
**SREE NARAYANA COLLEGE,
SIVAGIRI VARKALA**

NATIONAL SERVICE SCHEME

UNIT NO-16(AB)

ANNUAL REPORT 2020-2021

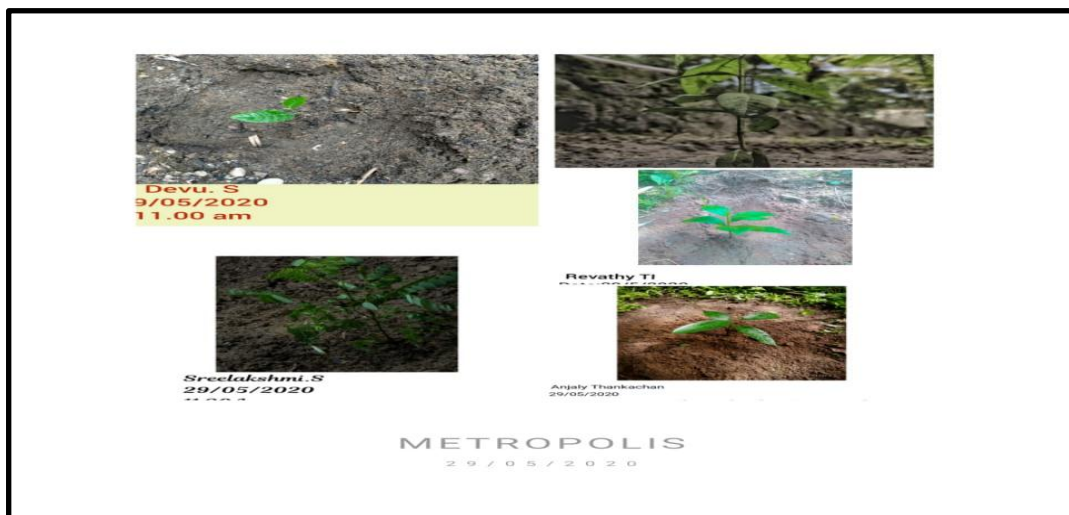
SREE NARAYANA COLLEGE, SIVAGIRI, VARKALA
NATIONAL SERVICE SCHEME UNIT No. 16 A,B
Annual Report 2020 – 2021

In this Academic year all NSS activities are done on the background of pandemic covid situation by following covid protocols. Even though the NSS unit of Sree Narayana College, Sivagiri Varkala organized various programmes during the academic year 2020-2021 giving importance to environmental awareness, health personality development, community welfare etc.

PARITHRANAM

In association with the observance of Environment Day which falls on 5th June 2020, National service scheme, University of Kerala and National Youth Council of India is jointly introducing a new initiative entitle ‘Parithranam’ through which NSS Volunteers will plant the tree saplings in their homes for a period of seven days from 29/05/2020 to 05/06/2020.

In this mission all the NSS volunteers plant the tree saplings in their homes due to the pandemic situation of covid – 19. 112 NSS volunteers participate in this programme. They tried to gave the importance of this mission among society through social works. As a result, the students other than NSS volunteers, their parents and public also take part in this programme.



HARITHALAYAM

05/06/2020

As a part of observance of world environment day, Kerala University NSS Scheme implement a programme 'Harithalayam' in our campus this programme was inaugurated by Prof. T. Sanal Kumar (Former Principal, S.N. Trust Arts and Science College, Pambanar, Idukki, Head of the Department of Malayalam and Principal in charge) planting a tree sapling in campus. After wards Sri. Aji SRM (S.N Ttust executive member), Dr. G.S Babitha (IQAC Cordinator), Sri. G. Sivakumar (Vice President of PTA & Secretary of Former Students Association), Sri. A. Anilkumar (Superintended), volunteers sapling tree in campus with covid – 19 protocolle.





MEDICAL ASSISTANCE

For the medical treatment of former security officer Sri. S. Rajendrn, (Kankichivilakim Veedu, Perunkuzhi) National Service Scheme collects Rs.10000/- (Ten Thousand Rupees) and gave him on 6th July 2020. Volunteers Sri. Jayakrishnan, Nandulal, Vishnu and Programme Officer handed over this money for him.

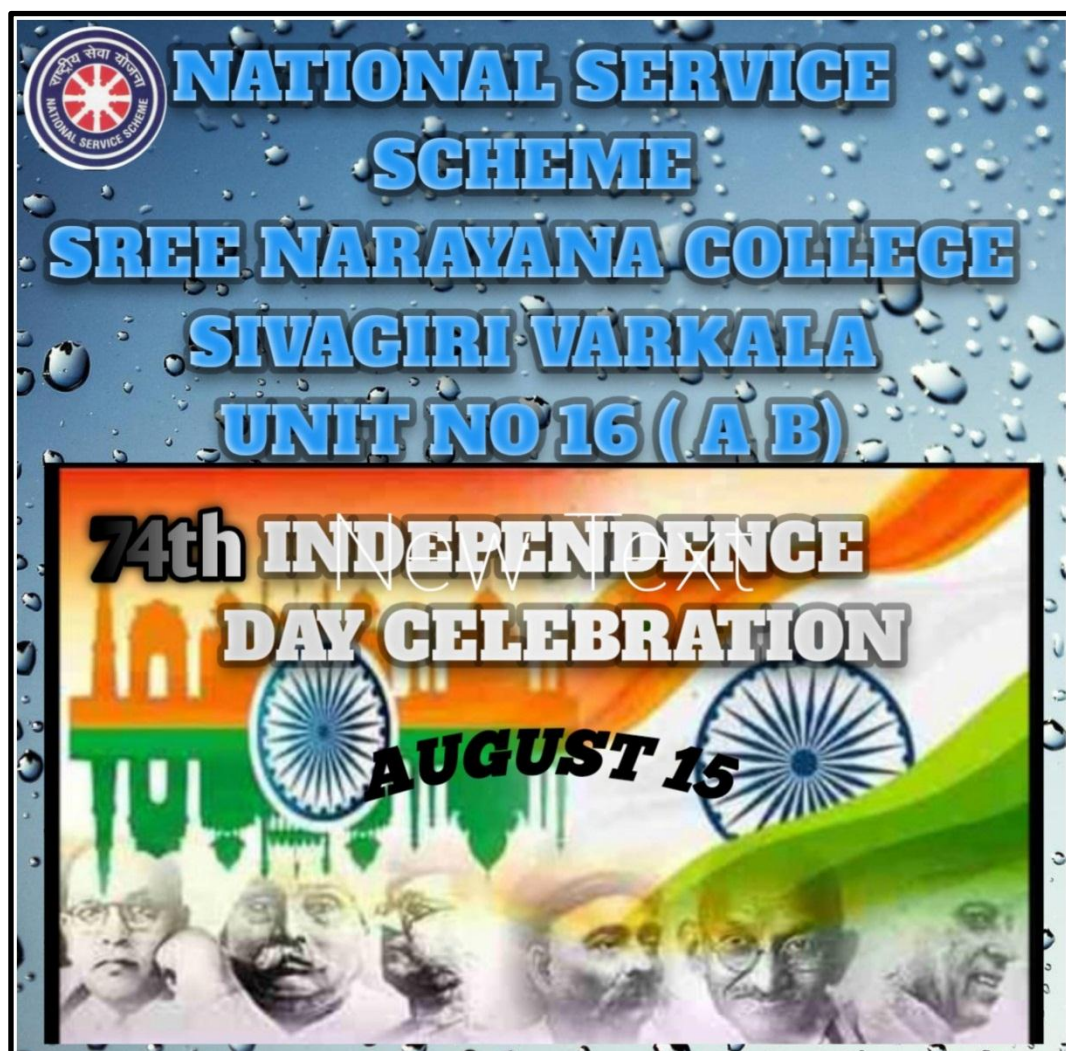


NSS volunteers collected money for the medical treatment of Sri. Sathar (Father of Salma Sathar, IIIrd B.Com H.M). He was a kidney patient and dependent of dialysis. Our NSS volunteers collect Rs.5,000/- (Five Thousand Rupees Only) for him. Principal Dr. K.C.Preetha handover the money to his daughter on 18/12/2020.



INDEPENDENCE DAY CELEBRATIONS

National Service scheme unit conduct the 74th Independence day celebration through Google meet platform. Celebrations inaugurated by Principal Dr. K.C. Preetha and gave message about Independence day. After this Sri. Aji SRM (SN Trust executive member), Prof. T. Sanalkumar (Former Principal, S.N. Trust, Arts and Science College, Pambanar, Idukki) Dr. G.S. Babitha (IQAC, Cordinator) Sri. G. Sivakumar (Vice President of P.T.A and Secretary of Former Students Association), Smt. Lakshmi.S.Dharan (Programme Officer) Speak about the programme. Programme Officer Sri. P.K. Sumesh preided the programme. The welcome speech is done by Kumary Abitha Asok and Kumary V.J.Jnanachandra gave vote of thanks.



Sir/Madam

NSS unit (16(A,B)) of Sree
Narayana College Sivagiri
Varkala decided to conduct 74Th
Independence Day on August 15
via Google meet at 9 am.

We kindly invite everyone to this
function.

14/08/2020. Programme
Varkala. Officers,
Lekshmi S Dharan
Sumesh P K

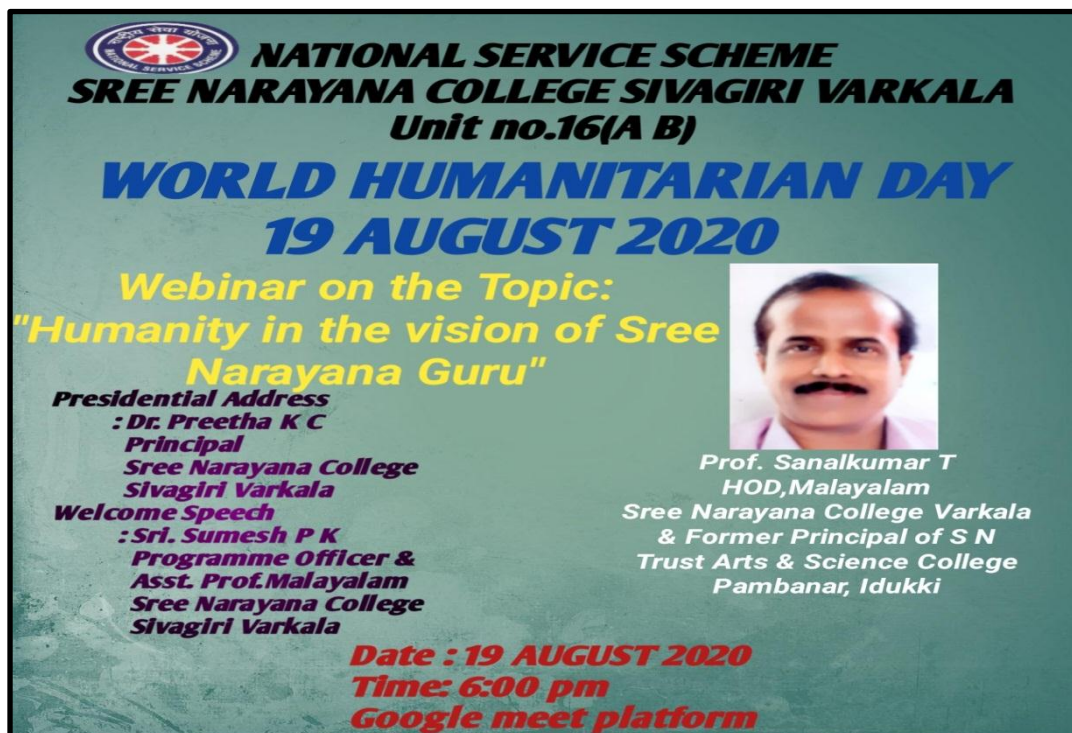
Programme Chart

9 am

NSS Song	:Kumari Sreelekshmi R (NSS Volunteer)
Welcome Speech:	Kumari Abitha Asok (NSS Volunteer)
Presidential Address	:Sri Sumesh P K (Programme Officer)
Inaugural Speech & Independence Day Message	:Dr.Preetha K C (Principal)
Felicitation	:Sri Aji S R M (S N Trust Executive Member) :Prof Sanalkumar (HOD, Malayalam) : Dr.Babitha G S (IQAC Co- ordinator) :Sri Sivakumar G (P T A Vice President & FSA Secretary)
Vote of Thanks.	: Kumari V J Jnana Chandra (NSS Volunteer)
National Anthem	: Kumari Sreelekshmi R (NSS Volunteer)
Independence Day Special Programmes	

OBSERVANCE OF WORLD HUMANITARIAN DAY

The units conduct a programme on observance of World Humanitarian day in online platform on 19th August 2020. Principal Dr. K.C. Preetha President by the programme. Webinar inaugurated by Prof. T. Sanalkumar (Former Prinipal, S.N. Trust Arts and Science College, Pambanar, Idukki) and conduct a speech about “Humanity in the vision of Sree Narayana Guru”.



NATIONAL SERVICE SCHEME
SREE NARAYANA COLLEGE SIVAGIRI VARKALA
Unit no.16(A B)

WORLD HUMANITARIAN DAY
19 AUGUST 2020

Webinar on the Topic:
"Humanity in the vision of Sree Narayana Guru"

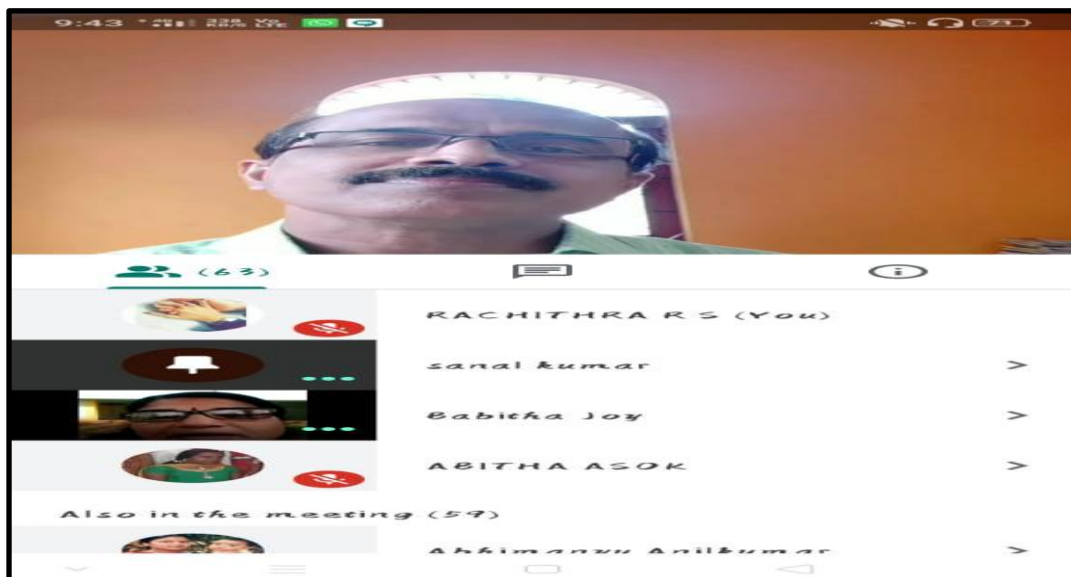
Presidential Address
: Dr. Preetha K C
Principal
Sree Narayana College
Sivagiri Varkala

Welcome Speech
: Sri. Sumesh P K
Programme Officer &
Asst. Prof. Malayalam
Sree Narayana College
Sivagiri Varkala



Prof. Sanalkumar T
HOD, Malayalam
Sree Narayana College Varkala
& Former Principal of S N
Trust Arts & Science College
Pambanar, Idukki

Date : 19 AUGUST 2020
Time: 6:00 pm
Google meet platform



COVID – 19 AWARENESS CLASS

The NSS Unit of SN College, Varkala conduct a webinar programme on the topic ‘IN THE COMING DAYS THE COVID-19 DEFENCE’. The programme was held on 25/08/2020. Principal Dr.K.C.Preetha inaugurated the webinar. Sri.Aji SRM, SN Trust Executive member; Dr. G.S.Babitha, Senate Member, University of Kerala; Sri. G.Sivakumar, PTA Vice president and secretary of Former students association felicitate the programme.

Dr. S.V.Gigin led the awareness class and gave doubt clearance to the volunteers.



NATIONAL SERVICE SCHEME
SREE NARAYANA COLLEGE SIVAGIRI VARKALA
Unit no: 16(A B)

Webinar on the Topic:

**“IN THE COMING
DAYS THE COVID-19
DEFENSE”**



Dr.S V Jijin
physician,
Thaluk Hospital
Varkala

Presidential Address:
Dr. Preetha K C
Principal
Sree Narayana College
Sivagiri Varkala

Felicitation:
Sri.Aji S R M
S N Trust Executive Member
Dr.Babitha G S
IQAC Co-ordinator
Sri. Sivakumar G
P T A Vice President & FSA Secretary

Date: 25/08/2020
Time: 3:00 pm
Google meet
platform

ONAM KIT DISTRIBUTION

The National Service scheme units distributed Onam kits to the most eligible families in our adopted village on 26th August 2020. The programme was inaugurated by Principal Dr. K.C. Preetha. Dr. G.S. Babitha (IQAC coordinator), Dr. Usha. R.B, Smt. V. Sini, volunteers, Programme Officers also participated in this event.



NSS DAY CELEBRATIONS

On 24th September 2020 the unit decided to organize various programmes. Principal Dr. K.C. Preetha inaugurated this function by raising the flag. After wards unit organize cultural programmes following covid – 19 protocol.





FIT INDIA PLOG RUN CAMPAIGN

First Anniverssary of FIT INDIA PLOG RUN which was launched by Shri. Kiren Rijiju, Hon'ble Minister for Youth Affairs and Sports, Govt of India on 2nd Oct 2019. Along with the culmination of 150th Birth Anniversary of Mahatma Gandhi the Ministry is urging all NSS units to organize a virtual plog run on 2nd October 2020 Gandhijayanthi day. The plog run for picking up plastic and other wastes as part of Swachh Bharath programme can be undertaken at the home of volunteers and nearby areas in the morning. NSS Volunteers of S.N College, Sivagiri, Varkala participated in this programme.



GANDHI JAYANTHI

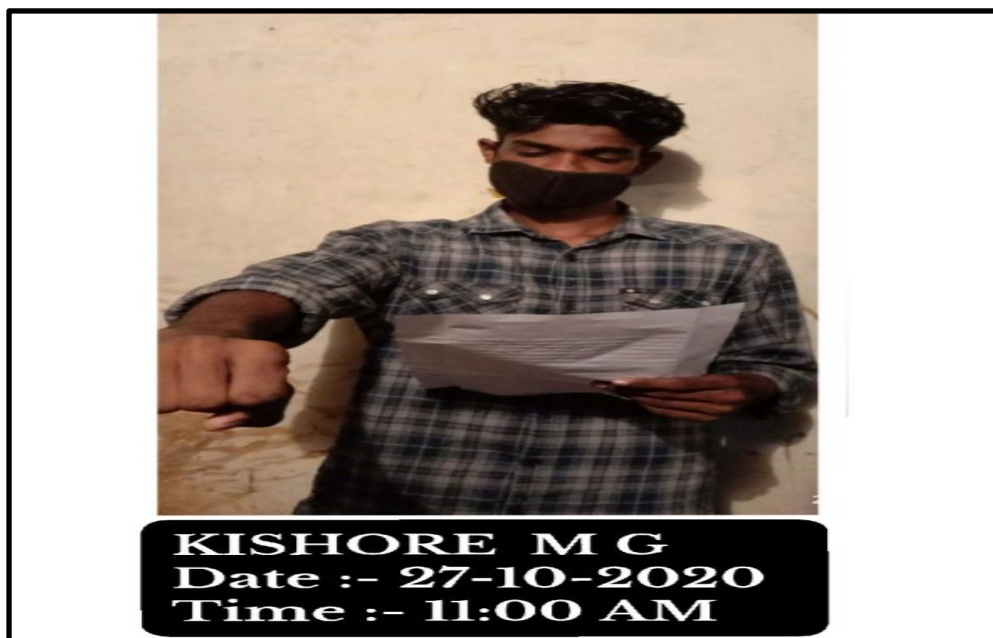
Related with 151th Gandhijayanthi, the units organize various programmes in adopted village. The programme was inaugurated by Principal Dr. K.C. Preetha. Dr. A. Joly former Principal gave study materials for students and Dr. G.S. Babitha Senate Member, University of Kerala gave sweets for students. Afterwards conduct competitions based on national songs and gave prizes. Programme Officers and Volunteers led the activities.

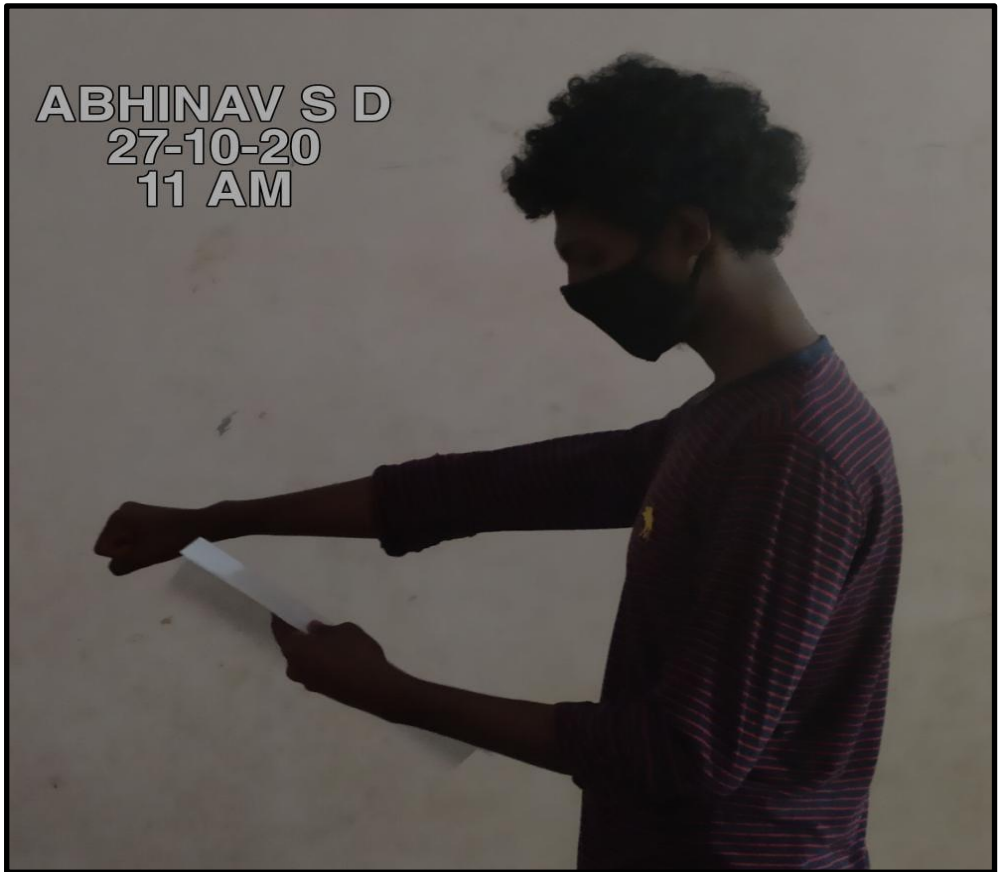
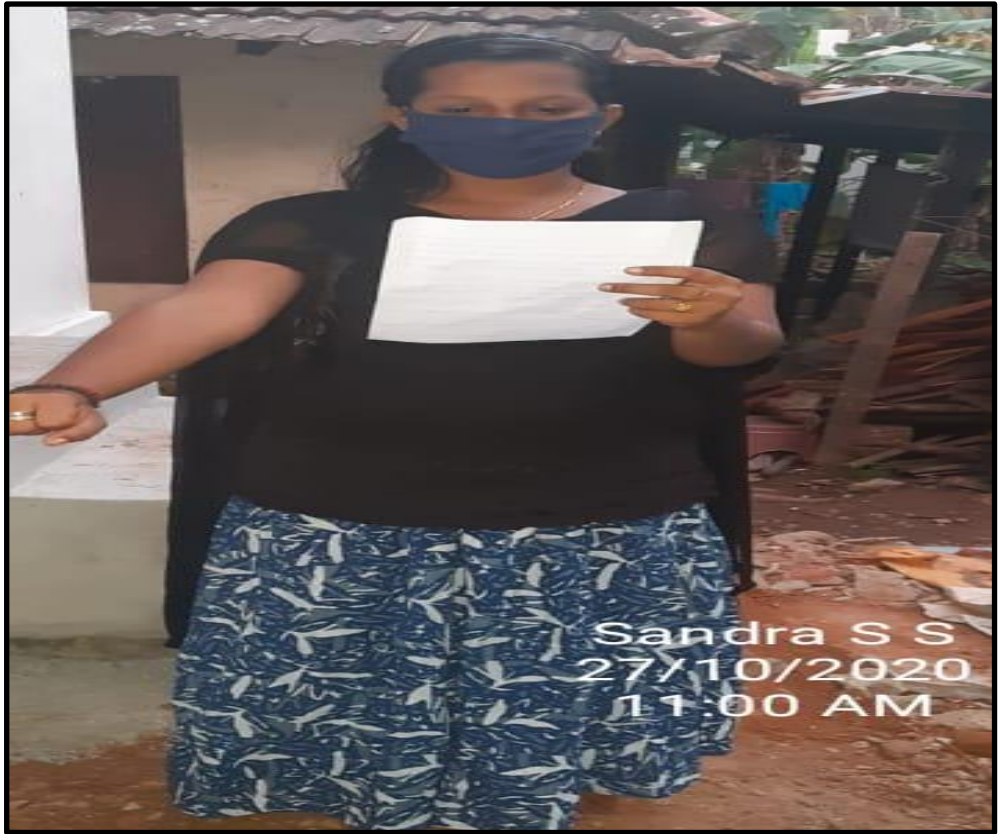




COVID – 19 PLEDGE

The honorable Prime Minister is launching a new campaign on prevention and mitigation of covid – 19 on 27th October 2020 at 1.00pm. All the NSS volunteers would have to take covid pledge at the same time. Our volunteer of NSS participated in this programme and take covid pledge.





BLOCK LEVEL WEBINAR ON NATIONAL EDUCATION POLICY 2020

National Service Scheme Unit SN College Varkala in Association with Nehru Yuva Kendra, Trivandrum; VKCET College, Chavarcodu, Varkala; SNGCAS College, Varkala conducted a block level webinar on the topic National Education Policy-2020 on 20th October 2020.

The Programme inaugurated by Dr. T.G.Ansalam Raj, Principal VKCET College, Chavarcodu, Varkala. Sri.P.P.Muhamemd Master, Senior Assistant, WOVHSS Muttill, Wayanad; Smt. Rohini.M, Programme Officer, SNGCAS Varkala; Sri. Vishnu Chandran, Programme Officer VKCET Varkala; Sri. B.Ali Sabrian, District Youth Co-ordinator, Nehru Yuvakendra, Ministry of Youth affairs and sports, Govt. of India participate the debate. Smt. Veenas.C.L, Programme Officer SN College, Sivagiri, Varkala Presided the webinar.

NATIONAL EDUCATION POLICY - 2020
BLOCK LEVEL WEBINAR
VARKALA BLOCK

Welcome Speech : **Aravind A P**
Youth Volunteer
Nehru Yuva Kendra

Introductory Speech : **Shri.B.Ali Sabrin**
(Dist. Youth Coordinator,
Nehru Yuva Kendra, Ministry of youth
affairs & sports, Govt Of India)

Presidential Address : **Shri.Veenas.C.L**
NSS Programme Officer &
Assistant Professor Department Of
Physics, Sree Narayana College,
Sivagiri, Varkala

Inauguration : **Dr.T.G.Ansalam Raj**
Principal VKCET College,
chavarcodu, Varkala

Key Note Address : **Shri .P.P Muhammed master**
(Senior assistant,WOVHSS muttil,wayanad)

Felicitations : **Shri.Rohini.M**
NSS Programme Officer &
Assistant professor in commerce department,
S.N.G College of advance d studies, Varkala

Felicitations : **Shri.Vishnu Chandran**
NSS Programme Officer & Assistant Professor,
VKCET College, chavarcodu,Varkala

Felicitations : **Abhiraj.S**
Volunteer Secretary,
VKCET College,chavarcodu,varkala

Vote of Thanks : **Apsara Jayan**
Youth volunteer
Nehru Yuva Kendra



NEHRU YUVA KENDRA, TRIVANDRUM

IN ASSOCIATION WITH

VKCET COLLEGE

SN COLLEGE

S.N.G.C.A.S COLEGE

BLOCK LEVEL WEBINAR

ON

NATIONAL

EDUCATION POLICY - 2020

OCTOBER 20, 2020 - 7 PM

YOU ARE CORDIALLY INVITED



Google Meet

AGRICULTURE TRAINING PROGRAMME

In various types of farming, there was a training programme organized by unit in association with Krishi Bhavan, Cherunniyoor, Varkala on 11/11/2020. There would have different kinds of trainings about soil preparation for farming, compost preparation, Grow bag filling, seed cultivation etc. Volunteers Abhinav, Indukalyani, Lekshmi S Nair, Vaishnav are participated in the programme. They completed the training programme and trained other volunteers in our units.



ANGANAVADI CLEANING

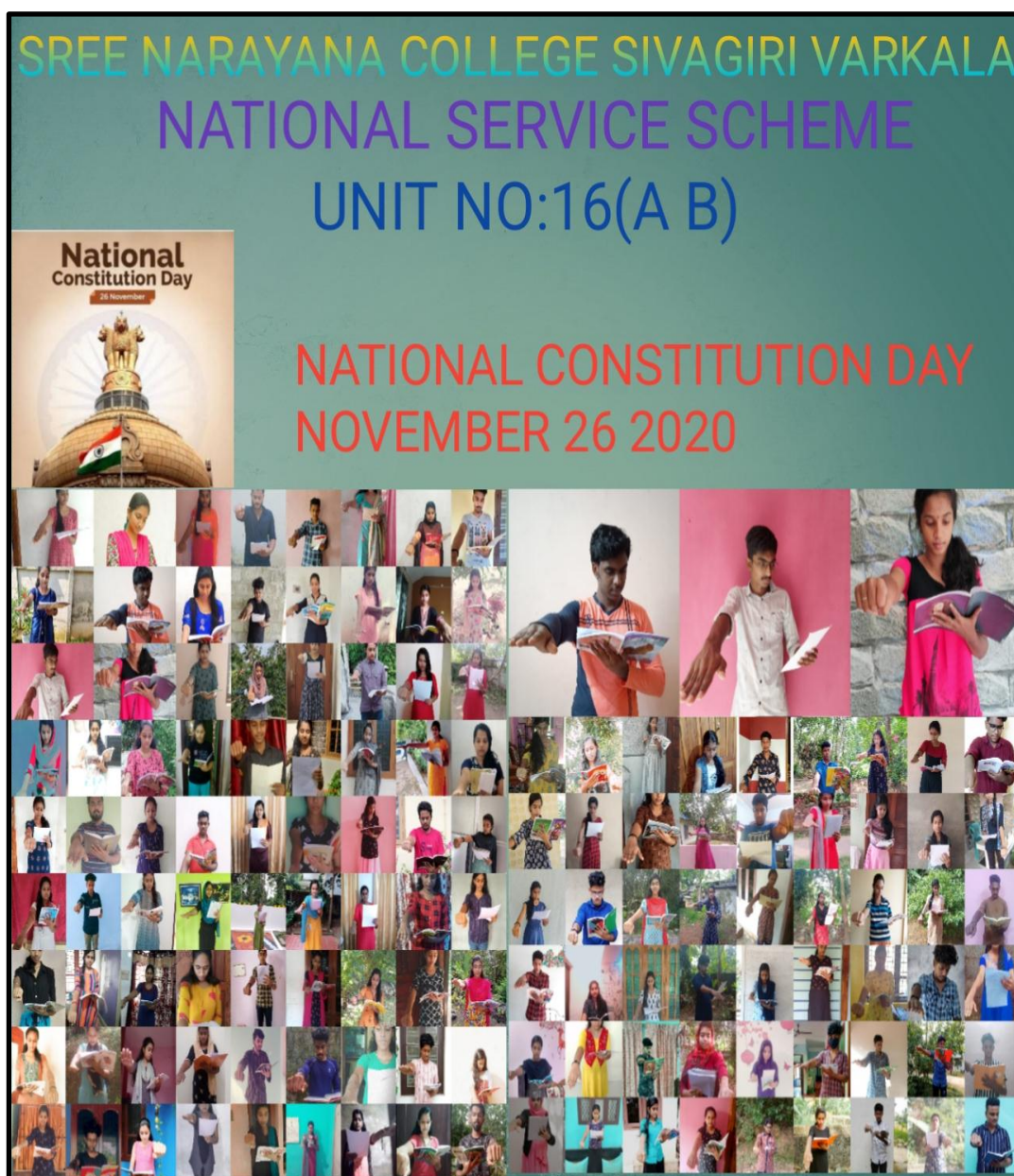
20/11/2020

During the period of curing of covid – 19. National Service Scheme volunteers conduct a cleaning programme in Anganavadi located in Adopted Village.



CONSTITUTION DAY PLEDGE

The constitution Day is being celebrated on 26/11/2020. All the NSS units would have to join the reading of the preamble to the constitution by the Hon'ble Prime Minister on 26/11/2020 at 11.00 am from their respective location by following covid protocols. NSS units of S.N College Varkala participated in the campaign.



AIDS DAY OBSERVANCE

DECEMBER 1St 2020

Public health plays an important role in the well-being of the society. Giving awareness about the significance of maintaining good health is very important in the present social scenario.

World aids day is observed every year to create awareness of aids caused by the spread of HIV infection. As part of the aids day observance programme inaugurated by the Principal Dr. K.C.Preetha and conduct an awareness class on this subject. The class was led by Dr. S.V. Gigin, Physician, Taluk Hospital Varkala.

ശ്രീ നാരായണ കോളേജ്
ശിവഗിരി, വർക്കല
തൃശ്ശൂർ സർവ്വീസ് സ്കീം
യൂണിറ്റ് 16 A, B

ലോക എയ്ഡ്സ് ദിനഘോഷം
2020 ഡിസംബർ 1 ചൊവ്വ
കാലഘട്ടം 10:00 AM - 12:00 PM

പ്രാർത്ഥന : **ശ്രീമതി. വിനസ്. സി. എൽ.**
(പ്രോഗ്രാം ഓഫീസർ)

ആമുഖ പ്രഭാഷണം : **ഡോ. കെ. സി. പ്രീത**
(പ്രിൻസിപ്പൽ)

ബോധവൽക്കരണ ക്ലാസ്സ് നയിക്കുന്നത് : **ഡോ. ജിജിൻ. എസ്. വി.**
(ഫിസീഷ്യൻ, താലൂക്ക് ഹോസ്പിറ്റൽ, വർക്കല)

നന്ദി : **ശ്രീ. അഭിനവ്. എസ്. ഡി.**
ഡോ. കെ. സി. പ്രീത
(പ്രിൻസിപ്പൽ)

പി. കെ. സുമേഷ്
പ്രോഗ്രാം ഓഫീസർ

വിനസ്. സി. എൽ.
പ്രോഗ്രാം ഓഫീസർ



MAZHAMARA AGRICULTURE PROJECT

Changing mode of agriculture has resulted in the large scale production of poisonous food crops. Consuming such food items can result in harmful diseases. It is only then we come to realize the importance of poison free vegetables by ourselves. As an attempt to make the volunteers understand the importance of cultivation, the NSS unit of SN College Varkala took an initiative to cultivate vegetable in the college premises.

National Service Scheme Units of SN College Varkala in association with Krishi Bhavan Varkala and SN Trust management put into practice a programme was ‘Mazha Mara’ Agriculture project. The project inaugurated by Smt. Beena Boniface, Assistant Director, Agriculture Department Varkala on 10/02/2021. Principal Dr. K.C.Preetha presided the programme. Sri. Aji SRM, SN Trust executive member, Sri. Radhakrishnan.K, Officer, Krishi Bhavan, Varkala, Sri. M.Baiju, Assistant, Krishi Bhavan Varkala, Dr. S.Soju, IQAC Cordinator, Smt. Sini, PTA Secretary, Sri. G.Sivakumar, PTA Vic President and Former Students Association also participated.



12 കേരള കാമുകി 11 ഫെബ്രുവരി 2021 ന്യാ. കിഴക്കൻ മലബാറും

പ്രാദേശിക

www.keralakamuki.com

വർക്കല ശിവഗിരി കോളേജിൽ മഴമര പദ്ധതി ഉദ്ഘാടനം

വർക്കല ശിവഗിരി കോളേജിൽ 'മഴമര' പദ്ധതി ഉദ്ഘാടനം. കോളേജിന്റെ മുമ്പാകെ കെട്ടിയിടിയ്ക്കുന്ന പദ്ധതിയുടെ ഭാഗമായി ഉദ്ഘാടനം നടന്നു. കോളേജിന്റെ മുമ്പാകെ കെട്ടിയിടിയ്ക്കുന്ന പദ്ധതിയുടെ ഭാഗമായി ഉദ്ഘാടനം നടന്നു. കോളേജിന്റെ മുമ്പാകെ കെട്ടിയിടിയ്ക്കുന്ന പദ്ധതിയുടെ ഭാഗമായി ഉദ്ഘാടനം നടന്നു.

വർക്കല വൈസചാൻസ് കല്ലിടൽ ഇന്ന്

വർക്കല വൈസചാൻസ് കല്ലിടൽ ഇന്ന്. വർക്കല വൈസചാൻസ് കല്ലിടൽ ഇന്ന്. വർക്കല വൈസചാൻസ് കല്ലിടൽ ഇന്ന്.

അയിരൂർ

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കുടിവെള്ളം കിട്ടാക്കണി

കുടിവെള്ളം കിട്ടാക്കണി. കുടിവെള്ളം കിട്ടാക്കണി. കുടിവെള്ളം കിട്ടാക്കണി. കുടിവെള്ളം കിട്ടാക്കണി.



THANNERKUDAM

As the part of ecofriendly programmes from 2018 National Service Scheme Units of SN College Varkala conduct “Thannerkudam Project”. The aim of this project is to gave drinking water to thirsty birds and small organisms for getting sufficient water during summer season. This year the programme was inaugurated by the Pricipal Dr.K.C.Pretha on 14th February 2021. Sr. Aji SRM SN Trust executive member, Dr.S.Soju IQAC coordinator, Dr.G.S.Babitha, Sri.G.Sivakumar, PTA Vice President and Secretary of Former Students Association participated this programme.



HEALTH SURVEY

During the covid pandemic situation the National Service Scheme unit conducted a health survey in neighbouring houses of the vounteers on 23rd December 2020. The survey was conducted to know the health issues among the neighbours in pandemic situation.





PERSONALITY DEVELOPMENT PROGRAMME

An orientation class was held on 02/03/2021 under the guidance of Sri. Brahma Nayakam Mahadevan. The Class was attended by 100 students and the aim of this programme was to develop personality and interest among students on the importance of NSS in developing a commitment towards society. The resource person took effective class through different activities.



E-WASTE MANAGEMENT

07/03/2021

For decades, plastic has been considered as the dangerous pollutant on earth. But there is another pollutant called e-waste or electronic waste which is more powerful and dangerous. E-waste is formed due to the accumulation of discarded electronic products. E-waste generates harmful radiations which can cause damage to human cells. It can even cause harmful diseases. Even though we are aware of the consequences of e-waste, we are hardly doing anything to prevent it.

The NSS unit of Sree Narayana College, Varkala who realized the after effects of e-waste decided to find a solution to this problem. It was then they came to know about the Earth Sense Private Limited Company in Palakkad, that collects and recycle e-waste. The volunteers contacted the company through an employee of that Company.

As per the suggestions from the company, the volunteers collected about 150 kg of e-waste from their houses, other students, teaching and non-teaching Staff and also from the neighboring households. The volunteers also conducted an awareness programme for these people about the harmful effects of e-waste. This programme enabled the volunteers to contribute something for maintaining the health of their society. They also succeeded in making the people aware of the importance of recycling e-waste.

For recycling the collected E-waste hand over to Earth Sense Pvt. Ltd Co. Palakkad. The Principal Dr. K.C.Preetha flag off the vehicle carrying E-Waste. Sri. Aji SRM, SN Trust Executive member, Sri. G.Siva Kumar, PTA Vice President and Secretary of former students association; programme officers and volunteers took part in this programme.

മുട്ടാതെ കൊടുക്കാവുന്നതിനും കരവാദിസമൂഹങ്ങളിലും പൊലീസിനെയും സന്നിഹിതരും മാനുവലിനെയും സഹായിക്കാനും സൗജന്യമായി ക്യാമ്പിൽ 83 പേർ പങ്കെടുത്തു.

വാർഷിക യോഗം

വക്കം: നിലയ്ക്കാട് ഗണപതിപ്പുര പുത്തൻ സ്വയംസഹായ സംഘത്തിന്റെ വാർഷിക വകുപ്പിന്റെ അംഗീകാരം നൽകിയിട്ടുണ്ട്. ഓരോ വർഷവും ഏപ്രിൽ 15-ാം തീയതിയോടുകൂടി ഏപ്രിൽ 15-ാം തീയതിയിൽ (പ്രസിഡന്റ്), ഏപ്രിൽ 15-ാം തീയതിയിൽ (വൈസ് പ്രസിഡന്റ്), കെ. രാജേന്ദ്രൻ (സെക്രട്ടറി), ജി. സതീശൻ (ജോയിന്റ് സെക്രട്ടറി), ബി. കെ. സുരേഷ് ബാബു (ട്രഷറർ) എന്നിവരെ തിരഞ്ഞെടുത്തു.

ടിച്ചർമാരെ ആദരിക്കൂ

വക്കം: വനിതാ ദിനത്തിൽ വക്കം വനിതാ ടിച്ചർമാരെ ആദരിക്കാനും പുല്ലു വിളക്കു എൽ.പി.സി.യിൽ വാർഡ് മേധാവിമാരെ കണ്ടുമുട്ടാനും നേതൃത്വത്തിലാണ് ടിച്ചർമാരെ ആദരിക്കാൻ ചടങ്ങ് സംഘടിപ്പിച്ചത്. ടിച്ചർമാരായ ശാന്താ, സരോജ എന്നിവരാണ് ആദരിച്ചത്. യു.പ്രകാശ്, പ്രതാപൻ, പത്മിനി, മിനി മോശി, ലിസി തുടങ്ങിയവർ പങ്കെടുത്തു.

വൈദ്യുതി മുടങ്ങും

വർക്കല: ഇടവ കെ. എസ്. ഇ. ബി.

മെ വിദ്യാർത്ഥികൾക്ക് വൈദ്യുതി മുടങ്ങിയപ്പോൾ വൈദ്യുതി കമ്പനിയുടെ സഹായം അഭ്യർത്ഥിക്കണമെന്നും അറിയിച്ചു.

നാൽ കേരളത്തിലെ 40 മണ്ഡലങ്ങളിലും സ്ഥാനാർത്ഥികളെ നിയമിച്ചു. സുതാര്യമായി തിരഞ്ഞെടുക്കലുകൾ നടന്നു. അതിനിടെ പലപ്പോഴും തിരഞ്ഞെടുക്കലുകളിൽ പങ്കെടുക്കുന്നവർക്ക് വൈദ്യുതി മുടങ്ങിയപ്പോൾ വൈദ്യുതി കമ്പനിയുടെ സഹായം അഭ്യർത്ഥിക്കണമെന്നും അറിയിച്ചു.

കുട്ടികൾക്ക് നൽകുന്ന പദ്ധതികൾക്കും കൊമ്പിൻ മാനുവലിനെയും സഹായിക്കാനും സൗജന്യമായി ക്യാമ്പിൽ 83 പേർ പങ്കെടുത്തു.

ആരും തിരഞ്ഞെടുക്കുന്നതിനും കരവാദിസമൂഹങ്ങളിലും പൊലീസിനെയും സന്നിഹിതരും മാനുവലിനെയും സഹായിക്കാനും സൗജന്യമായി ക്യാമ്പിൽ 83 പേർ പങ്കെടുത്തു.



വർക്കല എസ്.എൻ. കോളേജിലെ നാഷണൽ സർവീസ് സ്കീം യൂണിറ്റിലെ പ്രവർത്തകർ ശേഖരിച്ച ഇ-വേസ്റ്റ് കൈമാറുന്ന ചടങ്ങ് കോളേജ് പ്രിൻസിപ്പൽ ഡോ. കെ. സി. പ്രിയ ഫ്ലോഗ് ഓഫ് ചെയ്യുന്നു. പി. കെ. സുരേഷ് അണി എസ്. ആർ. എം. തുടങ്ങിയവർ സാക്ഷികൾ.

ശിവഗിരി കോളേജിലെ ഇ-വേസ്റ്റ് ശേഖരിച്ചു കൈമാറി

വർക്കല: ശിവഗിരി എസ്.എൻ. കോളേജിലെ ഇ-വേസ്റ്റ് ശേഖരിച്ചു കൈമാറി. ശിവഗിരി ശ്രീനാരായണ കോളേജിലെ നാഷണൽ സർവീസ് സ്കീം യൂണിറ്റിലെ വോളന്റിയർമാർ പരിസ്ഥിതി സംരക്ഷണ പ്രവർത്തനങ്ങളുടെ ഭാഗമായാണ് വേസ്റ്റ് ശേഖരിച്ചു കൈമാറിയത്. വിട്ടുകളിലെയും പരിസരം

പ്രദേശങ്ങളിലെയും ഇ-വേസ്റ്റുകളാണ് ശേഖരിച്ചു കൈമാറ്റം. പാലക്കാട് എർത്ത് സെൻസിറ്റൈവ് റീജിയൻ കമ്പനിയായാണ് ഇവ എടുത്തത്. ഡോ. കെ. സി. പ്രിയ ഇ-വേസ്റ്റ് വരിച്ച് വാഹനം ഫ്ലോഗ് ഓഫ് ചെയ്തു. എസ്.എൻ. എക്സിക്യൂട്ടീവ് അംഗം അണി എസ്. ആർ. എം. ലക്ഷ്മി എസ്. ധരൻ പി. ടി. എ. പ്രസിഡന്റും പൂർവ്വ വിദ്യാർത്ഥി സംഘടനയുടെ സെക്രട്ടറിയായ ബി. ശിവകുമാർ പ്രൊഫ. ഓഫീസർമാരായ വിനയ് എസ്. പി. കെ. സുരേഷ് എസ്. എസ്. എസ്. വോളന്റിയർമാർ തുടങ്ങിയവർ സംബന്ധിച്ചു.

സിനിമ

- ★ARIESPLEXUS CINEMA (0471 4086660) :-
- ★Audi 1- MASTER (T-9.30, 1.30, 5.30) ★Audi 2- MASTER (T-1.00, 2.30, 6.15) ★Audi 3- EESWARAN (T-11.15, 1.45, 4.15, 7.00) ★
- ★Audi 4- MASTER (T-10.30, 2.15, 6.15) ★Audi 5- MASTER (T-10.00, 2.00, 6.00) ★Audi 6- MASTER (T-10.30, 2.15, 6.00)
- ★ജോയിന്റ് മാനേജർ :- MASTER (T- 9.00, 1.30, 5.30)
- ★ചക്രവർത്തി (2472825) :- CHAKRA (T- 11.30, 2.30, 6.30)
- ★ശ്രീപ്രസാദൻ (2473999) :- MASTER (T-10.30, 2.30, 6.00)
- ★ജോയിന്റ് മാനേജർ (2473999) :- MASTER (T-10.30, 2.30, 6.00)
- ★കെ.കെ.ടി. TOMA BERRY (11.15, 2.30, 6.15)
- ★പ്രൊ. BLACK COFFEE (11.15, 2.30, 6.15)
- ★പ്രൊ. VELLAM (2.30, 6.15) sathyadriyechuvarna poolkkaal (11.15am)
- ★സൂര്യ (232244) :- ★Screen 1- CHAKRA (9D) (T-11.30, 2.30, 6.30) ★Screen 2- SAJAN BAKERY (M-11.30, 2.30, 6.30) ★SCREEN 3 - BLACK COFFEE (M-11.30, 2.30, 6.30)
- ★ജോയിന്റ് മാനേജർ :- VELLAM (M-11.30, 2.30, 6.15)
- ★ജോയിന്റ് മാനേജർ MT CINEPLEX (2419515) :- MASTER (T- 9.30, 1.30, 6.00)
- ★ജോയിന്റ് മാനേജർ എച്ച്.കെ. മനോജൻ (0471-271555, 0447080800) :- MASTER (T- 11.00, 2.30, 6.00)
- ★ജോയിന്റ് മാനേജർ (0471 2755666) :-

ഇന്ന്





WOMENS DAY CELEBRATION

08/03/2021

The National Service Scheme Unit of S.N. College, Varkala in Association with women's study unit celebrated womens day. As part of the activities unit conducted an awareness class on the topic 'Issues and concerns of Women's Health in India' on 08/03/202,10.00 am. Principal Dr.K.C.Preetha presided by the programme Dr.S.Sozu IQAC Cordinator, Smt. C.L.Veenas Programme Officer NSS felicitate the programme.

Dr. Amrutha BNYS, Gynaecologist, SSNMM Hopital, Varkala led the awareness class and gave doubt clearance to the students.

Sree Narayana College
Sivagiri , Varkala
WOMEN'S STUDY UNIT
International Women's Day
Celebrations
On 08/03/2021 @ 10 AM
Venue : Conference Hall

Resource Person



Dr Amrutha .BNYS
SSNMM Mission Hospital ,Varkala

Topic
**ISSUES AND CONCERNS OF
WOMENS HEALTH IN INDIA**

Organising committee	Members
Dr Usha RB	
<i>Coordinator</i>	Ms Biji K K
Dr K C Preetha	Smt Induja P
<i>Principal</i>	Dr Ambili Chandran
	Dr Deepika V S

Sree Narayana College

Sivagiri , Varkala

Women's Study Unit & NSS Units

International Women's Day Celebrations

Program Schedule

On 08/03/2021 @ 10 AM

Venue : Conference Hall

സ്വാഗതം - ഉഷ ആർ.ബി
വിമൻസ് സ്റ്റഡി യൂണിറ്റ്
കൺവീനർ

അദ്ധ്യക്ഷ- ഡോ.കെ.സി. പ്രീത
കോളേജ് പ്രിൻസിപ്പൽ

ആശംസ - ഡോ.എസ്.സോജു
ഐ ക്യൂ എ സി കോ - ഓർഡിനേറ്റർ

വീനസ് .സി എൽ
(എൻ എസ് എസ് പ്രോഗ്രാം ഓഫീസർ)

നന്ദി - ശ്രീമതി.ഇന്ദുജ (മെമ്പർ
വിമൻസ് സ്റ്റഡി യൂണിറ്റ്)



KURUNNUKALKORU KUNJUPUTHAPPU

24/03/2021

The NSS unit of SN College Varkala collected the dresses for Anganavadi children and distributed named 'Kurunnukalkoru Kunjuputhappu'.

Volunteers of SN College Varkala realize the truth that there are some childrens from the Anganwadi of adopted village are economically backward. So they had shortage of dresses. So the unit decided to gave some dresses for that children.

Volunteers collected dresses from their homes, friends, relatives and teachers. These dresses are carried to the Anganavadi on 22/01/2021. Smt. V.Sathi, Teacher of Anganavadi and Smt. S.Sarala, helper of Anganwadi received the boxes containing dresses.



PALLIATIVE CARE

Palliative care is an inter disciplinary approach to specialize the medical and nursing care for people with limiting illness. It focuses on providing relief from the symptoms, pain, physical stress and mental stress at any stage of illness. The goal is to improve quality of life for both the person and their family.

During the academic year NSS Unit gave medicines, dresses, food etc. for palliative care patients. This programme was inaugurated by Dr. K.C. Preetha (Principal) on 10th March 2021. Sri. Aji SRM (SN Trust Executive Member), Dr. G.S. Babitha (Senate Member Kerala University), Dr. S. Soju (IQAC Cordinator), Smt. Sini.V (PTA Seretary & Asst. Prof, Dept. of Malayalam) also participated in this programme.





TESTING THE QUALITY OF FOOD ITEMS

NSS Units of SN College, Varkala in Association with Food Safety Department, Government of Kerala, Varkala circle organize a programme related with testing the quality of food items on 29/03/2021. The programme was inaugurated by the Principal Dr.K.C.Preetha gave a sample of oil. They test the quality of various food items from the teachers, non teaching staffs and students.

Government of Kerala, Food Safety Department Varkala Circle Officer Sri. R.P.Praveen; Smt. Ajitha Jose, TechnicalAssistant; Sri. Vinod S Nair, Lab Assistant; Smt. Prema.K, Office Assistant, Food Safety Office Varkala Circle are participated in this programme.



EAT RIGHT MOVEMENT PROGRAMME

31/03/2021

As the part of 'Eat Right Movement' the online guidelines format of pamphlet obtained from the food safety department, Thiruvananthapuram district, Varkala Circle Office. The Pamphlet distributed among the volunteers. They send this tract to their friends, Classmates, Relatives and Public through Social Media. Also they gave awareness about that.

EAT RIGHT MOVEMENT

AN INITIATIVE BY NetProFan

NetProFan is Network of Professionals of Food And Nutrition hosted by the Food Safety and Standards Authority of India (FSSAI)

GOLDEN RULES TO STAY HEALTHY

- **Never** skip breakfast and prefer **BALANCED DIET**
- Include **FIBRE** containing foods in your daily diet
- Strictly **AVOID** reusing cooking oil
- **AVOID** plastic containers for storing hot foods
- Use only **food grade** containers for storing raw materials
- Use only **IODIZED SALT** for preparing dishes
- **DO NOT** use **Newspaper** for covering or packing food items
- Say **NO** to synthetic food colors and artificial flavors
- Check for label declaration on packed food items
- **AVOID** contact between Raw Foods and Cooked Foods
- Use only **POTABLE WATER** for preparing food items
- **Always** Cover prepared Food items and protect from insects, rodents etc.
- **AVOID JUNK FOODS** ie., Food High in Fat, Sugar and Salt and **prefer** steam cooked foods

*****Stay Home....Stay Healthy....Keep Social Distancing*****

**FOOD SAFETY DEPARTMENT,
THIRUVANANTHAPURAM DISTRICT
(VARKALA CIRCLE)**

CAMPUS CLEANING

The aim of our NSS Unit was the clean and green campus. As part of the year round programme of the unit, the volunteers often did cleaning programmes as part of their field work obeying covid protocol.



SEVEN DAY ANNUAL CAMP

In this academic year the NSS Unit conducted the seven day annual camp 'Thranam 2020' following covid-19 protocol. Because of this camp organized in online platform and offline plat form.

The camp was inaugurated by Dr.K.C.Pretha, Prinipal on 23/12/2020. The inaugural meeting was presided over by C.L.Veenas Programme Officer. Sri. Aji SRM, SN Trust Executive member, Dr. Soju.S IQAC Cordinator, Smt. V.Sini P.T.A Secretary, Smt. Lakshmi.S.Dharan fromer Programme Officer, Sri.G.Sivakumar P.T.A Vice President and Secretary Former Students Association, Sri.M.Rajeevan, S.N Trust Life Member felicitate the programme. Welcome speech done by Programme Officer P.K.Sumesh and Kumary Akhila.B gave vote of thanks.

Later the primary activities of the camp held for new NSS volunteers.

In the second day of the camp there was an awareness class was held on 24th December. Dr.A.Shaji, Cordinator, NSS University of Kerala led the class on the topic "Youth as Problem Solvers and Change Agents". And also conducted health Survey (offline) on neighboring houses of the volunteers.

The third day's Programme was a medical awareness class. Dr.K.R.Jayakumar, HOD of Naturopathy, Sivagiri Medical Mission Hospital Varkala led the class on the topic "Prathirodha Seshi Vardhippikkunnathil Yoga Prakruthy Chikilsayude Prasakthi". After heis programme volunteers collect E-Wate from their houses and neighbouring houses.

The fourth days programme was an awareness class on the topic “personality development through social work”. The class led by Prof. T.Sanalkumar Former Principal SN Trust Arts and Science College Idukki Pambanar and HOD of Malayalam SN Varkala. After the programme, volunteers arrived college campus and did various activities following covid-19 protocol.

The fifth day there was an awareness class ‘Namukkoru Yathra Poyalo’. The class led by Smt. Vini, Asistant Professor, Dept. of Malayalam. SN College, Varkala. After the programme volunteers cleaned their home and surroundings and plant sapling for future.

Dr. Shameer Hamsa Assistant Professor, Iqbal Colelge, Peringamala led an awareness class on the sixth day of the camp.

Last day of the camp there was an awareness class about the topic ‘Group Dynamics’. The class led by Dr. Sajith S.J Sasi, HOD of Hindi, SN College Varkala.

After that closing ceremony conducted. The meeting inaugurated by Dr.G.S.Babitha, Senate Member University of Kerala and Assistant Professor, Department of Zoology. The former NSS volunteers, teachers, non-teaching staffs, management representative all were participated.

In Every day of the camp NSS Song, Thought for the day, Newspaper reading, evaluation of the previous days programmes are conducted.



ശ്രീനാരായണ കോളേജ്

ശിവഗിരി, വർക്കല

നാഷണൽ സർവ്വീസ് സ്കീം യൂണിറ്റ് 16(A,B)
വിർച്വൽ സപ്തദിന വാർഷിക ക്യാമ്പ് - 2020
"YOUTH FOR PREVENTION AND MITIGATION OF COVID-19"


ഉദ്ഘാടന സമ്മേളനം

സമയം: വൈകുന്നേരം 7.00 മുതൽ 7.45 വരെ

പ്രാർത്ഥന	- കുമാരി. ശ്രീലക്ഷ്മി.ആർ (വോളന്റിയർ)
അദ്ധ്യക്ഷ	- ശ്രീമതി. വിനയ്.സി.എസ് (പ്രോഗ്രാം ഓഫീസർ)
സാഗതം	- ശ്രീ.പി.കെ. സുമേഷ് (പ്രോഗ്രാം ഓഫീസർ)
ഉപക്രമം	- അദ്ധ്യക്ഷ
ഉദ്ഘാടനം	- ഡോ.കെ.സി.പ്രീത (പ്രിൻസിപ്പൽ)
ആശംസകൾ	- ശ്രീ.അജി.എസ്.ആർ.എം (എസ്.എൻ.ട്രസ്റ്റ് എക്സിക്യൂട്ടീവ് അഗം)
	- ഡോ. സോജു.എസ് (ഐ.ക്യൂ.എ.സി. കോർഡിനേറ്റർ)
	- ശ്രീമതി. സിനി.വി (പി.ടി.എ. സെക്രട്ടറി)
	- ശ്രീമതി. ലക്ഷ്മി.എസ്.ധരൻ (മുൻ പ്രോഗ്രാം ഓഫീസർ)
	- ശ്രീ.ജി.ശിവകുമാർ (പി.ടി.എ. വൈസ് പ്രസിഡന്റ് & എഫ്.എസ്.എ.സെക്രട്ടറി)
	- ശ്രീ.എം.രാജീവൻ (എസ്.എൻ.ട്രസ്റ്റ് ലൈഫ് മെമ്പർ)
	- കുമാരി. അഖില.ബി (വോളന്റിയർ)

നന്ദി

തുടർന്ന് ഐസ് ബ്രേക്കിംഗ്, ഗ്രൂപ്പ് രൂപീകരണം, പൊതു നിർദ്ദേശങ്ങൾ



NATIONAL SERVICE SCHEME

SREE NARAYANA COLLEGE SHIVAGIRI VARKALA

UNIT NO:16(A B)

THRANAM - 2020

SEVEN DAY VIRTUAL CAMP


YOUTH FOR PREVENTION AND MITIGATION OF COVID 19

7:30 - 8:30 :- NSS song
Thought of the day
Yoga
News paper reading
Evaluation of previous

2020 December 24

10:30- 12:00 :- Health survey(offline)
7:00-8:00 pm :- Awareness class

YOUTH AS PROBLEM SOLVERS AND CHANGE AGENT



Dr. A SHAJI
(NSS PROGRAMME COORDINATOR
UNIVERSITY OF KERALA)

platform:- Google meet

8:00 - 8:30 pm:- Cultural programme

SREE NARAYANA COLLEGE SIVAGIRI VARKALA
NATIONAL SERVICE SCHEME
UNIT NO:16(A B) 2020 DE-
THRANAM 2020 CEMBER
25

SEVEN DAY VIRTUAL CAMP
YOUTH FOR PREVENTION AND MITIGATION OF COVID 19
 7:30- 8:30 :- **NSS Song**
Thought for the day
 10:30- 12:00 :- **E- waste collection** *Yoga*
 (offline) *News Paper reading*
Evaluation of previous da

zero e- waste hero earth
 7:00-8:00 :- **Awareness class**
 "പ്രതിരോധശേഷി വർദ്ധിപ്പിക്കുന്നതിൽ
 യോഗപ്രകൃതിചികിത്സയുടെ പ്രസക്തി"
Dr. K . R JAYAKUMAR **Google meet**
 (HOD OF NATUROPATHY
 SIVAGIRI MEDICAL MISSION HOSPITAL)



8:00-8:30 :- **cultural programme**

SREE NARAYANA COLLEGE SIVAGIRI VARKALA
NATIONAL SERVICE SCHEME 2020
UNIT NO:16(A B) DECEMBER
THRANAM 2020 26

SEVEN DAY VIRTUAL CAMP
YOUTH FOR PREVENTION AND MITIGATION OF COVID 19
 7:30- 8:30 :- **NSS SONG**
Thought of the day
Newspaper reading
Evaluation of previous day

10:30-12:00 :- **Making Growbags**
ഒരു ഓരോ നടുബാഗ്.....

7:00-8:00:- **Awareness class**
സാമൂഹ്യസേവനവും
വ്യക്തിത്വവികസനവും
Prof.Sanal Kumar
 (Former principal of SN Trust arts &
 science College pambanar , Idukki
 HOD of Malayalam **Google meet**
 Sree Narayana College Sivagiri Varkala)



8:00-8:30 :- **Cultural programme**

SREE NARAYANA COLLEGE SIVAGIRI VARKALA
NATIONAL SERVICE SCHEME 2020
UNIT NO:16(A B) December
THRANAM 2020 27

SEVEN DAY VIRTUAL CAMP
YOUTH FOR PREVENTION AND MITIGATION OF COVID 19
 7:30-8:30 :- **NSS Song**
Thought of the day
News paper reading
Evaluation of previous day


10:30-12:00 :- **cleaning and gardening**
Clean your home and
surrounding & plant for future

7:00-8:00:- **Awareness class**
 'നമുക്കൊരു യാത്ര പോയാലോ??'



Smt.sini v
 (Assistant professor of Malayalam
 Sree Narayana College Sivagiri Varkala)
Google meet

8:00-8:30 :- **Cultural programme**

SREE NARAYANA COLLEGE SIVAGIRI VARKALA
NATIONAL SERVICE SCHEME
UNIT NO:16(A B) **2020**
THRANAM 2020 **DECEMBER**
SEVEN DAY VIRTUAL CAMP **28**
YOUTH FOR PREVENTION AND MITIGATION OF COVID 19
7:30-8:30 :- NSS SONG
Thought of the day
News paper reading
Evaluation of previous day
10:00-12:00 :- Report of survey
Camp report
Covid Experience
7:00- 8:00 :- Awareness class
'YOUTH CARE'

Sri. Shemeer Hamsa
Assistant professor of
Arabic, Iqbal college
peringamala **Google meet**
8:00-8:30:- Cultural programme

SREE NARAYANA COLLEGE SIVAGIRI VARKALA
NATIONAL SERVICE SCHEME
UNIT NO:16(A B) **2020**
THRANAM 2020 **DECEMBER**
SEVEN DAY VIRTUAL CAMP **29**
YOUTH FOR PREVENTION AND MITIGATION OF COVID 19
6:30-7:00 :- NSS SONG
Thought of the day
News paper reading
Evaluation of previous day
7:30-8:30 :- Awareness class
GROUP DYNAMICS

Dr. Salth S J Sasi
(HOD of Hindi
Sree Narayana College Sivagiri Varkala)
GOOGLE MEET

PROGRAMME OFFICERS

VEENAS.C.L

P.K.SUMESH