

Sree Narayana College, Punalur

AQAR 2023-24

Key Indicator -2.2 - Catering to Student Diversity

Metric- 2.2.1 -The institution assesses the learning levels of the students and organizes special Programmes for advanced learners and slow learners

Reports of Counselling Cell

SREE NARAYANA COLLEGE PUNALUR

2023-2024

Name of the Programme/Activity: Motivational Class

Date: 19/01/2024	Total Participants/Beneficiaries: 12
Organized by: Counselling Cell	Male: 4 Female: 08

Resource Person: Ms. Soumya Manoj

A Brief Report of the Programme

A motivational class titled 'Life is Beautiful' was arranged for Second-year degree Students on January 19, 2024, at 2:00 pm in the Seminar Hall. With the help of tutors, interested students were selected to attend the session led by Miss Soumya Manoj, a Psychologist from the Child Protection Team, Kollam. She shared her experiences and knowledge, emphasizing the importance of enjoying life's successes and maintaining an optimistic outlook. Discussing her personal journey, she encouraged students to prioritize education and secure a job for a brighter future. The students actively engaged in the discussions and showcased excellent interaction throughout the session, creating a positive and collaborative learning environment.

Individual counselling was provided to those in need, ensuring personalized support and attention for each student during the session. The class received positive feedback from students, highlighting the relevance of the topic to their personal growth and well-being.

SREE NARAYANA COLLEGE PUNALUR

BROCHURE OF THE PROGRAMME

Organising Committee

Sri. Vellapally Natesan
Patron, Manager (S N Colleges)

Dr. Shiny Mathews, Principal in Charge

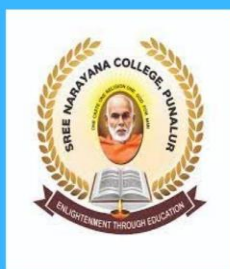
Ms. Neetu Pradeep Convenor

Ms. Lekshmi R S, Dept. of Physics

Ms. Resmi A., Dept. of Botany

Dr. Deepika V.S., Dept of Economics

Ms. Narma S Pratheep, Dept. of English



SREE NARAYANA COLLEGE PUNALUR

Motivational Class Organised by Counselling Cell

Topic: Life is Beautiful

Venue: Seminar Hall
Date & Time: 19/01/2024
@ 11 am

Resource Person



Ms. Soumya Manoj
Counselling Psychologist

SREE NARAYANA COLLEGE PUNALUR



Talk by the Resource Person



Interaction with Students

SREE NARAYANA COLLEGE PUNALUR













ATTENDANCE STATEMENT

SREE NARAYANA COLLEGE PUNALUR

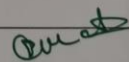
COUNSELLING CELL

Date: 19 | 01 | 2024

Time: 2:00 pm

Sr. No.	Name of the Candidate	Department	Signature
1.	Amidha. C. Babu	B.Com II nd	
2.	Sandra. Sridherman	B.Com III rd	
3.	Athira D	B.Sc Physics	
4.	Arya Ajith	"	
5.	Vaishnav S-S	"	
6.	Thasneema	B.Sc. Chemistry	
7.	Anjana	B.Com	
8.	VP. Vignajith	B.A English	
9.	Rahul R	"	
10.	Ahul Krishna	B.Sc Zoology	
11.	Sreekethy	"	
12.	Athira Sasi	"	





PRINCIPAL-IN-CHARGE
SREE NARAYANA COLLEGE
PUNALUR

SREE NARAYANA COLLEGE PUNALUR

2023-2024

Name of the Programme/Activity: Motivational Class

Organised by: Counselling Cell

Resource Person: Ms. Soumya Manoj

A Brief Report of the Programme

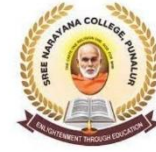
The Counselling Cell organized a series of motivational classes for first-year degree students, covering topics like moral values, mental health, self-confidence, and life enhancement. The engaging sessions were led by alumna and Psychologist Miss. Soumya Manoj, who shared her experiences and insights with the students.

On 16th February 2024, at 2:00 pm, the first motivational class took place in the seminar hall, targeting Chemistry and Mathematics students. Miss. Soumya Manoj, the speaker, encouraged students to develop self-confidence and optimism in the present era. She shared her experiences with peers facing similar challenges and explained her approaches to address these issues. The session was engaging, allowing students to ask questions and seek clarifications throughout. Upon concluding, the students provided positive feedback, appreciating the insightful and useful class.

On 11th March 2024, the second motivational class was held for English and Physics first-year students, focusing on moral values, happiness, and enhancing the beauty of life. The students actively participated in the session, demonstrating enthusiasm throughout the discussion. They provided positive feedback and expressed their desire to have more such classes in the future, emphasizing the value and impact these sessions had on their personal growth and well-being.

SREE NARAYANA COLLEGE PUNALUR

BROCHURE OF THE PROGRAMME



SREE NARAYANA COLLEGE PUNALUR

Motivational Class
Organised by

Counselling Cell

Topic: Life is Beautiful

Organising Committee

Sri. Vellapally Natesan
Patron, Manager (S N Colleges)

Dr. Shiny Mathews, Principal in Charge

Ms. Neetu Pradeep Convenor

Ms. Lekshmi R S, Dept. of Physics

Ms. Resmi A., Dept. of Botany

Dr. Deepika V.S., Dept of Economics

Ms. Narma S Pratheep, Dept. of English

Resource Person



Ms. Soumya Manoj
Counselling Psychologist

SREE NARAYANA COLLEGE PUNALUR

ATTENDANCE STATEMENT

COUNSELLING CELL

16/02/2024

SlNo	Name of the Student	Department	Signature
1	MANIJA MR	B.Sc chemistry	Manija
2	Aayamol.S.B	BSc Chemistry	Aayamol
3	Hamnamol.C	Chemistry	Hamnamol
4	GODIKA PRABAD	B.Sc. Chemistry	Godika Prasad
5	ANJANA.K.JAVAN	BSc Chemistry	Anjanak
6	ASWATHY.S.OMANAKUTAN	BSc Chemistry	Aswathy S.
7	DEVIKA.S	BSc chemistry	Devika
8	Rudra S	BSc chemistry	Rudra
9	ATHULYA.B	BSc CHEMISTRY	Athulya
10	Lekshmi.S	BSc Chemistry	Lekshmi
11	Discoaryamol.S	BSc Maths	Discoaryamol
12	Lekshmi P.S	BSc Maths	Lekshmi
13	Lovell kurian Giji	BSc Maths	Cozell
14	Fathana Fathima	BSc Maths	Fathana
15	Akshana Sarithosh	BSc chemistry	Akshana
16	Nitha Fathima	BSc Maths	Nitha
17	Ramya.P	BSc Maths	Ramya
18	areefu s devii	BSc Maths	areefu
19	Muhammad Vazeen	BSc Chemistry	Muhammad
20	Adaritha Sathyan	BSc Maths	Adaritha
21	Rinon.R	BSc Maths	Rinon R
22	Mahinda.L	BSc Chemistry	Mahinda

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SREE NARAYANA COLLEGE PUNALUR


SREE NARAYANA COLLEGE PUNALUR
COUNSELLING CELL

Date: 11/03/24 Time: 11:30 am

Name	Department	Signature
Sachini S	2 nd BSc Physics	Sachini
Kailas Babu	2 nd BSc Physics	Kailas
Akhil B	3 rd BSc Physics	Akhil
Vishnu V	2 nd BSc Physics	Vishnu
Mamatha	"	Mamatha
Anushta	"	Anushta
Anju parvathy	"	Anju
Akhila	"	Akhila
Nanda	"	Nanda
Lekshmi	"	Lekshmi
Aya	"	Aya
Yousi	"	Yousi
	"	

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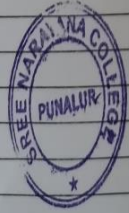
SREE NARAYANA COLLEGE PUNALUR
COUNSELLING CELL

Date: 11/03/24 Time: 10 am

Name	Department	Signature
ASHISHEK R NAIR	1 st BA ENGLISH	Ashish
Shivani Chandra	I BA English	Shivani
Anand R	2 nd BA English	Anand
Arya R	"	Arya
Ashina S	"	Ashina
Bhavi A	"	Bhavi
Bismol S	"	Bismol
Anoop Johnson	"	Anoop
Sebin C John	"	Sebin
Seba M.S	"	Seba
ANJURYA J A	"	Anjuria
Anvita N	"	Anvita
Manipriya M	"	Manipriya
Sabarinath S	"	Sabarinath
Vasha S	"	Vasha
Sreya G.S	"	Sreya
Chaitra R	"	Chaitra
Revathy R B	"	Revathy
Pooja Jayan	"	Pooja
Bismia S	"	Bismia
Ashwarya Ajith	"	Ashwarya
Anuprabha A.J	"	Anuprabha
Anjana S	"	Anjana
Akhil R	"	Akhil
Ahmed Anif S	"	Ahmed

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Talk by Resource person



Feedback by Student



Motivational class for Physics Students



Motivational class for English Students

SREE NARAYANA COLLEGE PUNALUR

2023-2024

Name of the Programme/Activity: Women's Day Celebration

Date: 18/03/2024	Total Participants/Beneficiaries: 29
Organized by: Counselling Cell	Female: 29

Resource Person: Ms. Maya K B

A Brief Report of the Programme

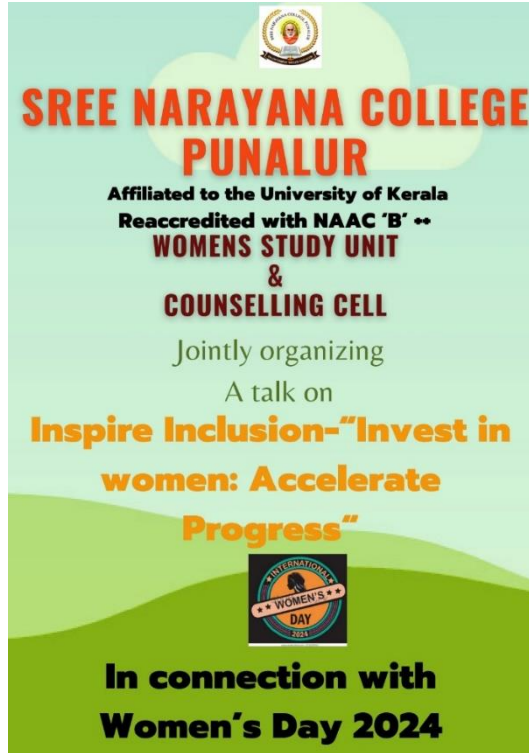
On the occasion of Women's Day, the Counselling Cell of the college, in collaboration with the Women's Study Unit, organized a memorable event on 18th March 2024. The primary objective of this celebration was to encourage and promote gender equality and women's empowerment. A thought-provoking talk and interactive session were conducted under the theme 'Inspire Inclusion - Invest in Women: Accelerate Progress.' Maya K B, a Consultant Psychologist from Jeevani, was the esteemed speaker for this event. Her expertise in the field of psychology and her passion for women's rights made her the perfect choice for this occasion.

The session was attended by enthusiastic girl students from various departments of the college, who were eager to learn and engage in discussions about gender equality and the importance of women's participation in all spheres of work. The speaker not only highlighted the existing inequalities but also emphasized the need for inclusion and investment in women's growth and development. This Women's Day celebration not only promoted awareness about gender equality but also provided a platform for young women to share their thoughts, experiences, and ideas. It encouraged them to believe in their potential and strive for a more inclusive and progressive society.

In conclusion, the event organized by the Counselling Cell and the Women's Study Unit in collaboration with Maya K B was a significant step towards fostering an environment that supports and encourages women's participation in all aspects of life. It served as a reminder that investing in women's progress accelerates the overall progress of society.

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BROCHURE OF THE PROGRAMME



**SREE NARAYANA COLLEGE
PUNALUR**

Affiliated to the University of Kerala
Reaccredited with NAAC 'B' ↔
**WOMENS STUDY UNIT
&
COUNSELLING CELL**

Jointly organizing
A talk on
**Inspire Inclusion-“Invest in
women: Accelerate
Progress”**



**In connection with
Women's Day 2024**

Programme

Date and Time: 18/3/2024 21 · 10.30 am
Venue: Final BSc Classroom
Department of Physics

Invited Talk by

Ms. Maya KB
Consultant Psychologist
Jeevani-Mental Health Project
Department of Collegiate Education
Government of Kerala

Organizing committee

Patron: Sri Vellappally Natesan (Manager, SN Trust Colleges)

Principal Incharge: Dr. Shiny Mathews

Organizing Committee members:

Ms. Neetu Pradeep

Ms. Lekshmi RS

Ms. Raji V.

Ms Resmi A

Dr Deepika VS

Ms. Narma S Pradeep

Ms. Resmi Raveendran

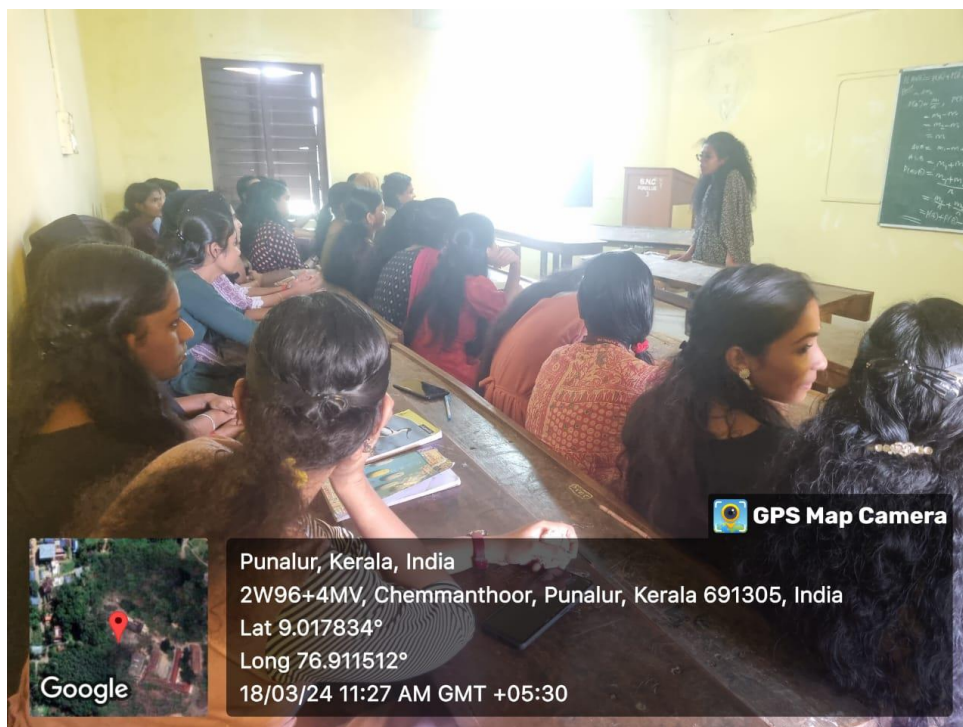
Dr. Divya Jayan



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Talk by the Speaker




Interaction with Students

SREE NARAYANA COLLEGE PUNALUR

ATTENDENCE STATEMENT


18-03-24

1.	Anu Babu - (1 st year Mathematics)	Anu
2.	Ansilha S. Rajeev (1 st year Mathematics)	Ansilha
3.	Anya AR (1 st year Physics)	Anya
4.	Anvi Krishna. B. K. - (1 st year Physics)	Anvi
5.	Nisha Lakshmi - 1 st Bsc Mathematics	Nisha
6.	Abhinyamal S - 1 st Bsc Mathematics	Abhina
7.	Sooraj S. Devi - 1 st Bsc Mathematics	Sooraj
8.	Rajalakshmi R.S - 1 st Bsc Mathematics	Rajal
9.	Lakshmi P.S - 1 st Bsc Mathematics	Lakshmi
10.	Tathina Rashed - 1 st B.Sc Mathematics	Tathina
11.	Tarhana Fatima - 1 st B.Sc Mathematics	Tarhan
12.	Mamakali A - 1 st Bsc. physics	Mamakali
13.	Anurthe Babu - 1 st B.Sc Physics	Anurthe
14.	Athira S - 1 st Bsc Physics	Athira
15.	Nanda Santhosh - 1 st Bsc physics	Nanda
16.	Pragna Parvathy - 1 st Bsc physics	Pragna



 Principal-in-Charge
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 Punalur

1)	Lakshmi Shibukumar	11 th year Bsc Chemistry	Lakshmi
2)	Anurthe Chandrababu	"	Anurthe
3)	Ranjana Naranathan	"	Ranjana
4)	Anita N.S	"	Anita
5)	Aishwarya Anand	B.Com	Aishwarya
6)	Nancy S	"	Nancy
7)	Pranavithy S Mohan	"	Pranavithy
8)	Aranya G	"	Aranya
9)	Pranava A. Anil	"	Pranava
10)	Anita Mohan	11 th year B.Sc Zoology	Anita
11)	Megha Anurath	11 th year English	Megha
12)	Ana S. Shibu	11 th year Economics	Ana
13)	Anika S	"	Anika



 Principal-in-Charge
 Sree Narayana College
 Punalur

SREE NARAYANA COLLEGE PUNALUR

2023-2024

Name of the Programme/Activity: Poster Presentation Competition

Date: 14/09/2023	Total students Participated: 24	
Organised by: Counselling Cell	Male: 7	Female: 17

Resource Person: Ms. Noora M

A Brief Report of the Programme

The Jeevani Club at our college, in partnership with the Counselling Cell, organized an engaging event for 'World Suicide Prevention Day' on 14th September 2023, starting at 11:00 am in the seminar hall.

The highlight of the occasion was a poster-making competition, focusing on the theme 'Creating Hope through Action.' Students from diverse departments enthusiastically took part in this thought-provoking activity, fostering awareness and promoting positive action towards suicide prevention.



Following a thorough evaluation process, the outstanding winners were announced. Sneha M.S., a first-year B.A. English student, earned the first prize, while Akash J Nair, a second-year B.Sc. Chemistry student, took home the second prize. In addition, Akshaya S.V., a second-year B.Sc. student, secured the third position. Principal in Charge, Dr. Shiny Mathews, graciously presented the certificates to the deserving recipients.

SREE NARAYANA COLLEGE PUNALUR

BROCHURE OF THE PROGRAMME

<p>Organising Committee: Sri. Vellapally Natesan (Patron Manager of S N Colleges) Dr. Santhosh R (Principal in Charge)</p> <p>Coordinators Ms. Noora M (Jeevani Counsellor) Ms. Neetu Pradeep (Convenor, Counselling Cell)</p> <p>Members Ms. Lekshmi R S Ms. Resmi A Dr. Deepika V S</p>	<h3>Poster Making Competition</h3> <p>@ Seminar hall 14/09/2023 11.00 am</p>	 <p>SREE NARAYANA COLLEGE PUNALUR Affiliated to University of Kerala Re-Accredited by NAAC with B++</p> <p>JEEVANI (Centre for Student's well being) in association with Counselling Cell observes WORLD SUICIDE PREVENTION DAY</p> <p>Theme: Creating Hope through Action</p> 
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CERTIFICATE FOR THE WINNERS

	 <h3>Sree Narayana College Punalur</h3>  <p>CERTIFICATE</p> <p>THIS IS TO CERTIFY THAT</p> <p>-----</p> <p>has secured ----- Place in the Poster making competition held in connection with 'World Suicide Prevention Day' organised by Jeevani Club in association with Counselling Cell.</p> <p>Ms. Neetu Pradeep Jeevani Coordinator</p> <p>Dr. Shiny Mathews Principal in Charge</p>	
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SREE NARAYANA COLLEGE PUNALUR

ATTENDENCE OF PARTICIPANTS

SREE NARAYANA COLLEGE PUNALUR
COUNSELLING CELL

Date: 14/09/2023 Poster Presentation (Competition) Time: 11 am

Lekshmi P.S	I BSc Maths
Aswaryamol.S	I Bsc Maths
Ramon.R	"
Adwaita Sathyan	"
Nitha Fathima	"
novell	"
Akshaya.S.V	II Bsc Zoology
Abhela.S	"
Akhya.Sasi	"
Anjali.B.Pillai	"
Arsha.B	"
Akash.J.Nair	II Bsc Chemistry
Thasneema.N	"
Sneha.M.S	1 st B.A English.
Revathy.R.B.	
Chaitra.R.	
Asavind	
Adhithyan.	
Bismi.L	1 st B.A. Economics
Ahija.A	"
Kavya.B	"
Bhadraanya.S	"
Mahendran.M.R	II B.A English
Rharalekshmi.A	I B.A English.



PRINCIPAL-IN-CHARGE
SREE NARAYANA COLLEGE
PUNALUR

SREE NARAYANA COLLEGE PUNALUR



Poster Presentation competition



Distribution of Certificate by Principal

SREE NARAYANA COLLEGE PUNALUR

2023-2024

Name of the Programme/Activity: General Counselling Class

Date: 21/07/2023	Total Participants/Beneficiaries: 20	
Organized by: Counselling Cell	Male:6	female: 14

Resource Person: Ms. Soumya Manoj

A Brief Report of the Programme

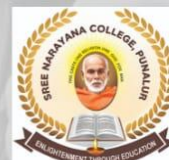
The College Counselling Cell organized a general counselling class on July 21, 2023, at 11 am in the Seminar hall. With the assistance of tutors identifying students in need, participants from various departments attended the session. Miss Soumya Manoj, a psychologist from the Child Protection Team, Kollam, skilfully led the informative and supportive session, addressing the mental well-being of students.

The speaker effectively engaged the audience by sharing her experiences and insights on general day-to-day issues, particularly focusing on her interactions with students from various schools and colleges. The students' active participation and positive feedback indicate the talk's relevance and value, leading them to request for similar sessions in the future.

SREE NARAYANA COLLEGE PUNALUR

BROCHURE OF THE PROGRAMME

SREE NARAYANA COLLEGE, PUNALUR
(NAAC Reaccredited with B++ Grade)



COUNSELLING CELL

COUNSELLING SESSION

FRIDAY
21 JULY 2023
11 AM

VENUE: SEMINAR HALL

ORGANIZING COMMITTEE
SRI VELLAPPALLY NATESAN (PATRON,
MANAGER S N COLLEGES)
DR.R SANTHOSH (PRINCIPAL IN CHARGE)
MS. NEETU PRADEEP, (CONVENOR)
MS. LEKSHMI R S (MEMBER)
MS. RESMI A (MEMBER)
DR. DEEPIKA V S (MEMBER)



MS.SOUMYA MANOJ

SREE NARAYANA COLLEGE PUNALUR



Class by Miss Soumya Manoj



Feedback by Student



Interactions with students

SREE NARAYANA COLLEGE PUNALUR

ATTENDENCE STATEMENT

SREE NARAYANA COLLEGE PUNALUR
COUNSELLING CELL

Date: 21/07/2023 Time: 11 am.

Sl. No	NAME	DEPARTMENT	SIGNATURE
1	Muhsina .S	B.Sc Chemistry	
2	Adithya .G Chandran	BA English	
3	Abhilash .BR	BA English	
4	AMAL RAJU	BA English	
5	Pooja Krishna	BA English	
6	Abhirami .B	BA English	
7	Sandya .S .Kumar	B.A English	
8	Alfia .A	B.A English	
9	Nireethika .S .Ghosh	Bsc chemistry	
10	Asya .S .A	BSC chemistry	
11	Sayana .B	Bsc . Physics	
12	Atkana .Sanyal	Bsc . physics	
13	Devapriya .S	B.A. Economics	
14	Karthika .M	BA . Economics	
15	Varsha .V	BA . Economics	
16	ASMIN FAYAZ	B.A Economics	
17	AMAL CHANDRAN .B	B.S.C chemistry	
18	Akash .S	BA . English	
19	Noora .B	Bsc Maths	
20	Alfiya .R	Bsc Maths	

PRINCIPAL-IN-CHARGE
SREE NARAYANA COLLEGE
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