

SREE NARAYANA COLLEGE

Varkala, Thiruvananthapuram-695145

(NAAC Re-accredited with 'B++' Grade, RUSA funded, DBT Star status,
UGC NSQF Approved & Affiliated to the University of Kerala)



AQAR 2021-2022

CRITERION III : RESEARCH, INNOVATIONS AND EXTENSION

3.4.3 Extension Activities



AWARENESS CLASS ON “SUBSTANCE ABUSE AMONG YOUTH: CAUSES AND PREVENTIVE MEASURES”

03/05/2021

Nowadays drugs have become a parasite that destroys our society. Its harmful effects are visible around us through news and other Medias.

Youngsters and students are the one who get addicted to these. These harmful drugs are the sole reason for every atrocities happening in the present society. These will affect the person both physically and mentally.

In this situation, as the part of World Anti-drugs day on May 31, the NSS units of Sivagiri, SreeNarayana Collage made an awareness class in association with Substance Abuse Prevention Forum. The talk was led by Karunagapally Excise officer Mr.G.Prasannan. The class was about the impact of drugs and other materials on a person and the entire society. More over he talked about the laws and acts related to the selling of such drugs. The class was really very effective. He also cleared all the doubts asked by the students.

In addition to that, there were poster drawing competitions. BA Economics first year student Arya.S got the first place and second position was awarded for Akshaya Prasanth from Bcom HM.

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“World No Tobacco Day 2021”
“Commit to Quit”
Awareness class

on

“Substance Abuse among youth: Causes and Preventive measures”

Sri. Prasannan G
Excise Inspector, Excise Range Office, Karunagapally

Organized by
Substance Abuse Prevention Forum
&
NSS Unit (16 A&B)

On
31st May 2021 @ 3 :30 pm

Google Meet Link: <https://meet.google.com/mwd-hsva-irw>

WORLD NO TOBACCO DAY



Principal
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SREE NARAYANA COLLEGE
SIVAGIRI, VARKALA

ANAEMIA AWARENESS CLASS

12/06/2021

The condition in which hemoglobin get decreased in the blood is known as anaemia. Blood loss, lack of red blood cell production, and high rate of red blood cell destruction are the major causes for anaemia. This is mostly caused when RBC production does not become equal as that of the amount of blood lost. This condition is most common among the teenagers especially girls.

So NSS units of Sivagiri, Sree Narayana College has organized an anaemia awareness class. Our Principal K.C.Preetha made an introductory speech and inaugurated the Programme. The class was led by Mrs.K.Geethu [MSc. Food and Nutrition], counselor of Department of Women and Child Development Centre, Varkala. Programmeme officers P.K.Sumesh and Veenas C L also made some talk. Welcome speech was delivered by B.Anamika and vote of thanks was delivered by Sukanya. All volunteers had actively participated in the Programme and also clarified all their doubts. This class was conducted online due to various situations.



SREE NARAYANA COLLEGE, SIVAGIRI VARKALA

National Service Scheme Unit No 16(A B)

In Association with
ICDS Varkala & Varkala Additional

ANAEMIA AWARENESS CAMPAIGN

Invited Talk :- **GEETHU**
MSc Food and Nutrition
(Department of Women & Child Development, Varkala)

Inauguration:- **Dr. K C Preetha (principal)**

12/06/2021 Saturday **11:00 AM Google Meet**



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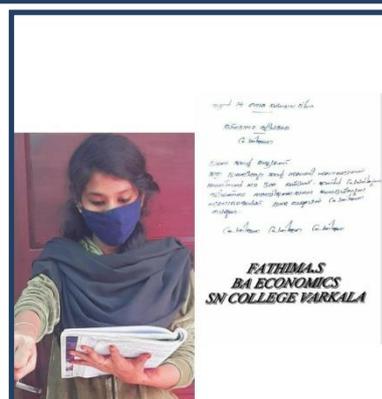
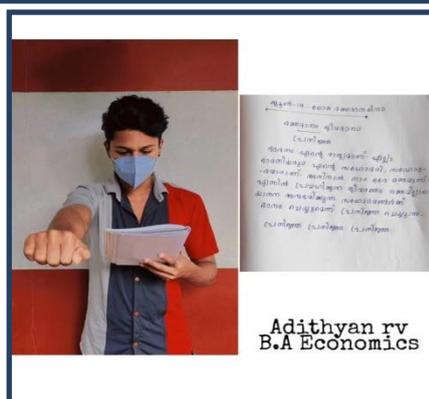
BLOOD DONATION OATH

14/06/2021

June 14 is celebrated as International Blood Donor day. The event was first conducted on 2005 as the joint initiative of World Health Organization, International Federation of Red Cross and Red Crescent Society as to raise awareness of the need of safe blood and blood products and to thank voluntary, unpaid blood donors for their life saving gifts of blood. This day is one of the 11 official global public health camping marked by the World Health Organization.

Due to the Covid 19 situation the usual activities during this day was not conducted. The chances for blood donation was very low during this period. So that all volunteers were requested to take the Blood donation oath at their home and to post its picture. All volunteers had actively participated in that Programmeme.

SREE NARAYANA COLLEGE, SIVAGIRI VARKALA
National Service Scheme
Unit No : 16 (A B)
In Association with
NILA FOUNDATION
Webinar on
VOLUNTARY BLOOD DONATION
Session by
Anukuttan. O (State Coordinator Voluntary Blood Donation, Nila Foundation)
Keynote Address
Dr. K C Preetha (Principal)
24/07/2021
4:00pm-5:00pm



ONLINE WORKSHOP ON FABRIC PAINTING

25/7/2021

NSS Units of Sivagiri Sree Narayana College organized online workshop on “Fabric painting” on 25/7/2021, 4.30 pm as part of Skill development Programmeme. Fevi Cyril Certified Specialist Smt. Rekha Anilkumar conducted the workshop. Fabric painting is an area with industrial potential. So this workshop was very beneficial for volunteers, parents and locals. Work Shop started with Amamika’s prayer. Programme Officer Veenas.C L Welcome and Sri. Ananthapadmanabhan gave vote of thanks.

SREE NARAYANA COLLEGE
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NATIONAL SERVICE SCHEME
UNIT 16(A&B)

**ONLINE WORKSHOP ON
FABRIC PAINTING**

Resource Person

**On 25-07-2021
@4:30 pm**


Rekha Anilkumar
(Fevicryl Certified Specialist)

Prayer : Kumari Anamika. B
(volunteer)

Welcome speech : Smt.Veenas C L
(programme officer)

Invited Talk : Smt. Rekha Anilkumar
(Fevicryl certified Specialist)

Vote of thanks : Sri.Ananthapadmanabhan CS
(volunteer)

programme officers
sri. Sumesh. P K
smt. Veenas. C L

pricipal
Dr. K. C. PREETHA



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ANTI DRUG PLEDGE

29/07/2021

As part of the Government's anti-drug campaign awareness Programme called "Tomorrow's Drug-Free Kerala", the Principal Secretary of Public Administration has instructed to take an anti-drug pledge in all government offices and schools. By following the covid norms, NSS volunteer Indu Kalyani lead the pledge in Sivagiri Sree Narayana College.



ലഹരി വിരുദ്ധ പ്രതിജ്ഞ

മാനവരാശിയെ തകർക്കുന്ന മാതൃക വിപത്താണ് മയക്കുമരുന്ന എന്ന സത്യം ഞാൻ തിരിച്ചറിയുന്നു. ലഹരി വസ്തുക്കളുടെ ഉപയോഗം അത് ഉപയോഗിക്കുന്ന വ്യക്തിയോടൊപ്പം കുടുംബത്തെയും സമൂഹത്തെയും പൂർണ്ണമായും നശിപ്പിക്കുമെന്നും ഞാൻ മനസ്സിലാക്കുന്നു. ഞാനും എന്റെ സമൂഹവും ലഹരിയിൽ വീഴാതിരിക്കാനുള്ള എല്ലാ ശ്രമങ്ങളും ഞാൻ നടത്തും. "ജീവിതമാണ് ലഹരി" എന്ന ആശയം എന്റെ ജീവിതത്തിൽ പകർത്തുന്നതിനൊപ്പം മറ്റുള്ളവരുടെ ജീവിതത്തിൽ ഈ ആശയം പകർത്തുന്നതിന് ഞാൻ പ്രയത്നിക്കുകയും ചെയ്യും. 'ലഹരിമുക്ത നവകേരളം' പടുത്തുയർത്തുവാൻ എന്റെ എല്ലാ കഴിവുകളും വിനിയോഗിച്ച് പ്രവർത്തിക്കുമെന്നും ഞാൻ ഇതിനാൽ പ്രതിജ്ഞ ചെയ്യുന്നു.



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AWARENESS CLASS AGAINST DRUG ABUSE

30/07/2021

As a part of International Day Against Drug Abuse 2021, NSS Unit of Sivagiri Sree Narayana College, IQAC and Substance Abuse Prevention Forum jointly organized an awareness class. Excise Inspector Sri VG Sunil Kumar conducted the class on an online platform. The event started at 6:30 pm and continued till 8:30 pm. Substance Abuse Prevention Forum Coordinator Ms. Aiswarya said the welcome address and NSS Programme Officer Ms. Veenas C L said the vote of thanks.

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**“International Day against Drug Abuse
2021”**
'Share Facts on Drugs, Save Lives'



**Interaction session
on
“Drugs take you to hell
disguised as heaven”**



Sri. V.G. Sunilkumar
**(Excise Inspector, Excise Range Office,
Thiruvananthapuram)**
On
30th June 2021 @ 6 :30 pm
Google Meeting Link: <https://meet.google.com/cku-fnnb-dbn>

Organized by :
Substance Abuse Prevention Forum
IQAC &
NSS Unit (16 A&B)



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ONAM KIT DISTRIBUTION

18/08/2021

National Service Scheme of Sivagiri Sree Narayana College will provide Onam stationary items for impoverished people, temporary staffs and adopted village in every year. It was conducted on 18th August 2021. As part of this year Onam kit distribution is inaugurated by principle Dr. K.C. Preetha and our N.S.S Programmeme officers P.K. Sumesh and Veenas Teacher. It was done by the NSS volunteers DipinJyothi, Arjun Krishna, Anamika and Sonadh.



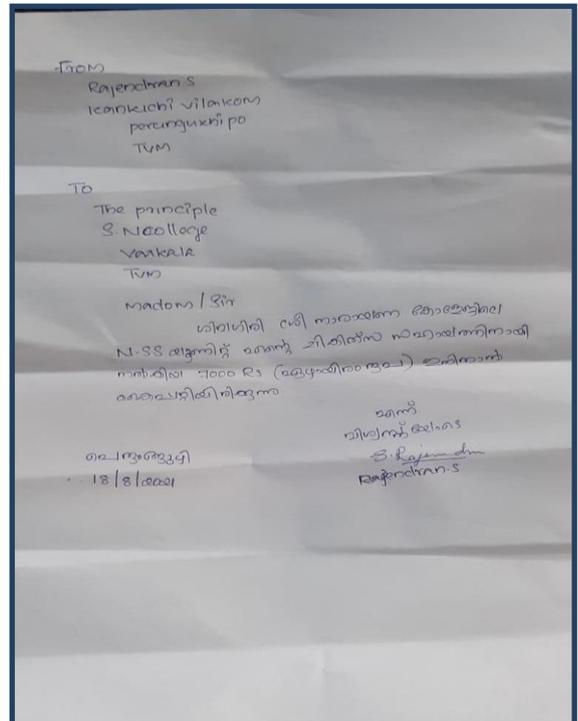
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SNEHASANTHWANAM

18/08/2021

There are many people in our society who are suffering from cancer, kidney disease and other serious diseases and are economically disadvantaged. "SNEHASANTHWANAM" is a project of NSS units of Sivagiri Sree Narayana College to help them. Funds collected by volunteers are distributed through this project. The said Programme has been implemented by the units since 2015. During the Covid period, the project could not be implemented very extensively. However, the project is going on in the academic session 2020-2021 and this academic year as well.

Rs.7000/- as the first medical aid for the academic year 2021-2022 was given to Mr. S. Rajendran, former temporary employee of the college. (S. Rajendran, Kankichivilakam, Perunguzhi). He is undergoing treatment due to severe cancer. Last year Rs 10000/- was given to him. The said assistance was given at his home by Programme Officer PK Sumesh and volunteers Sonand and Shankar.



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FOODKITDISTRIBUTION IN ADOPTED VILLAGE

24/09/2021

Sick and bedridden persons are economically poor also. Therefore hunger is one of the most serious and obvious problem. NSS comes up with an opportunity to put into action our beliefs and values that have become our legacy – helping the poor and needy. The food Kits were also distributed to the poor patients..



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BLOOD DONATION DURING COVID-19

12/10/2021

It was really a herculean task to conduct a blood donation camp during the lockdown and other restrictions during covid-19. In the situation B.A Economics students of Sivagiri, Sree Narayana Collage student Sri. NITHIN reached Thiruvananthapuram Medical collage as a representatives of NSS Unit and voluntarily donated blood in once every three months (03/03/2021, 18/06/2021, 12/10/2021).



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LEGAL AWARENESS CLASS

13/10/2021

Topic: "Protection of women in home and public"

The need for women's equality is highlighted in the Preamble of Indian constitution itself. Article 243 of the Constitution contains provisions to ensure equality of women in governing bodies. Although the constitution and laws provide equal opportunities and other rights to women, are often victims of exploitation and violence, protecting the dignity and pride of women is essential in a civilized democratic society. The very advanced Technologies we used for human progress are being misused to exploit women and children. In addition to the harassment women face in public places, such violations of their privacy are a violation

Violence against women can be dealt with under various sections of Indian Penal Code, Kerala Police Act and IT Act. But such knowledge is unknown to women and general public. In the situation that the NSS units of Sivagiri Sree Narayana College decided to conduct a legal awareness class on the topic of "Protection of women in Home Public".

Mr.Suresh Kumar, District judge of family court Attingal and chairman of Attingal Taluk legal service committee, conducted the class on 13th October 2021 in the conference hall. Principal Dr. KC. Preetha delivered the introductory speech. Maneebha, Anamika, Dipin Jyothi and Arjun Krishna, they are participated into this discussion . Programme officer pk Sumesh welcome to this class and Veenas CL gave vote of thanks.

Chirayinkeezhu Taluk Legal Services Committee, Attingal
with
National Service Scheme - Sree Narayana College, Sivagiri

75
आज़ादी का
अमृत महोत्सव

NATIONAL LEGAL SERVICES AUTHORITY
PAN INDIA AWARENESS &
OUTREACH PROGRAMME

**LEGAL AWARENESS CLASS ON
PROTECTION OF WOMEN
IN HOME & PUBLIC**

October 13th at 2 pm

By
Sri.S.Suresh Kumar
(District Judge, Family Court, Attingal)

Principal : **Dr.K.C Preetha**
Programme Officers
Sri Sumesh.P.K
Smt.Venas.C.L



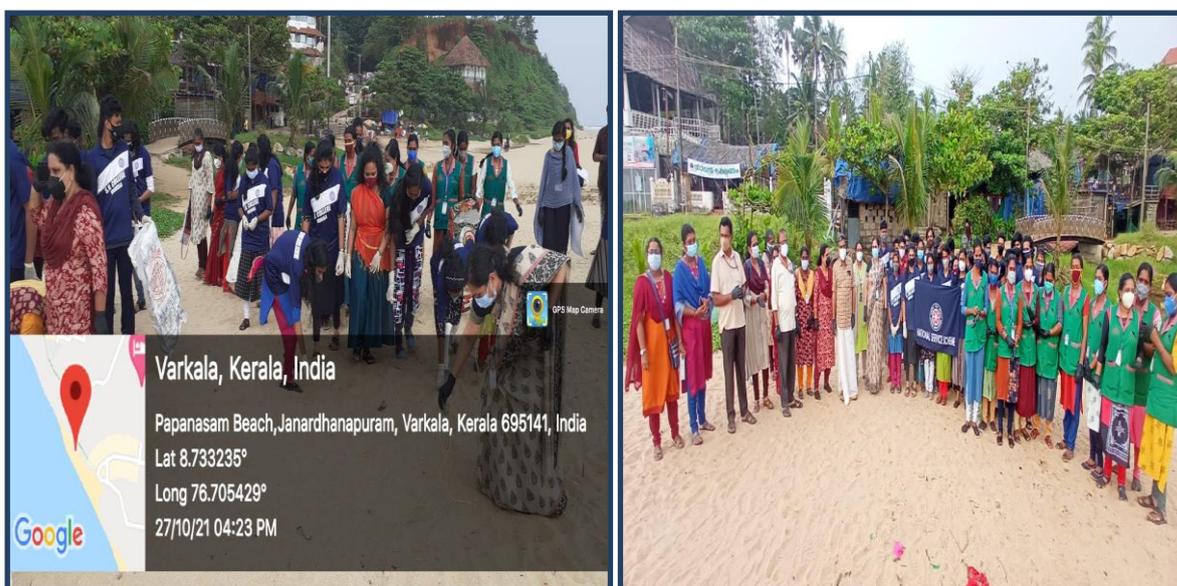
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BEACH CLEANING

27/10/2021

The ocean is a vast body of water that covers 71% of the earth's surface. The oceans have a decisive influence on the diversity of climate cycles and the different locations of the earth. Science concludes that life originated on earth and in the sea. There is more biodiversity in the sea than on land.

Today man is polluting every corner of the globe in his efforts to increase his comfort. The oceans cannot be escape from this. The sea and beach are being polluted. In this situation the savings of purity of the sea is a serious matter. Varkala municipality is a local Self governing body that is very vigilant in this regard. Beach cleaning on 27th October 2021 Sivagiri Sree Narayana College NSS unit have been requested to Participate by Varkala Municipality. following the Said request NSS units participated in beach cleaning. The inauguration of this Programme done by Varkala Municipality chairman Mr.K M.Laji. Officers from Harithakerala mission, Sanitation mission and health department has been spoken in this Programme. Programme officer PK.Sumsh, Veenas DL presides this Programme.



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‘BONAKKADU LAIYAM’ – ASSISTANCE TO THE WORKERS

11/11/2021

The workers living in the ‘Layas’ of Ponmudi and Bonakkadu areas were suffering a lot due to the rains, everyone got to know through the media. In this situation, the MLA and other people’s representatives requested the NSS team to provide food items to the said labourers who are working for a life time. The state NSS officer Dr.A. Anzar and kerala university NSS Programme coordinator Dr.AShaji’s instruction was also received.

Sivagiri Sree Narayanaya college also joined to this association. The food items collected by the NSS units were handed over to the college Principal Dr.KC Preetha. Dr.P.KSomarajan and Dr.Usha RB participated in the said function. Then principal Dr.KC Preetha flagged off the vehicle containing the food items. State NSS Officer Dr. A Anzer received the food items delivered to the state NSS cell in Thiruvananthapuram. Programme officer P K. Sumesh, IQAC Coordinator Dr.Ssoju And the volunteer shuhib, Abhinav, Indu and Karuna lead the activities.



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NADEELULSAVAM 13/11/2021

It is said that one-fifth of the human diet comes from the food of rice that has been pierced with rice. Rice is the staple food of Keralites. Rice is also the most produced grain crop in Kerala. But the interest and enthusiasm of the Malayalees towards rice farming which they had in the old days is decreasing. The very existence of paddy fields has begun to deteriorate. This was due to the fact that rice cultivation was widely known to be unprofitable and people's work habits and interest decreased.

But then the government is planning various schemes to promote rice cultivation. Sivagiri Sree Narayana College NSS units focused on rice cultivation in order to inculcate interest in agriculture in the new generation and considering the positive attitude of the government. The Programme named "NADEELULSAVAM" was inaugurated by Cherunniyur Krishi Bhavan Officer Smt.Lekshmi Bhasi, Agriculture Office Assistant Smt.G. Sushmita, PTA Vice President and Former Students Association Secretary Mr. G. Shivakumar spoke. Programme Officers PK Sumesh, Veenas CL and volunteers Shuhaib H, Karuna, Abhinav, InduKalyani etc. led the way.

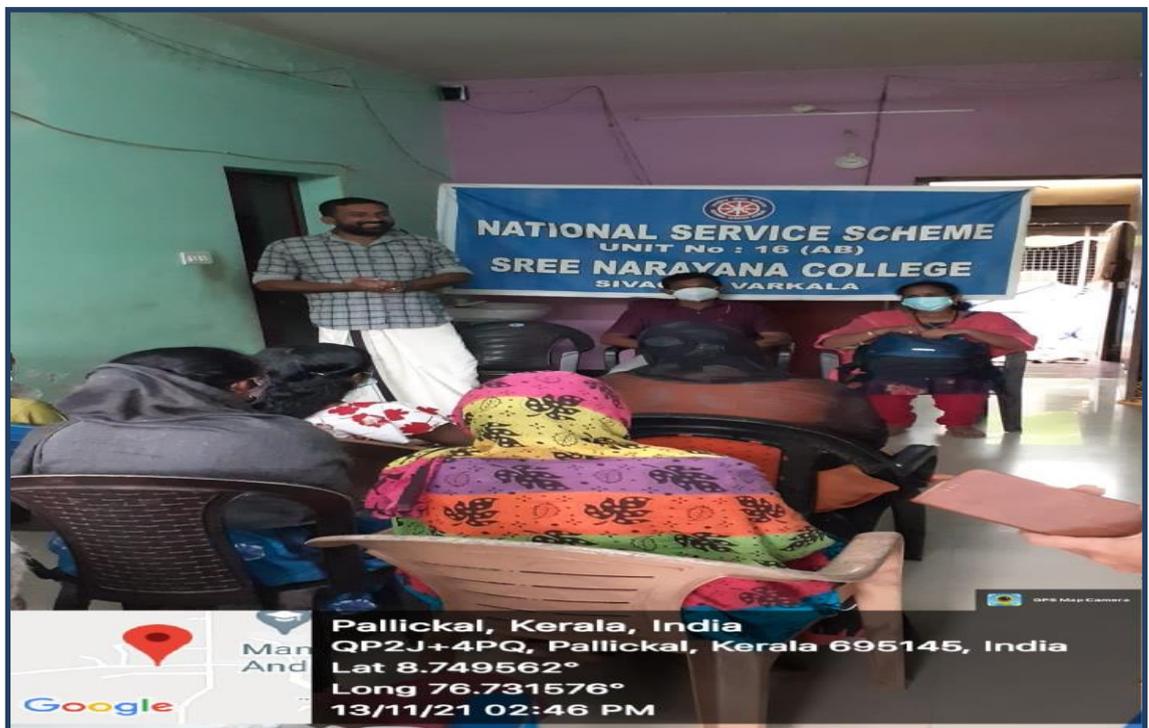


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LEGAL AWARENESS CLASS IN ADOPTED VILLAGE

13/11/2021

Although the Indian government ensures women's equality, rights protection and security, even after 75 years of independence, women continue to be exploited. Violence against women is increasing. Violence against women can be dealt with under various sections of Indian Penal Code, Kerala Police Act and IT Act. But such knowledge is unknown to women and general public. It is against this background that the NSS units of the Sree Narayana college Sivagiri decided to hold an awareness class in Dattugramam (Adopted Village). The class was conducted with the help of Attingal Taluk Legal Service Committee. The class was conducted by Adv. S. Hareesh Around 20 women participated in the class organized at Sri. Shanavas.S, residence and after listening to the class they asked questions and resolved them. Programme officer P.K.Sumesh, volunteers abhinav, shuhaib, induleed the class. Programme Officer Veenas C. L. Welcome and Mrs. Saleesa Beevy said vote of thanks.



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MANJALHOTTAM PROJECT

11/12/2021

Turmeric is a plant belonging to the ginger family. Turmeric powder is used in curry powders, food coloring and beauty products. It is used in medicine in Ayurveda. Much research is being done on its curative powers. Curcumin, a substance present in turmeric, has even been shown to fight cancer. Considering these characteristics of Turmeric, the NSS units of Sivagiri Srinarayana College decided to start turmeric cultivation in different parts of the campus. The seeds were planted on 11th December 2021.



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Health Camp & Distribution of Health Cards

16/12/2021

A Health camp for students was organized by NSS Unit, S.N.College Varkala in association with Taluk Hospital, Varkala at the College on 16/12/2021 at 10.00am and also distributed health cards.

Aim

The Programme was organized when the college reopens after a break of one and a half year due to Covid-19 pandemic. Among students, Covid-19 affected students were also present. The main aim of the camp was to understand the post Covid-19 health conditions of Covid-19 affected students, the general health conditions of students also to understand if anybody needs more checkups and medical assistance. The health camp also aimed to distribute a health card regarding the current health status of students.

Activities

The Programme was inaugurated by Dr.Biju B Nelson (Superintendent, Taluk Hospital Varkala) and presided over by Sri. P,K,Sumesh, (Programme Officer) Dr. Indu (Gynecologist, Taluk Hospital Varkala) delivered the felicitation address. Smt.Veenas.C.L (Programme Officer) delivered the welcome speech and Mis.Sukanya delivered the vote of thanks.

After the inaugural ceremony, check ups and counseling regarding the general health conditions and also regards to the specific health conditions of girls is conducted by Dr.Biju B Nelson and Dr.Indu. Along with it, a free blood group identification camp is also conducted.

Evaluation

The main beneficiaries of the Programme was first year students. The second and third year students are on study leave and they missed out the Programme. But we got positive responses from those first year students and their parents.



privilege and experience that a NSS volunteer can attain. The special camp Programme was a 10 day residential camp from 1969 to 2009 and that is why it is called 'Dasadina Camp'. But later it changed to 'Sapthadina Camp'.

The feel of the camp is better when we arrange the camp with a well planned manner. There are lot of things need to be addressed regarding the successful completion of the camp such as where we can camp, what is the purpose of the camp, what are the activities in the camp, the preparation of the camp etc. An awareness class regarding this was conducted on 17 December 2021 through online mode at 7 pm. The class was presided over by Sri. P. K.Sumesh (Programme Officer) and the class was conducted by Sri. Prasoon Mangalath. Smt. Veenas C L (Programme officer) delivered the welcome address and Mis. Anamika (NSS volunteer) delivered vote of thanks. The resource person clarified the doubts of the volunteers. The Programme ended at 8.30 pm.

SREE NARAYANA COLLEGE
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NATIONAL SERVICE SCHEME
KL 07. 16 (A&B)

PRE CAMP ORIENTATION PROGRAMME

RESOURCE PERSON :

PRASOON MANGALATH
(RAPID RESPONSE TEAM (RRT) Co -ordinator, NSS
TECHNICAL CELL KERALA)

ON 17/12/2021 AT 7:00PM
GOOGLE MEET

PROGRAMME OFFICERS
SRI. SUMESH. P. K
SMT. VEENAS. C.I.

PRINCIPAL
DR. K.C. PREETHA



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VILAVEDUPPU

25/12/2021

MAZHA MARA AGRI CULTURE PROJECT is implemented by NSS Units of Sivagiri Sreenarayana College with the help of Varkala Krishi Bhavan and SN Trust Management in Academic year 2020-2021. The second crop in the said project will be done on 04/10/2021 by Varkala Agriculture Department Assistant Director Dr. Premavally was inaugurated. Harvesting of the said crop was done on 25/12/21. The programme was inaugurated by SN Trust Executive Member Sri.Aji SRM, PTA Vice President and FSA Secretary Sri.G. Sivakumar, Kumari. Anubha, Iswarya and Kiran spoke.Gokul delivered welcome speech and Mrinalini gave vote of thanks.



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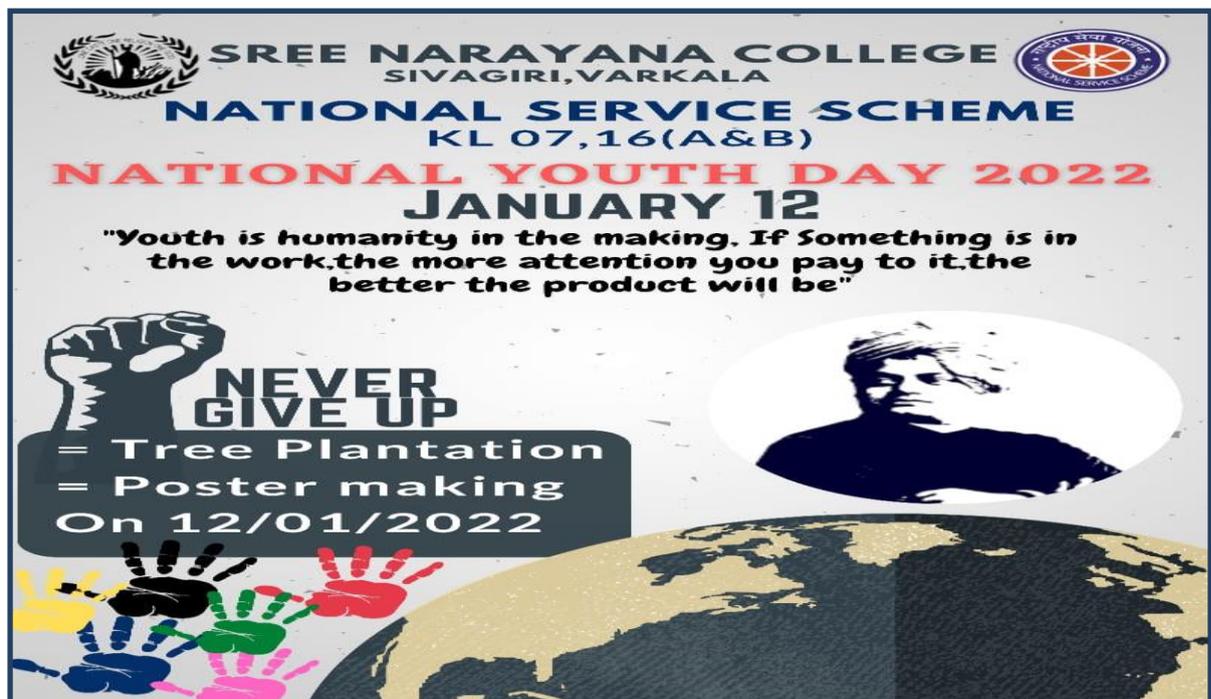
NATIONAL YOUTH DAY

12/01/2022

The birthday of the great Swami Vivekananda is celebrated every year as National Youth Day since 1984 when the Government of India decided to celebrate National Youth Day. This day is celebrated with the view that the philosophy of Swami Vivekananda, the ideals he adhered to in life and his great works will be an inspiration to the youth of India.

Every year January 12 is celebrated with elaborate events. In the event that the Covid epidemic has not completely left, clear instructions have been given by the Central Sports Youth Welfare Department through the NSS Regional Offices for this year's celebrations. The NSS units of Sivagiri Sri Narayana College also participated in the said celebrations. There was opportunity to conduct online and offline events

The instruction was to do any one activity out of nine events. Volunteers of the college participated in poster making and tree planting activities. Planting saplings in the home yard, taking a real-time photo of it and uploading it through Whats App, preparing a poster and bringing it to the college



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ATTUKAL PONGALA 2022- FRIENDS OF POLICE

16/02/2022

ATTUKAL TEMPLE

The Attukal Bhagavathy Temple is a Hindu religious shrine at Attukal in Kerala, India. The temple is renowned for the annual Attukal Pongala festival in which over three million women participate. A festival hat has figured in the Guinness Book of World Records for being the single largest gathering of women for a religious activity. Attukal Pongala continues to draw millions of women with each passing year.

ATTUKAL PONGALA 2022

This year's Attukal Pongala was in the midst of the covid 19 scenario. On such a situation State NSS Cell and Kerala University NSS Cell has decided to provide all the required directions and help for the pilgrims. As a part of this they got united to form "ATTUGAL PONGALA 2022 – FRIENDS OF POLICE" and Sivagiri, Sree Narayan Collage's NSS unit volunteers Athul .B.S and Sanjay participated in it. This has helped the Kerala Police to do their job easily and helped the pilgrims a lot.



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SUMMER TIME VEGETABLE AGRICULTURE INAUGURATION

24/02/2022

Agriculture is the life blood of the country. Agriculture has always contributed greatly to the progress of the country. No matter what path development takes, the glory of agriculture does not despair. Because the food base is the third of the things that human need to live, agriculture is emphasized. Today vegetables and other food items are get poisoned. Fertilizers and chemicals used to keep vegetables from spoiling have made agriculture sector to be a poisoned one. Moreover, people are moving away from agriculture. When Youth societies are concentrating their mind into other jobs, so the significance of the agricultural sector is gone.

NSS units have decided to implement various agriculture projects in the campus with the help of Varkala 'Krishi Bhavan' to convince the students about the importance of agriculture and promote Organic vegetable farming in this special situation. One of them is "Summertime vegetable farming".

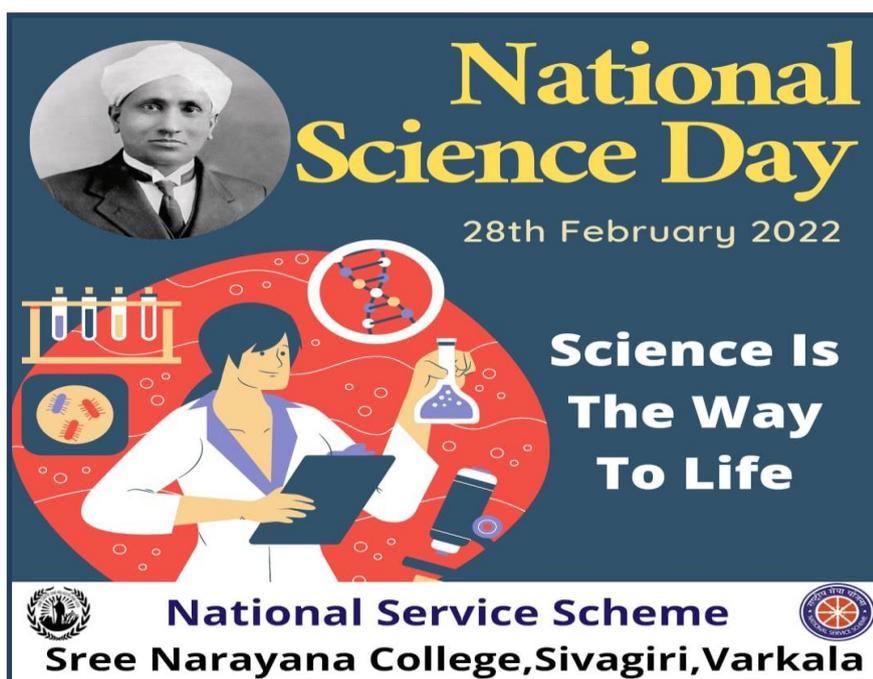
The inauguration of Summer Time vegetable agriculture where started on 24th February 2022 done by Dr. Premavalli. P, director of agriculture Varkala. Principal Dr. K C Preetha preserved to this function. SN trust executive member MrAji SRM, agriculture Officer MrRadhakrishnan, assistant Byju Gopal, Professor T Sanal Kumar, GSivakumar vice president and secretary of alumni Association and others are participated in the function. In addition to the help of Varkala Krishi Bhavan, SN trust management also participated in the said project.



NATIONAL SCIENCE DAY

28/02/ 2022

National Science Day is celebrated annually on 28th February to commemorate the discovery of Raman Effect by Nobel laureate and physicist C.V.Raman on this day on 1928. In 1928 the National Council for Science and Technology ask the Government of India to designate 28th February as National Science Day. Since, 1987 the event has been celebrated all over the country in schools, colleges, universities and other academies, scientific, technical, medical and research.



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INTERNATIONAL WOMEN'S DAY CELEBRATION

08/03/2022

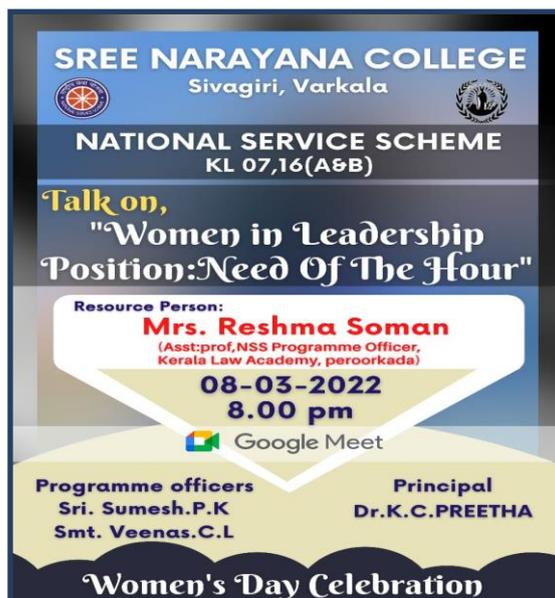
TALK ON: "Women in the leadership position: Need of the hour "

Resource person: Mrs. Reshma Soman, NSS Programme officer Law Academy, Peroorkada

Women's excellence in social, political, economic fields is commemorated as the international women's day. This day is the most important aspect in the women's right in equality, reproduction right and the fight against atrocities against women.

International Women's Day was first originated at America and Europe from the Newzeland's complete women's right for voting. The first women's day was organized on 1909 February at New York City by the socialist party of America.

As a part of this year's International women's day Sivagiri, Sree Narayan Collage's NSS units has arranged a class on "Women in leadership position: need of the hour". The class was led by NSS Programme officer at Peroorkada law Academy, Mrs. Reshma Soman. Programme officer P.K.Sumesh and Veenas.L.C gave a pep talk. The welcome speech was delivered by Sukanya and Vote of thanks as delivered by Arathy.S.A.



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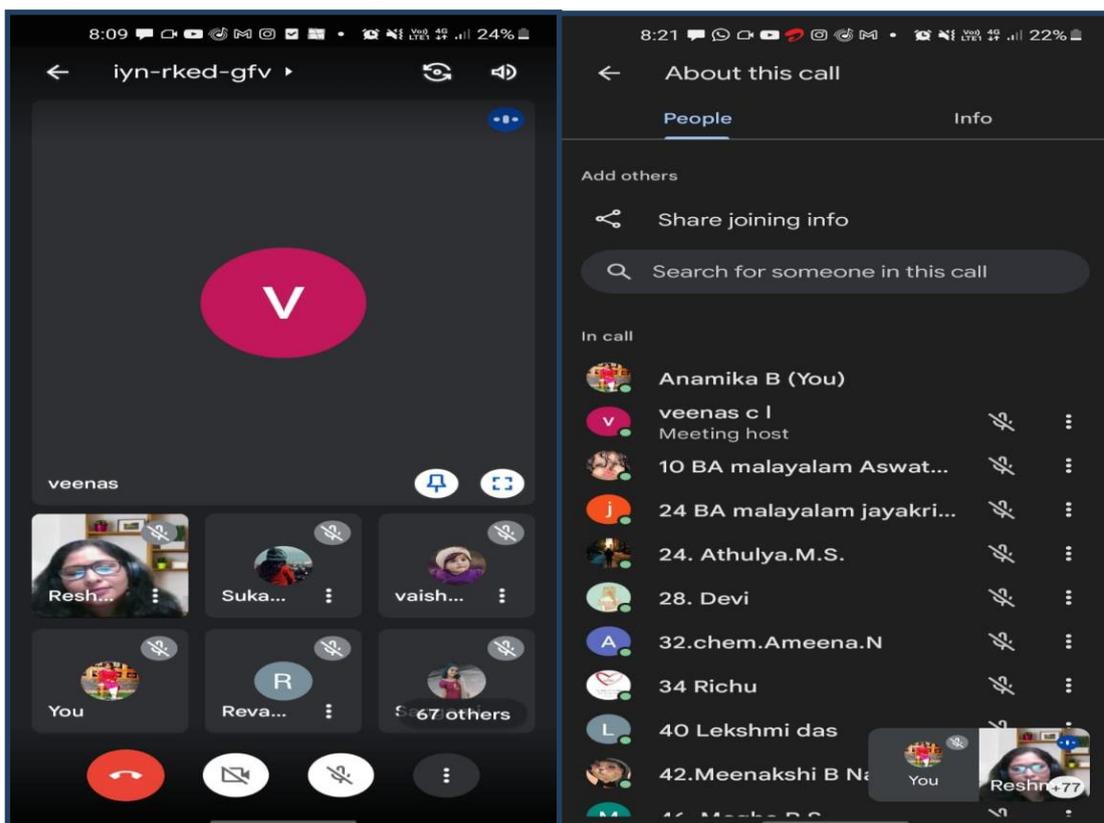
WATER SPORTS SEMINAR

16/03/2022

Water sports are full of adventure and fun. Today it is a sport that is enjoyed all over the world. This sport is completely different from all other beach field sports. Because in the past it was a bit difficult Programme. But modern science and technology has grown and developed to become a sport that can be practiced safely and successfully in the past. Moreover, it has become a very profitable sector both professionally and financially.

It was in this context that the National Service Scheme unit of Sivagiri Sree Narayana College thought about this and decided to organize a seminar. College alumni association member's movements- 'Rising Star Cricket Club' and Varkala Water Sports have come forward to support the seminar.

The seminar was organized with the importance of beach protection and water sports. SN Trust Executive Member Aji SRM inaugurated the seminar in a meeting presided over by Principal Dr. KC Preetha. Varkala Water Sports Director Shri Mesh Manohar conducted the class. Professor T Sanal Kumar, Senate Member Dr GS Babitha, PTA Vice President and Alumni Association Secretary G Sivakumar, Union Chairman Anoop CP, Abhinav SS, Bhuvana JB, Baiju and Kishore had spoken. Programme Officers PK Sumesh and Veenas



**CHECKING OF QUALITY OF FOOD PRODUCTS AT ADOPTED
VILLAGE
25/03/2022**

Food is the third most important thing for human to live on. So it is very important to get good food. In the past years before the population explosion everybody used to produce their own required amount of food. But when the population explosion came up, the hardworking skills of humans got declined and more over it lead to the growth of marketing. Thus people started to buy food from outside no matter whether it is cooked or not and hence purity of the food products got diminished. Due to this health as well as lifespan of mankind got lowered and surrendered to various diseases.

The danger situation caused in this situation has been understood by the government as a result strong laws and rules were implemented by them. Food safety department and checking of the quality of the food products were the fruit if this discernment.

Sivagiri Sree Narayana Collage on March 25, 2022 in association with Food Safety Department, Varkala made a food quality test by focusing the day care at the adopted village. The Programme was inaugurated by Dr.R.P.Praveen, Officer Food Safety Department Varkala Circle at Government of Kerala. Programme officers P.K Sumesh and Veenas.C.L and the day care's teacher Mrs. T.G. sathy gave felicitations. Technical Assistant J.L.Ajitha Thomas, Lab Assistant Vinod.S.Nair, Office Assistant Prema, other volunteers DipinJyothi, Arjun Krishna, Kiran, Revathy, Maneebha, Sonand all gave the assistance for the quality check.



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BEACH CLEANING

As the part of seacoast protection activities Sivagiri, Sree Narayana College NSS units with the cooperation of 'Rising star Cricket club', Varkala, 'Water sports', Varkala, Kerala Adventure Tourism Promotion Society cleaned Varkala Papanasam beach. Upside downed regions near the helipad was cleaned using rope way facility. The programme was inaugurated by S.N Trust executive member Aji SRM. The main speech was delivered by Municipal Chairman K.M Laji. A pep talk was given by Varkala Water Sports Director Mesh Manohar, PTA Vice-president and alumni secretary G. Sivakumar, Kerala Adventure Tourism Promotion Society member Drishyan, Anjanasree, Bhavana.J, Akshaya gave pep talk. The Programme was headed by the NSS Programme officers P.K.Sumesh and Veenas.C.L.

ശ്രീനാരായണ കോളേജ്
ശിവഗിരി, വർക്കല

നാഷണൽ സർവ്വീസ് കീം
യൂണിറ്റ് 16 A, B

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കടൽതീര ശുചീകരണവും
ജലകായിക വിനോദ പരിപാടിയും

സ്ഥലം : പാപനാശം കടപ്പുറം, വർക്കല
തീയതി, സമയം : 26.03.2022 ശനിയാഴ്ച രാവിലെ 8.00 മണിക്ക്

കാര്യപരിപാടികൾ

പ്രാർത്ഥന : ശ്രീ. അഭിനവ്.എസ്.എസ്. എൻ.എസ്.എസ്. വോളന്റിയർ
എൻ.എസ്.എസ്. ഗീത : കുമാരി. ഭൂവന.ജെ.ബി. എൻ.എസ്.എസ്. വോളന്റിയർ
സ്വാഗതം : ശ്രീ. പി.കെ.സുമേഷ് പ്രോഗ്രാം ഓഫീസർ, എൻ.എസ്.എസ്
അധ്യക്ഷപ്രസംഗം : ഡോ.കെ.സി.പ്രീത പ്രിൻസിപ്പൽ
ഉദ്ഘാടനം : ശ്രീ. അജി.എസ്.ആർ.എം.
എസ്.എൻ. ട്രസ്റ്റ് എക്സിക്യൂട്ടീവ് അംഗം
മുഖ്യപ്രഭാഷണം : ശ്രീ. കെ.എം.ലാജി
ചെയർമാൻ, വർക്കല മുനിസിപ്പാലിറ്റി
വിശദീകരണം : ശ്രീ. മേഷ് മനോഹർ
ഡയറക്ടർ, വാട്ടർ സ്പോർട്സ്, വർക്കല
ആശംസകൾ : ഡോ.എസ്.സോജു
സെനറ്റ് മെമ്പർ & ഐ. ക്യാ. എ. സി. കോർഡിനേറ്റർ
: ഡോ.ജി.എസ്.ബബിത സെനറ്റ് മെമ്പർ
: ശ്രീ. സി.അജയകുമാർ വാർഡ് മെമ്പർ
: ശ്രീ. ജി.ശിവകുമാർ
പി.റ്റി. എ. വൈസ് പ്രസിഡന്റ് & എഫ്.എസ്.എ. സെക്രട്ടറി
: ശ്രീ.അനൂപ്.സി.പി. കോളേജ് യൂണിയൻ ചെയർമാൻ
നന്ദി : ശ്രീമതി. വീനസ്. സി.എൽ.
(പ്രോഗ്രാം ഓഫീസർ, എൻ.എസ്.എസ്)

KATPS
KERALA ADVENTURE TOURISM
PROMOTION SOCIETY

varkala
Water Sports



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PALLIATIVE CARE ACTIVITIES 2021-2022

Palliative clubs of University of Kerala

There are lot of people in our society who are suffering from diseases and miseries. Formation of Palliative clubs in colleges is based on the importance of involvement in the difficulties of the people as part of our social commitment. These clubs are formed during the academic year 2019-2020. But due to Covid pandemic the Programme cannot be organized in proper way. During the 2020-2021 period, some initial activities are being organized in the college related to Palliative work and it is continued during 2021-2022 period.

Palliative club in S N College, Varkala

There are palliative care initiatives in Sree Narayana College, Sivagiri as part of the NSS activities. As per the guidelines from the Kerala university NSS cell during 2020-21 academic year, Palliative club is formed in our college and works are done in a proper manner.

A palliative survey was conducted during the initial phase of the palliative work for the identification of eligible patients. The survey started on 22/01/2022 and it is located in around more than ten wards in Varkala Municipality. During this survey we can identify more than 12 patients from ten families. It seems to be very unfair that the two patients from two families needs palliative assistance.

Sree Narayana Collage Sivagiri, Varkala has two NSS units and a total of 200 NSS volunteers ready with their volunteering services. The sole aim of NSS is to understand the community in which they work, understand themselves in relation to their community, identify the needs and problems of the community and involve them in problem solving, develop among themselves a sense of social responsibility and to develop the personality and character of the student youth through voluntary community service. One such service is palliative care. Palliative care is a multidisciplinary approach to specialized Medicare care for people with illness. This focuses on providing people with relief from pain, physical stress and mental stress. The goal of palliative care is to improve quality of life for both person and his family. The



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NSS units of Sree Narayana College, Sivagiri, Varkala, have an efficient and effective team of volunteers under palliative care wing. As the part of Palliative care Programme the National Service Scheme units of Sree Narayana Collage, Sivagiri, Varkala, conducted the following Programmes for the year 2021-2022.

ACTIVITIES UNDERTAKEN BY THE STUDENT PALLIATIVE CLUBS

1. AWARENESS PROGRAMME

Palliative care is an approach that improves the quality of life of patients and their families facing life threatening illnesses. Our volunteers attended university level training and district level training conducted by University of Kerala.

a) University Level Training

Two volunteers from our NSS units participated in the university level training about palliative care conducted by University of Kerala in association with Pallium India from 01/11/2021 to 06/11/2021

b) District Level Training

Four volunteers from our NSS units participated in the university level training about palliative care conducted by University of Kerala in association with Pallium India from 07/11/2021 to 13/11/2021

2. SURVEY

As the part of Palliative care Programmes the National Service Scheme unit Palliative club of Sree Narayana Collage, Sivagiri, Varkala conducted a detailed survey at Municipality. Varkala Municipality consisted of 33 wards. The ward opted for the present study is Municipality of Varkala. Among the total 1464 houses of the municipality 60 houses were selected for survey. One of the main objectives of the survey was to explore the health status and health care service utilization of the community. The survey was conducted on 23/12/2021 and 02/02/2022. Thirty number of NSS volunteers were grouped into five groups comprising of six in each group. Each team collected an average of 24 questionnaires during a time span of 10 am to 3pm. Personal interview was used to collect data and recordings were done on the

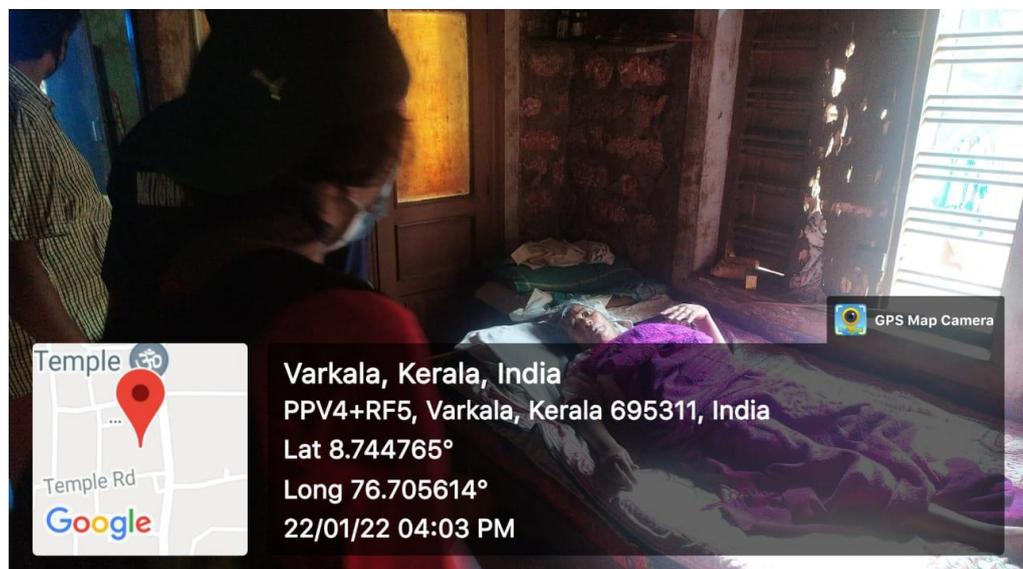


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structured survey schedule.60 households Participated inthesurvey.

3. HOMEVISITSBY VOLUNTEERS

National Service Scheme Palliative care unit volunteersvisitedhomesofpalliative patients in the Sree Narayana Collage, Sivagiri, Varkala Municipality. The purpose of the visits was caring and treating the palliative patients. The visits were conducted on 04/12/2021 and 11/12/2021.Volunteers visited houses of palliative patients and provide help to patients in eating, bathing, etc. Volunteers also give awareness classes to family members of palliative patients.



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4. MATERIAL DISTRIBUTION

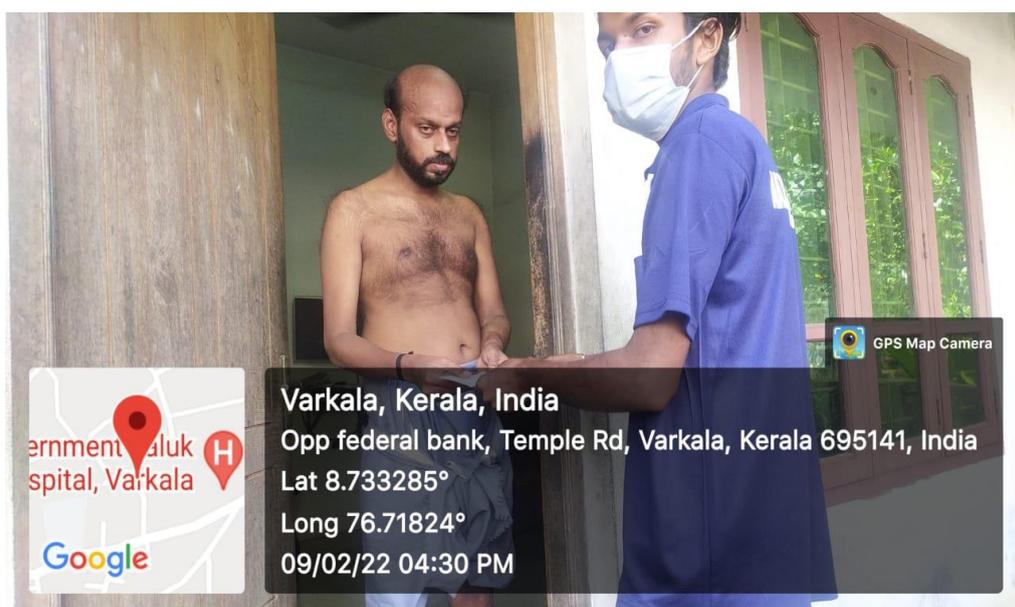
Palliative care is needed among diseases affected like cancer, chronic progressive pulmonary disorders, renal diseases, chronic heart failure, and progressive neurological conditions. The NSS Unit of Sree Narayana College Sivagiri Varkala, identified some deserving people with the help of Pallium India volunteers and NSS volunteers. Therefore we distributed bed, wheelchair etc. on 08/02/2022.



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5. MEDICINE DISTRIBUTION

There are many sick and destitute people living in the Municipality of Varkala. Most of them are aged and suffering from various ailments and weakness due to old age. Physically handicapped, mentally challenged & mentally deranged, blind, deaf, dumb, orphan children and destitute mothers are residing in Varkala Municipality. Our volunteers distributed needed medicines, Ointments, diapers, inhalers on 09/02/2022. NSS Volunteers also spent some valuable time with them.



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6. FOODKITDISTRIBUTION

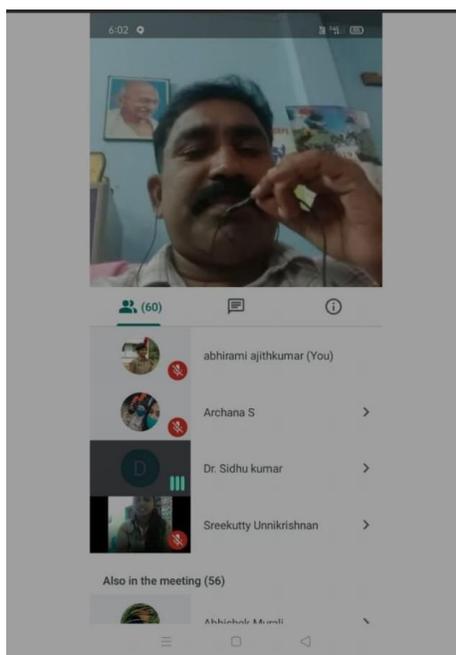
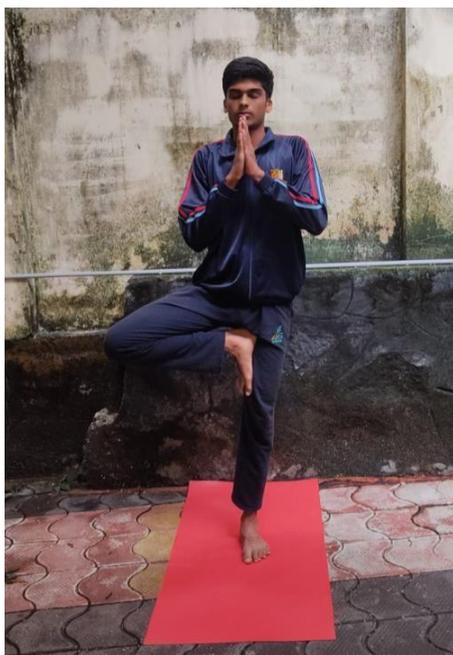


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YOGADAYCELEBRATION

21stJUNE2021

Yoga Day Celebration was conducted on 21st June 2021 by NCC of SreeNarayanaCollege ,SivagiriVarkala through the online meet. 97 cadets took part in this online Yoga Programme. The meet beganfrom9.45am.TheInauguralspeechwasdonebyourprincipalDr. K.C. Preetha. She emphasized the importance of yoga and physical exercise in daily life. After that cadet Devadath S U delivered aspeech about “Yoga in Daily Life”. The yoga instructor Mr. Prakash Sir started the session with a short class about the benefits of yoga.



He taught Aasanas which followed by Omkar chanting. Warm-up exercise, sitting and standing aasanas were taught. The programme helped to improve the concentration and attained inner peace. More than 15aasanas weretaught. The programme was a great success. The cadets actively participated in this online yoga programme.



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FIT INDIA RUN

14th August 2021

Fit India Movement is a nationwide event to encourage people to remain healthy and fit by including physical activities and sports in the daily life. It was launched by the Prime Minister of India Sri. Narendra Modi at Indira Gandhi Stadium, New Delhi on 29th August 2019.

As part of the Fit India Movement, the NCC wing of our college has organized the programme including our NCC Cadets and Staff members to encourage everyone to be healthy and fit. The event was held on **14th August 2021 between 10:00 am and 11:30 am at Anchengo Fort**. The programme was organised by the NCC Officer Dr. Rinku Babu and PI Staff Sri. Rana.

The Subedar Major Sri. Maduletti Sir and Havildar Sri. Priyesh Sab delivered a felicitation on the importance of maintaining a healthy lifestyle and doing exercises regularly. The Panchayat President Sri. P. Vimalraj made the flag off for the cadets to start their run from Anchengo Fort to Nedunganda. Last but not the least the vote of thanks was given by NCC Officer Dr. Rinku Babu.



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Yoga and Running was included in the programme and all the cadets have actively participated. The event motivated the cadets to have a fit and healthy lifestyle. It was really a memorable experience for our cadets.



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75th INDEPENDENCE DAY INS.N.COLLEGE VARKALA

1(K) Bn NCCVARKALA



The NCC Unit of S N College celebrated 75th Independence Day under the 1(K) Bn on 15th August 2021 with the usual pride to mark our country's freedom from the British rule. The flagpole area was selected as the venue for the function. Cadets arrived by 8:00 am and they decorated the flag area with balloons and ribbons.



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By 8.30am the cadets fall in for the function. NCC Officer Dr.Rinku Babu delivered the welcome speech. The national flag was hoisted by our beloved principal Dr.K.C.Preetha.



The cadets and all the faculty members paid their respect by saluting the flag and sang the national anthem. The NCC Officer Dr.Rinku Babu delivered a speech about the significance of the day. The principal delivered a felicitation.



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remembering the pain tolerated by our freedom fighters and the determination they had. S N Trust executive member Aji SRM expressed his words on patriotism. The syndicate member Dr.Babitha was invited to present a speech about the importance of developing patriotism in students' habit. The PTA president Mr.Shivakumar delivered a speech about the great martyrs of freedom fight. It was followed by a vote of thanks proposed by NCC Officer Dr.Rinku Babu. The function was conducted with all the Covid-19 protocol. The 75th Independence Day in S N College under 1(K) BN NCC Varkala was asuccessful event.



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FIT INDIA RUN, S.N.COLLEGE VARKALA

1(K) Bn NCC VARKALA



30thSeptember2021

Fit India movement is launched to inspire people to make physical fitness a way of life. This run encourages fitness and help us to get free from obesity, laziness, anxiety, disease, etc. The concept behind this event is that run anywhere, anytime and runs one's own race, and times his own pace. The Government insists to include physical activity for at least half an hour a day.

As part of Fit India Movement, the NCC wing of our college has organized an awareness campaign by running from our College to Palachira. In The programme, our NCC Cadets and Staff members had participated to encourage everyone to be healthy and fit.



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The event was held on 30th September 2021 between 10:00 am and 11:30 am. The programme was organised under the NCC Officer Dr. Rinku Babu and PI Staff Sri. Rana Sab.

The programme was inaugurated by our honorable Principal Dr.K.C.Preetha by flagging off the run. The syndicate Member Dr. Babitha.G.S, PTA President Sri.Sivakumar were actively involved in the programme.



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Yoga session was also incorporated along with the run to enable everyone to relax their body and mind. The fitness run began at 10:30 am with the active participation of all the cadets and faculty members and it ended at 11:30 am. The Yoga practice was given to cadets from 11:45 am to 12:15 pm. It helped to reduce the mental stress of cadets.



The event encouraged the cadets to have a fit and healthy lifestyle. It was really a memorable experience for our cadets. The campaign was concluded with the vote of thanks delivered by NCC Officer Dr.Rinku Babu.



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GANDHI JAYANTHI CELEBRATION

S.N.COLLEGE, SIVAGIRI, VARKALA

The NCC cadets of SN College under the 1 (K) Bn NCC Varkala celebrated Gandhi Jayanthi on 2nd October to mark the birthday of the Father of our Nation. The celebration was conducted in the college auditorium.

The programme started at 10:00 am with a welcome speech by the cadet Karthika V.S about the importance and specialty of the occasion. Cadet Karthika kindly invited the NCC Officer of SN College Varkala Dr. Rinku Babu to address the cadets and express the views about Gandhian Principles. Sir informed that Gandhi Jayanthi is also known as the International Day for Non-Violence and Peace across the world and Gandiji was a faithful supporter of nonviolence, truth and peace.



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The senior Under Officer Archana R Shibu was invited to deliver a motivating speech about Mahatma Gandhi. Cadet Kaveri delivered a speech in Malayalam about the Gandhian Philosophy in our day to day life. Cadet Shrithi S also delivered a speech depicting various inspiring stories of Gandhiji.

The cadets took up an agenda of cleaning the College Campus and make it attractive. They spend half of the day to clean the campus. The plastic wastes were collected and dumped in the bin. They also cleaned the places around the NCC room. The Under-Officer Gayathri A S coordinated the cadets.



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Regarding to Swatch Bharath Abhiyan, the SD Cadets cleaned the Varkala Beach shore. The plastics were collected and handed over to Kerala Scrap Authority. The team was coordinated by Under Officer Sabin. NCC Officer Dr. Rinku Babu provided guidance and safety gears to the cadets.



Unlike the other years, the programme was a great event. Remembering the words of Ganghiji,“Action express priorities”, instead of conducting cultural programmes on the Gandhi Jayanthi, our NCC Unit had decided to go for cleaning the surroundings.



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PUNEET SAGAR ABHIYAN

On 9th December 2021, as part of Puneet Sagar Abhiyan, the NCC cadets of SN College cleaned the coastline of Varkala beach. The event was done to free the seashores and beaches from plastic and other wastes, and create an awareness about keeping the coastline clean. The aim of Puneet Sagar campaign



is to propagate the message of importance of clean seashores and beaches among the local population.



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The programme was inaugurated by Varkala CI V.S.Prashanth. He addressed the gathering and gave awareness to the cadets about the importance of the Puneet Sagar Abhiyan. The NCC Officer Dr. RinkuBabu guided the cadets to clean the beach shore. The NCC cadets cleaned plastic waste from seashore in coastal areas with great enthusiasm and vigour. The plastics were collected and dumped in the proper manner. The cadets provided awareness classes to the local people near the beach shore.



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PUNEET SAGAR ABHIYAAN

20th December 2021

On 20th December 2021, the NCC cadets of SN College Varkala and Model Public School took part in Puneet Sagar Abhiyaan. The NCC has linked a memorandum of understanding (MOU) with National Highway Authority of India (NHAI) to reuse plastic waste collected by the NCC cadets through Puneet Sagar for construction of road by NHAI across the country.



The campaign aims to propagate the message of importance of clean shores, beaches amongst the local population and the future generation. The campaign was started with a welcome speech by NCC Officer Dr. Rinku Babu. The MLA Joy Inaugurated the campaign and give felicitation speech.



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He appreciated NCC for doing such activities to save environment from plastic. The cadets start cleaning the beach shores. They were guided by PI Staff Bhawani, SM Ram Auttar. The NCC Officer Dr. Rinku Babu actively did the cleaning with his beloved cadets. Further NCC cadets interacted with the public. Tourists, Local shopkeepers and fisherman along the coastal areas to spread awareness on the ill effects of beach littering and its advice harmful impact to the environment.



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REPUBLIC DAY

26th Jan 2022

The NCC Unit of SN COLLEGE VARKALA celebrated 73rd Republic Day on 26th Jan 2022. it is a day of national rejoining and red- letter day in our country. The day was celebrated with pomp and Show, zeal and spirit throughout the length and breadth of the country.



The flag pole area was selected as the venue for the function. Cadets arrived by 8am and they decorated the flag area with balloons and ribbons. By 8.30 am the cadets fall in for the function. NCC Officer DrRinku Babu delivered the welcome speech. The National Flag was hoisted by our beloved Principal Dr K C Preetha.



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The cadets and all the faculty members paid their respect by saluting the flag and sang the national anthem. The principal delivered a felicitation highlighting the importance of the constitution and its and its unique feature. Such as Sovereign, Socialist, Secular, Democratic, and Republic enshrined in the preamble of the constitution.



She also gave an insight on the various accomplishments achieved by college and motivated the crowd for bringing more laurels for the college through their accomplishments. SN trust executive member Aji SRM.



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expressed his words on patriotism. THE Syndicate member Dr. Babitha give message to create a great nation through collective efforts from all individual.

The PTA president Mr. Shivakumar delivered a speech about importance of constitution. It was followed by a vote of thanks proposed by cadet Devipriya. The cadets also participated in Shaheedonko shat shat Namam. The NCC cadets celebrated the day with great enthusiasm honouring the constitution of India.



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DySPNiyas, PI Staff, NCC Officer and all the cadets pledged amongst the target population and tourists to keep the beaches clean. After that Cadet Devanandana gave an awareness speech for the cadets and local police. It was followed by the speech of Cadet Adwaith about the harmful effect of plastic in environment. The DySPNiyas started the campaign by quitting the plastic.



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The cadets, ANO, PI Staff started cleaning the beach shores. The enthusiasm of cadets motivated the tourists and local bodies to join the campaign. It was a three hour programme. The cadets collected plastic and dumped.



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Apart from physical cleaning, the NCC cadets have took up mass awareness campaign to educate the people regarding the cleanliness of beaches, the harmful effect of plastic use. The cadets did a flash mob to attract the college local police and they showed the banners and placards to spread the message of importance of clean seashores.



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