

# 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**

Sree Narayana College Kollam  
NAAC Re-accredited with 'B' Grade



Interdisciplinary Seminar

on  
Topic- **Public Health and Hygiene**

18/11/2021 at 2.30 pm.

Jointly Organized by the  
Department of Zoology  
&  
IQAC

Resource Person

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

Venue  
Seminar Hall, SN C, Punalur.

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

# SREE NARAYA COLLEGE, PUNALUR

## DEPARTMENT OF ZOOLOGY

### Report on Health and Hygiene seminar- 2020-21

#### Topic- Public Health and Hygiene

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

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

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

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

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

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

An interactive session followed after the presentation, and Dr. Abhilash answered all the questions asked directly by the participants. Feedback form was given to the participants and certificates of Participation were also issued to those who submitted the feedback forms.

The seminar ended with the vote of thanks proposed by **Ms. Simi. B.S**, Assistant Professor of Commerce, SNC, Punalur. As reflected from the feedback form filled in by the participants, it was indeed a very lively and informative session and the students, research scholars and faculty members who have participated really benefited from the expertise shared by the resource person.

After the session the common response from the participants was that they learn many important things about personal hygiene which are very essential for a better life style and to maintain a good health. For instants, most of the participants were not aware that during brushing teeth they should also gently brush their tongue too, to avoid the month odor and to have a better mouth hygiene. A bunch of other information like this was also discussed in the session which seems very common but many of us don't know about it. The participants were happy to know about the simple tips about daily hygiene, such as, to avoid the foot odor one should use a body power in between their toes or at least one should wash their hands more than 20 second to clean the germs on the surface of their hands. Participants appreciate the information shared in the session about personal hygiene and they were excited to use the acquired knowledge in upcoming days.

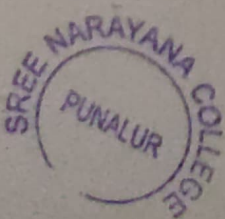
Signature of HoD

Dr. Divya. R

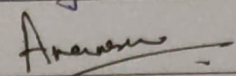
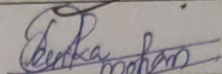
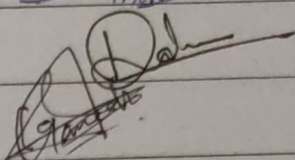
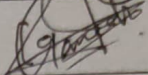
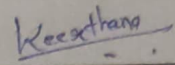
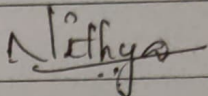
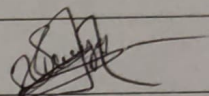
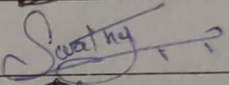
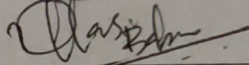
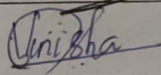
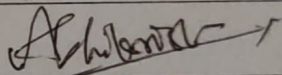
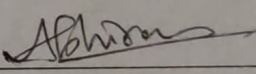
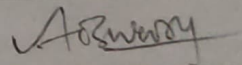
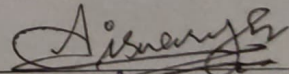
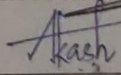
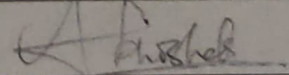
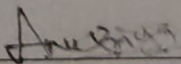
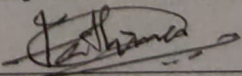
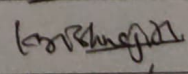
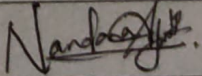
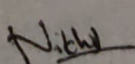
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Dr. Pradeep

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

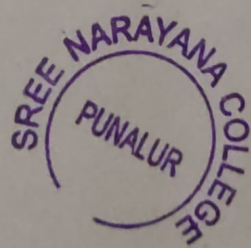


# List of Students Participated in 2020-21

Sr. No:	Name	Signature
1.	ANASWARA RAMESH II Zool	
2.	DEVIKA MOHAN II Zool	
3.	DEVUBRAHMAJAN II. Zool	
4.	GANESH . T . R II. Zool	
5.	KEERTHANA S. S Zool	
6.	NITHYA BIJU II. Zool	
7.	SANDRA V II. Zool	
8.	SURYA R II. Zool	
9.	SWATHY S II. Zool	
10.	ULLAS BABU II Zool	
11.	VINISHA . R II. Zool	
12.	ABHIKRISHNAN. K. K Zool	
13.	ABHIRAM G UDAYAN Zool	
15.	AISWARYA B.G II. Zool	
16.	AISWARYA B L II. Zool	
17.	AKASH A V II. Zool	
18.	ABHISHEK BIJU III. phy	
19.	ANUPRIYA.S III. phy	
20.	FATHIMA BEEVI N. III. phy	
21.	KRISHNAJITH. D.K III. phy	
22.	NANDANA AJITH (III. phy)	
23.	NIKHIL B III. phy	

24	VISHNU V T	III Phy	<u>Vishnu</u>
25	ABHAI ADITHYA M J	"	<u>Abhai</u>
26	ABHIRAMI. S	"	
27	ADARSH. B. S	III Phy	
28	ABHIRAMI.U.R	III. Eco.	<u>Abhirami</u>
29	ANJU . A	III. Eco	<u>Anju</u>
30	ARATHI S	"	<u>Arathi</u>
31	ARYA UDAY	"	<u>Arya Uday</u>
32	MUHAMMED YASEEN YUNAID	"	<u>Muhammed Yaseen</u>
33	NANDANA B	"	<u>Nandana</u>
34	PRAISY B JOY	"	
35	SHEENA MOL S	"	<u>Sheena</u>
36	VISHNU U	"	<u>Vishnu</u>
37	ABHISHEK S	"	<u>Abhishek</u>
38	ADARSH M. NAIR	"	
39	ADARSH PRADEEP	III Eco:	<u>Adarsh</u>
40	AKASH. A	III. Hist	
41	ATHIRA A	III. Hist	<u>Athira</u>
42	GREESHMA R	"	
43	MUHSINA . S	"	<u>Muhsina</u>
44	NANDANA.J.S	"	<u>Nandana</u>

45	USIMIYA S III. Hist.	<i>Usimya S.</i>
46	ABHIJITH G //	<i>Abhijith</i>
47	ABHIRAJ .H //	<i>Abhiraj</i>
48	ABHIRAMI. T //	<i>Abhirami T</i>
49	ABHIRAMI.B.R //	<i>Abhirami B.R</i>
50	ABHIRAMI.S //	<i>Abhirami S</i>
51	AISWARYA A .N //	<i>Aishwarya A.N</i>
52	AKASH . S //	<i>Akash S</i>
53	AKASH .L.S //	<i>Akash L.S</i>
54	AKASH. B //	<i>Akash B</i>
55	AKHIL RAJ.R.A //	<i>Akhil Raj R.A</i>



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PUNALUR



Sree Narayana College Kollam  
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Interdisciplinary Seminar

on

Topic- Women's Health and Hygiene

23/10/2018 at 2.30 pm.

Jointly Organized by the  
Department of Zoology  
&  
IQAC

Resource Person

Dr. Divya R  
HoD/Assistant Professor  
Department of Zoology, S N College, Punalur.

Venue  
Seminar Hall, SN C, Punalur.

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

# SREE NARAYA COLLEGE, PUNALUR

## Report on Health and Hygiene seminar- 2018-19

### Topic- Women's Health and Hygiene

The Department of Zoology in association with the IQAC, Sree Narayana College, Punalur jointly organized a seminar on the Broad Topic –'Women's Health and Hygiene at College Auditorium. **Dr. Divya R**, HoD & Assistant Professor of Zoology, Sree Narayana College, Punalur was the resource person for the program on 23/10/2018 at 2.30 pm. The Programme focused on Menstrual Health Education (MHE). The program created awareness and empathy for menstrual health among the participants, developed an understanding of female genital tract anatomy, puberty, reproduction understanding of hormones and physiology of menstrual cycle, nutrition and exercise and myths and taboos regarding menstruation, sanitation options and barriers in optimal menstrual health.

The Principal, **Dr. N. Sasidharan** presided over the inaugural function. The Seminar started with a prayer song by the college choir. **Smt. Soumya Viswambharan**, Head of the Department of Economics, S.N. College, Punalur, welcomed the gathering. **Dr. Santhosh R**, HoD, Department of Physical Education and IQAC Coordinator of our College, addressed the gathering and conveyed his well wishes for the seminar.

**Lt. Dr. Arun. V**, HoD, Department of Chemistry, SN College, Punalur, inaugurated the function by lighting the lamp and delivering the inaugural address. **Dr. Baiju.S**, Associate Professor, Department of Mathematics, and **Shri T. Shibu**, Assistant Professor & HOD, Department of History delivered felicitations.

An interactive session followed after the presentation, ~~and Dr. Divya R, answered all the questions asked directly by the participants.~~

After the Seminar, five groups of 10 students each were created for conducting role-play and discussions amongst them. The above topic was organized under five modules of one hour each. The idea was to educate the student volunteers who would then be fully equipped for facing the queries from the entire female students of the College.

The Seminar ended with the vote of thanks proposed by **Ms. Deepthi P.S**, Assistant Professor of English, SNC, Punalur. As reflected from the feedback form filled in by the participants, it was indeed a very lively and informative session and all the students and faculty members, who have participated really benefited from the expertise shared by the resource person.

Signature of HoD

Dr. Divya R

Signature of Principal

Dr. T. Sasidharan

## List of Students Participated - 2018-19

Sr.No	Name	Signature
1.	AKHILA S (II. Zoology)	Akhila
2.	ANCY V S II. Zool	Ancy
3.	ANJANA KRISHNAN R (II. Zool.)	Anjana Krishnan
4.	ANJANA S S II. Zool	Anjana
5.	BINDHUJA S BIJU II. Zool	Bindhuja
6.	DIVYA B S II. Zool	Divya
7.	DRISHYA D II. Zool	Drishya
8.	MEENU M II. Zool	Meenu M
9.	AMAL BABU II. Zool	Amal
10.	ARADHANA.A.R II. Zool	Aradhana A
11.	ARYA SANKAR II. Zool	Arya
12.	DEVIKA SUNIL II. Zool.	Devika Sunil
13.	JIBIN LAL II. Zool	Jibin
15.	JIJINA B II. Zool	Jijina B
16.	ABHINATH.P I. Physics	Abhinath
17.	ARCHA.V.S I Phy	Archa V S
18.	ARYA SURESH I. Phy	Arya Suresh
19.	ATHULYA V. I. Phy:	Athulya v

20	HARITHA S KUMAR I Phy	<del>Haritha</del>
21	KAVYA MANU I Phy	<del>Kavya</del>
22	PARVATHY S I Phy:	<del>Parvathy</del>
23	SNEHA PRADEEP I Phy.	<del>Sneha</del>
24	SURYADEV. S I Phy.	<del>Surya Dev</del>
25	VARSHA LAL .C.S (I Physics)	<del>Varsha Lal</del>
26	ABHIMANYU.M.S II. Eco:	<del>Abhimanyu</del>
27	AKHIL M II. Economics	<del>Akhil</del>
28	AMITHA AYYAPPAN II. Eco:	<del>Amitha</del>
29	ANJANA REGHU II. Eco.	<del>Anjana Reghu</del>
30	ARAVIND.S II. Eco.	<del>Aravind</del>
31	ARDRA.V II. Eco.	<del>Ardra</del>
32	ATHULYA.L II. Eco:	<del>Athulya</del>
33	BIJAS KRISHNA . B. S II. Eco	<del>Bijas</del>
34	GANGA J II. Eco	Ganga
35	JOBIKA JOTHISH II Eco:	Jobika Jothish
36	APARNA . S I Eco:	Aparna
37	ARCHANA KRISHNAN I Eco	Archana Krishnan
38	GOWRIPRIYA.M.S I Eco:	Gowri Priya M.S
39	MAYA.S.MURALEEDHARAN I Eco:	Maya
40	MIDHUN M I (Ecom)	Mudhuna
41	ABHIJA S I Ecom:	Abhija

42	ABHIRAMI D	I Eco:	<del>Abhirami</del>
43	ABIN M S	"	<del>Abin</del>
44	ADARSH. A. R	"	<del>Adarsh AR</del>
45	ADITHYA KRISHNAN A	"	<del>Adithya Krishnan</del>
46	ADITHYAN S J	"	<del>Adithyan S J</del>
47	AFINA.S	"	<del>AFina</del>
48	AKHIL.R.G	"	<del>Akhil RG</del>
49	AKHIL.S	I Eco:	<del>Akhil S</del>
50	AKASH.J	II. Maths	<del>Akash J</del>
51	AKHILA. C.S	II maths	<del>Akhila</del>
52	AMAL KRISHNA . T. P	II. Maths	<del>Amal Krishna</del>
53	ANAGHA PRASAD	II. Maths	<del>Anagha Prasad</del>

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## Interdisciplinary Webinar

on  
Topic- Personnel Hygiene and Sexual abuse

16/11/2019 at 4.30 pm.

Jointly Organized by the  
Department of Zoology  
&  
IQAC

Resource Person

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

Platform  
Google meet

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

# SREE NARAYA COLLEGE, PUNALUR

## Report on Health and Hygiene seminar- 2019-20

### Topic- Personnel Hygiene and Sexual abuse

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

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



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

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

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

Signature of HoD

Dr. Divya R

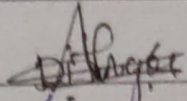
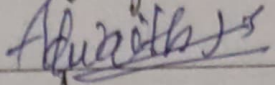
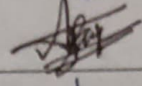

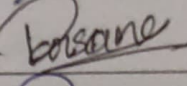
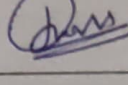
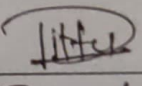
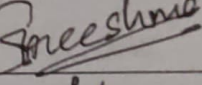
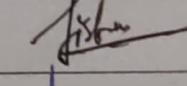
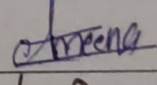
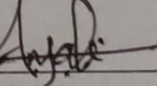

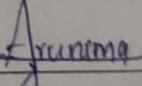
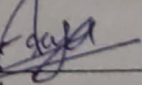
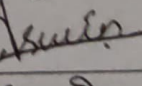
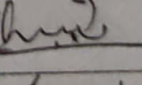
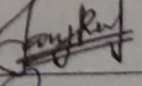
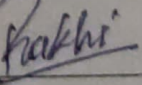
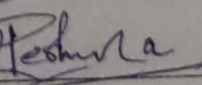
Signature of Principal


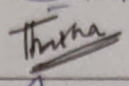
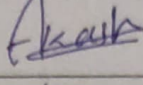
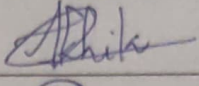
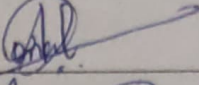
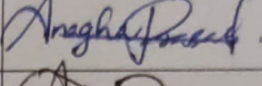
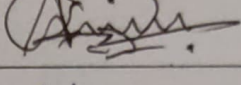
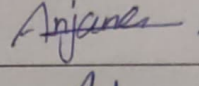
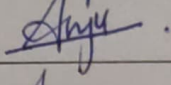
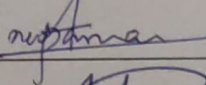
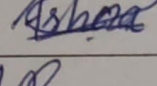
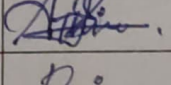
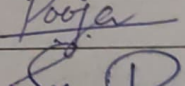
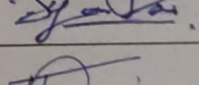
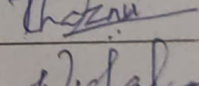
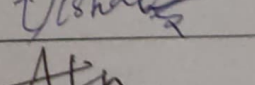
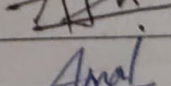
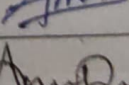
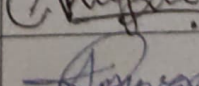
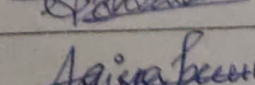
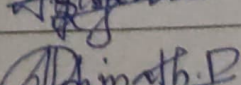
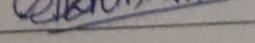
Dr. T. Pradeep



PRINCIPAL  
SREE NARAYANA COLLEGE  
PUNALUR

## List of Students Participated - 2019-20

Sr.No	Name	Signature
1.	ADITHYA ANIL II Chem	
2.	ADWAITH J S "	
3.	AJAY SANKAR .P "	
4.	ASAMS M P "	
5.	DARSANA.K.S " "	
6.	DEVI KRISHNA "	
7.	DITTU ALEX "	
8.	GREESHMA SAM "	
9.	JISHNU.R II Chem	
10.	AMEENA .S II History	
11.	ANJALI A "	
12.	APARNA A P "	
13.	ARUNIMA. A.R "	
15.	ARYA. A.S "	
16.	ASWIN. U. V "	
17.	CHANDANA KRISHNAN "	
18.	JAYARAJ G. PILLAI "	
19.	RAKHI RAJ "	
20.	RESHMA. D "	

21	SANDRA .S	II History	
22	THASNA B	II History	
23	AKASH.J	II. Maths	
24	AKHILA. C.S .	II	
25	AMAL KRISHNA . T. P	II	
26	ANAGHA PRASAD		
27	ANANTHU B JAYAN		
28	ANJANA.L		
29	ANJU.S		
30	ANUPAMA A		
31	ASHNA. S		
32	ATHIRA .S	II- Maths.	
33	POOJA K S	II. Zoology	
34	SYAM DEV	II	
35	THAZNI MOL .A	II	
36	VISHAL S	II	
37	AJIN PRASAD	II	
38	AMAL R	II	
39	ANUPAMA BABU	II	
40	ANWAR. A	II	
41	ASIYA BEEVI . A	II	
42	ABHINATH.P	II	

43	ARCHA.V.S (II Physics)	<u>Archa</u>
44	ARYA SURESH (II Physics)	<u>Arya</u>
45	ATHULYA V. (II Physics)	<u>Athulya</u>
46	HARITHA S KUMAR(II Physics)	<u>Haritha</u>
47	KAVYA MANU(II Physics)	<u>Kavya</u>
48	PARVATHY S(II Physics)	<u>Parvathy</u>