

Sree Narayana College Punalur

Chemmanthoor, Punalur, Kollam Kerala-691305

Telephone: 0475 2222635, 0475 3258895

Email: sncpunalur@gmail.com, Website: www.sncpunalur.in

Third Cycle NAAC Accreditation 2022

CRITERION 6

Governance, Leadership and Management

6.5.1: Internal Quality Assurance Cell (IQAC) has contributed significantly for institutionalizing the quality assurance strategies and processes

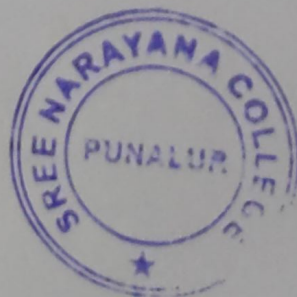
Submitted to

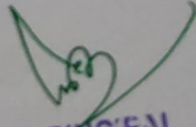


THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

**Student-Centred Knowledge
Enrichment Programmes.**

Effective and participative teaching-learning is intended to make education a two-way process. It helps enriching the students' knowledge and enhancing the research aptitude. Seminars, workshops and group discussions are part of such programmes. The IQAC of the college emphasized on learner-centered teaching manner by arranging seminars, workshops and invited talks using experts in each area. This type of teaching-learning programs helped in enriching the students' knowledge in various subjects. Students of all disciplines used the opportunities to interact and collaborate with subject experts from other colleges. 'Zest' is the seminar series organized in 2016-17 to commemorate the golden jubilee celebrations of the college. It was inaugurated by Dr G Jayaprakash, Director, College Development Council, University of Kerala. Urja Kiran, one our other prestigious programs conducted by the college was inaugurated by Shri. K Raju, Minister of Forests and Wildlife Protection in 08 February 2017. On February 22, 2017, our college organised a one-day National Seminar on "Intellectual Property Rights" sponsored by PIC (Patent Information Centre) and Kerala State Council for Science, Technology and Environment. The focal theme of the seminar was Patents for inventions, Trademarks, Industrial designs, Geographical indications, Copyrights etc. Post Graduate Department of Mathematics organized a national seminar on 'Python Programming in Mathematics' on August 8 to 9, 2018. All departments arranged webinars with the help of experts during the year 2020-21 when the college remain closed due to the Covid-19 lockdown. PG Department of Physics organized workshop on Python Programming in association with SN College, Kollam, which was highly useful to students for advanced learning. 'Cognizance 2020' was the first edition of the annual multidisciplinary webinar series. It was organized by IQAC in association with various departments of Sree Narayana College, Punalur. All departments conducted webinars during the months of December 2020 and January 2021. Every student has been given the opportunity to complete their projects with live industrial/institutional experience under the supervision of teachers. Many studious students presented their research papers in the seminars organized by the college.





PRINCIPAL
SREE NARAYANA COLLEGE
PUNALUR



Ozone day seminar on 28/09/2016




PRINCIPAL
SREE NARAYANA COLLEGE
PUNALUR

26 December 2016, Tuesday
Department of Physical Education, Kerala College Auditorium

27 December 2016, Wednesday
Kerala College Auditorium

Technical Session!
"Modern Life Style and Hygienic Dieting"
Dr. K.K.Venu
Dean, Department of Physical Education
University of Kerala, Thiruvananthapuram

VALEDICTORY SESSION
Chief Guest
Dr. B. Jayaprakash
Registrar - Charge and Director
College Development Council
University of Kerala

SREE NARAYANA COLLEGE
PUNALUR, KOLLAM
Kerala - 691305
Phone: 0475 2222635, 3258899
Fax: 0475-2222635
E-mail: sncpunalur@gmail.com
Website: www.snccollegepunalur.edu.in

Sree Narayana College, Punalur was established by the S.N. Trusts, Kollam in observance to the great saint, philosopher and social reformer Sree Narayana Guru. The college was officially inaugurated by the former Chief Minister Dr. R. Sankar on 15 July 1965 whose pioneering efforts resulted in establishing a group of institutions named after Sree Narayana Guru. Headed in a serene and calm campus of 29 acres, the college effectively serves the educational and intellectual needs of society ennobled in the eastern part of Kollam district. The college offers Degree courses in Physics, Chemistry, Zoology, Mathematics, Commerce, History, Economics and Communicative English and PG courses in Mathematics, Chemistry and Physics. The college is accredited by NAAC with grade 'B'. Also the college is supported by Fund for Improvement of Science and Technology (FIST) Programme of Department of Science and Technology (DST). Having a glorious tradition of its own, the college looks forward for greater accomplishments in the forthcoming years.



SRI R. SANKAR
Former Manager



SREE NARAYANA COLLEGE
PUNALUR, KOLLAM



SRI VELLAPPALLY NATESAN
CJ Manager

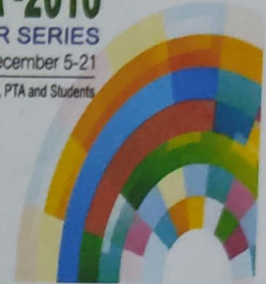


ZEST 2016
SEMINAR SERIES
2016 December 5-21

ZEST-2016
SEMINAR SERIES

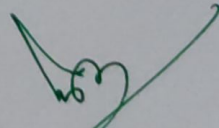
2016 December 5-21

Organised by Staff, PTA and Students



Seminar on Commerce: Zest 2016




PRINCIPAL
SREE NARAYANA COLLEGE
PUNALUR



WORLD WETLAND DAY CELEBRATIONS

10 FEBRUARY 2017

WORLD WETLAND DAY
WETLANDS FOR DISASTER RISK REDUCTION

Organized by
Department of Botany & Zoology
SREE NARAYANA COLLEGE PUNALUR, KOLLAM

Focal Theme
Wetlands for Disaster Risk Reduction

Sponsored by
Kerala State Council for Science, Technology & Environment (KSCSTE)



WORLD WETLAND DAY
WETLANDS FOR DISASTER RISK REDUCTION

Dear Sir/Madam,

Sree Narayana College, Punalur is organizing World Wetland Day Celebrations on 9th & 10th February 2017 in association with Kerala State Council for Science, Technology & Environment (KSCSTE). World Wetlands Day is celebrated every year on 2nd 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, 4.00 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 R Miranda
HOD, Dept. of Zoology,
Fathima Matha National College, Kollam

Valedictory Address

Dr.G.Jayasenan, Principal

and Prize Distribution

Dr.Jasmine Anand, HOD, Dept. of Zoology

Vote of Thanks

National Anthem



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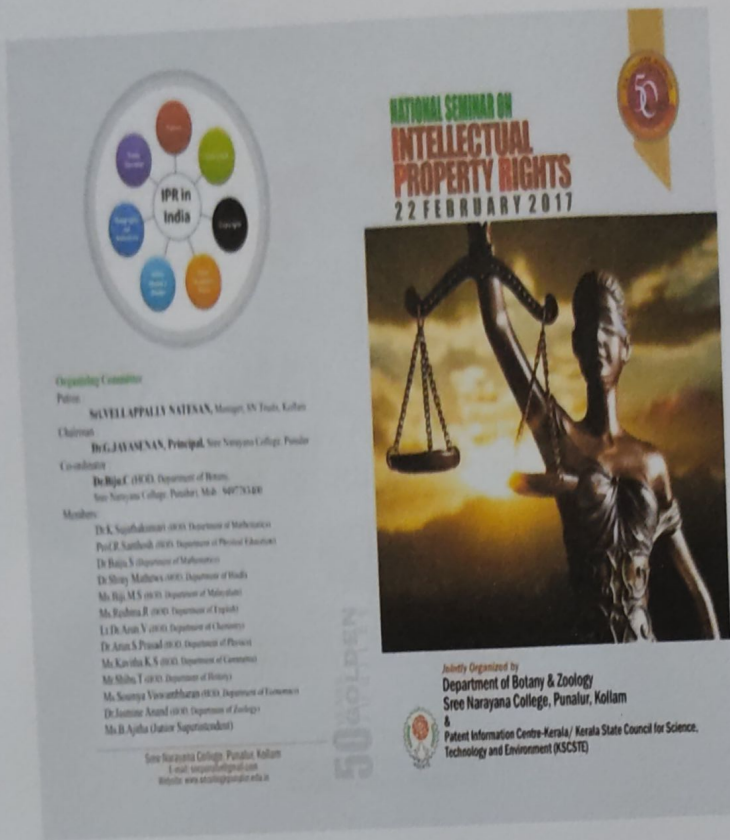
KSCSTE supported-World wetland day inauguration-Dr Mary Treasa, HOD, Fathima National College, Kollam
On 10.02.2017.



Seminar on Wetland day sponsored by KSCSTE in 2017




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PUNALUR



Seminar on IPR



Seminar on IPR 22.02.2017



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 PRINCIPAL
 SREE NARAYANA COLLEGE
 PUNALUR



NATIONAL SCIENCE DAY
CELEBRATIONS-2018
28 FEBRUARY, 2018



Organized by
Department of Botany & Zoology
SREE NARAYANA COLLEGE PUNALUR, KOLLAM

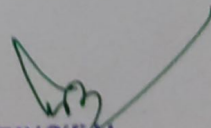
Focal Theme
Science and Technology for
Sustainable Future

Sponsored by
Kerala State Council for Science,
Technology & Environment (KSCSTE)



&
Department of Science and Technology, Govt. of India




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PUNALUR

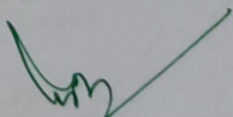


Resource Person Dr. Biju C, Asst Professor, SN College Varkala -Seminar on Conservation of Energy (for parents) on 12.11.2019.



Urja Kiran –Seminar Inauguration by Shri K Raju, Forest Minister of Kerala on Feb.08.2017




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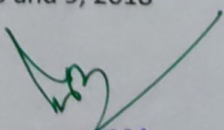


Seminar on Urja Kiran-19.03.2018- Dept. of Zoology



National seminar on Python Programming in Mathematics on August 8 and 9, 2018




 PRINCIPAL
 SREE NARAYANA COLLEGE
 PUNALUR



One day workshop on GST 02/09/2019

Science Day Celebration 2020
'Women in Science'
February 26 to 28, 2020

Chief Guest: Dr. R. Sindhu
Scientist, CSIR National Institute for Interdisciplinary Science and Technology, Trivandrum

Inaugural Address: Dr. R. Sindhu

Felicitations:
Dr. T.P. Vijumon
Assistant Professor / HOD, Department of Commerce
Ms. Jasmin Rose J.
Assistant Professor, PG Department of Mathematics (Convener Science Club)
Lt. Dr. V. Arun
Assistant Professor / HOD, PG Department of Chemistry.
Dr. Ratheesh R.
Assistant Professor / HOD, PG Department of Physics.
Prize distribution to winners of Quiz Competition and Painting competition

Vote of Thanks: Resmi A. (Programme coordinator)
Lunch Break

1.30 pm to 3.30 pm Technical Session
"Food waste based biorefineries for biopolymer: Technological advancements, challenges and initiatives of CSIR IIIST"

Organising Committee:
Sri Vellappally Natesan (Patron, Manger, S.N. Colleges)
Dr. T. Pradeep (Principal)
Resmi A. (Programme coordinator, Assistant Professor / HOD, Department of Botany)
Dr. Divya R. (Assistant Professor / HOD, Department of Zoology)
Dr. Nansimole A. (Assistant Professor on contract, Department of Zoology)
Dr. Dafina Willred (Assistant Professor on Contract, Department of Zoology)

For Registration & More Details
Contact : 9446605843 , 9249771706

SREE NARAYANA COLLEGE PUNALUR
Affiliated to University of Kerala
Department of Zoology & Department of Botany






Science Day Celebration 2020
Focal Theme
'Women in Science'
February 26 to 28, 2020

Sponsored by:
Kerala State Council for Science Technology and Environment
Supported by Nature Club



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PUNALUR



ശാസ്ത്ര ദിനാഘോഷത്തിന്റെ ഭാഗമായി പുനലൂർ ശ്രീനാരായണ കോളേജിൽ സംഘടിപ്പിച്ച ഏകദിന സെമിനാർ ശാസ്ത്രജ്ഞ ഡോ. ആർ.സിന്ധു ഉദ്ഘാടനം ചെയ്യുന്നു. പ്രിൻസിപ്പൽ ഡോ.കി.പ്രദീപ് വിവിധ വകുപ്പുകളിലെ മേധാവികളായ ഡോ.ആർ.ദിവ്യ, ഡോ.വി.അരുൺ, ഡോ.ആർ.രതീഷ് തുടങ്ങിയവർ സമീപം

പുനലൂർ എസ്.എൻ കോളേജിൽ ഏകദിന ശാസ്ത്ര സെമിനാർ

പുനലൂർ: പുനലൂർ ശ്രീനാരായണ കോളേജിലെ പരിസ്ഥിതി ക്ലബ്ബ്, സുവോളജി, ബോട്ടണി വിഭാഗങ്ങളുടെ നേതൃത്വത്തിൽ ശാസ്ത്ര ദിനാഘോഷവും ഏകദിന സെമിനാറും നടത്തി. കേരള ശാസ്ത്ര സാങ്കേതികപരിസ്ഥിതികൗൺസിലിന്റെ സാമ്പത്തിക സഹായത്തോടെയാണ് സെമിനാർ സംഘടിപ്പിച്ചത്. തിരുവനന്തപുരം നാഷണൽ ഇൻസ്റ്റിറ്റ്യൂട്ട് ഫോർ ഇന്റഗ്രേറ്റഡ് സയൻസ്

ൻസ് ആൻഡ് ടെക്നോളജിയിലെ ശാസ്ത്രജ്ഞ ഡോ.ആർ.സിന്ധു ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഡോ.കി.പ്രദീപ് അദ്ധ്യക്ഷത വഹിച്ചു. സുവോളജി വിഭാഗം മേധാവി ഡോ.ദിവ്യ, കോമേഴ്സ് വിഭാഗം മേധാവി ഡോ.കി.പി. വിജയമോൻ, ഗണിതശാസ്ത്ര വിഭാഗം അദ്ധ്യാപികയും സയൻസ് ക്ലബ്ബ് കൺവീനറുമായ ജാനിൻ റോസ്, കെമിസ്ട്രി വിഭാഗം മേധാവി ഡോ.ലഹർ

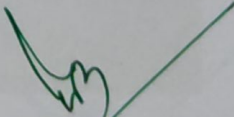
വി. അരുൺ, ഫിസിക്സ് വിഭാഗം മേധാവി ഡോ.ആർ.രതീഷ് തുടങ്ങിയവർ സംസാരിച്ചു. ശാസ്ത്ര ദിനാഘോഷത്തിന്റെ ഭാഗമായി കോളേജിൽ നടത്തിയ ചിത്രരചനാ മത്സരത്തിലെയും ഇന്റർ കോളേജിയേറ്റ് ക്വിസ് മത്സരങ്ങളിലെയും വിജയികൾക്കുള്ള സമ്മാന ദാനവും തുടർന്ന് ബോധവൽകരണ ക്ലാസുകളും നടന്നു. പ്രോഗ്രാം കോർഡിനേറ്റർ എ.രശ്മി സ്വാഗതം പറഞ്ഞു.

Science day celebration inaugurated by Scientist Dr.R.Sindhu



Painting Competition on Science Day 2020 (Women in Science)



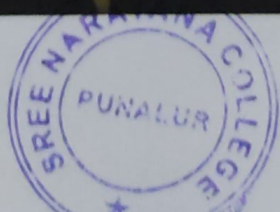
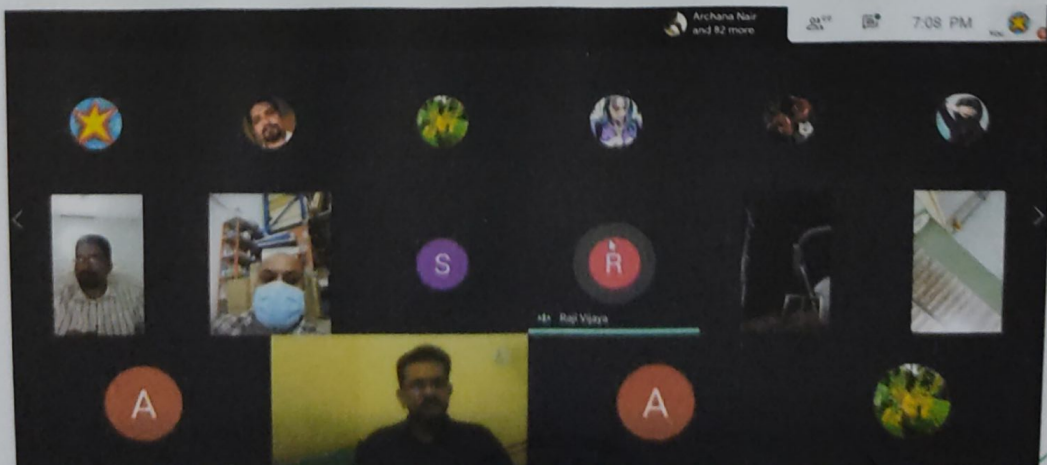

 PRINCIPAL
 SREE NARAYANA COLLEGE
 PUNALUR



Campaign against the use of Alcohol and drugs 2016

<p>SPEAKER</p>  <p>Dr. K.B. Rameshkumar Senior Scientist, Phytochemistry and Phytopharmacology Division KSCSTE-Jawaharlal Nehru Tropical Botanic garden and Research Institute, Palode, TVPM</p> <p>ORGANIZING COMMITTEE Dr. T. Pradeep (Principal) Mr. Santhosh R (IQAC Coordinator) Ms. Resmi A (Webinar Coordinator) Dr. Divya R</p> <p>PLATFORM Google Meet</p>	<p>Organized by IQAC & the Department of Botany Sree Narayana College Punalur</p> <p>Date: 1 Dec 2020 Time: 7 pm to 8 pm</p> <p>Registration Link: https://forms.gle/6qrL8iWwLd6snW0d</p> <p>For more details contact: Ms. Resmi A Mob: 9446605843</p>	 <p>SREE NARAYANA COLLEGE PUNALUR</p> <p>COGNIZANCE 2020</p> <p>A MULTIDISCIPLINARY WEBINAR SERIES</p> <p>Topic: Floristic Diversity of the Western Ghats: Phytochemical Perspective Speaker: Dr. K.B. Rameshkumar</p>
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Webinar on Floristic Diversity on Western Ghats by Dr. K.B.Rameshkumar



PRINCIPAL
SREE NARAYANA COLLEGE
PUNALUR

SPEAKER



Dr. S N Potty, Scientist
Centre for Materials for Electronics
Technology (C-MET)
(Ministry of Electronics & Information
Technology, Government of India)

**ORGANIZING
COMMITTEE**

Dr. T. Pradeep (Principal)
Mr. Santhosh R (IQAC Coordinator)
Dr. Prasanth S (MOD & Webinar Coordinator)
Dr. Ratheesh R
Ms. Lekshmi RS
Dr. Anooje J Babu

PLATFORM
Google Meet

Organized by
IQAC &
the Department
of Physics
Sree Narayana College
Punalur

Date: 05/01/2021
Time: 5 - 6 pm

Registration Link
<https://forms.gle/QVVA-NTuPlm7pAoW17>

For more details contact:
Dr. Prasanth S.
9746755186



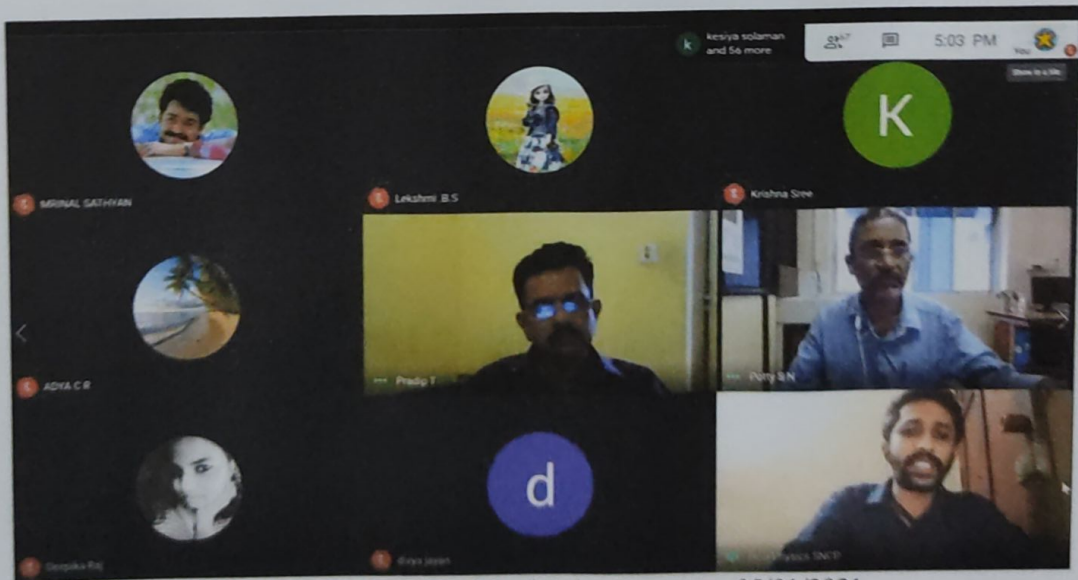
**SREE NARAYANA
COLLEGE PUNALUR**

**COGNIZANCE
2020**

A MULTIDISCIPLINARY WEBINAR
SERIES

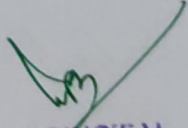
**Topic: "Introduction to
Electronic Materials"**

Speaker: Dr. S N Potty



Webinar conducted by Physics department on 05/01/2021




PRINCIPAL
SREE NARAYANA COLLEGE
PUNALUR

Speaker



Dr. Manil T. Mohan
Assistant Professor
Department of Mathematics
IIT Roorkee.

ORGANIZING COMMITTEE

Dr. T Pradeep (Principal)
Dr. Baiju S (HoD)
Mr. Santhosh R (IQAC Coordinator)
Smt. Mariamma Varghese
Dr. Divya Sadasivan
Smt. Jasmin Rose J
Dr. Bijo S. Anand (Coordinator)
Mr Athul T.B.

PLATFORM



Google Meet



**SREE NARAYANA
COLLEGE PUNALUR**

**COGNIZANCE
2020**

A MULTIDISCIPLINARY WEBINAR
SERIES

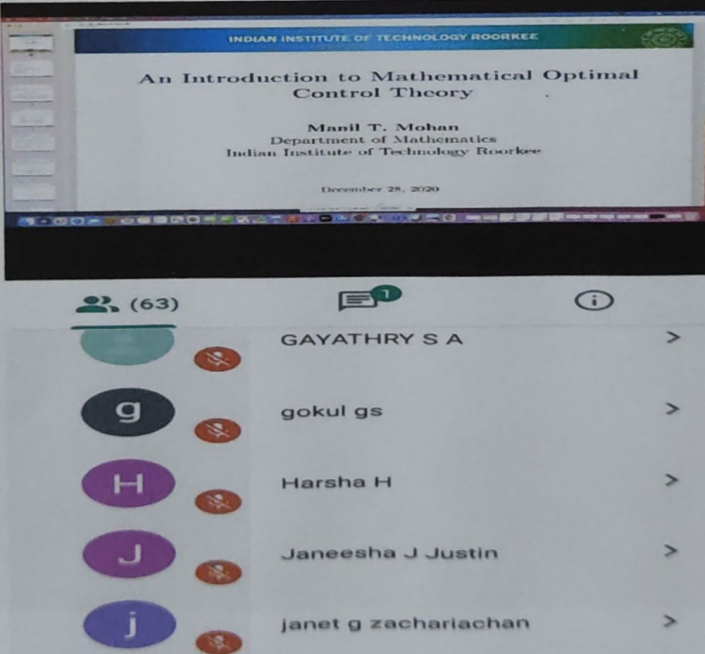
**Topic : An Introduction to
Mathematical Optimal
Control Theory**

Speaker : Dr. Manil T. Mohan
Date: 28-12-2020
Time: 4.00 PM to 5.00 PM

ORGANIZED BY

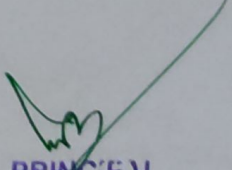
Department of
Mathematics & IQAC
Sree Narayana College,
Punalur

Registration Link:
[https://www.google.com/join/2889](#)



Webinar on Mathematical Optimal Control Theory by Dr. Manil T. Mohan




PRINCIPAL
SREE NARAYANA COLLEGE
PUNALUR

SPEAKER



Dr. Boopathi P
Assistant Professor
Department of English Studies
School of Social Sciences and Humanities,
Central University of Tamil Nadu

ORGANIZING COMMITTEE

- Dr. T. Pradeep (Principal)
- Mr. Santhosh R (IQAC Coordinator)
- Ms. Reshma R (Webinar Coordinator)
- Ms. Deepthy P.S (Webinar Coordinator)
- Ms. Resmi Ravindran
- Ms. Nayana Joylal
- Ms. Arsha S.S
- Ms. Narma S Pratheep
- Ms. Aswathy Anilkumar

PLATFORM
Google Meet

Organized by
IQAC &
the Department
of English
Sree Narayana College
Punalur

Date: 24 Dec 2020
Time: 10 am to 11 am

Registration Link:
<https://forms.gle/mo1Y55ykm4Zdty5b7>

For more details contact:
Ms. Reshma R
Mob: 9745824459
Ms. Deepthy P.S
Mob: 8301886546



SREE NARAYANA COLLEGE PUNALUR

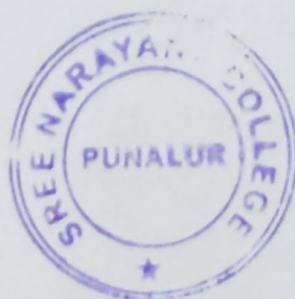
COGNIZANCE 2020


A MULTIDISCIPLINARY WEBINAR SERIES

Topic: Cultural Disability Studies
Speaker: Dr. Boopathi P



Webinar on Cultural disability studies by Dr. Boopathi P




PRINCIPAL
SREE NARAYANA COLLEGE
PUNALUR

SPEAKER



Dr. Abhilash R

Assistant Professor
PG Department of Zoology,
Christian college
Chengannur
Aleppuzha District

ORGANIZING COMMITTEE

Dr. T. Pradeep (Principal)
Mr. Santhosh R (IQAC Coordinator)
Dr. Divya R (Webinar Coordinator)
Ms. Resmi A



Organized by
IQAC &
The Department
of Zoology
Sree Narayana College
Punalur

Date: 31 Dec 2020

Time: 4:30 pm

Google Meet Link:

<https://meet.google.com/rnf-vcdp-zay>



**SREE NARAYANA
COLLEGE PUNALUR**

COGNIZANCE 2020

A MULTIDISCIPLINARY WEBINAR
SERIES

**Topic: Nurturing Student's
Biophilia through Nature
Connectedness.**

Speaker: Dr. Abhilash R

*Participants limited to 100

For more details contact:

Dr. Divya R

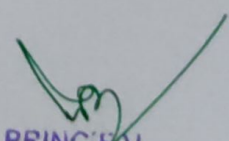
Mob: 7012091593/

9249771706



Webinar Conducted by Dept. of Zoology




PRINCIPAL
SREE NARAYANA COLLEGE
PUNALUR

SPEAKER



Dr. Priyesh C.A
Assistant Professor
Department of Economics
University College, Trivandrum

Organized by
IQAC &
The Department
of Economics
Sree Narayana College
Punalur

Date: 31 Dec 2020
Time: 11:00 am

Registration Link:
<https://forms.gle/sZJxzqk41CV8DKbk8>



**SREE NARAYANA
COLLEGE PUNALUR**

**ORGANIZING
COMMITTEE**

Dr. T. Pradeep (Principal)
Mr. Santhosh R (IQAC Coordinator)
Ms. Soumya Viswambharan (Webinar
Coordinator)

PLATFORM
Google Meet



**COGNIZANCE
2020**

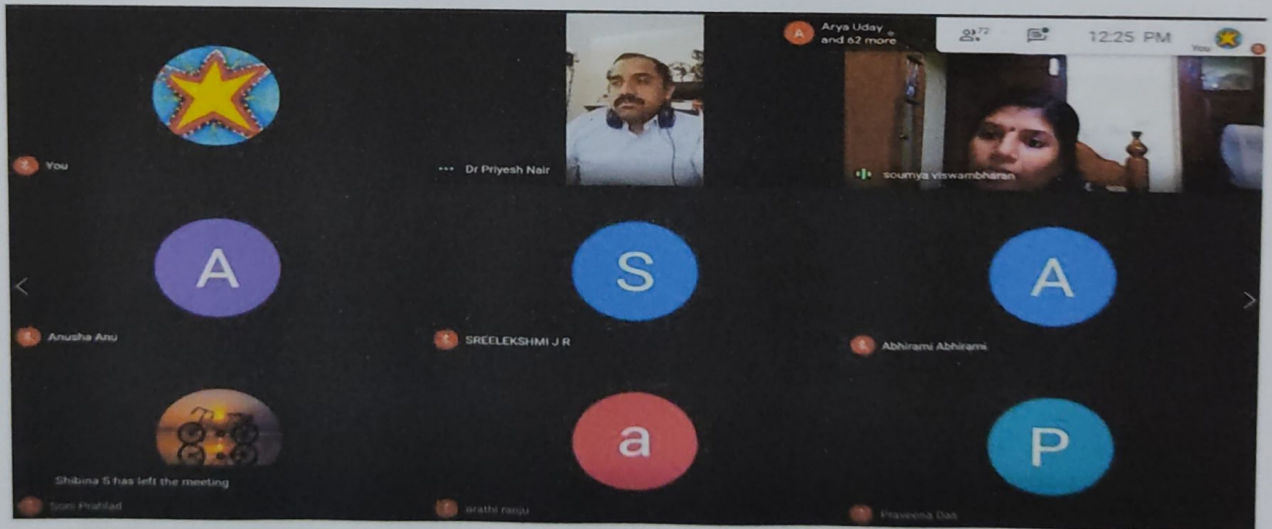
A MULTIDISCIPLINARY WEBINAR
SERIES

**Topic: Indian Agriculture
after Independence**

Speaker: Dr. Priyesh C.A

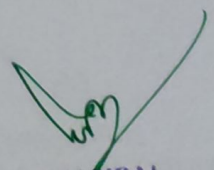
***Participants limited to 100**

For more details contact:
Ms. Soumya Viswambharan
Mob: 8848831427



Webinar Conducted by Dept. of Economics




PRINCIPAL
SREE NARAYANA COLLEGE
PUNALUR

SPEAKER



Dr. Antony Joseph.
Associate Professor in Commerce
St. Berchmans College
Changanassery

ORGANIZING COMMITTEE

Dr. T. Pradeep (Principal)
Mr. Santhosh R (IQAC Coordinator)
Dr. Vijumon T.P (Webinar Coordinator)
Ms. Kavitha K.S.
Ms. Ganga M.R.
Ms. Simi

PLATFORM

Google Meet



Organized by
IQAC &
the Department
of Commerce
Sree Narayana College
Punalur

Date: 17 Dec 2020
Time: 11:30 am

Registration Link:
<https://forms.gle/KGy4Ew3mjYNTU1tq6>

*Participants limited to 100

For more details contact:
Dr. Vijumon T.P
Mob: 9447593153



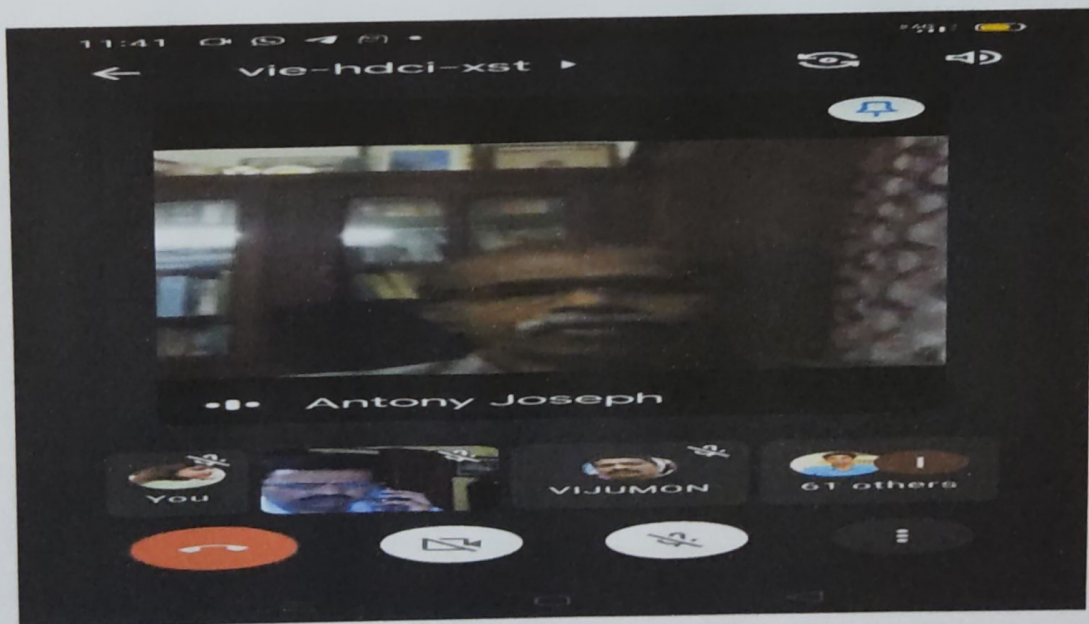
**SREE NARAYANA
COLLEGE PUNALUR**

COGNIZANCE 2020

A MULTIDISCIPLINARY WEBINAR
SERIES

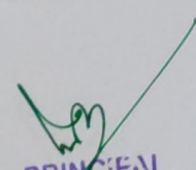
**Topic: Fundamentals of
Research in Commerce**

**Speaker:
Dr. Antony Joseph**



Webinar on Research Methodology in Social Sciences 20/03/2020- Department of Commerce




PRINCIPAL
SREE NARAYANA COLLEGE
PUNALUR

SPEAKER



Dr. P. Sakthivel

Professor and Deputy Controller of Examination
Department of Political Science and Public Administration,
Annamalai University

ORGANIZING COMMITTEE

Dr. T. Pradeep (Principal)
Mr. Santhosh R (IQAC Coordinator)
Dr. Deepthi P.R (Webinar Coordinator)
Dr. Niju P (Webinar Coordinator)

PLATFORM

Google Meet



Organized by
IQAC &
The Department
of History
Sree Narayana College
Punalur

Date: 30 Dec 2020

Time: 11:00 am

Registration Link:

<https://forms.gle/1gjkak7u6NoLHtbf9>



SREE NARAYANA
COLLEGE PUNALUR

COGNIZANCE 2020

A MULTIDISCIPLINARY WEBINAR SERIES

Topic: Historic Milestones
in the Constitution's
Journey

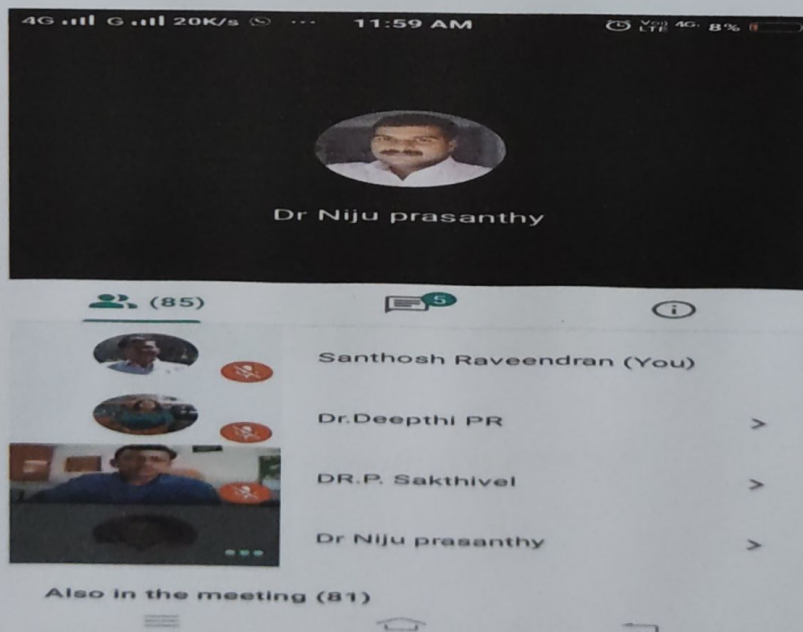
Speaker:

Dr. P.Sakthivel

*Participants limited to 100

For more details contact:

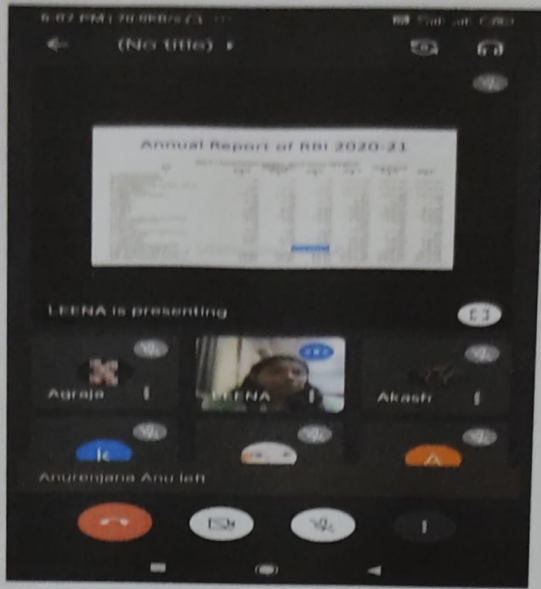
Dr. Deepthi P.R
Mob: 9947109155



Webinar of Department of History.



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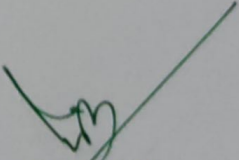


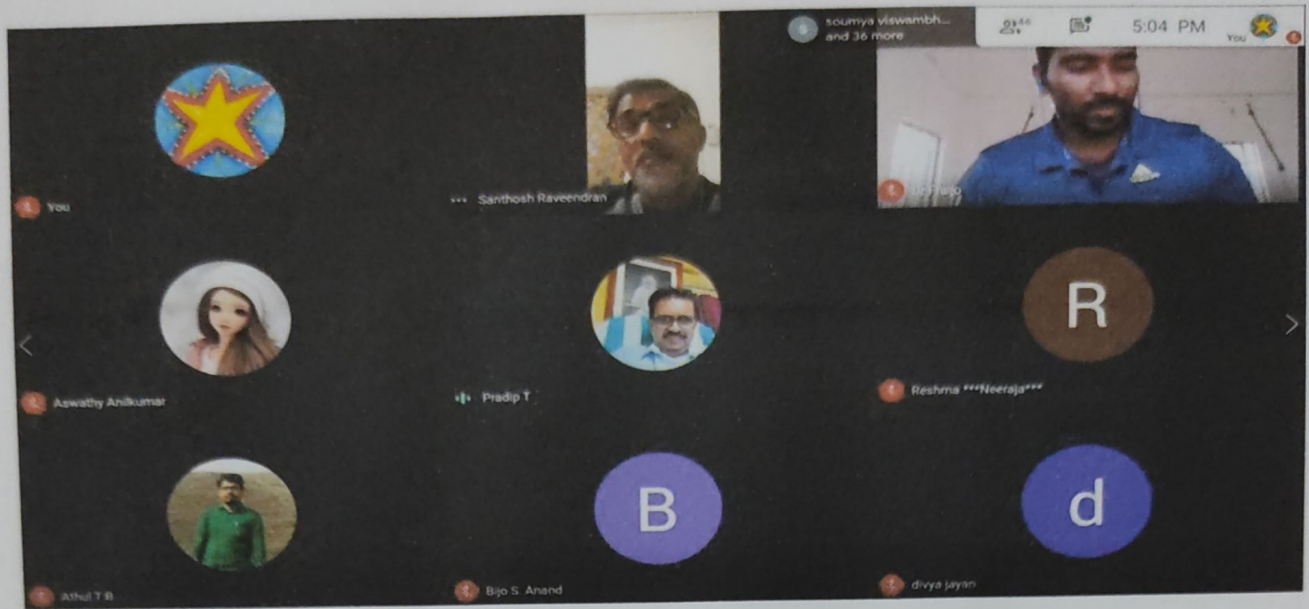
Webinar on Functions modern function of central bank



Webinar on creative entrepreneurship




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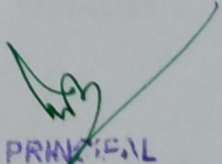


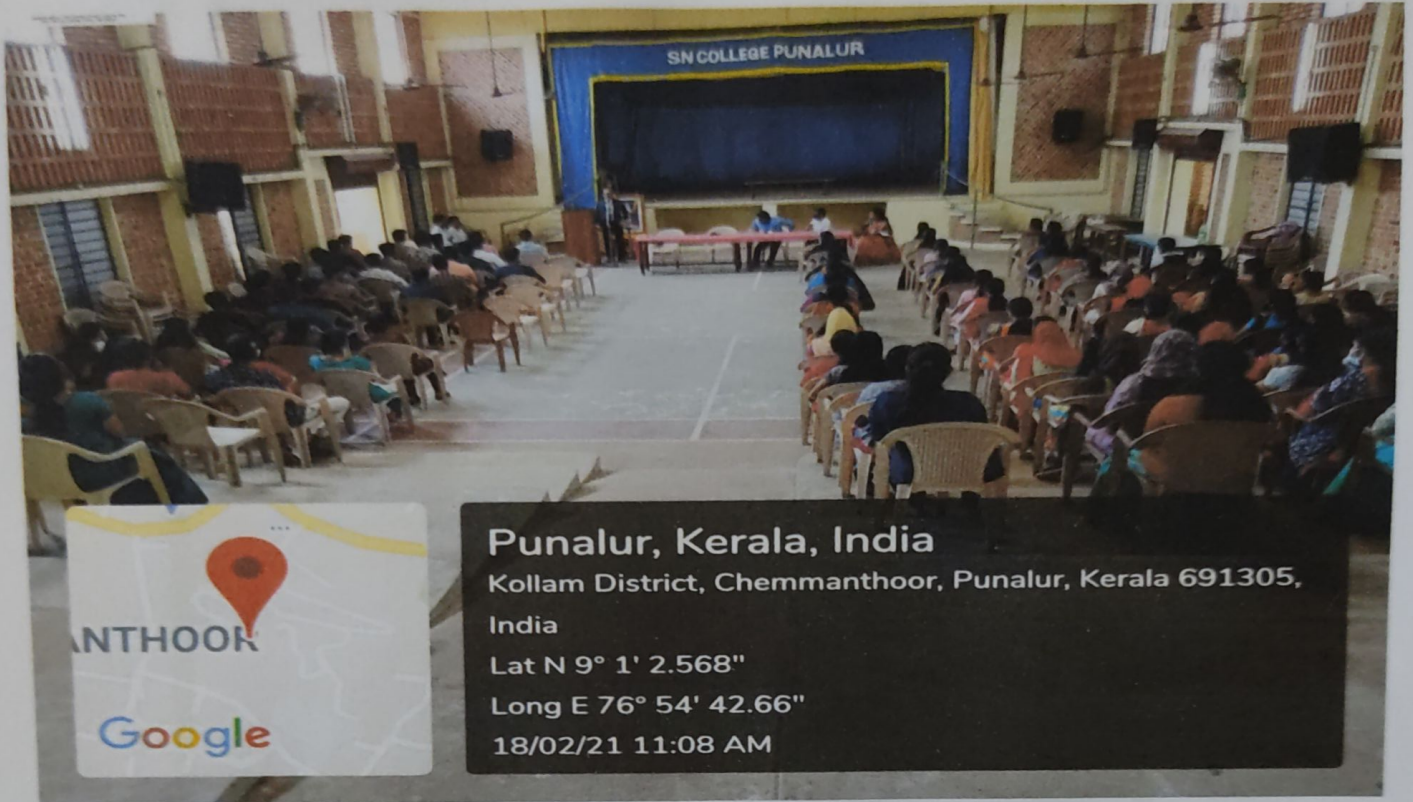
Webinar on Healthy life by Physical Education Dept.



Work shop on Organic farming on 08.01.2021 arranged by ED Club in Collaboration with Dept. of Commerce.




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Punalur, Kerala, India

Kollam District, Chemmanthoor, Punalur, Kerala 691305,
India


Lat N 9° 1' 2.568"

Long E 76° 54' 42.66"

18/02/21 11:08 AM

Seminar on Civil Service Career on 18 Feb. 2021.




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Sree Narayana College Punalur



NSS UNIT No.28 A,B



Anaemia Campaign

In association with Women and Child
Department - ICDS Punalur Urban

INAUGURATION : DR. VIJUMON TP

(Principal SN College Punalur)

MODERATOR : DHANALEKSHMI R

(ICDS Supervisor)

RP : BEASHMA RAJENDRAN

(Nutritionist)

Date : 12/ 06/2021

Time : 12 - 1 pm



BEASHMA RAJENDRAN
(NUTRITIONIST)



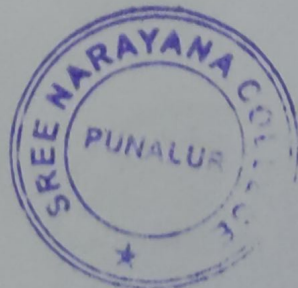
DR. VIJUMON TP
(PRINCIPAL SN COLLEGE PUNALUR)




<https://meet.google.com/uvu-jghw-mfq>
Or enter code : uvu-jghw-mfq

All are cordially invited

Anaemia campaign conducted by NSS unit on 12-06-2021




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**SREE NARAYANA COLLEGE
PUNALUR**



NATIONAL SERVICE SCHEME UNIT NO.28 A,B

**June INTERNATIONAL
21 YOGA DAY**



*Stress Management and Wellness Program
through Sahaja Yoga Meditation*



SURESH BABU PP

*Working as a teacher
22 years in teaching service
Malappuram Dt
Doing Sahaja Yoga for the last 13 years*

Date and Time : 20/06/2021 ; 9.30 am

Platform : Google Meet

Yoga for Harmony and Peace



Yoga Practice class.

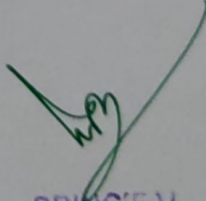


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PUNALUR**

Women Empowerment Programs.

More than 60 per cent of the students in the college are women. Through IQAC we conducted programmes that focused on empowering in self-defense and legal awareness. Several programs were conducted in association with the police departments, Law departments, self-defense and yoga classes for the girls. The acceptance and participation of the programmes were highly motivating. A workshop on "*Development of Women Entrepreneurs*" jointly organized by the Entrepreneurs Club and Department of Commerce in association with District Industries Center was held on May 7th 2019. College Anti- Narcotic Cell in collaboration with Department of Excise, Govt. of Kerala enlightened the students against the use of alcohols and other kinds of narcotics stuff. A special wing Police called 'Janamythri Police' organized Self Defense Programs for women. The training was imparted in legal classes with the help of judges and lawyers in association with District and Taluk Legal Authority. As a result several girl students were able to gain confidence.




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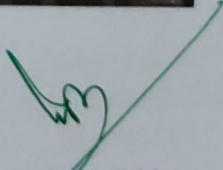


Legal awareness class – conducted in association with Kollam District Legal Cell



Class on safety of women- Feb 15, 2017




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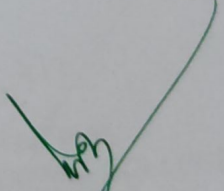


Orientation Program for women in 2018



Self- defense training program for girl students



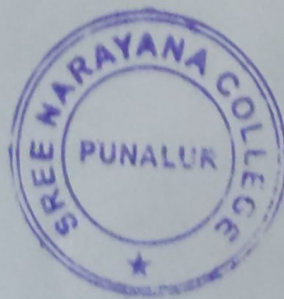

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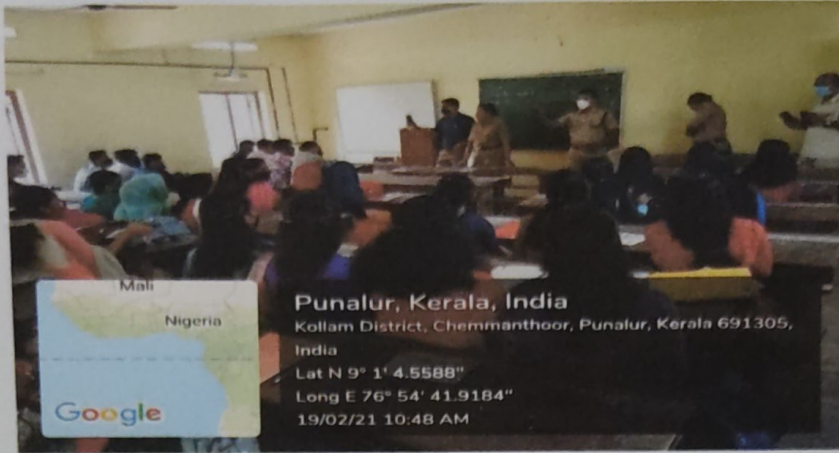
Seminar on Development of Women Entrepreneurs on May 07, 2019.



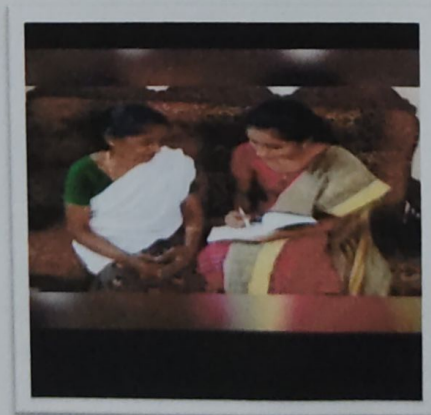
Yoga class for girl students.




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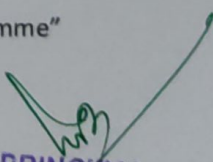


Describing the 24 hour helping mobile app for safety of women.



Teaching elder people in Punalur locality as part of "Ente Malayalam Programme"




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