

**UNIVERSITY OF KERALA**  
**NATIONAL SERVICE SCHEME**

**Units 28 a, b**



**Sree Narayana College, Punalur**

**Annual Report 2017 – 18**

Programme officers

1. Dr. Bijo S Anand
2. Prof. Biji M S

Principal

Dr. Arun V

# National Service Scheme Units 28 a, b

## SreeNarayana College, Punalur

### University of Kerala

Report on NSS activities from 01-06-2017 to 31-05-2018

#### Description of activities

##### World Environment day June 5

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. NSS volunteers were actively participated in the programme.







### **One Day Camp (17-06-2017)**

Camp meeting started at 9.30 am in the college auditorium. The camp began with the recital of NSS song. Instructions were given to the NSS volunteers about the days activity. The students were divided into groups and were selected under the guidance of NSS programme officers. The main aim was to remove the waste plastics from the campus. Instructions were given to students to take care of the plants that were planted in the environmental day. At the windup meeting volunteers gave a review of the day's programme.

### **World Yoga Day (21-06-2017)**

The NSS 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 100 NSS volunteers participated. The students were highly motivated and understood the importance of yoga in daily life. Some of the photographs of the day are appended herewith.



## One Day Camp (24-06-2017)

A one day camp was conducted 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.



### **Computer Awareness Class (01-07-2017)**

A computer awareness class was arranged 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 i.e. awareness on Microsoft word, excel etc. All the NSS volunteers participated in the class.

### **International Youth Day (12-08-2017)**

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. NSS volunteers actively participated in cleaning the hospital wards premises and the palliative care area.







## Suchitwa Bodhana Rally (14-08-2017)

As directed by the Swachh 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. NSS volunteers carried placards and posters related to the Swachh Bharat mission.



### **Orientation Camp (02-09-2017)**

A camp was conducted at the college auditorium for the newly enrolled volunteers. The camp started with the recital of NSS song and the programme was inaugurated by our College principal Lt.Dr.Arun.V who delivered the inaugural address. Later programme officers Dr..Bijo .S. Anand and Mrs..Biji.M.S lead the class.

### **NSS Day Celebration (24-09-2017)**

NSS day was celebrated 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 150 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.





### **Gandhi Jayanthi (02-10-2016)**

Gandhi Jayanthi was observed. 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 divided and cleaned the campus and planted saplings on college premises. Volunteer secretaries made a review of the day.

### **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”. Students from all departments participated and the winners were awarded with prizes.

### **Paper Bag Making (07-10-2017)**

On the occasion of the observance of Sevana Varam, volunteers made a pledge for a 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. Volunteers actively participated in the program and made hundreds of paper bags and distributed inside and outside the campus.





### **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.





### **Altians Orientation Camp (21-10-2017)**

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 Prof. Biji. M.S welcomed the volunteers 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 aims at enhancing the leadership quality of students. The camp followed with various tasks, games,experience sharing etc. The camp made a platform for the volunteers to volunteer themselves to be a good leader.

## **Leadership Training Programme**

Ms. Krishnapriya and Mr. Sreekuttan participated in the Volunteer Residential Leadership Training Camp from 27-29 October 2017 at Kerala University Students' Centre, PMG, Thiruvananthapuram.

### **NSS Meeting (30-10-2017)**

A meeting was held to share the experience of volunteers participated in the leadership camp held at University Students Centre PMG on 27/10/2017 to 29/10/2017. The meeting commenced with the recital of NSS song. Second year History student Sreekuttan and Second year Economics student Haripriya participated in the camp and shared that they got the best and the most memorable days they ever had in their life and remarked that all students should get such opportunities. After the session the certificates of volunteers who visited Ashrya were distributed.

### **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 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 students from all department participated.





### **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 11.00 a.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 participation in making this event a grand one.

## പുരാവസ്തു പ്രദർശനം

പുനലൂർ: ശ്രീനാരായണകോളേജ്നാഷണൽസർവീസ്സ്കീം യൂണിറ്റിന്റെനേതൃത്വത്തിൽകേരളീയം-2017ന്റെഭാഗമായി സംഘടിപ്പിച്ചപുരാവസ്തു പ്രദർശനംപ്രിൻസിപ്പൽഇൻ-ചാർജ്ജ്ഡോ. വി. അരുൺഉദ്ഘാടനംചെയ്തു. പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. എസ്. ആനന്ദ്, പ്രൊഫ. എം. എസ്. ബിജി എന്നിവർനേതൃത്വംനൽകി.







### **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 of NSS song.More than 15 students participated in the competition and made literally wonderful portraits.



### **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 50 students donated their blood for the blood bank. Refreshments were given to the blood donors.





### **Painting competition (18-11-2017)**

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



### **Inter –Collegiate Youth Camp**

R Akshaikumar, NSS volunteer and Anuja N Nair, NSS volunteer attended the Volunteer Residential Inter-Collegiate Youth Camp 2017-18 from 17 to 19 November 2017 at TKM Arts & Science College, Karikkode, Kollam.

### **Organ donation form (22-11-2017)**

Organ donation form was filled up and collected from the students. It was handed over to the Principal and forwarded to the University.



### **One Day Camp (25-11-2017)**

A one day camp was conducted for the volunteers. They were divided into four groups and cleaned the college premises.

### **Pre-Orientation Camp (16-12-2017)**

A pre-orientation programme was conducted at the college auditorium for Seven day special camp which was scheduled from 22-12-2017 to 28-12-2017. Dr. Bijo S Anand and Ms. Biji M S gave a preparation class to the volunteers who are to attend the 7-day orientation camp. The list of the volunteers who are going to attend the camp were finalized in the meeting.





### **Self defense training program**

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 students were participated in the college auditorium. After the inaugural ceremony the women police personnel 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.





### **Pre-Orientation for Special Camp (19-12-2017)**

A one day camp was held on 19/12/2017 at college auditorium for the volunteers selected for the seven day special camp. The camp started with the NSS song. Programme officers Dr. Bijo S Anand and Mrs. Biji.M.S talked on the value of the camp and how a seven day camp influence a volunteer in volunteering their future. Volunteer Secretaries Amaljith and Thara shared their previous camp experiences their experiences.



### **One Day Camp (01-01-2018)**

The camp made an assessment of the activities of the seven day special camp. Students shared their experiences in the camp with other volunteers. Photos and videos of the special camp were shown in the review.



### **Orientation for NSS Programme Officer**

Dr. Bijo S Anand, NSS Programme officer, S.N. College, Punluar attended the Orientation Course (Residential) at the Training Institution, Rajagiri College of Social Sciences, Kalamassery Campus extending for a period of 7 days from 10th – 16th January 2018.

### **National Youth Festival**

Amaljith M attended the 22nd National Youth Festival 2018 at Noida, Uttarpradesh from 12 to 16 January 2018

### **Republic Day (26-01-2018)**

26<sup>th</sup> 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 participated in the republic day rally.

### **Orientation for NSS Programme Officer**

Mrs. Biji M S, NSS Programme officer, S.N. College, Punluar attended the Orientation Course (Residential) at the Training Institution, Rajagiri College of Social Sciences, Kalamassery Campus extending for a period of 7 from 07th – 13th February 2018.

### **One day camp (17-02-2018)**

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.

### **One day camp (24-02-2018)**

A documentary show was conducted to reduce the summer diseases. 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.

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

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.

### **Annual day programme (31-03-2018)**

The annual day function of NSS was held at the college auditorium. The principal Dr. Arun V presided over the meeting. NSS volunteer Mr. Sreekuttan welcomed the gathering and NSS magazine "Spanthanan" was released by the Principal at the function. The report of the year's activities was read on the occasion. New volunteer secretaries were selected. Krishnapriya, NSS volunteer proposed the vote of thanks.