

SREE NARAYANA COLLEGE

CHENGANNUR, ALAPUZHA, KERALA

Aided College Affiliated to University of Kerala

(NAAC Accredited with Grade B)

2022 - 2023

1. Youth Survey, March 25 to 31, 2023

Date	Number of students participated
25.03.2023	40

NSS volunteers conducted a youth survey in the Cheriyanadu Panchayath as per the instruction of state NSS cell to find the status of educated unemployed youths. About 100 homes were visited to conduct the survey. The survey conducted in a prescribed survey form.





Youth survey by NSS volunteers

2. World Water Day, March 22, 2023

Date	Number of students participated
22.03.2023	35

World Water Day is an annual observance held on March 22 to raise awareness about the importance of freshwater and advocate for the sustainable management of water resources.

Purpose: The main goal of World Water Day is to highlight the global water crisis and promote actions to address water-related challenges. It provides an opportunity to focus attention on the importance of freshwater for human development, ecosystems, and overall sustainability.

Each year, World Water Day has a specific theme that sheds light on a particular aspect of water-related issues. The theme is chosen by the United Nations and serves as a focal point for awareness campaigns, discussions, and activities

National Service Scheme in association with Bhoomithra Sena Club of the college conducted a discussion and elocution competition about water.

Megha from MSc Chemistry got first prize Aromal from Economics and Avanthika from B.Com bagged second and third positions respectively.



Elocution competition

3. Passing out Parade, February 23, 2023

Date	Number of students participated
23.02.2023	4

Student volunteers participated in the training and passing out parade conducted by Kerala Government “Youvajana kshema board” on February 23 at University stadium, Thiruvananthapuram and thus these volunteers equipped with handling any emergency situation aroused and to become a part in ‘Team Kerala’, a team efficient for service.





The volunteers from SN College, Chengannur to ‘*Team Kerala*’

From left Arjun S, Aneesh R, Abhishek U, Anandhan



**4. The Charity and Community Support Drive, “GURU HASTHAM”,
February 15, 2023**

Date	Number of students participated
15.02.2023	23

The Principal-in-Charge, Dr. Shereen K, handing over to the Secretary of Karuna Pain and Palliative Society, a sum of Rs.10000



The volunteers and NSS Program Officers lend their hands to get the medical equipments and medicines for the occupants of Karuna



5. Anti - Drugs campaign at SN Trust Higher Secondary School, Cheriyanadu, 14 February, 2023

Date	Number of students participated
14.02.2023	38

Anti-Drugs campaign conducted at SN Trusts Higher Secondary School, Cheriyanadu on 14/02/2023. Various programmes like poster making competition, elocution completion, anti - drugs awareness programmes by NSS volunteers, Flash mob etc. conducted.

Prizes were handed over to the winners by the Headmistress of the school, Mrs. Krishnakumari K


Sree Narayana College Chengannur Alapuzha, Kerala
 Estd: 1984
 NAAC accredited with B grade
National Service Scheme Units 49 A & B
 University of Kerala




ലഹരി വിരുദ്ധ പ്രചാരണ വിവിധ പരിപാടികൾ
Poster making competition (for school students)
Theme: " അരുത് ലഹരി "
Elocution competition (for School students)
Topic: "ജീവിതമാണ് ലഹരി "
Palliative Care Awareness class
(NSS volunteers Aneesh R & Arjun S)
Visual Surprise " No to Drugs"

Venue: SN Trust Higher Secondary School,Cheriyannadu
Date: 14/02/2023






Poster making competition



Class on Palliative Care at SN Trust Higher Secondary School by NSS volunteer



Flash Mob



Prize Distribution

6. Two Day workshop on Youth Empowerment in Palliative Care, February 8, 2023

Date	Number of students participated
8.02.2023	40

NSS volunteers Aneesh R and Arjun S from first BA Economics completed two-day workshop on Youth Empowerment in Palliative Care for Vathilppadi Sevanam- a specialized training on Care and Assistance for elderly and terminally ill people in the community-conducted by the Directorate of Samoohika Sannadhasena, Government of Kerala in association with the Department of Student services, University of Kerala on 08-02-2023.

They shared their experience and knowledge in Palliative Care to the nearby school (SN Trust Higher Secondary School, Cheriyanadu)



Receiving the certificates



Sample of Certificate Received

7. Blood Donation Awareness, January 18, 2023

Date	Number of students participated
18.01.2023	46

Blood donation awareness donation awareness plays a crucial role in encouraging more people to become blood donors and ensuring a steady supply of safe blood for those in need. Here are some key points to consider when raising awareness about blood donation:

National Service Scheme Units 49 A & b constantly take its effort to educate them about the critical role of blood donation in saving lives. Always taking the maximum effort to help the community groups and spread the message to wider groups. Utilizes social media platforms, websites, and online communities to share information, success stories, and upcoming donation events. Through peer Influence and volunteering the NSS units encourage individuals who have donated blood to share their experiences and inspire their friends, family, and colleagues to participate. Establish volunteer programs where individuals can contribute their time and skills to support blood donation campaigns and events.



Student participation in Blood Group Detection Camp at Cheriyanadu



Detected blood groups



Volunteer blood donation at Thiruvalla Medical Mission Hospital

8. Plastic Waste Management, January 11, 2023

Date	Number of students participated
11.01.2023	70

Our planet is choking on plastic and NSS volunteers of Sree Narayana College, Chengannur Units 49 A & B has been making regular efforts to fix the problem in association with Bhoomithra Sena Club of the college. NSS volunteers collect plastic waste regularly from campus premises and handing it over to Harithakarma Sena. The Haritha Karma Sena collects non-biodegradable waste from houses and establishments to shredding units for recycling. The waste is segregated into different sections based on its features. H.M White, P.P, H.M, LDPrint, Bajar, Ganny, Bulb, PVC, steel, tubes, bottle, E- waste, LD(Glucose), Bottle caps, Spray bottle etc. According to the mission, the shredded plastic is being given to the local bodies for road tarring by Clean Kerala Company. Each Kudumbashree worker will visit minimum 250 houses to collect non-biodegradable waste. The collection will be based on user fee. The manufacture of environment-friendly materials, maintenance of waste disposal mechanism, organic farming, environment-friendly equipment on rent and compost making and associated works will be taken up by Haritha Karma Sena members. As the handing over goes regularly, the campus becomes plastic free. The NSS volunteers of the college continuously doing awareness campaign in the campus to follow green protocol. Students and staffs of the college avoid use of plastic products wherever and whenever possible. All the occasions in the college strictly follow green protocol and thus the campus becomes an ecofriendly campus.



Plastic free - Awareness Campaign



Plastic waste collection – Harithakarma Sena

9. Cake Challenge, December 22, 2022

Date	Number of students participated
22.12.2022	340

Human Rights Forum in association with National Service Scheme has organized the cake Challenge by MIND trust in our college.

Mobility in Dystrophy (MIND) Trust is a nascent fellowship of the patients of Muscular Dystrophy (MD) and Spinal Muscular Atrophy (SMA) in Kerala since May 1, 2017. For accumulating fund for treatment and wellbeing of the patients everyone's help is needed. SN College Chengannur took this as a piece of good fortune to help the patients by partaking in the Cake Challenge. About 100 orders of cakes received from students and staffs of the college. This activity gives a valuable message to the students that we should see our surrounding and be a helping hand always.

EDUCATE LIBERATE
Sree Narayana College Chengannur Estd: 1981
 Alapuzha, Kerala
 In association with
MIND
 BEST REGISTERED BY KERALA SOCIAL JUSTICE DEPARTMENT 2014-15

MOBILITY IN DYSTROPHY (MIND) TRUST
KOOT
Cake

Cake Challenge
Lets Take a piece of cake
 "That make your valuable contribution to who need the support"

In Association with Human Rights forum

ഈയൊരു സാഹചര്യത്തിൽ ട്രസ്റ്റിന്റെ വിവിധ പ്രൊജക്റ്റുകൾക്ക് വേണ്ടി പണം സ്വരൂപിക്കുകയെന്ന ലക്ഷ്യത്തോടെ ഇത്തവണത്തെ ക്രിസ്മസ് പുതുവത്സര ആഘോഷങ്ങളോടനുബന്ധിച്ച് ഒരു കേക്ക് ചലഞ്ച്, **ബോക്സ് ഓഫ് ലൗ 3.0** എന്ന പേരിൽ നടത്തുകയാണ് **1 കിലോ ഗ്രാം കേക്ക് 350 രൂപ** നിരക്കിൽ നൽകാൻ ആണ് ഉദ്ദേശിക്കുന്നത്. ഈ ചലഞ്ചിലൂടെ ലഭ്യമായി ലഭിക്കുന്ന തുക മുഴുവൻ ഇത്തരക്കാരുടെ കേടമ പ്രവർത്തികൾക്ക് വേണ്ടി വിനിയോഗിക്കാനാണ് ലക്ഷ്യം വെയ്ക്കുന്നത്. എന്നും ഞങ്ങളെ ചേർത്തുപിടിച്ച കേരളക്കരയിലെ ആന്തമേൽ പ്രിയപ്പെട്ട നിങ്ങൾ ഓരോരുത്തരും ഈയൊരു ഉദ്യമത്തിൽ ഞങ്ങൾക്കൊപ്പം ഉണ്ടാകുമെന്ന് വിശ്വസിക്കുന്നു.

ഞതിരി സ്നേഹത്തോടെ,
 എമി സെബാസ്റ്റ്യൻ
 കൺവീനർ, മൈൻഡ് ട്രസ്റ്റ്

www.mindtrust.in 9539744797



Handing over the cake to Ms Sincy B, HOD of Mathematics by the college Principal Dr. Shereen K

10. Mathrubhumi Speech Series, December 17, 2022

Date	Number of students participated
17.12.2022	67

SN College, Chengannur became a venue for Mathrubhumi International Literary Fest- Speech series MBIFL' 23. 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.



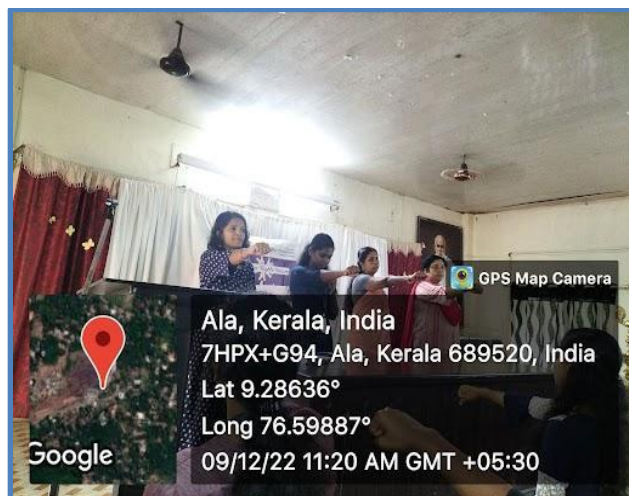
11. Observance of Human Rights Day, December 10, 2022

Date	Number of students participated
10.12.2022	120

Human Rights Day is observed every year on 10 December — the day the United Nations General Assembly adopted, in 1948, the [Universal Declaration of Human Rights](#) (UDHR). The UDHR is a milestone document, which proclaims the inalienable rights that everyone is entitled to as a human being - regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status.

[This year's Human Rights Day](#) theme is Dignity, Freedom and Justice for all.

As part of the observation of Human Rights Day, all students gathered in the college auditorium for taking Human Rights Day pledge. Human Rights Forum Coordinator Ms. Aswathy Raj stressed the importance Human rights and values. HOD of Hindi, Dr V Shree Ranjini and HOD of Malayalam Ms. Bindhu VK also exchanged their views on human rights and values.



Oath Taking on Human Rights

12. Anti - Drugs Campaign – Second Phase, December 2, 2022

Date	Number of students participated
02.12.2022	225

The second phase of anti - drugs campaign started with ‘**No to Drugs Challenge Football shoot out competition**’

The second phase of anti-drugs campaign started with a football shoot out competition as the whole world buzzed with Qatar world cup football addiction. National Service Scheme Units 49 A & B has taken this opportunity to instill football as addiction and no to drug addiction. The Principal and HOD of Physical education department inaugurated the function. The programme organized in association with Department of Physical Education. The competition was held as part of the second phase of the ‘No to drugs’ campaign of the State government. The competition began with the first kick of IQAC coordinator, Dr Smitha Sasidharan. Followed by all teaching staffs, on- teaching staffs and students kicked the ball.

EDUCATE LIBERATE Sree Narayana College Chengannur Estd: 1981 Alapuzha, Kerala
National Service Scheme 49A/B -Vimukthi club
&
Department of Physical Education, College Union

"No to Drugs Challenge"

Programs

- Inauguration : Dr Shereen K (Principal)
- ലഹരിമരുന്നുകളെ എതിർക്കുന്ന ആദ്യ Kick : Dr Smitha Sasidharan (IQAC coordinator)
കൊള്ളേണ്ടിയില്ലെന്ന് സൂചനകൾ, അനുമതികൾ, വിദ്യാർത്ഥികൾ എന്നിവർ ലഹരിമരുന്നുകളെ എതിർക്കുന്നു.
- Foot ball shoot out competition :
- Prize distribution
- Vote of Thanks :Aswathy Raj (Program Officer, NSS)

Date: 2-12-2022
Time - 2 pm

Special Thanks to College union

Foot Ball Shoot out Competition



Inauguration



First kick by Dr Smitha Sasidharan, IQAC Coordinator



Competition



Prize distribution

13. Observance of World AIDS Day, December 1, 2022

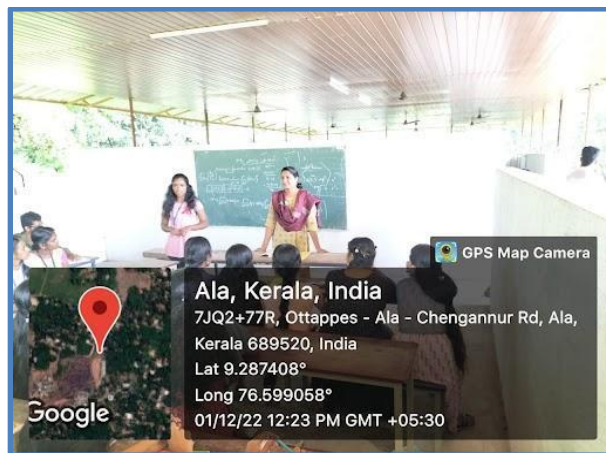
Date	Number of students participated
01.12.2022	152

World AIDS Day is a globally commemorated healthcare event observed every year on the 1st of December for the past 33 years (since 1988). The need for AIDS awareness day is essential as HIV infection is currently incurable, but one can control it with good quality education about the disease, especially in rural areas. It was once an unmanageable chronic health condition, but now, with advances in HIV prevention, diagnosis, and care including for opportunistic infections, people with HIV can live long and healthy lives. Globally, the existence of awareness campaigns since 1988 has been a major boon, as the number of new patients has declined by 32% since 2010, and AIDS-related deaths have decreased by 68% since 2004.

This year 2022, the AIDS Day theme is “Equalize”, which emphasizes eliminating the inequalities that have slowed the fight against the disease. The inequalities, such as gender inequality, limit

women's access to HIV care and other forms of sexual and reproductive health care, which in turn affects their decision-making capabilities and their capacity to decline unwanted sexual encounters or negotiate for safer ones.

Sree Narayana College Chengannur , National Service Scheme Units 49 A &B in association with Health and Fitness Club has observed the World AIDS day with various awareness activities ranging from Health talks, awareness campaign, red ribbon distribution, playing audio clips in classes, exhibiting posters in the college premises etc.



Awareness talk by Dr Shereen K, Principal and Coordinator of Health and Fitness Club



Banner placing to create awareness among students



Teacher and students with Red Ribbon



14. Constitution Day Observance, November 26, 2022

Date	Number of students participated
26.11.2022	58

Constitution Day is celebrated on 26th November every year in India to commemorate the adoption of the Constitution of India. The constitution of India was adopted by the Constituent Assembly on 26th November 1949, and it came into effect on 26th January 1950. The day is observed to promote constitutional values among the citizens of India. The prime focus of observing this day is to remind the citizens of India of the constitutional values of the country. It came into existence in the year 2015 to raise awareness about the Indian constitution and its contributors.

The meeting began with the NSS song by NSS choir. Ms Vismaya J of second Economics has welcomed the gathering. Ms. Aswathy Raj, Programme officer, National Service Scheme presided over the function and Ms. Bindu V.K former Programme officer of NSS inaugurated the meeting and Dr Mahima, Assistant Professor of Economics delivered felicitation and Al- Ameen of Second year Economics delivered vote of thanks.

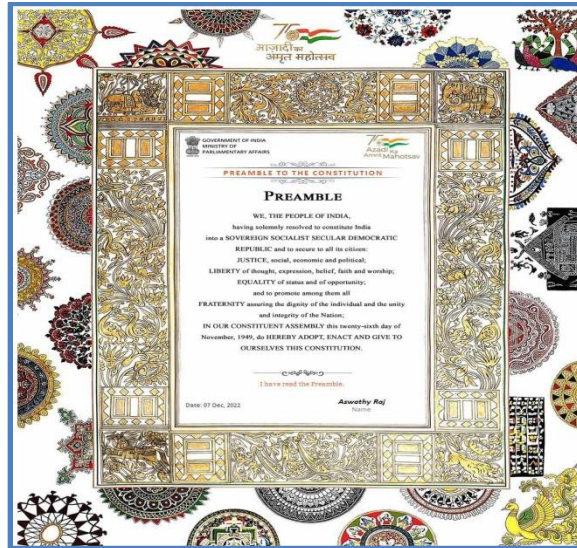
Thereafter the formal meeting, Dr. Ajith Kumar S, Department of politics led a lecture session on the history and importance of constitution to the gathering. The class was very informative. Thereafter Dr Ajith Kumar S read the preamble to the constitution to the gathering. The students participated in the online reading preamble hoisted by the Ministry of Parliamentary Affairs. After completing the online reading of preamble students were awarded with a certificate from the Ministry of Parliamentary Affairs.



Programme brochure



Lecture session by Dr Ajith Kumar S, Department of Politics



Sample of Certificate received from Ministry of Parliamentary Affairs

15. Disaster Risk Resilience and Preparedness Training, November 23, 2022

Date	Number of students participated
23.11.2022	34

A team of selected 30 volunteers got an opportunity to participate in the Disaster Risk Resilience and Preparedness Training conducted by Directorate of Samoochika Sannadhasena in association with District Disaster Management Authority (CDMA), Alappuzha District on 23/11/2022.

It aims to strengthen disaster risk management by providing adequate training on safety planning. The overall aim of the training was to strengthen the preparedness, mitigation, recovery and response.

Special trainers from Health Department and Fire and safety Department given training in giving CPR, First Aid, using Fire extinguisher, LPG safety measures, Artificial respiration, using life buoys etc for volunteers.

The venue of the Training was at Municipal Town Hall Chengannur.



Using Fire Extinguisher



How to save a choking person



Artificial Respiration



Sample of Certificate Received

16. Children’s Day Observance, November 14, 2022

Date	Number of students participated
14.11.2022	70

Children’s Day, celebrated on November 14, is recognized across [India](#) to increase awareness of the rights, care, and [education](#) of [children](#). The day is also held as a tribute to [India’s First Prime Minister](#), Jawaharlal Nehru. Fondly known as “Chacha Nehru” among children, he advocated for children to have fulfilled education. Nehru considered children as the real strength of a nation and foundation of society

‘Anganavaadi’ visit

The Children’s Day was celebrated with the little buds in the nearby anganavaadi by gifting some handmade craft works of NSS volunteers and sweets. They Spent half day with kids by various cultural activities. The teachers, parents and local authorities welcomed the college students with sweets also.

NSS volunteers had a Children’s Day rally with small kids up to Neduvaramcode junction.

NSS volunteers created awareness to the kids and parents of about anti - drugs also.





Children's Day Rally



Anti - Drugs Awareness Campaign

17. Invited Talk on Women Centric Law, November 18, 2022

Date	Number of students participated
18.11.2022	170

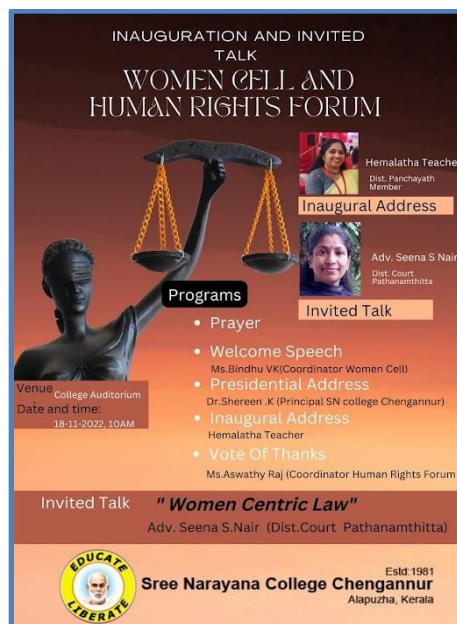
A class on Women Centric Law conducted in association with Human Rights Forum and Women Cell. Mrs. Bindhu V K, Coordinator of Women Study Unit welcomed the gathering. Dr Shereen K, Principal of the college delivered the presidential address. She encouraged the youths to uplift human values.

Adv. Siena S Nair(District Court, Pathanamthitta) lead a class on “Women Centric law”. She has explained it in detail about some sections which are protecting women rights. A number of laws

and constitutional provisions are centred on safeguarding the rights of women and protecting them against violence in India. Indians are guaranteed the basic rights to live a dignified life – without any discrimination based on gender, race, caste, religion and other identities – under article 15 and 21 of the Indian Constitution. Likewise, the document also provides for the welfare, representation and wellbeing of women, by setting out the principles on which the state can frame laws for them. Under article 15(3), for instance, the constitution enables the state to make special provisions for women and children if need be to eradicate discrimination and enhance access to public spaces. Similarly, under article 16, women are entitled to equal opportunity for employment to any office. She has discussed about The Protection of Women from Domestic Violence Act, 2005, The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, Dowry Prohibition Act, 1961, The Maternity Benefit Act 1961, free legal aid under legal services act, Property rights.

The session was really eye opening to everyone. There was an open discussion arranged after the technical session and students raised many doubts regarding some laws and the advocate clarified their doubts. Mrs. Hemalatha Mohan delivered the inaugural address. While elaborating on the key aim of the forum she emphasized importance.

Mrs Aswathy Raj, Coordinator of Human Rights Forum and NSS Programme Officer concluded the meeting by delivering vote of thanks



Programme poster



Inauguration by Ms. Hemalatha Mohan, District Panchayath Member



Women Centric law- The class led by Adv. Seena S Nair, Dist. Court Pathanamthitta

വിമൻസ് സ്ട്രഡി യൂണിറ്റ് ഉദ്ഘാടനം **Manorama**

ചെങ്ങന്നൂർ • ശ്രീ നാരായണ കോളജിൽ വിമൻസ് സ്ട്രഡി യൂണിറ്റിന്റെയും ഹ്യൂമൻ റൈറ്റ്സ് ഫോറത്തിന്റെയും ഉദ്ഘാടനം ആലപ്പുഴ ജില്ലാ പഞ്ചായത്ത് അംഗം ഹേമലത മോഹൻ നിർവഹിച്ചു. വിമൻസ് സെൻട്രിക് ലോ എന്ന വിഷയത്തെ ആസ്പദമാക്കി സീന എസ്.നായർ പ്രഭാഷണം നടത്തി. പ്രിൻസിപ്പൽ, ഡോ.കെ. ഷെറിൻ അധ്യക്ഷത വഹിച്ചു. വിമൻസ് സെൽ കോ ഓർഡിനേറ്റർ വി.കെ.ബിന്ദു, ഹ്യൂമൻ റൈറ്റ്സ് ഫോറം കോ ഓർഡിനേറ്റർ അശ്വതി രാജ് എന്നിവർ പ്രസംഗിച്ചു.

Newspaper cutting

18. Anti - Drugs Campaign outside the campus, November 1,2022

Date	Number of students participated
01.11.2022	252

“Manushya Changala” as part of Anti - drugs campaign, November1, 2022

To spread awareness about drug abuse among nearby communities and nearby educational institutions, NSS volunteers organized several activities regarding drug abuse in SNDP UP School Aala on 01/11/2022. The programmes were Human Chain, Anti-Drugs Awareness Rally, Symbolic combustion of drugs, Anti - Drugs awareness class, Flash mob etc.

Students from the school and college, teachers from schools and college, ward member and parents were participated in the human chain against drugs as part of the programme. The NSS units of the college led the anti-drugs human chain at Aala junction by covering a 2-km stretch from Aala junction to Neduvaramcode junction. About 200 people took part in the chain.

Thereafter there was an anti - drugs campaign rally from Aala junction to Neduvaramcode junction. The intention was to create awareness about drug abuse in the locality.



“Manushya Changala” as part of Anti-drugs campaign



Anti-Drugs campaign rally



Symbolic combustion of drugs by NSS volunteers



Anti - Drugs Awareness class by NSS volunteers



Various Programs of School students



Flash Mob

19. Kerala Piravi Celebrations November 1, 2022

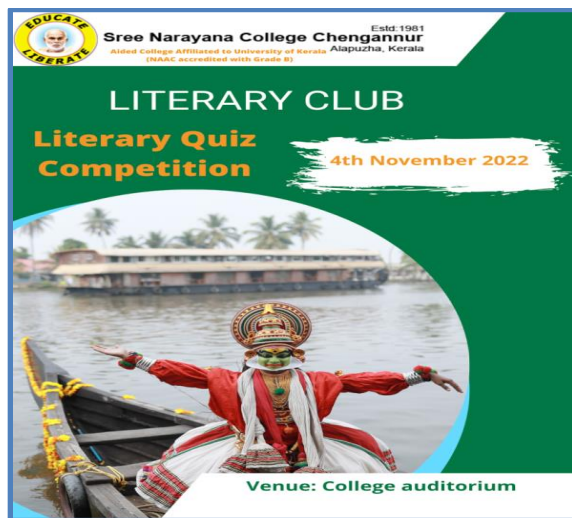
Date	Number of students participated
01.11.2022	40

1. Malayalam Literary quiz competition

Kerala Piravi marks the birth of the state of [Kerala](#). Kerala was created on 1 November 1956, long after the [Independence of India](#).

The 66th Kerala piravi day was celebrated in Sree Narayana College, Chengannur by the Department of Languages and Literary club of the college in association with National service Scheme on 1st November 2022. The programme was inaugurated by the Principal Dr. Shereen K.

The programme paved the way to remember and honor our mother tongue and mother land. As part of this a Malayalam Literary quiz competition was organized in the college auditorium at 10.30 am. The teams were named after the major rivers of Kerala. Pamba, Manimala, Achenkovilar and Periyar were the teams. Questions were asked from the history of Kerala and Malayalam Literature. Team Manimala bagged first prize in the competition.



Quiz Competition - The Finalists

20. Vimukthi Training Program, October 29, 2022

Date	Number of students participated
29.10.2022	01

A training program on antidrug, also known as a drug prevention or substance abuse prevention training program, aims to educate individuals about the risks and consequences associated with drug use and equip them with skills and knowledge to prevent drug abuse. Such programs

typically cover various topics related to drug prevention, including understanding the dangers of drugs, promoting healthy choices, building resilience, and developing effective communication and refusal skills.

Arjun A J of Second year Commerce has been selected for the District level one day Training Programme on Vimukthi by National Service scheme, University of Kerala in association with Kerala Excise Department on 29 October 2022 at BJM Govt. College, Chavara.

The Training Programme discussed the following points

Education on Drugs: Provided information about different types of drugs, their effects on the body and mind, the risks associated with drug use, and the potential consequences of drug abuse. This helps participants understand the dangers and negative impacts of drugs.

Prevention Strategies: Taught participants strategies for preventing drug abuse, including refusal skills, stress management techniques, healthy coping mechanisms, and decision-making skills. These skills empower individuals to make informed choices and resist peer pressure.

Risk Factors and Protective Factors: Discussed the various risk factors that contribute to drug abuse, such as social, environmental, and individual factors. Additionally, highlight protective factors, such as supportive relationships, positive peer influence, and involvement in activities, which can help individuals stay away from drugs.

Communication Skills: Trained participants in effective communication techniques to express their thoughts, concerns, and boundaries related to drug use. This includes assertiveness training, active listening, and conflict resolution skills.

Building Resilience: Focused on developing resilience, self-esteem, and self-confidence among participants. These qualities can help individuals navigate challenging situations and make healthy choices, even in the face of peer pressure or stressful circumstances.

Awareness of Legal Consequences: Educated participants about the legal consequences associated with drug use, possession, and trafficking. This helps them understand the potential legal risks and reinforces the importance of avoiding drug-related activities.

Resources and Support: Provided information about available resources and support systems for individuals struggling with drug abuse or seeking assistance. This can include helplines, counseling services, support groups, and treatment centers.

Interactive Activities and Discussions: Engaged participants in interactive activities, role-plays, case studies, and group discussions to encourage active participation and reinforce learning.

Ongoing Follow-up: Considered incorporating follow-up sessions or periodic check-ins to reinforce the knowledge and skills gained during the training program. This can help participants stay motivated and provide opportunities for additional support and guidance.



Certificate Received

21. Gandhi Jayanthi Celebration, October 2, 2022

Gandhi Jayanthi is celebrated in India on October 2nd every year to honor the birth anniversary of Mahatma Gandhi, the Father of the Nation. It is a day to remember his principles of non-violence, truth, and social justice.

Gandhi Jayanthi celebrations began with the anti - drug campaign

(a) Anti - Drugs Campaign

Date	Number of students participated
06.10.2022	59

NSS units 49 A & B, SN College, Chengannur have taken several initiatives to eradicate the dreadful influence of drugs in students. With solidarity to Govt of Kerala initiative “Lahari muktha Keralam”, we emphasized the plan to give awareness inside and outside the campus pertained to the ill effects of drugs in society

As part of the above initiative, National Service Scheme in association with ‘Vimukthi Club’ started Anti - Drugs campaign on 06/10/2022. The programme began at 9.30 am in the college auditorium with a formal meeting.

Ms Aswathy Raj, NSS Programme officer welcomed the gathering and Dr Shereen, Principal of the college presided over the function. Thereafter streamed Chief Minister’s state level inaugural function in the college auditorium. After the inaugural session there was a constructive discussion among the students and the outcome of the discussion was observed that served the objective



College level inaugural function, October 06, 2023



NATIONAL SERVICE SCHEME
KERALA UNIVERSITY
Sree Narayana College Chengannur
Alapuzha, Kerala



ലഹരി മുക്ത കേരളം

ANTI DRUGS PROGRAM

കാര്യാഘാടനങ്ങൾ

9:30 AM NSS ഗീതം
സ്വാഗതം (MS. ASWATHY RAJ,
NSS PROGRAM OFFICER)
അദ്ധ്യക്ഷ പ്രസംഗം (DR.SHEREEN .K,
PRINCIPAL)
മുഖ്യമന്ത്രിയുടെ ഉദ്ഘാടന പ്രസംഗം
(LIVE STREAMING)

ആശംസകൾ (MS. BINDHU V.K)
ആശംസകൾ (MS. PARVATHY
RAMACHANDRAN,
NSS PROGRAM OFFICER)
കൃതജ്ഞത (DHANYA P.S)

സ്ഥലം : കോളേജ് ആഡിറ്റോറിയം
തീയതി : 6-10-22



NSS ഒരു കോടി ജനങ്ങളിലേക്ക് !!



Live streaming of Chief Ministers inaugural speech

(b) Quiz competition on Anti-Drugs Awareness ,October11,2022

As part of anti - drugs campaign, a quiz competition conducted in the college for UG and PG students. The student participation was appreciable and after many levels of elimination.



(c) Short film presentation on Anti - Drugs Awareness, October 14

To create awareness about drug abuse, National Service Scheme volunteers arranged short film presentation in the college auditorium. Many short films and documentaries were streamed. All students, teachers and non-teaching staffs watched the films. Thereafter the presentation many students came forward and expressed their opinions and suggestions to eradicate drug abuses in youngsters.



(d) Oath Taking on Anti - Drugs Awareness, October 17

All students' teachers and non-teaching staffs have taken an oath against drug abuse on 17/10/2022 in the college ground. The main objective was to create awareness about the ill-effects of drugs so that the young can lead a drug-free life and play a role in nation building.



Date	Number of students participated
17.10.2022	142

(e) “Manushya Changala” formation on Anti-Drugs Awareness , October 19

Teachers, students and non-teaching staffs together formed a human chain in the college ground. This was another initiative of the National service scheme units 49A & B of S.N College, Chengannur.



22. Palliative Care Initiative of SN College, Chengannur with the aid of NSS Units 49A& 49B, August 24, 2022

Date	Number of students participated
24.08.2022	71

Palliative care is an approach to care that addresses the person as a whole, not just their disease. The goal is to prevent or treat, as early as possible, the symptoms and side effects of the disease and its treatment, in addition to any related psychological, social, and spiritual problems. Taking the economic aid and the complete absorption of NSS volunteers, along with the other staff, faculty and all possible resources the college functions throughout the years taking the social responsibility to serve the needy. ‘Education through Service’ is not just the purpose of the NSS but the purpose of the institution too.

The volunteers are given timely training to work in the nearby panchayats associating themselves with the other Palliative Care Organizations such as Karuna, and others under the Health Department.

The complete financial aid is utilized to serve the needy with medicines, food kits, sanitary essentials and clothing to some extent.

Food kits being packed from college, to be distributed in the Cheriyanad Panchayat.



Volunteers making field visits in Ala- Cheriyanad Panchayats on 24th of August, 2022





Assistance by volunteers during the sample collections of patients



Distribution of food kids in the regular intervals





Volunteers spending time along with the differently abled children in the closed community of the college



The volunteers make a second round visit to the houses near during the Annual Camp of NSS and distribute food kits, medicines and other essentials



23. Admission Help Desk, August 19, 2022

Date	Number of students participated
19.08.2022	10

Objective of Admission Help desk

An admission help desk is a support service provided by educational institutions, such as universities or colleges, to assist prospective students with their admission process. The purpose of an admission help desk is to provide guidance, information, and support to individuals who are interested in applying to the institution.

The admission help desk serves as a central point of contact for potential applicants, and it typically offers assistance in various areas, including:

Documentation: Guiding applicants on the necessary documents, such as transcripts, personal statements that need to be submitted as part of the application.

Application Status: Assisting applicants in tracking the progress of their application and providing updates on its status.

Contact Information: Serving as a point of contact for general inquiries and directing specific questions to the appropriate department or personnel within the institution.

The admission help desk aims to streamline the application process, alleviate concerns, and ensure that prospective students have access to the necessary resources to complete their applications successfully. It served as a valuable resource for individuals seeking admission to the institution and can greatly assist them in navigating the complexities of the admission process.



Admission Help Desk

24. Azadi Ka Amrit Mahotsav, 8 August, 2022

Date	Number of students participated
08.8.2022	124

Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements.

As part of the 75th Anniversary of Indian Independence or Azadi ka Amrit Mahotsav the National Service Scheme Units 49 A and B of Sree Narayana College Chengannur has decided in the meeting held on 02/08/2022 to conduct various programmes in the college. The celebrations began from 08/08/2022

Inauguration of Azadi ka Amrit Mahotsav

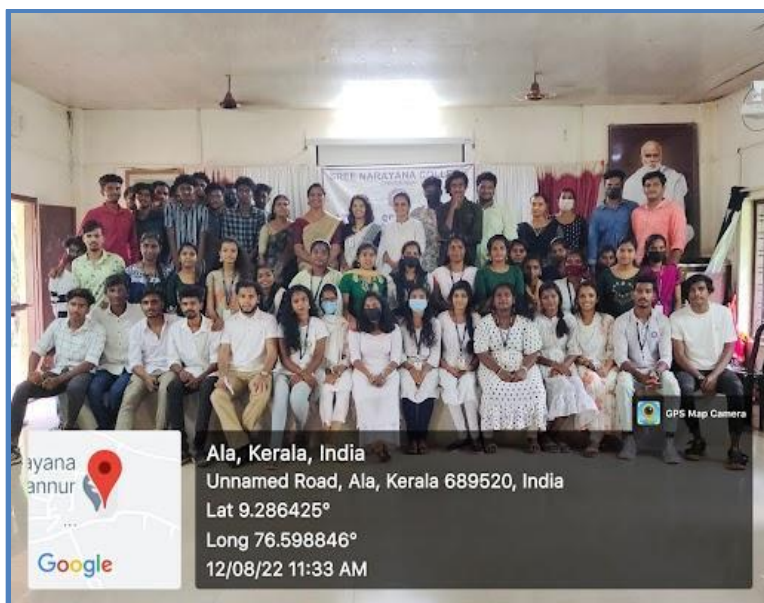
College level “Azadi ka Amrut Maholsav” started on 08/08/2022 with the “Har Ghar Thiranga” campaign. The campaign started from principal’s chamber by handing over the tiranga to the respected Principal of the college. The official inauguration of the programmes held on 12/08/2022 in the college auditorium. The NSS volunteer secretary Ms Avanthika Sajeev welcomed the gathering, Dr. Shereen Principal of the college inaugurated the programme. NSS Programme officers Ms. Aswathy Raj and Ms. Parvathy Ramachandran and previous Programme officer Ms. Bindhu VK delivered felicitations in the meeting. Noora Fathima from S2 B.Com has delivered vote of thanks.

Inaugural speech by Principal

With all gaiety and enthusiasm, the inaugural function followed by cultural events like patriotic dance, songs, poster exhibition, speech etc. from students and teachers. All the programmes filled with patriotism.



Cultural events



Team NSS with principal

Har Ghar Thiranga Campaign

‘Har Ghar Tiranga’ is a campaign under the aegis of Azadi Ka Amrit Mahotsav to encourage people to bring the Tiranga home and to hoist it to mark the 75th year of India’s independence. The idea behind the initiative is to invoke the feeling of patriotism in the hearts of the people and to promote awareness about the Indian National Flag. NSS volunteers of the college started the campaign from 08/08/2022. They have visited UG, PG classes, departments, library, college office etc. Volunteers instructed everyone to hoist the tricolor in their homes from August 13 to 15 to participate in the celebrations of 75 years of India’s Independence. The aim of the program is to make a relationship with the national flag a more personal one rather than just keeping it formal or institutional. People who use social media platforms can also participate by changing their profile pictures to National flag. The drive ended on August 15.



Tiranga Campaign in classes



Handing over the tricolor to the Principal

Digital Tiranga campaign

As part of the “Har Ghar Tiranga” an initiative by the Ministry of Culture to mark Azadi Ka Amrit Mahotsav, students and staffs of our college participated in the Digital Tiranga campaign. Students can pin a virtual flag from their own location and upload their photos in the portal. On successful uploading, they will be appreciated with a certificate. Thus the students symbolically showed their commitment in nation building and also invoked the feeling of patriotism in the hearts of the people and promote awareness about our national flag. Most of our NSS volunteers participated in the programme.



Reference of the certificate received



Tiranga displayed in Departments

Cleaning Programme

For preparing campus for ‘Aazadi ka Amrit Maholsav’ students did sanitation works in the campus. Students and teachers from various departments actively participated in the programme

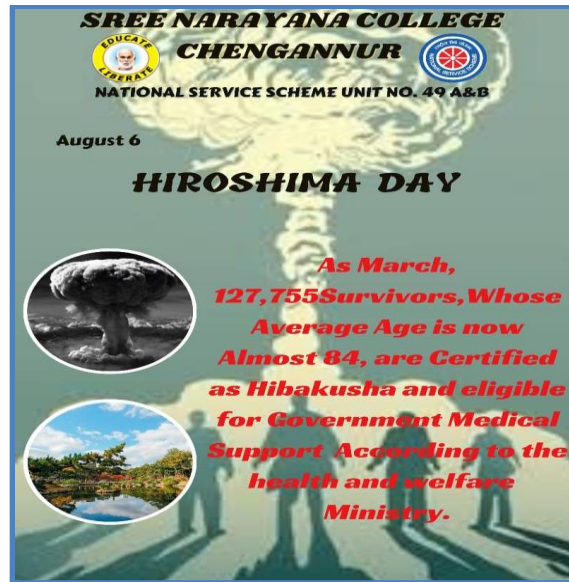


25. Hiroshima Day, August 1, 2022

Date	Number of students participated
1.08.2022	22

Hiroshima Day is observed on August 6 to commemorate the atomic bombing of Hiroshima, Japan, in 1945, at the end of World War II. The bombings killed over 200,000 people in just seconds and injured thousands more.

NSS volunteers made digital posters and posted in various student groups to commemorate the day.



26. Participation in Three Day Residential Training on Palliative Care and Awareness Class by the Trained volunteer, July 27 to July 29, 2022

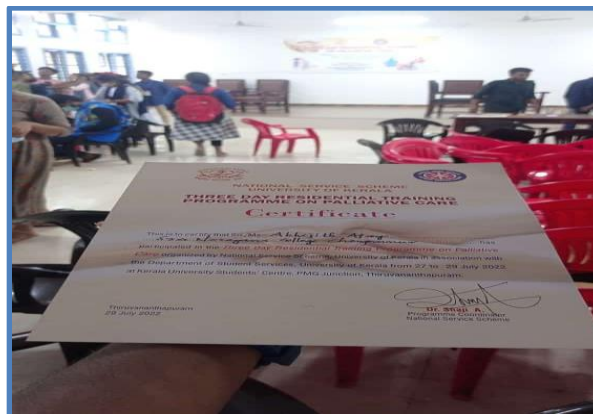
Date	Number of students participated
29.07.2022	47

The World Health Organization (WHO) defines palliative care as an approach that improves the quality of life of patients and their families facing the problems associated with a life-threatening illness, through the prevention and relief of suffering by means of early identification

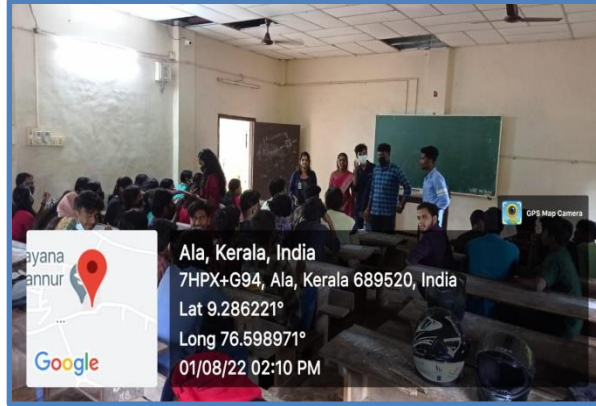
and impeccable assessment and treatment of pain and other problems, physical, psychosocial, and spiritual.

Engaging students in palliative care has a dual advantage. One is that their energy can be utilized for the benefit of patients with chronic disease. Another is that, inculcating the spirit of care can have a positive effect on the attitude of students.

Abhijith Ajay of Second year BA Economics got the opportunity for participating in Three day residential Palliative Care Training organized by National service Scheme & Department of Student Services, University of Kerala at Kerala University Student's Centre, PMG, Thiruvananthapuram from 27-29 July 2022. The student volunteer utilized this opportunity to understand basic methods of pain and palliative care programme. He exchanged his knowledge in palliative care to other volunteers after he came back to college.



Certificate of Participation



The trained volunteer exchanging his knowledge

27. World Youth Skills Day, July 15, 2022

Date	Number of students participated
15.06.2022	2

World Youth Skills Day 2022 is observed annually on July 15. It focuses on the strategic importance of equipping young people with skills for employment, decent work and entrepreneurship. This day is to equip young people around the world with essential skills for employment, work, and entrepreneurship. This day is meant to commemorate, acknowledge and celebrate the importance of equipping young people with skills for employment and entrepreneurship. **The theme for 2022 is ‘Transforming youth skills for the future’.**

NSS volunteers Ms Avanthika Sajeev and Mr Abhijith Ajay have participated in the Intercollegiate Panel Discussion in connection with World Youth Skills Day at Government College, Ambalapuzha on 19th June 2022 at 10 a.m



Certificate of Participation

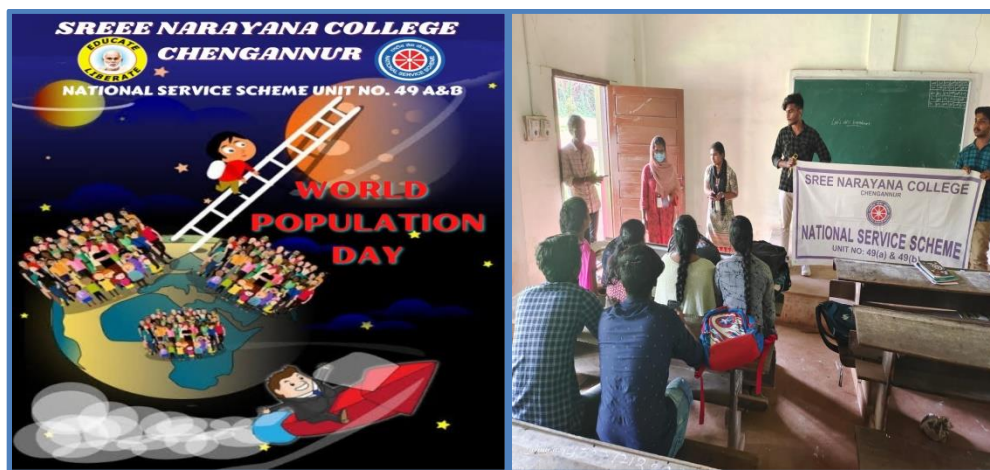
28. WORLD POPULATION DAY, JULY 11, 2022

Date	Number of students participated
11.07.2022	38

The [World Population Day](#) is observed every year on July 11 in order to raise awareness about the global population issues, including population control. According to the United Nations Population Fund (UNPF), the day “offers a moment to celebrate human progress”.

The day which is being celebrated for over three decades now, focuses on raising awareness about the solutions related to population control. It also highlights the issues related to overpopulation, and effects of overpopulation on the environment.

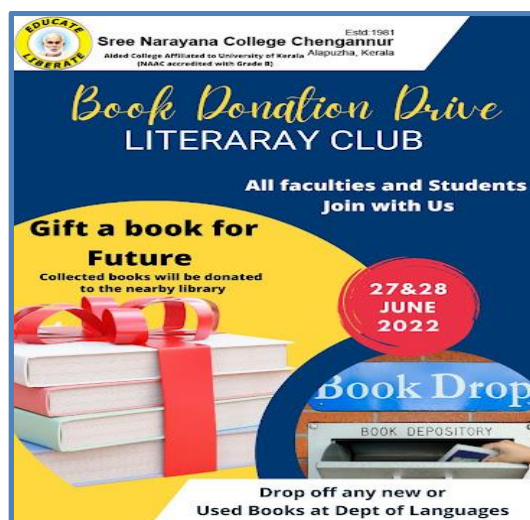
NSS volunteers of the college conducted an awareness campaign inside the campus and they stressed the importance of controlling population for the development of the country.



Awareness campaign by NSS volunteer

29. Book Donation Drive, 27 & 28 June, 2022

Date	Number of students participated
27.06.2022	43



As a part of Reading week, a Book Donation drive organized by the Literary Club.

Knowledge is power, and reading is one of the most effective and enjoyable ways to increase your education. The motive of the book donation drive was to help the nearby community of the college to discover the joy of reading. Books and education play a major role in providing knowledge to the people. Many of us have kept piles of books in our shelves in our homes, even if we haven't cracked them open in years. A community book donation drive can spread the joy of reading with quality literature, textbooks and even magazines to inspire a love of literature in the neighborhood.

A book depository box has arranged in the Department of Languages. Anyone can donate any used or new book in the drop box. Books were received from teachers, students and non-teaching staffs. The collected books were donated to the neighborhood People's library

Respected Principal of the college inaugurated the drive by dropping books in the drop box, followed by almost all faculties of the college have contributed books. Participation from students and non-teaching staffs of the college was also appreciable.



Inauguration of the Book Donation drive by the Principal Dr Shreen K



Book Donation by Mr Ratheeskumar, the Librarian of the college



Book Donation by Chemistry Department





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

30. National Reading Day & Reading Week, June 19, 2022

Date	Number of students participated
19.06.2022	113

19th June is celebrated as National Reading Day in India to honour the Keralite teacher, P.N. Panicker. Puthuvayil Narayana Panicker is known as the father of the library movement in Kerala. National Reading Day was celebrated as a tribute to the legend. The Ministry of Education of Kerala also observes Vayana Varam (reading week) for the week between 19th to 25th of June.

As part of the Reading week, the Literary and Debate Club in association with The Department of Languages and National Service Scheme Units 49 A & B has organized various programmes in the college.

The programmes began with a formal meeting presided over by the respected Principal of the college, Dr Sherren K. The coordinator of the Literary Club, Ms. Aswathy Raj welcomed the gathering. IQAC coordinator Dr Smitha Sasidharan, Ms. Bindhu VK, HOD of Malayalam, Dr. V Shree Ranjini HOD of Hindi delivered felicitations in the meeting. The meeting concluded with the vote of thanks of the student Ms Dhanya P.S, Second year Commerce.



National Reading Day

(a) Reading Challenge



A reading competition in Malayalam has also organized. Which aims to motivate the students to improve their Malayalam reading skills like their pronunciation, intonation, stress etc. The student participation was very high and students were actively participated in the programme.

Reading Contest



Reading Challenge winners

Parvathy S Kumar from Msc Physics bagged first place and Varsha Rajesh from third year B.Com bagged second prize.



Prize distribution to reading challenge winners

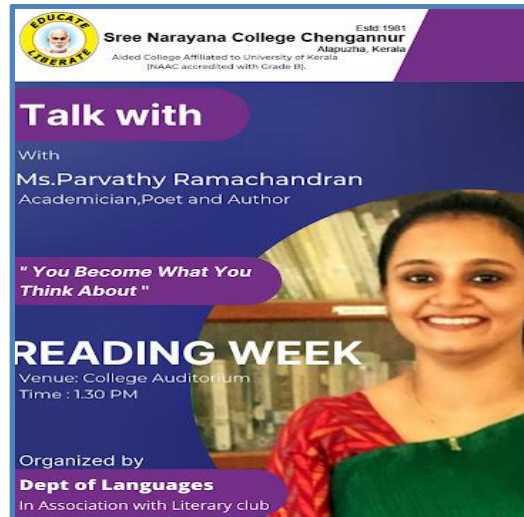


Parvathy S Kumar, M.Sc. Physics- 1st prize

Varsha Rajesh , 3rd B.Com- IInd prize

(b) Talk with writer

A talk with Ms Parvathy Ramachandran, academician, poet and author was also organized on the topic “You Become What You Think about”. Students from various actively interacted with Ms Parvathy. She showed the paths of writing to students. Students asked many doubts regarding writing process at the end of the session.



31. World Environment Day, June 5, 2022

Date	Number of students participated
5.06.2022	63

[WED](#) is the biggest international day for the environment. “[Only One Earth](#)” is the campaign slogan, with the focus on “Living Sustainably in Harmony with nature”

The NSS and Bhoomithrasena Club members of Sree Narayana College, Chengannur jointly celebrated World Environment Day by planting saplings of fruit trees in the college campus. Dr Sheeren K , Principal of the college inaugurated the function by planting a sapling in the college frontyard. Thereafter she delivered the environment day message to students.

Ms. Bindhu VK , NSS Programme Officer stressed the importance of environmental protection to students. All the students, teachers and non-teaching staffs brought various fruit saplings from their homes. The staff and the students actively participated in the programme.





Inauguration WED 2022, Principal Smt.Shereen K



Ms Bindhu VK, NSS Programme Officer, planting the sapling

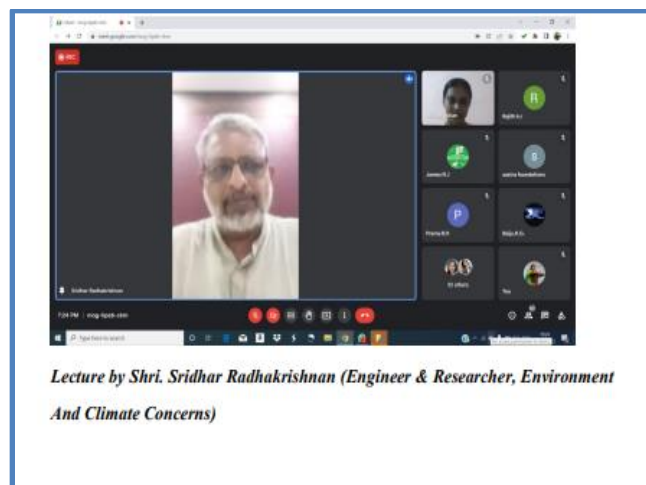


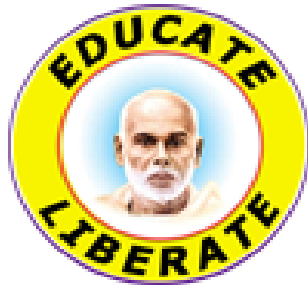
Active Participation – Students

32. Online Lecture by Sastra Foundations on World Environment Day, June 5, 2022

Date	Number of students participated
5.06.2022	6

The NSS and Bhoomithrasena Club members of Sree Narayana College, Chengannur attended an online lecture organized by ‘Sastra Foundations’. The program was inaugurated by Padmashri Kalyan Singh Rawat (Educationalist, Social Activist, Founder – Maiti Andolan) followed by Environment & Sustainable Development Mission Launching. Shri. Sridhar Radhakrishnan (Engineer & Researcher, Environment and Climate Concerns) delivered a distinguished Lecture on the topic “Only One Earth”. The program further focused on the Sustainable Menstrual practice Challenge & Declaration and it benefitted the women participants. And tremendous positive responses poured in.





SREE NARAYANA COLLEGE

CHENGANNUR, ALAPUZHA, KERALA

Aided College Affiliated to University of Kerala

(NAAC Accredited with Grade B)

2021 - 2022

33. Palliative Care-Distribution of food packets and medicine, December 21, 2021

Date	Number of students participated
21.12. 2021	39

Palliative care is a specialized medical care for the people living with a serious illness. This type of care is focused on providing relief from the symptoms and stress of the illness. Palliative care is an interdisciplinary medical care giving approach aimed at optimizing quality of life and mitigating suffering among people with serious, complex illnesses. Engaging students in palliative care has a dual advantage. One is that their energy can be utilized for the benefit of patients with chronic disease. Another is that, inculcating the spirit of care can have a positive effect on the attitude of the students. The student palliative care unit is an initiative by the NSS unit (Unit No. 49 A & B) of SN College Chengannur. We are expressing our gratitude to Dr. Shaji A, Programme Coordinator, NSS, University of Kerala, Nishad Sir (NSS District Coordinator), Anzer Sir (State NSS officer) to provide students palliative care opportunity and the timely advice to complete this project. Student palliative care in our college had been inaugurated by our College Principal Dr. Shereen K. All the teachers and other staff of Sree Narayana College, Chengannur had supported to complete this project.

HOME VISITS

After unit, district and university level training our volunteers got the participant certificate and they formed a cell in our college for palliative care. In the NSS camp our cell organization members take an orientation class started by the volunteers. When we executed our plan, we took ward 4,2,3,8,1 of Cherianad Panchayat in Alappuzha for our project. From this word we have

selected the eligible persons and done our best to them. A small group of volunteers collect the details of patients who must have the palliative care near to the college. The NSS volunteers (unit no: 49a&b) of our college have organized a palliative care program on 21st and 22nd December 2021, 2pm to 5:30pm. They are divided into two groups to interact with the patient's and bystanders home through this programme. The spirit of palliative care can have a positive effect on the patients and on our team volunteers. The program was led by NSS volunteer Dhanya P S, Sreelekshmi, in the presence of volunteer secretary Avani Suseelan, Abin A and other volunteers. We got best support from our program officers Dr. Nishad. A & Smt. Bindu .VK, and the practical support and guidance were from Cheriyanad FHC Palliative nurse Bindu Udayakumar.



The main objective of SIP is to those under the tight grip of deadly disease, struggling with pain and living in a dark room is extended a helping hand and brought out into the light and the bedridden are supported and sheltered and the tears and troubles of the people, the one who are suffering, in pain and those in hunger will be assisted by the members of the Students Initiative in Palliative Care Unit to relieve their troubles. On the 20th and 21st January 2022, from morning onwards we started the activity at 10:00am and the same day, we started our practical sessions from 1.30 pm to 5:30 pm. Our action team has actually done their job very happily and they all are excited to do this project as their own responsibility in the pandemic situation. Patients in the ward close to the college were given the high priority. We have completed this mission considering all the eligible families.

(a) SUPPLY OF MEDICINES

The goal of palliative care is to relieve the suffering of patients and their families by comprehensive diagnosis and treatment. By engaging students in palliative care, their energy can be utilized for the benefit of patients with chronic disease and their participation will inculcate the spirit of care and positive effect. Student Palliative Care links the local palliative care units, which function in different parts of the local areas, by which students are becoming active volunteers in

fund collection and home care. Our NSS Volunteers had promised to support the patients by selling products made by patients to raise the fund. For this our NSS Volunteers are planning to do the campaign in selected areas to spread the concept of helping palliative patients and the relevance of society to support the helpless patients.



The third group of volunteers prepared the medical facilities including medicines, diapers, stretching ball, stretching band etc., and the fourth group took the responsibility of preparing the food kit. Then the fifth group of volunteers had provided the transportation facilities, and the palliative care cell coordinators of our college, program officers, palliative care nurse, and Asha workers had helped us to reach out to the patients. Another group of volunteers rechecked the data of palliative care patients and conducted the survey. Thereby we can understand the patient's situation and can suggest solutions to their problems. Through the survey palliative care volunteers got a better idea regarding the problems of the patients.

(b) DISTRIBUTION OF FOOD KITS



7. DISTRIBUTION OF CLOTHS AND OTHER NECESSITIES



(c) COUNSELING FACILITIES PROVIDED

Our Palliative care volunteers provide the counseling facilities to the palliative patients. The volunteers who got the university level and district level palliative care training had given the counseling to the palliative patients.



34. National Pollution Prevention Day, December 2, 2021

Date	Number of students participated
2.12.2021	12

Every year, December 2 is observed as National Pollution Prevention Day, a stark reminder of the many innocent lives that were lost because of the Bhopal Gas Tragedy (1984). There was a nationwide outrage and grief pertaining to the tragedy. The observance of National Pollution Prevention Day on December 2 is to create awareness on pollution and industrial disasters, find ways to spread awareness on preventing such tragedies from occurring again. The National Pollution Day 2021 was observed in Sree Narayana College, Chengannur on December 2, 2021. The program was organized by the Bhoomithrasena Club. The club designed an Impulsive Essay Writing Competition on the topic “BEWARE OF POLLUTION; WORK ON SOLUTION”. Impulsive Essay Writing Competition The students actively participate in impulsive essay writing competitions. Gopika Unni (1 st B.Sc. Physics), Anagha Jyothi (I st B.Sc. Chemistry) and Athulya R (I st BA Economics) bagged the first, second and third prize respectively.



35. World AIDS Day, December1, 2021

Date	Number of students participated
1.12.2021	37

The theme of 2021 observance is “End inequalities”. December 1. It is observed on 1st December to spread awareness about the HIV epidemic, speak out against HIV stigma, and call for an increased response to move toward ending HIV. This day was conceived by James W. Bunn and Thomas Netter, two public information officers for the Global Program on AIDS. These officers worked for the World Health Organization in the Global Program on AIDS. Every December, IUP students honor World Aids Day and HIV/AIDS Awareness week, a campaign designed to offer support for those living with the disease, education for those trying to prevent transmission of the disease, and remembrance for those who have lost their battle to HIV and/or AIDS. The Red Ribbon Club and volunteers of NSS volunteers in Sree Narayana College, Chengannur raise awareness campaigns on the importance of HIV/AIDS. As part of this, the NSS volunteers participated in the inter department poster making competition and quiz competition and also give awareness about the spreading and preventive measures of AIDS.



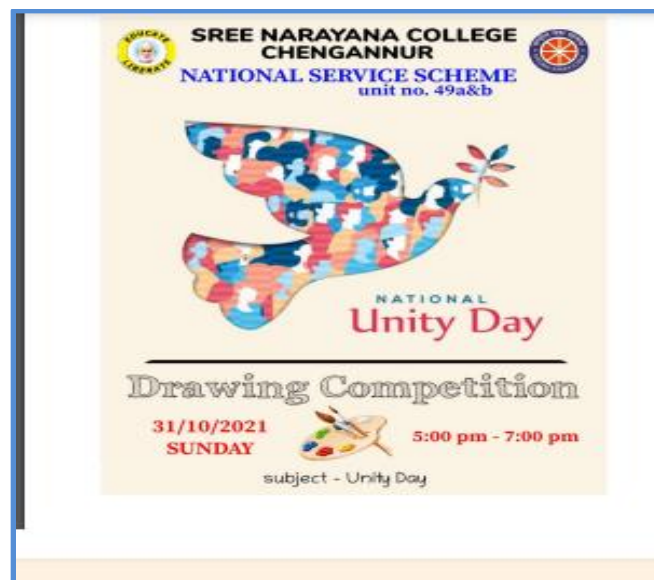


36. National Unity Day, October 31, 2021

Date	Number of students participated
31.10.2021	35

Rashtriya Ekta Diwas is celebrated in India on 31 October. It was introduced by the Government of India in 2014. The day is celebrated to mark the birth anniversary of Sardar Vallabhai Patel who had a major role in the political integration of India. The official statement for National Unity Day by the Home Ministry of India cites that the National Unity Day “will provide an opportunity to reaffirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity and security of our country.” On the day, a pledge is read out in government offices: “I solemnly pledge that I dedicate myself to preserve the unity, integrity and security of the nation and also strive hard to spread this message among my fellow countrymen. I take this pledge in the spirit of unification of my country which was made possible by the vision

and actions of Sardar Vallabhbhai Patel. I also solemnly resolve to make my own contribution to ensure internal security of my country.” On this day, the NSS volunteers of Sree Narayana College, Chengannur conducted the program gratefully at our college. The NSS volunteers had conducted a quiz competition, read the pledge and run for unity. The volunteers had read the pledge on the national unity day. One of the NSS volunteers read the pledge and all other volunteers had confessed the pledge. The college NSS unit then conducted a drawing competition related to the topic of national unity day. Most of the volunteers had participated in the competitions. The drawing competition was held through online mode.



Then the NSS volunteers conducted a quiz competition based on the national unity day. The volunteers participated in the competition very well.



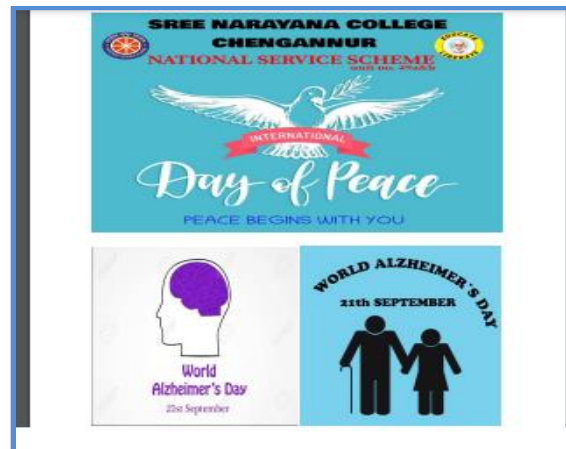
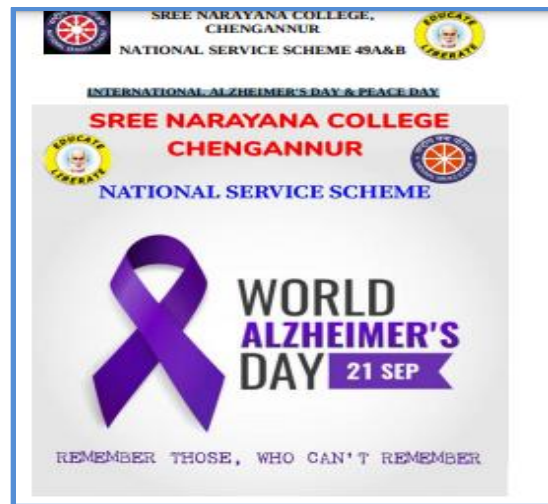
Finally, NSS volunteers conducted a program 'Run for Unity' which helps to remember the importance of national unity day for the country. The volunteers had run about 2 km from the college to commemorate the birth of Sardar Vallabhai Patel. Principal Mrs. Shereen K and NSS Program Officers Mrs. Bindu V.K and Dr. Nishad A. also joined the program.



37. International Alzheimer's Day & Peace Day, September 21, 2021

Date	Number of students participated
21.09.2021	29

World Alzheimer's day is observed on September 21 Every year to raise awareness, educate about Alzheimer's and Dementia. This day is celebrated to understand the importance of talking about dementia and demystify it. Alzheimers is a progressive Disease that causes brain cells to degenerate and die. The international day of peace 2021 Theme is “Recovering better for an equitable and sustainable world” check here all you need to know about the day. International day of peace is observed across the world on September 21 every year. NSS volunteers of Sree Narayana college Chengannur celebrated international Alzheimer's day and peace day by making posters and videos.





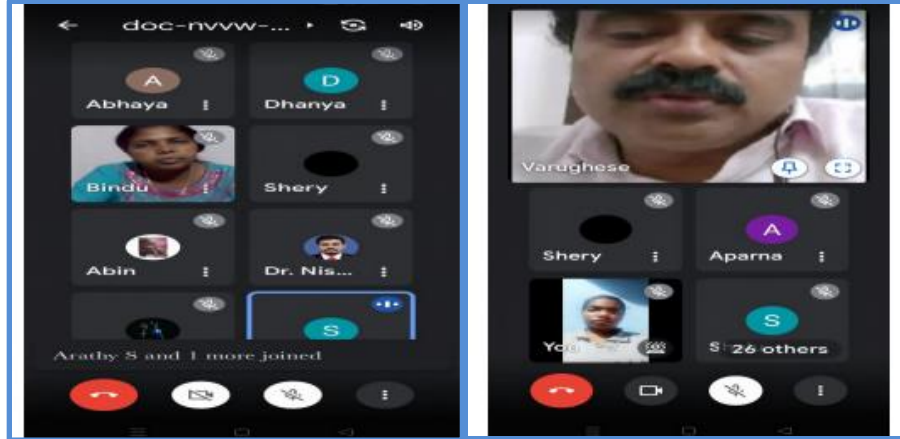
Poster Making Competition

38. World Democracy Day, September 15, 2021

Date	Number of students participated
15..08.2021	28

NSS units of Sree Narayana College, Chengannur conducted a Webinar on World Democracy Day. The invited Talk was delivered by Mr. Vargheese Pothen, the former NSS Programme Officer of St. Johns HSS Mattam, Mavelikara.

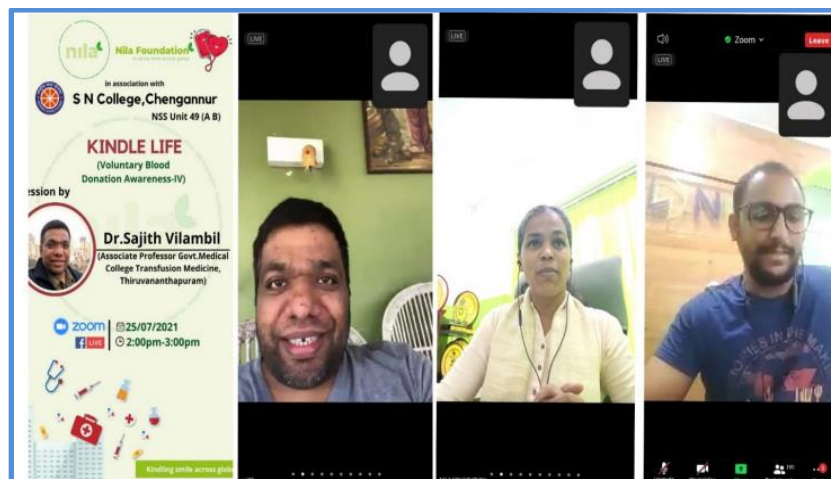




39. Voluntary Blood Donation Awareness Programme, July 25, 2021

Date	Number of students participated
25.07.2021	31

SN College, Chengannur and Nila foundation jointly conducted a blood donation awareness webinar on 25.07.2021 at 2 pm to 3 pm. Dr.Sajith Vilambil the associate professor Govt. Medical College Transfusion medicine Thiruvananthapuram explained the value of blood donation. Resource Person has cleared all doubts of the volunteers in regards to the blood donation at the time of Covid. Principal in Charge K Sherin Madam, NSS Program Officers Dr. Nishad sir and V K Bindu miss delivered speeches about the value of blood donation. Hundreds of volunteers participated in the class.



40. NSS Volunteers worked as COVID Brigades, June 2021

Date	Number of students participated
6.06.2021	4

Sree Narayana College students participate in a project led by the District Collector for COVID relief under the panchayath. Our volunteers on duty from 6 am to noon call centers have been set up to provide relief affected by the COVID epidemic. Have each household been called and vaccinated, how many have been vaccinated and how many have not been vaccinated. The elderly were given the opportunity to tell the Asha workers about their health conditions. They did field work and visited the containment zones and gave precise instructions to follow it. Action was taken to collect the names of those who did not wear masks and those who walked unnecessarily in the containment zones. Vehicles passing through the containment zones were stopped, the vehicle number was noted, instructions were given and packages were prepared and distributed to those who had difficulty eating earlier. We went to each house and assessed the conditions of the people, listened to each problem and suggested solutions. Visited the containment zones and was instructed to give precise instructions and to abide by it. Action was taken to collect the names of those who did not wear masks and those who walked unnecessarily in the containment zones. Vehicles passing through the containment zones were stopped and the vehicle number was recorded and given instructions. Meals were prepared and distributed to those who needed one meal at a time. NSS Volunteers went into each house and assessed the condition of the people, listened to everyone's problems and suggested solutions.



41. World Environment Day, June 5, 2021

Date	Number of students participated
5.06.2021	19

COVID-19 spread fear in all ages, even when the whole of humanity is fighting back the virus in complete vigour and strength. It was the need to protect the environment, yet midst of the fearful time. The Bhoomithrasena Club of Sree Narayana College, Chengannur took care of the environment with the efforts of all its members.

As a part of the ‘World Environment Day’ (June 5) the Bhoomithrasena Club celebrated WED 2021 by conducting **“Selfie with Sapling Contest”**. The students actively participated in the contest (Online) and observed the day by planting saplings at their homes and made their entries in the given email id with great enthusiasm. Our IQAC coordinator Dr. Venu S encouraged the students by planting the sapling in his yard and posted the photograph.

The winners of **“Selfie with Sapling Contest”** Teema Yohannan (I BA Economics), Aswathy D Chandran (III BSc Chemistry) and Aswani D Chandran (III BSc Mathematics) bagged the first, second and third prize respectively.



WED 2021 – IQAC COORDINATOR Dr. Venu S

A promotional poster for the 'World Environment Day 2021' contest. The central image shows a pair of hands holding a small green sapling in a mound of soil. The text on the right side of the poster includes:

Sree Narayana College Chengannur
Alappuzha, Kerala

World Environment Day 2021

"SELFIE WITH SAPLING CONTEST"

Whip out your smartphone, strike a pose while planting a sapling & win exciting prizes

Entries due : 6 June 2021 Enquiries : 9446185002

Mail your entry at : bhoomithrasenaclubsnc2021@gmail.com

Organised by Bhoomithra Sena Club (BMC - 186/ALP/19/12)

Principal: Ms. K. Shereen Coordinator: Bhoomithra Sena Club, Dr. V. Shree Ranjini

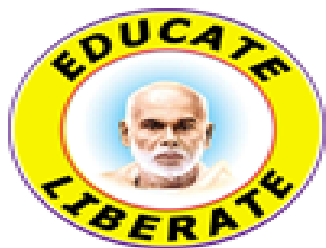
REIMAGINE RECREATE RESTORE
#GenerationRestoration

Selfie with Sapling Contest





Active Participation



SREE NARAYANA COLLEGE
CHENGANNUR, ALAPUZHA, KERALA
Aided College Affiliated to University of Kerala
(NAAC Accredited with Grade B)

2020 - 2021

42. Preparation and Distribution of Sanitizer, March 27 – April 10, 2020

Date	Number of students participated
27.03.2020	21

An effective and simple method for reducing transmission of infections in public or healthcare settings is hand hygiene. During the outbreak, the Department of Chemistry, Sree Narayana College, Chengannur used their skills, expertise and facilities to prepare low cost hand sanitizer in the lab. The sanitizer was prepared on the basis of WHO norms using isopropyl alcohol, glycerol, aloe vera, hydrogen peroxide, and lemon grass oil. The prepared sanitizer were kept in 100ml bottles and distributed to the vulnerable sections of the society. The sanitizers were distributed to the treasury office, police station, fire station and Federal Bank. During the distribution, the teachers also spread the message of Break the Chain. Hand hygiene is of utmost importance during examination and the department also take steps to distribute prepared sanitizers to the entire students of the college. The sanitizers were given to all the students in the examination hall without disturbing the exam and the bottles were also kept at the entrance of the college. The department has also given training to the final semester students for the preparation of low cost sanitizers.





Sanitizer Distribution

43. Anti – Drug Awareness Campaign – Door to Door, January 17, 2020

Date	Number of students participated
17.01.2020	14

The volunteers visited the houses of ward II of Cheriyanadu panchayath and gave an awareness talk on the adverse effect of drug usage.





44. Cancer awareness class and a positive talk on HIV-AIDS, January 25, 2020

Date	Number of students participated
25.01.2020	56

The department of Physical education in association with Red Ribbon Club and Health Club organized a Cancer awareness class and a positive talk on HIV AIDS. Deputy Mass Media Officer Sri. Dileep Khan took the cancer awareness talk and Smt. Girija Thrideep took the “HIV-AIDS positive talk”.



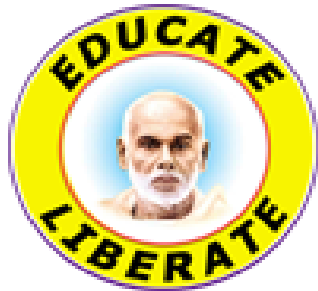


45. Pamba Cleaning Drive, From December 29, 2019 to January 2, 2020

Date	Number of students participated
29.12.2020	11

11 of our volunteers participated in cleaning the River Pamba in association with Pollution Control Board.





SREE NARAYANA COLLEGE

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(NAAC Accredited with Grade B)

2019 - 2020

46. Blood Donation Camp, December 16, 2019

Date	Number of students participated
16.12.2019	27

Our volunteers arranged a voluntary blood donation camp in association with Pushpagiri Medical College Hospital Thiruvalla. 27 of NSS volunteers and one teaching staff donated blood.





47. Awareness Camp on BMI Determination, December 9, 2019

Date	Number of students participated
9.12.2019	200

To create an awareness among volunteers about their health PHC of Cheriyanad conducted BMI Determination in our college. About 200 volunteers determined their Body Mass Index. The health inspectors gave a clear idea about maintaining proper weight.





48. “Jagratha” One Day Cleaning Programme, December 02, 2019

Date	Number of students participated
2.12.2019	38

As per the directions of Sri Saji Cherian MLA, NSS, PTA & college union jointly organized a one day cleaning of campus in association with local self government to ensure the safety of students and staff. The Ward member Adv. Deepa Stenat inaugurated the programme. In her inaugural speech she gave a stress on the social responsibility of young hands in keeping our environment clean. Dr. M S Latha, Principal in charge of the college, also delivered the importance of cleanliness and the importance of maintaining a clean campus. All NSS volunteers, parents and teachers actively participated in cleaning.



49. World AIDS Day, December 1, 2019

Date	Number of students participated
1.12.2019	11

A poster design competition was organised jointly by NSS and Red Ribbon Club.



50. Cleanliness Drive ‘Sevanavaram’ October 2, 2019

Date	Number of students participated
2.10.2019	74

‘Swachhta Hi Seva’ a campaign under the Swachh Bharat mission that aims to increase participation towards Swachhta.

(a) Railway Station Cleaning – Our NSS Valunteers and members of Gandhian Study Unit cleaned the area near the Cheriyanadu Railway Station.



(b) Swachhta Hi Seva, Gandhi Jayanthi, Campus cleaning, October 02, 2018





51. Visit to Old Age Home, September 05, 2019

Date	Number of students participated
5.09.2019	23

Volunteers visited old age home at St. Marys Daya Bhavan Eranankara, and spent one day with them with some cultural activities.





52. Anganavadi cleaning, August 30, 2019

Date	Number of students participated
30.08.2019	37

NSS volunteers cleaned the Anganavadi in the adopted village Ala.





53. Swachatha – Awareness Rally, August 30,2019

Date	Number of students participated
30.08.2019	61

NSS volunteers of Sree Narayana College, Chengannur conducted cleanliness awareness rally.





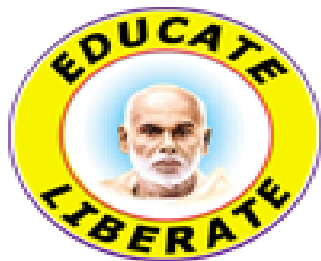
54. Distribution of flood relief materials, August 15, 2019

Date	Number of students participated
15.08.2019	27

NSS volunteers collected flood relief materials and handed over the same at the collection centre at Alappuzha.







SREE NARAYANA COLLEGE
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2018 - 2019

55. WORLD WATER DAY, March 22, 2019

Date	Number of students participated
22.03.2019	61

The World Water Day Celebrations on 22 March every year is about focussing attention on the importance of water. This year's (2019) theme, 'Leaving no one behind', adapts the central promise of the 2030 Agenda for sustainable development that us sustainable development progresses, everyone must benefit. The World Water Day, 2019 was observed in Sree Narayana College, Chengannur under the auspices of Directorate of Environment & Climate Change, Government of Kerala. The programme was organized by the Bhoomithra Sena Club and NSS of the College. A one-day seminar and awareness programme was organized on 12th March 2019. Mr. V. R. Jayaprasad, Director, Centre for Action Research in Education and Pedagogy Training, Thiruvananthapuram inaugurated the function and delivered the inaugural address. Directorate of Environment & Climate Change was duly acknowledged during the programme and shown in the brochures, banners and the documents related to the programme.

The Bhoomithra Sena Club and NSS of Sree Narayana College, Chengannur jointly hosted a one-day seminar and awareness programme on World Water Day observation on 12th March, 2019. The inaugural session of the programme began with the prayer song by Smt. Resmi. R. Panicker, (Faculty, Department of English). Dr. V. Shree Ranjini, FIC, Bhoomithra Sena Club extended a warm welcome to the distinguished guests and the participants. Dr. K. Shiny Sreedhar, Principal, presided the function and delivered the presidential address. Mr. V. R. Jayaprasad, Director, Centre for Action Research in Education and Pedagogy Training, Thiruvananthapuram inaugurated the function and delivered the inaugural address. Smt. K. V. Lekha, Associate Professor of Malayalam, Dr. Venu. S, IQAC Coordinator and Smt. Jisha Sreedharan, NSS

Coordinator felicitated the occasion. Mr. V. R. Jayaprasad distributed the prizes for the winners of the interdepartmental competitions. Smt. Shereen. K, Assistant Professor of Physical Education extended vote of thanks to the gathering.

“**Jalam**” a documentary about conservation of water was also presented, which really make an awareness among volunteers about the necessity of water conservation.





56. WORLD FORESTRY DAY, MARCH 21, 2019

Date	Number of students participated
21.03.2019	31

The theme of World Forestry Day Celebrations - 2019 is “Forest and Education” to highlight the importance of all forms of education in promoting sustainable forest management. Learn to love Forest! Build your city forest: create a greener, healthier and happier world. The World Forestry Day - 2019 was observed at Sree Narayana College, Chengannur on March 21st, 2019 with the financial support of Directorate of Environment and Climate Change, Government of Kerala. The programme was organized by the NSS and Bhoomithra Sena Club of the college. The Club designed varieties of competitions based on their topics of interest for those students who are reluctant to participate and thereby instill in them the warmth of confidence to come to the force. The competitions include: Impulsive Essay Writing on the topic “Forest Fire” and nature quiz competition. The students actively participated in impulsive essay writing competition on “Forest Fire”. Suchithra. R (IInd B.Sc. Mathematics), Anakha. R. (IInd B.Sc. Mathematics) and Reshmi. M. Raju (IInd B. Sc. Chemistry) bagged the first, second and third prize respectively. An Interdepartmental “Nature Quiz Competition” was organized in the afternoon at College auditorium. A team of two students from five departments participated in the competition. The winning students and teams were given citations and cash awards of Rs.1500/-, Rs.1,000/-, Rs. 500/- as first, second and third prize respectively.



Nature Quiz Competition

57. Flash Mob and Skit by Anti-Narcotic Club and Health Club, March 12, 2019

Date	Number of students participated
12.03.2019	78

The Anti-Narcotic club and Health club of the college in association with St. Gregorios School, Mulakkuzha organized a Flash Mob and skit at the college campus on 12th March 2019. The program, supervised by the Excise department, was inaugurated by the college principal, Dr. Shiny

K.Sreedhar. The aim of the program was to create awareness against the usage of alcohol and narcotic drugs. The newspaper (Malayala Manorama daily, dated 16-03-2019) clipping showing the report is also appended.



58. Book Exhibition on Guru Literature, February 21, 2019

Date	Number of students participated
21.02.2019	355

The Library advisory committee organized a book exhibition on His Holiness Sree Narayana Gurudev, on 21 February 2019. About sixty books written by Gurudev were exhibited. Dr.K.Shiny Sreedhar inaugurated the exhibition.



59. World Wetland Day Celebrations, February 2, 2019

Date	Number of students participated
02.02.2019	82

World Wetland Day is celebrated across the world on February 2, to commemorate the Ramsar convention on Wetlands held in 1971. This year the day is celebrated based on the focal theme *Wetlands and climate change*. As part of the celebrations, NSS units, Department of Chemistry and Bhoomithra Sena Club of Sree Narayana College, Chengannur organized a series of programmes to raise the awareness of students and public on the importance of conservation and

sustainable management of wetlands. The programme was sponsored by Kerala State Council for Science, Technology and Environment (KSCSTE).

Day 1, 1/2/2019

The programme started with registration at 9.00 am at college auditorium, SN College Chengannur. The inaugural function started with invocation by Ms. Surya S, II MSc Chemistry student of our college. Dr. K. Shiny Sreedhar, Principal, presided over the function. Dr. Sheela S Fernandez, Head, Department of Chemistry bid a warm welcome to the students, faculties and guests. Smt K. K. Radhamma, President, Chriyanadu Panchayath of Chengannur inaugurated the celebrations by lighting up the lamp. In her inaugural speech, she stressed the importance of protecting wetland and planting trees to address the water scarcity problem we are facing. She emphasised the need for the sustainable management of wetlands in our locality. Dr. Venu S (IQAC Coordinator) and Smt. Aswathy Raj (Member, Bhoomithra Sena Club) delivered felicitations. Smt Jisha Sreedharan, NSS Programme Officer delivered the vote of thanks.

The inaugural function was followed by an invited talk on "Hydrochemistry of Wetland Resources" by Dr. Anoop Krishnan K. He explained the structure of wetland, Chemistry of wetland and how it retains water. He also discussed the challenges facing the wetlands and the way forward to conserve and protect wetlands for the urban communities that rely on it for livelihoods. It was an inspiring talk. The talk was followed by an interactive session. Members shared their views on the possible measures to protect wetland.

A debate competition on the topic "Wetlands and Urban Future" was organized in the afternoon as part of the awareness programme. Four teams of two students participated in the competition. Mr. Vinayan S and Mr. Manu Muraleedharan of First BSc Mathematics bagged first prize, Mr. Ambadi Namboothiri U and Mr. Arjun B of First BSc Chemistry secured second prize and Mr. Amrithjith and Mr. Karthik K First B.Com got third prize. Cash prizes of Rs. 1500/-, Rs. 1000/- and Rs. 500/- was given to the winners.

Day 2, 2/02/2019

On the second day of the celebration a short film "Punarjjani" was presented. The film gave an awareness among students about the need to preserve our environment and how difficult it to rejuvenate a river. It was really a thought provoking documentary.

Essay competition on the foal theme was organized as part of the awareness programme. About twenty students participated in the competition. Ms Devu D, Third BSc Mathematics bagged first prize, Ms. Athulya Mohanan First BSc Chemistry secured second prize and Ms. Ammu L First BSc Physics and Mr. Karthik K First B.Com shared third prize. Cash prizes of Rs. 1500/-, Rs. 1000/- and Rs. 500/- was given to the winners.

During valedictory function that followed participants shared their feelings and culminated by taking to protect wetland. The conveners expressed their gratitude.



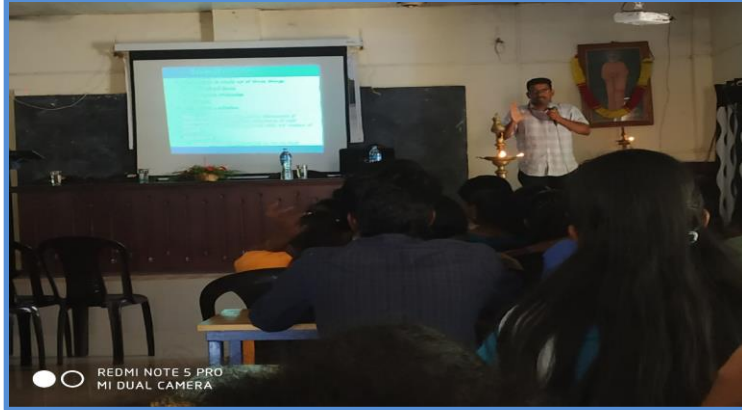
Inaugural session: Welcome Speech by Dr. Sheela S Fernandez



Inauguration by Smt. K K Radhamma



Inaugural Session: Presidential address by Principal Dr. K. Shiny Sreedhar



Dr. Anoop Krishnan delivering the invited talk



Dr. Anoop Krishnan delivering the invited talk



Essay Competition for students



Documentary Show



Debate Competition

60. Suchitwa Mission Awareness programme, 15/10/18, 5/11/18, 20/11/18

Date	Number of students participated
15.10.2018	61

NSS volunteers visited houses and gave awareness about waste management. They also distributed awareness leaflets.

1. Campus cleaning & interactive session



61. Swachhata Hi Seva Campus cleaning on, Gandhi Jayanthi October 02, 2018

Date	Number of students participated
02.10.2018	31





62. Distribution of Flood Relief Materials, NSS Day Celebration, September 24, 2018

Date	Number of students participated
24.09.2018	21

The Distribution of flood relief materials was done by our NSS Volunteers. They collected materials and distributed in the flood affected areas. Volunteers actively participated in distributing the same.





63. Rebuild Kerala Cheriyanadu Panchayath, September 21, 2018

Date	Number of students participated
21.09.2018	03

Some of our volunteers assisted Cheriyanadu and Ala Panchayath in collection of data and uploading of same in Rebuild Kerala Portal.



Data Collection



64. Drinking water collection for quality testing at flood affected areas, September 8, 2018

Date	Number of students participated
8.09.2018	51

NSS Programme Officers and volunteers visited the surrounding region of Pamba River where flood was badly affected and collected drinking water for quality analysis.



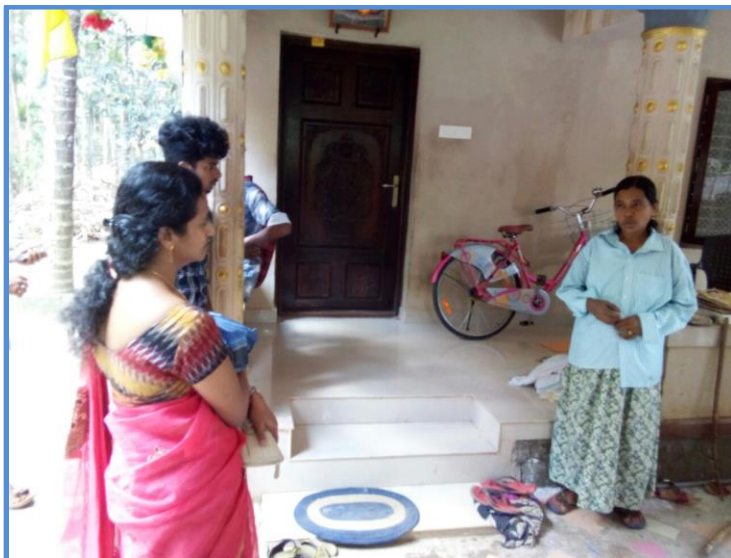




65. Flood Affected Village visit, September 4, 2018

Date	Number of students participated
4.09.2018	12

Programme officers and NSS volunteers visited the flood affected partner village for the better understanding of needs of the people.





66. “Swachh Vidyalaya” Mega Cleaning Programme in association with Southern Railway, August 28, 2018

Date	Number of students participated
28.08.2018	10

Our selected NSS volunteers participated in the Mega Cleaning Programme “Swachh Vidyalaya”, (in a view to clean the schools where flood relief camps occurred) in association with Southern Railway. We cleaned Govt, HSS Ala and Govt. LPS Ala which were flood relief camps.





67. Distribution of Bleaching Powder, July 27, 2018

Date	Number of students participated
27.07.2018	10

NSS volunteers collected bleaching powder from PHC Cheriyanadu and distributed in the partner village. Volunteers also explained how to use bleaching powder in wells.





68. (A) Plantain Cultivation, July 24, 2018

Date	Number of students participated
24.07.2018	37

NSS volunteers actively participated in vegetable cultivation and taking care of the same.



(B) Planting the saplings of Jack Fruits, July 13, 2018

As Jack fruit declared as official fruit of Kerala, the saplings of Jack Fruits were planted in the college campus. Principal Dr. K. Shiny Sreedhar inaugurated the same by planting Jack Fruit sapling. Volunteers planted approximately 15 saplings in the campus.





69. World Environment Day, June 05, 2018

Date	Number of students participated
05.06.2018	106

The NSS units and Bhoomithrasena Club of Sree Narayana College, Chengannur jointly celebrated World Environment Day. Principal Dr. K. Shiny Sreedhar inaugurated the function by planting a tree followed by planting saplings by students in the campus. NSS Programme officers and coordinator of Bhoomithra Sena Club gave an awareness among students about the importance of conserving our environment. The programme came to an end by taking Environment Day Oath.



Principal Dr. K. Shiny Sreedhar inaugurated WED, 2018



Active Participation, WED, 2018