

**2. Detailed report for each extension and outreach program with specific mention of number of students participated and collaborating agency**

**EXTENSION ACTIVITIES REPORT 2016 – 17**

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

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 80***

NSS activities of the year 2016-17 began by observing World Environment Day. The programme started at 10 am with NSS song. Dr.Bijo.S.Anand ( NSS programme Officer, SNC Punalur) delivered welcome speech. Principal, Dr. G. Jayasenan inaugurated the programme by planting a sapling in the college premise and near locality. He gave a brief address to the students on the importance of conserving and protecting our environment for a better future. Mr.Shibu.T (Department of History) delivered felicitation address. Teachers of various departments participated in the programme by planting saplings. Mrs.Biji.M.S (NSS programme officer, SNC Punalur) expressed vote of thanks. 80 NSS volunteers actively participated in this event and planted more than 25 saplings in the college premises.



**Tree planting by Dr.G.Jayasensn, Principal SN College in connection with observation of World Environment Day on 5.06.2016 in presence of Shibu T (HOD Department of History) Ms. Biji .M.S (HOD Department of Malayalam) Dr.Bijo S Anand (Faculty Department of Mathematics) and Volunteers of SN College Punalur.**

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

***Organising unit/ Collaborating agency: KSCSTE***

***Number of students participated: 89***

The focal theme for World Environment Day-2016 is, “Join the race to make the world better place”. This year’s theme is on wild-life conservation, biodiversity conservation, impact of climate change, global warming, plastic waste, pollution etc. Though the World Environment day falls on 5th June, we have celebrated it on 17.06.2016 by conducting a one day National Seminar on “Join the race to make the world better place” sponsored by Kerala State Council for Science Technology and Environment and an Essay Writing Competition on 15.06.2016. The Principal, Dr. G. Jayasenan presided over the inaugural function. The meeting started with a prayer song by the college choir. Dr. R.Jayaprakash, Associate Professor in Zoology welcomed the honourable guests. Dr. T.Sabu, Program Director, Centre for Environment & Development, Thiruvananthapuram inaugurated the function by lighting the lamp and delivering the inaugural address. Dr.Gopan Raj, Convener, IQAC, Dr.Baiju.S, Associate Professor, Department of Mathematics, Prof. R.Santhosh, Associate Professor & HOD, Department of Physical Education, Prof.T.Shibu, Assistant Professor & HOD, Department of History delivered felicitations. Dr.Biju.C, Co-ordinator, WED-2016 extended vote of thanks. Dr.T.Sabu, Program Director, Centre for Environment & Development, Thiruvananthapuram handled the first technical session. The subject was “Join the race to make the world better place” and was chaired by Dr.Divya.R, Assistant Professor and Department of Zoology. The session was enriched with creative discussions on the subject. After the lunch break, the second technical session was handled by Prof.E.Kunhikrishnan, Rtd. Professor & HOD, Department of Zoology, University College Thiruvananthapuram on the topic “Wild life Conservation & Climate Change” and chaired by Dr.Arun, Assistant Professor & HOD, Department of Chemistry. The faculty members from various departments like Chemistry, Physics, Mathematics, History etc are actively participated. After this session, the Valedictory function started. Valedictory address was given by Prof.E.Kunhikrishnan, and certificates & prizes were distributed by him. Dr.Jasmine Anand, Assistant Professor & HOD, Department of Zoology extended vote of thanks. It is noteworthy to say that the 109 students and the faculty members of various departments have also attended the National Seminar, which made the seminar a grand success. Under the auspices of World Environment Day celebrations, an Essay Writing Competition in “Join the race to make the world better place” was conducted on 17.06.2016 in the college auditorium. Twenty students participated in the competition. Certificates were distributed to the winners of the Essay writing competition. Refreshment and Certificates were given to all participants.



**Dr.T.Sabu, Program Director, Centre for Environment & Development, Thiruvananthapuram engaging the students in technical session on 17.06.2016.**

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

***Organising unit/ Collaborating agency: NSS, Excise Department Government department of Kerala, punalur***

***Number of students participated: 93***

Anti-drug day was observed on this day. Excise Department and NSS unit jointly organized a speech on 25.06.2016 in seminar hall. Dr.Bijo.S.Anand ( NSS programme Officer, SNC Punalur) delivered welcome speech. The programme was inaugurated by Dr.Jayasenana ( Principal, SNC Punalur). The excise officer delivered a speech on Anti-drug campaign which dealt with the ill effects of being addicted to drugs and alcohol. He exhorted that the younger generation should actively campaign against such things in order to completely root out it from our society. Mrs.Biji.M.S ( NSS Programme Officer, SNC Punalur) expressed vote of thanks. After this session, a documentary show that focused on the ill effects of drug addiction was shown to the students. The unit also conducted a quiz competition and essay writing competition to create awareness among students regarding anti-drugs. 93 volunteers participated in this programme.



**The excise officer does interact with the NSS Volunteers in connection with Anti-Drugday observation on 25.06.2016**

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

***Organising unit/ Collaborating agency: NSS, Government Taluk Hospital Punalur  
Number of students participated: 65***

The seminar was conducted by National Service Scheme, SN College Punalur on 02.07.2016 at 9.30 am. The programme started at NSS song. Mrs.Biji.M.S addressed welcome speech. Volunteers were given an awareness class on the topic 'Water borne Diseases during Monsoon and its Precautions'. The session handled by Dr.Bijo S anand, Programme Officer, SN College Punalur. He dealt upon the various methods by which we could prevent the breeding of mosquitoes and avoid the spread of vector borne diseases. The class span for one hour. After this session, the volunteers were divided into groups and they cleaned the college campus and the boundaries that made suitable conditions for the mosquitoes to dwell on. Adarsh (NSS Volunteer) delivered vote of thanks.65 volunteers participated in this programme.



**Cleaning activities of N S S volunteers on 2.07.2016**

## **Independence Day Celebration (15-08-2016)**

***Organising unit/ Collaborating agency: NCC, Swachh Bharath Abhiyan***

***Number of students participated: 97***

As the part of the Independence Day Celebration, the NCC unit of S.N. College, Punalur celebrated independence day in college open auditorium at 8.am on 15.08.2016. The programme welcomed by Lt.Dr.Arun ( NCC officer, SNC Punalur). The felicitation addressed by Dr.Baiju (Head, Department of Mathematics). Dr.G.Jayasenana, Principal SN College punalur inaugurated Swachh Bharath Abhiyan and hoisted the National Flag. After this the NCC cadets cleaned the college campus as a part of the Swachh Bharath Abhiyan. Cadet Abhijith expressed vote of thanks to all assembled here.97 cadets participated in this programme. The unit also provided refreshment to cadets. Programme ended at 2.pm



**Dr.G.Jayasenana, Principal SN College punalur inaugurating Swachh Bharath Abhiyan in association with Independence Day celebration on 15.08.2016**

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

***Organising unit/ Collaborating agency: NSS, Swacch Bharath Abhiyan***

***Number of students participated: 17***

As directed by the Kollam District Collector for the popularization of Swacha Bharatha Mission a quiz was conducted on behalf of NSS units in college seminar hall at 12.30 pm. The quiz competition was entitled 'Ente Nadine Ariyuvan'. The programme officer Mrs.Biji.M.S ( NSS Programme officer, SNC Punalur) delivered welcome address. The programme was inaugurated by Dr.Jayasenana ( Principal, Snc Punalur). Volunteers were grouped into teams and each team collected information about Punalur where our college is situated. A report was made based on the details collected and each group prepared questions from the report. Finally the quiz competition was conducted based on the questions prepared by the teams. Prizes were distributed by the Principal for the winners. Volunteer secretary expressed vote of thanks. 17 volunteers actively participated in this programme. The unit provided refreshment to volunteers participated this programme.





**Volunteers engaging quiz competition on 27.08.2016**

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

***Organising unit/ Collaborating agency: KSCSTE***

***Number of students participated: 60***

The focal theme for International Ozone Day-2016 is “Ozone and Climate: restored by a World United”. This year’s theme is on emission of CFC, green house gases, biodiversity conservation, impact of climate change, global warming, harmful effects of plastic waste, various kinds of pollution etc. Though the International Ozone Day falls on 16th September, environmental club celebrated it on 28.09.2016 by conducting a one day National Seminar on “Ozone and Climate: restored by a World United” sponsored by Kerala State Council for Science, Technology and Environment and an Essay Writing Competition on 26.09.2016. The Principal, Dr.G.Jayasenana presided over the inaugural function. The meeting started with a prayer song by the college choir. Dr.R.Divya, Assistant Professor in Zoology welcomed the honorable guests. Dr.Renjan Mathew Varghese, State Director, WWF-India inaugurated the function by lighting the lamp and delivering the inaugural address. Dr.Baiju.S, Associate Professor, Department of Mathematics, Mrs.R.Santhosh, Associate Professor and HOD, Department of Physical Education, Mrs.T.Shibu, Assistant Professor & HOD, Department of History delivered felicitations. Dr.Jasmine Anand, Assistant Professor and HOD, Department

of Zoology extended vote of thanks. Dr.Renjan Mathew Varghese, State Director, WWF-India handled the first technical session. The subject was “Ozone and Climate: restored by a World United” and was chaired by Dr.Arun.S.Prasad, HOD, Department of Physics. The session was enriched with creative discussions on the subject. After the lunch break, the second technical session was handled by Dr.Indose Aravind, Assistant Professor, Department of Chemistry, Devaswom Board College, Sasthamcotta, and Kollam on the topic “Ozone & its impacts” and chaired by Smt.Neethu, Assistant Professor, Department of Chemistry. The faculty members from various departments like Chemistry, Physics, Mathematics, History etc actively participated. After this session, the Valedictory function started. Valedictory address was given by Dr.R.Jayaprakash, Former HOD, Department of Zoology, Iqbal College, Peringamala and certificates & prizes were distributed by him. Dr.Biju.C, Coordinator extended vote of thanks. As part of the International Ozone Day celebrations, an Essay Writing Competition on “Ozone and Climate: restored by a World United” was conducted on 26.09.2016 in the college auditorium. Fifteen students participated in the competition. Certificates were distributed to the winners of the Essay writing competition. Refreshment and Certificates were given to all participants. It is noteworthy to say that 60 students and the faculty members of various departments have attended the National Seminar, which made the seminar a great success.



**Brochure in connection with national seminar related to 28.09.2016**



**The Principal, Dr.G.Jayasenana presiding the inaugural function in connection with national seminar held on 28.09.2016**

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

***Organising unit/ Collaborating agency: NSS, Swachh Bharath Abhiyan***

***Number of students participated: 189***

The camp was organized by the National Service Scheme, SNC Punalur on 19 November 2016 in seminar hall to check the previous camp activities and to make sure that everything is running smoothly. The camp was presided Mrs.Biji.M.S ( NSS programme officer, SNC punalur) and inaugurated by Dr.Jayasenana ( Principal, SNC Punalur). On this day we made the list of materials needed for special camp. The volunteers cleaned the campus including the artificial pond and made pluck cards for the AIDS day rally. After the day's programme, the volunteers gave a review of the day's programme. The programme co-ordinated by programme officers and NSS volunteer secretaries. Jayalekshmi (NSS volunteer) expressed vote of thanks assembled here.189 volunteers participated this programme.



**Volunteers in cleaning activities on 19-11-2016.**

### **Organic Farming (26-11-2016)**

***Organising unit/ Collaborating agency: NSS, Krishi Bhavan, Punalur***

***Number of students participated: 112***

In order to create an awareness among the students concerning the importance of Organic Farming and its advantages College NSS unit in association with Bhoomithra Sena club and Krishi Bhavan, Punalur made a plantation day in which volunteers planted seeds supplied by Krishi Bhavan. The programme started with prayer. It is officially inaugurated by college principal Dr.Jayasenana. Mr.Mahesh ( Krishi Officer, Punalur) was chief guest of today programme. He addressed the volunteers and gave an idea about organic farming activities. Bhoomithra Sena co-ordinator expressed vote of thanks. After formal session, the volunteers created a small plot area of their own and sow the seeds supplied. Programme officers Dr.Bijo.S.Anad and Mrs.Biji.M.S guided the volunteers. After the programme volunteers gave a review of the day's programme. 112 volunteers participated



**Dr.Bijo S Anand (NSS PO) planting vegetable seeds in growbag as the part ofplantation day observation on 26.11.2016.**

## **Republic Day Celebration (26-01-2017)**

*Organising unit/ Collaborating agency: NCC, Punalur Municipality*

*Number of students participated: 99*

On 26<sup>th</sup> January 2017 SN College Punalur was celebrated Republic day in open ground of sn college. Dr.Shiny Mathews, HOD of Hindi hoisted the National Flag at 08.00 am along with the NCC cadets, ANO and other teaching staffs. The programme commenced with the parade by the NCC Cadets of S.N. College, Punalur. Lt.Dr.Arun ( NCC programme officer, SNC punalur) leaded the programme and gave a republic day message. Cadet Summaya delivered vote of thanks to this programme. 99 cadets participated this programme. After formal session the cadets cleaned college surroundings, collected plastic waste and handed over to Punalur Municipality. The units provided refreshments to cadets participated.



**Dr.Shiny Mathews, HOD of Hindi hoisting the National Flag at along with the NCC cadets on 26.01.2017.**

### **One day Field Oriented Activity cum Popular lecture on “Wetlands for Disaster Risk Reduction” (10.02.2017)**

***Organising unit/ Collaborating agency: KSCSTE***

***Number of students participated: 42***

The programme conducted by Environmental Club. The theme for World Wetland Day- 2017 was “Wetlands for Disaster Risk Reduction” is chosen to emphasize the importance of these ecosystems as a natural, effective and less costly solution than other hard measures taken to reduce disaster risk and the effects of climate change. Wetlands play an important role in helping to provide communities with resilience to natural hazards such as flooding caused by storms, cyclones, storm surges and tsunamis. Under projected climatic change scenarios, extreme climatic events, including floods, droughts and storms are expected to increase in frequency and intensity. Though the World Wetland Day falls on 2nd February, we have celebrated it on 10.02.2017 by conducting a one day Field oriented Activity cum Popular lecture on “Wetlands for Disaster Risk Reduction” sponsored by Kerala State Council for Science, Technology and Environment and an Essay Writing Competition on 09.02.2017. The field oriented activity cum popular lecture was held at Asramam Mangroveforest, Kollam on 10.02.2017. Dr.Biju.C, Co-ordinator welcomed the honourable guest. Dr.Mary Teresa P. Miranda, HOD, Dept. of Zoology, Fathima Matha National College, Kollam, handled the technical session. The session was enriched with creative discussions on the subject. The locale of the visit and the informative talk were an excellent and enthusiastic experience. Dr.Jasmine Anand, HOD, Department of Zoology, extended vote of thanks. 42 volunteers

participated this programme.



Dear Sir/Madam,

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

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

Dr.Biju.C  
(Co-ordinator)

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

Dr.G.Jayasenan  
(Principal)

09.02.2017, 3.00 pm - 4.00 pm

**ESSAY WRITING COMPETITION**  
College Auditorium

10.02.2017, 11.00 am - 01.00 pm

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

Welcome : Dr.Biju.C, Co-ordinator

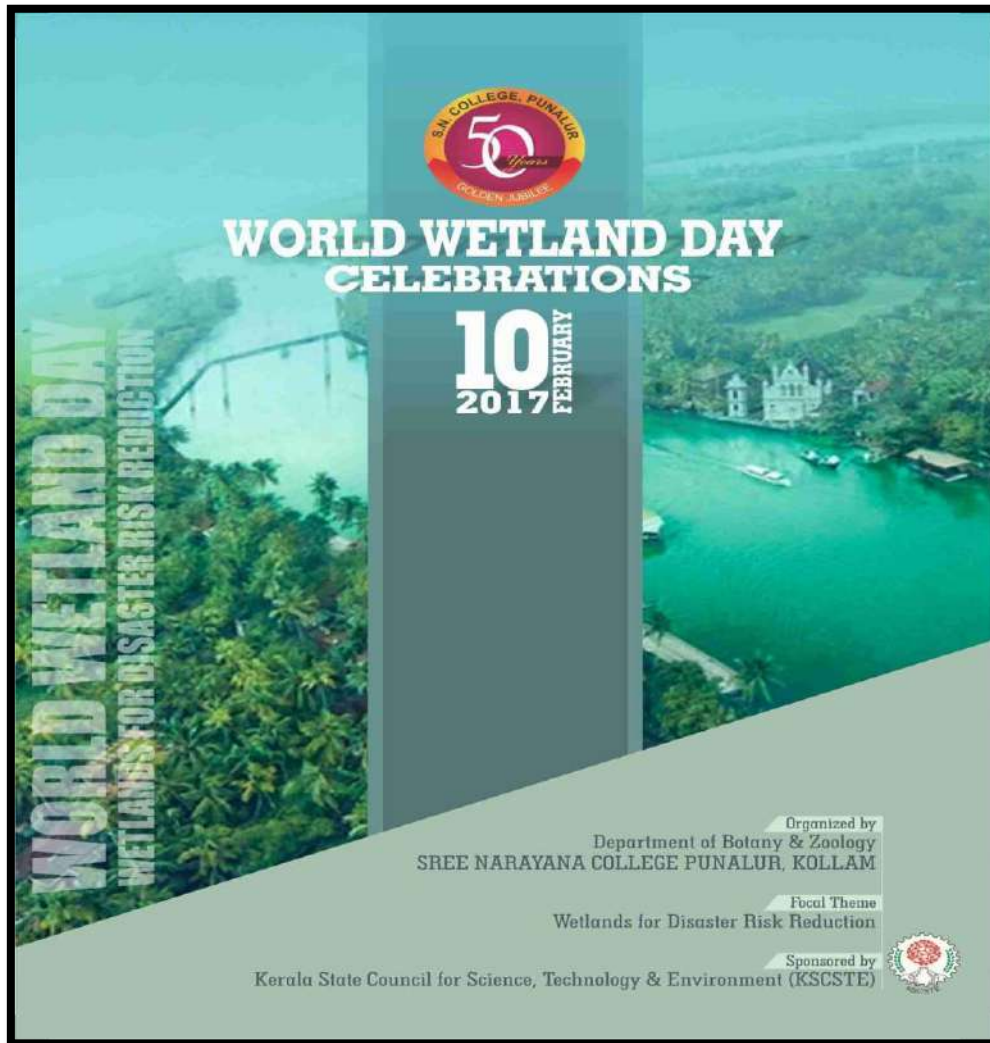
Resource Person : **Dr.Mary Teresa P. Miranda**  
HOD, Dept. of Zoology,  
Fathima Matha National College, Kollam

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

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

*National Anthem*

**Brochure in connection with world wetland day celebrations**



Brochure in connection with world wetland day celebrations in connection with 10.02.2017



Students participating wetland day celebrations in 10.02.2017



## **National Seminar on, “Intellectual Property Rights” (22.02.2017)**

***Organising unit/ Collaborating agency: KSCSTE***

***Number of students participated: 80***

National Seminar on, “Intellectual Property Rights” sponsored by PIC-Kerala and Kerala State Council for Science, Technology and Environment was conducted by Environmental Club held on 22.02.2017. The focal theme for the seminar included Patent for inventions, Trade marks, Industrial designs and Geographical indications, Copyrights etc. The function began with a prayer by the college choir. Dr.G.Jayaseenan, Principal, presided over the inaugural function and Dr.Biju.C, Co-ordinator welcomed the honourable guests. Sri.A.K.GOPAKUMAR, District Judge (MACT) Punalur, inaugurated the function by lighting the lamp and delivered the inaugural address thereafter. Sri.V.P.Balagangadharan, Former Brahmaprakash Scientist, VSSC, Thiruvananthapuram, Prof.R.Santhosh, HOD, Department of Physical Education, Prof.T.Shibu, HOD, Department of History and Dr.Arun.S.Prasad, HOD, Department of Physics delivered felicitations. Dr.Jasmine Anand, HOD, Department of Zoology, proposed the vote of thanks. Sri.V.P.Balagangadharan, Former Brahmaprakash Scientist, VSSC, Thiruvananthapuram handled the first technical session on the topic “Introduction to Intellectual Property Rights”. It was an enriching with creative discussions on the topic. Smt.Kavitha K S , HOD, Department of Commerce, extended the vote of thanks. The second technical session was led by Dr.Bismi Gopalakrishnan, Associate Professor, Department of Law, University of Kerala, on the topic “Legal Dimensions of Copyrights & Trademarks”. Smt.Neethu, Department of Chemistry proposed the vote of thanks. After the lunch break, the third technical session was led by Sri.Arun Alfred, Project Scientist, PIC-Kerala, KSCSTE on the topic “Patent Searching tools and Patent filing procedures”. Sri.Sreemurukan, Department of Mathematics proposed vote of thanks. The meeting concluded with a valedictory session held on the same day. Ms.Prathibha, Second B.Sc Zoology student presented the resume of the seminar. The valedictory address was given by Sri.V.P.Balagangadharan, Former Brahmaprakash Scientist, VSSC, Thiruvananthapuram. He distributed the certificates for the participants. Dr.R.Jayaprakash, Department of Zoology extended vote of thanks. Refreshment and Certificates were given to all participants of the seminar. The active participation of 80 students and faculty members of various departments enriched the national seminar and made it a great success.



**Technical session : Dr.Bismi Gopalakrishnan, (Department of Law, University of Kerala) on 22.02.2017**

**Sri.V.P.Balagangadharan, Former Brahmaprakash Scientist, VSSC, Thiruvananthapuram attending seminar on 22.02.2017**



**OUT REACH PROGRAMME REPORT 2016-2017**

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

***Organising unit/ Collaborating agency: NCC 9(K)BN Kottarakara, Punalur Municipality  
Number of students participated: 100***

An Anti-Drug Awareness Rally was conducted as a part of the annual training camp by 9(K) Bn NCC, Kottarakkara at SMHSS, Patharam from 26 April 2016 to 30 April 2016. The programme was inaugurated by Mr. Jacob John (Deputy Commissioner of Excise, Kollam) 100 NCC cadets of Sree Narayana College, Punalur actively participated in the anti-drug awareness rally. The rally started from Private Busstand. The cadets used awareness related pluckcards, posters etc. Public around that locality was observed the programme.



**Anti-drug day awareness rally on 26.06.2016 in Punalur Bus stand**

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

***Organising unit/ Collaborating agency: NSS, Janamaythri police station Govt. of Kerala, Punalur  
Number of students participated: 96***

A rally was conducted jointly by the Punalur Janamaythri Police and NSS unit in order to create awareness on 'Traffic Rules - Do's and Don'ts'. It was started with NSS song. Mrs. Biji.M.S

(NSS Programme officer, SNC Punalur) welcomed the session. The programme was officially inaugurated by circle inspector of police, punalur station. More than 96 volunteers participated in this event carrying pluck cards made of paper. The volunteers were careful not to use any kind of plastic objects in the rally. The rally began at 10:00 am and ended by 12:30 pm. Volunteers distributed notices that contained road safety measures to public. The public observed programme and the units provided refreshment to volunteers.



**Traffic rules awareness rally on 22.08.2016 from SN College Punalur to Punalur KSRTC Bus stand**

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

***Organising unit/ Collaborating agency: NSS, punalur municipality***

***Number of students participated: 166***

Gandhi Jayanthi was observed on this day. The programme conducted by National Service Scheme. The formal inauguration function conducted in seminar hall at 10 am. The programme officers gave opportunity to volunteers exchange their knowledge about Mahatma Gandhi. It was officially inaugurated by Dr. Jayasenen (Principal, SNC Punalur). Volunteer Secretaries delivered short speech on Mahatma Gandhi, Father of our nation and about the freedom struggle he had led to attain freedom for our country. After this session the volunteers were grouped and were engaged in cleanliness drive programme in KSRTC bus stand and taluk hospital surroundings. 166 volunteers actively participated the programme. The units provide refreshments to volunteers.



**NSS Volunteers engaging in cleaning activity along with hospital staff on 2.10.2016 in Taluk hospital surrounding**

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

***Organising unit/ Collaborating agency: NSS, Government Taluk Hospital punalur***

***Number of students participated: 160***

On this day a rally was organised jointly by the NSS unit and Taluk Hospital, Punalur. It was started with Prayer. The welcome speech delivered by Dr.Bijo.S.Anand, Programme officer, SN College punalur. The rally was inaugurated by Dr.Subhgan, Superintendent, Taluk Hospital, Punalur. Volunteers marched on with pluck cards showing awareness about AIDS. The day's programme continued with an awareness class on AIDS by Dr.Jayaprakash, Rtd.Professor and HOD of Zoology, Iqbal College Peringamala. Biji.m.s, Programme officer, SNC punalur expressed vote of thanks. Volunteer's made their review on the day's programme. 160 volunteers participated this programme.



**Dr.Bijo S Anand and Ms.Biji.M.S (NSS PO'S) leading the students as the part of World AIDS day observation at Govt. Taluk Hospital Punalur on 1.12.2016 in Taluk Hospital.**

**EXTENSION ACTIVITIES REPORT 2017 – 2018**



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

**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 98**

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



Report of the environmental day observed on 5.06.2017 at SN College Punalur in Kerala Kumudi Daily



Olympian Jaisha planting tree sapling at S N College , Punalur

On 5.06.2017



**Lt.Dr.Arun, Principal S N College Punalur planting tree sampling on 5.06.2017.**

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

***Organising unit/ Collaborating agency: KSCSTE***

***Number of students participated: 39***

Department of Zoology and Botany in collaboration with Kerala State Council for Science, Technology and Environment conducted an Inter Collegiate Essay Writing Competition on “Green Economy & Sustainable Development” on 09.06.2017. convenor of this program delivered welcome address. The Principal-in-charge, Lt.Dr.Arun.V presided over the inaugural function. Twenty students participated in the competition. Students from various departments and teachers also presented this programe. Cash prizes, Certificates and Mementos were distributed to the winners of the Inter Collegiate Essay writing competition by college principal in charge Lt.Dr.Arun. Refreshment and Certificates were given to all participants. 39 students participated this programme.



Essay writing competition introduction session on 9.06.2017



Essay writing -first prize on 9.06.2017



Essay writing – second prize on 9.06.2017

## Lecture on “Connecting People to Nature”14.06.2017)

*Organising unit/ Collaborating agency: KSCSTE*

*Number of students participated: 66*

A World Environment Day Celebrations 2017 organized by Environmental club on 14.06.2017. The focal theme for World Environment Day Celebration 2017 is, “Connecting People to Nature”. This year’s themes are wildlife conservation, biodiversity conservation, impact of climate change, global warming, plastic waste, pollution, etc. Though the World

Environment day falls on 5th June, we have celebrated it on 14.06.2017 by conducting Popular Lecture cum Slide show on “Connecting People to Nature” sponsored by Kerala State Council for Science Technology and Environment. The Principal-in-charge, Lt.Dr.Arun.V presided over the inaugural function. The meeting started with a prayer song by the college choir. Dr.Biju.C, Co-ordinator welcomed the honourable guests. Prof.Abraham Thomas, HOD, Department of Natural Science, Peet Memorial Training College, Mavelikkara inaugurated the function by lighting the lamp and delivering the inaugural address. Dr.Arun.S.Prasad, HOD, Department of Physics delivered the felicitations. Dr.Jasmine Anand, HOD, Department of Zoology, extended vote of thanks. Prof.Abraham Thomas, HOD, Department of Natural Science, Peet Memorial Training College, Mavelikkara handled the popular lecture cum slide shows session. The subject was “Connecting People to Nature”. The session was enriched with creative discussions on the subject. 66 students participated to his programme. This was followed by the valedictory function. The valedictory address was given by Prof.Abraham Thomas, Cash prizes, Certificates and Mementos were distributed by him. Dr.Biju.C, Co-ordinator extended vote of thanks.



Inaugural Session on 14.06.2017



**Prof. Abraham Thomas in Inaugural session on 14.06.2017    Prof: Abraham Thomas handling technical session**

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

***Organising unit/ Collaborating agency: NSS, NCC***

***Number of students participated: 118***

The NSS and NCC unit of S.N. College, Punalur observed the World Yoga Day by conducting a yoga class in the college. The welcome speech delivered by Dr.Bijo.S.Anad (NSS programme officer, SNC punalur). 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 118 NSS and NCC volunteers participated. The students were highly motivated and understood the importance of yoga in daily life. Mrs.Biji.M.S (NSS programme officer, SNC Punalur) expressed vote of thanks.



**Practical session in yoga class on 21.06.2017**

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

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 88***

The one day camp was conducted by National Service Scheme on 24.06.2017 at the college. The meeting which was held in the college auditorium began with the recital of NSS song. The programme officer Mr.Biji.M.S addressed welcome speech. It was officially inaugurated by Lt.Dr.Arun ( Principal in charge, SNC Punalur).The students were divided into groups and leaders were selected to monitor cleaningprogramme. After the clean campus programme, the students gave a review of the day's programme. 88 volunteers participated in this programme.



**Cleaning programme in connection with green campus clean campus at college premise on 24.06.2017**

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

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 98*

A computer awareness class was arranged by NSS Unit SN College Punalur for the NSS volunteers. The official session was inaugurated by college principal in charge Lt.Dr.Arun and gave an importance of technology in our daily life. After that total students divided into different groups. The class was led by Dr. Bijo S Anand, NSS programme officer, S.N. College, Punalur. The main objective of the programme was to give a basic awareness of computer basics especially in Microsoft word, excel etc. About 98 NSS volunteers are benefited through the programme. The vote of thanks expressed by volunteer secretary.



**Computer awareness class to NSS volunteers on 1.07.2017**

## **Independence Day Celebration- Swacch Bharath Mission (15-08-2017)**

*Organising unit/ Collaborating agency: NSS, NCC*

*Number of students participated: 97*

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

### **Flag hoisting**

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

responsibility of every individual in the development of our nation.



**Principal in Charge Lt. Dr. Arun. V hoisting the National Flag on Independence Day on 15.08.2017.**



**Principal in charge Lt Dr. Arun V addressing NCC cadets on 15.08.2017**

### **Swachh Bharath Mission**

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





**NCC Cadets cleaning the campus surroundings on 15.08.2017**

### **Tree plantation**

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



**NCC Officer Lt. Dr. Arun V of S.N. College planting tree saplings at the College Campus on 15.08.2017**



**NCC cadets taking care of saplings on 15.08.2017**

## **Seminar- “Caring for all life under the sun” (25.09.2017)**

***Organising unit/ Collaborating agency: KSCSTE***

***Number of students participated: 64***

Environmental Club, Sree Narayana College, Punalur conducted on International Ozone Day Celebrations-2017. The focal theme for International Ozone Day-2017 is, “Caring for all life under the sun”. This year’s theme are on emission of CFC, greenhouse gases, biodiversity conservation, impact of climate change, global warming, harmful effects of plastic waste, various kinds of pollution etc. Though the International Ozone Day falls on 16th September, we have celebrated it on 25.09.2017 by conducting a Popular Lecture cum Slide shows on “Caring for all life under the sun” sponsored by Kerala State Council for Science, Technology and Environment. The Principal in charge, Lt.Dr.Arun.V presided over the inaugural function. The meeting started with a prayer song by the college choir. Dr.Jasmine Anand, HOD, Department of Zoology welcomed the honourable guests. Dr.Mary Teresa P.Miranda, Former HOD, Department of Zoology, Fatima Matha National College, Kollam inaugurated the function by lighting the lamp and delivering the inaugural address. Smt.Kavitha.K.S, Staff Secretary & HOD, Department of Commerce delivered felicitations. Dr.Mary Teresa P.Miranda, Former HOD, Department of Zoology, Fatima Matha National College, Kollam handled the Popular lecture cum slide shows session. The subject was “Caring for all life under the sun”. The session was enriched with creative discussions on the relevant subject. This was followed by the valedictory function. The valedictory address was given by Dr.Mary Teresa P.Miranda. The brief feedback of this event was given by Ms.Prathibha, III B.Sc Zoology. Dr.Biju.C, Co-ordinator & HOD, Dept. of Botany extended vote of thanks. 64 students participated in this programme.



**Inauguration: Dr.Mary Teresa P.Miranda, Former HOD, Dept. of Zoology, FMN College, Kollam on  
25.09.2017**



**Students attending the seminar on 25.09.2017**

## **Gandhi Jayanthi (02-10-2017)**

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 123***

Gandhi Jayanthi was observed by National Service Scheme SN College Punalur. Volunteers gathered in the college auditorium and the program commenced with the recital of NSS song. Mrs.Biji.M.S, Programme officer, SNC Punalur delivered a short speech on the importance of the day. Volunteers were divided into groups for cleaning the campus and planting saplings on college premises. Volunteer secretaries made a review of the day. 123 volunteers participated in this programme. The unit provided refreshments to participants.



**Volunteers engaging in cleaning activities on 2.10.2017**

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

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 88*

The programme was organized by NSS Unit. On behalf of the observance of Sevana Varam volunteers made pledge on Plastic Free Campus. The program commenced with the recital of the NSS song. It was welcomed by Dr.Bijo.S.Anand ( NSS Programme officer, SNC Punalur). The programme was officially inaugurated by college principal in charge Lt.Dr.Arun.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. 88 Volunteers actively participated in the program and made hundreds of paper bags and distributed inside and outside the campus.



**Former NSS Volunteer, Mr.Alan S Dinsha giving hands on training on paper bag making on 7.10.2017.**

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

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 87*

The programme was organized by NSS Unit. Newly enrolled volunteers participated in a one day camp at college auditorium conducted by Altian Mentors on 21 October 2017. The programme started by 10.00.a.m with the recital of NSS song. Programme Officer Mrs. Biji. M.S welcomed the volunteers and Dr.Bjio. S. Anand gave felicitation. The programme was officially inaugurated by Principal Lt. Dr. V. Arun. After the inauguration, Alan. S. Dinsha, Sumaya, Anto. Panicker former students and Altian mentors led the camp. The session started with the recital of Altian theme song. Mentors explained the vision of Altians which work at creating independent and self sustained society and also aim at enhancing the leadership quality of students. The camp progressed with various tasks, games, experience sharing etc. The camp made a platform for the volunteers to themselves to be a good leader. 87 volunteers participated in this programme.



**An interactive session of Altians Volunteer camp on 21.10.2017**

## **National Unity Day (31-10-2017)**

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 150*

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

by National Service Scheme. The meeting commenced with the recital of NSS song. Mrs.Biji.M.S (NSS Programme officer, SNC Punalur) welcomed all assembled there. It was inaugurated by college principal Lt.Dr.Arun. 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 in college auditorium and 150 students from all departments participated.



**Dr.Bijo S Anand (NSS PO) delivering Pledge on National Unity Day on 31.10.2017**



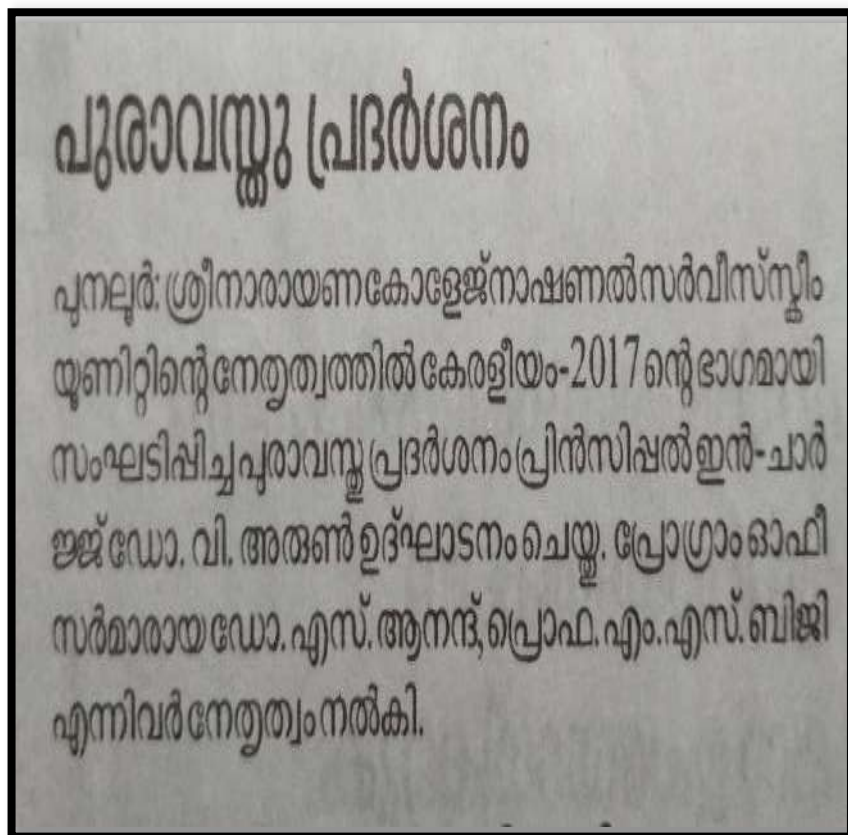
**Volunteers engaging essay writing competition on 31.10.2017**

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

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 124*

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





**On the occasion of inauguration of Keraliyam, the exhibition Lt.Dr.Arun ( Principal in charge) lighting the traditional lamp. Along with him Dr.Bijo S Anad, Ms. Biji.m.s (NSS PO'S) on 10.11.2017**

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

*Organising unit/ Collaborating agency: NSS, Kerala fireforce department, Govt of Kerala,Punalur*

*Number of students participated: 157*

NSS Unit SN college Punalur conducted a class on primary fire safety awareness was held on 24.12.2017 at 2pm. The programme started with prayer. Dr.BijoS.Anand ( NSS programme officer) inaugurated this session. After formal session, the class was handled by P.Sasidharan, Assistant station officer Punalur Fire andRescue. They demonstrated the basic and primary precautions one has to take during a fire, demonstrated many equipment, the materials used and their chemical formulas. The volunteers are really enjoyed this session. More than 157 volunteers participated programme.





**Primary fire safety awareness training by P.Sasidharan, Assistant station officer Punalur Fire and Rescue on 24.12.2017**

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

***Organising unit/ Collaborating agency: NSS, Excise department, Govt of Kerala, Punalur  
Number of students participated: 100***

Sree Narayana college punalur, NSS unit with the help of Excise department arranged a class on Anti-drugs on 26.12.2017 at 11 am in college auditorium. The programme started with recital NSS song by volunteers. It was officially inaugurated by Lt.Dr.Arun (College principal in charge, SNC Punalur). The class was conducted by M Radhakrishnan Pillai, Preventive Officer, Department of Excise, Punalur. This class was very interesting and informative. Teachers from various departments and about 100 students participated in this programme. The units provided refreshments to volunteers.



**Delivering speech on anti-drug by M Radhakrishnan Pillai, Preventive Officer, Excise Department Punalur on 26.12.2017**

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

***Organising unit/ Collaborating agency: NSS, Police department Govt of Kerala, Punalur  
Number of students participated: 174***

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



**Deputy Superintendent of police Shr.Krishnakumar, lighting the lamp on the occasion of the inauguration of self defence training programme on 8.01.2018 .**

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

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 187***

The programme was organized by National Service Scheme, SN College punalur on 17.02.2018 at 10 am in college campus. The programme officer Mrs.Biji.M.S delivered welcome address. College principal in charge Lt.Dr.Arun was officially inaugurated this session. As a part of the green campus campaign volunteers to plant the saplings around college premises. NSS volunteers were given instructions to protect and care the saplings that have already been planted on the World Environmental Day. 187 volunteers participated in this programme. The NSS Volunteer Salini expressed vote of thanks. The units provided refreshments to volunteers.



**NSS Volunteers engaging cleaning activities on 17.02.2018 .**

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

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 122***

The programme was jointly organized by NSS Unit and Women’s Studies Unit. Women’s day was observed on 08-03-2018. On behalf of the day a seminar was organized in college auditorium at 11 am and Dr. Shiny Mathews (Head of the department, Hindi) was inaugurated the programme. She gave a talk on the challenges faced by women and the methods to tackle them. 122 students from various departments participated in this programme. Arjun (NSS Volunteer) expressed vote of thanks.



**Dr.Shiny Mathews inaugurating the programme on 8.03.2018**

## **Seminar on forest and environment (16-03-2018)**

***Organising unit/ Collaborating agency: DoECC, State Govt***

***Number of students participated: 55***

The bhoomithra sena club of SNC punalur 2017-2018 had its grand inauguration on Friday 16th march 2018. The program was anchored by our member anuja of II bsc physics. Reghu II bsc physics made the function more graceful with his prayer. Lekshmi.R.S, Bhoomithra sena convenor, Assistant professor Department of physics gave hearty welcome for each and all. Our respected principal Lt.Dr.Arun officially inaugurated this function. Anchal range officer B.R.Jayan our chief guest addressed the audience and Sri.Shibu boomithra sena member fecilitated the function. Anziya II Bsc physics gave vote of thanks for then program.

Technical session was conducted after the function. Chief Guest Mr.B.R.Jayan gave a talk on “forest and environment”. In his talk, he conveyed the importance of conservation of forest for the existence of life. Abhinand gave vote of thanks. 55 volunteers participated this programme.



**On the occasion of inauguration on 16.03.2018**

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

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 88*

The programme jointly organized by NSS Unit and women studies unit With a view to ensure effective convergence mechanism of key partners that will transform and inspire overall development and empowerment of women. The objective is to promote a holistic development and empowerment of women, gender equality and gender justice through inter sectoral convergence of programmes impacting women. The seminar was held on 21th March 2018 at Sree Narayana College, Punalur. Welcome and introductory address by Ms. Gayatri, member of Women’s Studies Club . The college choir melodiously took every one to the Almighty and did a prayer for the successful event. The Welcome Speech was by Mrs. Krishna Sree R.S ,Convenor of Women’s Studies Club. She was delighted to welcome all the prominent guests of the function. In his Inaugural address Principal Lt. Dr. Arun .V stressed on the need to educate women especially in rural areas where women illiteracy rate is very high. Infact, due to illiteracy most of these women become victims of social and economic exploitation including oppression, rape and sexual harassment. Women has the required skills if guided and given a chance are Ambassador of the people. Government should ensure that enough opportunities are given to women in education, health and economics sector. Stressed to sensitize the local headman community leaders. After the Principal’s Address, the audience was given a chance to see the short film on “Imagining Equality for Women”. The film lasted for nearly five minutes and it was a good message for the future generation. Next was the Address by the Chief Guest Adv. K.P.Sajinath. He gave a detailed account of the issues faced by women in India. He stressed that the women of the present generation have witness the changes in the society especially those relating to the cause of women during the last couple of years. It is a fact that during this period, the position of women in India has changed in various aspects. The felicitation was given by Ms. Kavitha, Head of Department, Commerce. The Vote of Thanks was given Ms. Vaishnavi, II BA English and thanked each and every one for their presence in the function. The next session was the talk by Adv. K.P.Sajinath. He gave a detailed account on the Women’s rights and Gender Equality. He said the Constitution of India has provided equal rights and equal opportunities for its citizens including women. However, gender discrimination against girls and women, high infant mortality rate and maternal mortality rates and cross violence of women, adolescence and child’s rights continue to be the challenges of the 21st century. Legally, women are recognized socially equal to men, but

the condition of rural women is still in the clutches of traditional roles assigned to them, since most of these women are illiterate. When India became independent, various laws were enacted based on equal rights and opportunities for women. With this in view, women came out and took out leadership in the field of education, health, social work, politics, administration and so on. Mrs. Indira Gandhi rose to a stature of highest honour when appointed 9 as Prime Minister of India. Vijay Lakshmi Pandit, Sarojni Naidu, Padmaja Naidu, Sucheta Kripalani and Bonny Khongmen are the names of few Indian ladies who have joined higher political post and served the country very efficiently. Now a days we have Smt. Mira Kumar, who is the speaker of the Lok Sabha, Sushma Swaraj, Brinda Karat, Sheila Dixit and Mrs. Sonia Gandhi are few women who have made the position and place in politics because of their confidence, education and have shown the path to upcoming women leaders. Women are essential and integral part of the development process including planning, decision making and implementation. Mother Theresa has devoted her entire life for the welfare of the poor, the sick and the down trodden and has received worldwide recognition for humility and social service. With a view to tackle issues affecting women from welfare to development and to empowerment, the Govt. of India declared the year 2001 as the Women's Empowerment year. The empowerment of women by legislative measures have resulted in acknowledging that women have the necessary skills and can act as the eyes and ears of the people. When we talk about making women aware of their rights, we should be careful not to inflame their minds against the rights and responsibilities of men. Indian women have labored for centuries their efforts to create harmony in the domestic front and a better and more prosperous society can be termed "Labour of Love". We therefore need to try and ameliorate the working conditions of women by making men, society and the government aware of the problems that women face. We have to concentrate our attention on providing opportunities to women in the sectors of education, health and economic self-reliance. By simply demanding equality of sexes we may be creating a confrontationist situation between the sexes. Man and women are the two halves of a whole. They are not competitors. We must not attempt to transform women into men, because this will create a conflict in the society. Therefore the most important thing is that we should respect each other and work together so that we will be able to root out the problems faced by women. Our constitution is committed to the goal of providing social justice, liberty and equality, reflecting a wonderful vision the makers of our constitution had. Building a rights based and gender friendly society, however is a big challenge facing the judiciary, government, social society and social activist. 88 students participated this programme.



**“Women’s Rights and Gender Equality” Ms. Gayatri, inaugurating with Lighting the lamp of the seminar on 21.03.2018**



**Participants of the seminar “Women’s Rights and Gender Equality” on 21.03.2018**



**OUT REACH PROGRAMME REPORT 2017-2018**

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

***Organising unit/ Collaborating agency: NSS, Govt.Taluk Hospital, Punalur***

***Number of students participated: 160***

The programme was organized by National Service Scheme SN College Punalur with the help of Punalur Taluk Hospital. The NSS programme officers gave a talk on the importance of international youth day. After the session the NSS Unit and the Taluk Hospital jointly organized a cleanliness drive at The Punalur Taluk Hospital. 160 NSS volunteers actively participated in cleaning the hospital wards premises and the palliative care area. The programme ended up at 2pm.



**Volunteers engaging in cleaning at Govt. Taluk Hospital Punalur on 12.08.2018**

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

***Organising unit/ Collaborating agency: NSS, Swach bhara mission***

***Number of students participated: 173***

As directed by the Swach Bharat Mission, NSS units of Sree Narayana College, Punalur conducted a Suchitwa Bodhana Rally on 14.08.2018 at 9.30 am. The rally was flagged off by Principal in charge, SNC Punalur, Dr. Arun V. The rally started from the College, passed through main road, Punalur and PNS junction, Punalur and finally concluded at the College. Programme officers Dr.Bijo S Anand and Mrs.Biji.M.S co-ordinated the rally.173 NSS volunteers from different departments carried placards and posters related to the Swach Bharat mission.



Report of the Suchitwa Bodhana Rally conducted NSS SN College Punalur on 14.08.2018 in Kerala Kumudi Daily



Volunteers participating suchitwa bodhana rally starting from SN College to PNS Jnuction Punalur on 14.08.2017

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

***Organising unit/ Collaborating agency: NSS, Punalur Municipality***

***Number of students participated: 174***

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



**Inauguration of cleaning campaign by Dr.Bijo S Anand, (NSS PO) ,Ms.Biji.M.S (NSS PO) aside on 24.09.2018.**



**Cleanness drive at Private bus stand, Punalur on 24.09.2018**

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

***Organising unit/ Collaborating agency: NCC***

***Number of students participated: 90***

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

The cadets along with the ANO, Lt. Dr. Arun. V took pledge to keep the compound of the college and its premises clean. The rally started from the College at 9.00 am with placards showing the importance of cleanliness, raising slogans and displaying of anti-littering notices. The rally passed through Municipal bus stand, Punalur to Government School, Kuthirachira, Punalur. 90 NCC cadets removed the objectionable & eyesores such as dry wood, plastic materials including polythene, cut grass, debris etc throughout the rally.

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



**NCC Cadets participating rally on 2.10.2017 from SN College junction to Government School, Kuthirachira, Punalur**

## **Seminar at Ashraya (10-10-2017)**

*Organising unit/ Collaborating agency: NSS, Ashraya(NGO)*

*Number of students participated: 26*

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



**Inaugural Ceremony at Ashraya seminar by Shri. N.K. Premachandran,M.P. on 10.10.2017**



**Volunteers interacting with inmates of Ashraya bhavan, Kottarakara on 10.10.2017**

## Blood donation Camp (15-11-2017)

**Organising unit/ Collaborating agency: NSS, HDFCBank, Punalur Taluk Govt Hospital**  
**Number of students participated: 80**

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. 80 students donated their blood for the blood bank. Refreshments were given to the blood donors.



Report of Blood donation conducted NSS units SNC punalur on 15.11.2017 in Malayala Manorama Daily



Volunteers donating blood in blood donation camp conducted by NSS units SN College punalur on 15.11.2017

## **Organ donation awareness programme (22-11-2017)**

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 15***

Organ donation camp was organized by National Service Scheme. The programme was started with recital NSS song and it was inaugurated by programme officer Dr.Bijo S anand. Organ donation form was filled up and collected from the students. It was handed over to the Principal and forwarded to the University. 15 volunteers participated this programme. Reshma (NSS Volunteer) expressed vote of thanks.



**Filled Organ donation form hand over to Lt.Dr.Arun (Principal SN College Punalur) by Ms.Biji.M.S (NSS PO'S) on 22.11.2017, Dr.Bijo S Anand aside.**

## **Energy conservation day Rally- Karavaloor Grama Panchayath (14.12.2017)**

***Organising unit/ Collaborating agency: CED(NGO)***

***Number of students participated: 38***

The programme was organized by Environmental club, SN College punalur. URJA KIRAN 2017 (Energy Conservation Awareness Campaign) at Karavaloor Grama Panchayath on 14.12.2017 at 11 am. Inaugural address was held by Sri.Rajan, President, Grama Panchayath, Karavaloor. This rally speakoutthe importance of energy conservation. 38 Students, teachers from different department participated this programme. The public also participated this rally.





Inaugural session of URJA KIRAN Programme at Karavaloor Grama Panachayath on 14.12.2017



Providing awareness to public as a part of the programme on 14.12.2017 at karavaloor Grama Panchayath

## Republic Day (26-01-2018)

*Organising unit/ Collaborating agency: NSS, NCC*

*Number of students participated: 106*

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 and NCC Cadets (106) and ANO were participated in the Republic Day Celebrations organised by the Punalur Municipality.



**Flag hoisting by NCC Officer Lt Dr. Arun V on 26.01.2018**



**Photographs on Republic Day Celebrations- Students marching on 26.01.2018 in Punalur Town**

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

*Organising unit/ Collaborating agency: Punalur Municipality*

*Number of students participated: 4*

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



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



**Classes taken by 2<sup>nd</sup> BA communicative English students at Govt. L.P.School, Tholicodu on 25.05.2018**

**EXTENSION ACTIVITIES REPORT 2018-2019**

## **World Environment day celebration-“BEAT THE PLASTIC POLLUTION” (5.06.2018)**

***Organising unit/ Collaborating agency: NSS, NCC***

***Number of students participated: 130***

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

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



**Planting trees by the members of *Bhoomithra Sena* inside the college campus on 5.06.2018**



**Planting trees by the members of National service scheme inside the college campus on 5.06.2018**

## **Clean Campus Programme (16-06-2018)**

***Organising unit/ Collaborating agency: NSS, Punalur Municipality***

***Number of students participated: 98***

A one day camp was held in the college auditorium as part of the clean campus programme. It was a morning to evening session. The camp began with the recital of NSS song. It was inaugurated by Dr.Bijo S Anand ( NSS Programme officer, SNC Punalur). The programme officers provided an Awareness was given to the students regarding the day's schedule. The students were divided into groups and were selected under the guidance of NSS programme officers. The 98 volunteers collected the plastic wastes and handed over to the municipality.



**NSS Volunteers engaging cleaning activities on 16.06.2018**



**NSS volunteers cleaning the campus on 16.06.2018**

## **Yoga Day (21-06-2018)**

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 64***

The programme was organized by NSS Unit. The training session started early in the morning. The session was led by Dr. Jasmine Anand, Assistant Professor, Department of Zoology, S.N. College, Punalur. NSS volunteers were very much interested in the session because it contained both the theory and practical parts of Yoga. 64 students participated this programme.



**Students in Yoga session on 21.06.2018**



**Yoga day celebrations inside the college auditorium on 21.06.2018**



## **Anti-drug day (26-06-2018)**

***Organising unit/ Collaborating agency: NSS, Excise department, Govt.of Kerala, punalur***

***Number of students participated: 96***

Anti-drug day was observed on this day. Excise Department and NSS unit jointly organized a quiz competition and essay writing competition to create awareness among students regarding anti-drugs. The programme was conducted on 26-06-2018. The excise officer delivered a speech on Anti-drug campaign which dealt with the ill effects of being addicted to drugs and alcohol. He exhorted that the younger generation should actively campaign against such things in order to completely root out it from our society. After this session, a documentary show that focused on the ill effects of drug addiction was shown to the students. About 96 students participated this programme.



**Delivered a speech in connection with anti-drugawareness campaign on 26.06.2018**

## **Clean Campus Programme (07-07-2018)**

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 97***

It was a one day camp conducted by NSS unit by cleaning each and every corner of the campus. The camp was started at 10.00am. After the cleaning session the programme officers and the volunteers made discussions about the upcoming activities of NSS unit. 97students participated this programme



**students engaging cleaning activities on 07.07.2018**



**One day camp for campus cleaning: NSS volunteers cleaning the college campus on 07.07.2018**

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

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 92*

It was a one day camp which was conducted by NSS Unit of SN College punalur with the main aim of cleaning the campus. The volunteers worked hard to clean all bathrooms, toilets, ladies waiting rooms and resting room without any hesitation. They also cleaned the garages around that region. 92 students participated this programme.



**Students engaging cleaning activities on 28.07.2018**

## **Independence Day Celebrations (15-08-2018)**

*Organising unit/ Collaborating agency: NCC*

*Number of students participated: 87*

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



**Photographs on Independence Day Celebration on 15.08.2018**

### **Training on how to protect water resources- Nadiyodoppam( (05-11-2018)**

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 68***

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



**Inaugural session of the program *Nadiyodoppam*at college auditorium on 5.11.2018**

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

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 102***

It was a one day camp organized by NSS unit SN college punalur on 19.01.2019 at 10 am. The programme was inaugurated by Dr.Bijo S Anand ( NSS Programme officer) which was divided into two sessions in which the first session deals completely with the cleaning process. The volunteers made a conscious effort to clean the campus wastes. The second session included a small awareness class the harmful effects of plastic wastes and ways to avoid it. 102 volunteers participated this programme.



**Students engaging cleaning activities on 19.01.2019**

## **National Science Day Celebrations (25-02-2019, 26-02-2019 and 27-02-2019)**

***Organising unit/ Collaborating agency: KSCSTE/DST***

***Number of students participated: 76***

Sree Narayana College, Punalur is the center for higher education in the eastern alcove of Kollam district in Kerala. Every year, National Science Day is being celebrated in our institution with science exhibitions, seminars, lectures etc. This year P.G. Department of Chemistry proposed to conduct National Science Day Celebrations 2019 in our institution with the financial support of Kerala State Council for Science Technology and Environment and DST, Govt. of India. National Science Day is celebrated in India on 28<sup>th</sup> February every year to mark the discovery of the Raman Effect by the Indian physicist Sir Chandrasekhara Venkata Raman on 28<sup>th</sup> February in 1928. National Science day is being celebrated every year

inorder to spread a message about the importance of science in the daily life of people. The main objective behind celebrating National Science Day is to bring science to the forefront and thus inculcate scientific temper and take pride in the scientific achievements of the country. The main theme of NSD Celebrations 2019 is “Communicating Science For All”.

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

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



**Inauguration Ceremony- Lighting the Lamp on 25.02.2019**



**Keynote address : Dr. R. Raveendran**

**Welcome address: HOD Lt. Dr. Arun V**



**Vote of thanks: Dancy Surendran**

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



**Invited talk by Dr. R. Raveendran**

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



### **Pencil drawing competition**

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



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



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



Students participating essay writing competition

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

***Organising unit/ Collaborating agency: Janamaithrai police station, Govt of Kerala, punalur***

***Number of students participated: 55***

Women self defence training programme was conducted in association with janamaithrai suraksha by punalur police station on march 2<sup>nd</sup> 2019. It was started with prayer. The programme welcomed by career guidance convenor Mrs. Neethu (Assistant professor, department of chemistry). The programme was conducted with the support of Janamaithri police station. About 55 students participated this programme.



Demonstrating self- defending on 2.03.2019

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

***Organising unit/ Collaborating agency: DIC, kollam***

***Number of students participated: 60***

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

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

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



**Inaugural session in connection with womens day celebration on 31.03.2019**

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



**Poster making competition on 31.03.2019**

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

***Organising unit/ Collaborating agency: DIC***

***Number of students participated: 38***

As per the fund sanctioned by DIC, ED Club organized a workshop on “Development of Women Entrepreneurs” for the students on May 7<sup>th</sup> 2019. In the I<sup>st</sup> Session the Welcome speech was given by Asst. Prof Kavitha K.S, HOD of Commerce , The programme was inaugurated by the Principal, Dr. T.Pradeep. In the Session II the Chief Guest, Ambily V. Trainer of Manava Vibhava Shesi gave her experience and knowledge to the students . She gave a class for Craft making which is beneficial for developing the new entrepreneurs. Also make fancy ornaments of different kind. Finally, Vote of thanks was given by Asst.Prof. Ganga M.R., Entrepreneurship Development Club Co-Ordinator and 38 students participated.



**OUT REACH PROGRAMME REPORT 2018-2019**

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

*Organising unit/ Collaborating agency: NCC*

*Number of students participated: 99*

NCC cadets of 9(K) Bn NCC unit, S. N. College, Punalur in collaboration with Punalur Municipality organised a cleanliness drive awareness programme- “HARITHAYANAM”- Zero Waste Campaign on 2<sup>nd</sup> October 2018. As part of the program, a Cleanliness Awareness Rally was organised to create Swachhata awareness among students and public. The rally was flagged off by Lt. Dr. Arun. V, ANO of the College. The cadets along with the ANO, took pledge to keep the college campus and its premises clean. The rally started from the College at 9.00 am with placards displaying the importance of cleanliness, raising slogans and anti littering notices. The rally ended at municipal bus stand, Punalur, where Sri. Adv. K. Raju, Hon.Minister of Forests, Wildlife Protection, Animal husbandry, Dairy Development, Milk- Co-operatives, Zoos of Kerala Legislative Assembly received the rally. After the rally, the Minister inaugurated the “HARITHAYANAM- Zero Waste Campaign” a programme organised by the Punalur Municipality in which the 99 NCC cadets of the college participated. After the rally, the Minister and Municipal Chairman Sri. M. A. Rajagopal started Cleanliness Drive Awareness Programme where all the NCC cadets of the college along with the ANO, Municipal councilors, Asha workers, Kudumbasree members, members from health departments participated. These activities enabled to create an awareness on the mission of cleanliness under “Swachh Bharat-Swasth Bharat” to the community.



Photographs of inauguration - Cleanliness rally and Harithayanam Programme on 2.10.2018 at punalur municipality





Photographs on Cleanliness drive at Punalur Town on 2.10.2018







Photographs on Cleanliness drive near Bus stand, Punalur on 2.10.2018

## Flood Relief Activities August-2018

*Organising unit/ Collaborating agency: NSS, NCC*

*Number of students participated: 169*

The NSS and NCC Unit of S.N.College, Punalur did remarkable service during the flood that hit Kerala on August 2018. The volunteers were active participants of the relief operations at some of the worst hit places at Pathanamthitta district and supplied the victims with food, medicines and other necessary items. The volunteers attended the flood relief camp at Mulakkuzha School at Chengannur and rendered their active support and service. The camps at Thenmala and Kulathupuzha areas were also visited and extended their support and help. The students themselves volunteered to collect fund on behalf of flood relief and the amount was sent to Chief Minister's Distress Relief Fund. The Unit also collected food, medicines, sanitary napkins, dresses, bed sheets and other necessary items needed by the people in the relief camps. These items were sent to the relief camps at Harippad, Pathanamthitta and the collection centre of Kollam District collector. There are 169 students participated this programme.



**Food kit collection for distributing among the victims of flood in Thenmala and kulathupuzha panchayath**



**Volunteers collecting food kit for distributing victims of flood in Tenmala and kulathupuzha panchayath**



**Collecting and supplying food for flood victims at Pathanamthitta**



**Students helping to clean the flood affected house at Pathanamthitta**

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

*Organising unit/ Collaborating agency: NCC*

*Number of students participated: 100*

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

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

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

2. Participated in the “Green Brigade Training” on October 13<sup>th</sup> 2018.

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

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

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



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





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

### **Blood Donation Camp (03-12-2018)**

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 66*

It was a successful program conducted by our NSS unit. Blood donation is always a life giving process. The program started with NSS song. College Principal Dr.sasidharan presided over the function. Dr.Shahinsha (Government Taluk Hospital Superintendant, Punalur) was inaugurated the programme. As a volunteer it is important to ensure the value of life. The medical team of Punalur Taluk hospital led the camp and hundreds of students and faculties from various departments were actively participated in this programme. 66 volunteers donated blood to this programme.



Students donating their blood in Blood donation program organized by NSS Unit on 3.12.2018

## Republic Day (26-01-2019)

*Organising unit/ Collaborating agency: NCC*

*Number of students participated: 99*

The program organized both NSS and NCC unit started at 8.30am in college open ground. The NCC officer Lt.Dr.Arun presided over the function. The programme was inaugurated by hosting the national flag by college principal Dr T Sasidharan. After formal session all NCC Cadets (99) and ANO participated in the Republic Day Celebrations organised by the Punalur Municipality. The celebration started with the **Parade** by the NCC Cadets of S.N. College, Punalur. The Municipal chairman gave republic day message to the participants assembled there. Cadet Abhijith expressed vote of thanks .





Photographs of Republic Day rally at Punalur town 26.01.2019

**EXTENSION ACTIVITIES REPORT 2019-2020**

## International Yoga day (21.06.2019)

*Organising unit/ Collaborating agency: NCC*

*Number of students participated: 38*

On International Yoga day, 21.06.2019, S.N. College, Punalur celebrated this auspicious occasion by performing many Yogasanas, Pranayamas and Dhyan under the able guidance and supervision of Associate NCC Officer, Lt. Dr.Arun. V. The campus community including 38 NCC Cadets of the S.N. College and faculty members participated in this event. The event started at 8: 00 AM in the morning. The session was inaugurated by the Principal Dr. T. PRADEEP, with Prayer.

There was a warming up session (neck rotation, shoulder rotation, hip and kneerotation etc.) which was followed by the session on Asanas. Various asanas were performed as per the guidelines given by the Ministry. These included asanas in standing positions (such as Tadasan, Vrukasan etc.), asanas in seating position (Bhadrasan, Shashankasan etc.), Sleeping position on stomach (Bhujanghasan, Makrasan etc), Sleeping position (Sarvangasan, Shavasana). This was followed by Pranayam. During this function various Yoga Asanas along with benefits explained by the Yoga Instructor, Lt. Dr.Arun. V and he stressed on the need of practicing Yoga and Yoga as a way of life.



**Students practicing yoga  
On 21.06.2019**

## Independence Day Celebration (15-08-2019)

*Organising unit/ Collaborating agency: NCC*

*Number of students participated: 95*

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



**Flag hosting by Lt. Dr.Arun (NCC Officer) on 15.08.2019**



**NCC Cadet’s participating in the “SnehaSannasam” Programme  
organised by the Punalur Police Station  
On 15.08.2019**

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

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 67***

On behalf of the National sports day celebration our college NSS unit conducted a National sports day seminar on the topic “Healthy Youth”. The programme started by 10.00 a.m with the recital of NSS song. Programme officer Mrs.Simi.B.S welcomed the audience. The programme was officially inaugurated by Principal Dr.T.Pradeep. Dr.Divya Sadasivan (co-ordinator, NAAC steering committee), Dr. S. Baiju (staff association secretary & HOD Mathematics) , Dr.T.P.Vijumon (HOD, commerce) delivered felicitation address. After the inauguration, technical session handled by Mr. Santhosh.R (HOD,Physical education). The resource person spoke about the health consciousness of the youth and the exercises that children should regularly participate for good health. He explained with demo class. Both NSS volunteers and other students participated in this programme. Dr. Divya Jayan delivered vote of thanks. The seminar ended up by 1.00p.m. 67 volunteers participated in this programme.



**Inauguring seminar by Dr.T.Pradeep ( principal SN College punalur)- lighting lamp  
On 29.08.2019**



Technical session handling by Mr.Santhosh.R (HOD, Physical education on 29.08.2019

## **Ayyankali Remembrance Day (31.08.2019)**

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 55*

On behalf of the Ayyankali Remembrance Day our NSS unit conducted an essay completion on the topic “Social Renaissance and Youth Participation”. The programme started with the recital of NSS song. NSS Programme Officer Dr.Divya Jayan delivered welcome address. The programme inaugurated by Mrs.Simi.B.S (NSS programme officer & Ast.prof, Department of Commerce). More than 55 NSS volunteers participated in this programme. After that the volunteers engaged in cleaning activity. Then we discussed about the programme to be performed on National Teachers Day. NSS volunteer Ms.Sandra delivered vote of thanks. The programme ended up by 2.45 p.m.



**Students participating essay writing competition on 31.08.2019**



**Students cleaning class rooms on 31.08.2019**

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

***Organising unit/ Collaborating agency: NSS, Chemanthoor High school punalur***

***Number of students participated: 15***

On behalf of Teachers day Celebration our NSS Unit conducted a programme “Students in the Role of Teacher” in Chemmanthoor High School. The Programme started by 11 Am with the recital of NSS song. The Programme Officer Mrs. Simi .B.S delivered welcome address to the audience. The function officialy inaugurated by Mrs.Vijayalekshmi (Headmisteres in Chemmanthoor High School). High School teacher Mrs.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>. Dr. Divya Jayan (NSS Programme Officer) delivered vote of

thanks. After that the Participants shared their experience in class room teaching to programme officers and other students.



**Volunteers taking class in chemmanthoor high school on 4.09.2019**

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

***Organising unit/ Collaborating agency: NSS, Palliative club***

***Number of students participated: 64***

Our NSS unit and palliative club jointly conducted palliative care awareness class ahead of formation of palliative care club. The programme started with recital of NSS song. NSS PO Simi,B.S delivered welcome address. College Principal Dr.T.Pradeep delivered presidential address. The formal inauguration of this section was done by Kollam District Palliative Care Coordinator Anooj.D.T. After inauguration classes were handled by Mrs.Suja (Staff Nurse, Govt.Hospital, Punalur), Afsal (Physiotherapist, Govt.Hospital, Punalur ), Lijin (Staff Nurse, District Hospital Kollam). They familiarized palliative care and discussed about the role of palliative care unit in the society. They were answered doubt of our volunteers. NSS volunteer Jyothi Krishna expressed our sincere gratitude to participants and guests. 64 students participated this programme



### **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.



**Inaguration of palliative awareness training-lighting lamp  
On 17.10.2019**



**Training class by Mrs.Suja (Staff Nurse, Govt.Hospital, Punalur)on 17.10.2019**



**Class by Lijin (Staff Nurse, District Hospital Kollam) on 17.10.2019**

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

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 83***

Programme organized by NSS Unit, it started with recital of NSS song. Programme officers divided total students into different groups and selected one volunteer as group leader from each group. Each group had taken sufficient strategies for maintaining our water sources. They cleaned our ponds situated in college. The programme ended at 1,30 pm. Programme officers provided cool water and snacks. 83 volunteers participated.

### Objectives:-

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

### Beneficiaries:-

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



Save our ponds- Volunteers cleaning pond 26.10.2019

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

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 82*

Our NSS unit launched “Clean campus Green campus” programme. On behalf of implementation of such programme our volunteers cleaned college surrounding and removed plastic waste separately. The programme started with recital of NSS song. programme

officers divided total 82 students into different group and selected one as leader from each group. Programme officers provided cool water and snacks to volunteers.

**Objectives:-**

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

To create healthy environment.

**Volunteers cleaning college surroundings on 2.11.2019**



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

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 143*

On behalf of Children Day Celebration our NSS unit conducted activity on the basis of Jawaharlal Nehru famous Quotes “Most things, Except Agriculture Can Wait”. So that day unit conducted agricultural seminar and organic farming inauguration as a part of haritha keralam mission. The programme started with recital of nss song. Dr.Divya delivered welcome speech and our principal delivered presidential address. The programme was inaugurated by Mr.Aneesh.K(Assistant Agriculture officer, Pathanamthitta). Different department heads 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. 143 volunteers participated

### **Objectives:-**

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

### **Beneficiaries:-**

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



**Agricultural Seminar and organic farming- inaugural session on 14.11.2019**



**Volunteers in farming activity on 14.11.2019**

## **Transgender sensitization programme (19-11-2019)**

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 166***

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

The introduction speech delivered by sri.Mohanakumar sl( junior suprtdt,DSL office kollam).The welcome address was given by Nss volunteer secretary Sujith kumar.\*Special gust of the program was ISHA (TG Person). Vote of thanks was delivered by Mymoon N (nss volunteer secretary.Seminar on the basis of "Trans genders & there rights" was conducted by Sri.Aloshyas ( Dist co odinator , KSACS Kollam). A quiz program also conducted based on the seminar class .Good feedback response was given by students. There are 166 volunteers participated



Transgender sensitization programme on 19.11.2019

### **Vimukthi (Anti-Alcohol /Drug Abuse Awareness Programme )- THALIRP(12-12-2019)**

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 174***

Our NSS unit recently inaugurated "ANTI DRUG ABUSE UNIT ( THALIRP) on 12th December 2019 at 11 am in the college seminar hall .The principal Dt.T. Pradeep unveiled the name "THALIRP" for anti drug abuse unit. As a part ,anti drug campaign [vimukthi] was launched thereafter. The inauguration of programme was done by (assistant excise commissioner) Thajudeen kutty.The welcome address was given by Nss programme officer Dr.Divyajayan.The Presidential address was given by the principal Dr .T.pradeep. Facilitation were given by Dr Ratheesh.R (H.O.D physics).Dr Divya (H.O.D Zoology).Dr shibu ( H.O.D History) Jayaraj (Union Chairman) Special vote of thanks was delivered by vishak viswan, NSS volunteer. Poster making competition conducted based on the topic. A signature campaign also done. 174 volunteers participated this programme.



VIMUKTHI- Signature campaign on 12.12.2019

പുനലൂർ ശ്രീനാരായണ കോളേജിലെ എൻ.എസ്.എസ് യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ രൂപീകരിച്ച ലഹരിവിരുദ്ധ ക്ലബിന്റെ ഉദ്ഘാടന ചടങ്ങിൽ പ്രിൻസിപ്പൽ ഡോ. ടി. പ്രദീപ് അച്യുത കുമാർ പ്രസംഗം നടത്തുന്നു

**പുനലൂർ എസ്.എൻ കോളേജിൽ ലഹരിവിരുദ്ധ ക്ലബ്ബ്**

പുനലൂർ പുനലൂർ ശ്രീനാരായണ കോളേജിലെ നാഷണൽ സർവീസ് യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ രൂപീകരിച്ച ലഹരിവിരുദ്ധ ക്ലബിന്റെ ഉദ്ഘാടനം എറൈക്സ് അസി. കമ്മീഷണർ താജ് സിദ്ദീഖ് നിർവഹിച്ചു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ടി. പ്രദീപ് അച്യുത കുമാർ വഹിച്ചു. എൻ.എസ്.എസ് പ്രോഗ്രാം ഓഫീസർ ഡോ. ദിവ്യജയൻ, അദ്ധ്യാപകരായ ഡോ. ആർ. രമിഷ്, ഡോ. ദിവ്യ സുപ്രഭാഷ് വസന്തൻ, കോളേജ് യൂണിയൻ ചെയർമാൻ ജയരാജ് തുടങ്ങിയവർ സംസാരിച്ചു.

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



## **Short film making- ESBS Programme-Directed by NSS volunteers (13-12-2019)**

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 61*

As a part of **ESBS** our volunteers made a short film namely “Velicham pakarnna suhurthukal. It was directed by Jyothi Krishna & team.this short film 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 minute duration and provided a good message about strong friendship. After that NSS PO appreciated directors, actors and entire teams. Both nss volunteers and other college students watched this short film. There are 61 students participated.



**Short film display on 13.12.2019 directed by NSS volunteers**



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

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 77*

Nss unit conducted a seminar on the topic Bet Bachavo Beti Padhavo on 24 th January 2020 at 1pm in association with womens study unit in seminar hall related to Girls Day. The programme officially inaugurated by college principal Dr.T.Pradeep. The technical session handled by Deepthi. (Assistant professor, Department of English, SNC Punalur) Sujith expressed vote of thanks. The programme winded up at 2 pm. 77 students participated.



**Speech giving by Deepthi. (Assistant professor, Department of English, SNC Punalur) on 24.01.2020**



**Students participating the programme on 24.01.2020**

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

***Organising unit/ Collaborating agency: NSS, NCC***

***Number of students participated: 156***

NSS, NCC and our Anti-Drug club jointly organized an awareness class. The programme coordinator Simi.B.S delivered welcome speech, the programme inaugurated our college principal Dr.T.Pradeep. The class handled by punalur town SI. 156 NSSvolunteers, NCC students and other college students participated that programme.



**Anti-drug Awareness class- inaugurating Dr. T.Pradeep (Principal SNC Punalur ) on 28.01.2020**



**Awareness class on 28.01.2020 at college auditorium**

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

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 68***

Our NSS unit organized a documentary display “with Himalayan views” as a part of EBSB at 1 pm in February 17 th 2020. After formal session we displayed documentary about Himachal pradesh culture. We displayed one hours at 6 batch. Our 68 NSS volunteers, college union members and other students participated this programme.

### **Objectives:-**

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

### **Beneficiaries:-**

- College students.



**Documentary display on 17.02.2020 at seminar hall**

## **OUT REACH PROGRAMME REPORT 2019-2020**

## **Onam -“Onavirunnu”- a day with orphan mothers (14-9-2019)**

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 47***

Our NSS unit conducted a programme “Onavirunnu” with orphaned mothers in Dina Bhavan, Mother Teresa convent. The programme started by 10.30 Am with the recital of NSS song. The programme officer Mrs. Simi B S delivered welcome address. The programme officially inaugurated by Sister.Cheryil.M.C (Superior, Mother Teresa Convent). Dr. Divya Jayan (NSS Programme officer) delivered felicitation address. Our volunteers presented different cultural programme with the participation of mothers in convent. The food that the volunteers brought was distributed to the orphans there. Then they handover essential goods worth rupees 2159/-. NSS volunteer Sandra delivered vote of thanks. The programme ended up by 1.30 Pm and 47 volunteers participated this programme.



**Onam celebration inaugurating Sister.Cheryil.M.C (Superior, Mother Teresa Convent) on 14.09.2019**



**Food material handovering to Sister.Cheryil.M.C (Superior, Mother Teresa Convent) on 14.09.2019.**



**Pottichore distribution**



**Mates in convent attending onam programme**

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

*Organising unit/ Collaborating agency: NSS, Chemmanthoor high school, punalur*

*Number of students participated: 5*

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. 5 volunteers participated this programme.

Objectives:-

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

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



**Gopika (II BA English) Santhilal (II BCom) taking class for students in 7<sup>th</sup> standard on the topic impact of packaged food on 23.09.2019 at chemmanthoor high school .**



## **NSS Rally-“We are NSS Volunteers” (24-09-2019)**

**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 104**

On behalf of NSS day our unit organised NSS rally titled “We are NSS Volunteers”. The programme started at 10.00 am with recital of nss song. The programme was inaugurated by college principal Dr.T.Pradeep. The programme started from sn college punalur to private bus stand. The 104 volunteers and PO’s participated in the rally with pluck card containing role of NSS volunteers in the society and importance of NSS.

Objectives:-

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

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



**NSS rally inaugurating Dr.T.Pradeep (Principal SNC punalur) on 24.09.2019 from sn college to Punalur private bus stand**

## **Bus stands cleaning (24-9-2019)**

**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 78**

On behalf of nss day celebration our nss unit conducted a cleaning activity titled “plastic free bus stand cleaning programme”. The programme started at 11.00 am with recital of nss

song. Simi(NSS PO) delivered welcome address. The presidential address done by our college principal Dr.T.Pradeep. this programme officially inaugurated by Sri.K.Rajasekaran (Municipal chairman, Punalur).Santhosh.R nd Biji.M.Rdelivered felicitation address. After completing inaugural session our volunteers engaged in cleaning activities. The volunteers collected plastic and non- plastic waste separately and it handed over the municipal authority. After completing cleaning the volunteers informed about the consequences of plastic on earth to people who were standing there. The programme ended at 1.30 pm. 78 volunteers participated this programme.

Objectives:-

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

**Beneficiaries:-**

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



**Cleaning programme inaugurating by Sri.K.Rajasekaran (Municipal chairman, Punalur) on 24.09.2019 at private bus stand**



**Cleaning in private bus stand on 24.09.2019**

## Swachhata Pakhwada Activites (25-09-2019)

*Organising unit/ Collaborating agency: NCC*

*Number of students participated: 98*

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

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

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

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





Cleaning of Government Hospital on 25.09.2019





Cleanliness rally-official inauguration session on 25.09.2019 at Govt.Taluk hospital Punalur

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

***Organising unit/ Collaborating agency: NSS, MusavarrikunnuMunicipality,Punalur***

***Number of students participated: 36***

Our nss unit held a door to door campaign connection with poshan abhiyan at 11.30 Am today. Volunteers intracted with members of the household about the eating habit for good health and the importance of organic food. The volunteers answered doubts of household members relating to this. They conducted campaining activity with the help of videos,charts and newspaper cutting. This programme inagurated by Vilayil Safeer (Muncipal councillor, Musavarikkunnu). More than 36 volunteers participated in this programme. They visited 18 homes in musavarikkunnu municipality with children upto 19 years old. The programme ented up by 1.20pm.

Objectives :-

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

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



**Volunteers in campaigning activities at mussavarikunnu Municipality  
On 28.09.2019**

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

***Organising unit/ Collaborating agency: NSS, Sasthamkonam Municipality, Punalur***

***Number of students participated: 42***

Our nss unit held a door to door campaign connection with poshan abhiyan at 10.30 Am today. Volunteers intracted with members of the household about the eating habit for good health and the importance of organic food. The volunteers answered doubts of household members relating to this. They conducted campaigning activity with the help of videos,charts and newspaper cutting. This programme inagurated by Nelson Sebastian (Municipal councillor, Sasthamkonam). More than 42 volunteers participated in this programme. They visited 14 homes in musavarikkunnu municipality with children upto 19 years old. The programme ented up by 1.00pm.

Objectives :-

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

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





**Volunteers in campaigning activities on 29.09.2019 at santhamkonom Municipality**



**Volunteers in campaigning activities near Santhamkonam municipality  
On 29.09.2019**



## GANDHI JAYATHI ACTIVITIES

### 1.Gadiyan pathayathra (02-10-2019)

**Organising unit/ Collaborating agency: NSS, Punalur Municipality**

**Number of students participated: 81**

The programme organized NSS Unit it 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 81 volunteers and programme officers participated in the pathayathra with pluck card containing Gandhi's messages. This programme helped to spread Gandhian messages to public. Pathayathra reached railway station at 9.20 am. The railway authority members welcomed our volunteers

Objectives: - To spread Gandhian messages among the public.

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



GANDHIAN PATHAYATHRA on 2.10.2019 from sn college to Punalur railway station

### 2. Sramadhan (Adoption of Punalur railway station by NSS unit for green railway) (02-10-2019)

**Organising unit/ Collaborating agency: NSS, Punalur Railway station**

**Number of students participated: 81**

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

awareness about the harmful effect of plastic to public. Our volunteers had spent there about two hours. The railway authority members provided cool water and snacks to volunteers. 81 volunteers participated this programme.

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

**Beneficiaries:-**The main beneficiaries are passengers to depend the railway station and small businessmenlocatedtothere.



**SRAMADHAN- volunteers cleaning at punalur railway station on 2.10.2019**

### **3.Gandhi Bhavan Visit (LIFE LEARNING JOURNEY) 02-10-2019**

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 81***

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

Objectives:-

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

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



**Volunteers handed over the collected materials on 2.10.2019 to Gandhi Bhavan**

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

***Organising unit/ Collaborating agency: NSS, Ashraya(NGO)***

***Number of students participated: 7***

The programme inaugurated by Adv.V.Rajendrababu. after that Dr.Saiju Hameed (Asst director,Health Dept.) delivered a speech about the topic “Mental Health Promotion and Suicide prevention”. 7 volunteers participated this programme.

### **Objectives:-**

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

Learn how to prevents suicide and sharing such information to others





volunteers participating World mental health day seminar on 10.10.2019 at ashraya, kottarakara

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

*Organising unit/ Collaborating agency: NSS, Thalavaoor Panchayath*

*Number of students participated: 54*

On behalf of World Food Day, our NSS unit conducted „Paadam onnu Paadathekku-Koithulsavam.“Our unit acquired a paddy field in Manjaman, Thalavaroor panchayath and harvested paddy with the help of agriculture officers and farmers. The programme inaugurated was Mr.B.Suresh (Agrculture officer,Thalavoor). Agriculture office staffs, farmers, nss volunteers and programme officers are participated this programme. The 54 volunteers were very excited and share their experience to programme officers.

#### **Objectives:-**

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



**B.Suresh, Agrculture officer, Thalavoor inaugurating Koithulsavam on 16.10.2019 at paddy field in Manjaman, Thalavaroor panchayath**



**Volunteers participating in Koithulsavam on 16.10.2019 at paddy field in Manjaman, Thalavaroor panchayath**



**Report of Koithulsavam on 16.10.2019 in mathrubhumi daily**

### **Blood donation camp ( 15-11-2019)**

**Organising unit/ Collaborating agency: NSS, HDFC Bank, Govt. Taluk hospital,Punalur**  
**Number of students participated: 44**

Our NSS unit, organized a blood donation camp in collaboration with HDFC bank (punalur ),On 15th november 2019. The camp began at 9:30a.m. With a short inaugural function include Doctor and his eight member team from punalur thaluk hospital was given a floral welcome. Doctor expressed his gratitude to the NSS unit of the college for its continuous endeavour in this regard. He also stressed on the growing need of blood in the state and commended the young volunteers for their noble act. The Camp was inaugurated by Mr. Shibu.T (HOD, History) 51volunteers came forward to donate blood during the camp. Blood donors were provided with a blood donation certificate and a small gift. but more than 44 volunteers participated



**Volunteers participating blood donation on 5.11.2019 at college auditorium with the help of HDFC Bank Punalur and Govt.Taluk hospital Punalur**

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

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

***Organising unit/ Collaborating agency: NSS, Govt.Taluk Hospital, Punalur***

***Number of students participated: 18***

Our NSS unit jointly associated with our palliative care club conducted a home care treatment to sick patients around in punalur municipality with the help of punalur taluk hospital. Total volunteers grouped into different units, then the 18 volunteers visited to patients in home. Each group was accompanied by staff from punalur municipality.





**Volunteers engaging in Snehasparsham- Home care treatment to patients near punalur Municipality**

## **Makaranilavu- Distribution of Cloths (19-1-2020)**

***Organising unit/ Collaborating agency: NSS, Govt.Taluk hospital, Punalur***

***Number of students participated: 59***

Our NSS unit and punalur taluk hospital jointly organized a programme in mothertheressa convent at 10 am. The programme inaugurated by municipal chairman Sri.Rajasekaran. key note address delivered by taluk hospital supernatant Dr.Shahinsha. our unit collected materials and clothes handover to mothertheressa convent. After formal session our 59 volunteers presented different cultural programmes to mothers in convent. They really enjoyed our programme. The proramme winded up at 3 pm





**Collected materials and clothes handover to mothertheressa convent on 19.01.2020**

**Snehasparsham- Essential Commodities Distributed to patient (20-1-2020)**

*Organising unit/ Collaborating agency: NSS, Govt.Taluk Hospital, Punalur*

*Number of students participated: 14*

Our nss unit and palliative care club jointly organized a progamme Arike. Under this programme our 14 volunteers collected essential commodities worth rs 3500/- and provided to a patient suffering cancer of cervix (subida, age-66, seema manzil, pattekar, punalur) punalur taluk hospital supernatant Dr.Shahinsha and staff nurse suja were accompanied with our team. It was good experienced



**Snehasparsham- handovering food materials to patient on 20.01.2020 at Pattekar**

## Republic Day Celebrations (26-01- 2020)

*Organising unit/ Collaborating agency: NCC*

*Number of students participated: 106*

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



**Flag hoisting on 26.01.2020 at SN College, Punalur**





**Photographs on Republic Day Celebrations on 26.01.2020 in punalur municipality**

**EXTENSION ACTIVITIES REPORT 2020-2021**

## Yoga Day Celebration (21-06-2020) (Online)

**On beh Organising unit/ Collaborating agency: NSS**

**Number of students participated: 87**

alf of the yoga day celebration, our NSS unit conducted an intercollegiate online quiz competition. The programme was officially inaugurated by Principal Dr. T Pradeep. Programme officers discussed about the details of the programme. 87 Students from various colleges participated the programme.

### Objectives:

To give an awareness among students the importance of yoga

To build a healthy youth

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

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

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

Date : June 21, 2020

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

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

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

Thanking you,

Simi.B.S,  
Programme Officer

*Sree Narayana College, Punalur*

INTER COLLEGIATE ONLINE QUIZ  
INTERNATIONAL YOGA DAY '20

**CERTIFICATE OF PARTICIPATION**

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

Simi B.S. Divya Jayar

6/21/2020

NSS Programme Officers

National Service Scheme Unit No-28  
A,B

**Certificate of participation in connection with yoga day**



**Yoga Day Celebration in volunteers home on 21.06.2020 at home**

### **Tree Plantation (09-07-2020)**

***Organising unit/ Collaborating agency: NCC***

***Number of students participated: 90***

As per the Ref. Letter HQ DGNCC mail dt. 09 July 2020 & NCC Directorate Letter No. mail 1011/SSA/CDP/Trg dated 09 July 2020 received through the CO, 9(K) BN, NCC, Kottarakkra, the NCC UNIT Sree Narayana College, Punalur conducted the Tree Plantation Pakhwada- 2020 in the month of July 2020. Due to the pandemic situation prevailed during the period, the 90 NCC Cadets of Sree Narayana College, Punalur were instructed to plant tree saplings at their house premises.



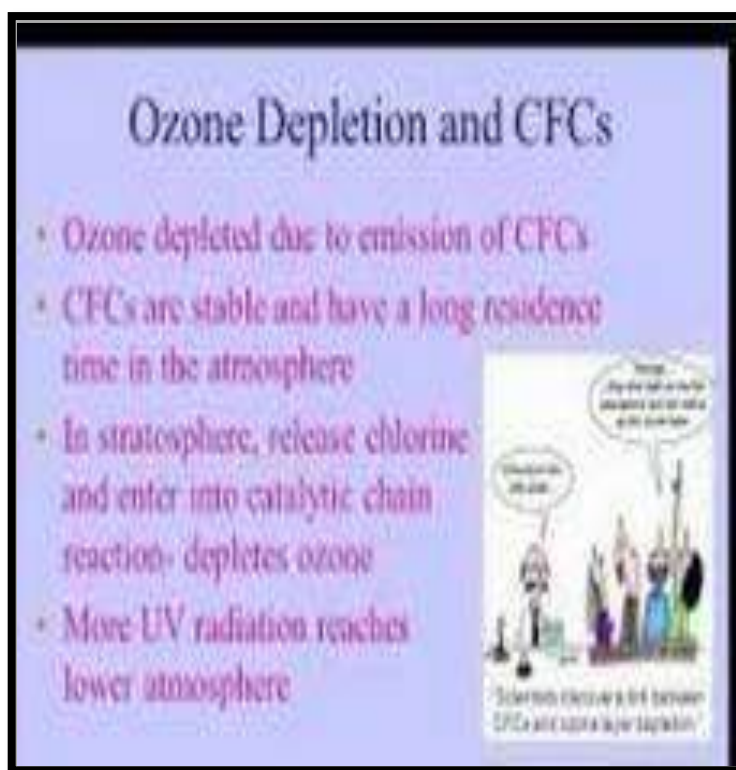
Photographs on tree planting in cadets area on 9.07.2020 at home

## **Ozone Day-“Save Ozone” (16-09-2020).(online)**

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 74***

On behalf of observing the ozone day, the NSS unit of our college created videos related to this. The programme was named as “Save Ozone”. To share information about ozone protection, ozone message the purpose of the message, what the ozone layer is and how it is depleted. It was about 3 minutes. The videos imparted knowledge to others. NSS volunteers Athira V S, Arsha Anil, Pavan P Narayan contributed to the technical session of the creation of the videos. 74 volunteers participated.



**Poster Making On 16.09.2020**



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

**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 81**

The NSS unit of our college conducted a webinar on behalf of NSS day celebrations. The webinar was conducted at 4.00 pm through google meet about the topic “Tips to develop positive attitude”. The webinar was inaugurated by Dr. T. Pradeep (Principal, SN College, Punalur), Dr. Divya Jayan (NSS PO) delivered the welcome speech. The technical session was carried by Smt. Lekshmi V, Asst.Professor, NSS Training College, Ottappalam. The talk was highly informative and inspiring to pursue a positive attitude towards life. The meeting ended with the vote of thanks by Sruthy (NSS volunteer). 81 volunteers participated.



**Online webinar- Tips to develop positive attitude on 24.09.2020**

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

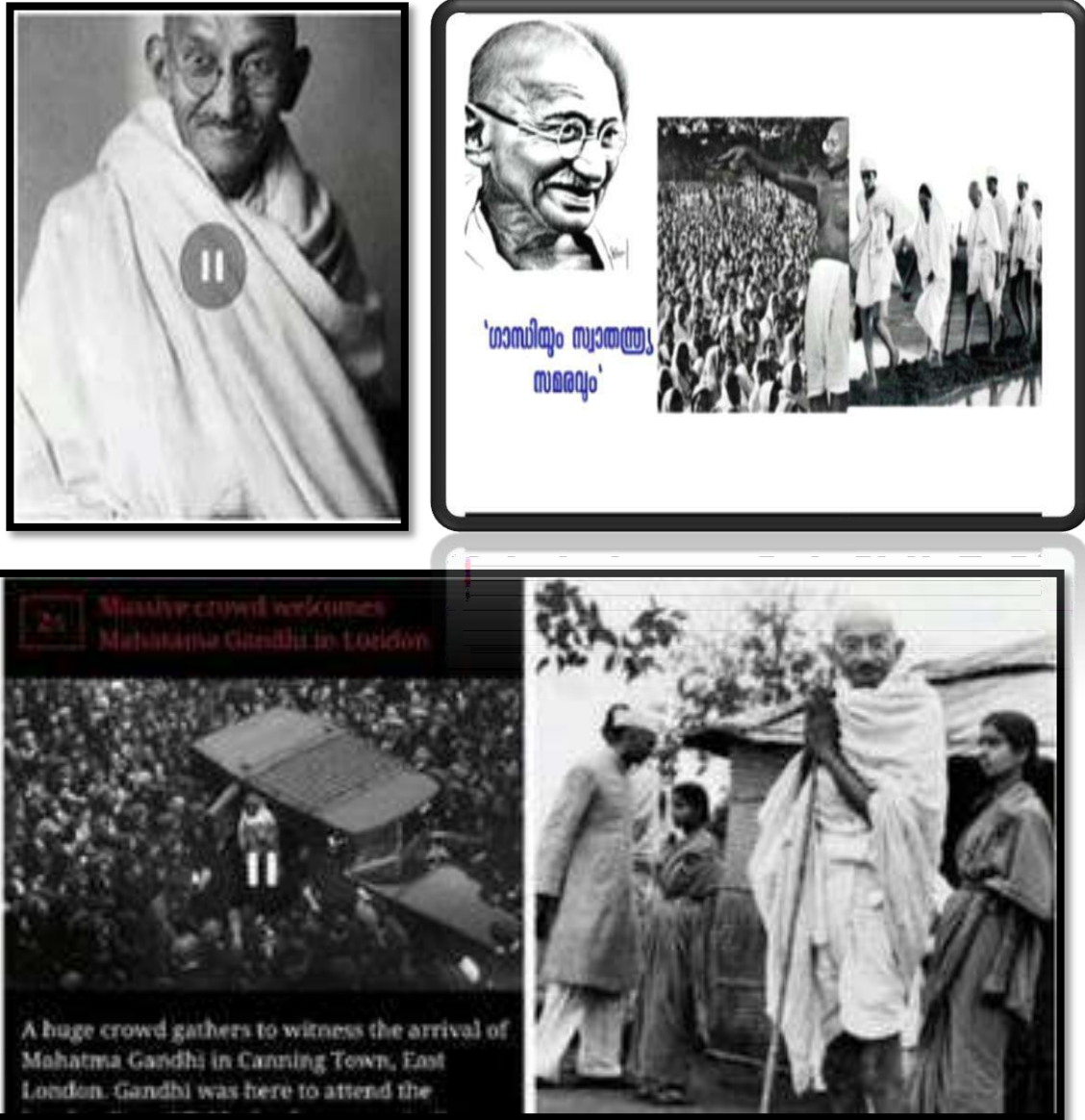
**Organising unit/ Collaborating agency: NSS, Swachh barath program**

**Number of students participated: 76**

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

Sree Narayana College Punalur , NSS unit 28 A&B celebrated the 151th birth anniversary of Mahatma Gandhi on 2<sup>nd</sup> October 2020 on a grand scale .On the occasion of Gandhi Jayanthi , a short video presentation on the freedom struggle. Through this, a small version of

Gandhiji's struggle for freedom was conveyed to others. The NSS volunteers are making a video talked about the life history of our "Father of the Nation" – Mahatma Gandhi and remembered his sacrifices towards the nation in getting freedom. All the NSS volunteers are participated in the event.



Video presentation-"Gandhi and the freedom struggle" on 2.10.2020

## 2. Elocution competition

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



Elocution competition on 2.10.2020

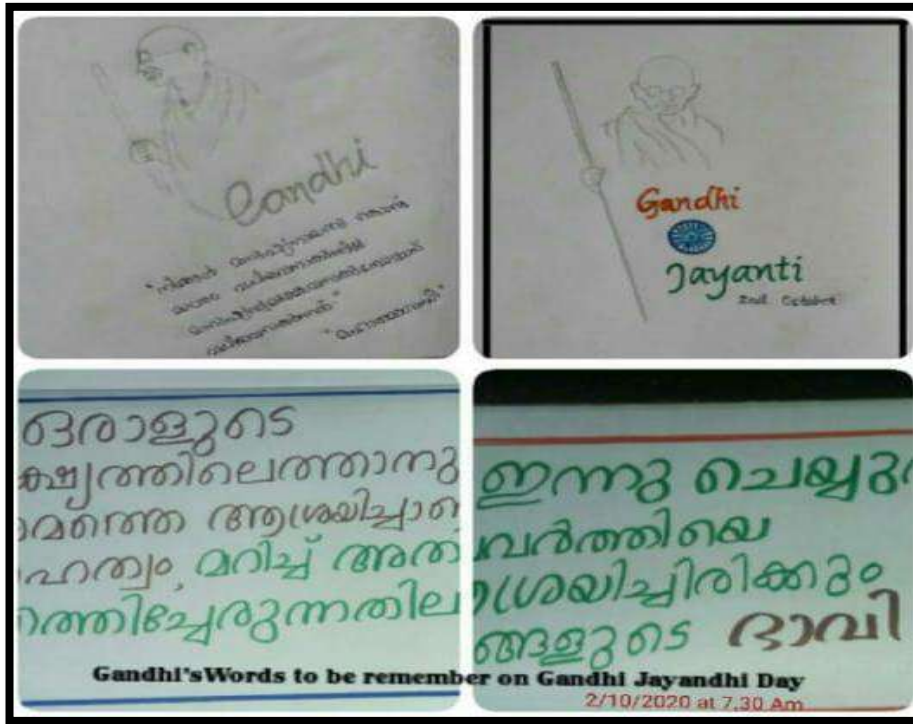
### 3. Swachh Bharat programme

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



cleaning activities in their home on 2.10.2020

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



Video presentation on 2.10.2020

### 5. Story Writing Competition

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

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



Story Writing Competition on 2.10.2020

#### 4. Gandhi Jayanthi Quiz



Gandhi Jayanthi Quiz on 2.10.2020

#### 5. Drawing Competition

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



Drawing Competition on 2.10.2020

## **Covid Pledge (08-10-2020) (online)**

**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 82**

At the launch of a new campaign on prevention and mitigation of Covid-19, the NSS volunteers of our unit took the pledge at 1 pm. This programme conducted by NSS Unit. There are 82 volunteers participated

Objectives: To provide an awarness about the pandemic situation

To make them follow the safety rules even at homes

Beneficiary: NSS volunteers of SN college, Punalur.



**Covid Pledge on 8.10.2020**

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

**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 58**

As part of the celebration of the International Girl Child day our NSS unit in association with women study unit made a short video competition. Volunteers like Salu TY (Bsc Zoology), Kesiya(BSc Maths), Akhil J (BA History) become part of it. The observation supports more opportunity for girls and increases awareness of gender inequality faced by girls worldwide based upon their gender. The video was made in view of these facts. 58 volunteers participated



**International Day of the Girl Child- short video competition on 11.10.2020**

## **Organic farming(07-11-2020)**

**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 71**

The programme was conducted by NSS Unit, it was inaugurated by Dr. T Pradeep, Principal, S. N college, Punalur. The importance of organic farming was discussed by the programme officer, Dr. Divya Jayan. 71 Volunteers engaged in doing their work at their homes. These are some of the work done by the volunteers.

Objectives :-

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



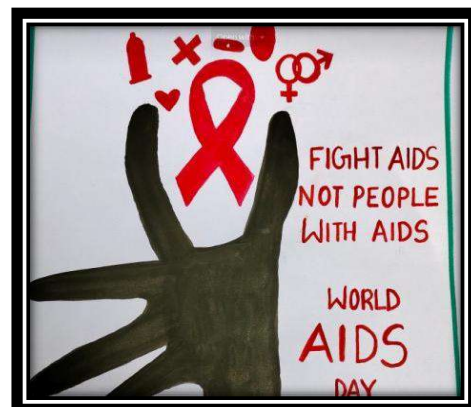
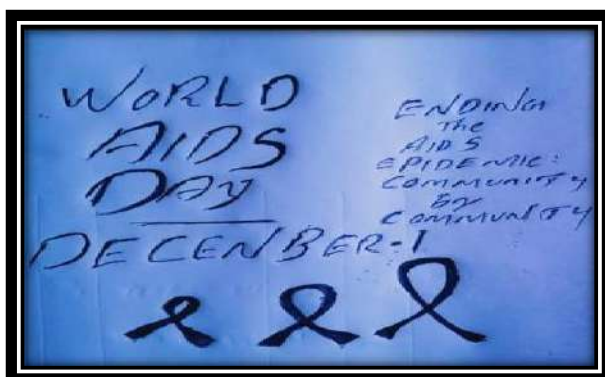
Organic\_farming on 7.11.2020

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

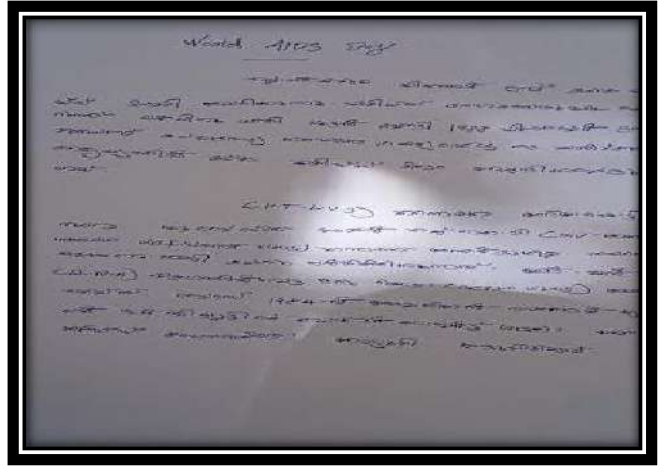
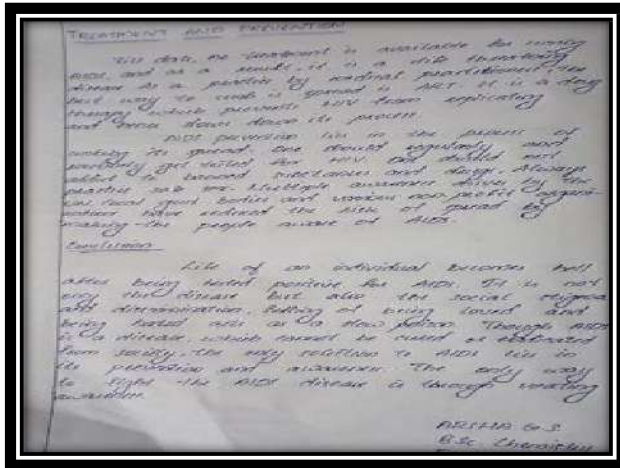
**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 64**

World AIDS Day is observed by NSS unit on 1 December every year to raise awareness and knowledge about HIV and a call to move toward ending the HIV epidemic. It was first celebrated in 1988. Our unit observed World Aids Day by poster presentations. The programme was conducted online and was inaugurated by our Principal, Dr. T. Pradeep. 64 volunteers participated







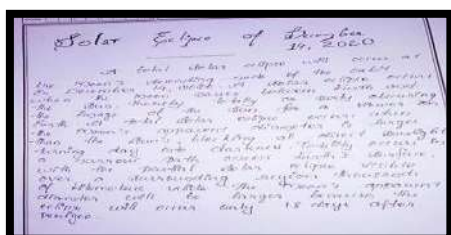
Poser making on 1.12.2020

## Energy Conservation Day (online) (14-12-2020)

**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 47**

On behalf of the importance of conserving energy for our future use, the NSS unit of our college conducted a talk on the same. The programme was inaugurated by our Principal, Dr. T. Pradeep. NSS Programme Officer Simi B S gave the need for preserving energy for our future. Volunteers engaged in doing drawings and writings to aware the public. There are 47 volunteers participated





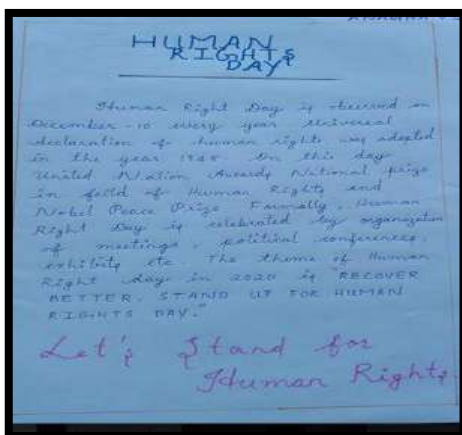
Energy Conservation Day-poster making on 14.12.2020

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

**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 66**

Human Rights Day is celebrated on 10 December with the help of NSS Unit and Women's studies unit. The Universal Declaration of Human Rights was adopted in 1948 by the United Nations General Assembly. This day is observed to protect the fundamental human rights of all people and their basic human freedom. Our volunteers also observed the same. 66 volunteers participated



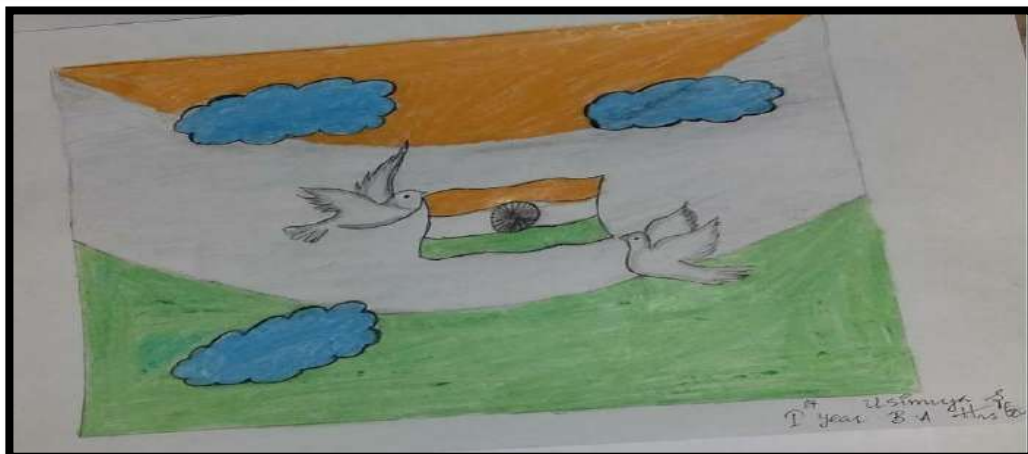
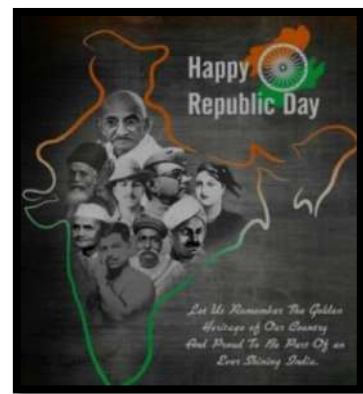
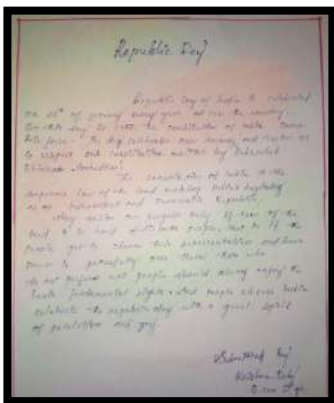
Observance of Human Rights Day-poster making on 10.12.2020

## Observance of Republic Day(26-01-2021) (online)

Organising unit/ Collaborating agency: NCC, NSS

Number of students participated: 149

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



Republic Day-Poster making on 26.01.2021

## Wetlands Day (02-02-2021) (online)

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 75*

On behalf of observing the Wetlands Day, NSS unit of our college created posters and essays to this, to share information about the Wetland protection, what is wetland and how it is dried-up. This makes the volunteers aware about the importance of wetlands and how to take care of it. 75 volunteers participated



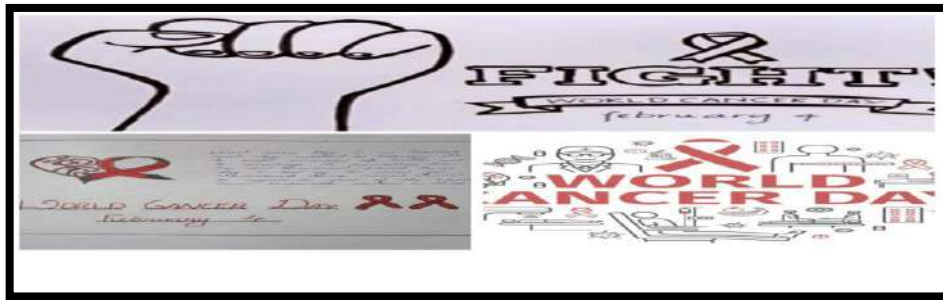
Wetlands Day-Poster making on 2.02.2021

## Observance of Cancer Day(04-02-2021) (online)

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 59*

The NSS unit of our college observed The Cancer Day by creating posters and essays and making them aware about the detrimental effects of cancer by the Theme "I am and I will", conveys the message an empowering call for personal commitment that represents the power of our actions taken now to reduce growing impact of Cancer. 59 volunteers participated.



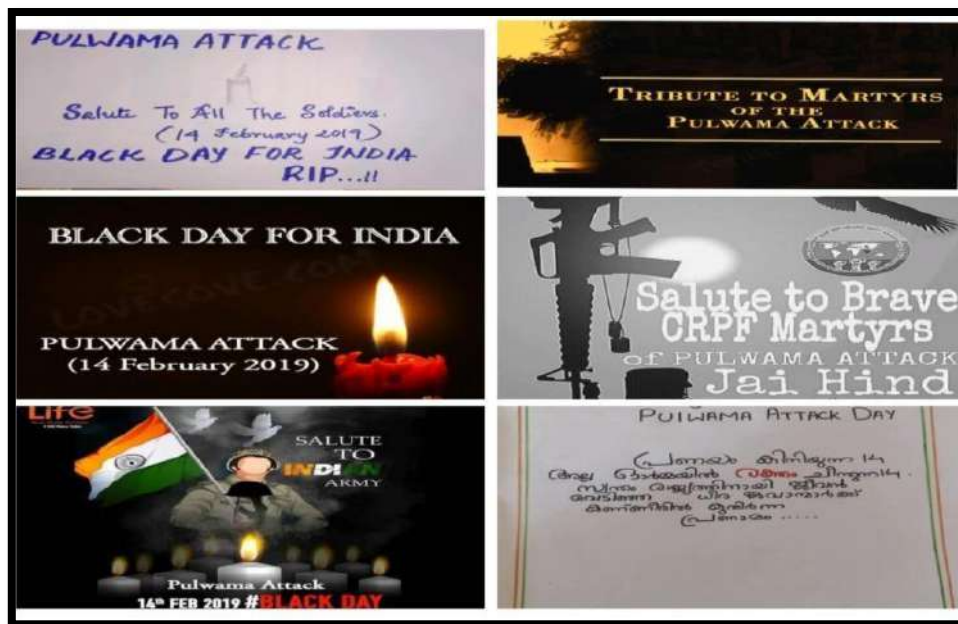
Cancer Day-Poster making on 04.02.2021

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

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 44*

The NSS unit of our college observed the Black Day For India - Pulwama attack by creating posters as a tribute to the brave soldiers who died in Pulwama.44 volunteers prayed for their soul.



Black Day For India - Pulwama Attack-poster making on 14.02.2021

## Election Training Class (05-03-2021)

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 64*

On behalf of election, our college had participated in a election training class organized by NSS unit on 15 th March at SN college punalur. The program was officially inaugurated by Dr.T Pradeep (Principal,SN college Punalur). Dr.Divya Jayan (NSS PO,SN College, punalur) delivered the welcome speech. The technical session was divided into two in which first session was carried by Shri.John(St Stephens college, Pathanapuram) and the second session was carried by which makes the students aware about the importance of voting, which is our responsibility and to make aware about the importance of taking election ID card on time. The class was so informative. Dr.Ratheesh R delivered the felicitation. Sruthy Chandran (NSS Volunteer) delivered the vote of thanks. 64 volunteers participated



**Election Training Class on 5.03.2021**

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

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 85*

The NSS unit of our college celebrated International Women's Day by creating posters and essays related to this, with the aim to create a gender equal world, to recognize the extraordinary acts of women and to stand together, as a United force, to advance gender equality around the world. 85 volunteers participated



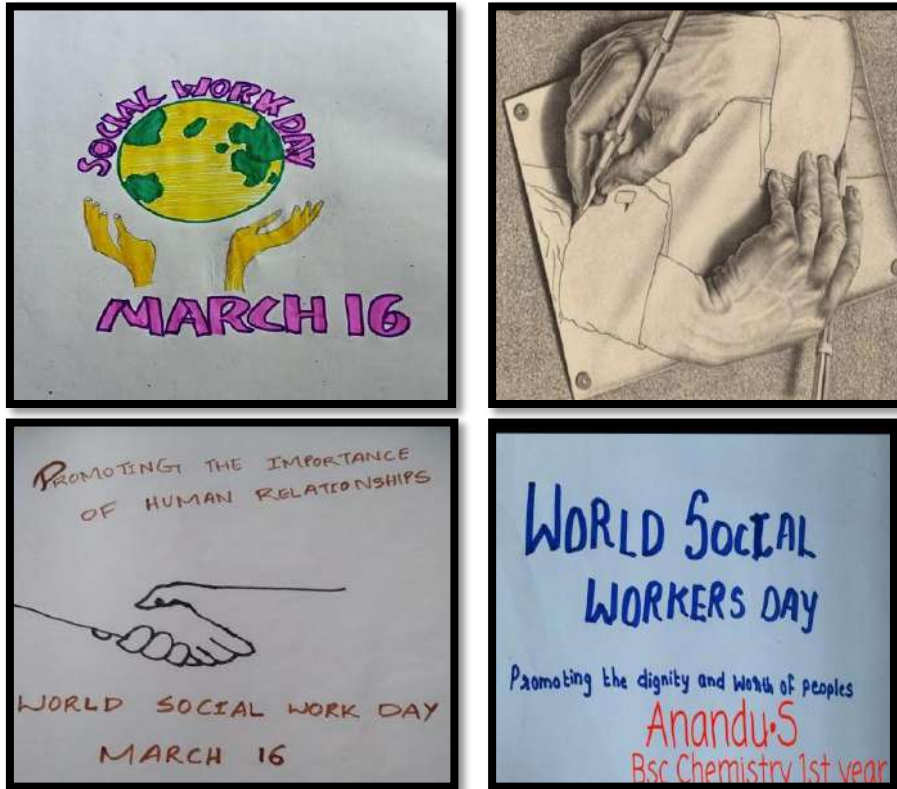
International Women's Day -Google Meet on 8.03.2021

## World Social Work Day (16-03-2021)(online)

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 42*

The NSS unit of our college observed the World Social Work Day by creating posters for making our volunteers aware to celebrate their achievements and support for the important role that social workers play in the lives of vulnerable families and communities. 42 volunteers participated



World Social Work Day-Poster making  
On 16.03.2021

### **Forest Day programme (21-03-2021)(online)**

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 43***

The NSS unit of our college celebrate the Forest Day with the help of excise department by making posters and essays with the theme "Forest Restoration: a path to recovery and well being" for giving them an awareness about the importance of conservation of forests. On behalf of Forest Day, our college had participated in a webinar on the theme "Forest Restoration: a path to recovery and well being", organized by Flying Squad Division, Punalur in association with SN College, Punalur, College of Engineering, Pathanapuram, and Mount Tabor Training College, Pathanapuram through Google meet at 4 pm on 21 st March. The technical session was divided into two in which first session was carried by Smt.A Shajna Karim on the topic "A glimpse at the future of wildlife.Way ahead" The second session was carried by Shri.John Mathew on the topic "Wild life trafficking and law enforcement".Shri.Baiju Krishnan (DFO, Flying Squad Division, Punalur) delivered the welcome speech.Dr.T Pradeep(Principal SN College,Punalur) Dr.R Bijukumar (Principal Pathanapuram Engineering College, Pathanapuram) Dr.Rosamma Philip (Principal, Mount



Tabor Training College, Pathanapuram) delivered the felicitation. The session was so informative describing about the importance of conservation of Forest and impact of wildlife trafficking. Shri. Aneesh S (Range forest officer, Flying Squad Punalur) delivered the vote of thanks. 43 volunteers participated

**International Day of Forests**  
21<sup>st</sup> March 2021, 4 pm  
Forest Restoration - a path to recovery and well-being

Welcome : Sri. Baiju Krishnan (DFO, Flying Squad, Punalur)  
Inauguration : Sri. A. Renjan IFS (Conservator of Forest I & E, Kottayam)  
Felicitation : Dr. T. Pradeep M.Sc., Ph.D. (Principal, SN College, Punalur)  
Lecture 1 : Smt. A. Shajna Karim (Wildlife Warden, Acalam Wildlife Sanctuary)  
Lecture 2 : Sri. John Mathew (Working Plan Officer, Acalam Wildlife Sanctuary)  
Vote of thanks : Sri. S. Aneesh (Range Forest Officer, Flying Squad, Punalur)

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

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

Meeting URL : <https://meet.google.com/najrqqkcsrjhe>

**Webinar- Forest Day on 21.03.2021**

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

**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 59**

On behalf of the observation of Covid Awareness Programme our NSS unit organized programme. 59 volunteers actively participated in creating posters and videos to give awareness about the detrimental effects of covid-19, how to stop spreading of Corona Virus,



importance and safety of vaccination and submitted it in the NSS official group.

**Nurses Day programme (12-05-2021) (online)**

**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 42**

On behalf of the nurse's day, our volunteers actively participated in creating posters and essays with the theme "Nurses, a voice to lead a vision for future health care." We congratulate and thank all nurses around the world wide for being an indispensable component of our health systems. There are 42 volunteers participated



**INTERNATIONAL NURSES DAY**  
**May 12**

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

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

Nurses: A voice to lead - A vision for future healthcare. In 2021, we seek to show how nursing will look into the future as well how the profession will transform the next stage of healthcare.

International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birthday. ICN commemorates this important day with global activities and distribution of the IAD message and evidence.

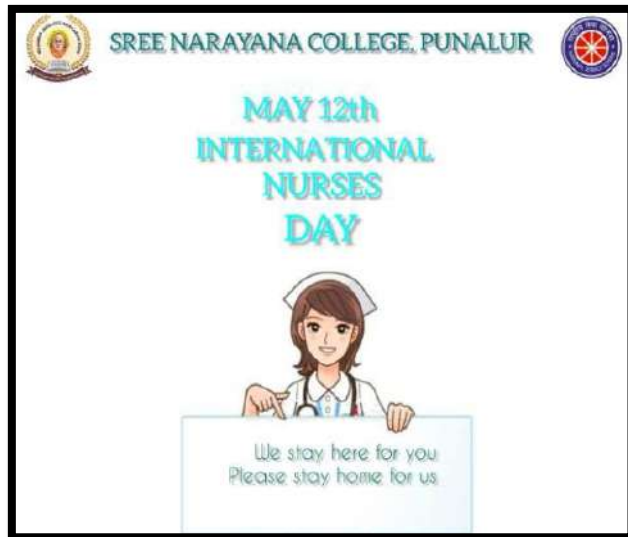
International Nurses Day - May 12

The International Council of Nurses (ICN) has celebrated this day since 1954. In 1953, Dorothy Sulzland, an official with the US Department of Health, Education and Welfare, proposed that President Dwight D. Eisenhower proclaim a "Nurses Day". He did not approve it. In January 1954, in order to honor it, she wrote the day as it is the anniversary of the birth of Florence Nightingale. The ICN has been celebrating this day since 1954. ICN proposes that members of the International Nurses Day for the ICN continue to promote and public information materials for this day by nurses worldwide. As of 1995, it may thus designated as a national national Nurses Day.

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

ICN themes of International Nurses Day:

- 1985 - Self-reliance
- 1989 - School Health
- 1990 - Nurses and Environment
- 1991 - Mental Health - Nurses in Action
- 1992 - Healthy Aging
- 1993 - Quality, Access and Nursing
- 1994 - Healthy Families for Healthy Nation
- 1995 - Healthy Families
- 1996 - Women's Health - Nurses Have the Way
- 1997 - Better Health Through Nursing
- 1998 - Healthy People: A Brighter Future
- 1999 - Partnership for Community Health
- 2000 - Celebrating Nursing's past, claiming the future



Nurses Day- poster competition on 12.05.2021

## **OUT REACH PROGRAMME REPORT 2020-21**

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

**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 77**

The NSS unit of Sree Narayana College, Punalur observed the environmental day from the first week of June. Programme Officers, Smt.Simi B.S, Dr. Divya Jayan gave the directions to students for the better conduction of the programme. The programme was inaugurated by our principal, Dr.T. Pradeep. Since it was during lock down, all students engaged planting trees in their own homes. The great benefit of this programme is that not only our volunteers, but also all the family members being a part of PARITHRANAM. Students from different walks, engaged in planting variety of tree saplings. The importance of agriculture as well as the need for planting new trees, volunteers got an awareness to all by this programme. 77 volunteers participated with great enthusiasm.



Students engaged planting trees in their own homes

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

***Organising unit/ Collaborating agency: Ayyankali Memorial Arts and Science College***

***Number of students participated: 12***

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

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

Distribution of Sanitizer to Govt Taluk Hospital

On behalf of community service and in the lack of sufficient sanitizers even in shops, our institution engaged in providing the same to the Superintendent, Govt. Taluk hospital, Punalur. About 12 students participated.

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



**Sanitizer distribution on 17.09.2020 to punalur govt hospital**

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



OFFICE OF THE PRINCIPAL  
**AYYANKALI MEMORIAL ARTS & SCIENCE COLLEGE**

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

Ref:


Date:



**THANK YOU** , , , , , , , , , ,

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



  
**പ്രിൻസിപ്പാൾ**  
**അയ്യൻകാളി മെമ്മോറിയൽ**  
**ആർട്ട്സ് & സയൻസ് കോളേജ്**  
**കൂരിയോട്ടുമല, പത്തനംപുഴ.**

Email : akmasprincipal@gmail.com, website: www.akmascollege.com, Ph: 0475-2220555

**Certificate in connection with sanitizer distribution on 17.09.2020**

## Sanitizer making and distribution (22-12-2020)

*Organising unit/ Collaborating agency: NSS*

*Number of students participated: 21*

National service scheme provided hands-on-training virtually for the preparation of sanitizers for its volunteers and they prepared sanitizers and distributed it in the locality , following the Covid protocol. 21 volunteers engaged in the preparation and distribution of sanitizer.



Sanitizer distributing to public on 22.12.2020 near punalur municipality



## Ente Malayalam Ambassadors (05-02-2021)

*Organising unit/ Collaborating agency: NSS, Asianet*

*Number of students participated: 6*

As part of Ente Malayalam Ambassadors program on behalf of Asianet, our volunteers actively participated in teaching Elder people in our locality. 6 volunteers participated the programme



**Volunteers actively participated in teaching Elder people in our locality in near volunteers home**

## **Distribution of Masks to Punalur Municipality**

***Organising unit/ Collaborating agency: NCC, Punalur municipality***

***Number of students participated: 98***

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



**Photographs – Face Masks distributed to Punalur Municipality**

## **Free Vaccine Registration Campaign (23-05-2021 to 28-05-2021)( online awareness drive)**

***Organising unit/ Collaborating agency: NSS***

***Number of students participated: 26***

Our NSS unit conducted a free vaccine registration campaign for the ones who are not able to register. The programme aims at the theme' An opportunity for all'. 26 volunteers participated



Free Vaccine Registration Campaign

**Palliative care program – Distribution of Food Kit (31-05-2021)**

**Organising unit/ Collaborating agency: NSS**

**Number of students participated: 47**

The programme organized NSS unit and started at 11 am. The programme was officially inaugurated by Dr.T Pradeep (Principal, SN college Punalur). Program officers Dr.Divya Jayan and Smt. Simi BS led the programme. Volunteers Sijin, Soorya, Arsha GS, Bijil k Babu, Fathima Salahudheen, Nishitha S Binu and Jeeva Nandan actively participated by following the covid protocol. Kits were distributed to the weaker sections of Sasthamkonam, Punalur municipality. About 25 families got the benefits. 47 volunteers participated.





**Kanivinte kaithangu-Kit distribution to economically backward people at sasthanmkonam on 31.05.2021**