

UNIVERSITY OF KERALA
NATIONAL SERVICE SCHEME
Units 28 A, B

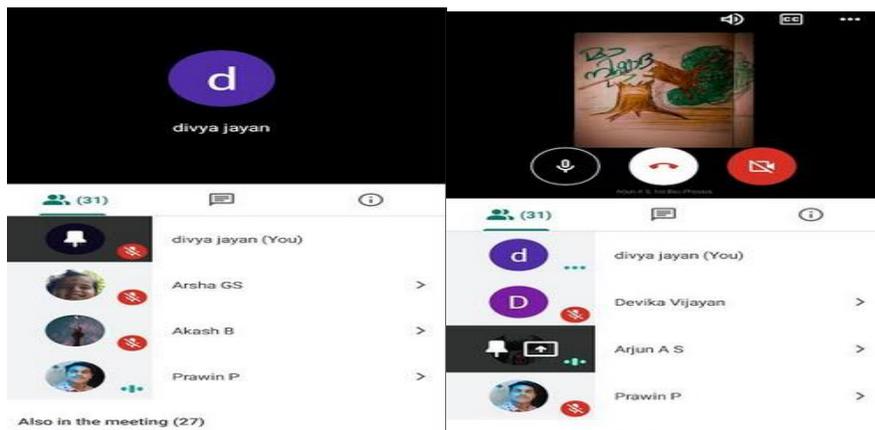
SREE NARAYANA COLLEGE PUNALUR

ANNUAL REPORT 2021-2022

World Environment day celebration (05/06/21)

Organizing Unit /Collaborating Agency : NSS

On behalf of World Environment Celebration on 5th June 2021, the NSS unit of our college conducted wide varieties of programmes on online mode. The programme was inaugurated by Dr. T. P. Vijumon (Principal In charge). Programme officers, Smt. Simi B S and Dr. Divya Jayan gave leadership to the programme. Volunteers engaged in planting saplings and trees in their own houses as in such a pandemic situation. Even though the conditions were not favorable, volunteers bring a great effort to conduct the same into a great successful one. Moreover, poster and elocutions competitions were also conducted. All together 76 students participated in the programme.



Brochure and photos of observance of world environmental day celebrations on 05/06/2021

June 5

World
Environment
Day

SAVE
NATURE
SAVE
LIFE

NATIONAL SERVICE SCHEME
SN COLLEGE PUNALUR



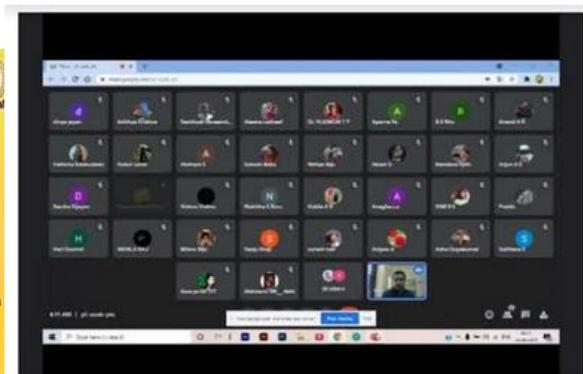
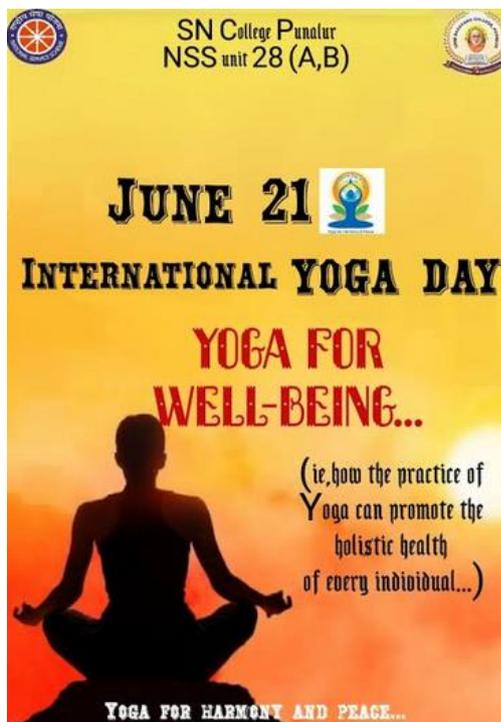
Photos showing volunteers engage in planting sapling on environmental day on 05/06/2021

International Yogra day celebrations (21/06/2021)

Organizing Unit /Collaborating Agency : NSS

Number of students participated : 82

As part of International Yoga Day, our unit conducted a webinar on the topic "Stress Management and Wellness Program through Sahajayoga Meditation". Program started on 20th June at 9.30 am through Google Meet. Our college Principal in charge Dr Vijumon TP has inaugurated the program. After the inauguration, our chief guest Mr Suresh Babu (working as a teacher for 22 years in teaching service in Malappuram Dt. & doing Sahajayoga for the last 13 years) handled the technical session. It was an excellent presentation. Our Volunteers actively participated in this program. Our Volunteers actively participated in Yoga and shared their experience & action photos through social media. Our unit conducted an awareness video & clipping based on Yoga and sent it through social media. It helped to create public awareness.



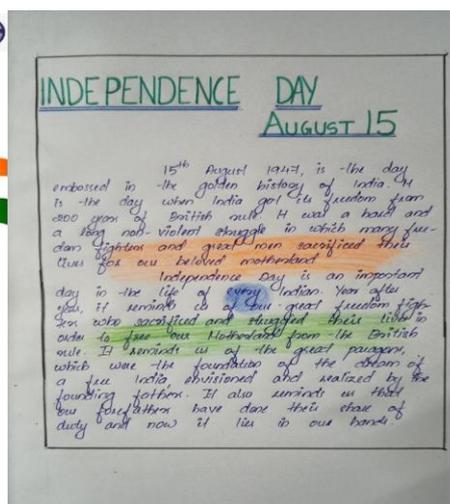


Brochure and photos of International yoga day celebrations on 21/06/2021

Independence Day-Celebration 15/08/2021

Organizing Unit /Collaborating Agency : NSS

Number of students participated : 88



Brochure and review of observing Independence Day as on 15/08/21

On behalf of observing the Reading Day , the NSS unit of our college organized essay writing competition. The competition was one on google meet..Around 88 volunteers had participated in this programme and which helped them in pursuing knowledge about various books and also helped to evolve reading habit in them.

Poss - Poss talk on Law and Justice 27/08/2021

Organizing Unit /Collaborating Agency :University of Kerala

Number of students participated : 82



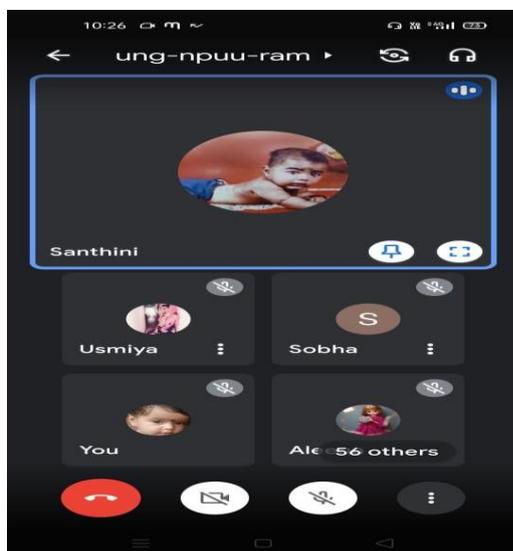
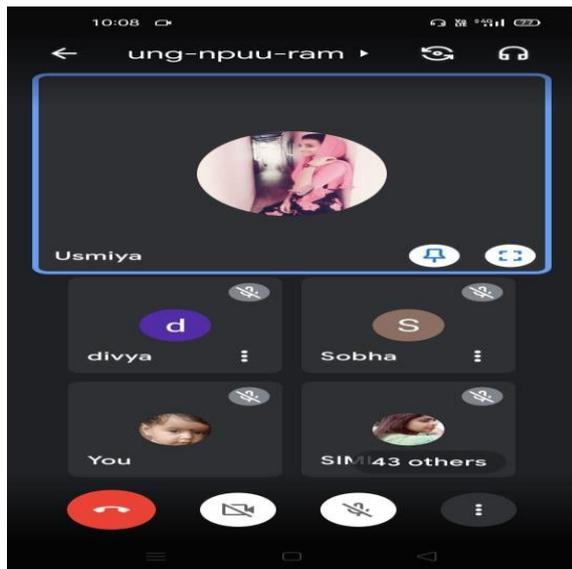
Brochure and talk series of Poss-poss on 27/08/2021

Volunteers of S N College Punalur participated in the Poss-poss global webinar series initiated by University of Kerala .82 volunteers participated in the session

Observance of teacher's day 05/09/2021

Organizing Unit /Collaborating Agency :NSS

Number of students participated : 81



Brochure and screen shots of the Programme 'Jyothirgamaya' on 05/09/2021

As a part of Teacher's day celebration, NSS Unit of S N College Punalur organized a webinar namely 'Jyothirgamaya'. The programme was inaugurated by Principal in charge, Dr. Vijumon T P and session was handled by Mrs. Shobha Santhosh. 81 volunteers attended the session.

Clean India Programme 13/10/2021

Organizing Unit /Collaborating Agency :Ministry of Youth Affairs and sports NSS

Number of students participated : 45

As part of the observance of the Clean India Campaign, the volunteers of SN College , Punalur conducted a cleanliness drive. Volunteers engaged in cleaning the campus to make it clean and plastic free.



भारत सरकार
Government of India

युवा कार्यक्रम और खेल मंत्रालय
Ministry of Youth Affairs & Sports
राष्ट्रीय सेवा योजना क्षेत्रीय निदेशालय
N.S.S Regional Directorate

Email : nssrctvm@yahoo.in
फोन / फाक्स(कार्यालय)
Phone/Fax(Office)
0471-2481814

सी.जी.ओ. कॉम्प्लेक्स / C.G.O Complex
ब्लॉक डी / Block.D, II फ्लोर / II Floor
पूंकुलम / Poonkulam
वेल्लायणी पी.ओ / Vellayani P.O
तिरुवनन्तपुरम /
Thiruvananthapuram - 695522
30.9.2021

F.No.1-1/NSS/ALAM/Kerala/

To

All the NSS Programme Co-ordinators in Kerala State & Lakshadweep.

Subject:- Azadi Kha Amrut Mahotsav-Clean India Programme during 1-31 October,2021-reg

Sir/Madam,

In continuation of letter F.No.1-1/NSS/AKAM/Kerala, I am to inform that Ministry of Youth Affairs and Sports, Govt. of India is organizing CLEAN INDIA PROGRAMME from 1st to 31st October,2021 as part of Azadi Kha Amrut Mahotsav. The main objective of this programme is already communicated in our earlier letter. As part of this Programme on 2nd October a Plogging run will be organised by all the NSS Units of all the Universities/Directorates in Kerala. The NSS Volunteers can collect waste plastic and keep it in a collection bag.The collection & disposal of plastic waste will be undertaken by the volunteers of NYKs affiliated Youth clubs, Haritha Karma Sena, and Panchayats. In this connections, NYKs have given directions to all the Youth Clubs, Haritha Karma Sena, Switchtha Mission for collection and disposal of plastic waste. All the Universities/Directorates will chalk out a plan to organize various programmes in the month long cleanliness drive from 1.10.2021 to 31.10.2021.i.e. Cleaning of Schools/Colleges, Cleaning of Water bodies, Cleaning of Railway stations, Bus stand, Hospitals, Cleaning of Historical Monuments,Cleaning of Villages, Cleaning of Beaches and other programme related to cleaning.

I request you to kindly issue necessary directions to all the NSS Programme Officers and Institutions under your Jurisdiction to take up this CLEAN INDIA PROGRAMME. The District Youth Officers of NYKs will be coordinating the Clean India Programme at District level. In case, if colleges are unable to contact the NYKs, the NSS Units/Colleges can organize the programmes on their own and photos and videos of the programme may be sent to our office by mail or whats up, also the quantum of waste collected may also be photographed and sent to our office for onward transmission to the Ministry.

Your co-operation in this programme is highly solicited. Any clarification, you can contact the undersigned.

Yours faithfully,


(G.Sreedhar) 30/9/21
Regional Director

Encl: as above

Copy to:- Shri K Kunhammed, State Director, Nehru Yuva Kendra Sanghathan, Office of the State Director (Kerala Zone), Thiruvanthapuram for kind information.







Photographs of clean india programme on 13/10/2022

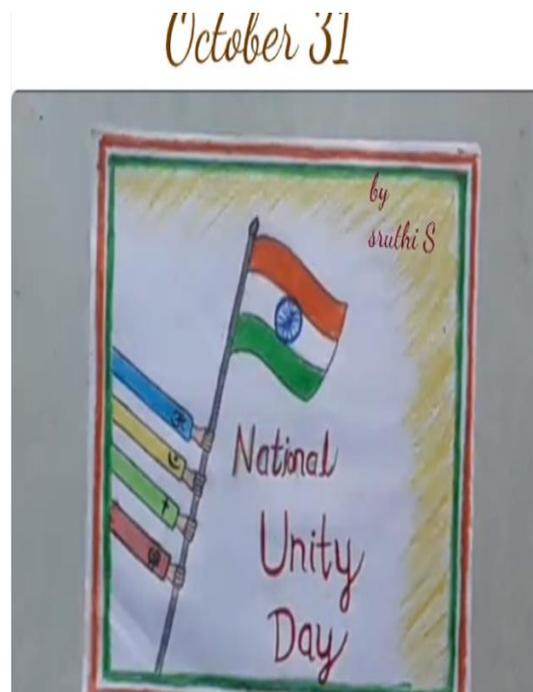
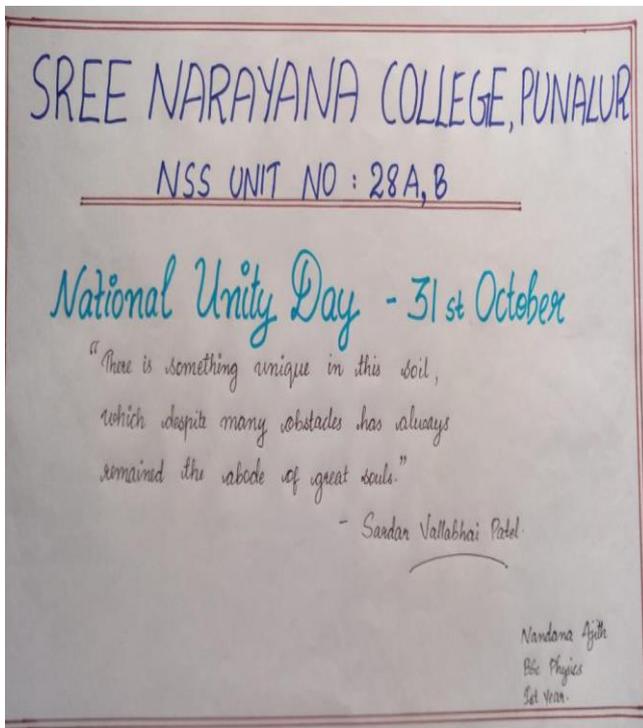
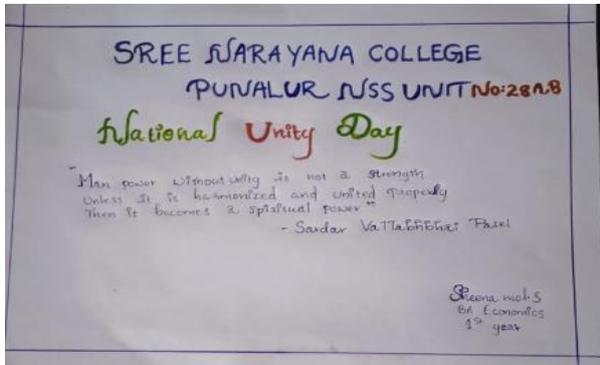
OBSERVANCE OF RASHTRIY EKTA DIVAS

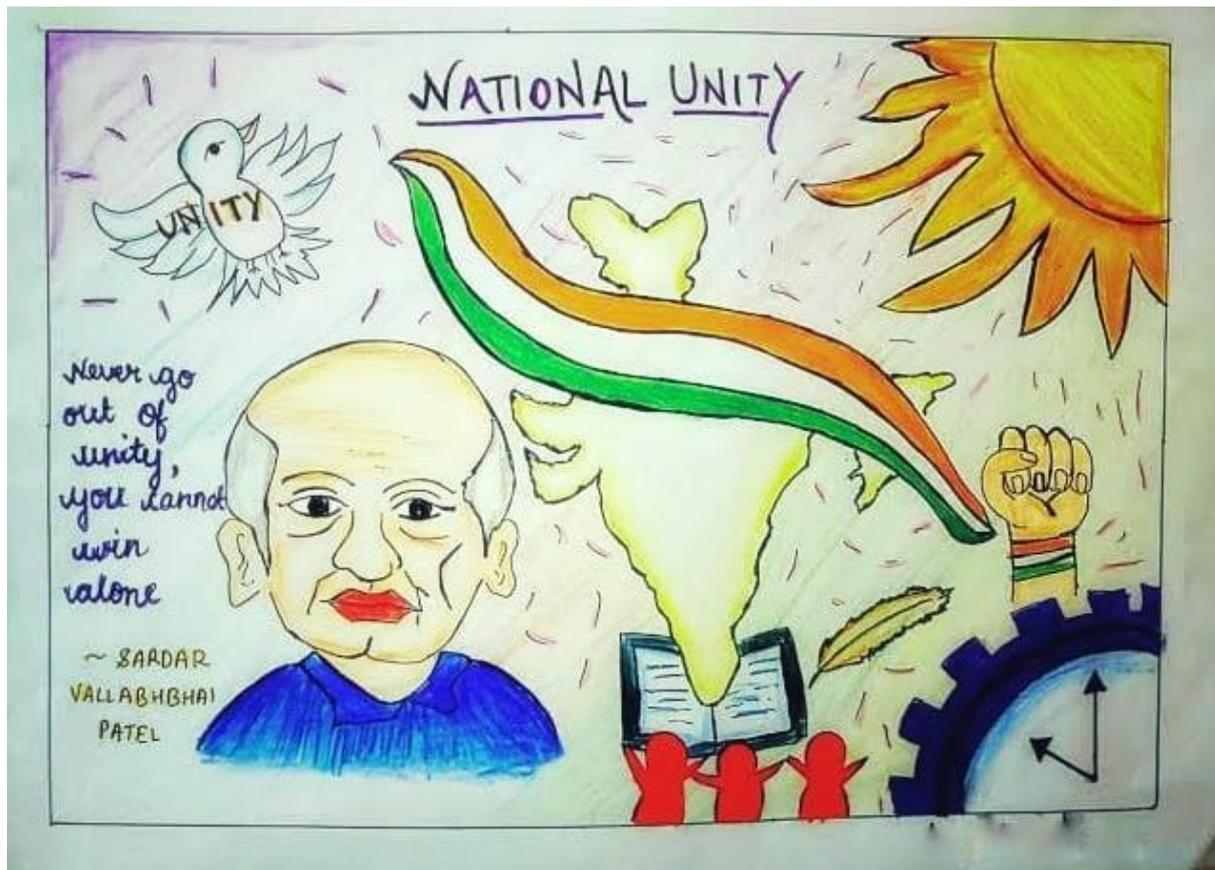
Poss-poss talk on variants of flavors (31/10/2021)

Organizing Unit /Collaborating Agency :University of Kerala

Number of students participated :40

The observance of Rashtriya Ekta Divas by our unit was started with the pledge by the programme officers, Dr. Divya Jayan and Smt. Simi B S. Then volunteers engaged in taking the pledge at their pledge in front of our college. Volunteers also made posters on behalf of the celebration. The students actively participated in the programme.





SREE NARAYANA COLLEGE PUNALUR
NSS UNIT NO: 28A,B

National Unity Day

- 31st October

"By a common endeavour we can raise the country to a new greatness, while a lack of unity will expose us to fresh calamities."

- Sardar Vallabhai Patel

B S RITU
BSc. PHYSICS

NATIONAL UNITY DAY



Manpower without unity is not a strength
unless it is harmonized and united
properly then it becomes spiritual power.

SARDAR VALLABHAI PATEL
(31 OCTOBER 1875 - 15 DECEMBER 1950)





UNIVERSITY OF KERALA

(Re-accredited by NAAC with 'A' Grade)

NATIONAL SERVICE SCHEME

Thiruvananthapuram, Kerala, India-695 034

E-mail : nsskeruty@gmail.com Phone : - 0471- 2307427



Thiruvananthapuram

Date: 26/10/2021

Sub: Observance of the Birth Anniversary of Sardar Vallabhai Patel as National Unity Day (Rashtriya Ekta Divas)-Reg:

As you are aware October 31st is being observed as Rashtriya Ekta Divas (National Unity Day) to commemorate the birth anniversary of Sardar Vallabhai Patel. This year the celebration of Rashtriya Ekta Divas also coincide with the celebration of 75 years of independence. In this connection the following activities may be organized during the observance of Rashtriya Ekta Divas (National Unity Day):

1. Taking pledge for Rashtriya Ekta Divas
2. Run for Unity by NSS Volunteers/Programme Officers
3. Esasy Writing/Painting competition on National Unity
4. Lectures/Discussion on national Unity/thoughts on Sardar patel
5. Other relevant sports/cultural activities

Report of the activities undertaken along with photographs should be mailed to respective district mail Ids on or before 2nd November 2021.

DISTRICT LEVEL MAIL IDs

Sl. No	Name of District	Mail ID	Remarks
1	Thiruvananthapuram	nssthiruvananthapuram@gmail.com	-
2	Kollam	nssquilon@gmail.com	Instead of Kollam use quilon
3	Alappuzha	nssalapuzha@gmail.com	There is only one letter 'p'
4	Pathanamthitta	nsspathanamthitta@gmail.com	-

Dr. Shaji A.
Programme Coordinator

Poss-poss talk on variants of flavors 19/11/2021

Organizing Unit /Collaborating Agency :University of Kerala

Number of students participated :35



The NSS unit of our college participated in a webinar namely poss –poss talk .P.Viayan IPS (Inspector General Of Police) was also the part of this programme .The meeting was conducted by the celebrity chefs Anand George and Suresh Pillai on zoom meet at 7:00 pm. They told about the wide varieties of food and its nature ,flavor etc.the session was very helpful and information .The class was very vibrant .Almost everyone gave feedback.35 students participated in the programme

Constitution day pledge (26/11/2021)

Organizing Unit /Collaborating Agency NSS

Number of students participated : 48



The NSS unit our college took a pledge related to constitution day . The programme was conducted by the programme officers Dr.Divya Jayan & Simi .B.S. The speech was delivered by Prawin.P (NSS Volunteer Secretary). 48 students participated in the programme.

Poss-poss Global Talk on Empowering by Protecting : Unlocking Children's potential

Organizing Unit /Collaborating Agency :University of Kerala

Number of students participated :32

10/12/2021



Screen shot of the programme poss poss global talk-Unlocking children's potential on 10/11/2021

The NSS unit of our college participated in a webinar namely poss poss talk on Empowering by Protecting : Unlocking children's potential which was held on zoom meet at 7:00 pm by Soledad Herrero,Chief,Child Protection ,UNICEF India who has more than 15 years of experiance in UNICEF and UN agencies .The volunteers were vibrant in the webinar .Programme Officers Dr.Divya Jayan &Simi.B.S attended the webinar.32 students participated in the programme.

Clean campus -Cleaning on campus 18/12/2021

Organizing Unit /Collaborating Agency :NSS

Number of students participated : 81



Photographs of As a part of environmental hygiene

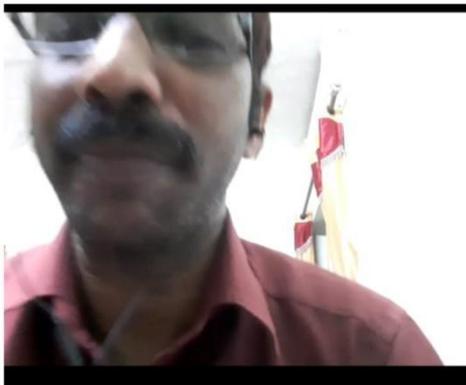
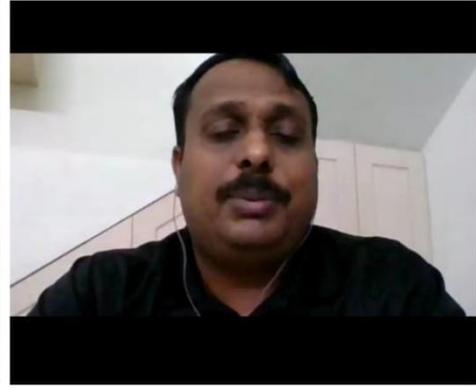
our volunteers clean the campus for 3 hours and dispose plastic wastes in a suitable manner and avoid the chances of multiplying of mosquitoes through destroys their larvae and clean the standing and contaminated water.

Palliative Care Awareness Programme (07/12/2021)

**Organizing Unit /Collaborating Agency :Palliam India and National Service Scheme
University of Kerala.**

Number of students participated :05

UNIVERSITY AND PALLIAMINDIA PALLIATIVE TRAINING PROGRAMME- KOLLAM (ONLINE)	
PROGRAMME SCHEDULE (6.30PM TO 8.30PM)	
Anchoring	Anjitha S.R (NSS Volunteer SNC Punalur)
NSS Song	Santhini Sasikuttan (NSS Volunteer SNC Punalur)
Welcome Speech	Simi B.S (NSS PO, SNC Punalur)
Introductory Speech	Dr. Gopakumar G (District NSS CO-Ordinator)
Palliative training class	BABU ABRAHAM (Social Worker)
Experience sharing	ASHLA RANI.M.P (Disability activist, Executive Assistant, Palliam India)
College wise Experience Sharing	TKM College Kollam SVR College, Karunagapally FMN College, Kollam



Screen shots of palliative training programme on (07/12/2021)

Our unit participated district palliative training programme conducted in association with Palliam India and National Service Scheme University of Kerala. Our volunteers ajitha anchored this programme. Programme officer Simi.b.s(NSS PO SNC Punalur) delivered welcome speech. District NSS Co-ordinator delivered Introductory speech. Palliative training class handled by BABU ABRAHAM (Social worker Palliam India) after that Ashla Rani M.P (Disability activist, Executive assistant Palliam India) shared her experience. Our volunteer secretary Prawin delivered vote of thanks.5 volunteers participated in the programme.

(UNIT LEVEL PALLIATIVE AWARENESS PROGRAMME) 06-01-2022

Organizing Unit /Collaborating Agency :NSS

Number of students participated :30

Our palliative club Snehasparsham conducted an awareness programme. Our four volunteers got district level training. They share their experience to other volunteers. After volunteers interaction we discussed about the activities will conduct in our unit. Programme officers Simi.B.S, Dr.Divya Jayan, club Members and other volunteers (30) participated this programme.

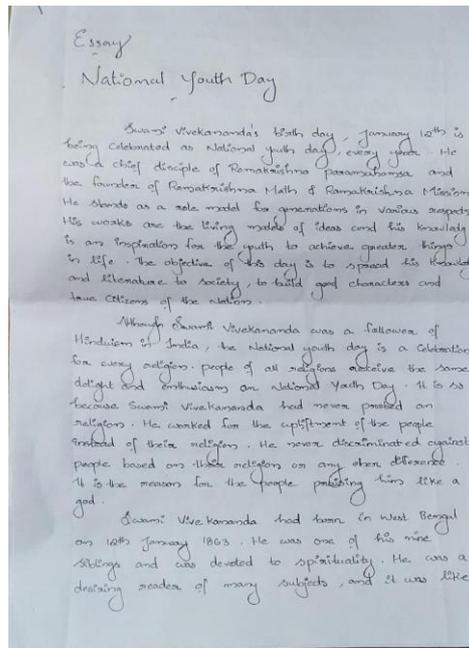
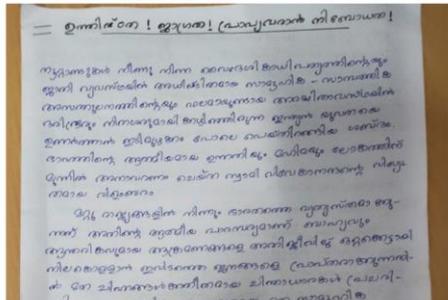
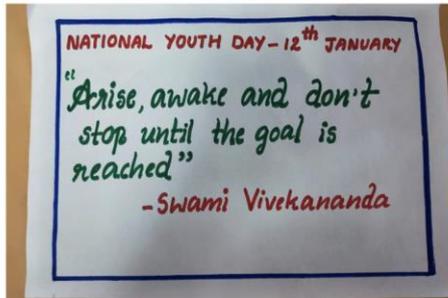


Observance of National Youth Day - Poster making and Essay writing

12/01/2022

Organizing Unit /Collaborating Agency :NSS

Number of students participated :35



On behalf of National Youth Day ,Our volunteers created Posters and writes Essays on the

topic Youth day - Youngsters and Future India and presented it on College . This day is celebrated to highlight the youths who are the future of our country and to commemorate the birth anniversary of Swami Vivekananda who always motivated the youth of the country and spoke about the right use of the youth in the development of the country.35 students participated in the programme.

AWARENESS CAMPAGIN IN SN COLLEGE PUNALUR (17-01-2022)

Organizing Unit /Collaborating Agency : NSS

Number of students participated :88

Our unit organized a college level awareness campaign on 17 th January 2022 at 11 am. 19 Palliative club members participated this programme. Programme officer Simi.B.S co-ordinated this awareness campaign. Total volunteers divided into five groups. Volunteers visited each class and provided an idea about how to identify treat and help palliative patient in their locality. The students are very interesting and cleared their doubts.



Photographs of awareness programme on (17/01/2021) at S N College Punalur

(20.01.2022) AWARENESS CAMPAGIN IN NEIGHBOURHOOD COLLEGE (SNG COLLEGE PUNALUR)

Organizing Unit /Collaborating Agency :Sree Narayana Guru College of Advanced Studies Punalur

Number of students participated :30

Our unit organized an awareness campaign to neighbourhood college namely SNG College Punalur on 20 th January 2022 at 1 pm. 13 Palliative club members participated this

programme. Programme officer Simi.B.S co-ordinated this awareness campaign. Volunteers Unni (History), Anjitha(History), Jeeva Nandan(B.com) lead this programme. Total volunteers divided into three groups. Volunteers visited each class and provided an idea about how to identify treat and help palliative patient in their locality. The students are very interesting and cleared their doubts. 30 students participated in the programme.



(28.01.2022) PALLIATIVE SURVEY

Organizing Unit /Collaborating Agency :NSS

Number of students participated :54

Our Palliative club conducted a Survey in Thumbod Ward in Punalur Municipality on 28.01.2022 at 9 am to 2 pm. Programme Officer Simi.B.S and Dr,Divya Jayan coordinated this programme. Volunteers and Programme officers assembled Nishitha's House. Programme officers give primary instruction to their volunteers and its importance. After that the total volunteers divided into different group and selected a leader from each group. Kudumba Sree unit members also guide to our volunteers. After conducting survey our volunteers analysed that survey and identified palliative patients in our adopted village. 54 volunteers participated in the programme.





FORMALISM . ARTIST AND VISUAL



















(24.01.2022)PALLIATIVE HOME VISIT(24/01/2022)

Organizing Unit /Collaborating Agency : NSS

Number of students participated :25

Our club visited palliative patients with the help of Punalur Taluk Hospital Staff Nurse Sujamam and their team. The volunteers interacted with patients and collect necessary information. Volunteers visited eight homes.









Photographs of palliative home visit

FOOD KITS(NJANGALUND KOODE) (24/01/2022)

Organizing Unit /Collaborating Agency :NSS

Number of students participated :26

Our unit provided food kits to palliative patients suffering financial income. We identified this needy people by collecting information from Mrs.Suja(Palliative Coordinator & Staff nurse punalur hospital)Naseela, Biju and Rejith (Ward councellors) . The programme coordinated by Simi.B.S (NSS PO) , unni ,usmiya, abhram, prawin, nishitha (NSS Volunteers)lead this programme. 26 volunteers participated this programme. Total volunteers divided into six groups. Volunteers visited patients house and handover food kit (rice and vegetables). Kit provided to Velumbi (arempunne), ajmal(korakkade), chikku(G.B Junction), Samuel(plachery)leela (ashtamangalam), sivakumar(ashtamangalam(hand over to asha worker), Prasad (maniyar), Ponoos(parevallom) venu(powerhouse, Kabeer(komalamkunnu)



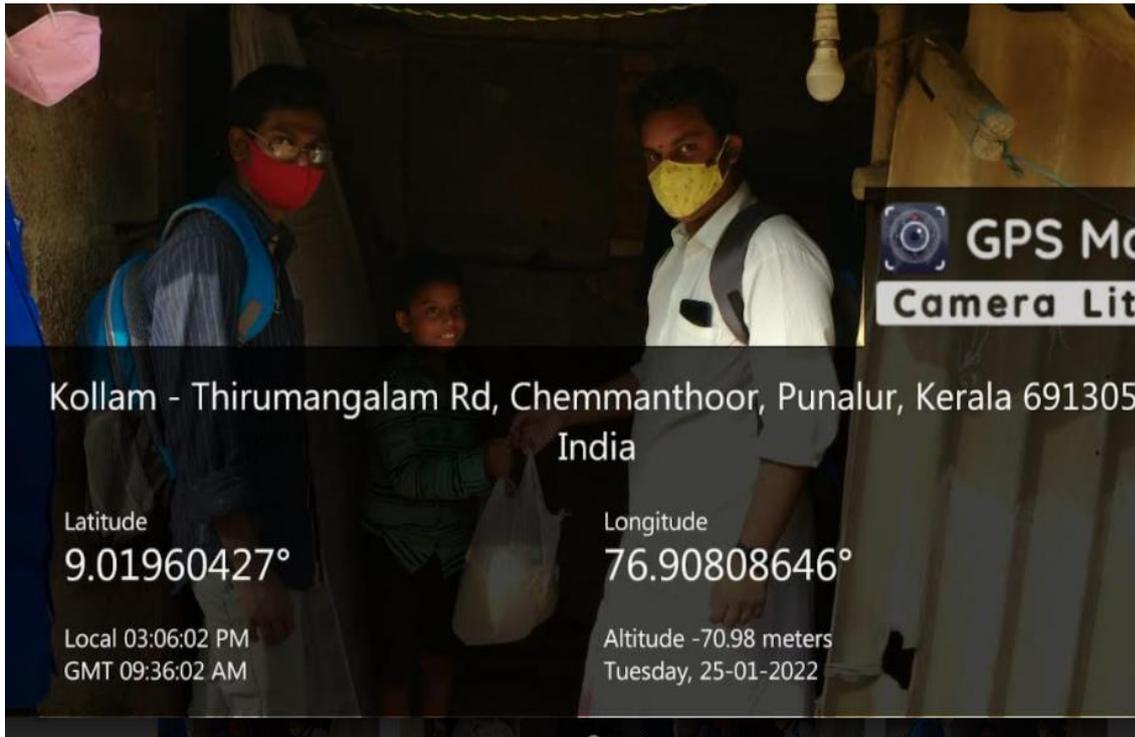
Distribution of food kit to palliative patients by NSS Volunteers

25.01.2022- FOOD KITS (NJANGALUND KOODE)

Organizing Unit /Collaborating Agency :NSS

Number of students participated : 11

Our unit provided food kits to financially weaker palliative patients. The programme coordinated by Dr.Divya Jayan. Prawin (NSS Volunteer secretary) Arsha (NSS Volunteer) lead this activity. Volunteer's handover stationery items to palliative patients. 11 volunteers participated this programme.





Distribution of food kit to palliative patients



Kollam - Thirumangalam Rd, Chemmanthoor, Punalur, Kerala 691305,
India

Latitude
9.0196704°

Longitude
76.90785568°

Local 03:08:01 PM
GMT 09:38:01 AM

Altitude -78.22 meters
Tuesday, 25-01-2022

SUPPLY OF MEDICINS

27.01.2022 MEDICINS DISTRIBUTION

Organizing Unit /Collaborating Agency :University of Kerala

Number of students participated : 12

Our unit provided Medicine kits to palliative patients suffering major diseases. Programme Officer Dr.Divya Jayan Coordinated this programme. Volunteers visited and collected doctor prescription from their home. 12 volunteers participated this activity.



Distribution of medicine to patients by NSS Volunteers

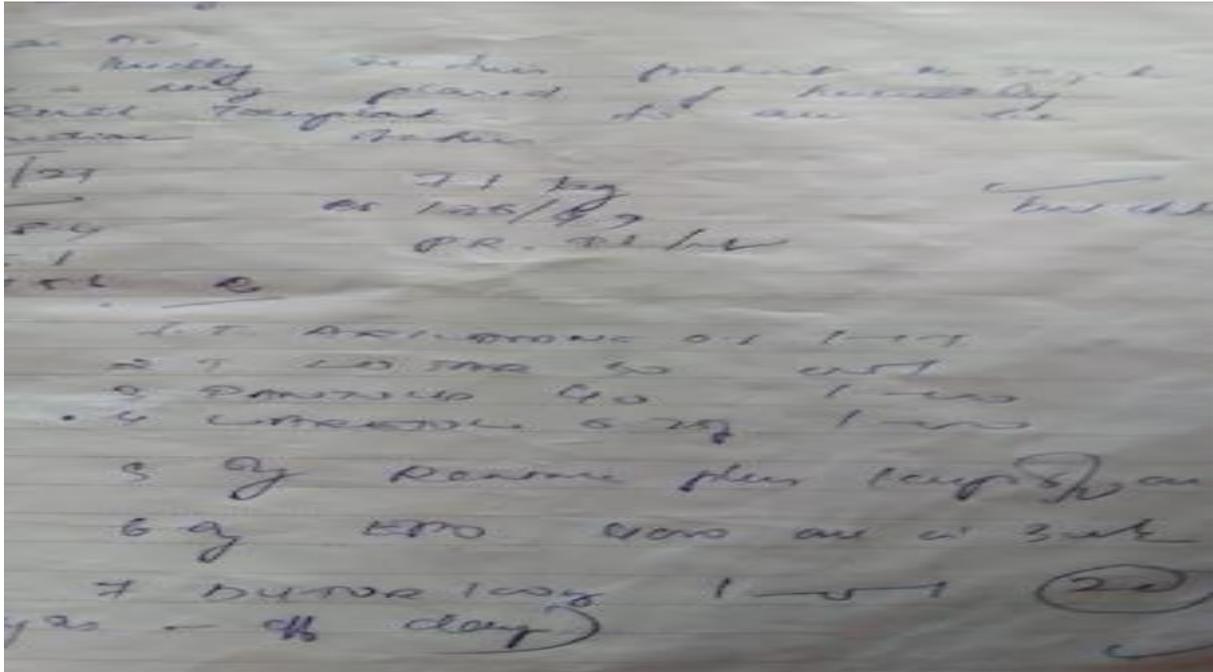


Photo of prescription of medicine collected from the patient

War Room Duty at Collectrate Kollam- Covid 19

Organizing Unit /Collaborating Agency :NSS

Number of students participated :03

The NSS volunteer of SN College, Punalur engaged in war room duty during the time period 31/01/22 to 29/2/22. Jyothish of II BA English, Surya S R of II Bsc Zoology and Jeeva Nanadan of II B Com were the active participants of the duty. The experiences that the volunteer shared in the war-room were valuable for his experience. All of them received state level appreciation for the war room duty.



Jeeva Nanadan engaging in war room duty at War Room Duty at Collectrate



Volunteers with the state level appreciation for War Room Duty at Collectrate



Appreciation certificate of Mr.Jeeva Nandan

Awareness class 'Welfare of Parents and Senior Citizen Act 2007' (4/02/2022)

Organizing Unit /Collaborating Agency :Social Justice Department ,Kollam

Number of students participated :67



Brochure of the webinar 'Welfare of Parents and Senior Citizen Act 2007'

NSS Unit of our college conducted webinar based on the topic 'Welfare of Parents and Senior Citizen Act 2007'. It was conducted by 3 sessions. First session is a class by Adv. Jaya Chandra Das K K (ILDM Kerala Legal Faculty). Second session is a class by Aswathy (FRO National Help Line for Senior citizen) about Elder Line Service and third session is a class by Renjith S about the topic Dementia

-DISTRIBUTION OF WALKER (07/02/2022)

Organizing Unit /Collaborating Agency :NSS

Number of students participated :07

Our unit provided a walker to Sukumaran, a palliative patients (Thumob Ward, Punalur). Programme Officer Simi.B.S and 7 volunteers reached his house and handover a walker. Municipal Ward Councillor Naseela Mam appreciated our unit.



Photographs of Distribution of walker to palliative patient by NSS volunteers along with Programme officers

DISTRIBUTION OF WHEEL CHAIR (07/02/2022)

Organizing Unit /Collaborating Agency :NSS

Number of students participated :07

Our unit provided a walker to Lekshmi Amma, a palliative patients (Thumob Ward, Punalur). Programme Officer Simi.B.S and 7 volunteers reached her house and handover a walker. Municipal Ward Councillor Naseela Mam appreciated our unit.





Distribution of wheel chair to the palliative patient by programme officers and NSS
Volunteers on (07/02/2022)

MEDICINS DISTRIBUTION 08.2.2022

Organizing Unit /Collaborating Agency :NSS

Number of students participated :17

Our unit provided Medicine kits to palliative patients suffering major diseases. Programme Officer Simi.B.S Coordinated this programme. Volunteers visited and collected doctor prescription from their home. 17 volunteers participated this activity. We provided medicine to Karuthamma (stroke, Asma, college Ward, Punalur) Sarasamma

(heart problem, Cholosrol, College Ward Punalur) Vimala(heart problem, BP, College Ward punalur) and food kit provided to sarasamma.









Distribution of medicines to palliative patients by NSS Volunteers (08/02/2022)

OUT REACH PROGRAMMES

World Literacy Day (08/09/2021)

Organizing Unit /Collaborating Agency :NSS

Number of students participated : 58



Photographs of world literacy day programme on 08/09/2021

On behalf of world literacy day NSS volunteers assisted the students of various anganvaadis.They engaged in propagating the importance of being literate among adults also.58 vlunteers participated in the programme.