurakshaPadhathi”. In that programme the NCC Cadets honoured the ex-military personals.



Flag hosting by Lt. Dr.Arun (NCC Officer)



NCC Cadet"s participating in the “SnehaSannasam” Programme organised by the Punalur Police Station

National Sports Day Seminar- Healthy Youth (29-08-2019)

On behalf of the National sports day celebration our college NSS unit conducted a National sports day seminar on the topic “Healthy Youth”. The programme started by 10.00 a.m with the recital of NSS song. Programme officer Mrs.Simi.B.S welcomed the audience. The programme was officially inaugurated by Principal Dr.T.Pradeep. Dr.Divya Sadasivan (co-ordinator, NAAC steering committee), Dr. S. Baiju (staff association secretary & HOD Mathematics) , Dr.T.P.Vijumon (HOD, commerce) delivered felicitation address. After the inauguration, technical session handled by Mr. Santhosh.R (HOD,Physical education). The resource person spoke about the health consciousness of the youth and the exercises that children should regularly participate for good health. He explained with demo class. Both NSS volunteers and other students participated in this programme. Dr. Divya Jayan delivered vote of thanks. The seminar ended up by 1.00p.m. 167 volunteers participated in this programme.



Inaugurating seminar by Dr.T.Pradeep (principal SN College punalur)- lighting lamp



Technical session handling by Mr.Santhosh.R (HOD, Physical education

Ayyankali Remembrance Day (31.08.2019)

On behalf of the Ayyankali Remembrance Day our NSS unit conducted an essay completion on the topic “Social Renaissance and Youth Participation”. The programme started with the recital of NSS song. NSS Programme Officer Dr.Divya Jayan delivered welcome address. The programme inaugurated by Mrs.Simi.B.S (NSS programme officer & Ast.prof, Department of Commerce). More than 27 NSS volunteers participated in this programme. After that the volunteers engaged in cleaning activity. Then we discussed about the programme to be performed on National Teachers Day. NSS volunteer Ms.Sandra delivered vote of thanks. The programme ended up by 2.45 p.m.



Students participating essay writing competition



Students cleaning class rooms

Teachers Day Celebration- “Students in the role of Teacher” (04-09-2019)

On behalf of Teachers day Celebration our NSS Unit conducted a programme “Students in the Role of Teacher” in Chemmanthoor High School. The Programme started by 11 Am with the recital of NSS song. The Programme Officer Mrs. Simi .B.S delivered welcome address to the audience. The function officialy inaugurated by Mrs.Vijayalekshmi (Headmisteres in Chemmanthoor High School). High School teacher Mrs.Elizabath delivered felicitation address. NSS volunteers Mis. Archana.V, Sneha Sunil, Sandra, Anjana took classes for children in standard 9th and 10th. Dr. Divya Jayan (NSS Programme Officer) delivered vote of thanks. After that the Participants shared their experience in class room teaching to programme officers and other students.



Volunteers taking class in chemmanthoor high school

Teachers Day Celebration “Guru Dhakshina”(05-09-2019)

As a part of National Teachers Day celebration our NSS unit conducted a programme called “Guru Dhakshina” .The programme started at 10 Am with the recital of NSS song. NSS volunter Sujith addressed welcome speech. The NSS Programme officer Dr.Divya Jayan deliverd presidential address. The volunteers of NSS unit given gift to college principal and teachers of all departments. They also wished happy teachers day to all teachers. 88 volunteers participated this programme.



Gift handovering to Dr.T.Pradeep (SNC Punalur) as a part of teachers day celebration



Gift handovering to faculties of Chemistry department (SNC Punalur)

Seminar-“FOOD ADDITIVES ON HUMAN HEALTH”(16-09-2019)

A seminar was conducted NSS unit on the basis of POSHAN ABHIYAN. The seminar started with NSS song,the inaugural address was carried out by Dr.T.Pradeep (Principal), Dr.Shyni Mathews and Shibu.T delivered the felicitation address. The chief guest of this seminar Dr. Divya .R(HOD Zoology,SN college Punalur) gave a brief description about the subject titled“ Role of food additives on human health”.

95 Students from various departments attained this programme. After completing this seminar the participated students got idea about what are the ingredients and preservatives included inthe food items, which combination can harmfully affect our health etc and these information shared with their friends.



Dr. Divya .R (HOD Zoology,SN College Punalur) leading seminar

Photo story- Role of food additives and Junk food on human health (30-09-2019)

The programme titled “Poshan Abhiyan” started from 01.09.2019 to 30.09.2019 ended with a photo story covering the role of food additives and junk food on human health. The programme started with NSS song ,Dr.Divya Jayan (NSS PO) delivered the welcome speech. The formal inauguration of this section was done by college principal Dr.T.Pradeep, followed by the felicitation address of Dr. Shyni Mathews (Hod Hindi) Mrs.Biji M R (Hod Malayalam), Dr.Divya R (Hod Zoology) the poster display was based on the food additives and junk food. Our volunteers displayed nutrition’s chart and explain others students .155 volunteers participated this programme.

Objectives:-

- To create awareness about nutrition's foods among college students.
- To understand need for a balanced diet.

Beneficiaries:- This programme focused to our entire college students . The photo story watched commerce, chemistry ,History , Economics,Physics, Maths ,Zoology and English students. The volunteers explained the content included in each chart.



Photo story display

Awareness training in Palliative Care (17-10-2019)

Our NSS unit and palliative club jointly conducted palliative care awareness class ahead of formation of palliative care club. The programme started with recital of NSS song. NSS PO Simi,B.S delivered welcome address. College Principal Dr.T.Pradeep delivered presidential address. The formal inauguration of this section was done by Kollam District Palliative Care Coordinator Anooj.D.T. After inauguration classes were handled by Mrs.Suja (Staff Nurse, Govt.Hospital, Punalur), Afsal (Physiotherapist, Govt.Hospital, Punalur), Lijin (Staff

Nurse, District Hospital Kollam). They familiarized palliative care and discussed about the role of palliative care unit in the society. They were answered doubt of our volunteers. NSS volunteer Jyothi Krishna expressed our sincere gratitude to participants and guests. 164 students participzated this programme

Obiectives:-

- Before forming palliative care club our volunteers got clear idea about its importance.
- To find members who are interested in forming club.
- Enable our volunteers to help sick people.

Beneficiaries:-

- Sick people who need help.



Inagation of palliative awareness training-lighting lamp



Training class by Mrs.Suja (Staff Nurse, Govt.Hospital, Punalur)



Class by Lijin (Staff Nurse, District Hospital Kollam).

Saturday programme- Save our ponds (26-10-2019)

Programme organized by NSS Unit, it started with recital of NSS song. Programme officers divided total students into different groups and selected one volunteer as group leader from each group. Each group had taken sufficient strategies for maintaining our water sources. They cleaned our ponds situated in college. The programme ended at 1,30 pm. Programme officers provided cool water and snacks. 187 volunteers participated.

Objectives:-

- Save our water sources
- Motivating volunteers to maintain properly.
- To create group activity and leadership quality of volunteers.

Beneficiaries:-

It helps to reduce water deficiency faced by our college so main beneficiaries are our college students and staff.



Save our ponds- Volunteers cleaning pond

National unity day (31-10-2019)

Our NSS Unit celebrated the National Unity Day, birthday of Sardar Vallabhai Patel founding father of the Republic of India who played a leading role in the country's struggle for independence and guided its integration into a united, independent Nation. The meeting

commenced with the recital of NSS song. On behalf of the National Unity Day celebration volunteers took pledge, programme officer Simi.B.S read out the pledge. On behalf of the celebration a poster competition was held and 174 students from all department participated. The meeting concluded with the National Anthem.

Objectives:-

- Remember the great person Sardar Vallabhai Patel.
- It provide an opportunity to our students to maintain the integral strength of the Society
- To create unity among students.

Beneficiaries:-

- Students of our college.



National unity day pledge by volunteers

Saturday programme- “Clean campus Green campus” (2-11-2019)

Our NSS unit launched “Clean campus Green campus” programme. On behalf of implementation of such programme our volunteers cleaned college surrounding and removed plastic waste separately. The programme started with recital of NSS song. programme officers divided total 107 students into different group and selected one as leader from each group. Programme officers provided cool water and snacks to volunteers.

Objectives:-

- The programme help to lead our college become plastic free.
- To create healthy environment.



Volunteers cleaning college surroundings

Founders Remembrance Day- “R.Sankar’s Day” (7-11-2019)

Our NSS unit conducted founder remembrance day with the help of PTA and College. The commemorative conference inaugurated Mr.A.J Pradeep(Union vice president, punalur). College principal delivered presidential address. Shibu.T(HOD, History), Vasanthan.T (College superintendent , SN college) Jayaraj (college union chairman) addressed the conferences. After completing this session, our unit conducted essay writing competition on the topic “The Role of R,Shanker in the Renaissance Leaders”. 189 NSS volunteers, NCC Cadets and other students are participated their competition.

Objectives:-

- To get a knowledge about our founder R.Shanker.
- Inorder to bring his good works to the students.

Beneficiaries:-

- Students of SN College.



Founders Remembrance Day- inauguraing Dr.T.Pradeep Principal SNC Punalur



Essay writing competition

Agricultural Seminar and organic farming- An Initiative of Haritha Keralam Mission- 2019 (14-11-2019)

On behalf of Children Day Celebration our NSS unit conducted activity on the basis of Jawaharlal Nehru famous Quotes “Most things, Except Agriculture Can Wait”. So that day unit conducted agricultural seminar and organic farming inauguration as a part of haritha keralam mission. The programme started wih recital of nss song. Dr.Divya delivered

welcome speech and our principal delivered presidential address. The programme was inaugurated Mr.Aneesh.K(Assistant Agriculture officer, Pathanamthitta). Different department head Mr.Shibu.T, Dr.Shyni Mathews, Biji,M.R, PTA Vice president Bhahulayan, College Union Chairman Jayaraj delivered felicitation address. The agriculture officer delivered a wonderful and inspiring class about agricultural activities. NSS volunteer Vishak Viswan expressed sincere gratitude to all. After that the principal and chief guest ingurated our farming activities. 194 volunteers participated

Objectives:-

- To create an idea about farming activities.
- To encourage youth participation in agricultural activities,
- To reduce dependence on agricultural product from outside.
- To enable our students to grow vegetables for themselves.

Beneficiaries:-

NSS volunteers and other students in SN College indirectly their family members and society enjoyed benefits



Agricultural Seminar and organic farming- inaugural session



Volunteers in farming activity

Transgender sensitization programme (19-11-2019)

NSS unit and Women studies unit,SN college punalur recently conducted an awareness programme on the topic " TRANSGENDER SENSITISATION PROGRAMME " .ON 19th november 2019 at 9 30 am at college seminar hall .

The introduction speech delivered by sri.Mohanakumar sl(junior suprtd,DSL office kollam).The welcome address was given by Nss volunteer secretary Sujith kumar.*Special gust of the program was ISHA (TG Person). Vote of thanks was delivered by Mymoon N (nss volunteer secretary.Seminar on the basis of "Trans genders & there rights” was conducted by Sri.Aloshyas (Dist co odinator , KSACS Kollam). A quiz program also conducted based on the seminar class .Good feedback response was given by students. There are 165 volunteers participated



Transgender sensitization programme

Kalavara inaguration (25 -11-2019)

Our NSS organized a unit named kalavara which mainly aim to a way of collection by saleing the food products that prepared by volunteers. Inaugural function of the food stall (KALAVARA 2k19) was done by Sri Pradeep Sir (Principal , S N College Punalur) in the , NSS Programme Officers Dr. Divya Jayan and Simi S ,HODs of various departments, teaching and non-teaching staffs ,and students at 1 pm . Programme Started with NSS theme song and followed by welcome speech by Simi S (NSS Programme Officer), and Felicitation speech by Sri (HOD Department of Mathematics), Sri (HOD Department of History) and staffs present there ,and vote of thanks was by Dr.Divya Jayan (NSS PO). 165 volunteers participated.



Kalavara inaguration- Dr.T.Pradeep, Principal SNC Punalur



Food distribution



Flash mob

Constitution day celebration (26 -11-2019)

On 26 November 2019 our college NSS unit conduct a seminar on the topic " INDIAN CONSTITUTION" according to the celebration of constitutional day .The seminar was started in 1:15 pm at college seminar hall .The seminar was started with nss song by nss volunteers and inaguration is done by principal . The class was held by smt .shama(department of history) .The class was mainly on the topic of how Indian Constitution came and it's functioning. Also it touches the area like drafting of constitution, major leaders and authority, important dates etc. Later "THE CONSTITUTION OF INDIA" was pledged by Dittu Alex .The seminar was ended after the questionnaire section. NSS volunteer Mymoon expressed sincere gratitude to all and the section was ended with national anthem. 167 volunteers participated



Constitution day celebration

Palliative club inauguration (SNEHA SPARSHAM) (11-12-2019)

NSS unit, Sn college punalur recently inaugurate the palliative care unit on 11th December 2019, at 10 am, in the college auditorium. The inauguration of programme was done by Dr. Shahrisha (superintendent ,punalur taluk hospital). The welcome address was given by Sujith kumar (Nss volunteer secretary). The presidential address was given by Dr. Shibu (H.O.D History) Facilitations were given by Divya (Hod of zoology department) Dr. Divya jayan (Nss programme officer) Simi.B,S (Nss programme officer) Jayaraj (college union chairman) Feedback of, jyothiskrishnan (Nss volunteer who was attend the 3 day training camp of palliative care) and also vote of thanks was delivered by jyothiskrishnan on behalf of Nss volunteer. 157 volunteers participated.



inaugural session



Report of Palliative club inauguration in mathrubhumi daily

Vimukthi (Anti-Alcohol L /Drug Abuse Awareness Programme)

Inaguration of THALIRP(12-12-2019)

Our NSS unit recently inaugurated "ANTI DRUG ABUSE UNIT (THALIRP) on 12th December 2019 at 11 am in the college seminar hall .The principal Dt.T. Pradeep unveiled the name "THALIRP" for anti drug abuse unit.As a part ,anti drug campaign [vimukthi] was launched thereafter. The inauguration of programme was done by (assistant excise commissioner) Thajudeen kutty.The welcome address was given by Nss programme officer Dr.Divyajayan.The Presidential address was given by the principal Dr .T.pradeep. Facilitation were given by Dr Ratheesh.R(H.O.D physics). Dr Divya (H.O.D Zoology).Dr shibu (H.O.D History) Jayaraj (Union Chairman) Special vote of thanks was delivered by vishak viswan, NSS volunteer. Poster making competition conducted based on the topic. A signature campaign also done. 155 volunteers participated this programme.



VIMUKTHI- Signature campaign



Report of “ANTI DRUG ABUSE UNIT” in kerala kaumudi daily

Short film making- VELICHAM PAKARNNA SUHURTHUKAL-Directed by jyothiskrishna &team(nss volunteers) (13-12-2019)

As a part of ESBS our volunteers made a short film namely “Velicham pakarnna suhurthukal. It was directed by Jyothis Krishna & team.this short film based on Himalayan culture.it was officially displayed morning on 13th December 2019 at college seminar hall. It was very interested. It was twenty-five minute duration and provided a good message about strong friendship. After that NSS PO appreciated directors, actors and entire teams. Both nss volunteers and other college students watched this short film. There are 164 students participated.





Short film display

Seminar- Beti Bachavo Beti Padhao (24.01.2020)

Nss unit conducted a seminar on the topic Bet Bachavo Beti Padhavo on 24 th January 2020 at 1pm in association with womens study unit in seminar hall related to Girls Day. The programme officially inaugurated by college principal Dr.T.Pradeep. The technical session handled by Deepthi. (Assistant professor, Department of English, SNC Punalur) Sujith expressed vote of thanks. The programme winded up at 2 pm. 76 students participated.



Speech giving by Deepthi. (Assistant professor, Department of English, SNC Punalur)



Students participating the programme

Anti-drug Awareness class (28-1-2020)

NSS, NCC and our Anti-Drug club jointly organized an awareness class. The programme coordinator Simi.B.S delivered welcome speech, the programme inaugurated our college principal Dr.T.Pradeep. The class handled by punalur town SI. 80 NSSvolunteers, NCC students and other college students participated that programme.



Anti-drug Awareness class- inaugurating Dr. T.Pradeep (Principal SNC Punalur)



Awareness class

Documentary display-“with Himalayan views” (17-02-2020)

Our NSS unit organized a documentary display “with Himalayan views” as a part of EBSB at 1 pm in February 17 th 2020. After formal session we displayed documentary about Himachal pradesh culture. We displayed one hours at 6 batch. Our 81 nss volunteers, college union members and other students participated this programme.

Objectives:-

- This will increase students curiosity and they learn other state culture and study how it differ from our culture.

Beneficiaries:-

- College students.



Documentary display

Major NCC Camps attended by the NCC cadets (02-03-2020)

Seven NCC cadets of S.N. College, Punalur participated in various EBSB Camps. They are EBSB- DELHI, EBSB-II, BHARATPUR, RAJASTHAN- 11 Nov 2019 to 22 Nov 2019, EBSB-1 Camp conducted by NCC Group, Ernakulam at MD College, Pazhanji, Trissur, Kerala-from 21 Dec 2019 to 01 Jan 2020- 3 cadets and EBSB-II, at Govt. College, Kasaragod-from 21 Dec 2019 to 01 Jan 2020.

ALWIN. S of this college participated in the ADVANCED LEADERSHIP CAMP-VI 2019 at Hindusthan College of Engineering and Science and Technology, Coimbatore- from 06 Dec 2019 to 17 Dec 2019.

Five NCC cadets of this institution were attached to the Pangode Military Camp, Thiruvananthapuram from 10 Jan 2020 to 24 Jan 2020 for the Army Attachment Camp Training.

This academic year NCC cadets secured 22 NCC „C“ certificates and 57 NCC „B“ certificates.

On 02-03-2020 the NCC Unit of S.N. College, punalur celebrated the NCC Merit day and send off to final year NCC Cadets. The Principal, Dr. T. Pradeep inaugurated this programme. Final year cadets shared their NCC experience and their changes after joining tin the NCC.



Photographs on NCC merit day and send off

OUT REACH PROGRAMME REPORT 2019-2020

Department of Economics conducted an extension activity regarding distribution of study materials for poor students (28-08-2019)

An extension programme is a department within a college that offers classes to local residence interested in learning new skills or information. Extension programme were designed to educate entire communities, it is a process of working with rural people in order to improve their livelihoods.

On 28th August 2019 our Department conducted an extension activity regarding distribution of study materials for poor students belonging to Kuriyottumala colony. With the cooperation of students and teachers of our department collected the study materials for 100 poor and backward students belonging to the colony. Dr. T Pradeep, Principal SN College Punalur who distributed the study materials to the students. Dr. Shyny Mathews (Associate Professor in Hindi), Shibu T (Assistant Professor/HOD History), were delivered a felicitation speech. ST promoter of Kuriyottumala smt. Jaya Prakasanan ward member Rosamma Thomas were the part of our function. Jaya. L (Assistant Professor on Contract, Department of Economics), Swaroopjith. S (Assistant Professor on Contract, Department of Economics) and 20 students from our department were attended the function. The programme windup with vote of thanks by ex-ward member Robbin Peter.



Distributing study material to students belonging to Kuriyottumala colony

Onam Celebration-“Onavirunnu”(14-9-2019)

Our NSS unit conducted a programme “Onavirunnu” with orphaned mothers in Dina Bhavan, Mother Teresa convent. The programme started by 10.30 Am with the recital of NSS song. The programme officer Mrs. Simi B S delivered welcome address. The programme officially inaugurated by Sister.Cheryil.M.C (Superior, Mother Teresa Convent). Dr. Divya Jayan (NSS Programme officer) delivered felicitation address. Our volunteers presented different cultural programme with the participation of mothers in convent. The food that the volunteers brought was distributed to the orphans there. Then they handover essential goods worth rupees 2159/-. NSS volunteer Sandra delivered vote of thanks. The programme ended up by 1.30 Pm and 83 volunteers participated this programme.



Onam celebration inaugurating Sister.Cheryil.M.C (Superior, Mother Teresa Convent).



Food material handovering to Sister.Cheryl.M.C (Superior, Mother Teresa Convent).



Pothichore distribution



Mates in covent attending onam programme

Class room Teaching – Impact of packaged food(23-09-2019)

As a part of poshan abhiyan our NSS unit conducted class room teaching in Chemmanthoor High School. The programme started at 10 Am with the recital of NSS song. Dr.Divya Jayan delivered welcome address. The function inaugurated by Mrs .Vijayalekshmi (HM , Chemmanthoor High School).Nss volunteers Gopika (II BA English) Santhilal (IIBCom) took class for students in 7th standard on the topic impact of packaged food. After that the participants shared their experience in class room teaching to PO"s and other students. 30 volunteers participated this programme.

Objectives:-

- Educate students about good food habit
- Now the use of packaged food item increasing in the teenagers, so this programme help to understand its impact.
- To solve their doubts relating to packaged food items

Beneficiaries:-This programme focused to students in chemmanthoor high school. The school situated in our adopted village . It help to spread the consequences of packaged food items through school students in our locality.



Gopika (II BA English) Santhilal (II BCom) taking class for students in 7th standard on the topic impact of packaged food.

NSS Rally-“We are NSS Volunteers. (24-09-2019)

On behalf of NSS day our unit organised NSS rally titled”We are NSS Volunteers”. The programme started at 10.00 am with recital of nss song. The programme was inaugurated by college principal Dr.T.Pradeep. The programme started from sn college punalur to private bus stand. The 97 volunteers and PO’s participated in the rally with pluck card containing role of NSS volunteers in the society and importance of NSS.

Objectives:-

- Help to spread the role of nss volunteers in the society.
- To make people aware of the importance of nss unit in colleges and school.
- To increase people participation in nss programmes.
- It help to make the nss unit more popular

Beneficiaries: it focused for people in our adopted village from sn college to private bus stand punalur.



NSS rally inaugurating Dr.T.Pradeep (Principal SNC punalur)

Plastic free bus stands cleaning (24-9-2019)

On behalf of nss day celebration our nss unit conducted a cleaning activity titled “plastic free bus stand cleaning programme”. The programme started at 11.00 am with recital of nss song. Simi(NSS PO) delivered welcome address. The presidential address done by our college principal Dr.T.Pradeep. this programme officially inaugurated by Sri.K.Rajasekaran (Municipal chairman, Punalur).Santhosh.R nd Biji.M.Rdelivered felicitation address. After

completing inaugural session our volunteers engaged in cleaning activities. The volunteers collected plastic and non- plastic waste separately and it handed over the municipal authority. After completing cleaning the volunteers informed about the consequences of plastic on earth to people who were standing there. The programme ended at 1.30 pm. 91 volunteers participated this programme.

Objectives:-

- To clean the bus stands and disposed waste in a suitable manner.
- To make the bus stand in plastic free
- To create an awareness about the consequences of plastic on the earth.

Beneficiaries:-

Many passengers depend on the private bus stand so the main beneficiaries are public to depend private bus stand and business entrepreneurs near to there.



Cleaning programme inaugurating by Sri.K.Rajasekaran (Municipal chairman, Punalur)



private bus stand

Swachhata Pakhwada Activites (25-09-2019)

As part of the “SwachhataPakhwadaActivites- 2019” NCC cadets of 9(K) Bn NCC unit, S. N. College, Punalur conducted two programmes on 25-09-2019.

1. Organised a RALLY to make awareness on CLEANLINESS.
2. Cleaning of the Government Hospital, Punalur and its premises.

In this regard, a rally was organised to make students aware of cleanliness which was flagged off by Dr. T. Pradeep, Principal of the College. The cadets along with the ANO, Lt. Dr. Arun. V took pledge to keep the compound of the college and surroundings of locality clean. The rally started from the College at 9.30 am with placards showing the importance of cleanliness, raising slogans and displaying of anti littering notices. The rally passed through municipal bus stand, Punalur to Government Hospital, Punalur. Meanwhile the NCC cadets removed the objectionable & eyesores such as dry wood, plastic material including polythene, cut grass, debris etc throughout the rally.

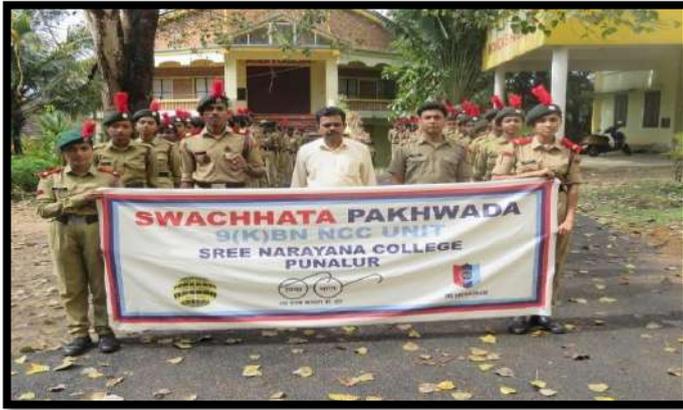
After the rally, NCC cadets assembled at Government Hospital, Punalur, where the Municipal Chairman Sri. K, Rajasekharan addressed the cleanliness drive awareness programme in the Hospital. The College, Principal, Dr. T. Pradeep, Hospital Superintendent, Dr, Shahirsha, ANO, Lt. Dr. Arun. V, 98 NCC Cadets of S.N. College, Punalur were present in that function. After that inauguration, out of the 98 NCC cadets presented were divided into five teams and cleaned the hospital and its surroundings up to 1.00 pm.





Cleaning of Government Hospital

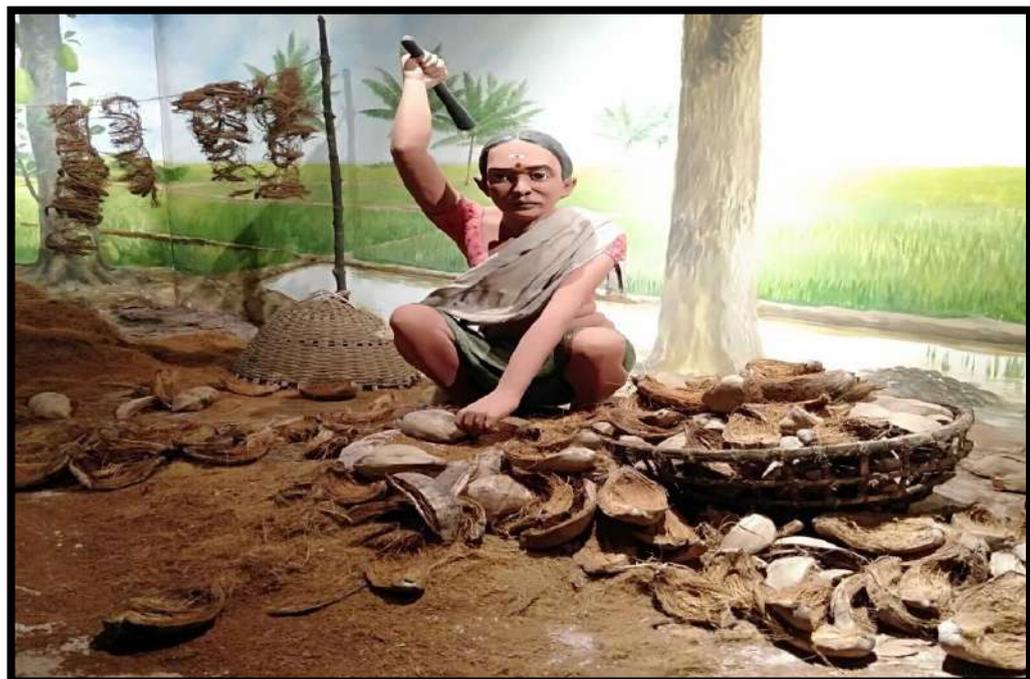




Cleanliness rally-official inauguration session

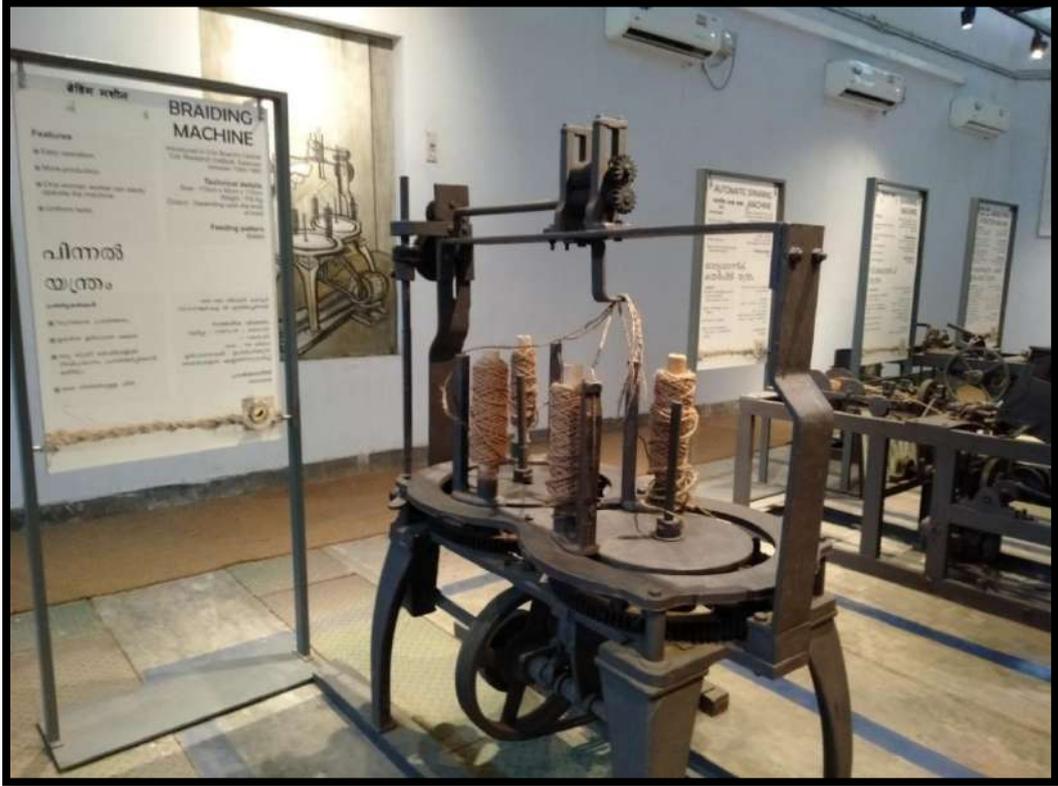
Visit for the students to a Coir Factory, Allapuzha(28-09-2019)

With the help of ED Club and department of commerce visit coir factory On September 28th 2019. A very good experiencing visit for the students to a Coir Factory, Allapuzha, which is the first coir factory in India. There the students have to know about its history, various coir products they are making, production process and its uses. Refreshment was given for the students and the way of travelling make them feeling good and get refreshed. 87 volunteers participated this programme.













Students visiting Coir Factory, Allapuzha

Door to Door campaign-1 (Musavarikkunnu Municipality,Punalur) (28-9-2019)

Our nss unit held a door to door campaign connection with poshan abhiyan at 11.30 Am today. Volunteers intracted with members of the household about the eating habit for good health and the importance of organic food. The volunteers answered doubts of household members relating to this. They conducted campaigning activity with the help of videos,charts and newspaper cutting. This programme inagurated by Vilayil Safeer (Municipal councillor, Musavarikkunnu). More than 65 volunteers participated in this programme. They visited 18 homes in musavarikkunnu municipality with children upto 19 years old. The programme ended up by 1.20pm.

Objectives :-

- To make people aware the importance of organic food
- Help to provide nutrition"s food for the children at home
- Educate the socity to food habit for good health.
- provide seeds to household members for the promotion of organic farming.

Beneficiaries:-it focused to people in musavarikkunnu municipality. Our unit selected 18 homes in that municipality with children up to 19 years old.



Volunteers in campaigning activities

Door to Door Campaign-2 (Sasthamkonam Municipality,Punalur) (29-9-2019)

Our nss unit held a door to door campaign connection with poshan abhiyan at 10.30 Am today. Volunteers intracted with members of the household about the eating habit for good health and the importance of organic food. The volunteers answered doubts of household members relating to this. They conducted campaigning activity with the help of videos,charts and newspaper cutting. This programme inagurated by Nelson Sebastian (Municipal councillor, Sasthamkonam). More than 67 volunteers participated in this programme. They visited 14 homes in musavarikkunnu municipality with children upto 19 years old. The programme ented up by 1.00pm.

Objectives :-

- To make people aware the importance of organic food
- Help to provide nutrition"s food for the children at home
- Educate the socity to food habit for good health.
- provide seeds to household members for the promotion of organic farming.

Beneficiaries:-it focused to people in sasthamkonam municipality. Our unit selected 14 homes in that municipality with children up to 19 years old.





Volunteers in campaigning activities



Volunteers in campaigning activities

GANDIYAN PATHAYATHRA (02-10-2019)

The programme organized by NSS Unit started at 8.45 am from SN college junction, Punalur to Punalur railway station with recital of NSS song. The programme was inaugurated by Mrs.Simi. B.S (NSS PO, SN College) The 147 volunteers and programme officers participated in the pathayathra with pluck card containing Gandhi's messages. This programme helped to spread Gandhian messages to public. Pathayathra reached railway station at 9.20 am. The railway authority members welcomed our volunteers

Objectives: - To spread Gandhian messages among the public.

Beneficiaries:- People located in between SN college to railway station



GANDIYAN PATHAYATHRA

SRAMADHAN (Adoption of Punalur railway station by NSS unit for green railway) (02-10-2019)

The programme started at 9.30 am with recital of Nss song. It was inaugurated by Mr.Surendran.k (Station master, Punalur railway station).Mr.Ramesh Kumar (Traffic inspector, Punalur) delivered felicitation address. The station master told pledge to volunteers. After inauguration session the volunteers engaged in cleaning activities. They collected plastic and non-plastic waste and disposed into a proper way. They also cutout the unwanted grass in front of railway station and cleaned there. Our volunteers also gave awareness about the harmful effect of plastic to public. Our volunteers had spent there about

two hours. The railway authority members provided cool water and snacks to volunteers. 187 volunteers participated this programme.

Objectives: - To clean the railway station and dispose waste in a proper way. To make the railway station in plastic free. To create an awareness about the consequences of plastic on the earth to the people there

Beneficiaries:-The main beneficiaries are passengers to depend the railway station and small business men located to there.



SRAMADHAN

Gandhi Bhavan Visit (LIFE LEARNING JOURNEY) 02-10-2019

“Guruvandhanam” was a district wise organized programme at Gandhibhavan, Pathanapuram. Various colleges like Govt BJM College, KSWDB College, TKM College, St.Stephen’s college also participated in this programme. The inaugural session started with 12.00nn. NSS Kollam district coordinator Dr.G.Gopakumar delivered the inaugural address. The Session also included Guruvandanam to the NSS PO’S of participated colleges. Our volunteers handed over the collected materials. After inauguration they visited the palliative care unit of Gandhi bhavan and interacted with members there.

Objectives:-

- To increase the community service among volunteers
- To learn about the situations of isolated people in the society
- Collected necessities and handed over to Gandhi Bhavan

Beneficiaries:- Members of Gandhi Bhavan pathanapuram. Our volunteers provide physical and mental support to members there.



Volunteers handed over the collected materials

World mental health day seminar (10-10-2019)

The programme inaugurated by Adv.V.Rajendrababu. after that Dr.Saiju Hameed (Asst director,Health Dept.) delivered a speech about the topic “Mental Health Promotion and Suicide prevention”.25 volunteers participated this programme.

Objectives:-

- To understand the problems of mentally ill people
- Educate the community on prevention of suicidal tendencies

Learn how to prevents suicide and sharing such information to others





volunteers participating World mental health day seminar

Paadam Onnu Paadathekku-Koithulsavam (16-10-2019)

On behalf of World Food Day, our NSS unit conducted „Paadam onnu Paadathekku-Koithulsavam.“Our unit acquired a paddy field in Manjaman, Thalavaroor panchayath and harvested paddy with the help of agriculture officers and farmers. The programme inaugurated was Mr.B.Suresh (Agrculture officer,Thalavoor). Agriculture office staffs, farmers, nss volunteers and programme officers are participated this programme. The 97 volunteers were very excited and share their experience to programme officers.

Objectives:-

- To help the farmers of thalavoor panchayathu.
- Learn directly from field about agriculture production.
- To create social interaction.

Beneficiaries:-

Farmers of thalavaloor panchayath



B.Suresh,Agrculture officer,Thalavoor inaugurating Koithulsavam



Volunteers participating in Koithulsavam



Report of Koithulsavam in mathrubhumi daily

Blood donation camp (15-11-2019)

Our NSS unit, organized a blood donation camp in collaboration with HDFC bank (punalur),On 15th november 2019. The camp began at 9:30a.m. With a short inaugural function include Doctor and his eight member team from punalur thaluk hospital was given a floral welcome. Doctor expressed his gratitude to the NSS unit of the college for its continuous endeavour in this regard. He also stressed on the growing need of blood in the state and commended the young volunteers for their noble act. The Camp was inaugurated by Mr. Shibu.T (HOD, History) 51volunteers came forward to donate blood during the camp. Blood donors were provided with a blood donation certificate and a small gift. but more than 108 volunteers participated



Volunteers participating blood donation

ALL INDIA TREKKING EXPEDITION, KERALA-II (22 Dec 2019 to 29 Dec 2019).

ANO, Lt. Dr.Arun. V, and five NCC cadets attended the ALL INDIA TREKKING EXPEDITION, KERALA-II at Arippa, Kollam conducted by the NCC DIRECTORATE, KERALA & LEKSHWEEP Directorate, Thiruvananthapuram from 22 Dec 2019 to 29 Dec 2019.





Photographs on ALL INDIA TREKKING EXPEDITION

Snehasparsham- Home care treatment (2-1-2020

7-1-2020, 9-1-2020,11-1-2020)

Our NSS unit jointly associated with our palliative care club conducted a home care treatment to sick patients around in punalur municipality with the help of punalur taluk hospital. Total volunteers grouped into different units, then the 38 volunteers visited to patients in home. Each group was accompanied by staff from punalur municipality.



Volunteers engaging in Snehasparsham- Home care treatment

Fit India Campaign- valkathon (18-1-2020)

our NSS unit and physical education department of our college jointly organized a campaign “Valkathon” related to Fit India. The programme started with recital NSS song. Dr.Divya jayan delivered welcome address. The programme officially inaugurated by Sathosh.R (HOD, Physical Education, SNC Punalur). The programme started at 8 am from college junction to punalur public bus stand. 102 volunteers participated.



Fit India Campaign

Makaranilavu (19-1-2020)

Our NSS unit and punalur taluk hospital jointly organized a programme in mothertheressa convent at 10 am. The programme inaugurated by municipal chairman Sri.Rajasekaran. key note address delivered by taluk hospital supernatant Dr.Shahinsha. our unit collected materials and clothes handover to mothertheressa convent. After formal session our 80 volunteers presented different cultural programmes to mothers in convent. They really enjoyed our programme. The proramme winded up at 3 pm



Collected materials and clothes handover to mothertheressa convent

Snehasparsham- Arikil (20-1-2020)

Our nss unit and palliative care club jointly organized a programme Arike. Under this programme our 38 volunteers collected essential commodities worth rs 3500/- and provided to a patient suffering cancer of cervix (subida, age-66, seema manzil, pattekar, punalur) punalur taluk hospital supernatant Dr.Shahinsha and staff nurse suja were accompanied with our team. It was good experienced



Snehasparsham

Republic Day Celebrations (26-01- 2020)

The ANO, Lt. Dr.Arun. V hoisted the National Flag at 08.00 AM on 26thJanuary 2020. All NCC Cadets (106) and ANO were participated in the Republic Day Celebrations organised by the Punalur Municipality. Parade by the NCC Cadets of S.N. College, Punalur was the first item of this programme.





Photographs on Republic Day Celebrations

EXTENSION ACTIVITIES REPORT 2020-2021

Yoga Day Celebration (21-06-2020)

On behalf of the yoga day celebration, our NSS unit conducted an intercollegiate online quiz competition. The programme was officially inaugurated by Principal Dr. T Pradeep. Programme officers discussed about the details of the programme. 76 Students from various colleges participated the programme.

Objectives:

To give an awareness among students the importance of yoga

To build a healthy youth

Beneficiary: Provide an opportunity to NSS volunteers to study the basics of yoga

GREETINGS FROM NATIONAL SERVICE SCHEME OF S N COLLEGE ,PUNALUR,KOLLAM 🌸

National Service Scheme Units of SN College is happy to inform you that we are conducting an Intercollegiate Quiz on International Yoga Day for every students.

Date : June 21, 2020

Click on the following link for participation.
<https://forms.gle/mkLuXmeoavwFeeKD8>

Those who score 40% or above, will be eligible for an e- certificate.

Note:- There is a limit of 100 certificate per day. The quiz will be available for one week.

Thanking you,

Simi.B.S,
Programme Officer

Sree Narayana College, Punalur

INTER COLLEGIATE ONLINE QUIZ
INTERNATIONAL YOGA DAY '20

CERTIFICATE OF PARTICIPATION

This is to certify that
Mr/Ms.....Arsha anil... has participated in Quiz competition
,organized by NSS Unit SN College Punalur during 21 june
2020.

Simi.B.S.Divya Jayan
NSS Programme Officers

6/21/2020

National Service Scheme Unit No-28
A,B



Yoga Day Celebration

Tree Plantation Activity (09-07-2020)

As per the Ref. Letter HQ DGNCC mail dt. 09 July 2020 & NCC Directorate Letter No. mail 1011/SSA/CDP/Trg dated 09 July 2020 received through the CO, 9(K) BN, NCC, Kottarakkra, the NCC UNIT Sree Narayana College, Punalur conducted the Tree PlanationPakhwada- 2020 in the month of July 2020. Due to the pandemic situation prevailed during the period,the 100 NCC Cadets of Sree Narayana College, Punalur were instructed to plant tree saplings at their house premises.



Photographs on tree plantation

Remembrance Day of Dr. APJ Abdul Kalam (27-07-2020)

On behalf of the remembrance day of Dr. Kalam, our NSS Unit conducted programme were 74 volunteers engaged in doing posters, speech and essay writings.

Objectives:

- To develop scientific temper among volunteers
- To promote them for a better living
- To make them aware about the scientific inventions and inculcate them with interest

Beneficiary: The NSS volunteers helping them to develop curiosity and dream a better future

Essay Writings

Dr Avul Pakir Jainulabdeen Abdul Kalam was born on 15 October 1931, at Rameswaram in Tamil Nadu, India. He specialized in Aeronautical Engineering from Madras Institute of Technology and became an eminent scientist. Dr Kalam was awarded the Padma Bhushan (1981), the Padma Vibhushan (1990), and India's highest civilian award- the Bharat Ratna in 1997. In 2002, Dr Kalam became the 11th President of India. He was fondly called the people's President for being the first President in the country to connect with the youth via the internet.

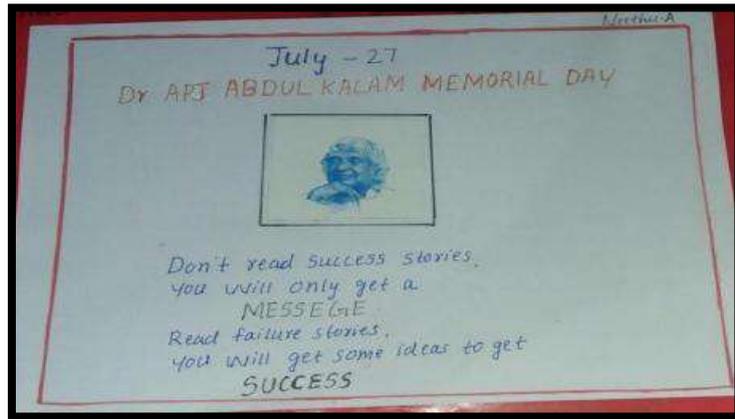
Named as the 'Missile Man' of India for his contributions in the field, he redefined the Presidency during his tenure from 2002 to 2007. He often spoke to children and the country's youth-- inspiring them to think big in life; he also penned a number of books. Dr Kalam succumbed to a massive cardiac arrest and breath his last on July 27, 2015 while delivering a speech at IIM Shillong.

Dr Kalam's three step guide to achieve goals Kalam's three step guide to achieve goals in life Dr Kalam's three step guide to achieve goals in life are: Finding an aim in life before you are twenty years old; Acquire knowledge continuously to reach this goal; Work hard and persevere so you can defeat all the problems.

By Reshma

RB

2yr BA Economics



Poster Writing

Online Workshop on “Handicraft of jewels”(12-09-2020)

As per the fund sanctioned by DIC, ED Club of S.N.College, Punalur organized an Online Workshop on “**Handicraft of jewels**” for the students on 12/09/2020. In the 1st Session the Welcome speech was given by Asst. Prof. Ganga M.R. Dept. of Commerce (Entrepreneurship Development Club Co-Ordinator). The programme was inaugurated by the Principal, Dr. T.Pradeep. 80 students were participated.

In the Session II the Chief Guest, **Ambily V.** Trainer of Manava Vibhava Shesi gave her experience and knowledge to the students. She gave a class for Craft making which is beneficial for developing the new entrepreneurs. Also make fancy ornaments of different kind. Finally, Vote of thanks was given by Vindya Babu, student of S.N.College ,Punalur.

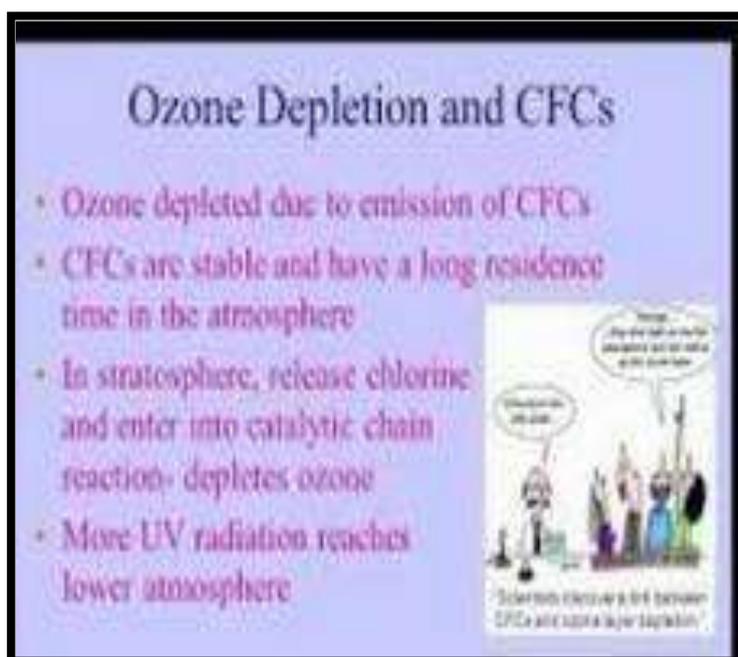




Class for Craft making- Ambily V.Trainer of Manava Vibhava Shesi

Ozone Day-“Save Ozone” (16-09-2020).

On behalf of observing the ozone day, the NSS unit of our college created videos related to this. The programme was named as “Save Ozone”. To share information about ozone protection, ozone message the purpose of the message, what the ozone layer is and how it is depleted. It was about 3 minutes. The videos imparted knowledge to others. NSS volunteers Athira V S, Arsha Anil, Pavan P Narayan contributed to the technical session of the creation of the videos. 187 volunteers participated.



Poster Making

NSS Day Celebration- Tips to develop positive attitude (24-09-2020)

The NSS unit of our college conducted a webinar on behalf of NSS day celebrations. The webinar was conducted at 4.00 pm through google meet about the topic “Tips to develop positive attitude”. The webinar was inaugurated by Dr. T. Pradeep (Principal, SN College, Punalur), Dr. Divya Jayan (NSS PO) delivered the welcome speech. The technical session was carried by Smt. Lekshmi V, Asst.Professor, NSS Training College, Ottappalum. The talk was highly informative and inspiring to pursue a positive attitude towards life. The meeting ended with the vote of thanks by Sruthy (NSS volunteer). 187 volunteers participated.



Online webinar- Tips to develop positive attitude

Observance of World Heart Day (29-09-2020)

The NSS unit of our college observed the world heart day by creating videos and making them aware about the importance of protecting our heart. The video taught about heart diseases, heart care and more.

On behalf of the observance of world heart day, the NSS unit our college conducted webinar based on the topic “ Protection of Heart” through google meet at 3.00 pm. The webinar was

inaugurated by Dr. T. Pradeep (Principal, SN College, Punalur). Dr. Divya Jayan (NSS PO) delivered the welcome speech. The technical session was carried by Smt. Anaswara Anil (Reg. Nurse). The session was so informative describing about the harmful effects of fast foods. Gayathri (NSS volunteer) delivered the vote of thanks. 161 volunteers participated.



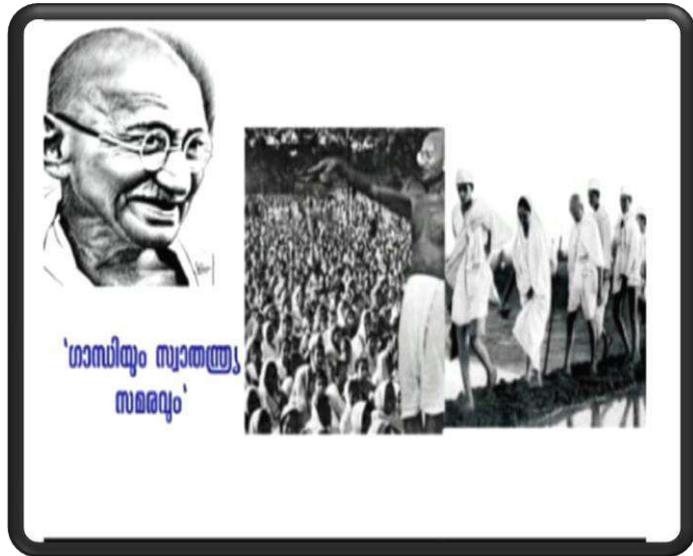
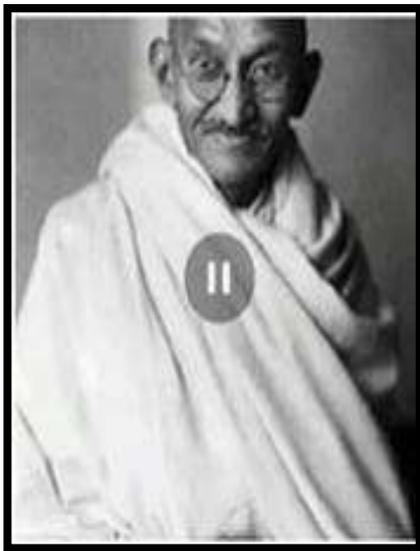
Google meet- Observance of World Heart Day

Celebrating Birth Anniversary of Mahatma Gandhi(02-10-2020)

1. Video presentation: Sub “Gandhi and the freedom struggle”

Sree Narayana College Punalur , NSS unit 28 A&B celebrated the 151th birth anniversary of Mahatma Gandhi on 2nd October 2020 on a grand scale .On the occasion of Gandhi Jayanthi , a short video presentation on the freedom struggle. Through this, a small version of Gandhiji’s struggle for freedom was conveyed to others. The NSS volunteers are making a video talked about the life history of our “Father of the Nation” – Mahatma Gandhi and

remembered his sacrifices towards the nation in getting freedom. All the NSS volunteers are participated in the event.



Video presentation-“Gandhi and the freedom struggle”

2. Elocution competition

Conducted a elocution competition including NSS volunteers. The competition was held through a whatsapp group created by our NSS unit 28 A&B to which those who where interest was invited. Pooja Vijayan (II Physics) got first prize for the competition.



Elocution competition

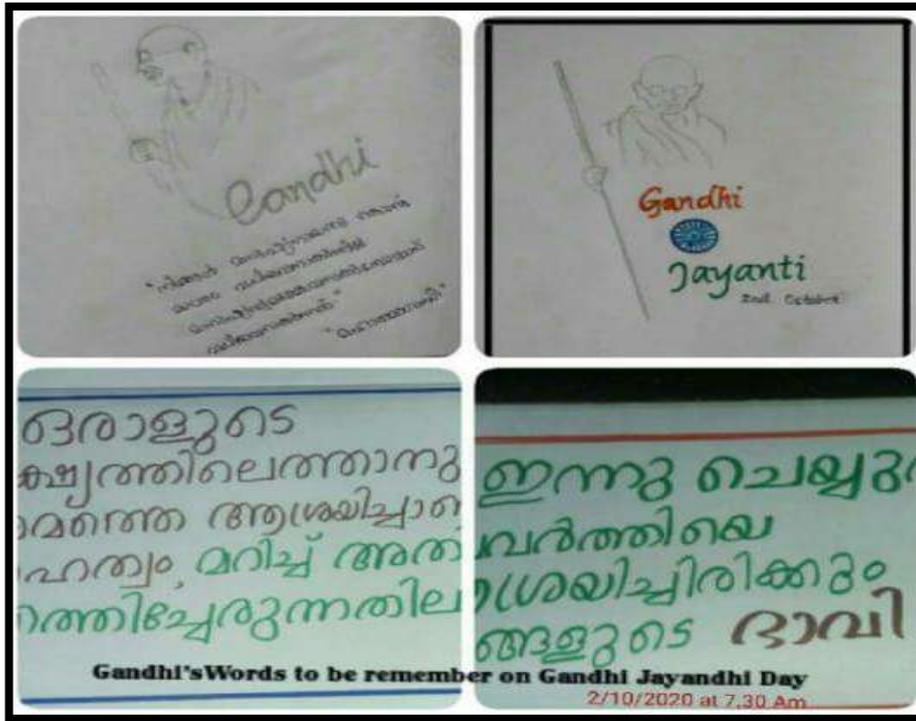
3. Swachh Bharat programme

Swachh Bharat programme was organised by NSS unit 28 A&B in connection with Gandhi Jayanthi. As part of this , all the volunteers carried out cleaning activites in their home and surrounding from 10 am-12 pm . All the volunteers participated in the program very actively and with enthusiasm.



cleaning activities in their home

4. Sree Narayana College Punalur NSS unit 28 A&B created a video clip about the topic “Gandhi’s Words to be remembered on Gandhi Jayanthi Day” and presented at 7:30 am in the NSS official group.



Video presentation

5. Story Writing Competition

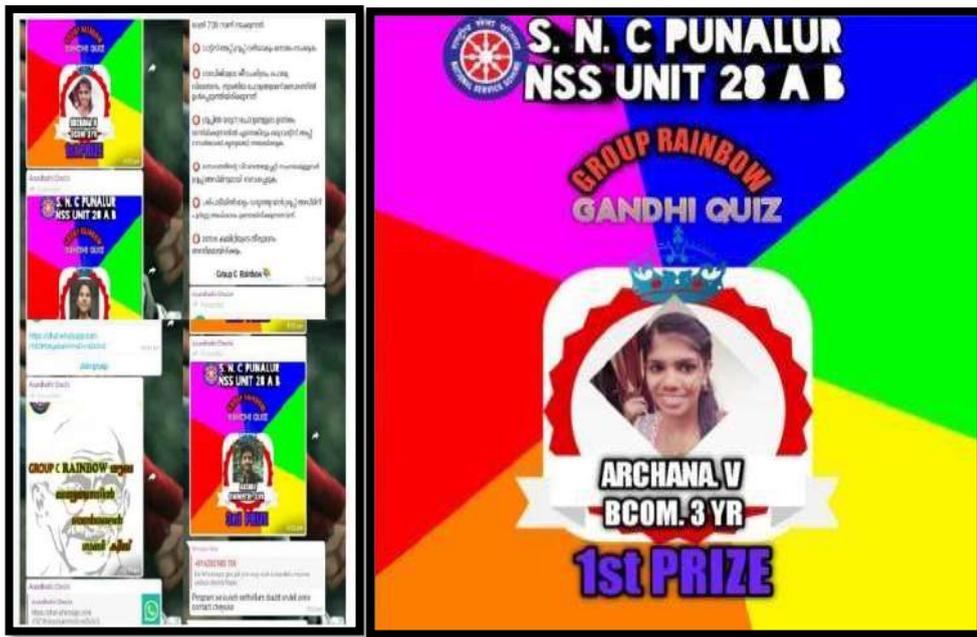
Sree Narayana College Punalur NSS unit 28 A&B conducted a story writing competition. The competition procedure was to complete it by their own ideas. Program conducted on 2nd October 2020@ 7:30pm – 8:30pm. Winners are selected and give certificates.

Athira B of II BSc Chemistry got the first prize and Sajjal of II Physics got the second prize.



Story Writing Competition

4. Gandhi Jayanthi Quiz



Gandhi Jayanthi Quiz

5. Drawing Competition

Sree Narayana college punalur NSS unit 28 A&B conducted a drawing competition. Abhijith (I Physics) Gayathri (II Maths) got the first and second prizes respectively.



Drawing Competition

Covid Pledge (08-10-2020)

At the launch of a new campaign on prevention and mitigation of Covid-19, the NSS volunteers of our unit took the pledge at 1 pm. This programme conducted by NSS Unit. There are 128 volunteers participated

Objectives: To provide an awarness about the pandemic situation

To make them follow the safety rules even at homes

Beneficiary: NSS volunteers of SN college, Punalur.



Covid Pledge

Celebration of International Day of the Girl Child(11-10-2020)

As part of the celebration of the International Girl Child day our NSS unit in association with women study unit made a short video competition. Volunteers like Salu TY (Bsc Zoology), Kesiya(BSc Maths), Akhil J (BA History) become part of it. The observation supports more opportunity for girls and increases awareness of gender inequality faced by girls worldwide based upon their gender. The video was made in view of these facts. 136 volunteers participated



International Day of the Girl Child- short video competition

Integrity Pledge- Observance of Vigilance Awareness Week (27-10-2020)

On behalf of observing the Vigilance awareness week, the NSS unit of our college took pledge related to this. The programme was inaugurated by Principal Dr.T. Pradeep. The pledge was delivered by Smt. Simi B S, NSS Programme Officer at 11.00 am. The programme ended by 1.00 pm. 144 volunteers participated



Integrity Pledge- Observance of Vigilance Awareness Week

Observation of Constitutional Day (31-10-2020)

Our NSS units conduct a constitution day observation. As a part of this we conducted an interactive session via google meet. Programme officer, Dr. Divya Jayan delivered welcome address. After that Mrs.Simi.B.S(programme officer) delivered constitution pledge. The programme ended up at 12noon. After that our volunteers read the pledge and sent it through whatsapp group. 157 volunteers participated



Constitutional Day pledge

Organic farming(07-11-2020)

The programme was conducted by NSS Unit , it was inaugurated by Dr. T Pradeep, Principal, S. N college, Punalur. The importance of organic farming was discussed by the programme officer, Dr. Divya Jayan. 136 Volunteers engaged in doing their work at their homes. These are some of the work done by the volunteers.

Objectives :-

- To make people aware the importance of organic food
- Help to provide nutrition"s food for the children at home
- Educate the society to food habit for good health.
- provide seeds to household members for the promotion of organic farming.

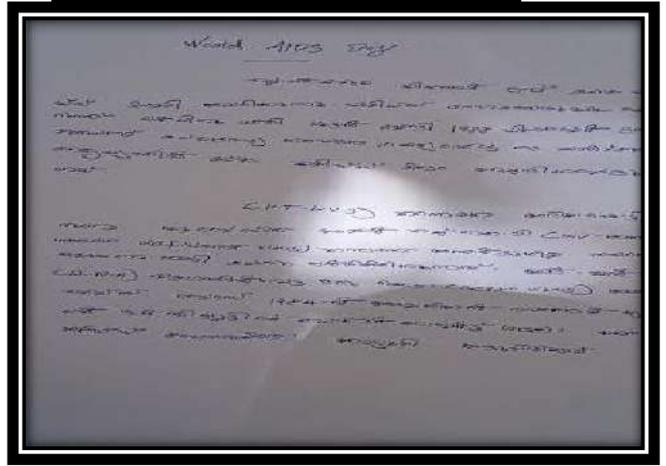
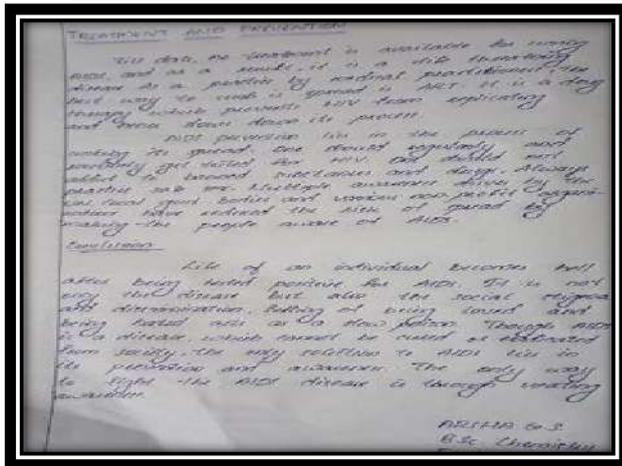
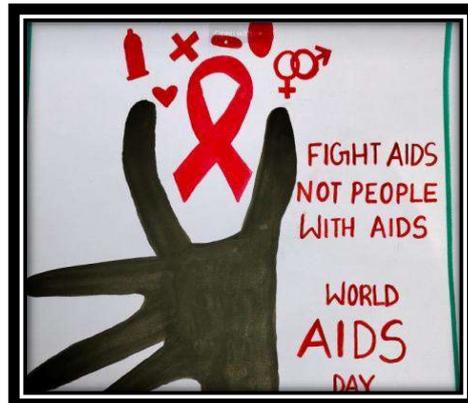
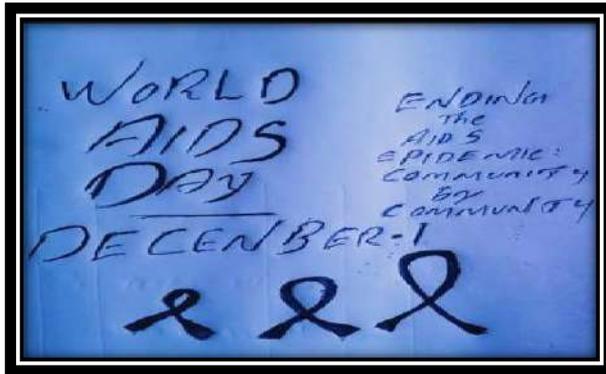


Organic farming

Observance of World Aids Day (01-12-2020)

World AIDS Day is observed by NSS unit on 1 December every year to raise awareness and knowledge about HIV and a call to move toward ending the HIV epidemic. It was first celebrated in 1988. Our unit observed World Aids Day by poster presentations. The programme was conducted online and was inaugurated by our Principal, Dr. T. Pradeep. 131 volunteers participated

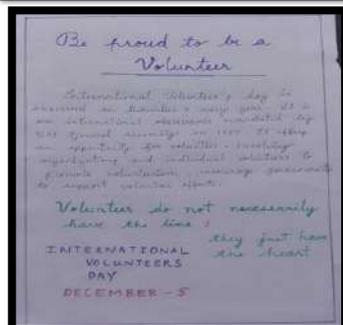
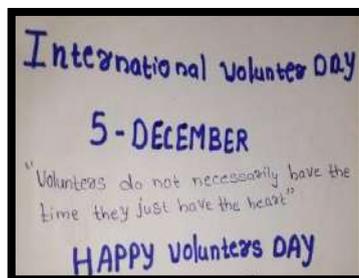


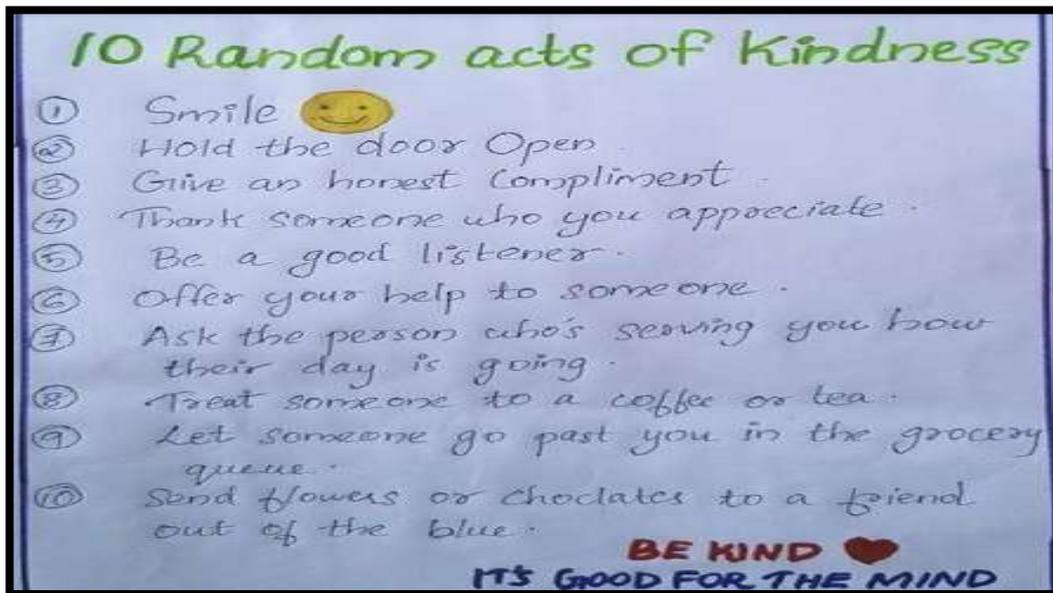


Poser making

Celebration of International Volunteers (05-12-2020)

Our NSS unit celebrated the International Volunteers Day considering wide varieties of programmes. Dr. Divya Jayan , NSS Programme Officer gave the guidelines for the celebration. The programmes included arts and crafts work. Also community programmes. 129 volunteers actively participated in the celebration.





Celebration of International Volunteers-poster making

Energy Conservation Day (14-12-2020)

On behalf of the importance of conserving energy for our future use, the NSS unit of our college conducted a talk on the same. The programme was inaugurated by our Principal, Dr. T. Pradeep. NSS Programme Officer Simi B S gave the need for preserving energy for our future. Volunteers engaged in doing drawings and writings to aware the public. There are 118 volunteers participated

Solar Eclipse of December 14, 2020

A total solar eclipse will occur at the Moon's descending node of the orbit on December 14, 2020. A solar eclipse occurs when the Moon passes between Earth and the Sun, thereby totally or partly obscuring the image of the Sun for a viewer on Earth. A total solar eclipse occurs when the Moon's apparent diameter is larger than the Sun's, blocking all direct sunlight, turning day into darkness. Totality occurs in a narrow path across Earth's surface, with the partial solar eclipse visible over a surrounding region thousands of kilometers wide. The Moon's apparent diameter will be larger because the eclipse will occur only 15 days after Perseus.

• Energy Conservation Day-14 Dec •

• Use Solar Rooftop... So We Can... •

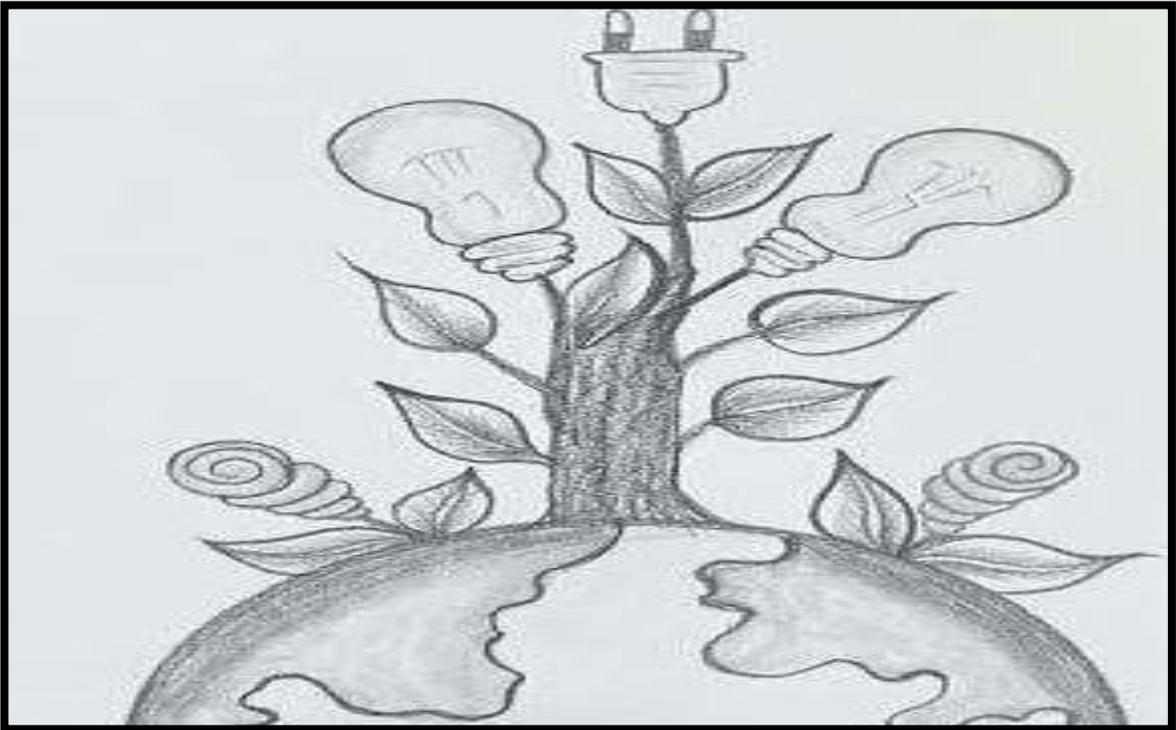
- Save trees
- Save Petroleum Products.
- Save Electricity

• Save our Earth

• Energy Conservation Day-14 Dec •

- Save Petroleum
- Save trees
- Save Water
- Save our Earth

ENERGY CONSERVED IS LIFE PRESERVED

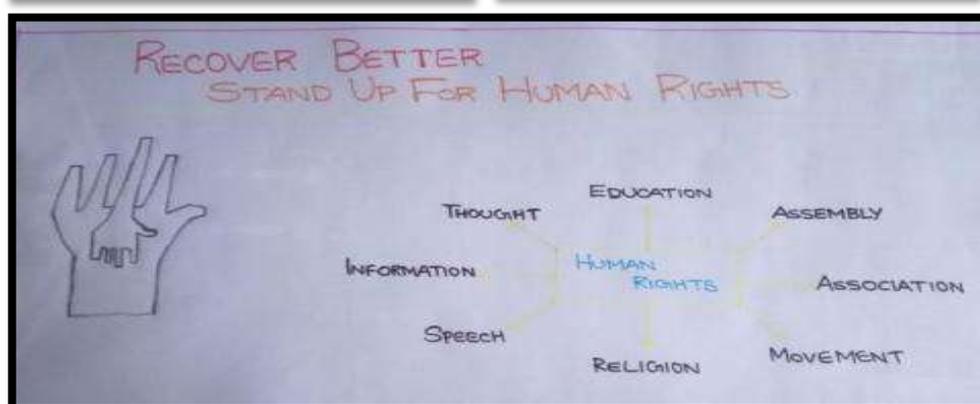
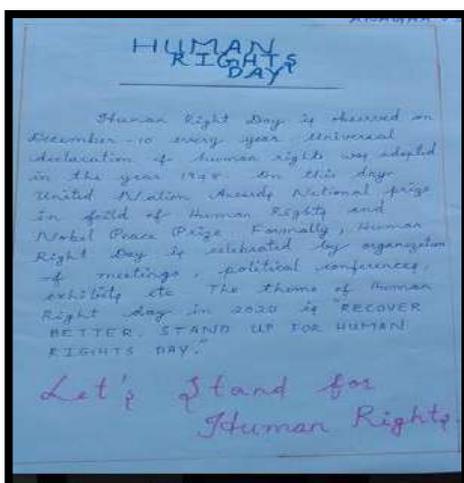




Energy Conservation Day-poster making

Observance of Human Rights Day (10-12-2020)

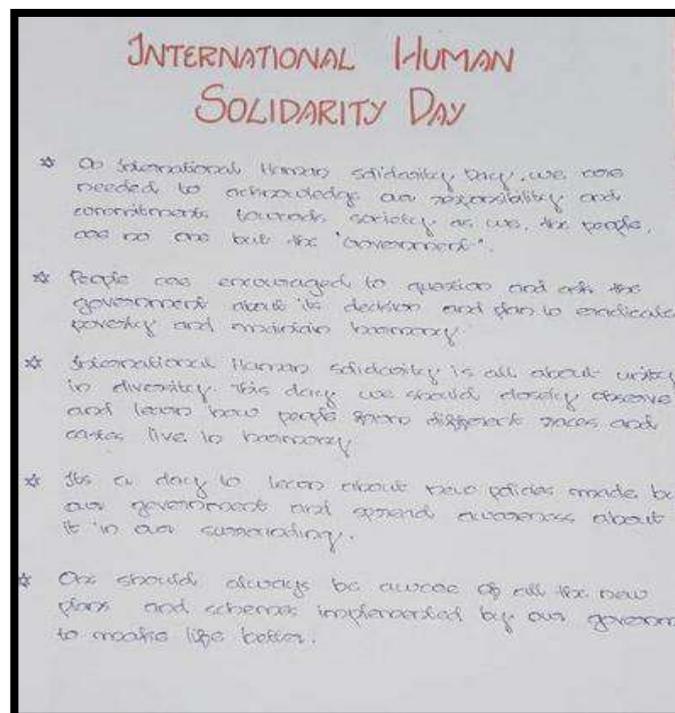
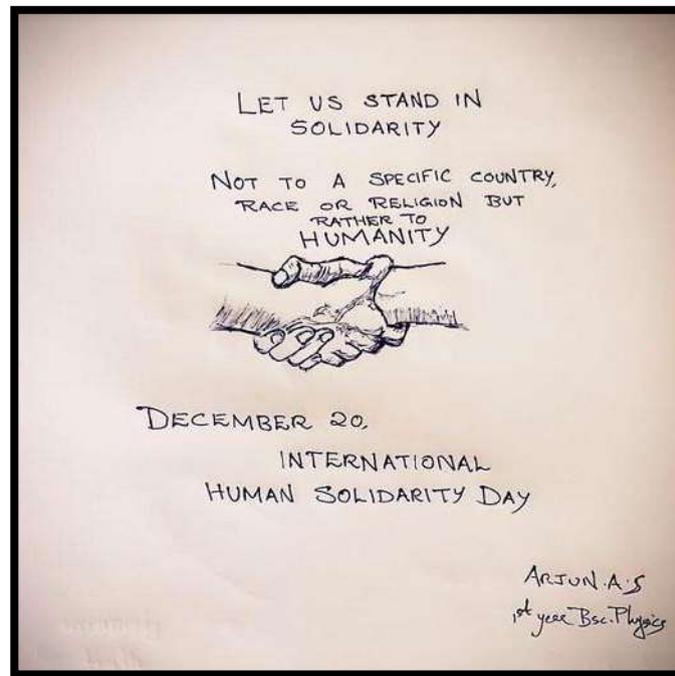
Human Rights Day is celebrated on 10 December with the help of NSS Unit and Women's studies unit. The Universal Declaration of Human Rights was adopted in 1948 by the United Nations General Assembly. This day is observed to protect the fundamental human rights of all people and their basic human freedom. Our volunteers also observed the same. 164 volunteers participated



Observance of Human Rights Day-poster making

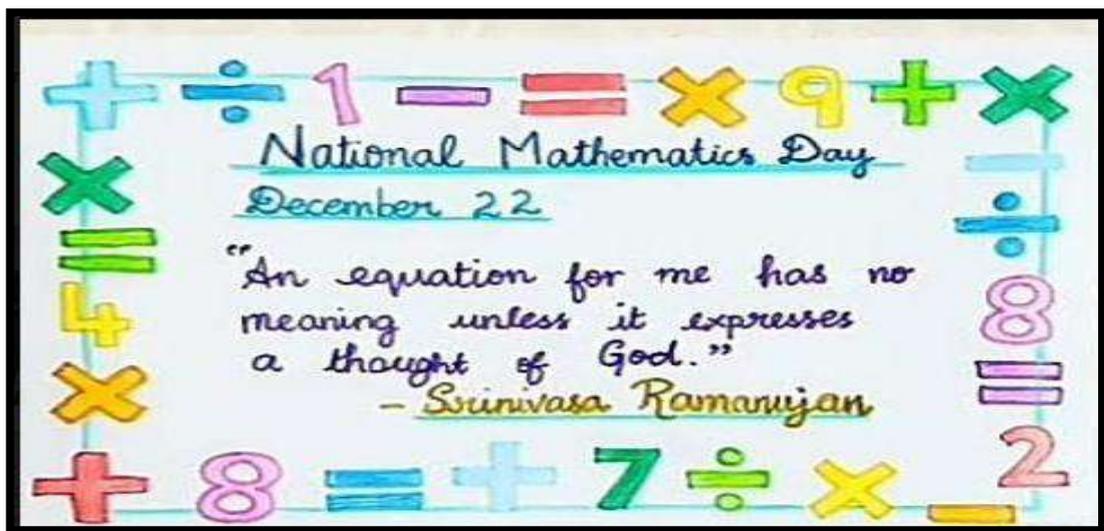
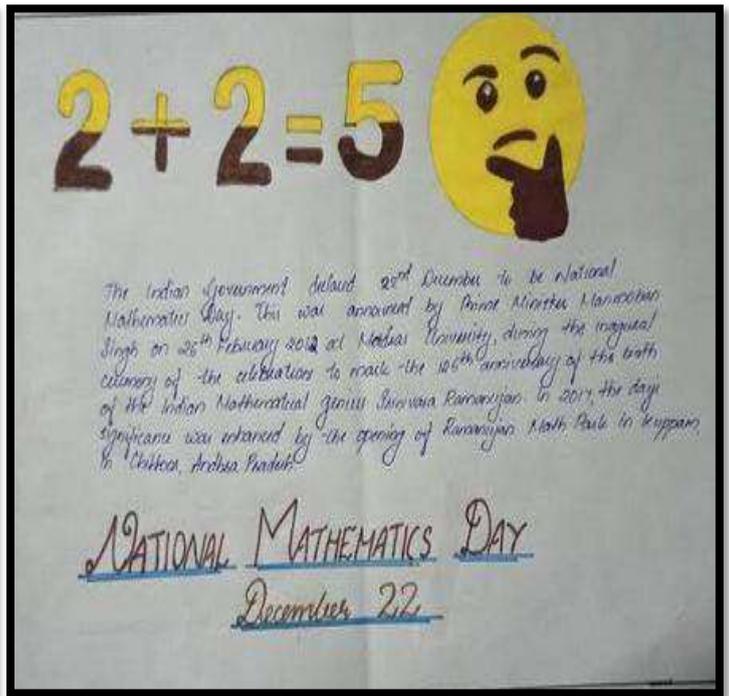
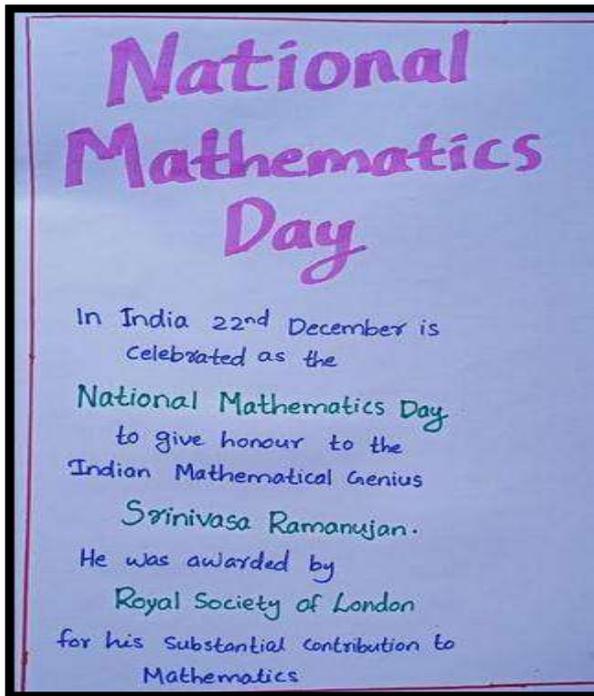
International Human Solidarity Day (20-12-2020)

On behalf of International Human Solidarity Day our NSS unit conducted online programme and 115 volunteers engaged in paintings as well as in writings.



International Human Solidarity Day-poster making

National Mathematics Day (22-12-2020)



National Mathematics Day-poster making

Workshop on "Entrepreneurial skill Development"(05-01-2021)

On 05/01/2021, ED Club conducted workshop in association with department of commerce on "Entrepreneurial skill Development" by Thomas V.T., Psychologist, Life skill and BVET, Chathannoor, for developing the skill of each students. Welcome speech was given by Asst. Prof. Ganga M.R. Dept. of Commerce (Entrepreneurship Development Club Co-Ordinator). The programme was inaugurated by the Principal, Dr. T.Pradeep. Finally, Vote of

thanks was given by Arya Nath, student of S.N.College, Punalur. The 174 students were well satisfied with the information they got



Workshop on “Entrepreneurial skill Development”

Workshop on “Organic farming”(08-01-2021)

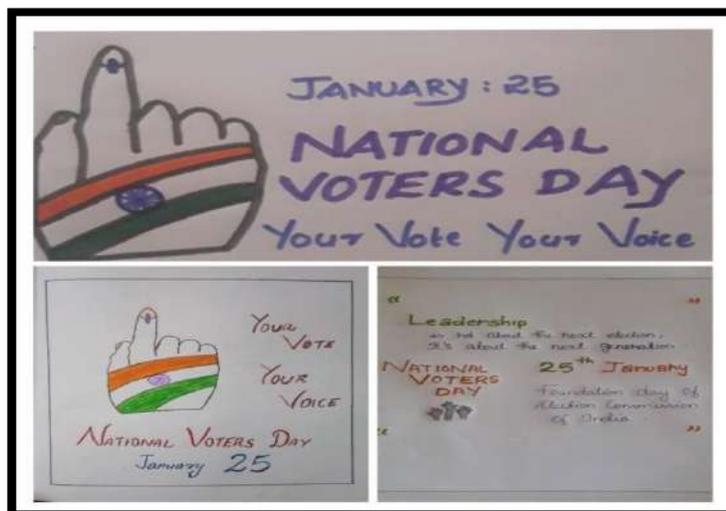
On 8/1/2021, a **workshop on “Organic farming”** was conducted by ED Club in association with department of commerce for the students, which was guided by **John K.Lukose**, Trainer of Life skill & BVET center, Chathannoor. They show how to plant seeds and plants of vegetables in Grow Bag. And students also participated in planting in grow bag. The students were well satisfied with the classand information they got. Welcome speech was given by Asst. Prof. Ganga M.R. Dept. of Commerce (Entrepreneurship Development Club Co-Ordinator). The programme was inaugurated by the Principal, Dr. T.Pradeep. Finally, Vote of thanks was given by Vaishnavi Raj, student of S.N.College, Punalur. There are 162 volunteers participated



Workshop on “Organic farming”

Voter's Day (25-01-2021)

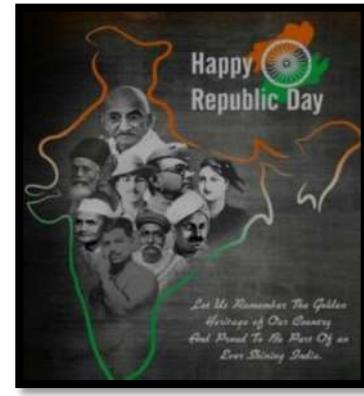
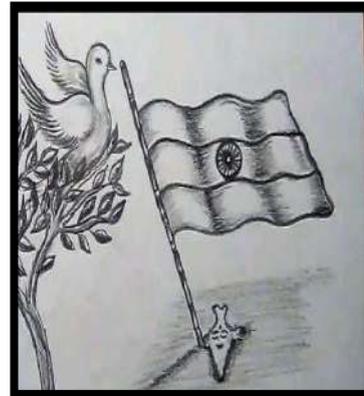
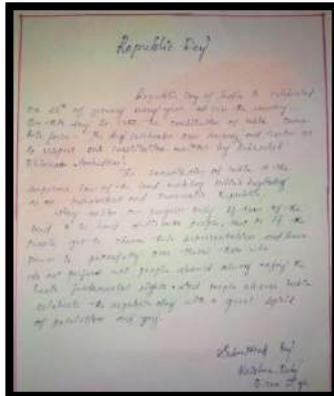
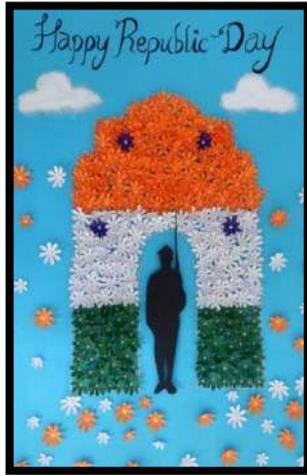
On behalf of observing the Voter's Day, the NSS unit of our college created posters to this with the message 'Another responsibility of citizens is voting' with the theme "Your Vote, Your Voice". This makes the 151 volunteers aware about their duties and responsibilities on democracy.



Voter's Day-Poster making

Observance of Republic Day(26-01-2021)

The NSS and NCC unit of our college observed the Republic day by creating posters and making them aware about their fundamental duties and rights towards our Nation and also helps to remember the day when the Constitution of India came into effect after India gained independence after a very long freedom struggle. 149 volunteers participated.



Republic Day-Poster making

Wetlands Day (02-02-2021)

On behalf of observing the Wetlands Day, NSS unit of our college created posters and essays to this, to share information about the Wetland protection, what is wetland and how it is dried-up. This makes the volunteers aware about the importance of wetlands and how to take care of it. 167 volunteers participated



Wetlands Day-Poster making

Observance of Cancer Day(04-02-2021)

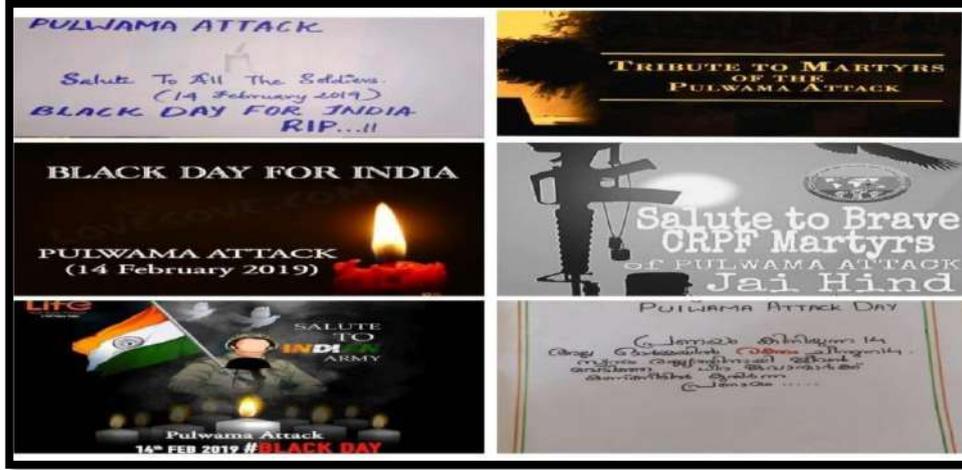
The NSS unit of our college observed The Cancer Day by creating posters and essays and making them aware about the detrimental effects of cancer by the Theme "I am and I will", conveys the message an empowering call for personal commitment that represents the power of our actions taken now to reduce growing impact of Cancer.



Cancer Day-Poster making

Black Day For India - Pulwama Attack (14-02-2021)

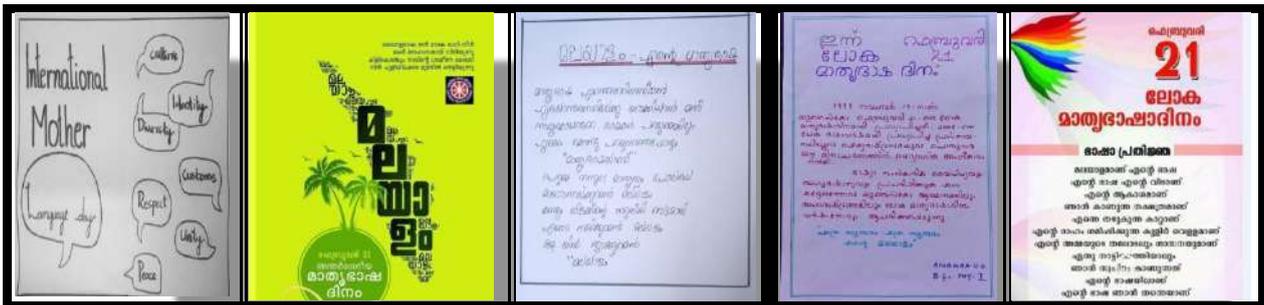
The NSS unit of our college observed the Black Day For India - Pulwama attack by creating posters as a tribute to the brave soldiers who died in Pulwama. 110 volunteers prayed for their soul.



Black Day For India - Pulwama Attack-poster making

International Mother Language Day (21-02-2021)

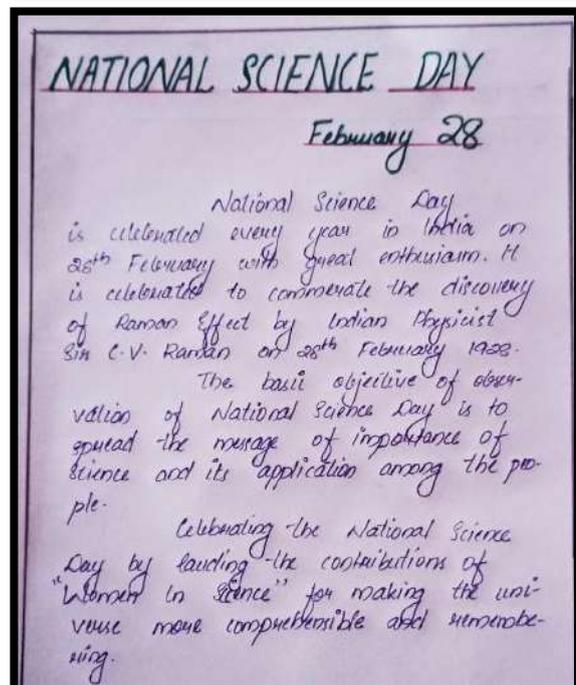
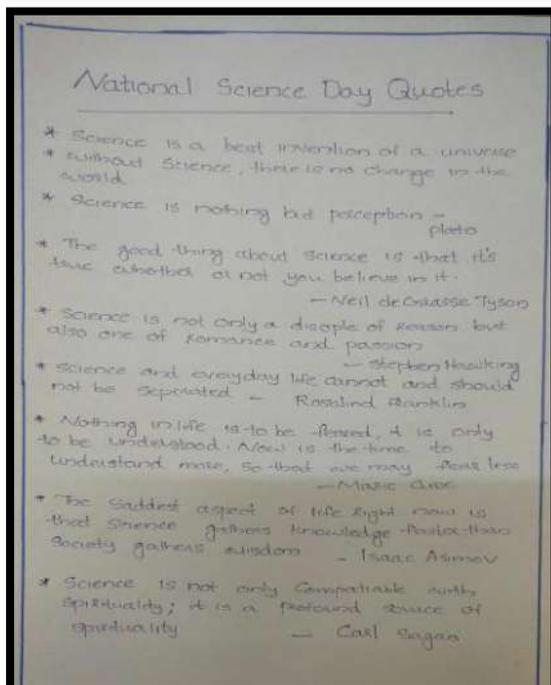
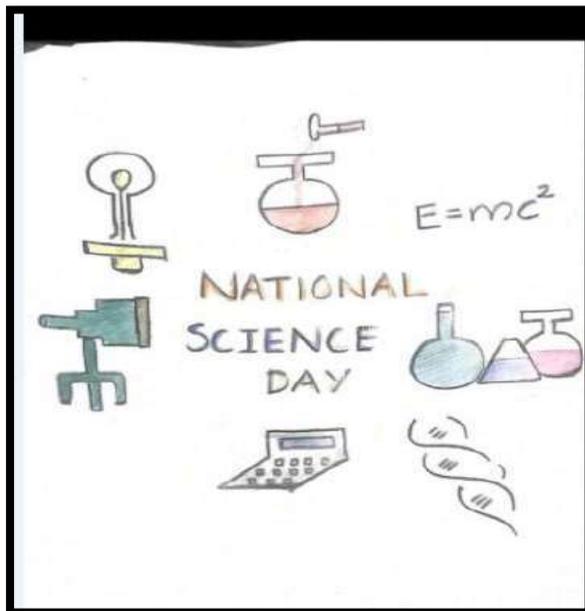
On behalf of observing the International Mother Language Day, the NSS unit of our college created poems, posters and wallpapers for this with the message “ Mother Language for conserving cultural diversities”, which is based on the theme “Fostering multilingualism for inclusion in education and society”. This program helped the volunteers to create awareness about the role of the Mother languages in developing cultural diversities and fostering multilingualism in society. All the volunteers actively participated in this program. Moreover our unit in association with asianet programme- Ende Malayalam provided certificates to all those who participated. 94 volunteers participated



International Mother Language Day-Poster Making

National Science Day (28-02-2021)

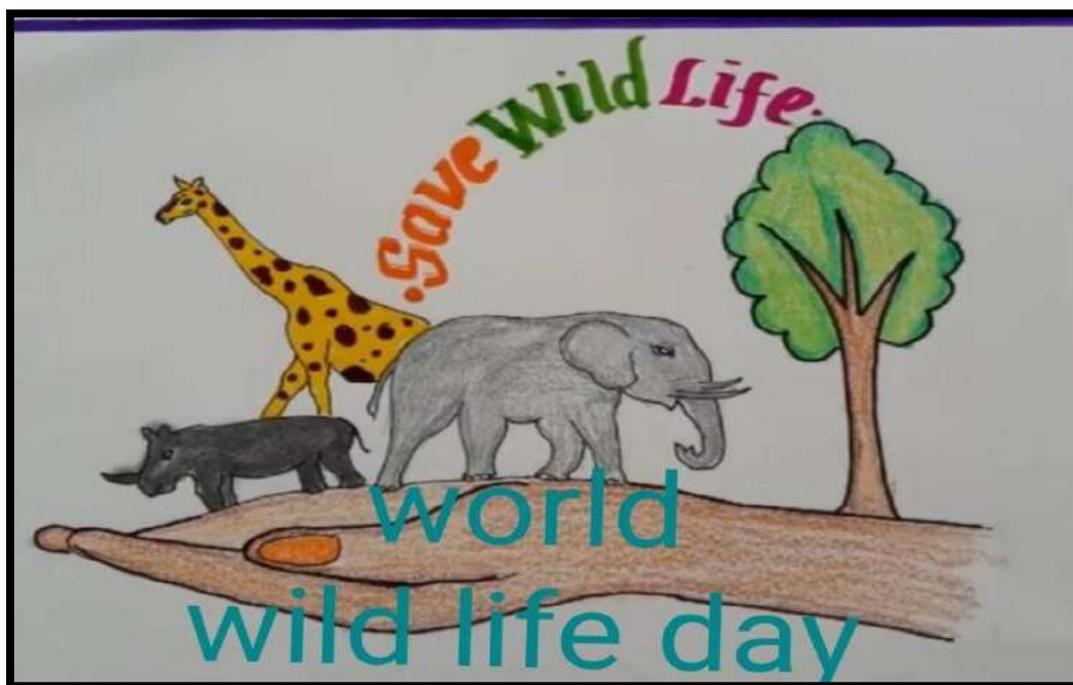
On behalf of National Science Day, our volunteers of NSS unit created posters and essays with the theme 'Future of STI: Impacts on education skills and work'. This helps the volunteers to recall the notable invention "Raman Effect" by India's greatest scientist CV Raman, to share information about the importance of science in today's world and the impacts science has on education, skill and work and to make our volunteers aware about raising public appreciation on of the scientific issues involved. 187 volunteers participated



National Science Day-Poster Making

World Wildlife Day (03-03-2021)

The NSS unit of our college observed the World Wildlife Day by creating posters and essays based on the theme 'Forest and livelihood: sustaining people and planet' with the aim as a way to highlight the central role of forest, forest species and ecosystem services in sustaining the livelihood. 164 volunteers participated



World Wildlife Day-Poster making

Election Training Class (05-03-2021)

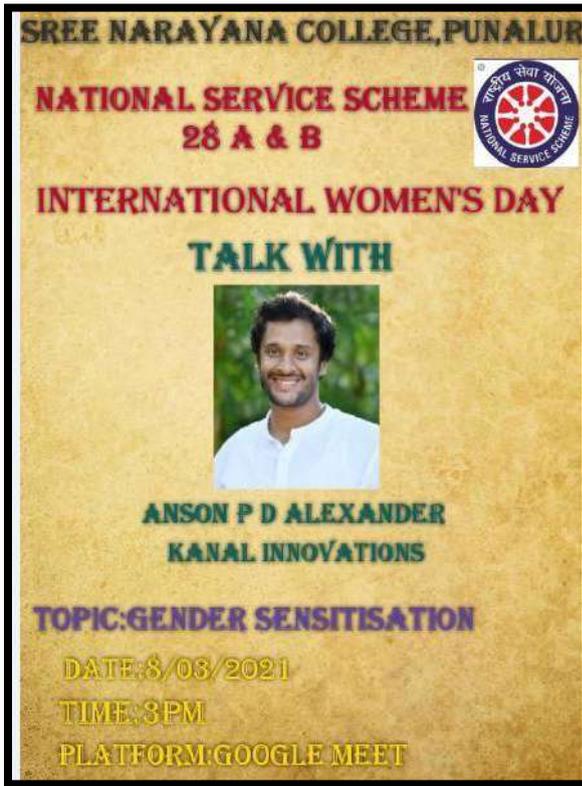
On behalf of election, our college had participated in a election training class organized by NSS unit on 15 th March at SN college punalur. The program was officially inaugurated by Dr.T Pradeep (Principal,SN college Punalur). Dr.Divya Jayan (NSS PO,SN College, punalur) delivered the welcome speech. The technical session was divided into two in which first session was carried by Shri.John(St Stephens college, Pathanapuram) and the second session was carried by which makes the students aware about the importance of voting, which is our responsibility and to make aware about the importance of taking election ID card on time. The class was so informative. Dr.Ratheesh R delivered the felicitation. Sruthy Chandran (NSS Volunteer) delivered the vote of thanks. 106 volunteers participated



Election Training Class

International Women's Day (08-03-2021)

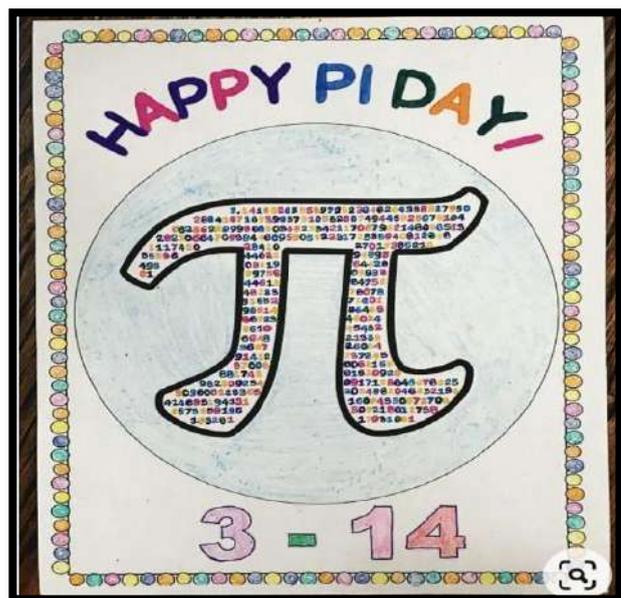
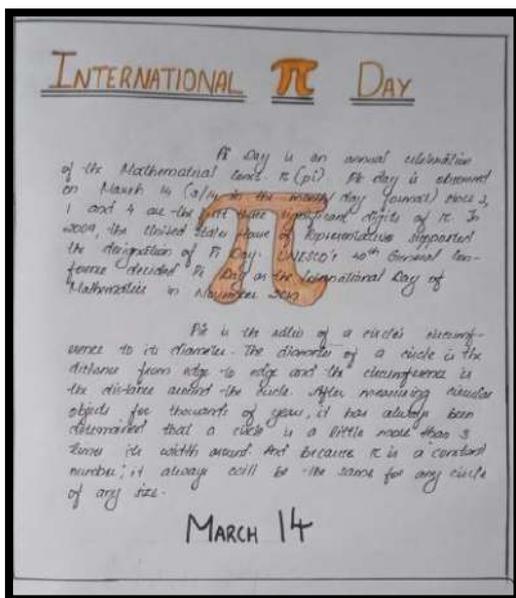
The NSS unit of our college celebrated International Women's Day by creating posters and essays related to this, with the aim to create a gender equal world, to recognize the extraordinary acts if women and to stand together, as a United force ,to advance gender equality around the world. 112 volunteers participated

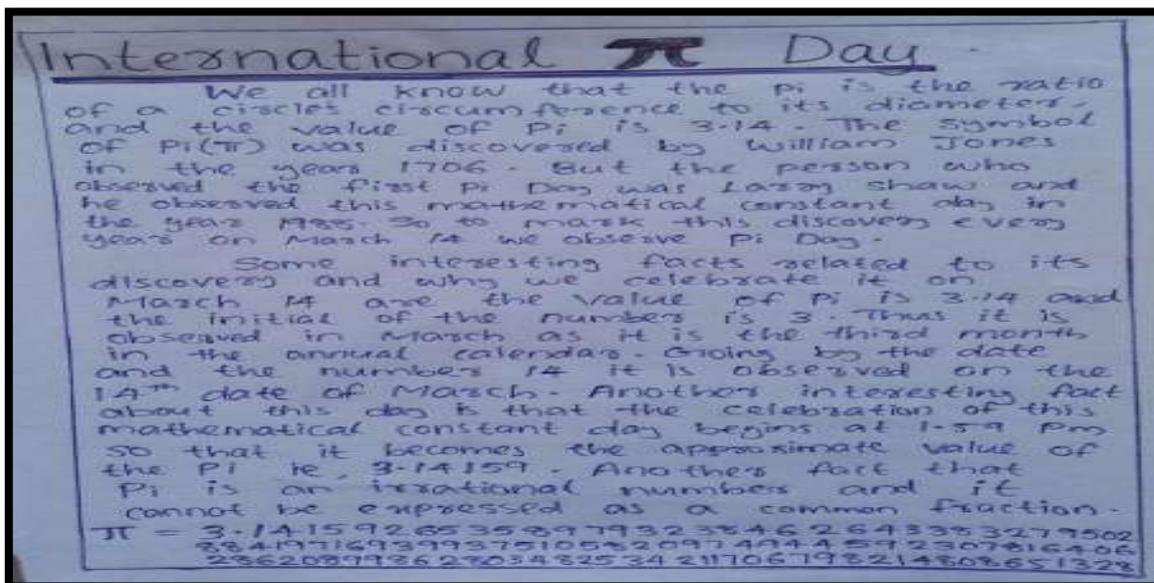


International Women's Day -Google Meet

International Pi Day (14-03-2021)

As part of the observation of International Pi Day, our NSS Volunteers created posters and essays to make aware about the importance of Pi in the world of mathematics and posted it on the NSS Official Group.

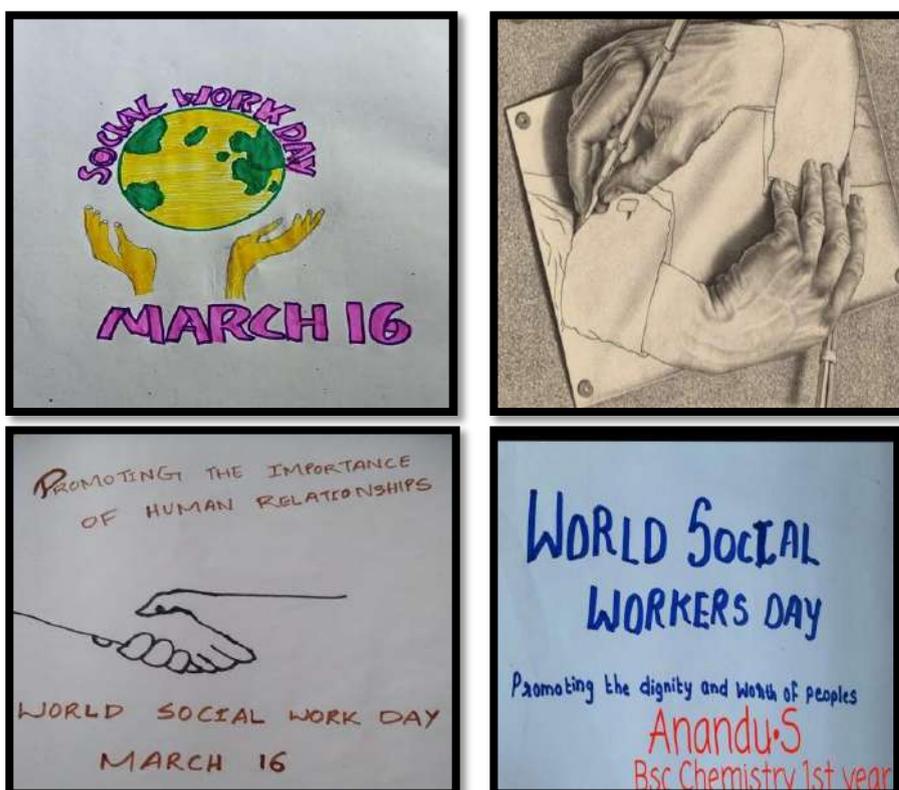




International Pi Day-Poster Making

World Social Work Day (16-03-2021)

The NSS unit of our college observed the World Social Work Day by creating posters for making our volunteers aware to celebrate their achievements and support for the important role that social workers play in the lives of vulnerable families and communities. 124 volunteers participated



World Social Work Day-Poster making

Forest Day programme (21-03-2021)

The NSS unit of our college celebrate the Forest Day with the help of excise department by making posters and essays with the theme "Forest Restoration: a path to recovery and well being" for giving them an awareness about the importance of conservation of forests.

On behalf of Forest Day, our college had participated in a webinar on the theme "Forest Restoration: a path to recovery and well being", organized by Flying Squad Division, Punalur in association with SN College, Punalur, College of Engineering, Pathanapuram, and Mount Tabor Training College, Pathanapuram through Google meet at 4 pm on 21 st March. The technical session was divided into two in which first session was carried by Smt.A Shajna Karim on the topic "A glimpse at the future of wildlife.Way ahead" The second session was carried by Shri.John Mathew on the topic "Wildlife trafficking and law enforcement".Shri.Baiju Krishnan (DFO, Flying Squad Division, Punalur) delivered the welcome speech.Dr.T Pradeep(Principal SN College,Punalur) Dr.R Bijukumar (Principal Pathanapuram Engineering College, Pathanapuram) Dr.Rosamma Philip (Principal, Mount Tabor Training College, Pathanapuram) delivered the felicitation.The session was so informative describing about the importance of conservation of Forest and impact of wildlife trafficking.Shri.Aneesh S(Range forest officer, Flying Squad Punalur) delivered the vote of thanks. 164 volunteers participated

International Day of Forests
21st March 2021, 4 pm.
Forest Restoration - a path to recovery and well-being
Webinar

Welcome	: Sri. Baiju Krishnan (DFO, Flying Squad, Punalur)
Inauguration	: Sri. A. Renjan IFS (Conservator of Forest I & E, Kottayam)
Felicitation	: Dr. T. Pradeep M.Sc., Phd. (Principal, SN College, Punalur) Dr. R. Bijukumar (Principal, College of Engineering, Pathanapuram) Dr. Rosamma Philip (Principal, Mount Tabor Training College, Pathanapuram)
Lecture 1	: Smt. A. Shajna Karim Sub : A glimpse at the future of Wildlife - Way ahead
Lecture 2	: Sri. John Mathew Sub : Wildlife trafficking and law enforcement
Vote of thanks	: Sri. S. Aneesh (Range Forest Officer, Flying Squad, Punalur)

Organized by
Flying Squad Division, Punalur
in Association with
SN College, Punalur
College of Engineering, Pathanapuram
Mount Tabor Training College, Pathanapuram

Co-ordinators
Smt. Remya S.R. (Engineering College, PTPM)
Smt. Asha K. Thomas (Mount Tabor Training College, PTPM)
Sri. Abhilash K. (Beat Forest Officer, Flying Squad Range, Punalur)
Smt. Simi B.S. (SN College, Punalur)

Meeting URL :
<https://meet.google.com/mj-gwkw-ghe>

design: @Jesook, Cyber

Webinar- Forest Day

24/03/2021- Tuberculosis Day

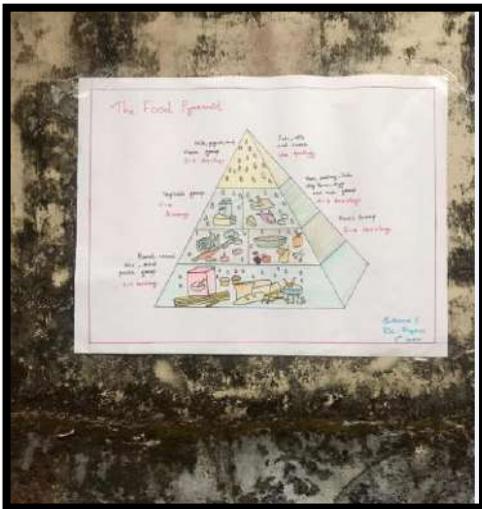
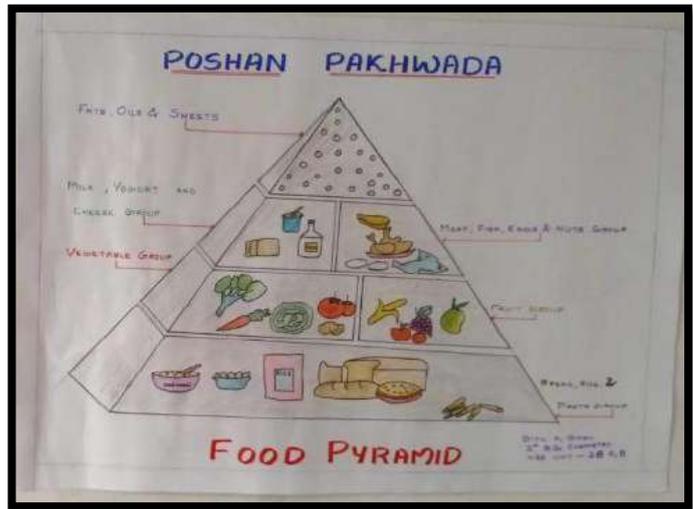
The NSS unit of our college observed the Tuberculosis Day by creating posters for making them aware about the detrimental effects of tuberculosis, how it affects body, how to avoid it and how to stop spreading of TB. There are 155 volunteers participated



Tuberculosis Day-Poster making

Poshan Pakhwada (01-04-2021)

On behalf of the Poshan Pakhwada (nutrition fortnight) our NSS unit conducted programme which is an initiative in response to the pressing concern of malnutrition, our 163 volunteers created awareness video, poster presentation in street and share cooking video of a healthy food and presented it in the NSS official group.



Poshan Pakhwada-Poster making

Autism Awareness Day (02-04-2021)

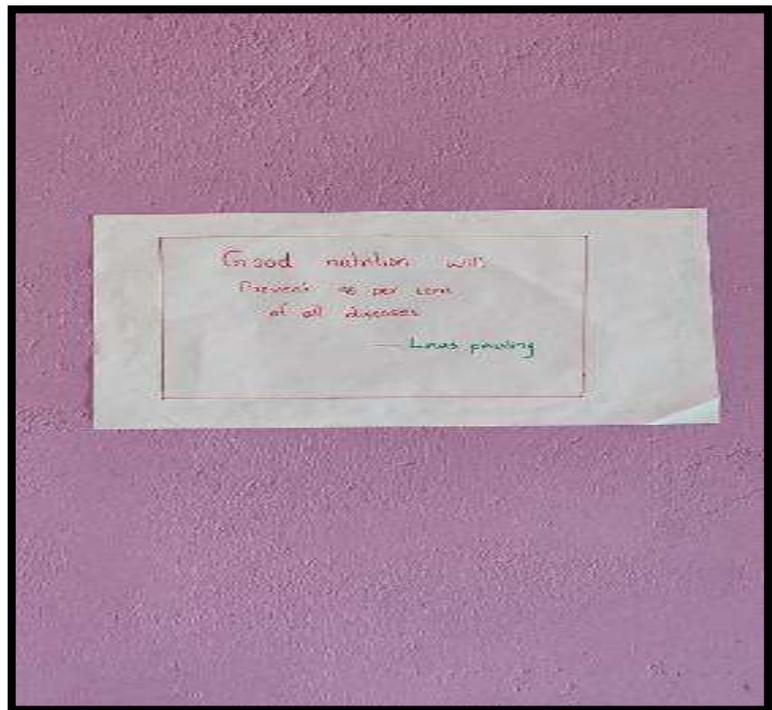
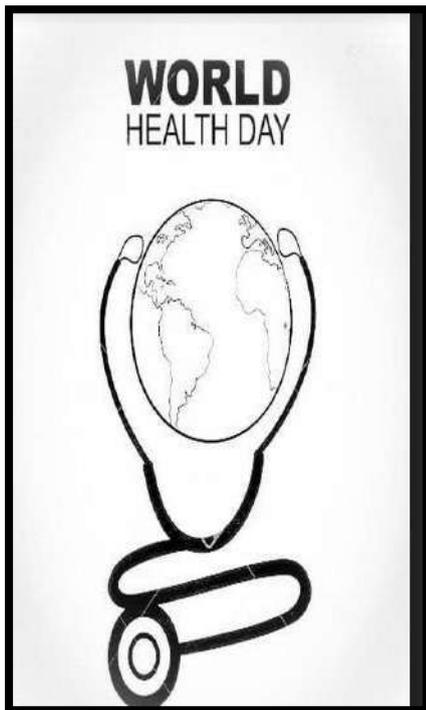
The NSS unit of our college observed the Autism Awareness by creating posters and essays for making our volunteers set up to raise autistic people from the bottom to topmost position of the society. We celebrate this day on the theme 'Inclusion in the workplace challenges and opportunities in a post-pandemic World'. 127 volunteers participated



Autism Awareness Day-Poster making

World Health Day (07-04-2021)

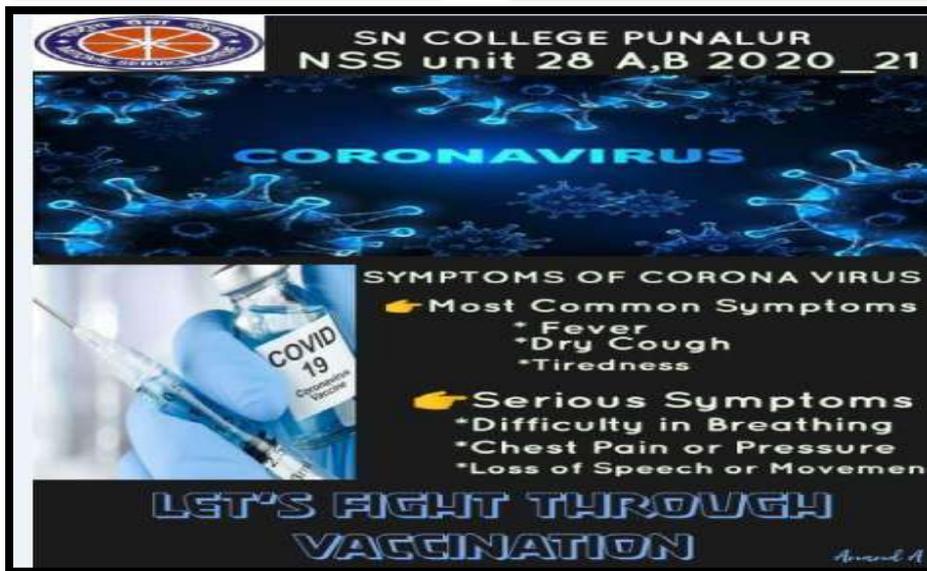
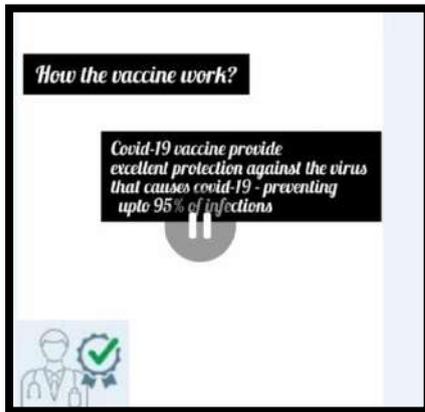
The NSS unit of our college observed the World Health Day by creating posters and essays on it. This gives an awareness on the importance of a healthy society for a better tomorrow. 109 volunteers participated



World Health Day-Poster making

Covid Awareness Program (16-04-2021 to 18-04-2021)

On behalf of the observation of Covid Awareness Programme our NSS unit organized programme. 88 volunteers actively participated in creating posters and videos to give awareness about the detrimental effects of covid-19, how to stop spreading of Corona Virus, importance and safety of vaccination and submitted it in the NSS official group.



Covid Awareness Program-Poser Making

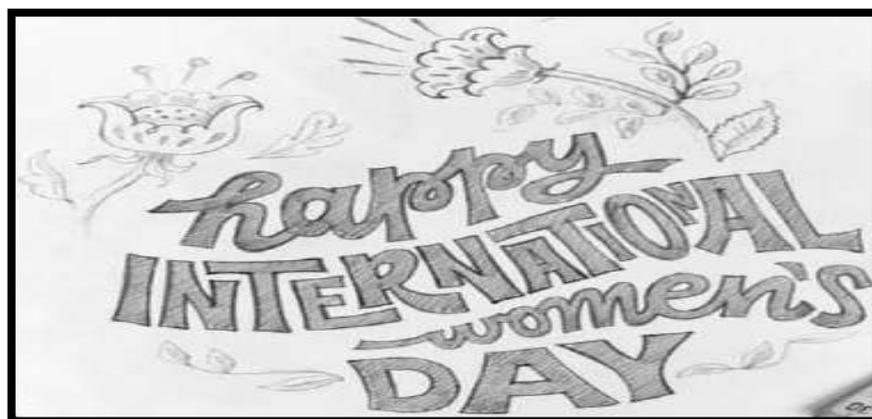
Creativity and innovational day (21-04-2021)

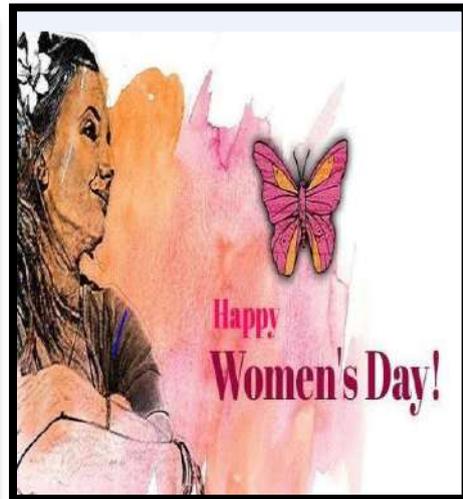
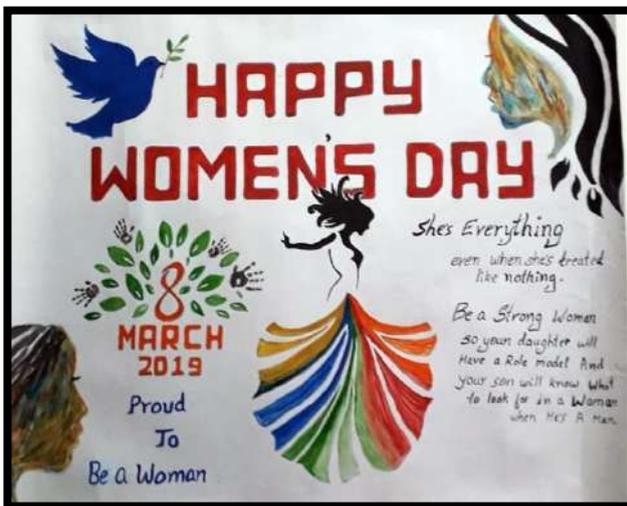
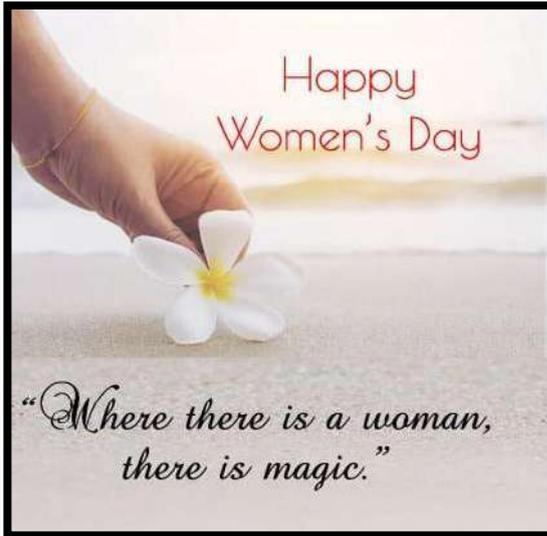


Creativity and innovational day-Poster Making

Mother's Day- poster competition (09-05-2021)

The NSS unit of our college celebrated the mother's day by creating posters with the aim to make society aware about the low status of women in her family and how she deserves to be the boss of the family. 161 volunteers participated





Mother's Day- poster competition

Nurses Day programme (12-05-2021)

On behalf of the nurse's day, our volunteers actively participated in creating posters and essays with the theme "Nurses, a voice to lead a vision for future health care." We congratulate and thank all nurses around the world wide for being and indispensable component of our health systems. There are 112 volunteers participated





INTERNATIONAL NURSES DAY
May 12

Nurses: A voice to lead - during the world to health, demonstrates how nurses and central to addressing a wide range of health challenges. It will encourage public and the public to celebrate the day, but also provide information and resources that will help to raise the profile of the profession throughout the year and attract a new generation into the nursing family.

ICN President Annette Kennedy said she is expecting 2020 to be a memorable year for profession.

Nurses: A voice to lead - A vision for future healthcare in 2020, we seek to show how nursing will look into the future as well how the profession will transform the next stage of healthcare.

International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birthday. ICN commemorates this important day each year with the participation and distribution of the IAD messages and posters.

International Nurses Day - May 12

The International Council of Nurses (ICN) has celebrated this day since 1954. In 1953 Dorothy Sayers and an official with the U.S. Department of Health, Education and Welfare, proposed that President Dwight D. Eisenhower proclaim a "nurses day". He did not approve it. In January 1954, in each case chosen to celebrate the day for the anniversary of the birth of Florence Nightingale. The purpose of world nursing. Each year ICN develops a list of resolutions the national and international nurses. This list contains educational and public information materials. It will be necessary throughout. As of 1995, 8 may was designated as a national national Nurses Day.

The theme of the 2021 Nurses' Day is Nurses: A Voice to Lead. A vision for future healthcare. In 2021 we seek to show how nursing will look into the future as well how the profession will transform the next stage of healthcare.

ICN themes of International Nurses Day:

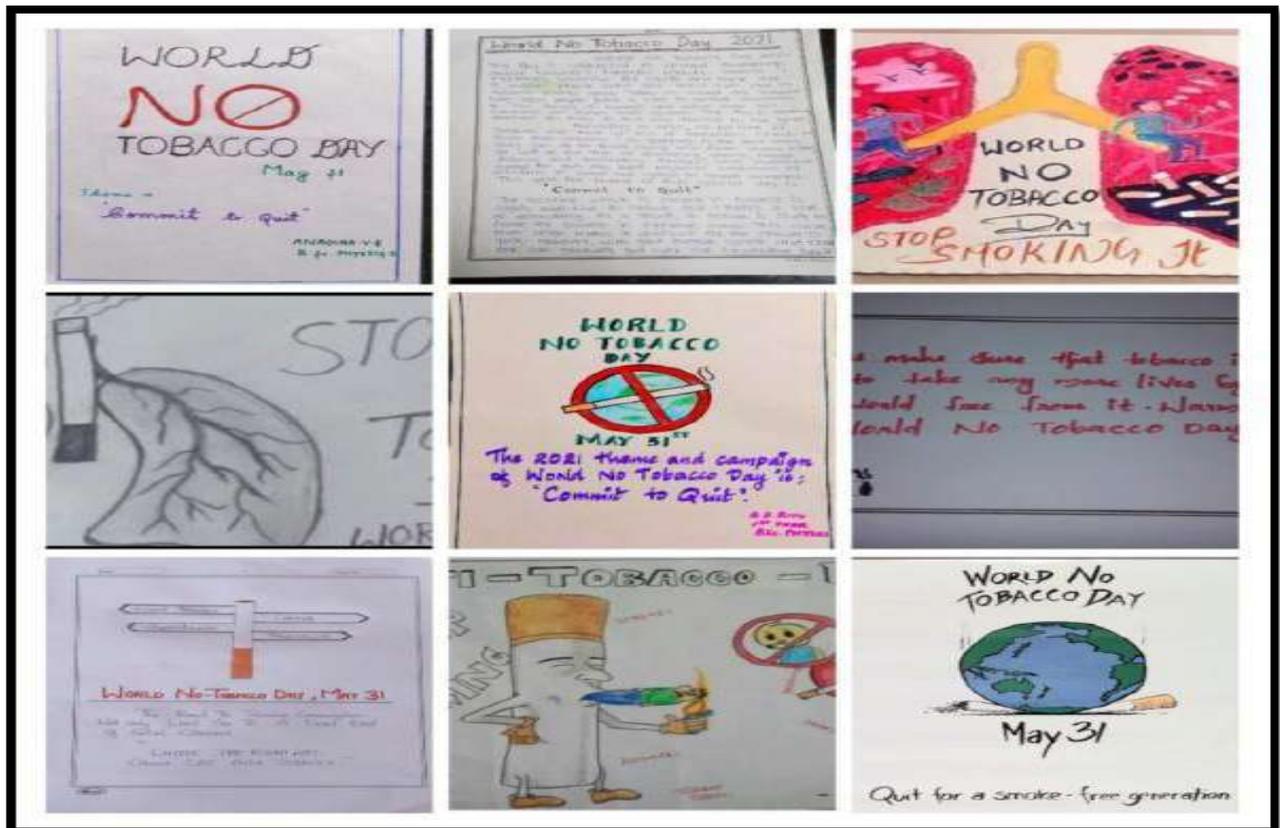
- 1980 - Self-motivation
- 1981 - School Health
- 1982 - Nurses and Environment
- 1983 - Mental Health - Nurses in Action
- 1984 - Healthy Aging
- 1985 - Quality, Care and Nursing
- 1986 - Healthy Families for Healthy Nation
- 1987 - Healthy Families
- 1988 - Women's Health - Nurses pave the way
- 1989 - Better Health through Nursing
- 1990 - Healthy People: A Brighter Future
- 1991 - Partnership for Community Health
- 1992 - Celebrating Nursing's past, planning the future



Nurses Day- poster competiiti

World No-Tobacco day (31-05-2021)

The NSS unit of our college observed the World No-Tobacco day by creating posters for making them aware about the harmful effects of tobacco and promotes them to lead a healthier life, with the theme 'Quit Tobacco to be a Winner'. 153 volunteers participated



World No-Tobacco day-poster making

OUT REACH PROGRAMME REPORT 2020-21

NCC cadets as Covid Volunteer (April-May 2020)

The Senior Division NCC cadets from NCC Group Kollam joined with police personal in enforcing the lockdown restrictions during April-May 2020. The Cadets were deployed to ensure that fishers are following all COVID-19 protocols, including the use of masks. The cadets were on duty around from 7 AM to 5 PM on each day. Cadets monitored the entry and exit point in the harbour to manage crowd, maintained social distancing norms and made sure that nobody entered the harbour premises without wearing masks. They were deployed on the basis of the request from the district administration through the office of Additional District Magistrate. The Commanding officer 7(K) BN NCC was the nodal officer for Kollam in deploying the NCC cadets. The NCC cadets were provided with safety gear by the police personnel and briefed by the ACP and NCC Officers. Three NCC Cadets (Govind GB, Anand Mohanan and Athira A Sugathan) and ANO, Lt. Dr.Arun. V, joined in that duty as directed by the commanding officer 9(K) Bn NCC, Kottarakara.



Photographs - Covid Volunteer - Kollam Harbour

Parithranam (7 DAY SAPLING DRIVE) (01/06/2020- 07/06/2020)

The NSS unit of Sree Narayana College, Punalur observed the environmental day from the first week of June. Programme Officers, Smt.Simi B.S, Dr. Divya Jayan gave the directions to students for the better conduction of the programme. The programme was inaugurated by our principal, Dr.T. Pradeep. Since it was during lock down, all students engaged planting trees in their own homes. The great benefit of this programme is that not only our volunteers, but also all the family members being a part of PARITHRANAM. Students from different walks, engaged in planting variety of tree saplings. The importance of agriculture as well as the need for planting new trees, volunteers got an awareness to all by this programme. 88 volunteers participated with great enthusiasm.



Students engaged planting trees in their own homes

Preparation and distribution of Sanitizer during Covid-19(17-09-2020)

Institutions should seek to achieve the ideal preparation of human resources, to enable them to work in the newer fields. The institution has a separate covid cell which conducted the following activities:

Preparation of Sanitizer: The sanitizer was prepared in accordance with what WHO recommends in the present context and procedures.

Distribution of Sanitizer to Govt Taluk Hospital

On behalf of community service and in the lack of sufficient sanitizers even in shops, our institution engaged in providing the same to the Superintendent, Govt. Taluk hospital, Punalur. About 164 students participated.

The faculties of our institution strive hard to make a position of themselves in all fields. The Research Departments conducts different activities that get appreciation by the peers. The collaborative work done by our institution with Ayyankali College, Punalur was the major example of our success story.



Sanitizer distribution

The method of preparation adopted by Department of Chemistry is conveyed to students also in simple words. Students are able to synthesize the sanitizer and be able to distribute to their neighbors also. This also lead to a vibrant relationship between teachers and students and also with the society.



OFFICE OF THE PRINCIPAL
AYYANKALI MEMORIAL ARTS & SCIENCE COLLEGE

(Aided and affiliated to University of Kerala)
KURYOTTUMALA, VETTITHITTA P.O. PATHANAPURAM, KOLLAM, KERALA, PIN-689696

Ref:

Date:



THANK YOU , , , , , , , , , ,

This is to express our gratitude and happiness towards the **Principal** , H.O.D and all team members of Department OF CHEMISTRY, **S.N. College Punalur** for sharing this great social service venture with AYYANKALI MEMMORIAL ARTS AND SCIENCE COLLEGE .




പ്രിൻസിപ്പാൾ
അയ്യൻകാട്ടി മെമ്മോറിയൽ
ആർട്ട്സ് & സയൻസ് കോളേജ്
കുറിയോട്ടുമല, പത്തനംപുഴ.

Sanitizer making and distribution (22-12-2020)

National service scheme provided hands-on-training virtually for the preparation of sanitizers for its volunteers and they prepared sanitizers and distributed it in the locality , following the Covid protocol. 194 volunteers engaged in the preparation and distribution of sanitizer.



Sanitizer distributing to public

Ente Malayalam Ambassadors (05-02-2021)

As part of Ente Malayalam Ambassadors program on behalf of Asianet, our volunteers actively participated in teaching Elder people in our locality. 13 volunteers participated the programme



Volunteers actively participated in teaching Elder people in our locality.

Distribution of Masks to Punalur Municipality

The NCC Cadets of Sree Narayana College, prepared the face masks in their home . The materials for the preparation of these masks were supplied by the 9(K) BN NCC, Kottarakara. All the prepared facemasks were handed over to the Municipal Chairperson of Punalur Municipality. There are 98 volunteers participated.



Photographs – Face Masks distributed to Punalur Municipality

Free Vaccine Registration Campaign (23-05-2021 to 28-05-2021)

Our NSS unit conducted a free vaccine registration campaign for the ones who are not able to register. The programme aims at the theme' An opportunity for all'. 180 volunteers participated



Free Vaccine Registration Campaign

Palliative care program - Kanivinte Kaithangu (31-05-2021)

The programme organized NSS unit and started at 11 am. The programme was officially inaugurated by Dr.T Pradeep (Principal, SN college Punalur). Program officers Dr.Divya Jayan and Smt. Simi BS led the programme. Volunteers Sijin, Soorya, Arsha GS, Bijil k Babu, Fathima Salahudheen, Nishitha S Binu and Jeeva Nandan actively participated by following the covid protocol. Kits were distributed to the weaker sections of Sasthamkonam, Punalur municipality. About 25 families got the benefits. 119 volunteers participated.





Kanivinte kaithangu-Kit distribution to public