

**UNIVERSITY OF KERALA  
NATIONAL SERVICE SCHEME**

**Units 28 A, B**

**SREE NARAYANA COLLEGE, PUNALUR**



**ANNUAL REPORT 2019-2020**

**PROGRAMME OFFICERS**

**SIML.B.S**

**Dr.DIVYA JAYAN**

**PRINCIPAL**

**Dr.T.PRADEEP**

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

**NSS Meeting(26-08-2019):-**

The meeting commenced with the recital of NSS song. Dr. Bijo. S. Anand ( Ex-programme officer & Assistant professor, Department of mathematics) welcomed the volunteers. The meeting was inaugurated by Mrs.Biji.M.S(Head,Department of Malayalam) and she introduced new programme officers Mrs. Simi.B.S (Ast.Prof, Department of Commerce) and Dr.Divya jayan (Ast.Prof, Department of Chemistry). Mrs.Raji (Ast.Prof, Department of Chemistry) delivered felicitation address. The new programme officers addressed the volunteers and discussed about the programme to be conducted on National sports day.



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

On behalf of the National sports day celebration the NSS unit of the college conducted a 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 sessions were 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 practice for good health. He explained with demo class. Both NSS volunteers and other students participated in the programme. Dr.Divya Jayan delivered vote of thanks. The seminar ended up by 1.00p.m



### **Ayyankali Remembrance day (31.08.2019):-**

On behalf of the Ayyankali Remembrance Day NSS unit of the college conducted an essay competition 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 was inaugurated by Mrs.Simi.B.S (NSS programme officer & Ast.prof, Department of Commerce). More than 27 NSS volunteers participated in this programme. After the inaugural session, the volunteers engaged in cleaning activity. NSS volunteer Ms.Sandra delivered vote of thanks. The programme ended up by 2.45 p.m.

### **Essay Writing Competition**





### **Cleaning activity**

#### **NSS Meeting(04/09/2019)**

The meeting commenced at 1.15Pm with the recital of NSS song. NSS volunter Sujith addressed welcome speech. The programme officer Mrs. Simi B S delivered residential address. The volunteers participated in class room teaching shared their experience to others. After that we discussed about the programmes to be conducted on National Teachers Day. The volunteers shared many suggestions. Finally we decided to conduct “**Guru Dhakshina**” on behalf of teachers day celebration. Then we discussed about the activities related to onam celebration. The meeting ended up by 2Pm.

#### **Teachers Day Celebration- ‘Students in the role of Teacher’.(04/09/2019)**

On behalf of **Teachers day Celebration**, the 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( Headmistress in Chemmanthoor High School) and High School teacher Mrs.Elizabeth delivered felicitation address. NSS volunteers Mis. Archana.V, Sneha Sunil, Sandra, Anjana took classes for children in standard 9<sup>th</sup> and 10<sup>th</sup>. The program was followed by sharing the experiences in classroom teaching by the participants. Dr. Divya Jayan (NSS Programme Officer) deliverd vote of thanks..



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

As a part of **National Teachers Day** celebration the 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 gave gift to college principal and teachers of all the departments. They also wished happy teachers day to all teachers.





### **Onam Celebration-“Onavirunnu”(14/9/2019)**

The 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 was inaugurated by Sister.Cheryil.M.C (Superior, Mother Teresa Convent). Dr. Divya Jayan (NSS Programme officer) delivered felicitation address. The volunteers presented different cultural programmes with the participation of mothers in convent. The food that the volunteers brought was distributed to the orphans there. Then they handed over essential goods worth rupees 2159/-. NSS volunteer Sandra delivered vote of thanks. The programme ended up by 1.30 Pm.





### **Seminar-“FOOD ADDITIVES ON HUMAN HEALTH”( 16.09.2019)**

A seminar was conducted on the basis of **POSHAN ABHIYAN**.The seminar started with NSS song,the inaugural address was carried out by Dr.T.Pradeep (Principal), Dr.Shiny 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**”

#### **Objectives:-**

- To promote healthy food habit to students between the age of 18 to 21.
- To understand what are the ingredients and preservatives included in the food items.
- To identify which combination harmfully affect our health.

#### **Beneficiaries:-**

Around hundred students from various departments attended the programme. After completing this seminar the participated students got idea about what are the ingredients and preservatives included in the food items, which combination can harmfully affect our health etc and these information were shared with their friends by them.



### **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 7<sup>th</sup> 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.

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 on 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.







### **NSS Rally-“We are NSS Volunteers. (24.09.2019)**

On behalf of NSS day, the 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 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 on the public in Punalur..



### **Plastic free bus stand cleaning (24.9.2019)**

On behalf of NSS day celebration the 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.R delivered felicitation address. After completing inaugural session the volunteers engaged in cleaning activities. The volunteers

collected plastic and non- plastic wastes separately and handed it 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.

Objectives :-

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

**Beneficiaries:-**

Public in the Punalur municipality



**Door to Door campaign-1(Musavarikkunnu Municipality,Punalur)**  
**(28.9.2019)**

The NSS unit held a door to door campaign in connection with **Poshan Abhiyan** at 11.30 am today. Volunteers interacted with members of the household about the eating habits 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 was inaugurated by Vilayil Safeer (Municipal councillor, Musavarikkunnu). More than 12 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 society to food habit for good health.
- provide seeds to household members for the promotion of organic farming.

**Beneficiaries:-** it focused the people in Musavarikkunnu municipality.



### **RD Parade – College level selection process(28.09.2019 )**

The college level selection process was held on 28/09/19 at 10 am to attend the University level participation. Selection process was done under the supervision of Lt.Dr.Arun (NCC Officer) and their Superiors, NSS PO and Principal. 12 male volunteers and 8 female volunteers participated this selection process. Out of them one male volunteer (Dittu Alex-II Chemistry) and one female volunteer (Mymoon-II physics) were selected.

**Objectives:-** To identify best NSS volunteers to attain university level selection process

**Beneficiaries:-** Provided an opportunity to NSS volunteers to participate RD Parade



## **Door to Door Campaign-2 (Sasthamkonam Municipality,Punalur) (29.9.2019)**

The NSS unit held a door to door campaign connection with **POSHAN ABHIYAN** at 10.30 am today. Volunteers interacted 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 was inaugurated by Nelson Sebastian (Municipal councillor, Sasthamkonam). More than 15 volunteers participated in this programme. They visited 14 homes in Musavarikkunnu municipality with children upto 19 years old. The programme ended up by 1.00pm.

Objectives :-

- To make people aware on the importance of organic food
- Help to provide nutritious food for the children at home
- Educate the society on healthy food habits
- provide seeds to household members for the promotion of organic farming.

**Beneficiaries:-** it focused on people in Sasthamkonam municipality. The unit selected 14 homes in that municipality with children up to 19 years old.



### **RD Parade –Training Program (29.09.2019-10.10.2019)**

Provide RD Parade training to selected students (Dittu and Mymoon) morning 8 to 9.30 and evening 3.45 to 5 PM. The training was conducted with the help of NCC cadets Sunil and Adithya.

Objectives :- Provide systematic training to selected volunteers

**Beneficiaries:-** It focused on selected volunteers to attain RD parade in best way.



### **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 9Hod Malayalam), Dr.Divya R (Hod Zoology) the poster display was based on the food additives and junk food. The volunteers displayed nutrition’s chart and explained to other students

#### **Objectives:-**

- To create awareness about nutritious food among college students.
- To understand the need for a balanced diet.

**Beneficiaries:-** This programme focused on the entire students of the college . The volunteers explained the content included in each chart.





### **First Year Selection Process Interview**

**(03.10.2019,04.10.2019,10.10.2019,11.10.2019)**

The NSS unit conducted direct interview in first year students as a part of selection process. It was conducted at library hall on different dates. Students from various departments participated.

Objective:- To find out suitable volunteers

### **First Year Selection Process- written test (15.10.2019)**

The NSS unit conducted written test in first year students as a part of selection processes. It was conducted in the seminar hall at 3.30 Pm. Students included in temporary list participated this programme.

Objective :- To identify eligible volunteers



## NSS Meeting (17.09.2019,23.09.2019,01.10.2019)

NSS unit conducted a meeting to arrange different programme.

Objectives: - To plan different activities and it properly communicated to volunteers.



## GANDHIYAN PATHAYATHRA (02.10.2019)

The programme 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 volunteers and programme officers participated in the **Pathayathra** with pluck card containing Gandhi's messages. This programme helped to spread **Gandhiyan messages** to public. **Pathayathra** reached railway station at 9.20 am. The railway authority members welcomed the volunteers

Objectives: - To spread Gandhian messages among the public

.Beneficiaries:- People located in between SN college and railway station



**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 wastes and disposed into a proper way. They also cut-out the unwanted grass in the premises of railway station and cleaned there. The volunteers also gave awareness about the harmful effect of plastic to public. The volunteers had spent there about two hours. The railway authority members provided cool water and snacks to volunteers.

Objectives: - To clean the railway station and dispose wastes in a proper way. To make the railway station plastic free. To create a public awareness about the consequences of plastic on the earth.

Beneficiaries:- The main beneficiaries are public at the railway station



**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. The 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.



### **World Mental Health Day Seminar(10.10.2019)**

The NSS unit participated on a programme organized by **Ashraya**, Kottarakara. The programme started at 8.45 am from SN college junction, Punalur to Punalur railway station. The programme was inaugurated by Mrs.Simi. B.S (NSS PO, SN College) The 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 on **World Mental Health Day**. The programme was inaugurated by Adv.V.Rajendrababu followed by Dr.Saiju Hameed (Asst director, Health Dept.) who delivered a speech about the topic "**Mental Health Promotion and Suicide prevention**".

Objectives:-

- To understand the problems of mentally ill people
  - Educate the community on prevention of suicidal tendencies
- Learn how to prevent suicide and sharing such information to others



**Paadam Onnu Paadathekku-Koithulsavam.(16.10.2019)**

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

**Objectives:-**

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

**Beneficiaries:-**

Farmers of Thalavaloor panchayath





### **Awareness training in Palliative Care (17.10.2019)**

The unit 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 answered the doubts of the volunteers. NSS volunteer Jyothi Krishna expressed our sincere gratitude to participants and guests.

Objectives:-

- 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.



### **Saturday programme- Save our ponds (26.10.2019)**

Today programme 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. **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 the college .



### **National Unity Day (31.10.2019)**

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 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.



### **Saturday programme- “Clean campus Green campus” (2.11.2019)**

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

#### **Objectives:-**

- The programme help to lead our college become plastic free.

To create healthy environment.



**NSS Meeting(15.10.2019,25.10.2019,4.11.2019,11.11.2019,13.11.2019,**

**17.11.2019,21.11.2019,22.11.2019,27.11.2019,4.12.2019)**

The unit conducted a NSS meeting to inform and plan activities during his month. NSS POs Simi.B.S, Dr.Divya jayan and NSS Volunteers participated in this meeting. Meeting conducted either prior or post regular class time with the permission of college principal. Under this meeting the unit analysed and reviewed previous activities and discussed about future planning.

### **Founders Remembrance Day- “R.Shanker’s Day” (7.11.2019)**

The 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, the unit conducted **Essay Writing Competition** on the topic “**The Role of R,Shanker among the Renaissance Leaders**”. NSS volunteers, NCC Cadets and other students are participated their competition.

### **Objectives:-**

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

### **Beneficiaries:-**

- Students of SN College.





## **Agricultural Seminar and organic farming- An Initiative of Haritha Keralam Mission-2019 (14.11.2019)**

On behalf of **Children Day Celebration** the unit conducted activity on the basis of Jawaharlal Nehru's famous quote “**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 with the recital of NSS song. Dr.Divya delivered welcome speech and the principal delivered presidential address. The programme was inaugurated by Mr.Aneesh.K(Assistant Agriculture officer, Pathanamthitta). Different departments 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 inaugurated our farming activities.

### **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 and indirectly their family members and society enjoyed benefits





**BLOOD DONATION CAMP.( 15/11/2019)**

NSS\_unit organized a **Blood Donation Camp** in collaboration with **Hdfc Bank (Punalur )** on 15th november 2019. The camp began at 9:30a.m. In the inaugural function Doctor and his eight member team from **Punalur Taluk Hospital** were given warm welcome by the volunteers. 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) and 51 volunteers came forward to donate blood during the camp. Blood donors were provided with a blood donation certificate and a small gift.



## TRANSGENDER SENSITISATION PROGRAMME(19/11/2019)

NSS unit of the college conducted an **awareness programme** on the topic. "**Transgender Sensitisation Programme**" on 19th november 2019 at 9 30 am at college seminar hall .The introductory speech was delivered by Sri.Mohanakumar S I( junior suprtdt,DSL office kollam).The welcome address was delivered by NSS volunteer secretary Sujith Kumar. Special guest of the program was ISHA (TG Person). Talk on the topic "**Transgender & Their Rights**" was delivered by **Sri.Aloshyas ( Dist coordinator , KSACS Kollam)**. A quiz program was also conducted based on the seminar and feedback was collected from the students. Vote of thanks was delivered by Mymoon N (NSS volunteer secretary). A memorable interactive session was arranged with" ISHA"(TG person) and it had been heart touching.

Objectives :

Crear awareness among the volunteers about transgender persons .

Give ideas about how we treat them .

Beneficiaries: The seminar conducted created awareness among the upcoming generations





### **KALAVARA INAUGURATION (25 /11/2019)**

The NSS unit of the college inaugurated a unit named **Kalavara** which mainly aim to collect and sell food products prepared by the volunteers. The food stall (KALAVARA 2k19) was inaugurated by Sri Pradeep T (Principal , S N College Punalur ). NSS Programme Officers Dr. Divya Jayan and Simi S ,HODs of various departments, teaching and non-teaching staffs and students attended the program . Programme started with NSS theme song and followed by welcome speech by Simi S (NSS Programme Officer), and felicitation speech by staffs present there. Vote of thanks was delivered by Dr.Divya Jayan (NSS PO)



## CONSTITUTION DAY CELEBRATION (26 /11/2019)

On 26 november 2019, the NSS unit conducted a seminar on the topic " **INDIAN CONSTITUTION**" as part of the celebration of **Constitutional Day** .The seminar started at 1:15 pm in the seminar hall .The seminar started with NSS song by the volunteers and inagural address by principal . The class was held by Smt.Syama(department of History) .The class focused on the topic of how Indian Constitution constituted 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.

### Objectives:

To create awareness among the students about Indian Constitution and it's structure.

Discussion about the freedom fighters gave a moral support to the volunteers .

Help to live by follow the instructions of our constitution.

### Beneficiaries:

NSS volunteers got an idea about the Indian Constitution and it's structure



AIDS DAY POSTER MAKING

## COMPETITION ( 2/12/2019)

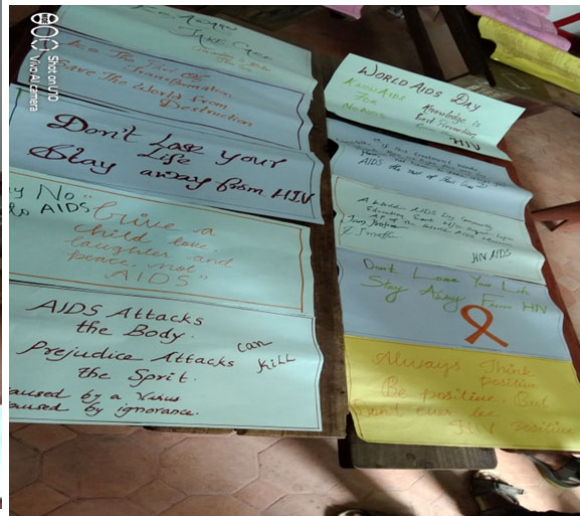
NSS unit of the college conducted a **Poster Making Contest** as part of Aids Day celebration on 2nd December 2019 at 10am in college NSS room .The programme was conducted under the leadership of Mymoon N ( NSS volunteers secretary).More than 25 volunteers participated in the contest.

Objectives :

Aware the students about Aids  
Keeping time management

### **FIRST YEAR ORIENTATION CLASS(9/12/2019)**

The NSS unit conducted an **Orientation Class** for the first year students about **NSS And Its Related Area** .



**CLEANING CAMPUS (SEVANA VARAM) (09/12/2019,10/12/2019,11/12/2019,12/12/2019,13/12/2019)**

NSS unit conducted a **Seven Day Cleaning Programme** named **SEVANA VARAM**. All



volunteers sincerely participated in this event. 9 am to 10 am is the scheduled time for cleaning. It was mainly in accordance with Christmas.

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### **BIKE RALLY (10/12/2019)**

The NSS unit conducted a **Bike Rally** from the college to punalur bus stand with the support of Excise department punalur. The programme started at 1pm with NSS song. The programme was inaugurated by the college principal Dr.T.Pradeep. After rally, Excise Assistant Commissioner addressed the people in KSRTC bus stand and talked about the consequences of using drugs and alcohol products. Then the unit conducted a short drama which was very heart touching and provided a meaningful message to the audience. The programme ended at 2.45pm

### **PALIAIVE CLUB INAGURATION (SNEHA SPARSHAM) (11/12/2019)**

Nss unit of the college recently inagurated the "**Palliative Care Unit**" (**സ്മരണകൃഷി**) on 11th December 2019, at 10 am, in the college auditorium. The inaguration of programme was done by Dr.Shahirsha( 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).Felicitations were delivered by Divya ( Hod of zoology department),Dr.Divya jayan( Nss programme officer),Simi S(Nss programme officer) and Jayaraj (college union chairman). Vote of thanks was delivered by Jyothikrishnan on behalf of NSS volunteers.



## പുനലൂർ എസ്.എൻ കോളേജിൽ പാലിയേറ്റീവ് കെയർ ക്ലബ്

പുനലൂർ: പുനലൂർ ശ്രീനാരായണ കോളേജിലെ എൻ. എസ്. എസ് യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ പാലിയേറ്റീവ് കെയർ ക്ലബ് രൂപീകരിച്ചു. സമൂഹത്തിൽ അശരണരായവർക്ക് താങ്ങും തണലും നൽകി അവരെ മുഖ്യധാരയിൽ എത്തിക്കുകയെന്ന ലക്ഷ്യത്തോടെയാണ് ക്ലബിന് രൂപം നൽകിയത്.

പുനലൂർ ഗവ. താലൂക്ക് ആശുപത്രി സൂപ്രണ്ട് ഡോ. ആർ. ഷാഹിർഷ പ്രവർത്തനോദ്ഘാടനം നിർവഹിച്ചു. പ്രിൻസിപ്പൽ ഡോ. ടി. പ്രദീപ് അദ്ധ്യക്ഷത വഹിച്ചു. കൊല്ലം പാലിയേറ്റീവ് കെയർ കോഓഡിനേറ്റർ ഡി. ടി. അനൂജ്, ഹിസ്റ്ററി വിഭാഗം മേധാവി ടി. ഷിബു, എൻ. എസ്. എസ് പ്രോഗ്രാം ഓഫീസർ മാരായ ഡോ. ദിവ്യാ ജയൻ, സിമി, കോളേജ് യൂണിയൻ ചെയർമാൻ ജയരാജ്, സുജ, ജ്യോതി കൃഷ്ണ തുടങ്ങിയവർ സംസാരിച്ചു.

## **VIMUKTHI (ANTI-ALCOHOL /DRUG ABUSE AWARENESS PROGRAMME )**

### **INAGURATION OF THALIRP(12/12/2019)**

The 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 part of the program ,an anti drug campaign [**Vimukthi**] was launched. 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 delivered by the principal Dr .T.pradeep. Felicitation address was delivered by Dr Ratheesh.R(H.O.D physics),Dr Divya (H.O.D zoology),Dr shibu ( H.O.D history),Jayaraj (union chairman).

Vote of thanks was delivered by Vishak Viswan on behalf of NSS volunteers. Poster making competition and a signature campaign were organised as part of the program.

#### Objectives:

To create an idea about the negative effect of drug and alcohol .  
Provide competitive spirit among the volunteers.



പുന്നലൂർ ശ്രീനാരായണ കോളേജിലെ എൻ.എസ്.എസ് യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ രൂപീകരിച്ച ലഹരിവിരുദ്ധ ക്ലബിന്റെ ഉദ്ഘാടന ചടങ്ങിൽ പ്രിൻസിപ്പൽ ഡോ.ടി.പ്രദീപ് അദ്ധ്യക്ഷ പ്രസംഗം നടത്തുന്നു

**പുന്നലൂർ എസ്.എൻ കോളേജിൽ ലഹരിവിരുദ്ധ ക്ലബ്**

പുന്നലൂർ: പുന്നലൂർ ശ്രീനാരായണ കോളേജിലെ നാഷണൽ സർവീസ് സ്കീമിന്റെ നേതൃത്വത്തിൽ രൂപീകരിച്ച ലഹരി വിരുദ്ധ ക്ലബിന്റെ ഉദ്ഘാടനം എക്സൈസ് അസി. കമ്മീഷണർ താജ് ദീൻകുട്ടി നിർവഹിച്ചു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ.ടി. പ്രദീപ് അദ്ധ്യക്ഷത വഹിച്ചു. എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർ ഡോ. ദിവ്യജയൻ, അദ്ധ്യാപകരായ ഡോ.ആർ.രതിഷ് ഡോ. ദിവ്യ സുപ്രഭാഷ് വസന്തൻ, കോളേജ് യൂണിയൻ ചെയർമാൻ ജയരാജ് തുടങ്ങിയവർ സംസാരിച്ചു.

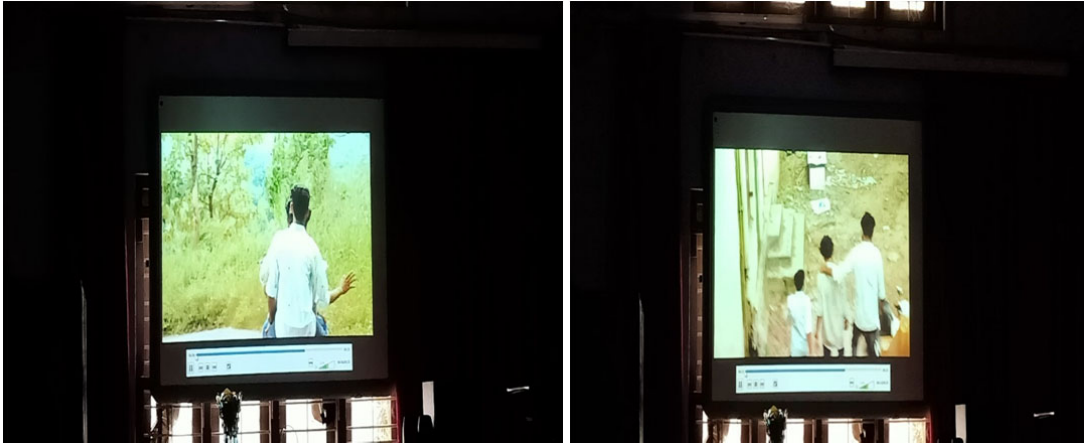
സി. കമ്മീഷണർ താജ് ദീൻകുട്ടി നിർവഹിച്ചു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ.ടി. പ്രദീപ് അദ്ധ്യക്ഷത വഹിച്ചു. എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർ ഡോ. ദിവ്യജയൻ, അദ്ധ്യാപകരായ ഡോ.ആർ.രതിഷ് ഡോ. ദിവ്യ സുപ്രഭാഷ് വസന്തൻ, കോളേജ് യൂണിയൻ ചെയർമാൻ ജയരാജ് തുടങ്ങിയവർ സംസാരിച്ചു.

ദിവ്യജയൻ, അദ്ധ്യാപകരായ ഡോ.ആർ.രതിഷ് ഡോ. ദിവ്യ സുപ്രഭാഷ് വസന്തൻ, കോളേജ് യൂണിയൻ ചെയർമാൻ ജയരാജ് തുടങ്ങിയവർ സംസാരിച്ചു.



**Short film display- VELICHAM PAKARNNA SUHURTHUKAL-Directed by jyothikrishna & team(nss volunteer) (13-12-2019)**

As part of ESBS, the NSS volunteers made a short film namely “**Velicham Pakarnna Suhurthukal**”. It was directed by Jyothi Krishna & team. This short film was based on Himalayan culture. It was officially displayed morning on 13<sup>th</sup> December 2019 at college seminar hall. It was very interested. It was **twenty-five minutes** duration and provided a good message about strong friendship. After that NSS PO appreciated directors, actors and entire team. Both NSS volunteers and other college students watched the short film.



### **Executive committee meeting (16-12-2019)**

NSS unit conducted executive committee meeting on December 16 th 2019 at 11 am in Principal's chamber. The programme started with silent prayer. After the inaugural session committee discussed about December residential camp activity and received suggestions from executive committee members. Dr.T.Pradeep(principal snc punalur), Sri.Rajasekharan (Municipality chairman),Dr. Gopan raj (IQAC co-ordinator) Bijo.S. Anand( Ex- programme co-ordinator), Simi.B.S& Dr.Divya jayan( programme co-ordinator), Bhahulayan (PTA Vicepresident), Sujith & Mymoon ( volunteer secretary) who were the executive members who attended the meeting. The meeting ended up at 11.30 am



### **PTA Meeting (17-12-2019)**

The unit conducted a PTA Meeting on 17 th December 2019 at 3pm in college auditorium. The programme started with NSS song. Simi.B.S (NSS PO) delivered welcome speech. The programme was inaugurated by college principal Dr.T.Pradeep. Dittu alex who was selected for the Republic Day Parade, was the main guest in the function..His mother along with college principal honored him with a ponnada. After formal session, programme officers explained the detailed view of December Residential camp 2019 to parents. We circulated camp notice to parents and cleared all doubts. Then collected consent letters from parents. Mymoon (volunteer secretary) expressed vote of thanks. The programme ended up at 4.pm



### **Snehasparsham- Home care treatment (2-1-2020**

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

The NSS unit associated with **Palliative Care Club** conducted a **Home Care Treatment** to sick patients around punalur municipality with the help of punalur taluk hospital. Total volunteers grouped into different units and visited the patients in their home. Each group was accompanied by staff from punalur punicipality.



### **Cleaning activity- Sramadhan related to new block inaguration ( 12-1-2020**

### **13-1-2020, 14-1-2020)**

The NSS unit conducted a cleaning activity related to the inaguration of new block by **Kerala Governor Sri.Arif Muhammaed Khan**. We grouped total volunteers into different group and allotted different area then they engaged in cleaning activity. The programme co-ordinators provided water and snacks to volunteers. College principal and general convenor of programme committee appreciated the volunteers for their hard work and sincerity.





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

The unit and **Physical Education Department** of the college jointly organized a campaign “**Valkathon**” related to **Fit India**. The programme started with recital of NSS song. Dr.Divya jayan delivered welcome address. The programme was officially inaugurated by Sathosh.R (HOD, Physical Education, SNCPunalur). The programme started at 8 am from college junction to punalur bus stand.





### **Makaranilavu (19-1-2020)**

The NSS unit and Punalur Taluk Hospital jointly organized a programme in **Mother Theresa Convent** at 10 am. The programme was inaugurated by municipal chairman Sri.Rajasekaran. key note address was delivered by Taluk Hospital Superintendent Dr.Shahinsha. The unit collected materials and clothes and handed over to the convent. After formal session the volunteers presented different cultural programmes to mothers in convent. They really enjoyed the programme. The programme ended up at 3 pm



### **Snehasparsham- Arikil (20-1-2020)**

The Nss Unit And Palliative Care Club jointly organized a programme **Arike**. Under this programme the 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 Superintendent Dr.Shahinsha and staff nurse Suja were accompanied with the team.



### **Seminar- Beti Bachavo Beti Padhao (24.01.2020)**

NSS unit conducted a seminar on the topic **Beti Bachavo Beti Padhao** on 24 th January 2020 at 1pm in seminar hall related to Girls Day. The programme was officially inaugurated by college principal Dr.T.Pradeep and the technical session was handled by Deepthi.P S(Assistant professor, Department of English, SNC Punalur) Sujith expressed vote of thanks. The programme winded up at 2 pm



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

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



### **Documentary display-“with Himalayan views” (17.02.2020 )**

The 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 nss volunteers, college union members and other students participated this programme.

#### **Objectives:-**

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

#### **Beneficiaries:-**

- College students.

