



SREE NARAYANA COLLEGE CHENGANNUR

Alappuzha, Kerala

Affiliated to University of Kerala
NAAC Accredited with 'B' Grade



www.sncchengannur.ac.in

sncchengannur@gmail.com

CRITERIA 7

7.2: BEST PRACTICES

7.2.1: Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual.

Submitted To



THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL (NAAC)
FOR ASSESSMENT & ACCREDITATION – CYCLE II
AUGUST 2023

Established in 1981

**Sree Narayana College
Chengannur, Kerala - 689508**

Managed by the Sree Narayana Trusts, Kollam

Affiliated to the University of Kerala

Accredited by NAAC with B Grade

Tel : 0479 2962728

e-mail:snchengannur@gmail.com

Website:www.sncollegechengannur.org



Dr. Shereen.K

Principal in charge

Mob : +91 9447075311

e-mail:sherinsank@gmail.com

The supporting details for the successful implementation of two best practices by the Institution are enlisted herewith.

SL No:	PARTICULARS	PAGE NO:
1.	BEST PRACTICE 1: “VAYICHU VALARAM: READ AND GROW”	6 - 38
2.	BEST PRACTICE 2: “YOGA FOR HEALTH”	39 - 52

PRINCIPAL

SREE NARAYANA COLLEGE, CHENGANNUR

TWO BEST PRACTICES SUCCESSFULLY IMPLEMENTED BY THE INSTITUTION

<i>BEST PRACTICE 1: "VAYICHU VALARAM: READ AND GROW"</i>			
2022-2023			
SI No:	Date	Programme	Conducted by
1	19 th June 2022	Reading week celebration	Library advisory committee
2	27 th to 28 th June 2022	Book donation drive	Literary and Debate club
3	27 th June 2022	Reading challenge	The Literary and Debate Club and the Department of Languages
4	27 th June 2022	Talk with writer	The Literary and Debate Club and the Department of Languages
5	1 st July 2022	Book exhibition	Library advisory committee
6	1 st November 2022	Kerala piravi/ kerala day celebration	Library advisory committee
7	2 nd November 2022	Literary quiz	Library advisory committee
8	4 th November 2022	Library awareness programme	Library advisory committee
9	10 th November 2022	Student's participation in youth library contest	Literary and Debate club
10	17 th December 2022	Mathrubhumi speech series	Literary and Debate club

11	3 rd March 2023	Debate competition	Library advisory committee
2021-2022			
12	19 th June 2021	Reading week celebration	Library advisory committee
13	19 th June 2021	Literary Contests	Literary and Debate club
14	19 th June 2021	Book review competition	Literary and Debate club
15	19 th June 2021	Reading competition	Literary and Debate club
16	1 st November 2021	Kerala piravi/ kerala day celebration	Library advisory committee
17	11 th December 2021	Library awareness programme	Library advisory committee
18	7 th January 2022	Book exhibition	Library advisory committee
2020-2021			
19	19 th to 25 th June 2020	Reading week celebration	Library advisory committee
20	1 st November 2020	Kerala piravi/ kerala day celebration	Library advisory committee
21	25 th November 2020	Debate on the topic “to be or not to be	The Literary and Debate Club
22	11 th December 2020	Library awareness programme	Library advisory committee
23	23 rd December 2020	Debate on “Vision and Dream”	Literary and Debate club
24	14 th January 2021	Listening enhancing activity	Literary and Debate club
2019-2020			
25	19 th to 25 th June 2019	Reading week celebration	Library advisory committee
26	27 th July 2019	Library awareness programme	Library advisory committee
27	9 th August 2019	Seminar on kathakaliyum malayala bhashayum	Literary and debate club
28	17 th September 2019	Quiz competition	Library advisory committee

29	1 st November 2019	Kerala piravi/ kerala day celebration	Library advisory committee
30	5 th November 2019	Book exhibition	Library advisory committee
31	18 th January 2020	Literary quiz	Literary and debate club
32	30 th January to 2 nd February 2020	Ka fest	Library advisory committee and department of Malayalam
33	18 th February 2020	Literary talk	The Literary and Debate Club and the Department of Languages
2018-2019			
34	19 th to 25 th June 2018	Reading week celebration	Library advisory committee
35	20 th June 2018	Book exhibition	Library advisory committee
36	5 th August 2018	Library awareness programme	Library advisory committee
37	1 st November 2018	Kerala piravi/ kerala day celebration	Library advisory committee
38	1 st February 2019	World wetland day	Library advisory committee
<i>BEST PRACTICE 2: "YOGA FOR HEALTH"</i>			
2022-2023			
1	21 st June 2022	International Yoga Day Celebration	Department of Physical Education, Health and Sports Club
2	22 nd August 2022	Yoga training session for staff	Department of physical education
2021-2022			
3	21 st to 23 rd June 2021	International Yoga Day Celebration	Health Education and Sports Club, Art of Living Foundation
4	10 th September 2021	Yoga training session for staff	Department of physical education
2020-2021			

5	21 st June 2020	International Yoga Day Celebration	NSS, Health Education and Sports Club
2019-2020			
6	21 st June 2019	International Yoga Day Celebration	Health Education and Sports Club
7	10 th July 2019	Yoga training session for staff	Department of physical education
2018-2019			
8	21 st June 2018	International Yoga Day Celebration	NSS, Health Education and Sports Club
9	16 th August 2018	Yoga training session for staff	Department of physical education

BEST PRACTICE 1

“VAYICHU VALARAM: READ AND GROW”

2022-23

READING WEEK CELEBRATION

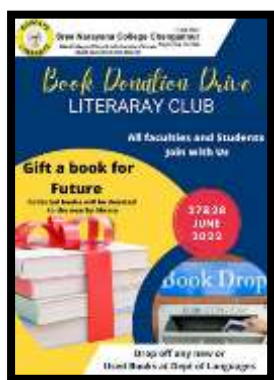
Reading week for the year 2023 was celebrated from 19th to 25th June 2022. Competitions on story and verse writing were conducted by the Library on this occasion to celebrate reading week. Participation of 38 students from various departments made the competition a grant success.



Reading week celebrations

BOOK DONATION DRIVE

A Book Donation drive was organized by the Literary Club on 27th to 28th June 2022. The motive of the book donation drive was to help the nearby community of the college to discover the joy of reading. A book depository box was arranged in the Department of Languages. Large number of Books were received from teachers, students and non-teaching staffs. The collected books were donated to the neighborhood People's General library.



Inauguration of the Book Donation drive by Principal Dr Shereen K and book donation from various departments



Collected books handed over to the librarian, People's library, Neduvaramcode

READING CHALLENGE

A reading competition in Malayalam was organized by Department of Language and Literary Club on 27th June 2022. The aim was to motivate the students to improve their Malayalam reading skills like their pronunciation, intonation, stress etc. The student participation was very high and the program was a great success.





Reading challenge competition

TALK WITH WRITER

A talk with Ms Parvathy Ramachandran, Assistant Professor Department of English was also organized on 27th June 2022 at 1.30 pm. She is an eminent academician, poet and author. The talk was organized on the topic “You Become What You Think about”. Students from various Departments actively interacted with Ms Parvathy Ramachandran. She showed the paths of writing to students.



Talk with Ms Parvathy Ramachandran

BOOK EXHIBITION

In connection with the reading week celebration, Sree Narayana College Library organised an exhibition of Guru's literature on 1st July 2022. The exhibition was inaugurated by the principal-in-charge Dr Shereen K.



Book exhibition on 1st July 2022

KERALA PIRAVI CELEBRATION

Kerala Piravi was celebrated on 1st November 2022. A debate on “Durachaaravum Durvasthanayum Adunika Keralathil” was conducted to celebrate the occasion. A competition on

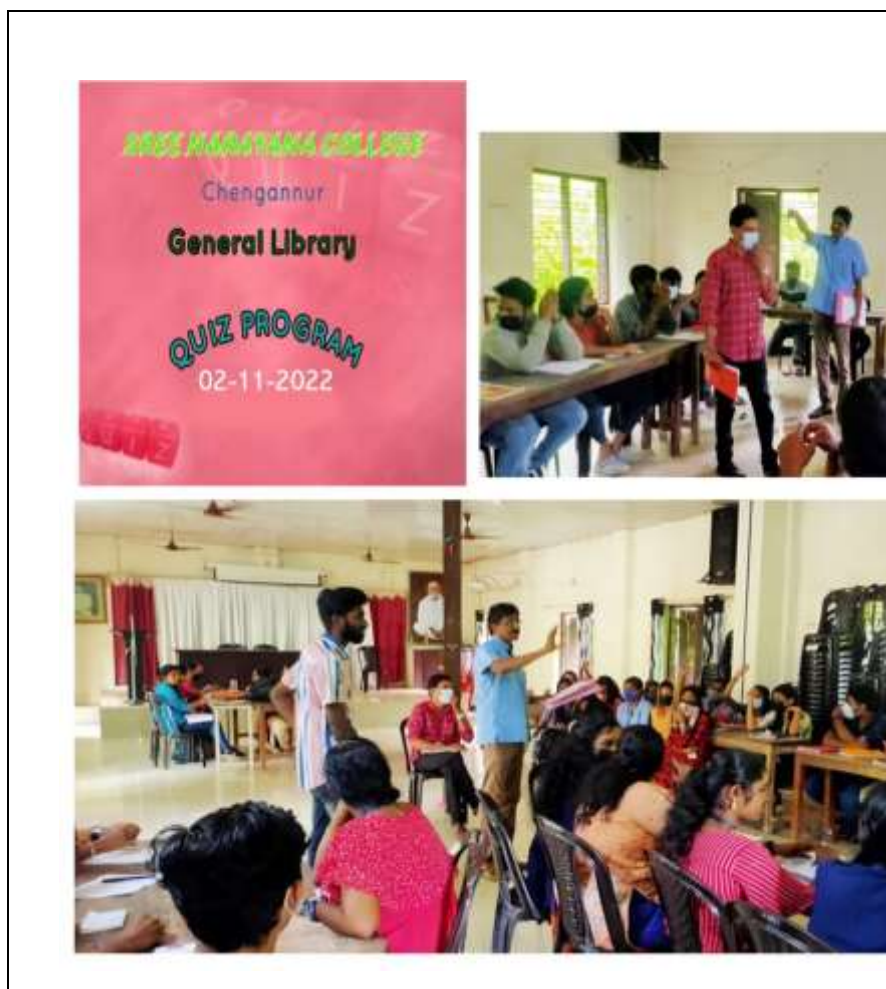
“Pacha Malayalathil Samsarikkal” was also conducted during the event. Almost 25 students participated in the programme.



Kerala Piravi celebration on 1st November 2022

LITERARY QUIZ

A quiz competition was conducted on 2nd November 2022 by the Library Advisory Committee. 30 students participated in the competition mediated by the librarian Sri Ratheeskumar N.



Quiz competition was on 2nd November 2022

LIBRARY AWARENESS PROGRAMME

A library awareness programme was organized in the Library on 4th November 2022. All first year UG and PG students of the college attended the programme lead by the Librarian Sri Ratheeskumar N.



Library awareness programme organized in the Library

STUDENT'S PARTICIPATION IN YOUTH LIBRARY CONTEST

Selected students from the college got opportunity to participate in the Youth Library Contest conducted by People's Library, Neduvaramcode on 10th November 2022. The winner from the contest also got an opportunity to participate in the District level contest conducted by Library Council held on 5th December 2022. Ten books of literature were given to each student and questions were asked from these texts. The objective was to promote reading habits in youths.



Student participation in the Youth Library Contest conducted by People’s Library,
Neduvarancode

MATHRUBHUMI SPEECH SERIES

Sree Narayana College, Chengannur became a venue for Mathrubhumi international literary fest Speech series MBIFL’ 23 on 17th December 2022. Mr Bipin Chandran eminent writer & novelist delivered a lecture on “Ezhuthile kazhchappadam, kazhchayude ezhuthum”. He emphasized that the perspective of writing is same because writing is the observations of a writer. But for cinema it is different because cinema depends upon one who enjoys that film. Student volunteer Mr. Adarsh T. S welcomed the gathering. The participation of students and public were appreciable, At the end of the lecture Dr Oommen Varghese, MD Oommen’s Eye Hospital (sponsor of the programme) handed over memento to Mr. Bipin Chandran.





Mathrubhumi international literary fest Speech series MBIFL' 23 on December 17th 2022

DEBATE COMPETITION

A debate competition was conducted on 3rd March 2023 by the Library advisory committee. Dr Venu S, HOD of Chemistry mediated the event.



Debate competition was conducted on 3rd March 2023

2021-22

READING WEEK CELEBRATION

During the Covid pandemic season, on 19th June 2021 library conducted an online literary contest on story writing and Poetry writing. Almost 14 students participated in the contest and the prizes were distributed by the principal to the concerned students after the pandemic situation.



To encourage students develop a love for reading, explore new books and improve literacy skills, Literary and Debate club organized Literary Contests on 19th June 2021 which includes writing contests, poetry competitions, or book review.



Reading week celebrations

READING COMPETITION

Famous Malayalam writer K R Meera's short story 'Krishnagatha' has given to students, and they were directed to record a video of 5minutes to 10 minutes on 19th June 2021. About 20 recorded videos received and Ms. Munnu R and Ms. Aswathy Pushparajan from B.Sc Chemistry bagged first and second prizes respectively.



Reading competition winners

BOOK REVIEW COMPETITION

Students were directed to record a video book review presentation of any book they have read. The last date for submission of the entries was June 19, 2021. Sona Aji from BCom and Abin A from BA Economics won first and second positions respectively.



Book review competition winners

KERALA PIRAVI CELEBRATION

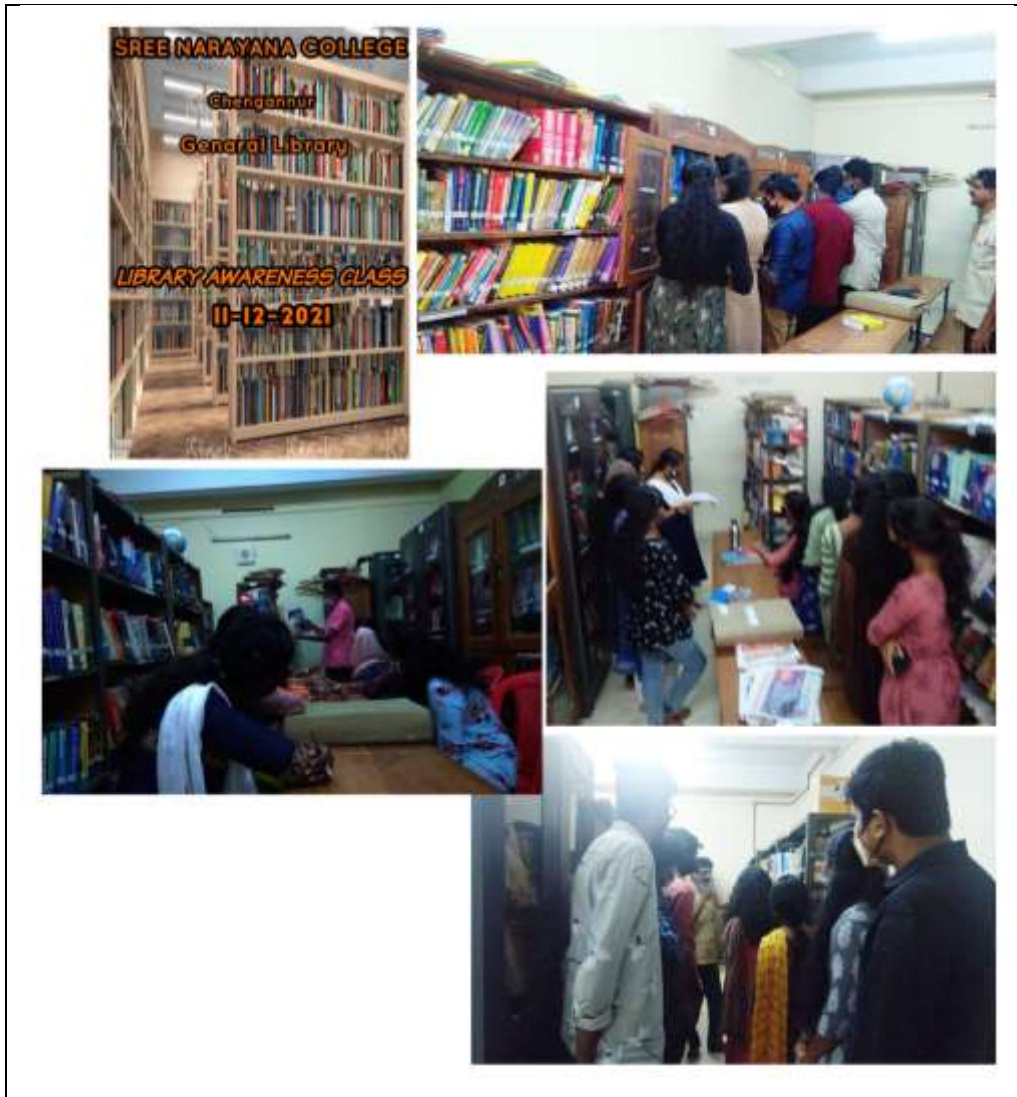
To celebrate Kerala Piravi, a quiz competition was conducted 1st November 2021. Almost 32 students participated in the programme and Dr Smitha Sasidharan was the quiz master.



Kerala Piravi celebration on 1st November 2021

LIBRARY AWARENESS PROGRAMME

A library awareness programme was organized in the Library on 11th December 2021. All first year UG and PG students of the college attended the programme lead by the Librarian Sri Ratheeskumar N.



Library awareness programme organized in the Library on 11th December 2021

BOOK EXHIBITION

In connection with the reading day celebration, Sree Narayana College Library organised an exhibition of Guru's literature on 7th January 2022. The exhibition was inaugurated by RDC Chairman, of the college Dr. A. V. Anandaraj. The Exhibition included Guru's work, interpretation of Guru's work, and free writings on Gurudarsan. Students and teachers of the college, students from nearby schools, and General public from the surrounding areas participated in the exhibition.



Book exhibition on 7th January 2022

2020-21

READING WEEK CELEBRATION

During Covid pandemic period, Library Advisory Committee conducted reading week celebration in online mode from 19th to 25th June 2020. Competitions like story writing and poetry writing competitions were conducted through online mode. Prizes for the competitions were distributed in the Principal office by the Principal Dr Nisha J Tharayil. During reading week celebrations, the principals message “to read available books and write summary of the book was conveyed to the students through all departments”.



Reading week celebration by library advisory committee

KERALA PIRAVI CELEBRATION

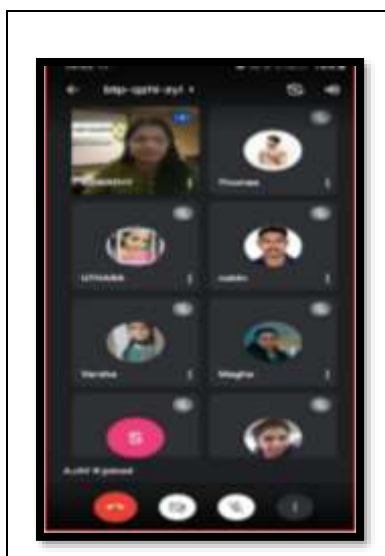
To celebrate Kerala Piravi, a quiz competition was conducted in online mode due to the prevailing covid pandemic on 1st November 2020. The quiz master was the Librarian Mr Ratheeshkumar N. Almost 25 students participated for the quiz and prizes were distributed by the principal after resuming regular classes.



Kerala Piravi celebration on 1st November 2020

DEBATE ON “TO BE OR NOT TO BE”

Literary and Debate club conducted a debate on the topic “to be or not to be” through online mode on 25th November 2020. The topic of the discussion was quoted from the writer William Shakespeare. This discussion throw light on idea about people’s thought process for approaching new challenges which are inevitable. In this discussion most of the students raised concern on how to tackle such situation with right thought.



Screen shot of debate on the topic “to be or not to be” on 25th November 2020

LIBRARY AWARENESS PROGRAMME

A library awareness programme was organized in the Library on 11th December 2020. All first year UG and PG students of the college attended the programme lead by the Librarian Sri Ratheeskumar N.



Library awareness programme was organized in the Library on 11th December 2020

DEBATE ON “VISION AND DREAM”

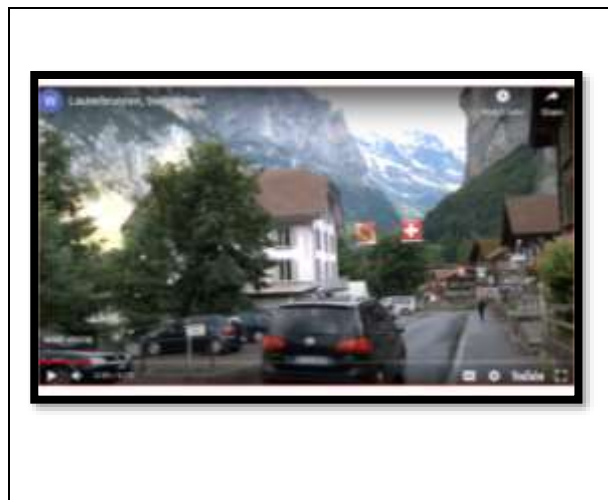
On 23rd December 2020, Literary and Debate club conducted a debate on “Vision and Dream” based on the historic moment of space exploration by Richard Branson, the founder of Virgin Atlantic. A Video and Audio presentation was conducted during the event, where the historic moment in space travel was explored. The debate gave high confidence to students so that they can chase the Dreams that can be achieved. The quotes from spaceship was “To the next generation of dreamers if we can do this, Just imagine what you can do” and which made high motivation to the students.



Video presentation

LISTENING ENHANCING ACTIVITY

On 14th January 2021, an activity was assigned among the students to enhance their listening power. A video content was played in the screen and the students were asked to listen to the content and demonstration. It is instructed to the students, to deliver their understanding of the video content in 3 min. There were enormous responses came from students. The result of the session was fabulous and made fruitful in terms of objective.



Video presentation

2019 - 20

READING WEEK CELEBRATION

Reading week for the year 2019 was celebrated from 19th to 25th June 2019. Competitions on story and verse writing were conducted by the Library on this occasion to celebrate reading week. Participation of 24 students from various departments made the competition a grant success. Prizes were distributed by the Principal Dr Shiny K Sreedhar.



Reading week celebration

LIBRARY AWARENESS PROGRAMME

On 27th July 2019, a library awareness programme was organized in the Library for all first year UG and PG students of the college.



Library awareness programme organized in the Library

SEMINAR ON KATHAKALIYUM MALAYALA BHASHAYUM

On 9th August 2019, in collaboration with Elanjimel K.P Raman Nair Smaraka Bhasha Padana Kendram-Bodhini, Chengannur a Seminar is organized in the college auditorium. The principal-in-charge Dr. M.S Latha, presided over the function and after the formal meeting, Dr. Nishikanth, HSST in Malayalam, Govt Higher Secondary School, Ala lead a class about

Kathakali and Malayala Bhasha. Fact Mohan, the Kathakali artist lead an interesting class about Kathakali through detailed demonstration.



Seminar on kathakaliyum malayala bhashayum

QUIZ COMPETITION

A quiz competition was conducted on 17th September 2019 by the librarian Sri. Ratheeskumar. N, 22 students participated in the competition and prizes were distributed to the winners.



Quiz competition conducted on 17th September 2019

KERALA PIRAVI CELEBRATION

On 1st November 2019, Kerala Piravi was celebrated in the college. A quiz competition and debate was organized in connection with the event. Almost 20 students participated for quiz and 10 students participated in the debate competition and the prizes were distributed by the Principal-in-charge Dr Shereen K.



Kerala Piravi celebration on 1st November 2019

BOOK EXHIBITION

The Library advisory committee organised a book exhibition on 5th November 2019. The Principal Dr. Latha M. S. inaugurated the exhibition and about sixty books written by Gurudevan was exhibited in the event. Students gained information about the Guru's literature and the new books arrived in the library.



Book exhibition on 5th November 2019

LITERARY QUIZ

A literary quiz was organized in collaboration with Mathrubhumi newspaper in the college auditorium on 18th January 2020. The senior sub editor of Mathrubhumi, Mr Samjath Narayanan monitored the programme. Mathrubhumi Regional Manager Mr. C Suresh Kumar awarded the certificates to winners. Students from various departments actively participated in the competition. The programme helped to overcome the literary fear of students. Prizes were

distributed to the winners in the function arranged in S. D College Alapuzha. The benefactors of the Literary Quiz was 'Vidhyadhan' of Sarojini Damodar Foundation.



Literary quiz organized in collaboration with Mathrubhumi in the college auditorium



Newspaper report on literary quiz organized in collaboration with Mathrubhumi

KA FEST

Library and Department of Malayalam in collaboration with the Mathrubhoomi Newspaper (a leading newspaper in regional language) organized "KA Fest" from 30th January to 2nd February 2020. A quiz competition based on history, language and current affairs were also arranged to the students along with the fest. Prizes were distributed to the winners by the divisional Manager of Mathrubhoomi.



“KA Fest” in collaboration with the Mathrubhoomi Newspaper

LITERARY TALK

A literary talk was organized jointly by The Literary and Debate Club and the Department of Languages on 18th February 2020 in the college auditorium. The programme was presided over by Dr. Nisha J Tharayil, the respected principal of the college. Mr. Prabhakaran, Chairman, Bhasha Padana Kendram, HOD of Malayalam Mrs Bindhu V.K and Mr. Ratheeskumar N, the Librarian of the College delivered their valuable thoughts. Mr.Prabhakaran lead an informative class about the history of Chengannur. Thereafter he handed over his book

Kalathinoppam. The book portrays a beautiful picture about Chengannur. The session ended with discussions of different genres of literature.



The Book “Kalathinoppam” handed over to the principal

2018-19

READING WEEK CELEBRATION

Reading week was celebrated from 19th to 25th June 2018 to commemorate the death anniversary of Shri. P. N. Panikar, the father of Library Movement in Kerala. Various competitions like story and verse writing were conducted by the library.





Story and verse writing competitions

BOOK EXHIBITION

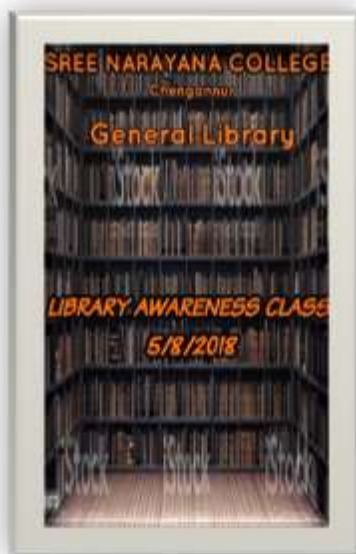
Sree Narayana College Library conducted a book exhibition on 20th June 2018. The exhibition was inaugurated by principal Dr K. Shyni Sreedhar. Students got an opportunity to know about new authors and their book during the exhibition. Exhibition of Guru's literature was also arranged as part of the event. Students were highly benefited out of the programme and the event was a great success in terms of participation.



Book exhibition on 20th June 2018

LIBRARY AWARENESS PROGRAMME

On 5th August 2018, a library awareness programme was organized in the Library for all first year UG and PG students of the college. Training was given to students on the usage of library, catalogues and library software.



Library awareness programme was organized in the Library

KERALA PIRAVI/ KERALA DAY CELEBRATION

61th Kerala Piravi/ Kerala Day was celebrated on 1st November 2018. A quiz competition based on Kerala history and Malayalam literature was conducted on the occasion. The quiz competition was followed by a discussion on the topic “Kerala Culture” was also conducted. Almost 22 students from various departments participated and the prizes were distributed by the Principal Dr. Shiny K Sreedhar.



Kerala Piravi/ Kerala Day celebration on 1st November 2018

WORLD WETLAND DAY

World wetland day was celebrated by the library committee on 1st February 2019. A quiz programme based on “Nature” was conducted on this occasion. The programme was under the supervision of Dr. Venu S, HOD of Chemistry and Dr K V Lekha, HOD of Malayalam Department. Sri Ratheeskumar N, the librarian of the college was the quiz master of the event.



World wetland day celebration on 1st February 2019.

BEST PRACTICE: 2
“YOGA FOR HEALTH”

2022 - 23

INTERNATIONAL YOGA DAY CELEBRATION

The Department of Physical Education in association with Health and Sports Club organized International Yoga Day celebration on 21st June 2022. Both UG and PG students and staff of the college participated in the programme. Sri. Madhu Prasad, Sri Sri Yoga Teacher, handled the session. “Yoga for Humanity” was chosen as the theme for International Yoga Day 2022. The trainer interacted well with the students, and he made all the participants to actively engaged in the world of yoga. He insisted everybody to do yoga every day. Dr. Shereen K (Principal-in-charge and HoD, Department of Physical Education) delivered welcome speech and the session was ended by a deep meditation. Dr. Venu S (HoD, Department of Chemistry) proposed vote of thanks.

The photos taken during demonstration class of yoga follows: -



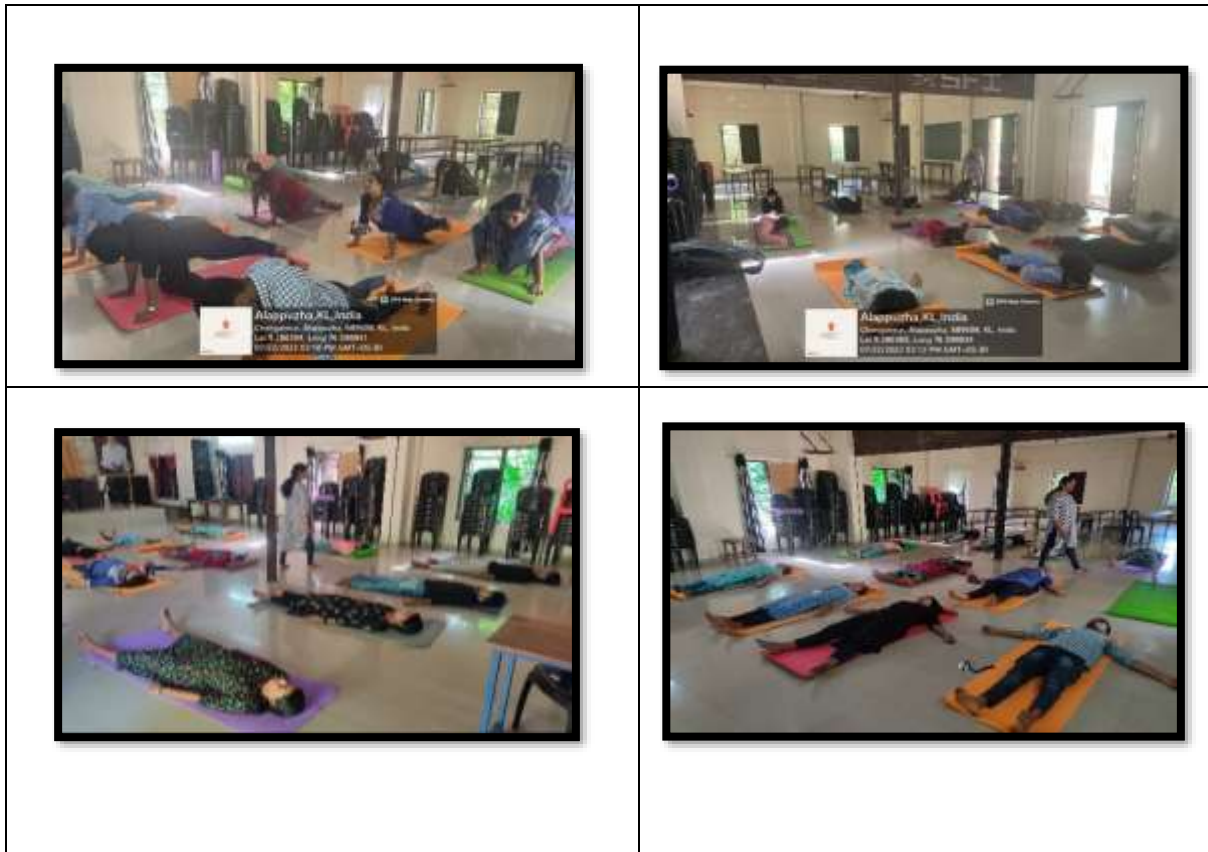


Yoga day celebration 21st June 2022

YOGA TRAINING SESSION FOR STAFF

One-week yoga training sessions was conducted by the Department of Physical education to the staff and students of the college. The training session started from 22nd August 2022. The session includes Yoga postures, Pranayama and meditations. These were practised by the staffs and students of the college under the direction of Dr. Shereen K, Assistant Professor of Physical education. The practice was found to be very effective to release stress.

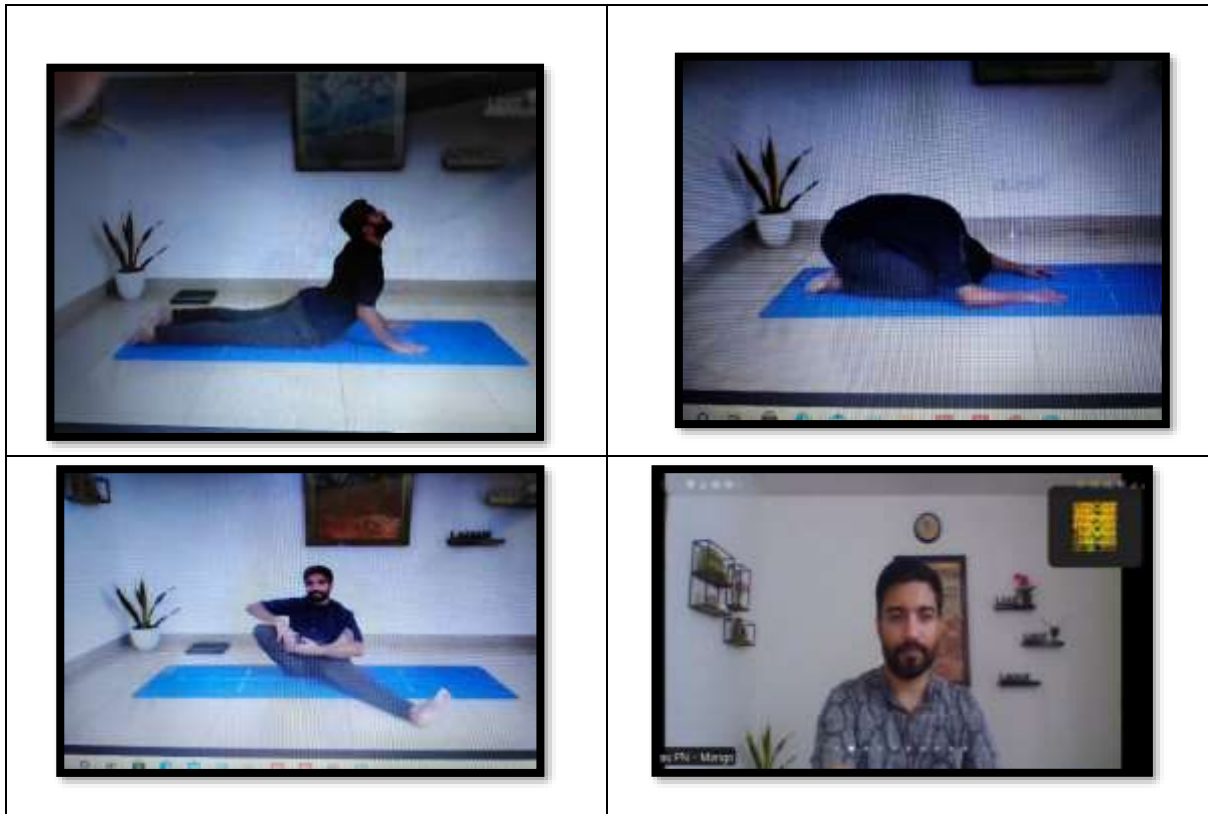




2021-22

INTERNATIONAL YOGA DAY CELEBRATION

The International yoga day is celebrated by organizing an immunity enhancement Workshop with Breath, Meditation and Yoga in online mode. The workshop was conducted in collaboration with the Art of Living Foundation from 21st to 23rd June 2021. The workshop was conducted to spread the awareness and importance of Yoga to the students. Almost 28 staff of the College, 116 students of Under Graduate programs and 32 Post Graduate students attended the three-day workshop. All the participants were actively involved in the event with enthusiasm and reverence. All the participants were provided with E-certificates on the concluding day of the program.



The trainer from Art of Living Foundation demonstrating yoga sessions through online mode

Topic: "Yoga for well-being"

- Improves Concentration
- Immunity booster
- Stress Management

YOGA


Registration link for students
<http://bit.ly/studentaol>

E-certificates will be provided to all participants

Date: 21, 22, and 23 June
at 11am to 12 pm

YOGA

Registration link for Staff and Parents
<http://bit.ly/staffaol>



SREE NARAYANA COLLEGE
CHENGANNUR

Affiliated to University of Kerala
(NAAC accredited with Grade B)

Department of Physical Education and IQAC
in collaboration with the Art of Living Foundation,
Bangalore, India
organize

THREE DAY WORKSHOP ON
YOGA FOR STUDENTS,
STAFF AND PARENTS

**THREE DAY WORKSHOP ON
"YOGA FOR WELL-BEING"**

**Resource Persons: Art of Living
Teachers, Bangaluru**

**Organising Committee Patron.
Sri. Velloppally Natesan (Manager)**

Principal in Charge. Smt Shereen K

IQAC Coordinator Dr.Venu S HOD Dept. of Chemistry

Coordinator Smt.Shereen K,HOD,Dept. of Phy.Edn.

Members Dr.K.Sreelatha, HOD, Dept. of Physics

Smt.Sreedevi Gopalakrishnan,HOD, Dept. of Economics

Smt.Thushara U.S, HOD Department of Commerce

Dr.Shreeranjini V, HOD, Department of Hindi

Smt.Bindhu.K.K, HOD, Department of Malayalam

Smt.Aswathy Ra, HOD, Department of English

Smt.Lekshmi.S, Department of Mathematics



Zoom Meeting link
will be send through
your registered e-mail
ID


Celebration of
7th International
DAY OF YOGA

June 21st, 22nd & 23rd 2021
@11am to 12 pm

For more details:
Mobile: 9447075311
Email:snccchengannur@gmail.com

❖ IMPACT ANALYSIS OF THREE-DAY BREATH & MEDITATION WORKSHOP

The Participants reported significant enhancement in the following Growth factors through the Covid Care online Feedback forms.

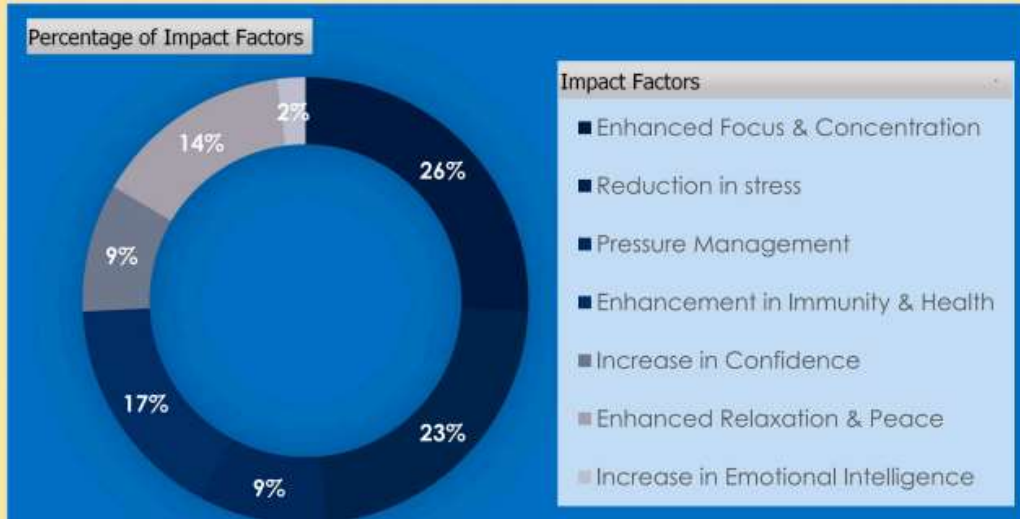


- Focus & Concentration
- Reduction in Stress
- Pressure Management
- Immunity & Health
- Increased Confidence
- Relaxation & Peace
- Increased Emotional Intelligence

❖ **IMPACT ANALYSIS OF THREE-DAY BREATH & MEDITATION WORKSHOP (CONTD.)**

The Percentage of Impact factors experienced by the participants inferred via the feedback/response sheet is presented below.

It was observed that Enhancement in Concentration & Reduction in Stress were significantly experienced by the participants as a result of the Workshop.



❖ **IMPACT ANALYSIS OF THREE-DAY BREATH & MEDITATION WORKSHOP (CONTD.)**

The Percentage of likeliness by the participants towards the various modules of the workshop is presented below.

It can be observed that the Yoga, Breathing Techniques & Meditation practices conducted has a predominant likeliness towards the participants.



❖ **IMPACT ANALYSIS OF THREE-DAY BREATH & MEDITATION WORKSHOP (CONTD.)**

The Percentage of Experience Factor from the participants of the Online Breath & Meditation Workshop is shown below.

It was observed that 71% of the participants benefitted immensely from the workshop and are likely to enhance their skill set with new Art of Living practices.



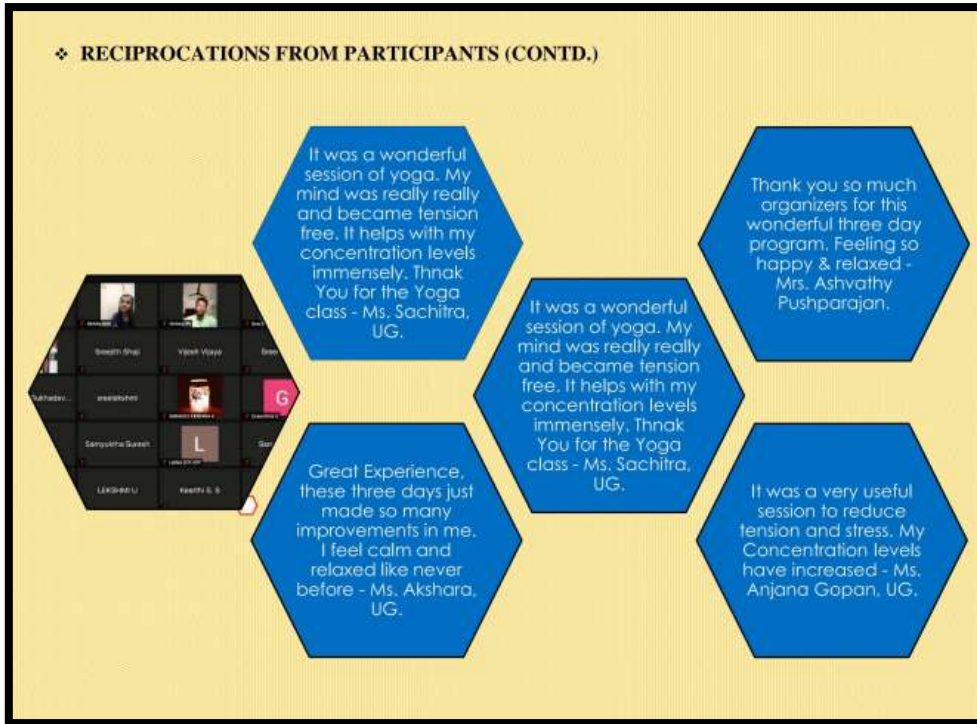
❖ **RECIPROCATIONS FROM PARTICIPANTS**

It was a Wonderful experience during the three-day workshop. Awaiting details of upcoming programs - Mrs. Meera, Asst. Professor.

The Yoga Classes restored the mind, body and spirit. Highly Relieved! - Mr. Pramod, UG.

The sessions were amazing and relieved my exam pressure. I am much confident now - Mr. Sarath, UG.

❖ RECIPROCATIONS FROM PARTICIPANTS (CONTD.)



It was a wonderful session of yoga. My mind was really really and became tension free. It helps with my concentration levels immensely. Thank You for the Yoga class - Ms. Sachitra, UG.

Thank you so much organizers for this wonderful three day program, Feeling so happy & relaxed - Mrs. Ashvathy Pushparajan.

It was a wonderful session of yoga. My mind was really really and became tension free. It helps with my concentration levels immensely. Thank You for the Yoga class - Ms. Sachitra, UG.

Great Experience, these three days just made so many improvements in me. I feel calm and relaxed like never before - Ms. Akshara, UG.

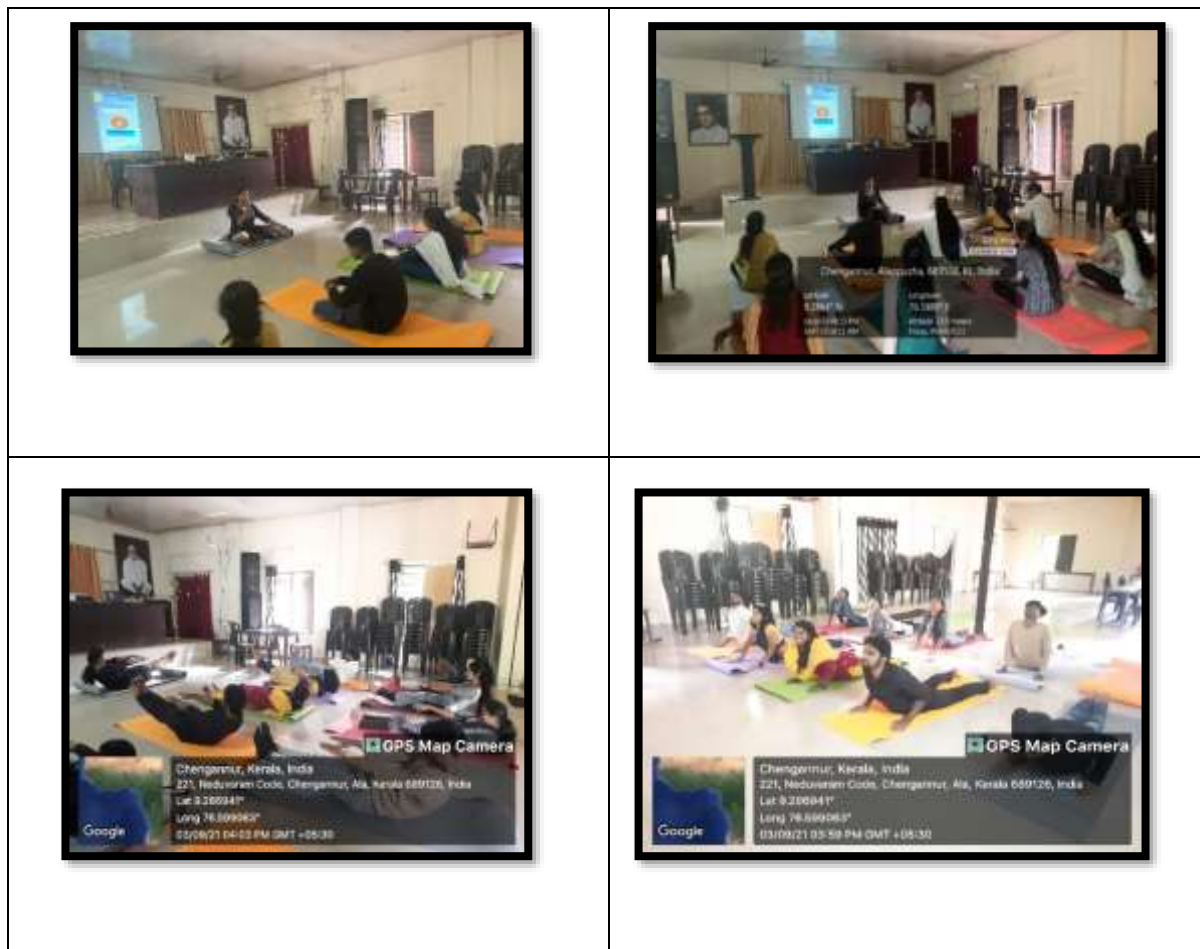
It was a very useful session to reduce tension and stress. My Concentration levels have increased - Ms. Anjana Gopan, UG.



College women team participating in Kerala University Intercollegiate Yoga championship

YOGA TRAINING SESSION FOR STAFF

The one-week yoga training session for staff started from 10th September 2021.



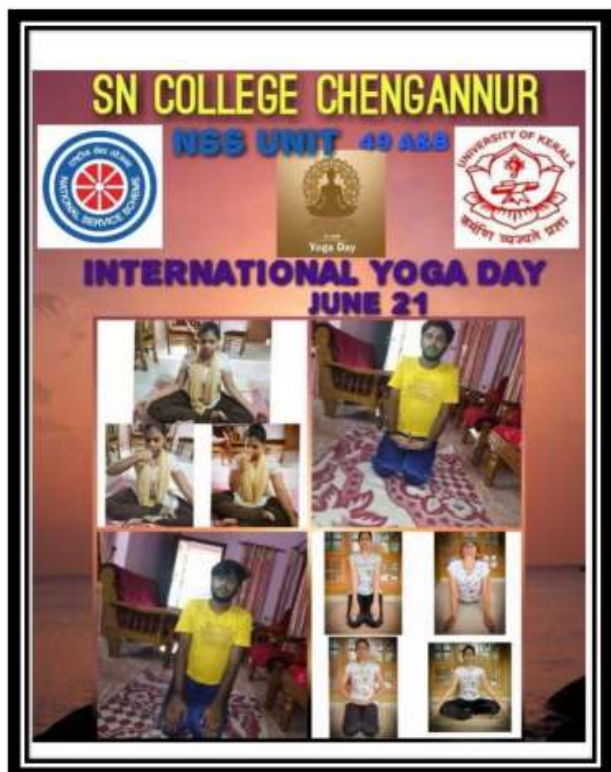
Yoga training sessions to the staff of the college

2020- 21

INTERNATIONAL YOGA DAY CELEBRATION

Yoga refers to the spiritual discipline that includes meditation, exercises, physical postures, breathing techniques. It is done to improve physical health, mental health, relaxation, and overall well-being of the individual. Yoga is a Sanskrit word, which means 'connection' or 'union'. On Yoga Day 2020, the world has resorted to virtual yoga due to COVID-19. All of us are doing yoga at home with the family. Yoga unifies people, unifies the world. Yoga is helping us in this fight against this pandemic. The volunteers of the NSS units of our college enthusiastically celebrated the International Yoga Day for the year 2020. There was an online session arranged to celebrate yoga day on 21st June 2020. Smt. Shereen K, the principal-in-

charge of the college stressed the importance of practicing yoga in home and urged the students to motivate their family members to practice yoga. The NSS programme officer Smt. Bindhu V. K and Smt. Jisha Sreedharan and NSS unit Volunteers also attended the online meeting.



Yoga day celebration 21st June 2020

YOGA TRAINING SESSION FOR STAFF

Due to covid lock down, yoga training session for staff was not conducted during 2020-21.

2019-20

INTERNATIONAL YOGA DAY CELEBRATION

International Day of Yoga for the year was celebrated 21st June 2019. A class on the importance of Yoga was arranged in the auditorium and was followed by training session to the students. The Principal of the College Dr. K. Shiny Sreedhar inaugurated the Yoga Day celebrations. The yoga sessions was led by guru Smt. Valsala and Shri. Sasidharan from School of Art of Living, Jnanakshetra, Chengannur.



Yoga day celebration 21st June 2019

YOGA TRAINING SESSION FOR STAFF

The one-week yoga training session for staff started from 10th July 2019.



Yoga training sessions to the staff of the college

2018- 19

INTERNATIONAL YOGA DAY CELEBRATION

The International Yoga Day was observed at Sree Narayana College Chengannur on 21st June 2018 with utmost enthusiasm. “Yoga for Peace” is the theme of Yoga day. The yoga sessions was demonstrated by guru Smt. Valsala from School of Art of Living, Jnanakshetra, Chengannur. The day was observed under the combined support of NSS, Health Education and Sports Club. The Principal Dr. K. Shiny Sreedhar delivered inaugural speech. The Principal stressed the importance of practicing yoga daily in order to sustain mental and physical calm in one’s hectic life.

Smt. Valsala, a retired headmistress who is a proponent and propagandist of yoga interacted effectively with the students and emphasized the importance of having an aim in life. In order to achieve the aim one must possess the qualities such a stability, confidence, concentration and enthusiasm along with knowledge. According to her the ‘asanas’ of yoga are capable of providing these qualities to a person who practices it regularly.

The photos taken during demonstration class of yoga follows: -



Yoga day celebration 21st June 2018.

YOGA TRAINING SESSION FOR STAFF

Yoga training sessions was conducted by the Department of Physical education to the staff of the college. The training session on 16th August 2018 includes Yoga postures and Meditations under the direction of Dr. Shereen K, Assistant Professor of Physical education. The practice was found to be very effective to release stress.



Yoga training sessions to the staff of the college