

# Sree Narayana College Punalur

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## Third Cycle NAAC Accreditation 2022

### CRITERION 7

#### Institutional Values and Best Practices

**7.1.9: Sensitization of students and employees of the Institution to the constitutional obligations: values, rights, duties and responsibilities of citizens**

*Submitted to*



**THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL**

**REPORT OF THE ACTIVITIES  
2016-2017**

### **World Environment Day - June 5, 2016**

Observing World Environment Day is important to imbibe the need of protecting the nature. The Principal, Dr. G. Jayasenan inaugurated the programme by planting a sapling in the college premise. He 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. Students were actively participated in this event and planted more than 25 saplings in the college premises.



Planting Saplings by Olympian O P Jaisha

## **Anti-drug day June 26**

Anti-drug day was observed with participation of leaders of the community. Excise Department of Kerala organized a quiz competition and essay writing competition to create awareness among students regarding anti-drugs. The programme was conducted on 25-06-2016 (Saturday). The excise officer delivered a speech on Anti-drug campaign which dealt with the ill effects of being addicted to drugs and alcohol.



Anti-drug awareness programme

## **Independence Day Celebrations-August 15**

The day was observed by hoisting the flag by the Principal. He addressed the students and teachers and made a short speech on the need to inculcate a spirit of patriotism among the youth. In an age of growing technology and digital war one should not forget the sacrifice of hundreds of people who have given their lives for their nation. A quiz competition and an elocution competition were conducted and the winners were awarded.



Pledge in Independence Day

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

Gandhi Jayanthi was observed on this day. The NSS officer delivered a short speech on Mahatma Gandhi, father of our nation. He elaborated about the freedom struggle he had led to attain freedom for our country. The volunteers were grouped and were engaged in cleanliness drive programme. We celebrated Gandhi Jayanthi on 01-10-2016 (Saturday) and the whole week was observed as 'Sevana Varam'. We cleaned our college campus and municipal private bus stand, Punalur.



Cleaning campaign during Gandhi Jayanthi.

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

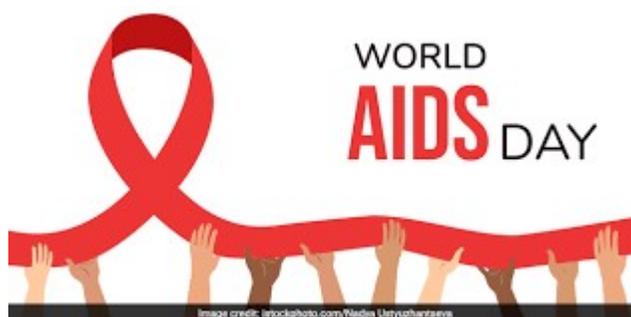
In order to create an awareness among the students concerning the importance of Organic Farming and its advantages, college in association with Bhoomithra Sena Club and Krishi Bhavan, Punalur made a plantation day in which volunteers planted seeds supplied by Krishi Bhavan. They created a small plot area of their own and sow the seeds supplied. After the programme volunteers reviewed day's activities.



Planting sapling

### **AIDS Day (01-12-2016)**

World AIDS day was observed on this day and on behalf of this, a rally was organised jointly by the NSS unit and Taluk Hospital, Punalur. The rally was inaugurated by Dr. B.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, Retd. Professor and HOD of Zoology, Iqbal College, Peringamala.





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

Republic day was celebrated enthusiastically by all students and teachers. The celebration was inaugurated by Dr.G. Jayasenan, Principal, S.N. College, Punalur. He hoisted the National flag and NSS volunteers who were assembled in the college campus marched and gave salute to the flag. After that the volunteers participated in the Republic day rally conducted at Punalur under the auspices of the Punalur Taluk Republic day celebration committee

### **Health care and eye testing camp (04-03-2017)**

A health check up and eye testing camp was organised under the leadership of NSS unit in association with Govt taluk hospital and Sankar's Eye Hospital, Punalur. Camp turned out to be an effective one. Free health and eye check up was done to all the students, teachers and non- teaching staffs. Those detected with health and vision problems will receive follow uptreatments in the eye clinic later on. The students marked great responses in the review register. Nearly 220 people registered for the camp.



Health checkup and eye care camp

**REPORT OF THE ACTIVITIES  
2017-2018**

## **World Environment day June 5**

The Principal of the collegel 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



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

S.N. College, Punalur observed the World Yoga Day by conducting a yoga class in the college. It was inaugurated by Lt. Dr. Arun V, Principal, S.N. College, Punalur and the class was led by Dr. Jasmine Anand, Assistant Professor and Head, Department of Zoology. The class included both theory and practical lessons. The class was conducted in two batches and around 100 NSS volunteers participated. The students were highly motivated and understood the importance of yoga in daily life





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

The NSS programme officers gave a talk on the importance of international youth day. After the session the NSS Unit and the Taluk Hospital jointly organized a cleanliness drive at the Punalur Taluk Hospital.

**Cleaning Programme on Youth Day**



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

As directed by the Swachh Bharat Mission, NSS units of Sree Narayana College, Punalur conducted a Suchitwa Bodhana Rally. The rally was flagged off by Principal Dr. Arun V. The rally started from the College, passed through main road, Punalur and PNS junction, Punalur and finally concluded at the College. NSS volunteers carried placards and posters related to the Swachh Bharat Mission



Suchitwa Bodhana Rally

### Independence day celebrations.

By hoisting the flag under the leadership of college NCC, Independence day celebrations was done.



Independence Day (15/8/2017)

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

Gandhi Jayanthi was observed. Volunteers gathered in the college auditorium and the program commenced with the recital of NSS song. Programme officers delivered a short speech on the importance of the day. Volunteers cleaned the campus and planted saplings on college premises. Volunteer secretaries made a review of the day.



Sevanavaram- cleaning programme at municipal private bus stand, Punalur

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

On this day our former NSS volunteers Mr. Alan. S. Dinsha and Mr. Anto Panicker led a one day camp for the volunteers on the art of paper bag making. Volunteers actively participated in the program. They made hundreds of paper bags and distributed inside and outside the campus.



Paper Bag Making

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

Celebrated the National Unity Day, birthday of Shri. Sardar Vallabhai Patel founding father of the Republic of India who played a leading role in the country's struggle for independence and guided its integration into a united, independent Nation. The meeting commenced with a prayer. In National Unity Day celebration volunteers took a pledge, which was read out by Dr. Bijo S Anand, Asst Professor in Mathematics. An essay writing competition was held and students from all department participated.

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

The Kerala Piravi celebration the NSS unit conducted an exhibition titled



“Keraleeyam” 2017 on 10-11-2017 Friday. The exhibition started with the inaugural ceremony. Principal Dr. Arun V inaugurated the ceremony. The exhibition started by 11.00 a.m. and ended up by 3.30 p.m. The History department and B.Com department won the prizes for their great collection of antiques and artifacts. All other stalls were given incentive prizes for their hard work and participation in making this event a grand one.



Keralayam 2017

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

In association with HDFC bank Punalur branch and Punalur TalukHospital 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.

പുനലൂർ എസ്.എൻ  
കോളേജിൽ രക്തദാനം

പുനലൂർ: പുനലൂർ ശ്രീനാരായണ  
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നേജർ അനീഷ് മുരളീധരൻ അദ്ധ്യ  
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സുനിൽ. എസ്. നായർ, ഡോ. സാൻ  
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ഫീസർ ഡോ. ബിജോ. എസ്. ആന  
ന്ദ്, തുടങ്ങിയവർ സംസാരിച്ചു.



Blood donation Camp

Self - defense training program

Our NSS unit conducted a self-defence 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 P, DYSP. College Principal, Superintendent, Programme officers, Union chairperson, teachers and students were participated in the college auditorium.



**Self- defense training program**

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

On 26<sup>th</sup> January 2018, the republic day is celebrated in 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 gave message to the gathering and motivated them to serve others and live a life of humility.



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

Women's day was observed on 08-03-2018. The seminar organized was Dr. Shiny Mathews inaugurated the programme. She gave a talk on the challenges faced by women and the methods to overcome them.



Women Empowerment Programme

**REPORT OF THE ACTIVITIES  
2018-2019**

## World Environment day June 5

World environment day is celebrated by planting saplings in the campus. There was a presentation about conservation of trees and environment to educate the students on importance of forest, environment and climate change.



Planting tree saplings

## Yoga Day-June 21

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.



Yoga Day Training



### **Anti-drug day- June 26**

Anti-drug day was campaign and talk was held in the college. Excise Department and the college 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 was about the ill effects of being addicted to drugs, alcohol etc. He advised that the younger generation should actively campaign against such things in order to completely root out malicious use of it from our society.

### **Seminar on Personality Development (21-07-2018)**

A seminar was conducted on July 21 on the topic 'Personality Development through Social Service'. The class was led by Dr. Shyni Mathews, HOD, Department of Hindi. She gave

some important tips to the volunteers and it was a thought provoking session to the students. After the seminar session program officers observed the results of the seminar. Some of them noticed the important key points in the session.

### **Independence Day Celebrations-August 15, 2018.**

The celebration began by hosting the national flag by our beloved principal Dr.T Sasidharan. He addressed the volunteers and the audience with a mind blowing speech about nationalism. Volunteers were inspired by his speech that focused on the hardships faced by our national heroes in the process of attaining independence.



### **Flood Relief Activities August-2018**

S.N.College, Punalur did remarkable help flood affected people in 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 collectorate.

### **World Literacy Day (08-09-2018)**

The literacy day was observed by conducting a group discussion on the topic 'The role of literacy and the influence of modern educational system'. Almost all volunteers actively participated in the discussion.

### **International peace day (15-09-2018)**

The International peace day was observed by the NSS unit by conducting a visit to an old age home namely Ashraya, Kalayapuram. The volunteers donated clothes and food materials and had spent a day with the members of the old age home.

### **Cleaning flood hit areas (20-09-2018)**

As a part of helping the flood hit areas, NSS, S.N. College Unit, Punalur gathered hands in order to provide sufficient help and support. As part this campaign selected 50 volunteers stood tall to clean the areas like Chengannur and other floodhit areas. They also provided further assistance and help to the natives who was affected badly by the floods



### **Intellectual Property Rights**

The Seminar/workshop was conducted on 24th and 25th September 2018 with the financial support of patent Information Centre (PLC.), Kerala and Kerala State Council for Science, Technology and Environment, Thiruvananthapuram. Prior to the seminar, a meeting was held at Principal's chamber to chalk out the plan of action for the seminar. It was decided to conduct the seminar jointly by History, Economics and political Science departments of our college. It was also decided that the Principal would be the General convenor and shri.

Shibu. T (Asst. Professor and HOD, Department of History) and Smt. Soumya Viswambharan (Asst. Professor and HOD, Department of Economics) would be the Coordinator and Joint-coordinator respectively. Due publicity was given to the seminar to ensure the maximum participation.



**Seminar on intellectual property rights.**

### **Gandhij Jayanthi (02-10-2018)**

As part programmes in Gandhi Jayanthi day the college conducted an essay writing competition on the topic 'The views of Gandhi and influence in the present scenario'. Also as part of Gandhi Jayanthi the NSS unit observed 'Sevena Waram' in next seven days.



### **Sevanavaram**

### **Training on Nadhiyodoppam (05-11-2018)**

It was a training session based on the grand program of NSS Nadhiyodoppam 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.



### **Children's day (14-11-2018)**

As a tribute to Pandit Javaharlal Nehru the NSS unit celebrated children's day by memorising the quotes of Nehru. Special discussions were conducted among the volunteers and spent their time in a playschool after distributing sweets and study materials.

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

Blood donation is always a life giving process. 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 actively participated in blood donation.



Blood donation camp

### **Youth day (02-01-2019)**

As part of national youth day NSS team of our college conducted an anti-drug addiction awareness class among students. The interactive session was absolutely fabulous. Students gained lots of information on the harmful usage of drugs

### **Republic Day (26-01-2019) Celebrations.**

The program started by hosting the national flag by the principal Dr T Sasidharan. After the session all the volunteers along with the programme officers marched towards the town region by same a pretty amount of nationalist slogans and marched back to the college.

### **Women's day (08-03-2019)**

As a respect towards women the NSS volunteers celebrated women's day in Punalur Municipal auditorium where the awareness class was conducted by Janamaithri Police about the role of women in the society. The session dealt with some of the prominent women who have won accolades in various fields

# **REPORT OF ACTIVITIES**

**2019-2020**

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

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 1.00 p.m.



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

The Teachers day celebration was done with the slogan 'Students in the Role of Teacher' in Chemmanthoor High School. The Programme started by 11 Am with the

recital of NSS song. The Programme Officer Mrs. Simi .B.S delivered welcome address to the audience. The function officialy inaugurated by Mrs.Vijayalekshmi (Headmistress in Chemmanthoor High School). High School teacher Mrs .Elizabeth delivered felicitation address. NSS volunteers Miss. 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.



### **GANDIYAN PATHAYATHRA (02.10.2019)**

The programme started at 8.45 am from SN college junction, Punalur to railway station with recital of NSS song. The programme was inaugurated by Mrs.Simi. B.S

(NSS PO, SN College) The volunteers and programme officers participated in the pathayathra with pluck card containing Gandhi's messages. This programme helped to spread Gandhian messages to public. Pathayathra reached railway station at 9.20 am. The railway authority members welcomed our volunteers



### **GANDHI BHAVAN VISIT (LIFE LEARNING JOURNEY) - 02.10.2019**

'Guruvandhanam' was a district wise organized programme at Gandhibhavan, Pathanapuram. Govt BJM College, KSWDB College, TKM College, St.Stephen's college also participated in this programme. The inaugural session started with 12.00 noon. 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.



### **World mental health day seminar (10.10.2019)**

Our NSS unit participated in a programme organized by Ashraya, Kottarakara. The programme started at 8.45 am from SN college junction, Punalur to Punalur railway station with recital of NSS song. The programme was inaugurated by Mrs.Simi. B.S (NSS PO, SN College) The volunteers and programme officers participated in the pathayathra with pluck card containing Gandhi's messages. This programme helped to spread Gandhian messages to public. The pathayathra reached railway station at 9.20 am. The railway authority members welcomed our volunteers on world mental health day. The programme inaugurated by Adv.V.Rajendrababu. after that Dr.S aiju Hameed (Asst director, Health Dept.) delivered a speech about the topic "Mental Health Promotion and Suicide prevention".



### **National unity day (31.10.2019)**

Celebrated the National Unity Day, birthday of Sardar Vallabhai Patel founding father of the Republic of India who played a leading role in the country's struggle for independence and guided its integration into a united, independent nation. The meeting commenced with the recital of NSS song. On behalf of the National Unity Day celebration volunteers took pledge, programme officer Simi.B.S read out the pledge. On behalf of the celebration a poster competition was held and students from all department participated. The meeting concluded with the National Anthem.



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

S.N. College Punalur 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 Taluk 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 Shri. 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.



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

SN College, Punalur recently conducted an awareness programme on the topic "TRANSGENDER SENSITISATION PROGRAMME ". On 19th November 2019 at 9 30 am at the college seminar hall .The introduction speech delivered by Sri.Mohanakumar S L ( Junior Suprtdt, DSL office Kollam).The welcome address was given by NSS volunteer secretary Sujithkumar. Special guest of the program was ISHA (Transgender). 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 coordinator , KSACS Kollam). A quiz program also conducted based on the seminar class .Good feedback response was given by students. A memorable interaction section with " ISHA"(TG person) was been heart touching



Seminar on transgender sensitization.

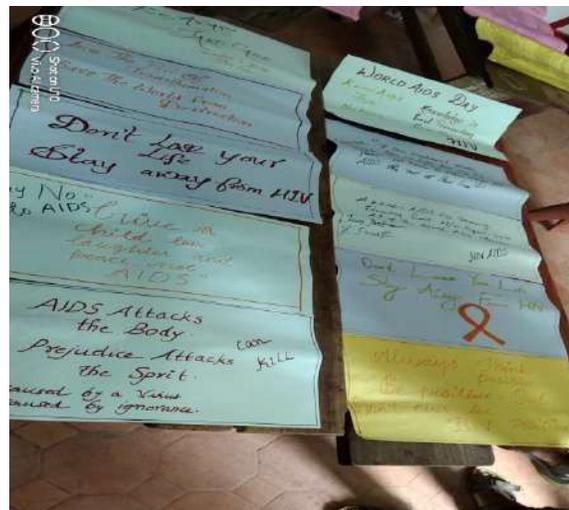
### **CONSTITUTION DAY CELEBRATION (26 /11/2019)**

On 26 November 2019 our college NSS unit conduct a seminar on the topic " INDIAN CONSTITUTION" according to the celebration of constitutional day .The seminar was started in 1:15pm at college seminar hall .The seminar was started with NSS song volunteers and inauguration is done by principal . The class was held by Adv. Shama. S.U. The class was mainly on the topic of how Indian constitution framed and its role in democracy. Also it touches the area like drafting of constitution, major leaders and authority, important dates etc. Later "THE CONSTITUTION OF INDIA" was pledged by Dittu Alex .The seminar was ended after the questionnaire section. NSS volunteer Mymoon N expressed sincere gratitude to all and the section was ended with national anthem.



**AIDS DAY POSTER MAKING COMPETITION ( 2/12/2019)**

SN College, Punalur conducted a poster making contest on 2nd December 2019 at 10am in college NSS room. The programme was conducted by leadership of Mymoon N ( NSS volunteers secretary). More than 25 volunteers are participated in the contest. All the students participated and performed well.



**PALIATIVE CLUB INAGURATION (SNEHA SPARSHAM) (11/12/2019)**

SN College, Punalur inaugurated a ‘palliative care unit’ on 11th December 2019, at 10 am, in the college auditorium. The inauguration of programme was done by Dr.Shahirsha (Superintendent, Govt Taluk Hospital, Punalur). The welcome address was given by Sujith kumar (NSS volunteer secretary).The presidential address was given by the principal Dr T Pradeep. Facilitations were given by. Divya. R ( HOD of Zoology department), Dr.Divya Jayan (NSS programme officer) SimiB.S (NSS programme officer) and Jayaraj (college union chairman)



**Vimukthi (Anti-Alcohol /Drug Abuse Awareness Programme-  
Inauguration of Thalirp (12/12/2019)**

Our NSS unit recently inaugurated "ANTI DRUG ABUSE UNIT ( THALIRP) on 12th December 2019 at 11 am in the college seminar hall. The principal Dr .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) Thajudeenkutty. The welcome address was given by NSS programme officer Dr.Divya Jayan. The Presidential address was given by the principal Dr .T. Pradeep.



**REPORT OF ACTIVITIES**

**2020-2021**

(01/06/2020- 07/06/2020) Parithranam (7 Day Sapling Drive)

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 bythis programme. All of them participated with great enthusiasm.



Students planted tree saplings at lands near their houses.

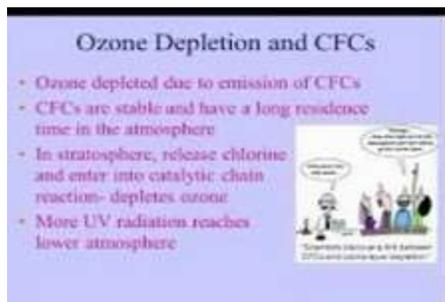
(21/06/2020):- Yoga Day Celebration

On behalf of the yoga day celebration, our 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. Students from various colleges, participated the programme



### 16/09/20- Ozone Day

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.



## 02/10/20- Celebrating Birth Anniversary of Mahatma Gandhi

Sree Narayana College, Punalur , 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 video talked about the life history of our ‘Father of the Nation’ – Mahatma Gandhi and remembered his sacrifices towards the nation in getting freedom.

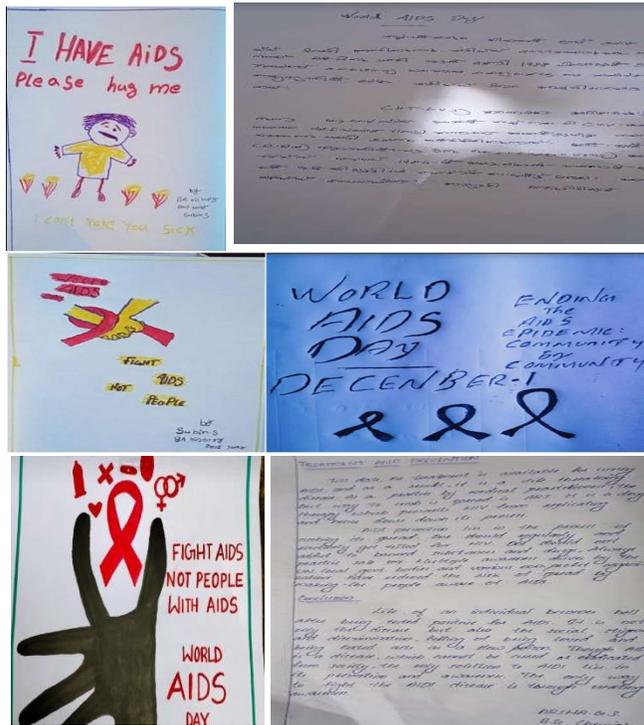


# SWACHH BHARAT PROGRAMME



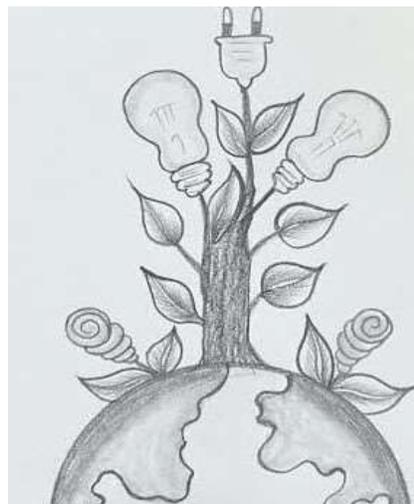
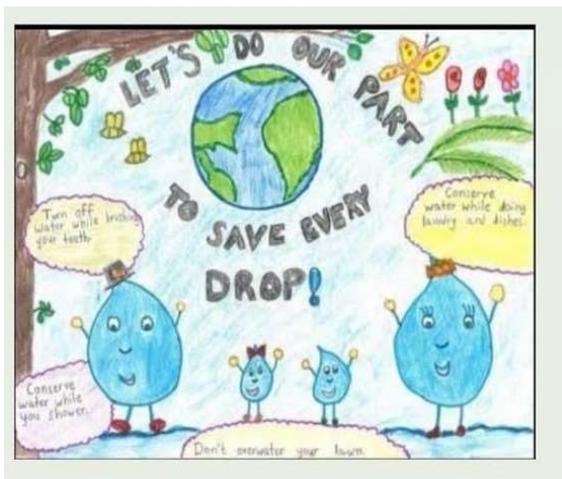
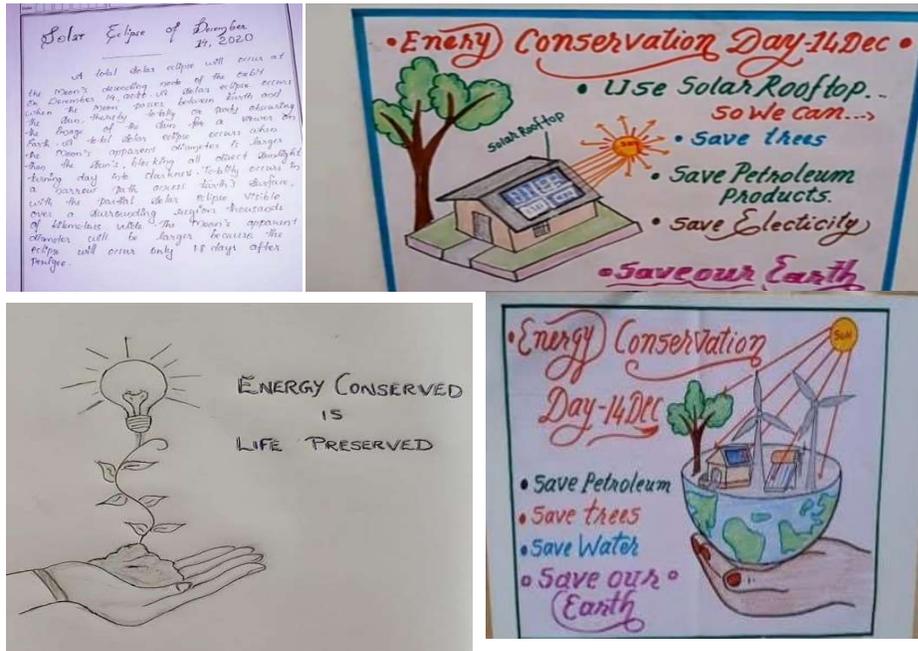
## 01/12/2020- Observance of World Aids Day

World AIDS Day is observed 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.

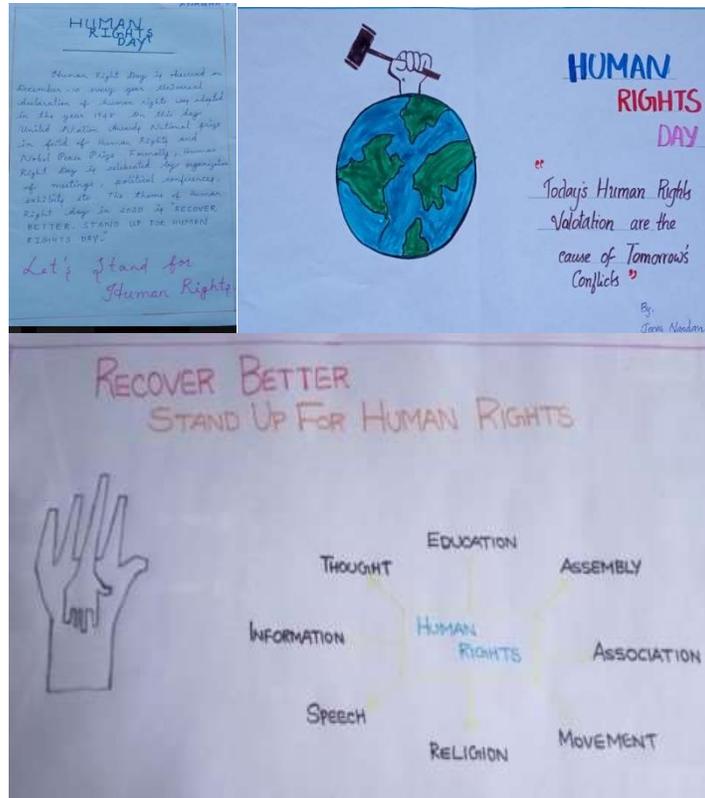


## 14/12/2020- Energy Conservation Day

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.

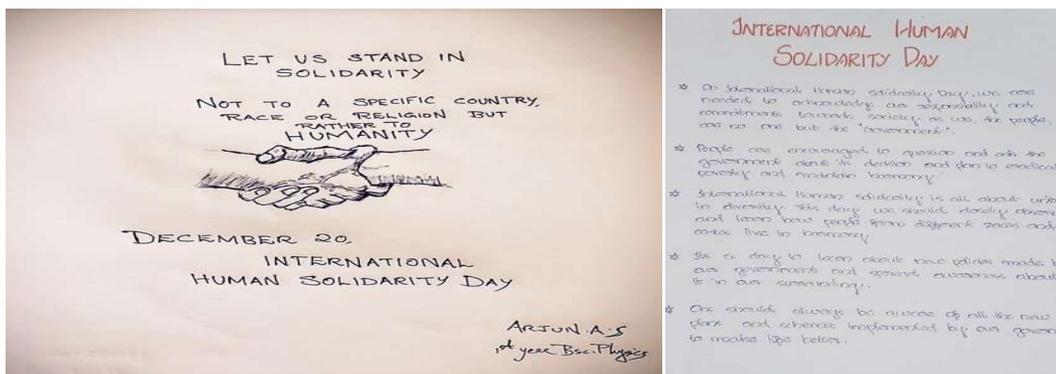


Human Rights Day is celebrated on 10 December. The Universal Declaration of Human Rights was adopted in 1948 by the United Nations General Assembly. This day is observed to protect the fundamental human rights of all people and their basic human freedom. Our volunteers also observed the same.

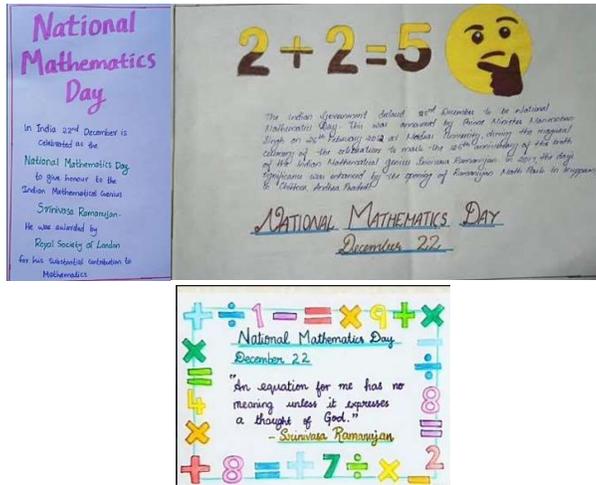


20/12/2020- International Human Solidarity Day

On behalf of International Human Solidarity Day our volunteers engaged in paintings as well as in writings. Volunteers who were enrolled were engaged. Selected volunteers were engaged in camp activities.



**22/12/20- National Mathematics Day**

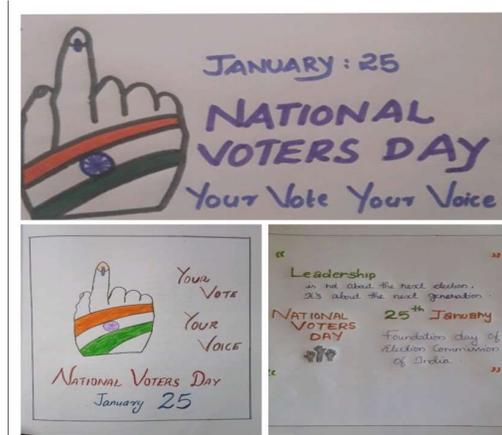


**15/01/2021- Army Day**

On behalf of observing the Army day, the NSS unit of our college created posters to this with the message 'IA strengthens the idea of India and lives by the national values. We are dedicated to preserve national interests, safeguard sovereignty, territorial integrity and unity of our Nation. All volunteers actively participated.

**25/01/2021- Voter's Day**

On behalf of observing the Voter's Day, the NSS unit of our college created posters to this with the message 'Another responsibility of citizens is voting' with the theme "Your Vote, Your Voice". This makes the volunteers aware about their duties and responsibilities on democracy.



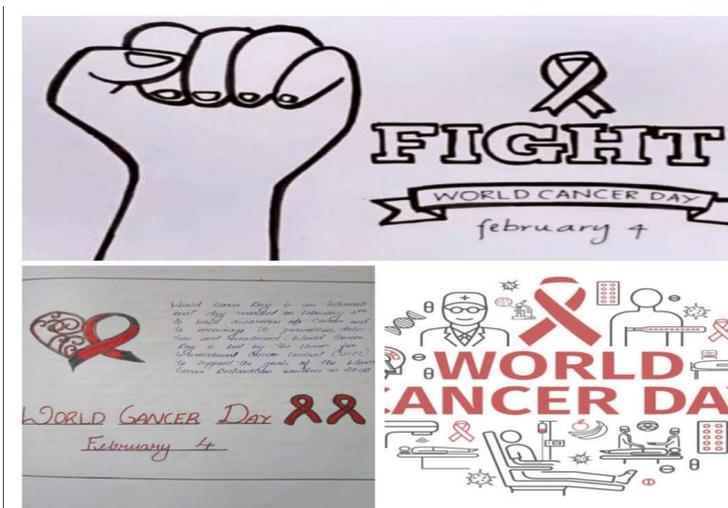
## 26/01/2021- Observance of Republic Day

The NSS 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.



## 02/02/2021- Observance of Cancer Day

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.



## 20/02/2021- World Social Work Day

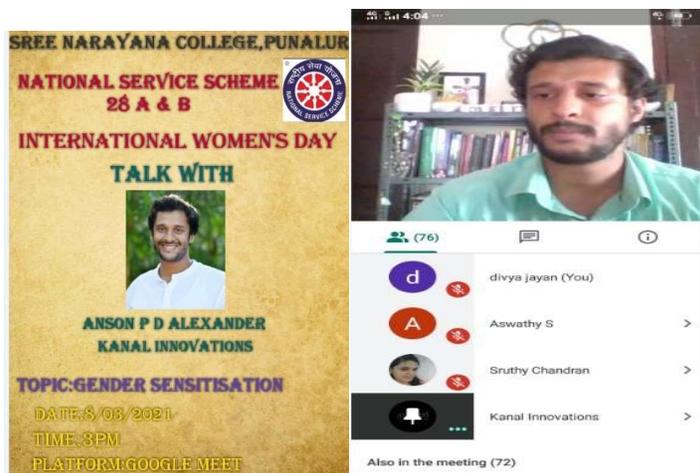
On World Day of Social Justice, our students created posters and essays with the theme 'A

call for Social Justice in the digital economy', to raise a voice against social injustice and to bring the various communities internationally together to eliminate poverty, gender, and physical discrimination, illiteracy, religious discrimination to make a socially integrated society

### **08/03/2021- International Women's Day**



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.



### **21/03/2021- Forest Day**

In 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 S. N 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 "Wildlife 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 felicitations. 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.

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

**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., Phd. (Principal, SN College, Punalur)  
 Dr. R. Bijukumar (Principal, College of Engineering, Pathanapuram)  
 Dr. Rosamma Philip (Principal, Mount Tabor Training College, Pathanapuram)  
**Lecture 1** : Smt. A. Shajna Karim  
**Sub : A glimpse at the future of Wildlife - Way ahead**  
**Lecture 2** : Sri. John Mathew  
**Sub : Wildlife trafficking and law enforcement**  
**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

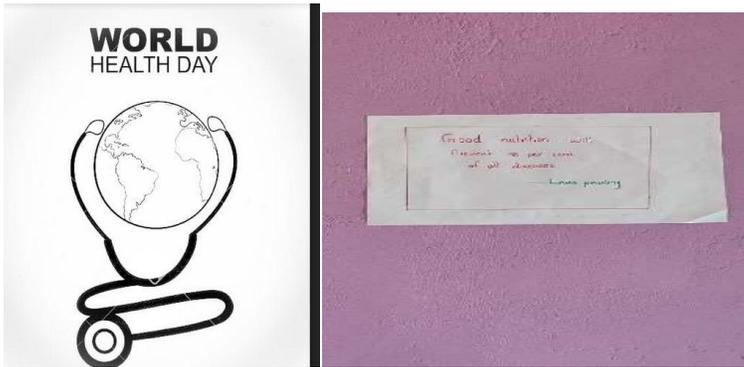
**Co-ordinators**  
 Smt. Remya S.R. (Engineering College, PTPM)  
 Smt. Asha K. Thomas (Mount Tabor Training College, PTPM)  
 Sri. Abhilash K. (Beat Forest Officer, Flying Squad Range, Punalur)  
 Smt. Simi B.S. (SN College, Punalur)

Meeting URL : <https://meet.google.com/qjkw-ghb>  
 design @ Jepak, Cyber

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**07/04/2021- World Health Day**

Our college observed the World Health Day by creating posters and essays on it. This gives awareness on the importance of a healthy society for a better tomorrow.



**16/04/2021-18/04/2021- Covid Awareness Program**

On behalf of the observation of Covid Awareness Programme our NSS 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.

**09/05/2021- Mother's Day**

Our college celebrated the mother's day by creating posters with the aim to make society aware about the low status of women in her family and how she deserves to be the boss of the family

**31/05/2021- World No-Tobacco Day**

Our college observed the World No-Tobacco Day campaign by creating posters for making them aware about the harmful effects of tobacco and promotes them to lead a

healthier life, with the theme 'Quit Tobacco to be a Winner'.

