SREE NARAYANA COLLEGE, SIVAGIRI, VARKALA 1(K) BN NCC VARKALA



REPORT 2023-24

NCC OFFICER

PRINCIPAL

Lt. Dr. RINKU BABU SREE NARAYANA COLLEGE VARKALA Dr.VINOD C SUGATHAN
SREE NARAYANA COLLEGE VARKALA



PROGRAMME LIST

- **❖ WORLD OCEANS DAY**
- ***BLOOD DONATION**
- **❖ INTERNATIONAL YOGA DAY**
- **❖ PUNEET SAGAR ABHIYAN**
- **❖ INDEPENDENCE DAY**
- **❖ SWATCHCH BHARATH ABHIYAN**
- **❖ SWATCHCH KI SEVA**
- **❖ GANDHI JAYANTHI**
- **❖ PUNEET SAGAR ABHIYAN 2**
- **❖ NCC DAY CELEBRATION**
- **\$ BLOOD DONATION 2**
- *NATIONAL YOUTH DAY
- *** REPUBLIC DAY**





WORLD OCEANS DAY

8th JUNE 2023

World ocean day is celebrated annually on 8th June to remind as the important role of oceans in sustaining our livelihoods, the necessity to regulate our climate and generated most of the oxygen we breath. The purpose of the day is to create awareness among people regarding the significance of oceans, the importance of preserving and conserving oceanic resources. The program was conducted by Dept. of Zoology in association with NCC and NSS of Sree Narayana College Varkala on 8th June 2023 at Varkala beach.









Within the limited time, volunteers made their effort to make it a fruitful one. The inauguration was done at Varkala beach by honourable dignitaries. Respected Principal Dr. Vinod C Sugathan conveyed the welcome speech. He highlighted the program by adding his own valuable words. The inauguration was done by respected MLA Adv. V. Joy, which was followed by felicitation given by IQAC coordinator Dr Preetha Krishna, Dr Leji HOD Dept of Zoology, Dr.Binushma Raju Assistant Professor, Dept of Zoology. Vote of thanks was given by Dr. Babitha G S Assistant Professor Dept of Zoology and Senate member, University of Kerala.

After the inauguration, the cadet and students were directed to clean the seashore and beaches using safety measures. The volunteers gave safety gears to those who attended the programme. The collected plastics and related materials were handover to the Kerala scrap authority and Haritha karma sena. The program was started at 9.00 am and came to an end at 12.00 noon. The local people gathered and they also helped us to clean the seashore. They cooperated well with us and understood the aim of our program.







On this day, we also ensured about the conservation of water and its necessity. The day was an opportunity to raise global awareness and benefits that humans get from the ocean to individual and collective duty to you it's resources sustainable. We also motivated to follow the 'R' s Reduce, Reuse, and Recycle of materials for not 'harming the mother nature' to keep the surroundings and water bodies pollution free and to follow the eco-friendly lifestyle to reduce global warming. 20 cadets participated in the programme Students of Dept. of Zoology and 25 NSS volunteers took part in the programme. Also 20 students from Sree Narayana Guru College of Advanced Studies joined with us to participate in this programme. Officers and the other dignitaries supported the cadets at the venue and distributed refreshment. Overall the program was a great success.





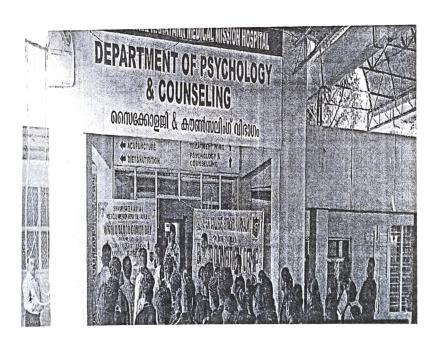
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BLOOD DONATION 1

14th JUNE 2023

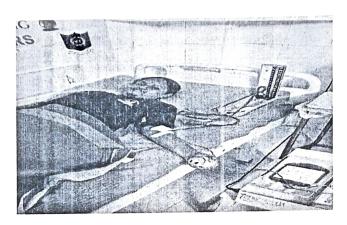
The best exercise for the human heart is reaching down and lifting people up. It helps save life. In fact, every two seconds of everyday, someone needs blood. Blood donors play a vital role in health care of patients in our community. The NCC unit of Sree Narayana College Varkala which under 1(K) BN NCC organised a blood donation camp on 14th June 2023. A requisition was drafted to associate with Sivagiri Sree Narayana Medical Mission Hospital to conduct the camp. The programme was organised as part of the World Blood Donors Day.



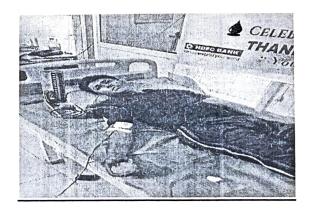
The programme started at 10:00 AM. 10 NCC Cadets of Sree Narayana College arkala donated blood with pride and also received certificate. Around 9 cadets



volunteered the comp. An inaugural function was held at the entrance of the hospital. Welcome speech was done by Havaldar Rajesh Kumar. R, Dr. Veena. S MBBS, MD of Medical Mission Hospital delivered a few words about the importance of blood donation and transfusion. Vote of thanks was given by SGT Amitha. The campaign was a great success.



Blood donation started at 10:00 am and ended up by 12:00 noon. It was the first experience of 5 cadets. They are willing to donate the blood whenever necessary. The hospital authorities, medical experts of Medical Mission Hospital were very much supportive and helpful. The whole team was active and energetic all through the event. After the campaign refreshment was provided by the NCC officer. The camp ended up successfully.





INTERNATIONAL YOGA DAY

21stJUNE 2023

Yoga is the dance of every cell with the music of every breath that create serenity, balance and flexibility. Studies revealed that yoga for students has a positive effect on the nervous system and brain. This year the Yoga Day celebration was held at Sree Narayana College Varkala auditorium. Which was organised by Dept. of Physical Education in association with NCC and NSS unit of Sree Narayana College Sivagiri, Varkala. The programme was conducted on 21st June.



The programme started with a prayer song. The prayer song was sung by NSS volunteer Neeraja. The welcome speech was given by Shyam Raj R. He emphasized the importance of yoga to maintain a healthy body and healthy mind. The Principal of Sree Narayana College Varkala Dr. Vinod C Sugathan inaugurated the day by lighting the lamp. He mentioned that yoga is the journey of the self, through the self, to the self. And that is why we need to take care of ourself and this can be made possible by practicing yoga. The yoga session was carried out by yoga instructor Smt. Kavitha R I. Eclicitation was given by Respected RDC Convener and S N Trust Executive Member

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Sri Aji SRM. IQAC coordinator Dr. Preetha Krishna, Sri G Sivakumar. PTA Vice president and FSA Secretary. At last the vote of thanks was given by Dr Praveen sir HOD of Physical education.



The cadets enthusiastically performed yoga as per the instructions and experienced a sense of peace and happiness. The participants performed several asanas. They also performed standing and sitting asanas. By watching their performance we can understand they have been practicing yoga for the last few years. The asanas were symbol and easy. After the session everyone got a positive feel and refreshment. Finally the instructor gave some valuable informations of yoga about its history, a century of origin, and how it helped the common people. They even told us that yoga helps to increase concentration. The program was started at 8.30 am and ended at 11.30 am. The yoga day was celebrated with great enthusiasm.











PUNEET SAGAR ABHIYAN

21st JULY 2023

The Puneet Sagar Abhiyan was launched by NCC, in a bid to clean sea shores or beaches and other water bodies including rivers and lakes, by removing plastic and other waste. The aim of the campaign is to clean sea shores from plastic and other waste material and create awareness about the importance of cleanliness.



The NCC unit of Sree Narayana College Varkala under 1 (K) Bn organised the Puneet Sagar Abhiyan on the 7th July 2023 at Papanasam Beach. The programme started at 8: 30 am with a prayer which was sung by SGT Akhila. The welcome speech for the programme was deliverd by Lt. Sreejesh ANO, MRMKMM HSS. The inauguration was done by Sri Ajay Kumar, which was followed by the felicitation given by respected SM Ram Avatar. Vote of thanks was given by SUO Aswathy.





After the inaugural programme, the cadets were directed to clean the seashore and beaches using safety measures. PI staffs gave safety gears to those who attended the programme. Plastics and various non-biodegradable materials collected by the cadets were handed over to Harithakarma sena. NCC officers, volunteers and PI staffs gave guidelines to the cadets. A flash mob was performed by SW cadets of Sree Narayana College Varkala. And also an awareness program was conducted. Surprisingly lot of local people attended the class. The co-operation of local people was notable one. Special speech regarding Puncet Sagar Abhayan was delivered by SGT Amitha S and SGT Neha S





A total of 47 cadets participated from Sree Narayana College Varkala. Few cadets from MRMKMM HSS also took part with us. The programme ended up by 12.00 noon. Refreshments were provided to all participants. The programme was a great success.

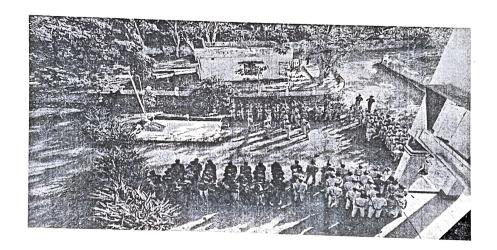




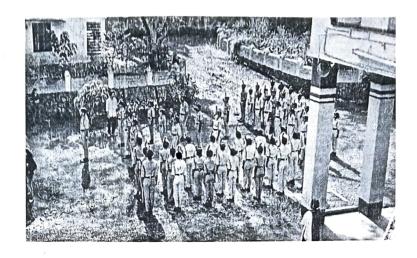
INDEPENDENCE DAY

15th AUGUST 2023

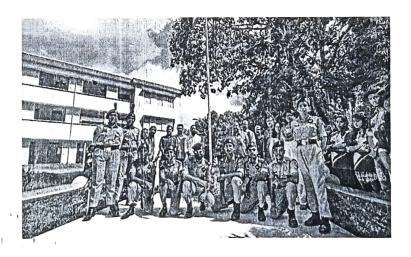
Indian Independence day is celebrated annually on 15th August as a public holiday in India commemorating the nations Independence from the United Kingdom on 15 August 1947.



The 77th Indian Independence Day was celebrated by the NCC Unit of Sree Narayana College College Varkala which is under 1(K) BN of Kerala and Lakshadweep directorate. The honorable Principal of Sree Narayana College Varkala Dr. Vinod C. Sugathan, R.D.C. Convenor and S.N.Trust executive member Sri Aji S.R.M, PTA Vice President and FSA Secretary G. Sivakumar, NCC officer inchargeSri Syam Raj, Senate Member of Kerala University Dr. Babitha G.S, NSS Programme officer Sri Sumesh P.K, Asst. Professor of Malayalam Dr. Sini.V, IQAC Coordinator Dr. Preetha Krishna, Assi Professor Physics Sajeesh Sir and few NSS Voluteers were



NCC officer incharge Sri Syam Raj was assigned to welcome everyone to the programme. Along with the welcome speech the honorable Principal hoisted the National flag which was followed by the felicitation of each and every dignitaries present in the dice. Total 150 NCC Cadets and 50 NSS voluteers took part in the programme and it ended with National anthem. Small refreshment section was also conducted under the guidance of Shyam sir. The function was arranged mainly in the flagpoll area and the 77th Independence day celebrated in the college was well successful one.





SWACCHCH BHARATH ABHIYAN

18th SEPTEMBER 2023

Swachch Bharath Abhiyan is a national level campaign by the government of India to clean the streets, roads, beaches and other public or private properties from wastes and plastics. The campaign was officially launched on 2nd October 2014, by the Prime Minister. The NCC cadets of Sree Narayana College, Sivagiri, Varkala which is under 1(K)Bn NCC Varkala took part in the Swachch Bharath Abhiyan which was conducted on September 18. The objective of the programme was to make the Varkala seashore plastic free.



The programme started by 9'O clock. The inauguration of the programme was given by the honourable Varkala Muncipal Chairman Sri K.M Laji which was followed by the



felicitation by the Health Committee Standing Chairman Mr. Nithin S.Nair . Three Institution were part of the programme .NCC , NSS and SPC students of Govt. Model H.S.S Varkala , S.S.N.S.S Sivagiri Varkala and Sree Narayana College Varkala actively took part . Around 150 students were part of the programme . Among them 32 cadets were from the NCC unit of Sree Narayana College.After the inauguration , a small rally was organized by the three Institutions to make the civilian aware about the importance of keeping the ocean clean and safe . The NCC , NSS students of all the three institutions showcased flash mobe for attention .



The students interacted with the common people and made them aware about how plastics affect our living beings and ecosystem. They engaged in cleaning and collected several wastes, both biodegradable and non biodegradable separately and handed over to Kerala Scrap Authority (Haritha Karma Sena). It was good to see that the civilians and foreigners joined the students. Safety gears were given to the cadets and all those who participated. The cadets of our college and also other institutions took initiative to cooperate and conduct the programme under their leadership.





By the great effort of our students and representatives, it was easier to clean the Varkala seashores . The programme ended up at $11.30 \, \mathrm{am}$. Refreshments were provided to the students and to the participants . The programme was a great success .





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SWACHH KI SEVA

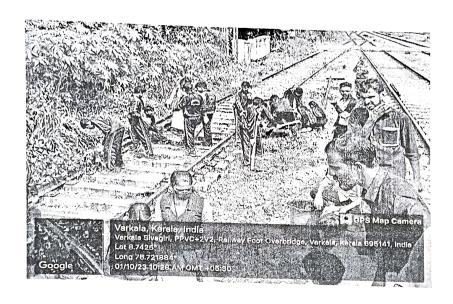
1ST OCTOBER 2023

The Central Government of India in associated with the Indian Railway is conducted a campaign from 15th September to 2nd October 2023. This campaign is planned under the campaign Swachh Bharat Abhiyan which aims a 'Garbage free India'. The NCC unit of Sree Narayana College, Sivagiri, Varkala which is under the 1K Bn NCC Varkala took part in the Swachh Ki Seva campaign which was conducted on October 1. The programme was in associated with the Southern Railway. The programme was held at Varkala Railway Station at 9:30 am.





The programme started with the welcome speech by SGT Neha S. The inauguration of the programme was done by the Varkala Railway Officer. Felicitation to the programme was done by Lt. Dr. Rinku Babu. Vote of thanks was given by SGT Amitha S. NSS unit of Sree Narayana College Sivagiri Varkala and NCC cadets of RRVHSS Kilimanoor took part in the programme. After the inauguration, the cadets were directed to clean the railway station surroundings. The railway platforms and nearby areas of railway track were cleaned by the cadets. Safety gears were provided to the cadets. They engaged in cleaning and collected several plastics and sorted out. They cleared the grass which had grown and covered the tracks.



They interacted with the civilians and told the importance of keeping our surroundings clean and safe. The railway authorities had cooperated greatly and provided all the necessary facilities to the cadets. In total 93 cadets took part, among them 35 were NCC cadets of Sree Narayana College. The cadets took active effort to conduct the programme under their leadership.





By the great effort of our students and the railway authorities, it was easier to clean the railway station areas. The programme ended up at 12:30 pm. Refreshments were provided to the students and to those who participated. The programme was a great success.



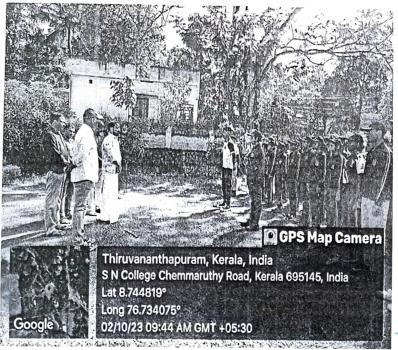




GANDHI JAYANTHI

2nd OCTOBER 2023

Gandhi Jayanthi is the day to celebrate the birth anniversary of the father of our Nation, Mahatma Gandhi. It was the 154th Gandhi Jayanthi day. The NCC unit of Sree Narayana College Varkala had celebrated this years Gandhi Jayanthi grandly.





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The programme started up by 9:00 AM at the college flagpole area. The welcome speech was given by the NCC Officer Lt. Dr. Rinku Babu. He addressed all the respected dignitaries which was present in the dice. He also quoted the importance of Gandhian values in our life. The inauguration of the programme was done by the Sree Narayana College trust Executive Member and RDC convenor Sri. Aji SRM. His words were worth remarkable. He gave a brief history of Gandhiji and his struggles to make our country free from British rule. The felicitation of the programme was given by the Head of the Department of physics, FSA Secretary and PTA Vice President Sri. G Sivakumar, Assistant Professor of Department of Economics Dr. Syam Raj R. All of them give their valuable time for the celebration and quoted few words praising the importance and glory of Gandhian values in our life.



After the inauguration, the cadets were assembled in the auditorium for further programmes. Speech competition were conducted for the cadets. SGT Amitha S, LCPL

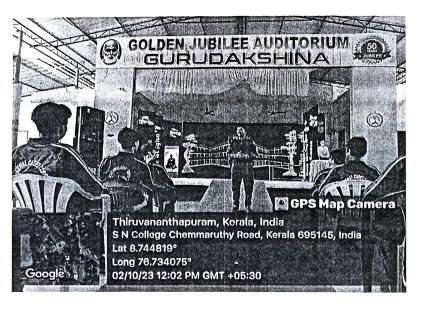


Varsha Jayaram, CPL Adithyan R delivered a few words on the topic of Gandhian values and the present life. After the speech competition a quiz competition was conducted. 127 Cadets took part in the programme.



divided

into 5 groups headed by senior cadets. SUO Ashwathy A and SUO Vaishnav took initiative to monitor the entire programme. Safety gears were provided by ANO. Our cadets cleaned majority of the college campus and disposed the waste safely. Refreshments were provided by the ANO. The programme ended up by 12:30 pm and it was a great success.







PUNEET SAGAR ABHIYAN – 2

8th November 2023

Puneet Sagar Abhiyan is a nation wide flagship campaign launched by the National Cadet Crops on 1st December 2021. The main objective of Puneet Sagar Abhiyan to clean the Seashore or beaches and other water bodies.



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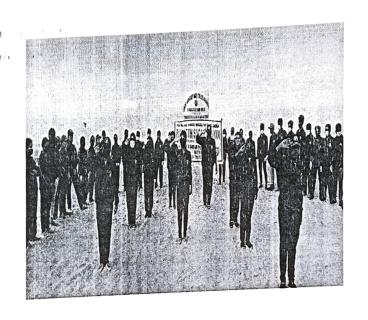
The NCC unit of Sree Narayana. \College Sivagiri Varkala Under 1(K) BN organized the Puneet Sagar Abhiyan on 8th November 2023 at papanasam beach. A total of 75 cadets took part in the programme. The Welcome speech of the programme was done by Associate NCC officer Lt. Dr. Rinku Babu. The inauguration was given by respected municipal Chairperson of Varkala K.M. Laji, which was followed by felicitation given by Commanding Officer Colonel Manoj Kumar, S.M. Subedar Major Ram Avathar, R.D.C Convenor and S.N Trust Executive Member Sri Aji S.R.M, PTA Vice President and FSA Secretary G. Sivakumar, IQAC Coordinator Preetha Krishna. Vote of thanks was given by Senior Under officer Aswathy.A.





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After the inauguration the cadets were directed to clean the seashore. Safety gears were given to those, who attended the programme. The cadets collected various non-bio-degradable materials including plastic from the sea shore. Plastic and related materials were collected and handover to the Kerala scrap authority. After that the NCC cadets conducted a flash mob based on Punceth Sagar Abhiyan under the lead of SUO Aswathy.

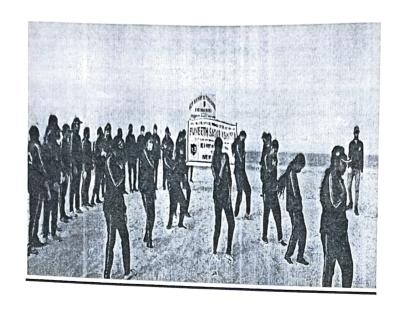


The programme started at 7:30am and ended up by 10:30am. The coorperation of the local people for the programme was a notable one. The guidelines given by the faculty members were very much helpful for our cadets to cooperate with them. Refreshments were provided for everyone who took part in this programme. The programme was a great success.



PRINCIPAL S.N. COLLEGE

S.N. COLLEGE Sivagiri, Varkala

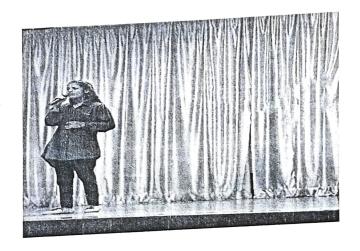


NCC DAY CELEBRATION

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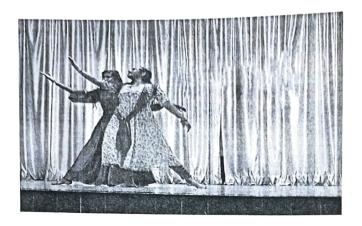
27th NOVEMBER 2023

NCC Day is observed annually to commemorate the founding principles and objectives of this vital youth organisation. Open to students voluntarily, NCC provides basic military training, emphasising values of discipline, unity and civic responsibility. The National Cadet Corps celebrates its 75th anniversary on 4th Sunday of November every year.



This year NCC Day was celebrated on 26 November 2023. The programme started 8:30 am with a prayer. The prayer song was done by NCC choir team. Cdt Anuja handled the comparing section perfectly. ANO Lt. Dr. Rinku Babu was assigned for the welcome speech. The program was inaugurated by respected Principal Dr. Vinod C Sugathan and RDC Convener Sri Aji S.R.M. Followed by the inauguration, felicitation was given by Dr. Preetha Krishna (IQAC coordinator), PTA Vice president and FSA Secretary G. Sivakumar, senate member of Kerala University Dr Babitha G S. There words were worth remarkable. The importance of the day was well given through each and every one's word. Finally heartfelt vote of thanks was given by SUO Ashwathy. S. After the inauguration ceremony cadets conducted culture competition under the guidance of seniors. SGt Lekshmi Thriteep got 1st prize in dance competition. After the culture program, an essay writing competition was also conducted. The program was monitored by ANO.





The function was arranged mainly in the college auditorium. After all this program cadets are directed to clean the campus surroundings. The program ended at 3:00 pm with NCC song and National Anthem. 75th NCC Raising Day was celebrated with great coordination and enthusiasm. Refreshments were provided by the NCC officer. As usual the program was a great success.



BLOOD DONATION - 2

8th DECEMBER 2023

Blood donation Is a voluntary process where a person donates their blood to help save the life of others. Due to excessive blood a person, may die, Therefore, we can say that blood donation is an act of saving lives. The NCC unit of Sree Narayana College, Varkala. Where under 1 Kerala Battalion NCC Organised Day blood donation on 18 th December, 2023 at Sivagiri Sree Narayana Medical Mission Hospital.



The programme began at 9:00 AM. A total of 20 cadres were part of the programme. The support and cooperation of hospital authorities also helped us so much. Inaugural function was held at the entrance of the hospital. The welcome speech was done by Doctor Veena S MBBS. She delivered a few words about the importance of blood donation and transfusion. The inaugural speech was done by Rithambarananda Swamikal Secretary of Sivagiri Sree Narayana Medical Mission Hospital followed by the inaugural speech. Felicitation was given by ANO of SN College Varkala Lt.Dr. Rinkubabu





Blood donation started by 9:30 AM. Many faculty Members and Cadets took part in this With greater enthusiasm, apart from the cadets and hospital representatives, many common people also participated in the programme. After all these sessions, the cadets donated blood. Around 15 Cadet donated their blood. They are willing to donate blood whenever necessary. The active participation of cadets and hospital authorities are worth remarkable. That was held will be helpful at some extend for the commoners. Programme ended up at 12:30 PM. The refreshment and other needs. To the donors were provided by NCC UNIT the blood donation programme that was failed at the hospital was a great success





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NATIONAL YOUTH DAY

12th JANUARY 2024

National Youth Day is observed on the birth anniversary of Swami Vivekananda. Every year on January 12 we celebrate National Youth Day. This day serves to raise awareness and impart knowledge about the rights of individuals in India, emphasising the importance of proper conduct within the nation. The NCC unit of Sree Narayana College Varkala celebrated they day in the college premises which includes speech competition, quiz competition and debate.





About 60 cadets took part in the programme. The programme started at 11:00 am with the welcome speech of SGT Lekshmi Thrideep. The inauguration was done by the NCC Officer Lt. Dr. Rinku Babu. Felicitation was given by SUO Vaishnav and vote of thanks was given by SGT Neha S. The importance of celebrating youth day is to make sure the role and duties of the young citizens and to make a sense of purpose in them. After the inauguration the cadets were assembled for a quiz competition. The quiz competition was organized in order to give awareness about the role of youth in nation building.



After the quiz competition a speech competition was held. CPL Adithyan, CPL Mayookha and CDT Devikakrishnan delivered speech regarding youth and their duties. A debate competition was done. The cadets were divided into 2 groups which contains 6 cadets each. Each group put forward their points for and against the topic. All the Cadets took great initiative for the programme to make it a great success. The programme ended up by 1:30 PM



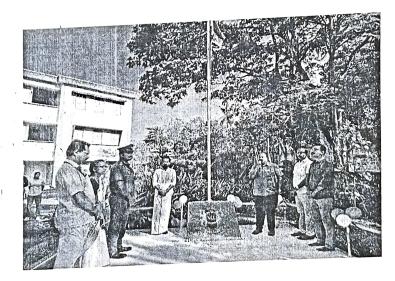


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REPUBLIC DAY

26th January 2024

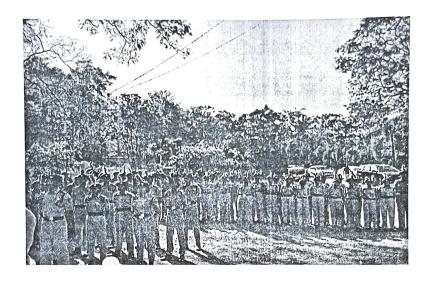
Every year, India celebrates Republic Day on January 26th to commemorate the adoption of Constitution of India in the 75th year of Republic Day. The NCC unit of SN College Varkala which is under 1Kerala battalion, NCC Varkala celebrated Republic Day on 26th January 2024.



The programme was started at 8:30 AM. The event started with Flag hosting by the Respected Principal. Dr Vinod C Sugathan. SN Trust Executive Member and RDC Convener Sri Aji S R M. Dr PreethaKrishna,PTA President and FSA Secretary G



Sivakumar. Senate Member Dr Babita G S and other faculty members were present. The dignitaries were given Guard of Honour led by the NCC cadets. After the flag hoist. A small speech was given by the principal and other dignitaries about the importance of the day. All cadets, including faculty members, were seated at the college auditorium for further programmes.



Total of 150 cadets took part in the programme. NCC officer .Lt .Dr .Rinku Babu Welcome the gathering with his kind words, followed by the welcome speech Dignitaries Present in the dies delivered felicitation. Sargent Amita, delivered Vote of Thanks. After all these sessions Cadets conducted essay writing competition and speech competition which was monitored by ANO. The programme ended up at 12:30 PM. The NCC cadet celebrated the day with great enthusiasm, honouring the Constitution of India.

