

# Sree Narayana College Punalur

Chemmanthoor, Punalur, Kollam Kerala-691305

Telephone: 0475 2222635, 0475 3258895

Email: [sncpunalur@gmail.com](mailto:sncpunalur@gmail.com), Website: [www.sncpunalur.in](http://www.sncpunalur.in)

## Third Cycle NAAC Accreditation 2022

### CRITERION 5

#### Student Support and Progression

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following

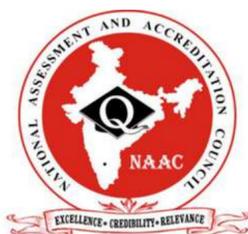
Soft skills

Language and communication skills

Life skills (Yoga, physical fitness, health and hygiene)

ICT/computing skills

*Submitted to*



**THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL**

# **Language and Communication Skills**

**SREE NARAYANA COLLEGE, PUNALUR**

**Department of Hindi**

**NOTICE**

To be read in all II<sup>nd</sup> year classes

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

PUNALUR  
22/06/2020

*[Signature]*  
Sree Narayana College  
Punalur



# SREE NARAYANA COLLEGE, PUNALUR

## Spoken Hindi Course

### List of Enrolled Students

Sl no.	Admission No.	Name of the students	Name of the Department	Signature of Students
1	35761	Devu S Murali	Mathematics	Devu S
2	35505	Gayathri M J	Mathematics	Gayathri M J
3	35506	Lekshmi Pradeep	Mathematics	Lekshmi Pradeep
4	35642	Ajmi S	Economics	Ajmi S
5	35627	Maya Muraleedharan	Economics	Maya Muraleedharan
6	35668	Anaswara B S	History	Anaswara B S
7	35670	Nikhil R	History	Nikhil R
8	35665	Anurag D	History	Anurag D
9	35582	Abhirami Shaji	English	Abhirami Shaji
10	35874	Sulthana N S	English	Sulthana N S
11	35496	Varnika Raj	Chemistry	Varnika Raj
12	35779	Vidhya Vinod	Chemistry	Vidhya Vinod
13	35694	Akhila Raj	Chemistry	Akhila Raj
14	35466	Haritha S Kumar	Physics	Haritha S Kumar
15	35454	Varsha Lal S	Physics	Varsha Lal S
16	35995	Vivek V L	Physics	Vivek V L
17	35797	Kavya Manu	Physics	Kavya Manu
18	35455	Parvathy S	Physics	Parvathy S
19	35893	Archa V S	Physics	Archa V S
20	35548	Sruthy Chandran	BCom	Sruthy Chandran
21	35595	Amala A S	BCom	Amala A S
22	35552	Fathima N	BCom	Fathima N
23	35881	Rajeen S J	BCom	Rajeen S J

Principal  
Sree Narayana College  
Punalur









11/10 11<sup>th</sup> Oct, 25/10 - Pooja Holiday

Register of Attendance for the month of October

2018-19 Class .....

Admission Number	Serial Number	NAME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of days Present	Late Arrivals	Percentage of attendance	REMARKS
35761	1	Devu S. Murali Methu				X														X														X			
35505	2	Gayatri M.S				X														X															X		
35506	3	Lekshmi Pradeep				X														X															X		
35642	4	Ajmi S Eco				X														X															X		
35627	5	Miya Mureedhassen				X														X															X		
35668	6	Anaswara B.S Hist.				X														X															X		
35670	7	Nikhil R				X														X															X		
35665	8	Anurog D				X														X															X		
35582	9	Abhirami Shaji King.				X														X															X		
35874	10	Suthane N.S				X														X															X		
35496	11	Varnika Raju Ch.				X														X															X		
35779	12	Vidhya Vinod				X														X															X		
35694	13	Akila Raj				X														X															X		
35466	14	Harithe S. Kameer Phy				X														X															X		
35454	15	Varsha Lal S				X														X															X		
35995	16	Vivek VL				X														X															X		
35797	17	Karish Manu				X														X															X		
35455	18	Parvathy S				X														X															X		
35893	19	Archa VS				X														X															X		
35548	20	Strathya Chandran RGM				X														X															X		
35595	21	Anila A.S				X														X															X		
35552	22	Jadhava N				X														X															X		
35881	23	Rajeen S.S				X														X															X		

Total Attendance

Signature of Teacher: 

  
Principal  
Sree Narayana College  
Kollam

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SREE NARAYANA COLLEGE

Counter Signature of HOD: .....









## COURSE ON SPOKEN HINDI 2020-2021

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

### Objectives

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

### Process

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

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

### Benefits

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

  
Principal  
Sree Narayana College  
Punalur



cmr-skph-nqm ▶



Hari



VISHNU



Devika



Fathima



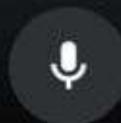
Praisy



nandana



Abhimanue R left





Vaishnavi V



vidhya vinod



Others in the meeting (3)



Aswathy S

NEW



Devi darsana



# **Life Skills**

# SREE NARAYANA COLLEGE, PUNALUR



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

CELEBRATES

INTERNATATIONAL YOGA DAY 2017

*"Yoga for Health "*

DATE : 21 JUNE 2017

TIME : 9.30 AM

VENUE : INDOOR AUDITORIUM

2017

List of students -

a) NCC cadets

S.No	NCC Number	Name of the student	Signature
1	KL 16 SD A 120165	Abhilash. K	
2	KL 16 SD A 120166	Abin Sanillesh	
3	KL 16 SD A 120167	Akhil Ag.	
4	KL 16 SD A 120168	Akhil Dev. S.	
5	KL 16 SD A 120169	Akshai Krishnan	
6	KL-16 SD A 120171	Akshai. S	
7	KL 16 SD A 120172	Alek Vijay. V. R	
8	KL 16 SDA 120173	Anandha. Goopan.	
9	KL 16 SD A 120174	Aroop. D	
10	KL 16 SD A 120175	Arsip. S	
11	KL-16 SDA 120176	Anu. B	
12	KL-16.SDA120177	Aryin Suresh.	
13	KL 16 SD A 120178	Ahemal. U. S	
14	KL 16 SDA 120179	Anujith. A.	
15	KL 16 SD A 120180	Binoi Baijer	
16	KL 16 SD A 120181	Gokul. S. P.	
17	KL 16 SD A 120182	Gokul U Nais	
18	KL 16 SD A 120183	Krishnakumar. H	
19	KL 16 SDA 120184	Gokul. R.	
20	KL 16 SD A 120185	Muhammad Sabad	
21	KL-16 SDA 120186	Pranav. S.	
22	KL 16 SD A 120187	Prabul	
23	KL 16 SDA 120188	Roshan. Joes.	
24	KL 16 SD A 120189	Sachin	
25	KL 16 SD A 120190	Sachin Prasad	
26	KL 16 SD A 120191	Vishnu P. R	



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27	KL16 SDA 120192	Unayak. P.R	[Signature]
28	KL 16 SDA 120193	Vinayak. V.S	[Signature]
29	KL16 SDA 120195	Abhirami A.S.	[Signature]
30	KL 16 SW A 120196	Anajna. J.A	[Signature]
31	KL16 SWA 120197	Anakha. R.S.	[Signature]
32	KL 16 SW A 120198	Anjali. A.K.	[Signature]
33	KL16 SWA 120199	Ashna. Murali	[Signature]
34	KL16 SWA 120200	Athulya. Raj	[Signature]
35	KL 16 SW A 120201	Arjati Avani U.R	[Signature]
36	KL16 SWA A 120202	Arjya. Rajan.	[Signature]
37	KL16 SWA 120203	Kausha. S. Raj.	[Signature]
38	KL16 SWA A 120204	Lekshmi. M.J	[Signature]
39	KL16 SWA A 120205	Lijily. J. Paricker.	[Signature]
40	KL 16 SW A 120206	Megha Madhu. R	[Signature]
41	KL 16 SW A 120208	Revathy. V. Nath...	[Signature]
42	KL 16 SW A 120209	Samyuktha. S..	[Signature]
43	KL 16 SW A 120210	[Signature]	[Signature]
44	KL16 SWA 120211	Thasli Basheer.	[Signature]
45	KL16SWA 120212	Keerthika. R ..	[Signature]
46	KL16 SWA 120507	Athulya. Chandran.	[Signature]
47	KL 15 SW A 120508	Athira. P	[Signature]
48	KL 15 SWA 120510	Arnu. D.	[Signature]
49	KL 15 SWA. 120511	Aranya. S.	[Signature]
50	KL 15 SW A 120513	Nirna. J. D	[Signature]
51	KL 15 SW A 120514	Keerthi. Vijayan	[Signature]
52	KL 15 SWA 120515	Aswathy. B. Murali	[Signature]
53	KL 15 SWA 129516	Nesaja. S. Kumari	[Signature]
54	KL 15 SWA 129517	Rajalekshmi. R.	[Signature]
55	KL 15 SWA 129520.	Simi. G.	[Signature]
56	KL 15 SW A 129522	Remya. S	[Signature]
57	KL 15 SWA 129523	Anjali	[Signature]
58	KL 15 SWA 129524	[Signature]	[Signature]

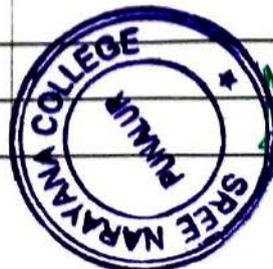
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PRINCIPAL  
 SREE NARAYANA COLLEGE  
 PUNALUR  
 Arun



Sl.No.	NCC Number	Name of the student	Signature
59	KL 15 SDA 129481	Aashad Ajith	<u>Aashad Ajith</u>
60	KL 15 SDA 129483	Aarun Udayan	<u>Aarun</u>
61	KL 15 SDA 129484	Abhijith F.S	<u>Abhijith</u>
62	KL 15 SDA 129485	Akash S. Kumar	<u>Akash Kumar</u>
63	KL 15 SDA 129486	Abdul Faizy	<u>Abdul Faizy</u>
64	KL 15 SDA 129487	Abdul Muhammad	<u>Abdul</u>
65	KL 15 SDA 129488	Anandhu S	<u>Anandhu</u>
66	KL 15 SDA 129489	Adith Mohan	<u>Adith</u>
67	KL 15 SDA 129490	Ajith T.J	<u>Ajith</u>
68	KL 15 SDA 129491	Brijit Aji	<u>Brijit</u>
69	KL 15 SDA 129492	Aromal V.S	<u>Aromal</u>
70	KL 15 SDA 129493	Jyokul S	<u>Jyokul</u>
71	KL 15 SDA 129494	Karan S	<u>Karan</u>
72	KL 15 SDA 129495	Saadkhan S	<u>Saadkhan</u>
73	KL 15 SDA 129497	Mubammad Rafi	<u>Mubammad</u>
74	KL 15 SDA 129498	Nandu S	<u>Nandu</u>
75	KL 15 SDA 129499	Rahul V	<u>Rahul</u>
76	KL 15 SDA 129500	Sadhu S	<u>Sadhu</u>
77	KL 15 SDA 129501	Sasath Krishnan	<u>Sasath Krishnan</u>
78	KL 15 SDA 129502	Shanu M	<u>Shanu</u>
79	KL 15 SDA 129503	Vijesh M	<u>Vijesh</u>
80	KL 15 SDA 129504	Vishnu Raj P	<u>Vishnu Raj P</u>
81	KL 15 SDA 129505	Vishakhan A.S	<u>Vishakhan</u>
82	KL 15 SDA 129505	Nandu Sindhan	<u>Nandu Sindhan</u>
83	KL 15 SDA 129506	Jesnu T Baby	<u>Jesnu T Baby</u>
84	KL 15 SDA 129507	Anand Mohana	<u>Anand</u>
85	KL 15 SDA 129508	Yadhu Krishnan	<u>Yadhu Krishnan</u>



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b) Other students

Sl. No.	Name of the student	Department	Signature
86.	Aaya Mohan	English	Aaya
87.	Anoop MG	English	Anoop
88.	Susya R.	English	Susya
89.	Geetha Krishna	Zoology	Geetha
90.	Jamuna S	Zoology	Jamuna
91.	Anandhu V S	Chemistry	Anandhu
92.	Yadhu Krishnan	Chemistry	Yadhu
93.	Anandharam	Chemistry	Anandharam
94.	Ansita	Economics	Ansita
95.	Althia R	Economics	Althia
96.	Vipin V	Economics	Vipin
97.	Rony Roy	Physics	Rony
98.	Ancha R S	Physics	Ancha
99.	Meera Mohan	Physics	Meera
100.	Anosh M	Physics	Anosh



*Anu*  
 PRINCIPAL-IN-CHARGE  
 SREE NARAYANA COLLEGE  
 PUNALUR

## Report of International Yoga Day Celebration 2017-2018

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

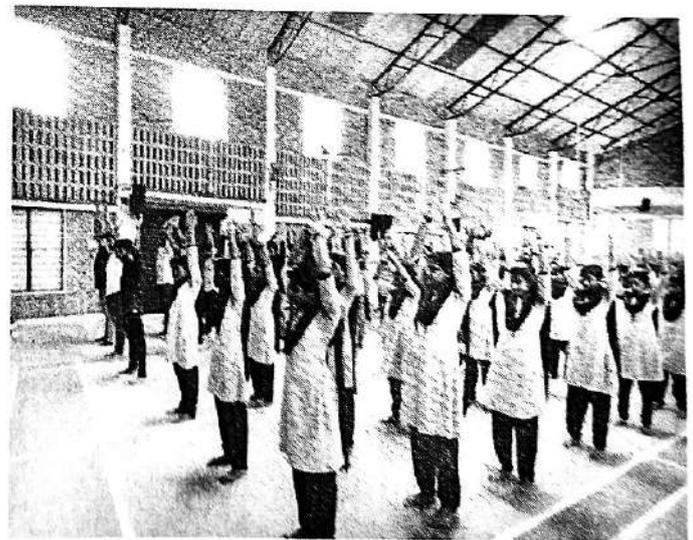
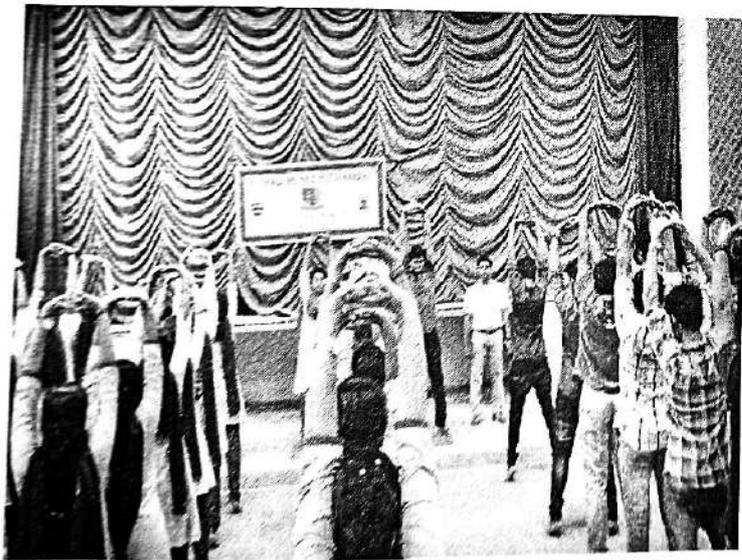
Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. On 21 June 2017 the NCC unit of S.N. College, Punalur celebrated World Yoga Day by conducting a yoga class in the college. The programme uploaded the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



*Arun*

PRINCIPAL-IN-CHARGE  
SREE NARAYANA COLLEGE  
PUNALUR

INTERNATIONAL YOGA DAY CELEBRATION 2017 -2018



*Amw*  
PRINCIPAL-IN-CHARGE  
GREE NARAYANA COLLEGE  
PUNALUR

# SREE NARAYANA COLLEGE, PUNALUR



NSS UNIT No. 28 A, B

CELEBRATES

INTERNATIONAL YOGA DAY 2018

*"Yoga for Peace"*

DATE: 21 JUNE 2018

TIME: 9.30 AM

VENUE: INDOOR AUDITORIUM

List of Students who attended the class is given below;

A) NSS Volunteers.

SI No	Enrollment Number	Name of Student	Signature.
1.	KL-07-028A-17-0101	Anakha.R.S	
2	KL-07-028A-17-010	Vismaya Sajan	
3	KL-07-028A-17-0103	Vismitha Sajan.	
4	KL-07-028A-17-0104	Bhavana Babu	
5	KL-07-028A-17-0105	Remya.P. Swan.	
6	KL-07-028A-17-0106	Samaj.Y.	
7	KL-07-028A-17-0107	Vasumathi.R	
8	KL-07-028A-17-0108	Vignesh.D.S	
9	KL-07-028A-17-0109	Abinsha.Hashim.	
10	KL-07-028A-17-0110	Arisal.N	
11	KL-07-028A-17-0111	Ayana Pramod	
12	KL-07-028A-17-0112	Jayalekshmi.S	
13	KL-07-028A-17-0113	Vishnu.Narayan V.N	
14	KL-07-028A-17-0114	Nihal.N. Hussain.	
15	KL-07-028A-17-0115	Nitheesh.S.	
16	KL-07-028A-17-0116	Rani Thancy S	
17	KL-07-028A-17-0117	Achanya.Reghu.	
18	KL-07-028A-17-0118	Arya.V	
19	KL-07-028A-17-0119	Kaishma L.S	
20	KL-07-028A-17-0120	Varsha.V.T.	
21	KL-07-028A-17-0121	Akshay.S.	
22	KL-07-028A-17-0122	Akhila.Saji	
23	KL-07-028A-17-0123	AmalRaj.S	
24	KL-07-028A-17-0124	Athna.L	
25	KL-07-028A-17-0125	Bigly Susan.Shibu	
26	KL-07-028A-17-0126	Rahul.B	
27.	KL-07-028A-17-0127	Sneha Chandra Babu	

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28	KL-07-028A-17-0128	Anjali M	Anjali
29	KL-07-028A-17-0129	Lijo Roy.	Lijo Roy.
30	KL-07-028A-17-0130	Jithin Prakash J	Jithin Prakash
31	KL-07-028A-17-0131	Sarath Sreekumar	Sarath S.
32	KL-07-028A-17-0132	Adithya. T G	Adithya
33	KL-07-028A-17-0133	Anju Mohan	Anju Mohan
34	KL-07-028A-17-0134	Abhiram J	Abhiram J.
35	KL-07-028A-17-0135	Ambu. B	Ambu B.
36	KL-07-028A-17-0136	Anandhu. M. V.	Anandhu M.V.
37	KL-07-028A-17-0137	Athulya. K.	Athulya
38	KL-07-028A-17-0138	Radhika. A.S.	Radhika A.S.
39	KL-07-028A-17-0139	Rage. G.	Rage G.
40	KL-07-028A-17-0140	Ajesh. S.	Ajesh S.
41	KL-07-028A-17-0141	Amal. A. S	Amal A.S.
42	KL-07-028A-17-0142	Neema. Prathap.	Neema Prathap
43	KL-07-028A-17-0143	Anju. A	Anju A.
44	KL-07-028A-17-0144	Anakha Mohan	Anakha Mohan
45	KL-07-028A-17-0145	Ashwini Suresh.	Ashwini
46	KL-07-028A-17-0146	Nivya Babu.	Nivya B.
47	KL-07-028A-17-0147	Vaasha. B	Vaasha B.
48	KL-07-028A-17-0148	Abhikrishnan. V.S	Abhikrishnan V.S
49	KL-07-028A-17-0149	Aiswarya. S. Anand	Aiswarya
50	KL-07-028A-17-0150	Azun. M.S.	Azun M.S.
51	KL-07-028A-17-0151	Amalnath R.	Amalnath
52	KL-07-028A-17-0152	Parvathy. B	Parvathy B.
53	KL-07-028A-17-0153	Revathy. P.R	Revathy P.R.
54	KL-07-028A-17-0154	Surya. R	Surya R.
55	KL-07-028A-17-0155	Preetha J	Preetha J.
56	KL-07-028A-17-0156	Ragi Rajend	Ragi Rajend
57	KL-07-028A-17-0157	Kaashnajith	Kaashnajith
58	KL-07-028A-17-0158	Aiswarya. V.	Aiswarya V.
59	KL-07-028A-17-0159	Adhish. N. Raj	Adhish N. Raj



Sl No	Enrollment Number	Name of Student	Signature
60	KL-07-028A-17-0160	R. Akshai. kumar	Akshai
61	KL-07-028A-17-0161	Ueena. P.	Ueena.P
62	KL-07-028A-17-0162	Akhila. K.S.	Akhila
63	KL-07-028A-17-0163	Chandana. S	Chandana
64	KL-07-028A-17-0164	Aneesha. B	Aneesha
65	KL-07-028A-17-0165.	Benu. krishnan. R.	Benu
66	KL-07-028A-17-0166	Maithreyi. M.S	Maithreyi
67	KL-07-028A-17-0167	Keethana Chandan	Keethana
68	KL-07-028A-17-0168.	Sarath.P.	Sarath
69	KL-07-028A-17-0169	Sarath.Raj	Sarath
70	KL-07-028A-17-0170	Anandhu Bharisan.	Anandhu
71	KL-07-028A-17-0171	Smitha. S.	Smitha
72	KL-07-028A-17-0172	Aswathy. M.	Aswathy
73	KL-07-028A-17-0172	Aswin. S	Aswin
74	KL-07-028A-17-0174	Gokul Gopalan	Gokul
75	KL-07-028A-17-0175	Karthika Chandan. V	Karthika
76	KL-07-028A-17-0176	Al-Ameen.R	Al-Ameen
77	KL-07-028A-17-0177	Salasrinath. R	Salasrinath
78	KL-07-028A-17-0178	Sreelekshmi. G.R	Sreelekshmi
79	KL-07-028A-17-0179	Vishnu Udayan	Vishnu
80	KL-07-028A-17-0180	Athira. S	Athira
81	KL-07-028A-17-0181	Laiju. G	Laiju
82	KL-07-028A-17-0182	Adhish. S. Kumar	Adhish
83	KL-07-028A-17-0183	Gireeshma	Gireeshma
84	KL-07-028A-17-0184	Lekshmi. M. G	Lekshmi
85	KL-07-028A-17-0185	Soulby. S	Soulby
86	KL-07-028A-17-0186	Theertha Lekshmy. K.S	Theertha
87	KL-07-028A-17-0187	Ashta. G	Ashta
88	KL-07-028A-17-0188	Aswathy Babu	Aswathy
89	KL-07-028A-17-0189	Sreelekshmi. P. S.	Sreelekshmi
90	KL-07-028A-17-0190	Aswathy. P	Aswathy



91	KL-07-028A-17-0191	Athira M.V	Athira
92	KL-07-028A-17-0192	Vaishnavika V	Vaishna
93	KL-07-028A-17-0193	Salini S	Salini
94	KL-07-028A-17-0194	Akshay Anil	Akshay
95	KL-07-028A-17-0195	Anandhu Arilkumar	Anandhu
96	KL-07-028A-17-0196	Abhulya Ajayinath	Abhulya
97	KL-07-028A-17-0197	Jasirah James	Jasirah
98	KL-07-028A-17-0198	Jyotsna Nandini	Jyotsna
99	KL-07-028A-17-0199	Sreedevi S	Sreedevi
100	KL-07-028A-17-0200	Kiran P.R	Kiran

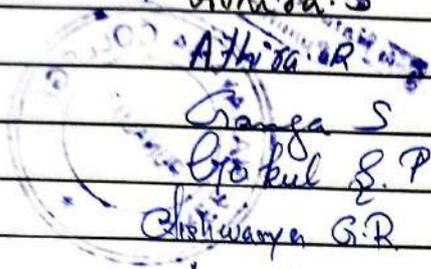
### Other Students

101	Ajmal M	B.Com	Ajmal
102	Alfia A	B.Com	Alfia
103	Robin Thomas	B.Com	Robin
104	Saran S	B.Com	Saran
105	Devi V	B.Com	Devi
106	Fathima A	B.Com	Fathima
107	Southi S	B.Com	Southi
108	Vaishak M	B.Com	Vaishak
109	Arya V	B.Com	Arya
110	Ashik S	B.Com	Ashik
111	Arya A.P	Chemistry	Arya
112	Abhulya Raj	Chemistry	Abhulya
113	Harsha S	Chemistry	Harsha
114	Jishnu R	Chemistry	Jishnu



Principal  
Sree Narayana College

115	Arya S	Chemistry	Arya
116	Arya M.P	Chemistry	Arya
117	Aleena P	Chemistry	Aleena
118	Athira S	Chemistry	Athira
119	Athira R	Chemistry	Athira
120	Aranya S	Chemistry	Aranya
121	Aravind S.P	Chemistry	Aravind
122	Christiana G.R	Zoology	Christiana
123	Arya P	Zoology	Arya
124	Uinu. k	Zoology	Uinu
125	Akhila A	Zoology	Akhila
126	GOPIKA M P	Zoology	Gojica
127	Arnoop S	Physics	Arnoop
128	Athira S	Physics	Athira
129	Lekshmi M.J	Physics	Lekshmi
130	Saritha S	Physics	Saritha
131	Abin S John	Physics	Abin
132	Abin Santhosh	Physics	Abin
133	Jithin Raj	Physics	Jithinraj
134	Summayya B	Physics	Summayya
135	Ajini S	Mathematics	Ajini
136	Akhil A.G	Mathematics	Akhil
137	Anu A Kumar	Mathematics	Anu
138	Ansiya A	Mathematics	Ansiya
139	Arya Mahan	Mathematics	Arya
140	Deepu S	Mathematics	Deepu
141	Rahul T	English	Rahul
142	Akhila R.S	English	Akhila
143	Arya D. Raj	English	Arya
144	Akhil M	Economics	Akhil
145	Kanya P.S	Economics	Kanya
146	Athul T	Economics	Athul



SMS

Sri Narayana College  
Punalur

147

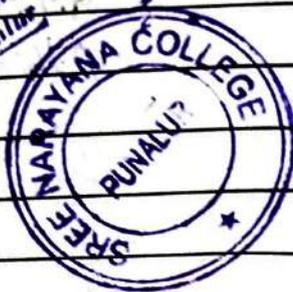
Pahul R

Finance

*[Signature]*

Principal  
Narayana College  
Punalur

*[Signature]*



## Report of International Yoga Day Celebration 2018 – 2019

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

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

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



*Jamy*  
**PRINCIPAL**  
**SRI PRAYANA COLLEGE**  
**DURALUR**

# SREE NARAYANA COLLEGE, PUNALUR



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

CELEBRATES

## INTERNATATIONAL YOGA DAY 2019

*"Yoga for Heart "*

DATE: 21 JUNE 2019

TIME: 9.30 AM

VENUE: INDOOR AUDITORIUM

List of students who attended the programme is given below.

a) NCC Cadets

Sl No.	NCC Number	Name of the student	Signature
1	KL 17 SWA 120231	Sankesilbara	
2	KL 17 SWA 120232	Rajalekshmi	
3	KL 17 SWA 120233	Devuka Babu	
4	KL 17 SWA 120234	Anjana Krishnan	
5	KL 17 SWA 120235	Ajusha	
6	KL 17 SWA 120236	Sangeetha	
7	KL 17 SWA 120237	Ravitha	
8	KL 17 SWA 120238	Aishwarya	
9	KL 17 SWA 120239	Megha	
10	KL 17 SDA 120213	Nishini Rathiessan	
11	KL 17 SDA 120214	Vipin Vijayan	
12	KL 17 SDA 120215	Jishnu Mb	
13	KL 17 SDA 120216	Aromal R	
14	KL 17 SDA 120217	Sun Rehz	
15	KL 17 SDA 120218	Sunil S	
16	KL 17 SDA 120224	Akshay Murali	
17	KL 17 SDA 120225	Mithun Raj M	
18	KL 17 SDA 120226	Jithin Raj P	
19	KL 17 SDA 120228	Amaznath Ug	
20	KL 17 SDA 120230	Faizal S	
21	KL 18 SDA 120165	Abhai Sankar	
22	KL 18 SDA 120166	Abhijith As	
23	KL 18 SDA 120167	Abhijith Anil	
24	KL 18 SDA 120168	Ajay S	



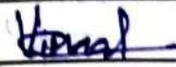
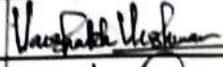
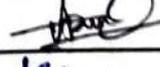
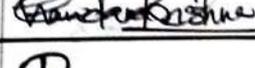
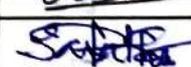
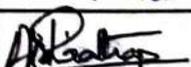
Principal  
Sri Narayana College  
Punalur

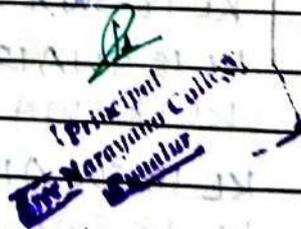
Sl No:	NCC Number	Name of Student	Signature
55	KL18SWA120202	Athira S. Sugathan	
56	KL18SWA120203	Bhavana Thakkan	
57	KL18SWA120204	Divya Prasad	
58	KL18SWA120205	Divya R	
59	KL18SWA120206	Gayathri Gopalan	
60	KL18SWA120207	Gopika Gopal	
61	KL18SWA120208	Jisha Johns	
62	KL18SWA120209	Kesha Ann Koshi	
63	KL18SWA120210	Malu K S	
64	KL18SWA120211	Megha S	
65	KL18SWA120212	Nejina Satim	
66	KL18SWA120213	Pooja Prasad B	
67	KL18SWA120214	Pournami J	
68	KL18SWA120215	Rakhi Raj	
69	KL18SWA120216	Revathy Sibi	
70	KL18SWA120217	Savitha PP	
71	KL18SWA120218	Savitha S	
72	KL18SWA120220	Shilpa Rajan	
73	KL18SWA120221	Sona M Stephan	
74	KL18SWA120222	Subalekshmi S	
75	KL18SWA120223	Subhalekshmi Prasad	
76	KL18SWA120224	Subhalekshmi S	
77	KL18SWA120226	Vaishnavi Raj	
78	KL18SWA120227	Vandha Vijayan	
79	KL18SWA120228	Veena Prasad	
80	KL18SWA120229	Aranya V.	
81	KL18SWA120230	Ashwini S.	
82	KL18SWA120231	Ashna Viji John	
83	KL18SWA120232	Jithin Bevi	



Principal  
 Narayana College  
 Palakkad

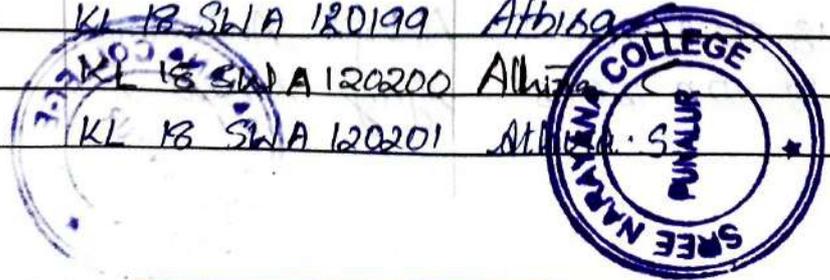
b) Other Students

Sl No:	Name of the student	Department	Signature
84	Vijay. Krishnan	English.	
85	Veena. SL	Chemistry	
86	Vimal Raj	English	
87	Varshak Ushwan	Physics.	
88	Aparna. Udayan	Mathematics.	
89	Lekshmi Kaidne	English	
90	Chandana. Krishna	History	
91	Remya R	B. Com	
92	Meenu. Raj	History	
93	Anya. S	Mathematics.	
94	Savittha. P.S	Mathematics.	
95	Alka Bellhop	Physics	
96	Athira. S. Nair	Chemistry	
97	Lekshmi S. A	Chemistry	



25.	KL 18 SDA 120169	Akash J	<del>Akash</del>
26	KL 18 SDA 120170	Anand Mohan	<del>Anand Mohan</del>
27	KL 18 SDA 120171	Ananthu B.	<del>Ananthu</del>
28	KL 18 SDA 120172	-Ananthakrishnan	<del>Ananthakrishnan</del>
29	KL 18 SDA 120174	Anton. T. Johnson	<del>Anton. T. Johnson</del>
30	KL 18 SDA 120175	Aamal. P. Prasad	<del>Aamal. P. Prasad</del>
31	KL 18 SDA 120176	Aswin. M	<del>Aswin</del>
32	KL 18 SDA 120177	Devanand. B	<del>Devanand. B</del>
33	KL 18 SDA 120178	Govind. B.	<del>Govind. B.</del>
34	KL 18 SDA 120179	Govind. Gb	<del>Govind</del>
35	KL 18 SDA 120181	Jubis. Y. Yohannan	<del>Jubis. Y. Yohannan</del>
36	KL 18 SDA 120182	Nikhil. Cs	<del>Nikhil</del>
37.	KL 18 SDA 120183	Raghu P.	<del>Raghu</del>
38	KL 18 SDA 120184	Saheed. S	<del>Saheed</del>
39.	KL 18 SDA 120185	Sanguth. K.	<del>Sanguth. K.</del>
40	KL 18 SDA 120186	Sauidh. Rajendran	<del>Sauidh. Rajendran</del>
41.	KL 18 SDA 120187	Aravind. K.S.	<del>Aravind. K.S.</del>
42	KL 18 SDA 120188	Devachith. S.	<del>Devachith. S.</del>
43	KL 18 SDA 120190	Aksbaya. J.a	<del>Aksbaya. J.a</del>
44.	KL 18 SWA 120191	Anagha Anil.	<del>Anagha Anil.</del>
45	KL 18 SWA 120192	Anagha. S. Kumar	<del>Anagha. S. Kumar</del>
46	KL 18 SWA 120193	Anju. A	<del>Anju. A</del>
47	KL 18 SWA 120194	Anju. S	<del>Anju. S</del>
48.	KL 18 SWA 120195	Ancha. J.	<del>Ancha. J.</del>
49	KL 18 SWA 120196	Anya. Anil.	<del>Anya. Anil.</del>
50	KL 18 SWA 120197	Anya. Shaji	<del>Anya. Shaji</del>
51	KL 18 SWA 120198	Azwani. S.	<del>Azwani. S.</del>
52	KL 18 SWA 120199	Atbisa	<del>Atbisa</del>
53.	KL 18 SWA 120200	Alhiza	<del>Alhiza</del>
54	KL 18 SWA 120201	Alhiza. S.	<del>Alhiza. S.</del>

SI No  
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S. Narayana Pillai

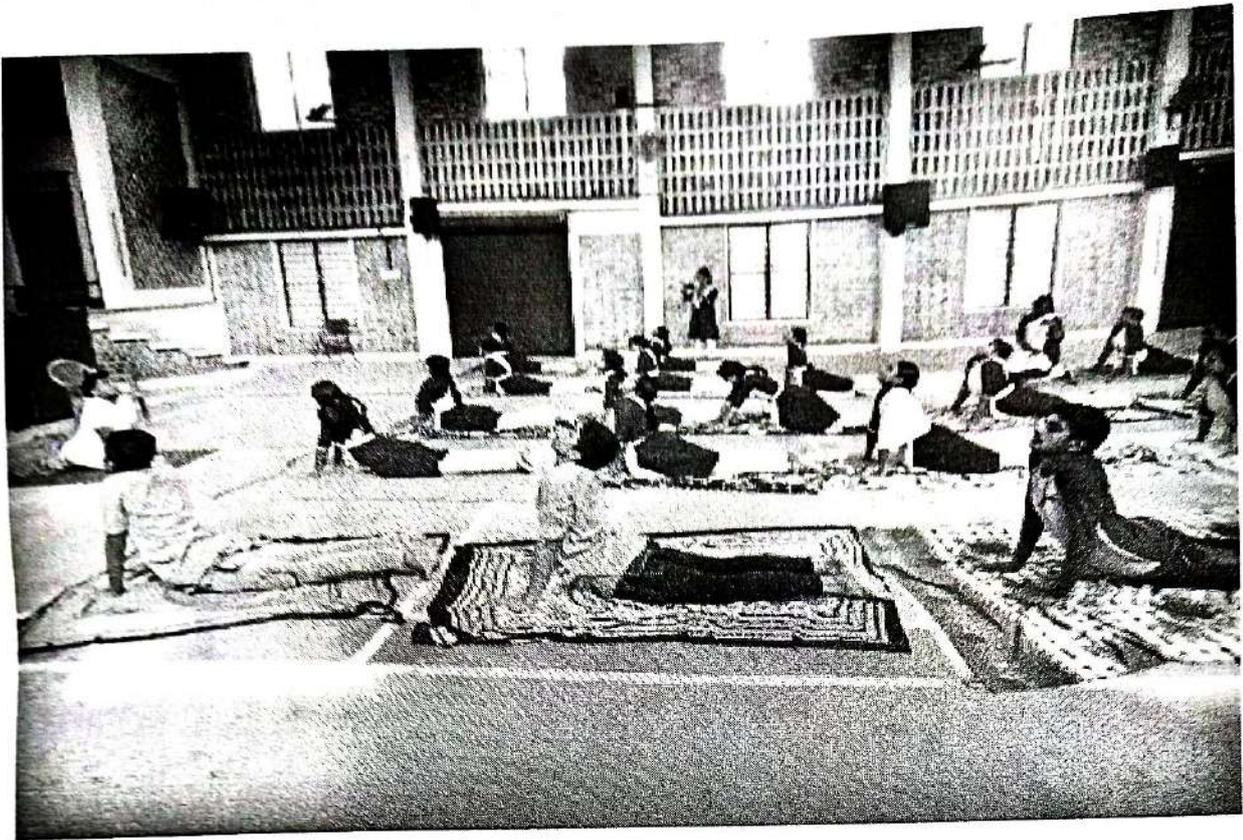
## Report on International Yoga Day Celebration (2019-20)

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

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



  
PRINCIPAL  
SREE NARAYANA COLLEGE  
PUNALUR



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# SREE NARAYANA COLLEGE, PUNALUR



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

*Celebrates*

## INTERNATATIONAL YOGA DAY 2020

*"Yoga for Health "*

DATE : 21 JUNE 2020  
TIME : 9.30 AM  
PLATFORM : GOOGLE MEET

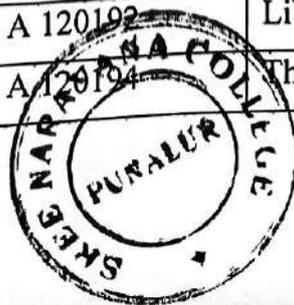
List of students who attended the programme is attached hereith.

Sl. No.	NCC Number	Name of Student
1	KL 18 SD A 120190	Akshya Ja
2	KL 18 SD A 120191	Anagha Anil
3	KL 18 SD A 120192	Anagha S Kumar
4	KL 18 SD A 120193	Anju A
5	KL 18 SD A 120195	Archa J
6	KL 18 SD A 120196	Arya Anil
7	KL 18 SD A 120198	Aswani S
8	KL 18 SD A 120200	Athira S
9	KL 18 SD A 120202	Athira S Sugathan
10	KL 18 SD A 120203	Bhavana Thilakan
11	KL 18 SD A 120204	Divya Prasad
12	KL 18 SD A 120206	Gayathri Gopan
13	KL 18 SD A 120207	Gopika Gopal
14	KL 18 SD A 120208	Jisha Johns
15	KL 18 SD A 120210	Malu Ks
16	KL 18 SD A 120212	Nejma Salim
17	KL 18 SD A 120213	Pooja Prasad B
18	KL 18 SD A 120216	Revathy Sibi
19	KL 18 SD A 120217	Savitha Ps
20	KL 18 SD A 120218	Savitha S
21	KL 18 SD A 120220	Shilpa Rajan
22	KL 18 SD A 120222	Sreelekshmi S
23	KL 18 SD A 120223	Sruthi Prasad
24	KL 18 SD A 120226	Vaishnavi Raj
25	KL 18 SD A 120227	Varsha Jijayan
26	KL 18 SD A 120228	Veena Prasad
27	KL 18 SD A 120230	Aswani S
28	KL 18 SD A 120166	Abhijith As
29	KL 18 SD A 120167	Abhijith Anilkumar
30	KL 18 SD A 120168	Ajay Sankar P



14/05/2024  
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31	KL 18 SD A 120170	Anand Mohan
32	KL 18 SD A 120171	Anandhu B
33	KL 18 SD A 120172	Ananthkrishnan
34	KL 18 SD A 120177	Devanand B
35	KL 18 SD A 120178	Gokul B
36	KL 18 SD A 120179	Govind Gb
37	KL 18 SD A 120181	Jubin Y Yohannan
38	KL 18 SD A 120184	Saheed S
39	KL 18 SD A 120185	Sangeeth K
40	KL 19 SW A 120165	Ahbirami S
41	KL 19 SW A 120166	Asha R Krishnan
42	KL 19 SW A 120167	Aswathy S
43	KL 19 SW A 120168	Athira Anil
44	KL 19 SW A 120169	Athulya Babu
45	KL 19 SW A 120170	Chippy Ani
46	KL 19 SW A 120171	Devika B
47	KL 19 SW A 120172	Devu S Murali
48	KL 19 SW A 120173	Gayathri Mj
49	KL 19 SW A 120174	Gopika Ks
50	KL 19 SW A 120175	Haritha S Kumar
51	KL 19 SW A 120176	Lekshmi Pradeep
52	KL 19 SW A 120177	Lekshmi Raj
53	KL 19 SW A 120178	Maneesha Mohan
54	KL 19 SW A 120179	Nayana N
55	KL 19 SW A 120182	Athira Bm
56	KL 19 SD A 120187	Akshay Pradeep
57	KL 19 SD A 120188	Abhishek Ms
58	KL 19 SD A 120189	Afsal A
59	KL 19 SD A 120190	Akhil Rg
60	KL 19 SD A 120191	Anandhu V Krishn
61	KL 19 SD A 120192	Libin Sanhosh
62	KL 19 SD A 120194	Tharun Thampi



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PUNALUR

63	KL 19 SD A 120195	Ganesh S
64	KL 19 SD A 120196	Vignesh M B



  
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PUNALUR

## Report of International Yoga Day Celebration 2020-2021

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

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

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



  
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PALAKKAD



Students practicing yoga in their homes as part of International Yoga Day celebration



*[Signature]*  
**PRINCIPAL,  
SHREE NARAYANA COLLEGE  
PUNALUR**

**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](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**

**Link to join the quiz competition**



*[Signature]*  
**PRINCIPAL,  
SREE NARAYANA COLLEGE,  
PUNALUR**

**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.

**National Service  
Scheme Unit No-28  
A,B**

Smt.BS.D.Divyajayanti

NSS Programme Officers

6/21/2020



PRINCIPAL  
SREE NARAYANA COLLEGE  
PUNALUR

## **ICT/ Computing skills**

NOTICE

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

Class will commence from ....1/11/2021..... Students those who are interested in joining the training program are requested to contact the physics department.

Punalur

  
Principal

PRINCIPAL  
SREE NARAYANA COLLEGE  
PUNALUR



**LIST OF FIRST YEAR STUDENTS ENROLLED FOR ICT-2020 ADMISSIONS**

SL.NO	CANDIDATE CODE	NAME OF CANDIDATE
1	23020133001	ABHISHEK BIJU
2	23020133002	ANUPRIYA.S
3	23020133003	FATHIMA BEEVI N.
4	23020133004	KRISHNAJITH. D.K
5	23020133005	NANDANA AJITH
6	23020133006	NIKHIL B
7	23020133007	VISHNU V T
8	23020133008	ABHAI ADITHYA M J
9	23020133009	ABHIRAMI. S
10	23020133010	ADARSH. B. S
11	23020133011	ADITHYA. B. J
12	23020133012	AKHIL RAJ. R. J
13	23020133014	AKHILA.S.L
14	23020133015	AMRUTHA S
15	23020133016	ANAGHA.V.S
16	23020133017	ANAKHAKRISHNAN R S
17	23020133018	APARNA S NAIR
18	23020133019	ARAVIND B
19	23020133020	ARJUN A S
20	23020133023	ASHNA MUHAMMED

  
PRINCIPAL-IN-CHARGE  
SREE NARAYANA COLLEGE  
PUNALUR



21	23020133024	B S RITU
22	23020133025	HARIGOVIND . S . M
23	23020133026	KANNAN VIVEK G B
24	23020133027	MAHADEV S
25	23020133028	POORVA AJAY



  
**PRINCIPAL**  
**SREE NARAYANA COLLEGE**  
**PUNALUR**

## ICT TRAINING DURING THE YEAR 2020-2021

### Department Of Physics

ICT training is organized by Department of Physics for the first year UG students. The Training program aimed at improving the capacity of students so that they could use ICT skills in their day-to-day activities in learning process. The goal of these trainings was to enable the students educators to be sufficiently prepared, confident and competent in making full use of the benefits of these wonderful facilities in and out of the classroom. The training courses offered an opportunity to get to know how to use ICT, its benefits, importance and strategies in a harmonized way for creating a better learning environment and addressing the digital divide.

Number of students attended training : 25  
Faculty conducted the training sessions : Dr.Prasanth S  
Contents in training : MS Word, MS Excel



  
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