

## **National Service Scheme-Annual Report 2015-16**

The National Service Scheme of Sree Narayana College Sivagiri, Varkala provides service to the society and makes smile in the lives of many.

### **WORLD ENVIRONMENT DAY**

The activities of the unit for the year 2015-16 commenced with the celebration of Environment Day on 5<sup>th</sup> June 2015. To mark the day, the unit organized “One Student, One Tree” programme, which was inaugurated by the Principal. The Principal motivated the students to make their surroundings green and to look after the environment to make our earth a better place to live in. The Department of Forest, Govt. of Kerala provided saplings for the unit and the volunteers planted the saplings in the campus and to protect the planted saplings, a project named “Ente Maram” was also launched.



### **HIROSHIMA- NAGASKKI DAY**

The NSS unit commemorated the Hiroshima-Nagasaki Day on 6-9 August 2015. A poster exhibition was conducted to sensitize students on the horrors of nuclear war. A documentary named “Hiroshima and Nagasaki after the Atomic Bombings” was screened to raise awareness among students for a peaceful and nuclear free life. The programme helped to realize the devastation of wars and the need for a peaceful world.





## **INDEPENDENCE DAY**

The NSS unit celebrated the Independence day on 15<sup>th</sup> August 2015. The Principal delivered the Independence Day message. A cleaning campaign was organized in the campus premise. All the volunteers actively participated in the cleaning drive. Sweets were distributed at the end of the programme.



## **GANDHI JAYANTHI**

As part of the celebrations of Gandhi Jayanthi , the volunteers gathered in the campus for the commemoration of Gandhi. The unit organized an essay writing competition for students on the topic “Gandhi Anusmaranam-Swathanthriya Samara Charithrathile Gandhi”. The Principal distributed the prize for the best essay.

## **PUSTHAKOLSAVAM 2015**

With the objective to develop reading habits among students, the NSS unit organized “*Pusthakolsavam 2015*” in association with DC Books, Kollam on 12<sup>th</sup> October 2015. The book festival was inaugurated by a young poet *Kumari Ajeesha* who is a victim of Cerebral Palsy. Initially, the book festival was decided to be conducted only for two days, but later, upon the request of teachers and students, it was extended to one more day.



ശ്രീ നാരായണ കോളേജ്  
ശിവഗിരി, വർക്കല



# പുസ്തകോത്സവം 2015

ശിവഗിരി ശ്രീ നാരായണ കോളേജിലെ നാഷണൽ സർവ്വീസ് സ്കീം യൂണിറ്റും ഡി.സി ബുക്സും ചേർന്ന് നടത്തുന്ന പുസ്തകമേളയുടെ ഉദ്ഘാടനം ഒക്ടോബർ 12-ാം തീയതി രാവിലെ 10.30 ന് സെമിനാർ ഹാളിൽ വച്ച് നടക്കുന്നു.

പ്രസ്തുതചടങ്ങിൽ **കുമാരി അജിഷ** പങ്കെടുക്കുന്നു.

വളരെ ചെറിയപ്രായത്തിൽ തന്നെ 'സെനിന്ദ്രൻ പാഴ്സി' രോഗം

അജിഷയുടെ ശരീരത്തെ പിടികൂടിയെങ്കിലും തന്റെ പത്താമത്തെ വയസിൽ (2006)

'പുവായ് വിരിഞ്ഞു' എന്ന കവിതാസമാഹാരത്തിലൂടെ കവിതയിലും, സാഹിത്യത്തിലുമുള്ള തന്റെ കഴിവ് തെളിയിച്ചു. 2010-ൽ 'സൂര്യനെ പോലെ ഞാനുദിച്ചു' എന്ന രണ്ടാമത്തെ കവിതാ സമാഹാരം പുറത്തിറക്കി. നമ്മുടെ മുൻ രാഷ്ട്രപതി ഡോ.എ.പി.ജെ. അബ്ദുൾ കലാമിന്റെ കയ്യൊപ്പുള്ള അനുമോദന കത്ത് അജിഷയ്ക്ക് ലഭിച്ചിട്ടുണ്ട്.

2007 ൽ പ്രത്യേക കഴിവുള്ള കുട്ടികൾക്കുള്ള ദേശീയ അവാർഡ് നേടി.

2010 ൽ കേരളാ സ്റ്റേറ്റ് വികലാംഗ ക്ഷേമ കോർപ്പറേഷന്റെ അവാർഡ്,

2014 ൽ UNCRC (United Nations Convention on the Rights of the Child)

CHILD ACHIEVER AWARD എന്നിവയും നേടിയ

കുമാരി അജിഷയ്ക്ക് നമ്മുടെ കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ആർ. രവീന്ദ്രൻ

പുസ്തകം നൽകി ഉദ്ഘാടനം ചെയ്യുന്നു.

ഒപ്പം കുമാരി അജിഷയെ അനുമോദിക്കുകയും ചെയ്യുന്നു.

പ്രസ്തുത പരിപാടിയിലേക്ക് കോളേജിലെ എല്ലാ അധ്യാപകരെയും,

അനധ്യാപകരെയും, വിദ്യാർത്ഥികളേയും സ്വാഗതം ചെയ്യുന്നു.



# ശ്രീ നാരായണ കോളേജ്

ശിവഗിരി, വർക്കല

## പുസ്തകോത്സവം 2015



സംഘാടകർ



നാഷണൽ സർവ്വീസ് സ്കീം  
& ഡി.സി. ബുക്സ്

ഒക്ടോബർ 12 മുതൽ 14 വരെ  
സുവോളജി ലാബിൽ

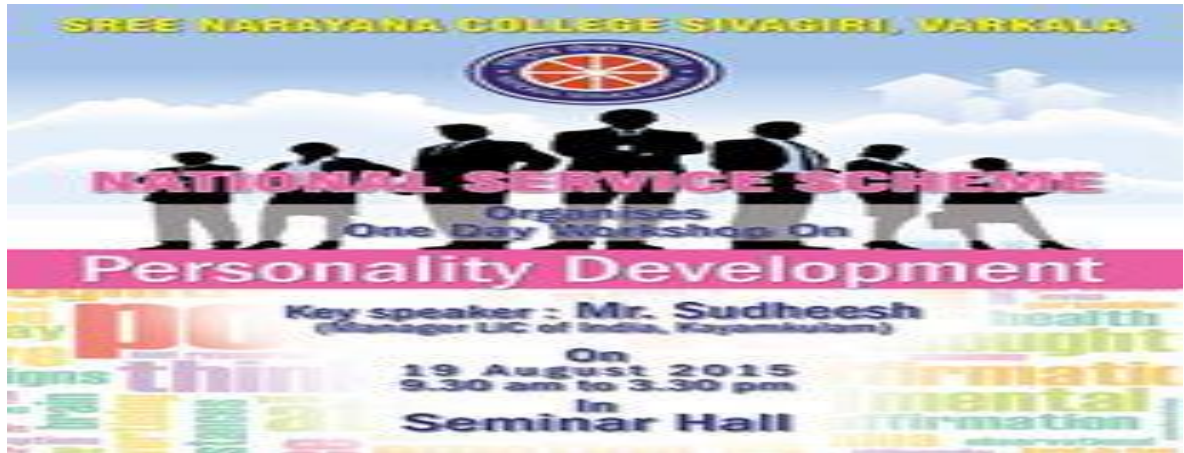
ഔവർകൂം സ്വാഗതം

സൂര്യൻ ഉദിക്കുമ്പോൾ ഇരുട്ട് മാറിപ്പോകുന്നത് പോലെ  
രേഖിപ്പിക്കുമ്പോൾ രാജ്യം മാറിപ്പോകുന്നു

ശ്രീനാരായണ ഗുരു

## PERSONALITY DEVELOPMENT PROGRAMME

The NSS unit organized one day workshop on “Personality Development Programme” on 19<sup>th</sup> August 2015. The aim of the programme was to help the students reach their personality and leadership potential. The programme was conducted by Mr.Suresh, Manager, LIC of India, Kayankulam, kollam.



## VEGITABLE FAMING

Farming of various kinds of vegetables was organized in the NSS Farm of the campus. Class on organic Farming was provided by Sri. Sasidharan (Agriculture Officer, Panayara Grama Panchayat).Students actively participated in the programme.





### **NSS DAY 2015-16**

On 24<sup>th</sup> September 2015, NSS unit decided to organize the programme “Sneha Santhwonam 2016”. The NSS Programme officers discussed with the Principal about the conduct of the programme. The Principal gave guidance for the event. Sneha Santhwonam is an attempt to extend help and support to the poor and the needy in and around the neighborhood. The unit members celebrated Eid and NSS Day on 24<sup>th</sup> September 2015.

### **BLOOD DONATION CAMP**

A blood donation camp was organized in the college in association with Indian Medical Association Kollam and Blood donation club, on 2<sup>nd</sup> December 2015. A large numbers of students participated in the camp and made it a big success.



**SEVEN DAY ANNUAL CAMP**  
**Ist day**

The seven day NSS camp began on 18<sup>th</sup> December 2015. The camp was inaugurated by Dr.Sabukuttan (NSS Programme Officer, MG University).



## IIInd Day

On 19<sup>th</sup> December, the programme began with a yoga class. A class on “Women Empowerment”, was taken by Dr.Vijayalekshmi (Director, Dept. of Students Service, University of Kerala). In the afternoon, a class on Water Resource Management was taken by Dr. Shaji (Assistant Professor, Department of Geology, University of Kerala).



### **IIIrd Day**

On 20<sup>th</sup> December 2015, a workshop on Paper Bag Making was organized. The session was led by Sri. Haridas. The workshop helped to cultivate interest in students to use eco-friendly products.



#### **IVth Day**

On 21<sup>st</sup> December, a cleaning campaign was organized by the unit. The area stretching from Palachira to Chemmarithi Grama Panchayath was selected for the cleaning drive . The programme became a success because of the joint efforts of the people living in the neighborhood.



#### **Vth Day**

On 22<sup>nd</sup> December 2015, the NSS Volunteers organized a programme named “Setting of a Village”. The volunteers collected materials form the neighborhood houses and markets and constructed villages in the campus. Prize was distributed for the best village.

#### **VIth Day**

On 23<sup>rd</sup> December 2015, a medical camp was organized at ward 16 of Chemmarithi Grama Panchayat. The medical camp helped to provide free medical support to the poor and the diseased people living in the area.



### **VIIth Day**

On 24<sup>th</sup> December, a class on Naturopathy was taken by Dr.Jayakumar (Physician, Govt. Nature Cure Hospital, Varkala).The valedictory session of the camp was inaugurated by Sri.Sajesh (Associate Professor, Department of Physics, SN College, Kollam). Principal Dr.R.Raveendran presided over the function. The seven day camp ended with a camp fire at mid night.

### **SNEHA SANTHWANAM 2016**

As part of NSS day celebrations, it was decided to organize “Sneha Santhwonam 2016”. The NSS volunteers worked hard to raise fund for the programme. The plans to collect funds from various sources started early in the first week of January itself. The programme “Sneha Santhwonam 2016” was conducted on 29<sup>th</sup> February 2016. The programme was inaugurated by Padmasree Madhu (Cine Actor). A fund of Two Lakh was distributed to 22 poor families.





**HEALTH SURVEY AND TRIBAL AREA VISIT**

On 27<sup>th</sup> March 2016, the unit conducted a Health survey in the Chonam Para Tribal Community of Kuttichal Grama Panchayat. The unit visited around 40 households and collected data regarding their socio-economic and health status. The survey helped the volunteers to understand the living circumstances of tribal people. The unit also visited the *Kottor Eco Tourism Zone* which is under the Department of Forest and Wild Life. The Visit helped to visualize the inseparable relation between forest and human life.







**SNEHANIDHI (A CHARITY INITIATIVE FOR RCC CHILD PATIENTS)**

The unit organized another charity initiative programme namely SNEHANIDHI. The aim of this programme is focused the financial support for RCC needy child patients. SNEHANIDHI is a collection box, it will open in every six month of an year.

**YOGA FEST 2016**

NSS unit organized two day yoga fest 2016 in association with NCC of our college. The yoga class handed international yoga trainer Sri.Arumugham. more than seventy six students are participated in this programme



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The unit organized various programmes giving due importance to environmental awareness , health, personality development etc. it was also ensured that the unit members were actively involving and participating in all the programmes. The unit was able to organize symposiums, interactions with the poor and the needy of the society and thereby helped to uphold the social responsibility among the volunteers. The unit become a powerful organization of the campus to understand the problems and issues of the depressed and the deprived of the neighborhood.

***ENVIRONMENT DAY ON JUNE 2016***

This year's programme began with the celebration of the Environmental Day on June 5<sup>th</sup>. The unit members planted saplings in the campus. Measures were adapted to preserve and conserve the trees and plants in the campus. Former Principal Dr.R.Raveendran inaugurated the programme. All the students, teachers and non-teaching staff supported and encouraged the Environmental Day programme



### ***CLEANING PROGRAMME***

As part of the year round programme of the NSS unit, the members of the unit occasionally did cleaning programmes as part of their field work. During this year the days of June 16 and 17, July 28 and 29, August 6, 11, 12 and 30 November 18, were being utilized for the cleaning programmes.





### **YOGA DAY 2016**

On 21/6/2016, which was the yoga day a study class on Yoga was conducted by yogacharyasri.G.Gopalakrishnan. The class helped the youth in getting proper information on how to solve the problems related to their health and also made them aware on how to follow a proper daily routine.



### ***SNEHANIDHI BOX COLLECTION FOR NEEDY CHILD CANCER PATIENTS***

On 24th June 2017 a box for collecting fund for the poor and needy cancer patients was placed in front of the main gate of the college and the programme was named “Snehanidhi”. The box would be opened once in every six months and the amount from it would be given to a child suffering from cancer. The key of the box would be kept by the Principal.

In the days of June 28, 29 and 30 a group effort was made with the leadership of the NSS leaders and volunteers for collecting money to the box. On July 22 the entry of the first year degree students to NSS was be



### ***VEGITABLE FAMINING***

In the days of August 11<sup>th</sup>, 12<sup>th</sup> and 15<sup>th</sup> a vegetable garden was being made as part of the programme of this year. Apart from the previous year's topica as well as plantain cultivation was started. The programme was inaugurated by the Principal Smt.K.Susy.

The inaugural ceremony of vegetable harvesting was done by the Principal Smt.Susy, on 27<sup>th</sup> of November.





*Vegetable harvesting*

## **NSS VOLUNTEER TREATMENT FUND COLLECTION**

A fund collection was made for the treatment of a third year student of physics from our college named Shalini. The amount collected was handed over to the mother of the student at the Medical College.

### ***GANDHI JAYANTHI***

A cleaning programme as well as a campaign against the use of plastics was conducted on October 2<sup>nd</sup> which was the Gandhi jayanthi day.

On October 3<sup>rd</sup> an elocution competition was conducted by the unit based on the topic 'The importance of Gandhian ideals on Independent India'. The 1<sup>st</sup> prize was given to Ms.Chinju (dept. of Zoology), 2<sup>nd</sup> place was given to Ms.Parvathy (Dept. Of Economics) and 3<sup>rd</sup> place was given to Sri.Nidhin(Dept. of Economics).





### ***GREEN CARPET***

A cleanliness campaign named 'Green Carpet' was organized by the NSS unit in association with the tourism department along with Mathrubhoomi Club FM and Varkala Corporation. The region including the surroundings of varkala beach as well as the helipad was being made clean in the campaign. The programme was being inaugurated by the MLA of the region, Advt.V.Joy.



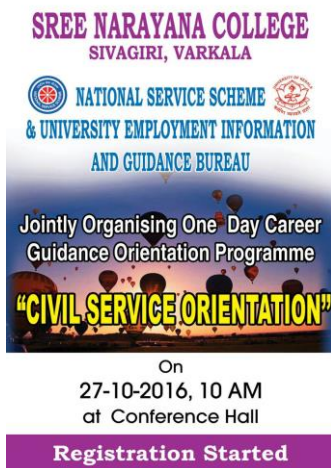


A personality development class was held on 5<sup>th</sup> October, under the guidance of Sri.Brammahayakam. the class attended by about hundred students was aimed at developing an intrest among students on NSS and its importance in developing a commitment towards society.



### ***CIVIL SERVICE ORIENTATION***

On 27<sup>th</sup> of October, a one day Civil Service orientation class was held jointly by University Information and Guidance Bureau and NSS unit. The class was aimed at providing guidance for those who are preparing for Civil Service and also as an inspiration for other students to aim Civil Service.



### **BLOOD DONATION CAMP**

Indian Medical Association and the National Service Scheme jointly organized a Blood Donation Camp on 11<sup>th</sup> of October. The camp was attended by more than 80 students along with teachers. The certificates of the participants were distributed by our Principal prof.K.Susi.



### ***NADEEL ULSAVAM 2017***

One Acre paddy field of CherunniyurPanchayath was undertaken by the NSS unit on Dec.19<sup>th</sup> and conducted a “NadeelUlsavam” as a part of the paddy cultivation. The programme was inaugurated by our Principal Prof.K.Susy.



### ***ANNUAL SEVEN DAY CAMP 2017 DECEMBER 20 TO 27***

This year’s Seven Day annual camp started on 20<sup>th</sup> December. The camp was inaugurated by Varkala M L A Advt.V.Joy. the inaugural meeting was presided over by Principal. The inaugural meeting was followed by camp Registration in the same day afternoon.





### **PERSONALITY DEVELOPMENT CLASS**

A personality development class head by Sri.KarthikSasi on the subject 'Personality development in Youths' on 21<sup>st</sup> December. Another class based on 'Physical and Mental abuse in Children' was conducted on the same day afternoon by sri.Jobi, child line worker of Loyola College.





### **SELF EMPLOYMENT TRAINING PROGRAMME**

A self-employment training programme was conducted on the third day of the camp, 22/12/2016, Thursday, under the leadership of Sri.Haridas, of Gandhian study centre. The students were given training in the making of Paper Bag, Exam Board, and Writing Board etc. the class extended for a whole day.



### **ROAD SAFETY AWARENESS CLASS**

A road safety awareness class was conducted for the students under AttengalR.T.OSri.Santhosh on the fourth day.



### ***SOCIO-ECONOMIC SURVEY***

A socio-Economic and health survey was conducted by the students at the nearby village, Kanwasramam on the same day afternoon. The survey was conducted on a selected 84 households. Survey was inaugurated by ward member Advt.biju.



### ***MEDICAL CAMP***

A free Medical Camp was conducted by the NSS unit in association with VarkalaGovt.Hospital, on the fifth day. The camp mostly included the sick person of Kanwasramam ward.



On the same day afternoon, clothes which were collected by NSS volunteers were distributed for the needy people of Kanwasramam village.





### ***ENVIRONMENT AWARENESS CLASS***

A class was conducted on the next day, on the subject “Water and Environment” jointly with SasthaSahithyaParishad.



### ***REUNION OF FORMER NSS VOLUNTEERS***

A reunion of former NSS volunteers and teachers were held after that o the same day.



### ***ARTIFICIAL VILLAGE MAKING***

On the final day mornings, the students were given task for aerating two artificial villages. They were divided into two groups and the best village was awarded a prize.

The closing ceremony conducted on the same day was inaugurated by former Principal Dr.R.Raveendran.



### ***THREE DAYS NATURE CAMP AT MUNNAR***

A three day nature study camp and trekking camp was organized in collaboratly with the munnar Forest Department on Jan. 24,25,26 forty students along with four teacher camped at Munnar.

The conduct of Nature Camp enabled the volunteers to develop appreciation of and respect for the gift of Nature. It also helped great understanding of forests as rich habitat thatsustain us.





***NSS MAGAZINE MANJUTHULLIKAL***

A manuscript magazine named “manjuthullikal” was realized by Prof.K.Susi Principal on 30<sup>th</sup> January 2017. The magazine contain the creative writings of the volunteers based on the seven day NSS camp.



***ONE DAY MEDICAL CAMP***

A free one day health check-up camp was organized on 22<sup>nd</sup> Feb.2017. The camp tested cholesterol, blood sugar, Albumin and Blood pressure levels. Seventy six people from the neighbourhood attended the camp.

***SNEHASANTWANAM 2017 AND VILLAGE ADOPTION***

“Snehasantwanam” , which has been organizing for the last three years, is one of the endearing programmes of the unit. The aim of *Snehasantwanam* is to render financial help to the poor and the needy people who suffer from Chronic Diseases. The fund was raised by the volunteers from teachers, non-teaching staff, students and other voluntary organization. The fund collected was distributed to 45 people, by the cine actor Sri.Indrans. Advt.V.Joy (MLA, varkala Constituency),

Smt.BinduHaridas (Municipal Chairperson, Varkala).Sri.Aji.S.R.M (Representative, SN Trust), Prof.K.Susi (Principal), teaching Non-teaching staff , students and former students were present.

The NSS unit adopted the village “Kanwasramam” the 10<sup>th</sup> ward of varkala village and provide palliative care, tutorials and educate the people on the importance of hygienic life and environmental awareness.



#### ANT- DRUG RALLY-BHODHAPOURNAMI

The NSS unit members jointly participated with NCC of our college an anti drug rally conducted by keralakaumathi in the name of bhodhapournami.



## HIROSHIMA AND NAGASAKKI DAY

The unit organized two day programme against the effect of nuclear bomb on august 6 and 9. A poster exhibition was conducted in the college. In the afternoon session a class was held on the topic of the threaten of nuclear bomb. The class was handled the former principal Dr.R.Raveendran.A documentary was also screened on the same day on the same topic.



## ***HARVEST FEST***

A “Harvest Fest” was conducted on behalf of NSS unit of Sree Narayana College. The Programme was attended by Prof. K. Susy (Principal), NSS Programme officers and NSS

Volunteers. The Programme enabled to revoke the interest in farming and its related practices. It also helped the volunteers to feel the necessity to undertake farming on a large scale and how it will enrich oneself both physically and spiritually. The students were given practice by farmers on how to harvest the rice field and that firsthand experience in the farm land enabled them to do it joyously. The harvested rice was given to the poor and the needy families of nearby villages.

A palliative care unit was started by the NSS unit under the guidance of govt. medical officers as part of village adoption programme. The entire volunteers were grouped into four and they would visit the area once in a week and will take care and monitor the health and hygiene of the area.



### **NATIONAL SERVICE SCHEME SNC VARKALA 2017-18**

The NSS unit of Sree Narayana college Sivagiri, Varkala organized various programmes during the academic year 2017-18 giving importance to environmental awareness, health, personality development, community welfare etc. The unit was organized a new programme ‘Home for a Homeless’ named as “Sahapadykkoru Veedu”. The unit also organized many important programmes like mangrove plantation, paddy cultivation, snehasanthwanam, palliative care unit, adopted village, blood donation camps etc. The interactions with the poor and the needy of the society and thereby enable to uphold the social responsibility among the volunteers. The unit become a powerful organization of the campus to understand the problems and issues of the depressed and the deprived of the neighbourhood.

The NSS Unit of Sree Narayana College Sivagiri, Varkala was one among the other units of Kerala University to bag the Best Unit and the Best Programme Officer Award in the name of Indira Gandhi in 2016-2017. The Unit also received an Award organized by the Indian Medical Association, Kollam, for conducting continuous Blood Donation Camp in the last three years.

3 വർഷം തുടർച്ചയായി ബുഡ്ഡൊണേഷൻ ക്യാമ്പ് നടത്തിയതിന് കൊല്ലം ഐ.എം.എ യുടെ പുരസ്കാരം നേടി.



Spare only 15 minutes and save 3 lives



കേരള സർവകലാശാലയുടെ ഏറ്റവും മികച്ച യൂണിറ്റിനുള്ള പുരസ്കാരം എ.സമ്പത്ത് എഫിസീവ്സി ന്നു വർക്കല എസ്എൻ കോളജിലെ നാഷണൽ സർവീസ് സെക്ടർ(എൻഎസ്എസ്) പ്രതിനിധികൾ സമർപ്പിക്കുന്നു.

## മികവ് ശീലമാക്കി എൻഎസ്എസ് യൂണിറ്റ്: ശിവഗിരി എസ്എൻ കോളജിന് അംഗീകാരം

വർക്കലയിലെ ശിവഗിരി എസ്എൻ കോളജിലെ നാഷണൽ സർവീസ് സെക്ടർ പ്രവർത്തിക്കുന്ന സേവനത്തിന്റെയും പുതിയ പാതകളിലൂടെ സഞ്ചരിക്കുകയാണ് രാഷ്ട്രപിതാവിന്റെ സ്മരണയ്ക്കായി വാർഷികമായി രൂപീകൃതമായ കൂട്ടായ്മ ഇന്നു വർക്കലയിലെ സാമൂഹിക, സാമ്പത്തിക, സാംസ്കാരിക, പാരിസ്ഥിതിക മേഖലകളിൽ സന്ദേശവാഹകരായി.

2016-17 വർഷത്തെ കേരള സർവകലാശാലയിലെ ഏറ്റവും മികച്ച യൂണിറ്റിനുള്ള ബഹുമതിയും മികച്ച പ്രോഗ്രാം ഓഫീസർക്കുള്ള ബഹുമതിയും യൂണിറ്റ് കരസ്ഥമാക്കിയിരിക്കുകയാണ്.

പതിനാലരുന്ന കണാലഗമം വാർഡിനെ പങ്കാളിയായ ഗ്രാമമായി സമീകരിച്ചു തന്നെ എന്ത പേരിൽ കോളജി വികസന പ്രവർത്തനങ്ങൾ യൂണിറ്റ് മുന്നോട്ടുവെച്ചു. ഈ വർഷത്തെ പ്രവർത്തനങ്ങളുടെ ഭാഗമായി പങ്കാളിയായ ഗ്രാമത്തിലെ സ്ത്രീകൾക്കു വേണ്ടി സൗകര്യം തൊഴിൽ പദ്ധതിയിലൂടെ

2016-17 വർഷത്തെ കേരള സർവകലാശാലയിലെ ഏറ്റവും മികച്ച യൂണിറ്റിനുള്ള ബഹുമതിയും മികച്ച പ്രോഗ്രാം ഓഫീസർക്കുള്ള ബഹുമതിയും നേടി

പൊപ്പുർബാഗ്, മെഴുകുതിരി, സോപ്പ് നിർമ്മാണവും വിതരണവും യൂണിറ്റിന്റെ സംരംഭമാണ്.

മദ്യത്തിന്റെയും മയക്കുമരുന്നുകളുടെയും ഉപയോഗത്തിനെതിരെ ബോധവൽക്കരണം, നിർഭയര്യക സഹായത്തിനായി രൂപീകരിച്ച സ്മരണാദിന ബോക്സും രക്തദാനത്തിനു ബിളഡ് ബാജ് ന്നിടയ്ക്കുവെച്ചും രൂപീകരിച്ചു.

തുടർച്ചയായി മൂന്നു വർഷം ബിളഡ് ഡോണർ ക്യാമ്പ് നടത്തിയതിന്റെ ഭാഗമായി ഇന്ത്യൻ ഓഡിക്കൽ അസോസിയേഷന്റെ അവാർഡ് ലഭിച്ചിട്ടുണ്ട് കോളജിലെ സ്മിതാ മൈവ പച്ചക്കറിത്തോട്ടം, നെൽവയലട കൃഷിയും, നടീൽ ഉൽസവവും, പിന്നാലെ വിളവെടുപ്പും നടത്തി. ഓണാഘോഷത്തിലെ പാലസമേളയിൽ നിന്നും കിട്ടിയ വരുമാനം പങ്കാളിയായ ഗ്രാമത്തിൽ ഓണക്കിട്ട് വിതരണത്തിനായി മാറ്റി.

പ്ലാസ്റ്റിക്കിനെതിരെ ബോധവൽക്കരണം, പുസ്തകമേളകൾ, കോളജിൽ മികച്ച കുട്ടികൾക്കായി സിവിൽ സർവീസ് പരിശീലനം, വ്യക്തിത്വ വികസന ക്ലാസുകൾ, സെമിനാറുകൾ തുടങ്ങിയ പ്രവർത്തനങ്ങൾ ഏകോപിപ്പിക്കാനും സംഘടനയ്ക്കു കഴിഞ്ഞു. പ്രിൻസിപ്പൽ ഡോ. ബിന കരുണാകരന്റെ നേതൃത്വത്തിൽ പ്രോഗ്രാം ഓഫീസർമാരായ ടി.കെ.പ്രവീണ്കുമാർ, ലക്ഷ്മി എസ്.ധരൻ എന്നിവർ എൻഎസ്എസിന്റെ പ്രവർത്തനത്തിനു നേതൃത്വം നൽകുന്നു.

## SAHAPADIYKKORU VEEDU

From past four years our NSS unit was successfully conducting “Snehasanthwanam” Programme and this year to make this service more powerful we have initiated a programme called “Sahapadiykkoru Veedu”, which will provide complete financial and manual help for one student who don’t have own house. The fund for the same is collected from teachers, students, non-teaching staffs, former students, business persons and people nearby.

On 12<sup>th</sup> March our college Principal Dr.L.Thulaseedharan has inaugurated the programme. Municipal Chairperson Smt.Bindhu Haridas, S.N.Trust Executive Member Sri.Aji.S.R.M, PTA Vice President Sri.Sivakumar.S, Programme Officers, Teachers, Panchayath President, Students and Staffs were the part of the functions.

On 20<sup>th</sup> March, the foundation stone lying ceremony was inaugurated by Swami Visudhananda, Sivagiri Mutt. Principal Dr.L.Thulaseedharan, Municipal Chairperson Smt.Bindhu Haridas, S.N.Trust Executive Member Sri.Aji.S.R.M, PTA Vice President Sri.Sivakumar.S, Programme Officers, Teachers, Panchayath President, Students, peoples and Staffs were the part of the functions.





**SNEHASANTHWANAM**

“Snehasanthwanam”, which has been organizing for the last four years, is one of the endearing programmes of the unit. The aim of *Snehasanthwanam* is to render financial help to the poor and the needy people who suffer from Chronic Diseases. The fund was raised by the volunteers from teachers, non teaching staffs, students and other voluntary organizations. The fund collected was distributed to 9 people and to an old age home Punarjani, Varkala. The programme was inaugurated by the Municipal chairperson Smt.Bindu Haridas on 28<sup>th</sup> March. Sri.Aji.S.R.M (Representative, SN Trust), Dr.L.Thuaseedharan (Principal), teaching and Non-teaching staffs , students and former students were present.



## **MANGROVE FOREST PLANTATION**



One of the important programme of our NSS unit is Mangrove Plantation. Mangroves protect shorelines from damaging storm and hurricane winds, waves and floods. Mangroves also help prevent erosion by stabilizing sediments with their tangled root systems. They maintain water quality and clarity, filtering pollutants and trapping sediments originating from land. Due to all above important features of mangrove plants our unit planted 200 mangrove seeds in Edava pozhi area. This programme was inaugurated by the ward member on 22<sup>nd</sup> December. Our principal, teachers, students, volunteers were also participated. This project was also supported by Mathrubhoomi seeds.





**PADDY FARMING – ‘NADEEL ULSAVAM’**

The NSS unit had cultivated paddy in one acre field at Sasthamkotta Ala, Cherunniyoor on 26<sup>th</sup> January, named “Nadeel Ulsavam” in support of the agriculture office, Cherunniyoor. The programme was inaugurated by our Principal Dr. L Thulaseedharan. Sri. Manivarnan(Agricultural Officer, Cherunniyoor), Sri.Aji.S.R M(Management representative), programme officers, Teachers, non teaching staffs, students etc participated in this programme. The Principal also shared the information about the importance of agriculture and paddy cultivation.





കോളേജ് വിദ്യാർത്ഥികൾ നെൽക്കൃഷിയിറങ്ങി



വർക്കല എസ്.എൻ.കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ ശാസ്ത്രാനുപാസകശേഖരത്തിലെ നടിൽ ഉത്സവം

**വർക്കല** ▶ ശിവഗിരി ശ്രീനാരായണ കോളേജ് എൻ.എസ്.എസ്. യൂണിറ്റും ചെറുനിയൂർ കൃഷിവേദനും ചേർന്ന് നെൽക്കൃഷിക്ക് തുടക്കം കുറിച്ചു. ചെറുനിയൂർ ശാസ്ത്രാനുപാസകശേഖരത്തിലെ ഒരേക്കർ പാടത്താണ് കൃഷി നടത്തുന്നത്. നടിൽ ഉത്സവം പ്രിൻസിപ്പൽ ഡോ. എൽ. തുളസീധരൻ ഉദ്ഘാടനം ചെയ്തു. എസ്.എൻ.കോളേജിലെ അംഗങ്ങൾ ഏ.ആർ.എം., ചെറുനിയൂർ കൃഷി ഓഫീസർ മണിവർണ്ണൻ, ഫീൽഡ് ഓഫീസർ രതീഷ്, ബാബു, പ്രോഗ്രാം ഓഫീസർമാരായ ലക്ഷ്മി എസ്.ധരൻ, പി.കെ. സുമേഷ്, സജേഷ് ശശിധരൻ തുടങ്ങിയവർ നേതൃത്വം നൽകി. എൻ.എസ്.എസ്. യൂണിറ്റിലെ ലീഡർമാരടക്കം നൂറോളം വോളന്റിയർമാർ പങ്കെടുത്തു.

**വർക്കൽ റിപ്പോർട്ട് കമ്മിറ്റിയിലെ**

നവകുമാർ അനുസ്മരണം ഇന്ന്

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**ശാസ്ത്രാനുപാസകശേഖരത്തിൽ നടിൽ ഉത്സവം**

വർക്കല: ശിവഗിരി ശ്രീനാരായണ കോളേജിലെ നെൽക്കൃഷി സർവീസ് സ്റ്റീജിയും ചെറുനിയൂർ കൃഷിവേദനും സംയുക്തമായി നെൽക്കൃഷിക്ക് തുടക്കം കുറിച്ചു. ചെറുനിയൂർ ശാസ്ത്രാനുപാസകശേഖരത്തിലെ ഒരേക്കർ പാടത്താണ് കൃഷി നടത്തുന്നത്. നടിൽ ഉത്സവം പ്രിൻസിപ്പൽ ഡോ. എൽ. തുളസീധരൻ ഉദ്ഘാടനം ചെയ്തു. എസ്.എൻ.കോളേജിലെ അംഗങ്ങൾ ഏ.ആർ.എം., ചെറുനിയൂർ കൃഷി ഓഫീസർ മണിവർണ്ണൻ, ഫീൽഡ് ഓഫീസർ രതീഷ്, ബാബു, പ്രോഗ്രാം ഓഫീസർമാരായ ലക്ഷ്മി എസ്.ധരൻ, പി.കെ. സുമേഷ്, സജേഷ് ശശിധരൻ തുടങ്ങിയവർ നേതൃത്വം നൽകി.

**മാർഗ്ഗരേഖ സെൻട്രൽ സ്കൂൾ**

വർക്കല: ചെറുനിയൂർ മാർഗ്ഗരേഖ സെൻട്രൽ സ്കൂളിൽ നടന്നു.

**MAKING OF THANNEERKKUDAM**

The unit made artificial water sources for birds and small organisms for getting sufficient water in summer seasons, this project was known as “Making of Thannerkkudam”. This programme was inaugurated in our college by the S N trust Executive Member, Sri.Aji S.R.M on 28<sup>th</sup> March. Our principal, college union chairman, teachers, non-teaching staffs, students and PTA Vice President were the part of it.



## **PALLIATIVE CARE UNIT**

A palliative care unit was started by the NSS unit under the guidance of Govt. Medical officers. The unit was inaugurated by the Medical officer, Govt Taluk Hospital, Varkala on 21<sup>st</sup> December. The entire volunteers were grouped into four and they would visit the area once in a week and will take care and monitor the health and hygiene of the area.



## **NATIONAL INTEGRATION CAMP**

One of our volunteer Leader Sajith.V participated in the National Integration Camp from March 13 to 19 held in Gulbarga University, Karnataka.



## VEGETABLE CULTIVATION

We have already started vegetable cultivation five years ago and now the unit started a new vegetable garden on August 17 in association with Krishibhavan, Varkala on the back side of the college. The programme was inaugurated by the Principal Dr.Beena Karunakaran. The field was ploughed well and leveled by NSS volunteers. The unit planted the saplings of ladies finger, brinjal, tomato, chilly, spinach, pea, cauli flower, cabbage, tapioca, plantain etc. Daily the

field practices were monitored by volunteers. We have done timely weeding, bi fertilizer application periodically. The fund realized from vegetables used for charitable purposes.



## **ADOPTED VILLAGE**

The unit had adopted a village, Kanwasramam, ward-10 and gave many services to the people there. The main activities done there include Snehasanthwanam,swayam thozhil pariseelanam, tution for children, dress and vegetable distribution, health survey, antidrug awareness class, cleaning programmes etc.



## TUTION FOR POR CHILDREN

For the upliftment of the 26 children in our adopted village, our unit started special tuitions for poor children on 19<sup>th</sup> of October. The tuitions were carried out by a group of NSS volunteers in every working days at 7.30 am. The unit also conducted cultural activities and book distributions to the students.





### **ORGAN DONATION RATIFICATION CAMP**

The NSS unit conducted an organ donation ratification camp on December 16<sup>th</sup> in the college in accordance with Kerala govt “Mrithasanjeevani” programme. There is an awareness about organ donation and organ donation pledge was also held. 143 members are participated including students, teachers, parents etc.

### **STREET DRAMA**

As part of Kerala piravi day celebrations our NSS unit conducted a street drama against the wide use of drugs and exploitations of women, in three important centres of Varkala such as Railway station, Maithanam and Pazhaya chanda. This programme attained wide popularity among the mass and also got media coverage. Ten NSS volunteer were the participants of the drama. In the previous day of the programme this drama was as performed in our college.



## ZERO WASTE BEAKEN PROGRAMME

Varkala Municipality initiated a programme called ‘Zero Waste Beaken’ to eliminate the plastic waste from our environment and to make the nature more pure and ecofriendly. As part of this programme fifteen NSS volunteers were participated the survey conducted by Varkala municipality regarding this programme.

## GREEN PROTOCOL PROGRAMME

The unit participated the programme Green protocol conducted by Thiruvananthapuram Corporation during Attukal Ponkala, by donating 40 steel plates and 10 glasses.

Around 18 of our NSS volunteers took part in the Antiplastic campaign as part of the green protocol by Suchithwa Mission during Sivagiri theerthadanam.





## PAYASAM MELA

The NSS unit conducted a payasam mela on August 11<sup>th</sup>. The unit prepared four types of payasams. The onam kits were distributed to 23 families in the adopted village with the amount received from the payasam mela on 23<sup>rd</sup> August.





## **CHARITY**

The NSS volunteers donated 3000 rupees to a heart patient and 13114 rupees to a six months old girl child who suffering from liver disease.

## **ONAM KIT DISTRIBUTION**

The onam kits were distributed to 23 families in the adopted village with the amount received from the payasam mela on 23<sup>rd</sup> August.



### **LEADERSHIP TRAINING PROGRAMME**

Two volunteers Sooraj and Chinchu attended the Leadership Training camp in Govt. College, Kariavattom. Three of our volunteers Midhun, Latharani and Suhaina attended the leadership training camp in Students centre, PMG on March 14<sup>th</sup> and 15<sup>th</sup> . Another two volunteers Parvathy and Chinchu participated the leadership training camp in Karamana N S S Cllege on March 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup> . Asha and Vishnu participated the leadership training camp on November 27, 28 and 29 in Students centre, PMG.

### **HEALTH SURVEY**

The unit conducted a health survey on 24<sup>th</sup> December in the adopted village, Kanwasramam 10<sup>th</sup> ward of Varkala Municipaity. The unit visited around 50 houses and collected data regarding their socio-economic and health status. The survey helped the volunteers to understand the living circumstances of that people.







## **ENVIRONMENT DAY CELEBRATIONS**

This year's programme began with the celebration of the Environmental Day on June 5<sup>th</sup>. The unit members planted saplings in the campus. Measures were adapted to preserve and conserve the trees and plants in the campus. Our Principal Dr. Beena Karunakaran inaugurated the programme. All students, teachers and non-teaching staff supported and encouraged the Environmental Day programme.





## **INDEPENDENCE DAY CELEBRATIONS**

The NSS unit celebrated Independence day on 15<sup>th</sup> August by cleaning the campus. Sweets were distributed at the end of the programme.

## **GANDHI JAYANTHI**

As part of Gandhi Jayanthi celebrations, the volunteers gathered in the campus for the commemoration of Gandhiji. Then the unit went to the adopted village and cleaned there.

## **NSS DAY 2017-2018**

On 24<sup>th</sup> September, the unit decided to organize the programme “Sahapadiykoru Veedu”. The Programme officers discussed this matter with Principal. ‘Sahapadiykoru Veedu’ is a programme for a home for a homeless.

## **FOREST VISIT**

During seven day camp period the NSS unit visited the Kanwasramam forest. This helped volunteers to understand more about the mother Nature and it gave a wonderful experience.





## BEACH CLEANING

The NSS unit conducted a cleaning work in support of NSS University- Varkala Nagarasabha- DTPC – Swachatha mission on September 25<sup>th</sup> at Varkala Papanasam beach area and Varkala Cliff area. The programme was inaugurated by Adv. Joy, M.L.A. Our Principal, Varkala Municipal Chairperson Smt.Bindu Haridas, Programme officers, Teachers, volunteers took participated in this programme.





## CAMPUS CLEANING

The aim of our NSS unit was the clean campus. As part of the year round programme of the NSS unit, the members of the unit often did cleaning programmes as part of their field work. During this year the days of June 12 and 27, July 5 and 19, August 10, 21 and 30, September 23 and 26, November 15, 17 and 28, December 20, January 10, and 29, February 7 and 16 were utilized for the cleaning programmes.





## **HOSPITAL CLEANING**

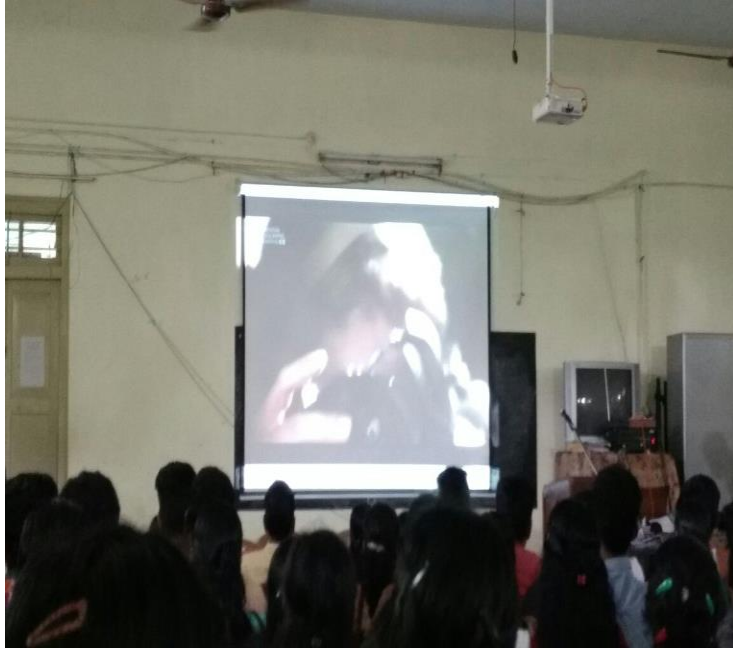
The NSS unit conducted a cleaning programme in Government Taluk Hospital, Varkala on 27<sup>th</sup> June. Around 40 volunteers took part in the programme.



## **HIROSHIMA – NAGASAKI DAY**

The NSS unit commemorated the Hiroshima – Nagasaki day on 7-9 August 2017. On 7<sup>th</sup> August volunteers made sadako tree and a Documentary presentation about atom bombing was also done. On 8<sup>th</sup> August there was a poster exhibition about Against War was conducted and on 9<sup>th</sup> August an awareness about atom bombing was held. These programmes helped the students to realize the pain behind the wars and the importance of peace.







## **BLOOD DONATION CAMP**

Indian Medical Association and the National Service Scheme jointly organized a Blood Donation Camp on 20<sup>th</sup> of November. The camp was attended by 70 students along with teachers. The certificates of the participants were distributed by our Principal Dr.L.Thulaseedharan.



## SREE NARAYANA COLLEGE, SIVAGIRI, VARKALA



National Service Scheme–National Cadet Corps  
Indian Medical Association –



Blood Donors Forum & Red Ribbon Club

Jointly Organizing



# BLOOD DONATION CAMP

On 20<sup>th</sup> November 2017, 9. 30 am @ Zoology lab.

*All are Welcome.*



## **ORIENTATION CLASS**

An orientation class was held on 13<sup>th</sup> November, under the guidance of Sri.Brahmanayakam Mahadevan. The class was attended by about hundred students and the aim of the class was to develop interest among students on the importance of NSS in developing a commitment towards society.



### **PERSONALITY DEVELOPMENT CLASS**

A personality development class was held on 11<sup>th</sup> October, under the guidance of Sri. Karthik Sasi. The class was attended by about hundred students and the aim of the class was to develop social service interest among students and the importance of NSS.



**GRAMAM MAKING**

On the sixth day of the camp, the students were given task for creating two artificial villages. They were divided into two groups and the best village was awarded a prize. This helped the improvement of creativity level of volunteers.



**MEMORANDUM OF CONFESSION**

The unit conducted Memorandum of confession of Stephen Hawking, theoretical Physicist and cosmologist on 16<sup>th</sup> March.



### **ANTIDRUG AWARENESS PROGRAMME**

Our NSS unit and antinarcotics cell of our college jointly conducted an Antidrug awareness programme in our college auditorium on March 1<sup>st</sup>. Sri Y.Shibu, Circle Inspector of Excise, Excise Enforcement and Anti-Narcotics Special Squad, Trivandrum, led the awareness class. In the afternoon the officers of Excise department presented a drama “Padivare Kakkaruthe”.



## AWARENESS CLASSES

1. The NSS unit and Women study unit of our college jointly organized a talk on Women Empowerment and Women Security in the International Women's day celebration on March 8<sup>th</sup>. The talk was delivered by Smt. Rajasree C.R, Honourable Munsiff, Munsiff Court, Varkala. The session was very fruitful to all students especially girl students.

2. The NSS unit and Chemistry department of our college organized the Wetland day celebrations on February 5<sup>th</sup>. The programme was inaugurated by R.Hali, Former Director of Agriculture Department, Kerala. He also delivered a fruitful talk about the importance of wetlands and water conservation.





### **STRESS MANAGEMENT CLASS**

The NSS unit and Career Guidance Cell in the college jointly conducted a Stress management class for the students in the college on March 16<sup>th</sup>. The classes were handled by Miss. Remya R.V, Project Officer, DMHP, Trivandrum.

### **IMPORTANCE OF YOGA**

The NSS unit and Media club in our college jointly organized a class about the importance of Yoga in daily Life on 20<sup>th</sup> March. The class was taken by Mrs.Salini, Yoga Instructor. The class helped the youth in getting proper information on how to solve the problems related to their health and also made them aware on how to follow a proper daily routine.

### **OLD AGE HOME VISIT**

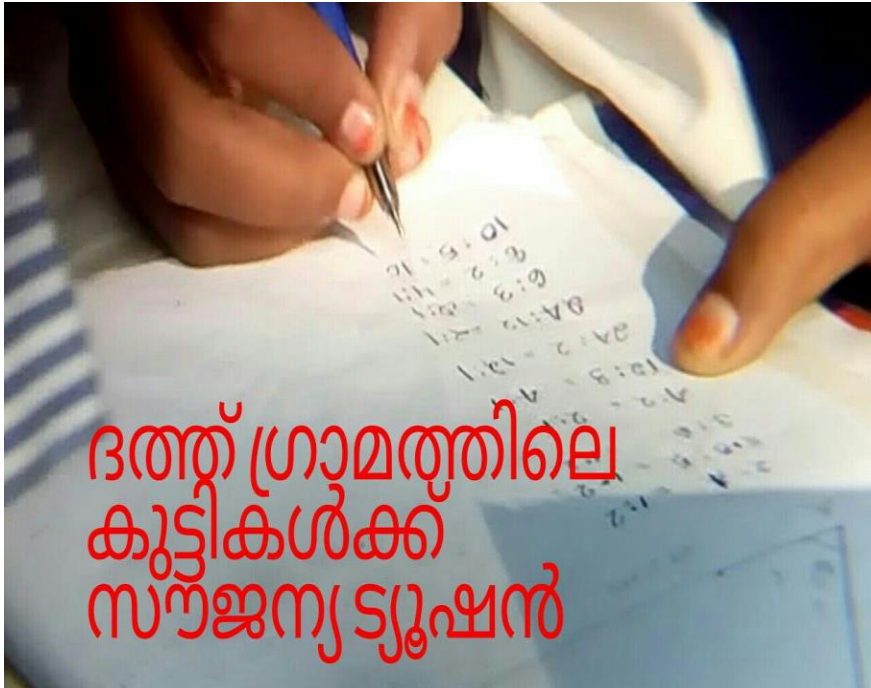
The unit visited an old age home 'Punarjani' in Varkala. This visit helped the students to realize the situation of old peoples and this visit generates the sympathy among the students.



**ACTIVITIES IN THE ADOPTED VILLAGE**

## 1. TUTION FOR POR CHILDREN

For the upliftment of the 26 children in our adopted village, our unit started special tuitions for poor children on 19<sup>th</sup> of October. The tuitions were carried out by a group of NSS volunteers in every working days at 7.30 am. The unit was conducted cultural activities and book distributions to the students.



## 2. PALLIATIVE CARE UNIT

A palliative care unit was started by the NSS unit under the guidance of Govt. Medical officers as part. The unit was inaugurated by the Medical officer on 21<sup>st</sup> December. The entire volunteers were grouped into four and they would visit the area once in a week and will take care and monitor the health and hygiene of the area.

## 3. HEALTH SURVEY

The unit conducted a health survey on 24<sup>th</sup> December in the adopted village, Kanwasramam 10<sup>th</sup> ward of Varkala Municipality. The unit visited around 50 houses and collected data regarding their socio-economic and health status. The survey helped the volunteers to understand the living circumstances of that people.

## 4. SNEHASANTWANAM

The unit gave donation to two financially backward members of adopted village suffering from disease as part of Snehasanthwanam.

## 5. ANTIDRUG AWARENESS CLASS

On August 17<sup>th</sup>, forty two NSS volunteers with programme officers visited and gave antidrug awareness classes around thirty houses in the adopted village.

## 6. VEGETABLE DISTRIBUTION

The unit collected the vegetables from our organic vegetable garden and distributed to the poor people in the adopted village on December 27<sup>th</sup>.

## 7. ONAM KITS DISTRIBUTION

The NSS unit conducted a Payasam mela on 11<sup>th</sup> August. The onam kits were distributed to 23 families in the adopted village with the amount received from the payasam mela on 23<sup>rd</sup> August.

## 8. DRESS DISTRIBUTION

The NSS unit collected the dresses from teachers and students and distributed these dresses to the poor peoples in the adopted village.



#### 9. SWAYA M THOZHIL PARISEELANAM

The unit gave training to ladies in the adopted village for making paper bags, envelopes and candles under the guidance of Sri.Haridas of Gandhian Study Centre,Trivandrum during seven day camp period.



## **SEVEN DAY ANNUAL CAMP**

This year's Seven Day annual camp started on 21<sup>th</sup> December. The camp was inaugurated by Dr.A.Shaji, Programme Coordinator, Kerala University. The inaugural meeting was presided over by Principal Dr.L.Thulaseedharan. The inaugural meeting was followed by camp registration. In the afternoon session there were classes about Mangrove plants by Sri Ananthan and Dr. Kavitha K R. After this a personality development class by Sri.Karthik Sasi was held.

In the second day of the camp NSS volunteers planted 200 kandal seeds in Edava pozhi area. This programme is inaugurated by ward member. The principal, programme officers, teachers and students from Botany department and volunteers participated in this programme. The Programme was in collaboration with Mathrubhoomi seeds.

A self-employment training programme was conducted on the third day of the camp under the leadership of Sri.Haridas of Gandhian Study Centre,Trivandrum. The students as well as ladies from adopted village were given training in making of Paper Bag, candles etc. The class extended for the whole day.

Our unit visited the adopted village on the fourth day of the camp and distributed the dresses for the poor peoples. Afternoon there is a personality development class by Sri.Anas, Assistant Professor, Iqbal college, Peringamala.

On the fifth day of the camp NSS unit visited Kanwasramam forest. This visit gave new experience to each and everyone. Afternoon there was a Christmas celebration in adopted village. Evening session was a personality development class by Ajith sir.

On the sixth day of the camp, the students were given task for creating two artificial villages. They were divided into two groups and the best village was awarded a prize.

On the seventh day was the closing ceremony that was inaugurated by our Principal Dr.L.Thulaseedharan. The former NSS volunteers, teachers, non-teaching staffs, management representative all were participated.

















The NSS Unit of Sree Narayana College Sivagiri, Varkala was one among the other units of Kerala University to bag the Best Unit and the Best Programme Officer Award in the name of Indira Gandhi in 2016-2017. The Unit also received an Award organized by the Indian Medical Association, Kollam, for conducting continuous Blood Donation Camp in the last three years. About fifteen volunteers of the Unit also received the certificate for the successful completion of Ten Days Training programme on certificate course of Palliative Care Unit, organised by Taluk Hospital, Varkala.-----

## **NATIONAL SERVICE SCHEME SNC VARKALA 2018-19**

The National Service Scheme (NSS) is an Indian government-sponsored public service programme conducted by the Ministry of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's Centenary year in 1969. Aimed at developing student's personality through community service, NSS is a voluntary association of young people in Colleges, Universities and at +2 level working for a campus-community (esp. Villages) linkage. The programme aims to instill the idea of social welfare in students, and to provide service to society without bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. In doing so, volunteers learn from people in villages how to lead a good life despite a scarcity of resources. It also provides help in natural and man-made disasters by providing food, clothing and first aid to the disaster's victims.

Sree Narayana College is affiliated with the University of Kerala and currently offers 11 undergraduate and four postgraduate courses, with one department as approved research center. SN College has earned a reputation as a leader in the field of co-curricular and extension activities.

The NSS unit of Sree Narayana college Sivagiri, Varkala organized various programmes during the academic year 2018-19 giving importance to environmental awareness, health, personality development, community welfare etc. The unit was organized a new programme 'Home for a Homeless' named as "Sahapadiykkoru Veedu". The unit also organized many important programmes like flood relief programme, paddy cultivation, snehasanthwanam, palliative care unit, adopted village, blood donation camps etc. The interactions with the poor and the needy of the society and thereby enable to uphold the social responsibility among the volunteers. The unit become a powerful organization of the campus to understand the problems and issues of the depressed and the deprived of the neighbourhood.

The NSS Unit of Sree Narayana College Sivagiri, Varkala was one among the other units of Kerala University to bag the Best Unit and the Best Programme Officer Award in the University level during 2016-2017 and 2017-2018. The Unit also received an Award organized by the Indian Medical Association, Kollam, for conducting continuous Blood Donation Camp in the last three years. The unit also received an award from Kerala Blood Donation Forum for the active participation of blood donation.





## SAHAPADIYKKORU VEEDU

“Sahapadiykkoru Veedu”, is a programme which will provide the complete financial and manual help for one student who don't have own house. The fund for the same is collected from teachers, students, non-teaching staffs, former students, business persons and people nearby.

On 12<sup>th</sup> March our college Principal Dr.L.Thulaseedharan has inaugurated the programme. Municipal Chairperson Smt.Bindhu Haridas, S.N.Trust Executive Member Sri.Aji.S.R.M, PTA Vice President Sri.Sivakumar.S, Programme Officers, Teachers, Panchayath President, Students and Staffs were the part of the functions.

On 20<sup>th</sup> March, the foundation stone lying ceremony was inaugurated by Swami Visudhananda, Sivagiri Mutt. Principal Dr.L.Thulaseedharan, Municipal Chairperson Smt.Bindhu Haridas, S.N.Trust Executive Member Sri.Aji.S.R.M, PTA Vice President Sri.Sivakumar.S, Programme Officers, Teachers, Panchayath President, Students, peoples and Staffs were the part of the functions.

The house was inaugurated by Sri. Vellappally Natesan, Manager of S N Trusts and Colleges on 21/12/2018. The chief guest of the function was Sri.G.P.Sajith Babu, Regional Director of N.S.S., Dr.L.Thulaseedharan, Principal of S.N.College, Varkala, Smt.Bindhu Haridas, Municipal Chairperson, Varkala Municipality, Adv. Joy M.L.A, Sri.Aji.S.R.M,



S.N.Trust Executive Member, Sri.Sivakumar, PTA Vice President, Programme Officers, Teachers, Panchayath President, Students, peoples and Staffs were the part of the functions.

Sl.No	Name of the Beneficiary	Class
1.	RATHI R	First B.Sc Chemistry















# 'സഹപാഠികക്കാരൂവിട്' ഫണ്ട് ശേഖരണം

വർക്കല: ശിവഗിരി ശ്രീനാരായണ കോളേജിൽ എൻ. എസ്. എസ് യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ നടപ്പിലാക്കുന്ന സഹപാഠികക്കാരൂവിട് എന്ന പദ്ധതിയുടെ ഫണ്ട് ശേഖരണത്തിന്റെ ഉദ്ദേശ്യം പ്രഖ്യാപിച്ചു. എൻ. എസ്. എസ് യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ നടപ്പിലാക്കുന്ന സഹപാഠികക്കാരൂവിട് എന്ന പദ്ധതിയുടെ ഫണ്ട് ശേഖരണത്തിന്റെ ഉദ്ദേശ്യം പ്രഖ്യാപിച്ചു.

കൂലാടനം പ്രവാസി വ്യവസായിയും പൂർവ്വ വിദ്യാർത്ഥിയുമായ ബിജുവിൽ നിന്ന് ആദ്യ ഫണ്ട് പ്രീൽ സിദ്ധൽ ഡോ. എൻ. തുളസീധരൻ എസ്. എൻ ട്രസ്റ്റ് എക്സിക്യൂട്ടീവ് അംഗം അമ്മി എസ്. ആർ. എ

യും ചേർന്ന് ഏറ്റുവാങ്ങി നിർവ്വഹിച്ചു. പി.ടി.എ. ഹൈസ്കൂളിലെ ഏ. ശിവകുമാർ, ആർ.ഡി.സി. അംഗം രാജീവ്, ലൈല, കെ. സുരേഷ്, ഡി. അജിത, ഡി.പി. ആർ. കുമാർ എന്നിവർ സംബന്ധിച്ചു.



ശിവഗിരി ശ്രീനാരായണ കോളേജിൽ എൻ. എസ്. എസ് യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ നടപ്പിലാക്കുന്ന സഹപാഠികക്കാരൂവിട് പദ്ധതിയുടെ ഫണ്ട് ശേഖരണത്തിന്റെ ഉദ്ദേശ്യം പ്രഖ്യാപിച്ചു. എൻ. എസ്. എസ് യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ നടപ്പിലാക്കുന്ന സഹപാഠികക്കാരൂവിട് എന്ന പദ്ധതിയുടെ ഫണ്ട് ശേഖരണത്തിന്റെ ഉദ്ദേശ്യം പ്രഖ്യാപിച്ചു.

നെയിൽ സമീപം

തിരുവനന്തപുരം കടൽ പള്ളി ഒഴിവിട്ടു നാട്ടുപുതിനെ തുറന്നു സന്ദേശം വൈതലി വീരമുഖർ മണ് പ്രധാന

മുട്ടുമ്പ എം.പി യൂണി

മുട്ടുമ്പ മുട്ടുമ്പ സമ്മേളനം റിനോളിനം മെട്രോപൊലിറ്റൻ സി.പി.ഇ. അറ്റി അനാഥൻ രാമചന്ദ്രൻ



## FLOOD RELIEF PROGRAMME

Kerala experienced an abnormally high rainfall from 1 June 2018 to 19 August 2018. This resulted in severe flooding in 13 out of 14 districts in the State. Due to heavy rainfall, the first onset of flooding occurred towards the end of July. A severe spell of rainfall was experienced at several places on the 8th and 9th of August 2018. Water was released from several dams due to heavy rainfall in their catchments. Another severe spell of rainfall started from the 14th of August and continued till the 19th of August, resulting in disastrous flooding in 13 out of 14 districts.

The NSS unit of our college actively participated in various activities of Flood Relief Programmes. The NSS volunteers Collected around four hundred dresses and food items, cleaning materials, packaged drinking materials and handed over those to the Thahasildar, Attingal Taluk Office.

Six of our NSS volunteers, Midhun Mohan, Sooraj.S.P, Vishnu.G, Suraj.S, Sivajith.S.R and Akshay.S.Dev participated in the NAAVYAM, a Cleaning programme at Chengannur, organized by the NSS Cell, University of Kerala on 22<sup>nd</sup> and 23<sup>rd</sup> August 2018.









## RIVER PROTECTION PROGRAMME- YUVATHA NADHIYODOPPAM

A river is a natural flowing watercourse, usually freshwater, flowing towards an ocean, sea, lake or another river. Most of the major cities of the world are situated on the banks of rivers, as they are, or were, used as a source of water, for obtaining food, for transport, as borders, as a defensive measure, as a source of hydropower to drive machinery, for bathing, and as a means of disposing of waste. Healthy freshwater environments supply water for drinking, growing crops, manufacturing, energy and transport. They also help to prevent erosion, dispose of waste and provide natural protection from flooding. But we've been careless with this vital resource.

One of the major River Protection Programme of the NSS Cell of Kerala University is 'Nadiyodoppam'. The NSS Unit of our College visited the Vamanapuram river during camp period and did various activities for its protection. The major activities included were the collection of plastic wastes, Awareness to Public about the need of river protection, took necessary steps for the conservation of shores, etc.









### **SNEHASANTHWANAM**

“*Snehasanthwanam*”, which has been organizing for the last five years, is one of the endearing programmes of the unit. The aim of *Snehasanthwanam* is to render financial help to the poor and the needy people who suffer from Chronic Diseases. The fund was raised by the volunteers from teachers, non teaching staffs, students and other voluntary organizations. The fund collected was distributed to 10 people and to an old age home Punarjani, Varkala. The programme was inaugurated by the Principal Dr.Thulaseedhara, on 29<sup>th</sup> March. Sri.Aji.S.R.M (Representative, SN Trust), Sri.Sivakumar (PTA Vice President), teaching and Non-teaching staffs, students and former students were present.



**സ്നേഹസാന്ത്വനം ഒരു നേർക്കാഴ്ച്ച**



**വേദന അനുഭവിക്കുന്നവരെ കാണാൻ നാം ലോകപ്രദാനം നടത്തേണ്ട കാര്യമില്ല, ഒരു നിമിഷം നാം നമ്മുടെ ചുറ്റുമെന്ന് നോക്കിയാൽ മതി.**





## **ANTIPLASTIC AWARENESS CLASS**

Plastic pollution is the accumulation of plastic objects (e.g.: plastic bottles and much more) in the Earth's environment that adversely affects wildlife, wildlife habitat, and humans. Plastics that act as pollutants are categorized into micro-, meso-, or macro debris, based on size. Plastics are inexpensive and durable, and as a result levels of plastic production by humans are high. However, the chemical structure of most plastics renders them resistant to many natural processes of degradation and as a result they are slow to degrade. Together, these two factors have led to a high prominence of plastic pollution in the environment. The Ministry of Environment, Forest and Climate Change of India invited people to take care of their social responsibility and urged them to take up green good deeds in everyday life. Several states presented plans to ban plastic or drastically reduce the use.

The NSS unit Organized an antiplastic awareness class on 28/09/2018. The class was handled by Dr. K.Vasuki I.A.S, Thiruvananthapuram District Collector, who is also a doctor by qualification, understands it in all seriousness about climate change. Vasuki launched a novel project, named C Power 5 aka 'Change Can Change Climate Change'. This project aims at improved waste management, elimination of plastics and inclusion of bio-degradable

alternatives. She gave the ideas about to reduce plastic pollution, the serious health hazards due to the burning of plastics.

Our college Principal Dr.L.Thulaseedharan, presided the function. Sri.Aji S.R.M, S.N. Trust Executive Member, Smt.Bindhu Haridas, Municipal Chairperson, Varkala Municipality, Sri.Sivakumar, P.T.A. Vice President, Dr.Beena Karunakaran, H.O.D, Malayalam Department also took part in the function.







## **NATURE CAMP**

Nature camps were arranged for volunteers to understand forest and the need for its conservation. The main objective of the nature camp was understanding nature and creating awareness for protecting and consevaing it. The nature study was organized to Shola national park, Munnar, Pampadum Shola National Park is the smallest national park in Kerala state, South India. The park is administered by the Kerala Department of Forests and Wildlife, Munnar Wildlife Division, together with the nearby Mathikettan Shola National Park, Eravikulam National Park, Anamudi Shola National Park, Chinnar Wildlife Sanctuary and the Kurinjimala Sanctuary. The park adjoins the Allinagaram Reserved Forest within the proposed Palani Hills Wildlife Sanctuary and National Park. It is a part of Palani hills stretched up to Vandaravu peak. The Westerns Ghats, Anamalai Sub-Cluster, including these parks, is under consideration by the UNESCO World Heritage Committee for selection as a World Heritage Site.

36 students along with two Programme Officers took part in the camp from 27/05/2019 to 29/05/2019. The team reached the Shola National Park at 4.30pm. The camp was inagurated by the Beat Forest officer Sri. Paul. Another beat forest officer Sri. Rejil, elaborated about the National Park and also gave the rules and regulations of the camp and the activity schedule for the camp.









## LIBRARY BOOK DISTRIBUTION

Reading is important because it develops the mind. Understanding the written word is one way the mind grows in its ability. Teaching young children to read helps them develop their language skills. It also helps them learn to listen.

The NSS volunteers had collected 103 library books from college students and donated to Govt. L.P.S, Sreenivasapuram. Smt Joly, Principal in charge handed over the books to the head master of the school on 29<sup>th</sup> March. The programme was an effort to increase the reading habits among the children.







### **PADDY FARMING – ‘NADEEL ULSAVAM’**

Rice is the staple food of the people of Kerala, and, traditionally, the cultivation of rice has occupied pride of place in the agrarian economy of the State. The lush green of paddy fields is one of the most captivating features of Kerala's landscape.

The NSS unit had cultivated paddy in one acre field at Sasthamkotta Ala, Cherunniyoor on 23<sup>rd</sup> December, named “Nadeel Ulsavam” in support of the agriculture office, Cherunniyoor. The programme was inaugurated by our Principal Dr. L Thulaseedharan. Sri. Manivarnan(Agricultural Officer, Cherunniyoor), Sri.Aji.S.R.M(Management representative), programme officers, Teachers, non teaching staffs, students etc participated in this programme. The Principal also shared the information about the importance of agriculture and paddy cultivation.







## **INTERNATIONAL SREE NARAYANA GURU STUDY CENTRE**

Narayana Guru (August 28, 1855 – September 20, 1928) was a spiritual leader and social reformer in India. Born into a family of the Ezhava caste in an era when people from such communities, which were regarded as Avarna, he led a reform movement in Kerala, against the injustice in the caste-ridden society of Kerala in order to promote social equality. University of Kerala also started a Centre in our college. The inauguration of the study centre in our college was on 22/03/2019. The study Centre was inaugurated by Honorable Minister of Devaswam Board, Sri.Kadakampally Surendran. The inaugural function was organized by PTA and NSS unit of our college.





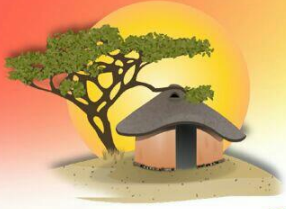




## **PALLIATIVE CARE UNIT**

Palliative care is an interdisciplinary approach to specialized medical and nursing care for people with life-limiting illnesses. 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.

A palliative care unit was started by the NSS unit under the guidance of Govt. Medical officers of Neyyattinkara Govt Hospital. The unit was inaugurated by the Medical officer, Govt Taluk Hospital, Varkala on 21<sup>st</sup> December. The entire volunteers were grouped into four and they would visit the area once in a week and will take care and monitor the health and hygiene of the area.



# തണൽ

(പങ്കാളിത്തഗ്രാമം)

കോളേജിന്റെ പരിസരത്തുള്ള  
നിരാലംബരും അശരണരും താമസിക്കുന്ന കണ്യാശ്രമം  
എന്ന ഗ്രാമം ദത്തെടുത്ത് അവിടെത്തേക്ക്  
ആവശ്യമായ പ്രവർത്തനങ്ങൾ ചെയ്യുന്നു.

പാലിയേറ്റീവ് കെയർ യൂണിറ്റ്



## **NATIONAL INTEGRATION CAMP**

- One of our volunteer Leader Midhun Mohan participated in the National Integration Camp from March 18 to 24, 2019 held at Sri. Siddhartha Institute of technology, Tumakuru.
- One of our volunteer Leader Anand.U participated in the National Integration Camp from March 10 to 16, 2018 held at Sri. Sathya Sai Arts and Science College, Thonnakkal.



### **PRE REPUBLIC DAY CAMP-2018**

One of our volunteer Leader Vishnu G has participated in the South-Zone Pre-Republic Day parade Camp-2018 from 26<sup>th</sup> October to 4<sup>th</sup> November 2018 at VTU Regional Centre, VIAT, Muddenahalli, Chickballapur Dist.



## VEGETABLE CULTIVATION

Drip irrigation is a type of micro-irrigation system that has the potential to save water and nutrients by allowing water to drip slowly to the roots of plants, either from above the soil surface or buried below the surface. The goal is to place water directly into the root zone and minimize evaporation. Drip irrigation systems distribute water through a network of valves, pipes, tubing, and emitters. Depending on how well designed, installed, maintained, and operated it is, a drip irrigation system can be more efficient than other types of irrigation systems, such as surface irrigation or sprinkler irrigation.

We have already started vegetable cultivation six years ago and now the unit started a new mode, drip irrigation in our vegetable garden on October 8<sup>th</sup> 2018 in association with Krishibhavan, Varkala on the back side of the college. The programme was inaugurated by the Principal Dr.Dr.L.Thulaseedharan. The unit planted the saplings of ladies finger, brinjal, tomato, chilly, spinach, pea, cauli flower, cabbage, tapioca, plantain etc. Daily the field practices were monitored by volunteers. We have done timely weeding, bio fertilizer application periodically. The fund realized from vegetables used for charitable purposes.









### **MAKING OF THANNERKKUDAM**

The unit made artificial water sources for birds and small organisms for getting sufficient water in summer seasons, this project was known as “Making of Thannerkkudam”. This programme was inaugurated in our college by the S N trust Executive Member, Sri.Aji S.R.M on 29th March. Our principal, college union chairman, teachers, non-teaching staffs, students and PTA Vice President were the part of it.





**ADOPTED VILLAGE**

The unit had adopted a village, Kanwasramam, ward-10 and gave many services to the people there. The main activities done there include Snehasanthwanam, swayam thozhil pariseelanam, tuition for children, dress and vegetable distribution, health survey, antidrug and antiplastic awareness classes, cleaning programmes, Anti-plastic campaign etc.

### **TUTION FOR POR CHILDREN**

For the upliftment of the 29 children in our adopted village, our unit started special tuitions for poor children on 3<sup>rd</sup> of June. The tuitions were carried out by a group of NSS volunteers in every working days at 7.30 am. The unit also conducted cultural activities and study materials distributions to the students.





Shot on moto G<sup>5S</sup> Plus  
Simbu Apsaco

## **ZERO WASTE BEAKEN PROGRAMME**

Varkala Municipality initiated a programme called 'Zero Waste Beaken' to eliminate the plastic waste from our environment and to make the nature more pure and ecofriendly. As part of this programme fifty five NSS volunteers were participated in various programmes conducted by Varkala municipality regarding this programme.

## **GREEN PROTOCOL PROGRAMME**

Suchitwa Mission is the Technical Support Group (TSG) in Waste Management sector under the Local Self Government Department, Government of Kerala. It is responsible for providing technical and managerial support to the Local Self Governments of the State. Also responsible for conceptualizing, action planning, conducting creative workshops, organizing training programmes, initiating sector related studies, bringing out occasional papers, initiating action research, conducting monitoring and such other activities in Waste Management Sector.

Around fifty five of our NSS volunteers took participated in the Antiplastic campaign as part of the green protocol by Suchithwa Mission during Sivagiri theerthadanam.

Around twenty five of our NSS volunteers took participated in the Antiplastic campaign as part of the Lok Sabha Election-2019 by Suchithwa Mission.







മാധ്യമ മിഷനുകളിൽ മഹിതവാഹിനികൾ  
 വന്ന വയസ്സ് തീർമാന കമ്മിറ്റി സെക്രട്ടറി സ്വാമി വിശ്വനാഥൻ എടുത്തു  
 രംഭിച്ച ധർമ്മപത്മക പ്രയാണവും  
 കളവുകോട് ശക്തിശ്വരകേശ്വരൻ  
 ത്തിൽ നിന്നാരംഭിച്ച കോടിക്ക  
 യർ പദയാത്രയും ഇലവയ്ക്കിൽ  
 മൂലൂർ വസതിയിൽ നിന്നാരംഭി  
 ച്ച തീർമാന വേദിയിൽ സമാ  
 പിടിച്ചുനിന്നിരുന്നു. ഗുരുവേലി  
 ഗ്രാമ പ്രയാണവും കോഴിക്കോ  
 ട് ക്രിക്കിംഗ് റോഡ് ക്ലബ്ബിൽ



പ്രതിമയുടെ വിശ്വാസം പാലിക്കുന്നതിന് നിയോഗിച്ച വെള്ളൻനിർമ്മാണത്തിൽ  
 കമ്മിറ്റിയിലെ അംഗങ്ങൾ സമാധാനപരമായി വിശ്വസിക്കുന്നു



കൊടിക്കോട് പട്ടണത്തിലെ മഹാസമാധിനിമിഷൻ ആനയിക്കുന്നു  
 യണ ഗുരുവേലി സൊസൈറ്റി  
 യാണ് എത്തിച്ചത്. സൊസൈറ്റി  
 റ്റി പ്രസിഡൻ്റ് ടി.പ്രകാശ്, മേഴ്  
 ബന്ധു ജയകുമാർ എന്നിവരും  
 അടിയ സംഘം എത്തിച്ച വസ്തു  
 ശിവഗിരി തീർത്ഥാടന കമ്മിറ്റി സെ  
 കൂട്ടി സ്വാമി വിശ്വനാഥൻ ഏറ്റു  
 വാങ്ങി.  
 യു.എ.ഇ.യിൽ നിന്നുള്ള ഗുരു



പ്രതിമയുടെ വിശ്വാസം പാലിക്കുന്നതിന് നിയോഗിച്ച വെള്ളൻനിർമ്മാണത്തിൽ  
 കമ്മിറ്റിയിലെ അംഗങ്ങൾ സമാധാനപരമായി വിശ്വസിക്കുന്നു

# കിളിമാനൂർ മേഖലയിൽ രാത്രിയിൽ കക്കൂസ് മാലിനും തള്ളുന്നു

കമ്മിറ്റിയിലെ അംഗങ്ങൾ സമാധാനപരമായി വിശ്വസിക്കുന്നു

# ഹരിതചട്ടം പാലിക്കുന്നതിന് ഒരുകൈയൊപ്പം

പ്രസിഡൻ്റ് സ്വാമി വിശ്വനാഥൻ  
 നൽകുന്നതിനായി ശിവഗിരി  
 എസ്.എൻ. കോളേജ്, പാലയം  
 കൂന്ന് ഗവ. എച്ച്.എസ്.എസ്.,  
 വർക്കല ഗവ. എച്ച്.എസ്.എസ്.,  
 ശിവഗിരി എച്ച്.എസ്.എസ്., നെ  
 ട്ടങ്ങളെ എച്ച്.എസ്.എസ്. എസ്.  
 വിടങ്ങളിലെ 200 ഓളം എസ്.എ  
 സ്.എസ്. വെള്ളൻറിയർമാർ  
 ഉത്തരവു.  
 ഇവർക്കുള്ള തൊപ്പി, കോട്ട  
 തുടങ്ങിയവയുടെ വിതരണം ശി  
 വഗിരിയിൽ ധർമ്മസംഘം ട്രസ്റ്റ്

# എൻ.എസ്.എസ്. ക്യാമ്പിൽ വീദ്യാർത്ഥികൾ പൊള്ളലേറ്റു

കമ്മിറ്റിയിലെ അംഗങ്ങൾ സമാധാനപരമായി വിശ്വസിക്കുന്നു

ഗങ്ങളിൽനിന്ന് മുന്നൂറിലധികം  
 പടയാളികൾ ശിവഗിരിയിലെ  
 ത്തുന്നുണ്ട്. വിവിധ പട്ടണങ്ങളിൽ  
 ത്തിൽ അണിനിരന്ന് തീർത്ഥാടകർ  
 ശിവഗിരിയിൽ എത്തിക്കൊണ്ടി  
 റിക്കുകയാണ്. മഹാസമാധിയി  
 ലും ശാന്തമാനത്തിലും പ്രാർത്ഥന  
 ഈ വലിയ തിരക്കാണ് തീർത്ഥാടന  
 ത്തലേന്ന് അനുഭവപ്പെട്ടത്.

കമ്മിറ്റിയിലെ അംഗങ്ങൾ സമാധാനപരമായി വിശ്വസിക്കുന്നു

കമ്മിറ്റിയിലെ അംഗങ്ങൾ സമാധാനപരമായി വിശ്വസിക്കുന്നു



## JUICE FEST

The NSS unit and Mathematics Department of our college conducted a juice fest on January 22<sup>nd</sup>. The unit prepared variety of milkshakes, different fruit juices and ice creams. Around sixty volunteers took part in it. The amount received from the fest was used for Snehasanthwanam Programme.





## **CHARITY**

The NSS volunteers donated 21000 rupees to one of our B.Com student who was suffering from pancreatic diseases and 13000 rupees to one of our B.A.Economics student who suffering from eye disease.

## **LEADERSHIP TRAINING PROGRAMME**

Two volunteers Kavya.S, Abhija.K.A and Sivajith S.R attended the Leadership Training camp on March 21<sup>st</sup> and 22<sup>nd</sup> 2019. One of the NSS volunteer, Suraj.s attended the two days Residential training Programme on Disaster Management, Basic Life Support and First aid on 21<sup>st</sup> and 22<sup>nd</sup> June 2019. Latharani.J.S and Parvathy.R.S attended a three day National Residential workshop on Women Capacity Building from 8<sup>th</sup> to 10<sup>th</sup> august 2018. Anand.U and Ashababu, attended a Residential Volunteer Training Programme from 14<sup>th</sup> to 16<sup>th</sup> September 2018. Sooraj.S.P and Vishnu.G, attended a Leadership and Motivation Programme on Voluntary Blood Donation on 12<sup>th</sup> August 2018. Vishnu.g, attended a three day residential Training programme on River Protection from 11<sup>th</sup> to 13<sup>th</sup> October 2018.

## **HEALTH SURVEY**

Health surveys generally include measures of risk factors, health behaviors, and non-health determinants or correlates of health such as socioeconomic status. The range of measures that can be included is wide and varies by survey. Age, gender, and race/ethnicity are the basic

demographic variables that are included in health surveys. Socioeconomic determinants of health include education, income, geographic region, and urbanicity of residence. Social factors can act as causal agents or they can be affected by health.

The unit conducted a health survey on 23<sup>th</sup> January in the adopted village, Kanwasramam 10<sup>th</sup> ward of Varkala Municipaity. The unit visited around 82 houses and collected data regarding their health status. The survey helped the volunteers to understand the living circumstances of that people.



## **ENVIRONMENT DAY CELEBRATIONS**

This year's programme began with the celebration of the Environmental Day on June 5<sup>th</sup>. The unit members planted slapping in the campus. Measures were adapted to preserve and conserve the trees and plants in the campus. Dr.Pandurangan, Former Director of Jawaharlal Nehru Tropical Botanical Garden and Research Institute, Palode, Trivandrum inaugurated the programme. He also delivered a talk about Plastic Pollution. All students, teachers and non-teaching staff supported and encouraged the Environmental Day programme.

As part of Environment Day Celebrations NSS volunteers also conducted a poster Exhibition including one hundred fifty of drawings, messages and ideas in the college corridor on the same day. Around fifty students took part in the exhibition.

- Planting tree saplings
- Poster exhibition
- Tree saplings distribution
- Tree saplings distribution in adopted village
- One day seminar















## **INDEPENDENCE DAY CELEBRATIONS**

The NSS unit celebrated Independence day on 15<sup>th</sup> August by cleaning the campus and the adopted village, Kanwasramam 10<sup>th</sup> ward. Sweets were distributed at the end of the programme.

As part of the celebration, the unit also conducted quiz and essay writing competitions to our college students.



## **GANDHI JAYANTHI**

As part of Gandhi Jayanthi celebrations, the volunteers gathered in the campus for the commemoration of Gandhiji. Then the unit went to the adopted village and cleaned there. One group of students cleaned the street And Varkala Railway Station in association with Indian Railway.







## **NSS DAY 2018-2019**

On 24<sup>th</sup> September, the unit decided to organize the second part of the programme “Sahapadiykkoru Veedu”. ‘Sahapadiykkoru Veedu’ is a programme for a home for a homeless. The Programme officers discussed this matter with Principal and decided to build home for three poor students of our college.

### **CLASS ON CYBER CRIMRE**

Cybercrime, is a crime that involves a computer and a network. Cybercrimes can be defined as: "Offences that are committed against individuals or groups of individuals with a criminal motive to intentionally harm the reputation of the victim or cause physical or mental harm, or loss, to the victim directly or indirectly, using modern telecommunication networks such as Internet. Cybercrime may threaten a person or a nation's security and financial health.

A class on Cyber Crimes was conducted for the NSS volunteers in association with Kanal, a Cultural Organisation on 24<sup>th</sup> December 2018. The speaker was Ms.Jisha Kanal. All volunteers attended the class. The class was very fruitful to all volunteers.





## **CLASS ON ENERGY CONSERVATION**

Energy conservation is the effort made to reduce the consumption of energy by using less of an energy service. Energy conservation reduces the need for energy services and can result in increased environmental quality, national security, personal financial security and higher savings.

A class on conservation of energy was led by Dr.R.Raveendran, Former Principal and Associate Professor in Physics on 17<sup>th</sup> July 2018. 72 volunteers took part in that class.



## **FOREST VISIT**

During seven day camp period the NSS unit visited the Kanwasramam forest. This helped volunteers to understand the importance of forests, how it act as the habitats for animals and livelihoods for humans, and how it protect the watershed, how it prevent soil erosion etc.







## **CAMPUS CLEANING**

The aim of our NSS unit was the clean campus. As part of the year round programme of the NSS unit, the members of the unit often did cleaning programmes as part of their field work.





## **HIROSHIMA – NAGASAKI DAY**

During the final stage of World War II, the United States detonated two nuclear weapons over the Japanese cities of Hiroshima and Nagasaki on August 6 and 9, 1945, respectively, with the consent of the United Kingdom, as required by the Quebec Agreement. The two bombings

killed 129,000–226,000 people, most of whom were civilians, and remain the only use of nuclear weapons in the history of armed conflict.

The NSS unit commemorated the Hiroshima – Nagasaki day on 7-9 August 2017. On 7<sup>th</sup> August volunteers made sadako tree and a Documentary presentation about atom bombing was also done. On 8<sup>th</sup> August there was a poster exhibition about 'The after Effects of a War' was conducted and on 9<sup>th</sup> August there was an awareness about atom bombing was held. The class was handled by Dr. Shibu, Associate Professor, Dept. of Physical Education, S.N.College, Kollam. These programmes helped the students to realize the pain behind the wars and the importance of peace.

### **BLOOD DONATION CAMP**

Kerala Blood Donation Forum and the National Service Scheme jointly organized a Blood Donation Camp on 3<sup>rd</sup> of October. The camp was attended by 85 students along with teachers. The certificates of the participants were distributed by our Principal Dr.L.Thulaseedharan.





*SN College, Varkala*



*National Service Scheme*

*In Association with*

*All Kerala Blood Donor's Society (KEBS) &  
Medical College, Thiruvananthapuram*

*Conducts*

*Blood Donation Camp*

*On*

*3<sup>rd</sup> October 2018*

*From 9.30 AM to 1.30 PM*

*At*

*College Premises*

*Donate Blood & Share a life*



**TERUMO PENPOL**  
"Better Ways to Better Healthcare"

**FBD**  
Federation of Indian Blood Donors Organisations  
www.fbd.org







## ORIENTATION CLASS

An orientation class was held on 4<sup>th</sup> October, under the guidance of Sri. Brahmanayakam Mahadevan. The class was attended by hundred students and the aim of the class was to develop interest among students on the importance of NSS in developing a commitment towards society. The resource person took effective class through different activities.







### **PERSONALITY DEVELOPMENT CLASS**

A personality development class was held on 9<sup>th</sup> October, under the guidance of Smt.Sini.V, Assistant Professor, Dept of Malayalam, S.N.College, Varkala. The class was attended by hundred students and the aim of the class was to develop personality among students and the importance of humanity.



## **GRAMAM MAKING**

On the sixth day of the camp, the students were given task for creating two artificial villages. They were divided into two groups and the best village was awarded a prize. This helped the improvement of creativity level of volunteers.



## **ANTIDRUG AWARENESS PROGRAMME**

Drugs are chemicals that change the way a person's body or mind works. Drugs are not good for health as they have many side effects and damage our brain, heart and other important organs. Drug is a depressant that slows down the functions of the central nervous system.

- Our NSS unit and antinarcotics cell of our college jointly conducted an Antidrug awareness programme in our college auditorium on 18<sup>th</sup> March 2019. Sri.Rishiraj Singh IPS., Excise Commissioner, Excise Dept, Govt of Kerala, led the awareness class. Awareness class helped the students to understand the health issues associated with drug consumption.
- The volunteers also gave anti-drug awareness class to the people in adopted village.
- The NSS unit, College Union and Varkala Taluk Hospital jointly organized a Kathaprasangam about the demerits of drugs. The programme was performed by the Health Inspectors of Varkala Govt Hospital. It gave Messages to all students.
- Magic show



തോണിപ്പാറ വാർഡിൽ തുടർച്ചയായി കോളനികളുണ്ട്. ഇവിടെ തൊണ്ണൂറു ശതമാനം വീടുകളിലും കിണറിലൂടെ ആകെയുള്ള ആശയം പൈപ്പ് വെള്ളം മാത്രം സ്ത്രീകൾ മുരങ്ങളിൽ നിന്നും ജലം ശോഖിച്ചു വീട്ടിലെത്തിക്കണം. ഇടവിട്ട ദിവസങ്ങളിൽ പൈപ്പ് ജലം വന്നാലും ഒരു മണിക്കൂർ പോലും ലഭ്യമല്ലാത്ത അവസ്ഥ

യിൽ വിതരണ പൈപ്പ് വെള്ളം ലഭ്യമാക്കിയിട്ടില്ല. നിലവിൽ ജലവിതരണം കാര്യക്ഷമമല്ലെന്നാണ് ഒന്നാം വാർഡ് അംഗം വി. ബിനു പറയുന്നത്. ഉറവജലസംഭരണ പദ്ധതികൾ ആവിഷ്കരിച്ചു പിന്നീട് ഉപേക്ഷിക്കുന്ന പ്രവണതയാണെന്നും ബിനു പറയുന്നു. പ്രദേശത്ത് ടാങ്കർ സർവീസിലെ

ഇലകമൺ ഹരിഹരപുരത്തെ നീരുറവ അതിനാൽ കായലിലേക്ക് ഒഴുകി പോവുന്നു. നൽകാൻ ഇനിയും തുടങ്ങിയിട്ടില്ല.



വർക്കല ശിവഗിരി എസ്എൻ കോളജിൽ ലഹരിവിരുദ്ധ ബോധവൽക്കരണ സെമിനാർ എക്സൈസ് കമ്മീഷണർ ട്രഷിരാജ് സിങ് ഉദ്ഘാടനം ചെയ്യുന്നു.

തപാരായണം 8.00, ശ്രീമൂതബലി സ്പെഷൽ നാദസാരം 8.30, ഓട്ടൻ തുള്ളൽ 9.30, ഭഗവത് ഗീതാർച്ചന 10.30, അന്നദാനം 12.00, സോപാനസംഗീതം 6.15, സംഗീത കച്ചേരി 7.00, വേദി രണ്ടിൽ കഥാപ്രസംഗം കണ്ണകി 9.30, കോമലി മാജിക് ഷോ 10.30

- വർക്കല റെയിൽവേ സ്റ്റേഷൻ ശ്രീകൃഷ്ണസ്വാമി ക്ഷേത്രം: ഉത്സവം ഭാഗവതപാരായണം 7.00, ദിപാരാധന 6.45
- നരിക്കല്ലൂർ മുക്ക്തോഴിൽ ഓഡിറ്റോറിയം: ചെമ്മരുതി മേഖല തിരഞ്ഞെടുപ്പ് കൺവൻഷൻ 4.00

നെറ്റ്സ് (2.30 9.30)  
 വീഡിയോ (98952 337850): ഹരലോ (T) (11, 3, 6.30, 9.45)  
 കപിരംകുളം G-Track-1: 2757771  
 കായംകുളം കൊച്ചുണ്ണി (M) (11.15, 2.30, 6.15, 9.30)  
 G-Track-II 96 (11.30, 2.30, 6.30, 9.30)  
 പോത്തൻകോട് M.T. Cineplex (2419515): Teia-1: Captain Marvel (11.15, 2.30, 6.15, 9.30)  
 Teia-2: കുമ്പളങ്ങി നെറ്റ്സ് (M) (11, 9.45) കോടതി സമക്ഷം ബാലൻ വക്കീൽ (2.15, 6.30)  
 ഡോത്തൻകോട് എച്ച്.കെ. (0471 2715555)  
 സുതരാരൻ (T) (11.15, 2.30, 9.30, 9.45)  
 കുമ്പളങ്ങി കൃഷ്ണൻ (A/C DTS 3D) (0471 2418144): (M) (9.30)

# കുറ്റകൃത്യം അറിയിക്കാൻ സമൂഹം ഭയക്കുന്നു: ട്രഷിരാജ് സിങ്

വർക്കല • വിദ്യാഭ്യാസ സ്ഥാപനങ്ങളിൽ ലഹരി വസ്തുക്കൾ ഉപയോഗിക്കുന്നവരും ലഭ്യമാക്കുന്നവരും സംബന്ധിച്ച വിവരങ്ങൾ കുട്ടികൾ ബന്ധപ്പെട്ടവരെ അറിയിക്കാതിരിക്കുന്നത് ശരിയല്ലെന്നും ഇത്തരം വിവരങ്ങൾ അറിയിക്കുന്നതിൽ സാക്ഷര കേരളം ഭയപ്പെടുന്നതായും അതു മാറണമെന്നും എക്സൈസ് കമ്മീഷണർ ട്രഷിരാജ് സിങ് അഭിപ്രായപ്പെട്ടു.

വർക്കല ശിവഗിരി എസ്എൻ കോളജ് ലഹരിവിരുദ്ധ ക്ലബ്ബും എക്സൈസ് വിമുക്തി മിഷനും സംഘടിപ്പിച്ച ലഹരിവിരുദ്ധ ബോ

ധവൽക്കരണ സെമിനാറിൽ പ്രസംഗിക്കുകയായിരുന്നു.

പ്രിൻസിപ്പൽ ഡോ.എൽ. തുളസീധരൻ അധ്യക്ഷനായി. എസ്എൻ ട്രസ്റ്റ് എക്സിക്യൂട്ടീവ് അംഗം അജി.എസ്.ആർ.എം. മലയാളം വിഭാഗം മേധാവി ഡോ. ബിന കരുണാകരൻ, ഗണിതവിഭാഗം മേധാവി പ്രഫ.എസ്.പ്രീത, ഡോ.ബി.എസ്.ബബിത, പിടിഎ വൈസ് പ്രസിഡന്റ് ജി.ശിവകുമാർ, ക്ലബ് കോ ഓർഡിനേറ്റർ സി.എൽ.വീനസ്, യൂണിയൻ ചെയർമാൻ എസ്.ബി.ആനന്ദ തുടങ്ങിയവർ പ്രസംഗിച്ചു.

## ശാന്തിഗിരി വിദ്യാഭവനിൽ കോൺവൊക്കേഷൻ

പോത്തൻകോട് • ശാന്തിഗിരി വിദ്യാഭവൻ സീനിയർ സെക്കൻഡറി സ്കൂളിൽ കോൺവൊക്കേഷൻ മാണിക്കൽ പഞ്ചായത്ത് പ്രസിഡന്റ് എസ്. സുജാത ഉദ്ഘാടനം ചെയ്തു. സാമി ജ്ഞാനദത്തൻ ജ്ഞാനതപസവി അധ്യക്ഷനായി. സ്കൂൾ വൈസ് പ്രിൻസിപ്പൽ എസ്.എം. സമീരേഷ്, അഡി

## തച്ചപ്പള്ളി ഊരദേവീക്ഷേത്രം ഉത്രം ഉത്സവം

പോത്തൻകോട് • തച്ചപ്പള്ളി ഊരുട്ടു മണ്ഡപ ദേവീക്ഷേത്രത്തിൽ ഉത്രം ഉത്സവത്തിന് നാളെ രാവിലെ 8ന് കൊടിവേറി 28ന് സമാപിക്കും.











## **INTERNATIONAL OZONE DAY CELEBRATIONS**

The United Nations' International Day for the Preservation of the Ozone Layer is celebrated on September 16 every year. The Earth's ozone layer plays an important role in protecting human health and the environment.

The NSS unit and Department of Botany jointly organized a seminar on the importance of Ozone layer and the reasons for its depletion. The seminar was inaugurated by Dr.C.P.Aravindhakhan, Former Principal, University College, Thiruvananthapuram. The class was attended by 97 volunteers.





## **PUSTHAKOLSAVAM**

The NSS unit in association with NBS, A Cultural Activity Cooperative Society conducted an exhibition cum sale of various books on 31<sup>st</sup> september 2018. This mela helped the students to understand about the importance of reading.







## **AWARENESS CLASSES**

1.The NSS unit and Women study unit of our college jointly organized a talk on Women Empowerment as part of the International Women's day celebration on March 8<sup>th</sup> . The talk was delivered by Smt. Aswathy Jwala, Founder of Jwala Foundation, a Social Organization, Trivandrum. The session was very fruitful to all students especially girl students.

2. Wetlands are considered the most biologically diverse of all ecosystems, serving as home to a wide range of plant and animal life. Methods for rapidly assessing these functions, wetland ecological health, and general wetland condition have been developed in many regions and have contributed to wetland conservation partly by raising public awareness of the functions and the ecosystem services some wetlands provide. The NSS unit and Botany department of our college organized the Wetland day celebrations on February 6<sup>th</sup>. The programme was inaugurated by Dr.Mohandas, Former Scientist, Kerala State Council for Science, Technology and Environment. He also delivered a fruitful talk about the importance of wetlands, the need for its conservation and water conservation.







## WORLD CANCER DAY CELEBRATION

The NSS unit in our College conducted a poster exhibition about cancer as part of the World Cancer Day Celebrations. The poster Exhibition was inaugurated by Dr.L.Thulaseedharan, College Principal. The volunteers also gave an awareness class to the people in adopted village about the cause and consequences of cancer.



## **IMPORTANCE OF YOGA**

The NSS unit in our college jointly organized a class about the importance of Yoga in daily Life on 20<sup>th</sup> March. The class was taken by Dr.Shibu.S.S, Former Head of the Department of Zoology, S.N.College, Varkala. The class helped the youth in getting proper information on how to solve the problems related to their health and also made them aware on how to follow a proper daily routine.

## **A CLASS ON MUSIC**

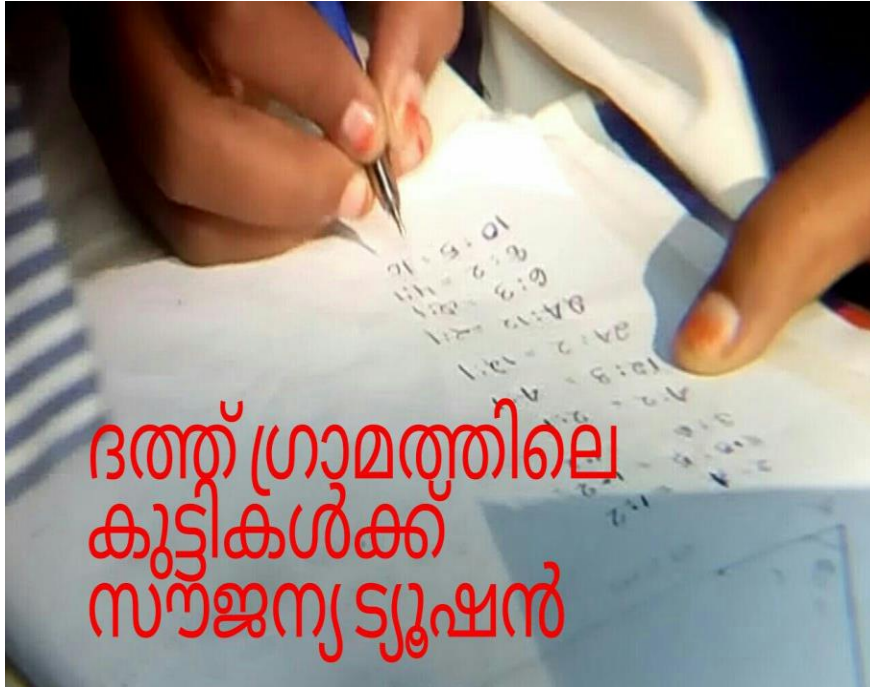
The NSS unit organized a Music class, in order to bringing skilled and enthusiastic musicians under one roof and represent the college in musical events. The class was conducted by Dr.Aswothy Vinu, Assistant Professor in Music, N.S.S.College, Karamana, based on the importance of music therapy and fundamentals of Classical music. The class was attended by eighty three students.



## **ACTIVITIES IN THE ADOPTED VILLAGE**

### **2. TUTION FOR POR CHILDREN**

For the upliftment of the 29 children in our adopted village, our unit started special tuitions for poor children on 3<sup>rd</sup> of June. The tuitions were carried out by a group of NSS volunteers in every working days at 7.30 am. The unit was conducted cultural activities and book distributions to the students.



## 2. PALLIATIVE CARE UNIT

The palliative care unit of our unit consists of fourteen volunteers. The entire volunteers were grouped into four and they would visit the area once in a week and will take care and monitor the health and hygiene of the area.

## 3. HEALTH SURVEY

The unit conducted a health survey on 23<sup>th</sup> January in the adopted village, Kanwasramam 10<sup>th</sup> ward of Varkala Municipality. The unit visited around 82 houses and collected data regarding their health status. The survey helped the volunteers to understand the living circumstances of that people.

## 4. SNEHASANTWANAM

The unit gave donation to three financially backward members of adopted village suffering from disease as part of Snehasanthwanam.

## 5. ANTIPLASTIC AWARENESS CLASS

On October 2<sup>nd</sup>, sixty three NSS volunteers with Programme officers visited and gave antiplastic awareness classes to the adopted village people. The class mainly included the harmful effects of plastics, its effect on Environment, relation with climate change etc. As a result of all awareness classes people were understood and agreed to give their plastic waste to Varkala Municipality for recycling.

#### 6. TREE SAPLINGS DISTRIBUTION

The unit distributed tree saplings to fifty four houses in the adopted village on June 5<sup>th</sup> as part of Environment Day Celebrations 2019.

#### 8. DRESS DISTRIBUTION

The NSS unit collected the dresses from teachers and students and distributed these dresses to the poor peoples in the adopted village.

#### 9. SWAYA M THOZHIL PARISEELANAM

The unit gave training to ladies in the adopted village for making Office files, paper bags, envelopes and detergents under the guidance of Sri.Haridas of Gandhian Study Centre, Trivandrum during seven day camp period.

#### **SEVEN DAY ANNUAL CAMP**

This year's Seven Day annual camp started on 20<sup>th</sup> December. The camp was inaugurated by Smt.Bindhu Haridas, Municipal Chairperson, Varkala Municipality. The inaugural meeting was presided over by Principal Dr.L.Thulaseedharan. The inaugural meeting was followed by camp registration. In the afternoon session there was an ice breaking session carried out by Dr.Sajith.S.J.Sasi, Assistant Professor in Hindi, S.N.College, Kollam.

In the second day of the camp there was a class about the 'Importance of River protection' carried out by Dr.Sreela.S.R, Assistant Professor in Geology, S.N.College, Varkala. In the afternoon session, the NSS VolunTERS actively participated in the Vamanapuram River protection programmes such as awareness of river protection to public, Plastic waste collection from river side, etc.

A self-employment training programme was conducted on the third day of the camp under the leadership of Sri.Haridas of Gandhian Study Centre,Trivandrum. The students as well as ladies from adopted village were given training in making of Paper Bag, Office files, Carpets, etc. The class extended for the whole day. The evening session was a Personality development Class by sri.Karthik Sasi.

The fourth days Programme was Nadeel Ulsavam. The NSS unit had cultivated paddy in one acre field at Sasthamkotta Ala, Cherunniyoor on 23rd December, named “Nadeel Ulsavam” in support of the agriculture office, Cherunniyoor. The programme was inaugurated by our Principal Dr. L Thulaseedharan. Sri. Manivarnan(Agricultural Officer, Cherunniyoor), Sri.Aji.S.R M(Management representative), programme officers, Teachers, non teaching staffs, students etc participated in this programme. The Principal also shared the information about the importance of agriculture and paddy cultivation.

In the fifth day there was a class about Snakes and Environment was handled by Sri.Vava Suresh. In the afternoon, NSS unit visited Kanwasramam forest. This visit gave new experience to each and everyone.

On the sixth day of the camp, the students were given task for creating two artificial villages. They were divided into two groups and the best village was awarded a prize.

On the seventh day was the closing ceremony that was inaugurated by our Principal Dr.L.Thulaseedharan. The former NSS volunteers, teachers, non-teaching staffs, management representative all were participated.

**24.12.2018 - തിങ്കൾ**

05.00 am : Morning Tea  
 06.00 am : Yoga - by Dr. S. Shibu  
 07.00 am : Roll Call  
 07.30 am - 8.30 am : Break Fast  
 9.30 മുതൽ 12.30 ന്നേ : കണ്യാശ്രമം സന്ദർശനം  
 1.00 pm : Lunch Break  
 1.30 മുതൽ 3.30 ന്നേ : തിരുവല്ലയിലെ പട്ടണത്തിൽ കുട്ടികളോടൊപ്പം ക്രിസ്മസ് ആഘോഷം  
 5.00 pm : Tea Break  
 7.00 pm : Cultural Programme  
 8.00 pm : Dinner  
 9.00 pm : ക്യാമ്പ് അവലോകനം  
 10.00 pm : Lights Off

**25.12.2018 - ചൊവ്വ**

05.00 am : Morning Tea  
 06.00 am : Yoga - by Dr. S. Shibu  
 07.00 am : Roll Call  
 07.30 am - 8.30 am : Break Fast  
 9.30 മുതൽ 12.30 ന്നേ : ഗ്രാമം നിർമ്മിക്കൽ (NSSയൂണിറ്റിന്റെ നേതൃത്വത്തിൽ നിർമ്മിക്കുന്ന തൽക്കാലിക ഗ്രാമം)  
 1.00 pm : Lunch Break  
 1.30 മുതൽ 3.30 ന്നേ : നടപടിയും സാമൂഹികതയുമുള്ള രാധാകൃഷ്ണൻ കുന്ദംപുറം  
 5.00 pm : Tea Break  
 7.00 pm : Cultural Programme  
 8.00 pm : Dinner  
 9.00 pm : ക്യാമ്പ് അവലോകനം  
 10.00 pm : Lights Off

**26.12.2018 - ബുധൻ**

05.00 am : Morning Tea  
 06.00 am : Yoga - by Dr. S. Shibu  
 07.00 am : Roll Call  
 07.30 - 8.30 : Break Fast  
 9.00 am : സമാപനസമ്മേളനം  
 12.00 pm : ക്യാമ്പ് അവലോകനം സമാപനം

**ക്യാമ്പ് ഡയറക്ടർ**  
 ശ്രീ. ജി. ശിവകുമാർ  
 പി.ടി.എ. വൈസ് പ്രിൻസിപ്പൽ & സെക്രട്ടറി, പുഴയ്ക്കരമ്പിള്ളി സംഘം

**വോളന്റിയർ ലിഡർമാർ**  
 മിഡ്നൈറ്റ് ഓഫീസ്, സുരേഷ് എസ്.പി.,  
 നിഷ്ണാ ജി. ആശാബാബു, പാർവ്വതി ആർ.എസ്.,  
 ലതാദാസി, ചിഞ്ചുദോഹൻ, അനഘ സി.ദാസ്,  
 സുരേഷ് എസ്., അഖിലൻ ബി.ജെ.,  
 സിദ്ധിഖത്ത് എസ്.ആർ.,  
 പ്രണവ് കുഷ്ണൻ, അക്ഷയ് എസ്. ദേവ്,  
 രാഹുൽ ആർ., ആനന്ദ് യു.,  
 ദേവികുട്ടി എസ്.എസ്., കാർത്തികബിജു,  
 അഭിജ കെ.എ., കാവ്യ എസ്., അഖ്യൻ എ.എസ്.

**ക്യാമ്പ് കോ-ഓർഡിനേറ്റർമാർ**  
 ശ്രീമതി ലക്ഷ്മി എസ്. ധരൻ - 8921273064  
 ശ്രീ.പി.കെ. സുരേഷ് - 9446449119

**നാഷണൽ സർവ്വീസ് സ്കീം**  
 Unit No : 16 (AB)  
**ശ്രീനാരായണ കോളേജ്**  
 ശിവഗിരി, വർക്കല  
 (NAAC Accredited with B Grade)

*Not me But you*

**വാർഷിക സർവ്വീസ് ക്യാമ്പ്**  
**Karma 2018**  
 20.12.2018 മുതൽ 26.12.2018 വരെ  
 ശിവഗിരി ശ്രീനാരായണ ഹയർ സെക്കന്ററി സ്കൂൾ  
 ശ്രീനീയാമ്പുരം, വർക്കല

**Education Through Community Service**

**ക്യാമ്പ് ഘോഷകളുകൾ**

**River Protection Programme**  
**Paddy Farming**  
**Personality Development Programme**  
**Green Campus / Clean Campus**  
**Adopted Village Activities**

**#നവീനയാശ്രമം**  
 കേരള സർവ്വകലാശാല നാഷണൽ സർവ്വീസ് സ്കീം  
 കേരള സംസ്ഥാന വനസുരക്ഷ

# #നവീകരണപദ്ധതി

**വർഷം**  
14.12.2018

ബഹുമാനപ്പെട്ട,  
ശ്രീമതി ശ്രീനാരായണ കോളേജിലെ  
നാഷണൽ സർവ്വീസ് സെൻ്റർ യൂണിവേഴ്സിറ്റിയിൽ  
ആയിരത്തോളം 2018-19 കലാലയ വർഷത്തെ  
വാർഷിക സഹായകരണ ക്യാമ്പ് ഡിസംബർ 20  
മുതൽ 26 വരെ ശ്രീമതി ശ്രീനാരായണ ഹയർ  
സെക്കന്ററി സ്കൂളിൽ വെച്ചു നടത്തുന്നതാണ്.

യുവത നവീകരണപദ്ധതി എന്ന സന്ദേശ  
വുമായി സാമൂഹ്യസേവനത്തിന്റെ മേഖലയും യുവ  
പുരുഷന്മാരിൽ എത്തിക്കുക എന്ന ലക്ഷ്യത്തോടെ  
ഒരു ദശമം ഈ കോളേജിലെ എൻ.എസ്.എസ്.  
വോളന്റിയർമാർ ഏറ്റെടുക്കുകയാണ്.

സാമൂഹ്യ പ്രാധാന്യമുള്ള വിഷയങ്ങൾ  
കുറിച്ച് ചർച്ചകളും ക്യാമ്പുകളും ഇതിനോടനുബന്ധിച്ച്  
നടക്കുന്നതാണ്. ഏറ്റെടുക്കുന്ന സഹായ  
സഹകരണങ്ങൾ താഴെപ്പറയുന്നവയാണ്.

- ഡോ. എൻ. തുളസീധരൻ**  
(പ്രിൻസിപ്പൽ & ക്യാമ്പ് ചെയർമാൻ)
- ശ്രീമതി ലക്ഷ്മി എസ്. ധരണി & പി.കെ. സുരേഷ്**  
(പ്രോഗ്രാം ഓഫീസർമാർ)
- ശ്രീ. ശബിധരൻ ജെ. ശ്രീ. ചന്ദ്രബാബു**  
(സഹോദ്യോഗി സ്റ്റാഫ്)
- ശ്രീ. അജിത്ത് ശ്രീ. ബാബു**  
(ക്യാമ്പ് സെക്യൂരിറ്റി ഓഫീസർമാർ)

- ക്യാമ്പ് ഉപഭോക്തൃ സമിതി**  
അമ്പലം, മിഷൻ ഡിസ്ട്രിക്ട് കോളേജിൽ  
അമ്പലം, നീലം ലക്ഷ്മി ഡിസ്ട്രിക്ട് കോളേജിൽ  
ശ്രീമതി എസ്. പ്രിയ HOD ഹോസ്റ്റൽ  
ശ്രീമതി ബാബി എ. HOD കോളേജിൽ  
ഡോ. ജെ. പി. പ്രസിന്റ് HOD സെന്ററൽ  
ഡോ. ജി.എസ്. ബാബി ICAC, കോർപ്പറേഷൻ  
ശ്രീമതി വി. സിനി അഡ്വക്കേറ്റ്, കലാലയ വിഭാഗം  
സുരേഷ് എസ്. പി., ആകാശബാബു

- കക്ഷാധികാരികൾ**  
ശ്രീ. സൈമൺ ജോർജ്ജ് ഡയറക്ടർ, എസ്.എൻ.ഇസ്.  
അമ്പലം, വി. അതി എ.എസ്. എ.  
ശ്രീ. അജി എസ്. ആർ. എ. എസ്.എസ്.ഇസ്.എസ്.എസ്.എസ്.  
ശ്രീ. കെ. വിജയകുമാർ സി.എ. ഓഫ് പബ്ലിസിറ്റി  
ശ്രീ. ആർ. സുരേഷ് പി.ടി.എ. സെക്യൂരിറ്റി

## കാര്യപരിപാടികൾ

### 20.12.2018 - ഡ്വൈ

- രാവിലെ 9.30 ന് **ക്യാമ്പ് ഉദ്ഘാടനം**
- 9.45 am **പാഠക ഉദ്ഘാടനം**
- 10.00 am **ഓപ്പണിംഗ് സമ്മേളനം**
- പ്രാർത്ഥന
- അദ്ധ്യക്ഷൻ
- സുഗമം
- ശ്രീമതി ലക്ഷ്മി എസ്. ധരണി
- ഉപദേശം
- ശ്രീമതി ബിന്ദു ഹരിദാസ്
- മുഖ്യപ്രഭാഷണം **ശ്രീ. എൻ. നവപ്രകാശ്**
- ആശംസകൾ **ശ്രീ. അജി എസ്. ആർ. എ.എ.**
- ക്രമീയത **ഡോ. ബി.കുമാർ**
- 1.00 pm **ലുച്ച ബ്രേക്ക്**
- ഉച്ചയ്ക്ക് 1.30 ന് **ICE BREAKING**
- 5.00 pm **ഡോ. സമീർ എസ്. ജെ. ശബി**
- 7.00 pm **Tea Break**
- 8.00 pm **Cultural Programme**
- 9.00 pm **Dinner**
- 10.00 pm **ക്യാമ്പ് അവലോകനം**

### 21.12.2018 - വെള്ളി

- 05.00 am **Morning Tea**
- 06.00 am **Yoga - by Dr. S. Shibu**
- 07.00 am **Roll Call**
- 07.30 am - 8.30 am **Break Fast**
- 9.30 am to 12.30 pm **വിഷയം**

- ക്യാമ്പ് നിയോഗനം **ഡോ. ശ്രീല എസ്. ആർ.**
- 1.00 pm **(HOD Assl. Prof. Dept. of Geology, SNC Varkala)**
- 1.30 pm to 4.00 am **Lunch Break**
- 5.00 pm **പുഴുസംരക്ഷണ പ്രവർത്തനങ്ങൾ**
- 6.00 pm to 7.45 pm **(വായനപുരം മരിയോം)**
- ക്യാമ്പ് നിയോഗനം **Tea Break**
- 8.00 pm **ഡിന്നർ**
- 9.00 pm **ക്യാമ്പ് അവലോകനം**
- 10.00 **Lights Off**

### 22.12.2018 - ശനി

- 05.00 am **Morning Tea**
- 06.00 am **Yoga - by Dr. S. Shibu**
- 07.00 am **Roll Call**
- 07.30 am - 8.30 am **Break Fast**
- 9.30 മുതൽ 12.45 വരെ **പരിശീലനം**
- 1.00 pm **ലുച്ച ബ്രേക്ക്**
- 1.30 മുതൽ 3.30 വരെ **ക്യാമ്പ് നിയോഗനം**
- 5.00 pm **Tea Break**
- 7.00 pm **Cultural Programme**
- 8.00 pm **Dinner**
- 9.00 pm **ക്യാമ്പ് അവലോകനം**
- 10.00 pm **Lights Off**

### 23.12.2018 - ഞായർ

- 05.00 am **Morning Tea**
- 06.00 am **Yoga - by Dr. S. Shibu**
- 07.00 am **Roll Call**
- 07.30 am - 8.30 am **Break Fast**
- 09.30 am **മുഖ്യാതിഥി**
- 12.30 pm **ഡിന്നർ**
- 1.30 pm **ക്യാമ്പ് അവലോകനം**
- 1.30 മുതൽ 12.30 വരെ **നവീകരണപദ്ധതി**



























The NSS Unit of Sree Narayana College Sivagiri, Varkala was one among the other units of Kerala University to bag the Best Unit and the Best Programme Officer Award in the University level in 2016-2017. The Unit also received an Award organized by the Indian Medical Association, Kollam, for conducting continuous Blood Donation Camp in the last three years. The unit also got the best NSS unit award during the year 2017-2018 in University level.

### **NATIONAL SERVICE SCHEME SNC VARKALA 2019-20**

The National Service Scheme (NSS) is an Indian government-sponsored public service programme conducted by the Ministry of Youth Affairs and Sports of the Government of India. Popularly known as NSS, the scheme was launched in Gandhiji's Centenary year in 1969. Aimed at developing student's personality through community service, NSS is a voluntary association of young people in Colleges, Universities and at +2 level working for a campus-community (esp. Villages) linkage. The programme aims to instill the idea of social welfare in students, and to provide service to society without bias. NSS volunteers work to ensure that everyone who is needy gets help to enhance their standard of living and lead a life of dignity. In doing so, volunteers learn from people in villages how to lead a good life despite a scarcity of resources. It also provides help in natural and man-made disasters by providing food, clothing and first aid to the disaster's victims.

Sree Narayana College is affiliated with the University of Kerala and currently offers 11 undergraduate and four postgraduate courses, with one department as approved research center. SN College has earned a reputation as a leader in the field of co-curricular and extension activities.

The NSS unit of Sree Narayana college Sivagiri, Varkala organized various programmes during the academic year 2019-20 giving importance to environmental awareness, health, personality development, community welfare etc. The unit was organized a new programme named as “*Nakshatravanam*”. The unit also organized many important programmes like flood relief programme, paddy cultivation, *snehasanthwanam*, palliative care unit, adopted village, medical camps, antidrug awareness programmes, blood donation camps etc. The interactions with the poor and the needy of the society and thereby enable to uphold the social responsibility among the volunteers. The unit become a powerful organization of the campus to understand the problems and issues of the depressed and the deprived of the neighborhood.

The NSS Unit of Sree Narayana College Sivagiri, Varkala was one among the other units of Kerala University to bag the Best Unit and the Best Programme Officer Award in the University level during 2016-2017 and 2017-2018. The Unit once again received the Certificate of Appreciation of the best unit and best Programme Officer during the year 2019. The Unit also received an Award organized by the Indian Medical Association, Kollam, for conducting continuous Blood Donation Camp in the last three years. The unit also received an award from Kerala Blood Donation Forum for the active participation of blood donation during previous years.



## ***NAKSHTRAVANAM***

Trees are always a boon to the earth and saving trees is one of the primary responsibilities of human beings. We have to save trees to continue the survival of all the life forms. Traditional beliefs and practices play a crucial role in the conservation of trees. The Hindu “Panchanga” assigns a separate tree for each of the twenty seven Nakshatras(constellations in ancient astronomy).

On July 3<sup>rd</sup> 2019, the NSS Unit started the *Nakshatravanam*. The *Nakshatravanam* aimed to grow 27 trees that represents 27 Nakshatras. Our College Principal Prof. Joly inaugurated the programme by planting a sapling that represented her Nakshatra. IQAC Coordinator Dr.Babitha G S, S N Trust Executive Member Sri.Aji S R M, head of the Department from various Departments, PTA Vice President Sri.Sivakumar G, NSS Programme officers along with the NSS volunteers took part in the programme. They planted some saplings that represented their Nakshatras. Twenty seven saplings depicting twenty seven celestial Stars (Nakshatras) were planted in the Campus. Following this, a group of NSS volunteers took up the responsibility of taking care of these saplings.

The *Nakshatravanam* consists of various Species of trees. Some of them are fruit bearing trees. These trees provide shelter and food for a variety of birds. The greenery of these trees adds beauty to the College campus. Moreover, the introduction of *Nakshatravanam* in the Campus has helped all the students to get a clear idea about some of the rare species of trees such as Bamboo, Jamun, Banyan tree, etc.





### **NADEEL ULSAVAM (SOWING FESTIVAL)**

Agriculture is the backbone of Indian economy since ancient times as majority of the Indians depend upon agriculture for their livelihood. For giving awareness about the importance of agriculture among the youth, the NSS unit of our College introduced a project named '*Nadeel ulsavam*'. The project aimed to sow 3.5 acres parkland (Ela) in Palachira.

On 30<sup>th</sup> August 2019 our College Principal Prof.Joly A inaugurated the Project. Smt.Neeraja, Agricultural Officer, Cherunniyoor attended the programme. She delivered a speech on the importance of farming as it offers the young generation a chance to make a difference by growing enough food to feed the society. S N Trust Executive Member Sri. Aji S R M, IQAC Coordinator Dr.Babitha G S, Hindi Department HoD Dr.Sajith.J.Sasi, Chemistry Assistant Professor Smt.Lija.P.Lekshmanan, PTA Vice President Sri.Sivakumar G along with NSS Programme Officers and Volunteers participated in the event.

Around hundred NSS volunteers to initiative in paddy cultivation. All of them sincerely participated in the programme with great devotion and they really enjoyed it. It was a great opportunity to realize the importance of agriculture and to understand the relationship between human life and agriculture.





### **REAPING FESTIVAL (*KOITHULSAVAM*)**

Rice is the staple food of the people of Kerala, and, traditionally, the cultivation of rice has occupied pride of place in the agrarian economy of the State. The lush green of paddy fields is one of the most captivating features of Kerala's landscape.

Reaping festival (*Koithulsavam*) conducted on 12th December 2019 was a result of the sowing festival (*Nadeel Ulsavam*) done on 30th August 2019 which was a golden opportunity for the NSS volunteers to understand the importance of agriculture, the backbone of human existence. Prof. Joly A, College Principal inaugurated the programme at 8.30 am in Palachira 'ela'. Agricultural Officer Smt. Neeraja, IQAC Coordinator Dr. Babitha G S, S N Trust Executive Member Sri. Aji S R M, Malayalam Department HoD Sri. Sanal Kumar T, PTA Vice President Sri. Sivakumar G, NSS Programme officers and other honorable personalities attended the ceremony.

About hundreds of NSS volunteers participated in this endeavor and were highly excited. This programme was worth attending for the volunteers as it provided them an opportunity to understand the importance of agriculture in our present social scenario. It also helped them to realize the necessity of hard work and how it plays an important role in moulding the future generation. 430 kg of paddy had been collected from the reaping festival. The amount got collected from the selling of the paddy has been added to the fund of '*Snehasanthwanam*' Programme conducted by the unit every year.









## **BEACH CLEANING**

Beaches play an important role in the development of Kerala tourism. Being a place visited by large number of people, the cleaning activity of this region is a difficult task. As a result the coastal regions have turned to garbage bins. The increasing level of pollution also causes serious damage to the marine ecosystem. So it is our responsibility to protect our nature.

As a part of the International Coastal Clean Up day, the International Coastal Research Centre has conducted several programmes across India on 21<sup>st</sup> September 2019, with an aim to combat the problem of marine debris. The cleanup drive in Thiruvananthapuram district was carried out at the coastal region from Kazhakuttom, Arattuvazhi to Puthenthope. Sri.V.Sasi, Hon'ble Deputy Speaker, Kerala Legislature inaugurated the programme. The programme logo was published by Sri.Anu.S.Nair, Thiruvananthapuram Deputy Collector and Chief Executive Officer, District Disaster Management Authority.

Along with Dr.Viod. C. Sugathan, Principal in charge, Sree Narayana College, Varkala, Thumba Parish Vicar Fr. Antony Silvester, District Panchayat Member Sri.M.Jakul, Block Panchayat Member Smt.Joly Pathros, Grama Panchayat Member Raphael Antony , Programme Chief Coordinator Dr.Praveen S S, Assistant Professor, St.thomas College Kozhencherry and programme Co-coordinator Smt.Lekshmi. S.Dharan, Assistant Professor, Sree Narayana College Varkala were also part of this occasion.

About 200 volunteers of the NSS unit participated in the cleaning task. They collected and disposed waste materials from the coastal area. Cleaning activities started from 08.00 AM in the morning came to an end by noon. The volunteers also prepared some placards showing the importance of keeping our beaches clean and placed it there.

Even the small amount of waste materials deposited on the beaches could become harmful as time passes and can adversely affect the ecosystem. The volunteers realized how these non-biodegradable pollutants can cause serious damages. This programme was a great inspiration for the volunteers. They vowed not to allow anyone to dump garbage in such place. The placards were installed with the hope that at least one person could be encouraged to keep our beaches clean and beautiful.

Prayer	:	
Welcome	:	Dr. Praveen S S (Chief Co-ordinator, ICCD-2019)
Presidential Address	:	Dr.Reji Sreenivas (Scientist, National Centre for Earth Science Studies, Government of India, Thiruvananthapuram)
Inauguration	:	Shri. V Sasi (Honourable, Deputy Speaker, Kerala Legislative Assembly)
Logo Presentation	:	Shri. Anu S Nair (Deputy Collector Thiruvananthapuram & Chief Executive Officer, District Disaster Management Authority)
Felicitations	:	Prof. A Joly (Principal, S N College Varkala) Mr. Raphael (Member, Kadinamkulam Panchayat)
Vote of Thanks	:	Prof. Lekshmi S Dharan (Co-Cordinator & Programme Officer, NSS, SN College, Varkala)
National Anthem	:	

**INTERNATIONAL COASTAL CLEANUP DAY – 2019**  
CLEAN SEAS CAMPAIGN  
21<sup>st</sup> SEPTEMBER 2019  
Kazhakuttom-Perumathura Coastal Stretch

Sir/Madam  
As part of the International Coastal Clean-up Day' 2019 (ICCD-19), The National Centre for Coastal Research (NCCR), Ministry of Earth Sciences (MoES), Government of India, Chennai conducting coastal clean-up campaign on 21st September 2019. The clean-up activity would be conducted along 30 beaches along the Indian coast on the focal theme "Coastal Clean Seas Campaign". The clean-up drive in Thiruvananthapuram is being conducted along the Kazhakuttom-Perumathura Coastal Stretch with the support and co-ordination of NSS Unit of Sree Narayana College, Varkala. Honourable Deputy Speaker of Kerala Legislative Assembly, Shri V Sasi has kindly agreed to inaugurate the programme. The Presentation of ICCD –Logo will be done by Shri Anu S Nair , Hon. Deputy Collector of Thiruvananthapuram. Co-cordially welcoming you all to this cleaning initiative aimed for generating a greener tomorrow.

Dr Praveen S S (Chief Coordinator, ICCD-19)      Prof. Lekshmi S Dharan (Co-coordinator, ICCD-19)

**TIME: 7.30 AM**  
**VENUE: KAZHAKUTTOM ARATTUVAZHI BEACH**

■ എസ്എഫ്ഐ പ്രവർത്തകനെ ആക്രമിച്ച സംഭവം

# ആർഎസ്എസ്കാർക്കെതിരെ കേസ്

**വട്ടിയൂർക്കാവ്**  
വട്ടിയൂർക്കാവ് സെൽസിൽ പോളിടെക്നിക്സിൽ തെരഞ്ഞെടുപ്പ് വിജയാഘോഷത്തിൽ പങ്കെടുത്ത കോളേജിൽ മടങ്ങിയെത്തിയ എസ്എഫ്ഐ പ്രവർത്തകനെ ആക്രമിച്ച ആർഎസ്എസ്-എബിവിപി പ്രവർത്തകർക്കെതിരെ കേസ്. രണ്ടാംവർഷ ഇലക്ട്രിക്കൽ വിദ്യാർഥി എ എസ് അഖിലിനെയാണ് ആക്രമിച്ചത്. വൈസ് ചെയർമാനും മൂന്നാം വർഷ ഇലക്ട്രിക്കൽ വിദ്യാർഥിയുമായ നെടുമങ്ങാട് സ്വദേശി ശ്രീകൃഷ്ണൻ, രണ്ടാംവർഷ ഇലക്ട്രിക്കൽ വിദ്യാർഥിയും എബി വിപി യൂണിറ്റ് സെക്രട്ടറിയുമായ

പാറശാല സ്വദേശി അഖിൽ രാജ്, രണ്ടാം വർഷ ഇലക്ട്രോണിക് വിദ്യാർഥിയും കൊച്ചി സ്വദേശിയുമായ അമൽ കൃഷ്ണ, ആർഎസ്എസ്കാരായ നെട്ടയം ആശ്രമം റോഡിൽ കൊഞ്ചി സതിയെന്ന സതി, നെട്ടയം സ്വദേശി ജയൻ എന്നിവരുടെ പേരിലാണ് കേസെടുത്തത്. വെള്ളിയാഴ്ചയാണ് യൂണിയൻ നേടിയ എസ്എഫ്ഐ പ്രവർത്തകർ നെട്ടയത്തു നിന്നും വട്ടിയൂർക്കാവിലേക്ക് ആഘോഷ പ്രകടനം നടത്തുന്നതിനിടയിൽ ആർഎസ്എസ് നേതാക്കളുടെ നേതൃത്വത്തിൽ എബിവിപി പ്രവർത്തകർ തള്ളിക്കയറാൻ ശ്ര

മിച്ചത്. തുടർന്ന് എസ്എഫ്ഐ നേതാക്കളും പോലീസും ഇടപെട്ട് രംഗം ശാന്തമാക്കിയിരുന്നു. വട്ടിയൂർക്കാവിൽനിന്ന് പ്രകടനം കഴിഞ്ഞ് കോളേജിൽ വാഹനങ്ങൾ എടുക്കാനെത്തിയ അഖിലിനും മറ്റ് എസ്എഫ്ഐ പ്രവർത്തകർക്കും നേരെ പോലീസ് നോക്കി നിൽക്കെ ആർഎസ്എ സ്കാർ ആക്രമിച്ചു. അടിക്കൊണ്ട് അവരുനായ അഖിലിനെ നാട്ടുകാർ പേരുതടയ്ക്കുകയും ആശുപത്രിയിൽ എത്തിച്ചു. അഖിൽ പേരുതടയ്ക്കുകയും ആശുപത്രിയിൽ ചികിത്സയിലാണ്. കോളേജിനകത്ത് നടന്ന ആക്രമണത്തിന്റെ പശ്ചാത്തലത്തിൽ തങ്കളാഴ്ച റെഗുലർ ക്ലാസു



ആക്രമണത്തിൽ പരിക്കേറ്റ അഖിൽ കൾ ഉണ്ടാകില്ലെന്ന് പ്രിൻസിപ്പാൾ അറിയിച്ചു.

## അന്താരാഷ്ട്ര തീരദേശ ശുചിത്വ ദിനം ആചരിച്ചു

**തിരുവനന്തപുരം**  
അന്താരാഷ്ട്ര തീരദേശ ശുചിത്വ ദിനത്തിന്റെ ഭാഗമായി തിരുവനന്തപുരത്തെ ശുചീകരണ പ്രവർത്തങ്ങൾ കഴിഞ്ഞു ആറാട്ടുവഴിയിൽ ഡെപ്യൂട്ടി സീക്കർ വിശ്വേശ്വരൻ ഉദ്ഘാടനം ചെയ്തു. വർക്കല എസ്എൻ കോളേജ് പ്രിൻസിപ്പൽ ഇൻ ചാർജ് ഡോ. വിനോദ് സി സുഗതൻ അധ്യക്ഷനായി. ഡെപ്യൂട്ടി കലക്ടർ അനു എസ് നായർ, ബ്ലോക്ക് പഞ്ചായത്ത് അംഗം ദോളി പത്രാൾ, പഞ്ചായത്ത് അംഗം റാഫേൽ ആന്റണി, ഡോ. പ്രവീൺ സാകല്യ, കോ ഓർഡിനേറ്റർ പ്രൊഫ. ലക്ഷ്മി എസ് എസ്എൻ കോളേജ് എൻഎസ്എസ് യൂണിറ്റിലെ 200 ഓളം കുട്ടികൾ ശുചീകരണ പ്രവർത്തനങ്ങളിൽ പങ്കാളികളായി.

## സി എച്ച് അക്കാദമി ഉദ്ഘാടനം നാളെ

**തിരുവനന്തപുരം**  
കേരള അറബിക് ടീച്ചേഴ്സ് കൌൺസിലിന്റെ നേതൃത്വത്തിൽ ചെമ്പക നഗറിൽ സി എച്ച് അക്കാദമി ഉദ്ഘാടനം തങ്കളാഴ്ച നടക്കുമെന്ന് ജനറൽ സെക്രട്ടറി എം വി അലിക്കുട്ടി വാർത്താസമ്മേളനത്തിൽ അറിയിച്ചു. പകൽ രണ്ടിന് പാണക്കാട് സ്വയം സഹായ ലിംഗിഹാബി തങ്ങൾ ഉദ്ഘാടനം ചെയ്യും.







### **FREE EYE TEST CAMP AND CATARACT SURGERY REGISTRATION**

On 12<sup>th</sup> December 2019 a free eye Test Camp and Cataract Surgery Registration was conducted in the College Auditorium under the leadership of Lions Club, MTMMM Hospital, Bharanikkavu and the NSS unit of Sree Narayana College, Varkala. About 250 people including school students benefitted from the camp. Ten people registered for cataract surgery. After two weeks they were carried to hospital. Honourable Principal Prof.Joly inaugurated the camp. S N Trust Executive Member Sri.Aji S R M, PTA Vice President Sri.Sivakumar G, NSS Programme officers and other honorable personalities attended the camp.



## **RAILWAY STATION AND HOSPITAL CLEANING**

The NSS Unit of Sree Narayana College, Sivagiri, Varkala celebrated Gandhi Jayanthi on October 2nd 2019. As part of the celebration, the NSS volunteers participated in a series of cleaning activities. A total of hundred volunteers devoted their day for cleaning the Government Hospital, Varkala and the Railway Stations at Varkala and Edava.

About forty volunteers participated in the hospital cleaning activities. The programme was inaugurated by Dr.Biju, Superintendent, Government Hospital Varkala. He congratulated the NSS team and appreciated their efforts. Through this cleaning activity the NSS volunteers were able to convey the importance of cleaning public places to many others also. They also realized the fact that a clean environment is the healthy environment and only a healthy environment can create a healthy life.

About sixty volunteers were divided into two groups and were assigned to clean the Varkala railway station and Edava railway Station respectively. The NSS volunteers dutifully completed the work assigned to them. They not only cleaned the station premises but also beautified the surroundings by making a garden.

Public places like railway Stations are an important asset to our cities. So it is very important to keep such places clean and beautiful. Cleaning of the station premises and making of the garden taught the volunteers the importance of service. It was a golden opportunity for them to realize how their service could help the public and thereby bring changes to the society.









### **TOY IN TINY HAND – TOY DISTRIBUTION IN ANGANAVADI**

Toys always play an important role in the physical as well as mental development of a child. Toys bring colour to their childhood. Unfortunately, there are certain children in our society who are denied the pleasure of playing with toys. One to unfavorable social conditions such children are forced to stay away from the world of toys. While a majority of children are fortunate enough to own all the toys they wish to have, the other section could only dream of such happiness. But when the NSS volunteers of Sree Narayana College, Varkala realize the truth that there are children around them who are denied the pleasure of playing with toys, they wanted to do something for the little ones. They found such children from the Anganavady of their adopted village.

Volunteers collected toys from their homes, friends, relatives and teachers and carried it to the Anganavady on 29<sup>th</sup> January 2019. The children were very excited and they happily received the volunteers along with their teachers. Their faces glowed with happiness when they got the toys and it brought tears in the eyes of the teachers.

The event was a memorable one for the volunteers as they were able to bring a ray of hope in to the life of those children. By gifting them toys, they also added some wonderful memories to their childhood. This also helped them to realize that by fulfilling smallest wishes of those who deserve it, they could bring great difference to their life. This smile that bloomed in those tiny faces were the greatest gift they could ever get.





### ***VIDHYA DHANAM SARVADHANAL PRADHANAM – Free tuition for the students of adopted village***

Education place a major role in the development of a society. Now a days there are many opportunity for students to enrich their knowledge. But a section of students are unable to attend private tuition centers because of financial difficulties. It was then the NSS Unit of Sree Narayana College, Varkala decided to take free tuition for students of the adopted village. The event started on June 2017 is still running successfully. The volunteers on every working days teach the students from 08 to 09 in the morning.

About 18 students studying in various class are beneficiaries of this programme. This enables them to understand the lessons properly and easily. The volunteers not only help them with the subject but also conducts various programme to improve their skills. A reading competition was conducted on reading day and the winner was given a prize. Consolation prices were distributed to all the participants. This helped the students to realize the importance of the reading and volunteers succeeded in encouraging their interest in reading. Besides this the students are also given platforms to show their talents on occasions like Onam, Christmas and farewell functions.

The volunteers also conduct periodic tests based on the lessons completed in order to analyze the progress achieved by each student changes are brought to teaching and learning methods on the basis of this result and it help the students to update their learning skills. The volunteers also contact their parents and learning outcome of the students is discussed with them.



## E-WASTE MANAGEMENT

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 Service, a company in India that collects and recycle e-waste. The volunteers contacted the company through an employee of Earth Service.

As per the suggestions from the company, the volunteers collected about 100 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





## **PALLIATIVE CARE UNIT**

Palliative care is an interdisciplinary approach to specialized medical and nursing care for people with life-limiting illnesses. 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.

A palliative care unit was started by the NSS unit under the guidance of Govt. Medical officers of Neyyattinkara Govt Hospital. The unit was inaugurated by the Medical officer, Govt Taluk Hospital, Varkala on 21st December 2017. The entire volunteers were grouped into four and they would visit the area once in a week and will take care and monitor the health and hygiene of the area.





**BLOOD DONATION CAMP- RAKTHADHANAM MAHADHANAM**

Every blood donor is a life saver. Blood donation has a lot of benefits. It does not simply help that specific person but also contributes to a responsible gesture towards society.

NSS Unit in collaboration with the Kerala Blood Donation Forum organized a Blood Donation Camp on 19th September 2019. The camp was inaugurated by S N Trust Executive Member Sri. Aji S R M. The camp was attended by 85 students along with teachers. The certificates of the participants were distributed by our Principal Prof.Joly A. IQAC Coordinator Dr.Babitha G S congratulated the NSS Unit for conducting such a camp. Following this, the NSS Programme Officers told the audience about the importance and benefits of blood donation.

The Camp was conducted from 9.00am to 1.00 pm. A total of 62 units were collected from donors. Blood donation is one of the greatest and noblest donation a man can make. This blood donation camp encouraged our students to donate blood without any fear as donating blood is equivalent to saving life.







### **THODUVA CANAL CLEANING – INI NJAN OZHUKATTE**

Water plays a major role in the survival of life on earth. Today man has turned more selfish and is destroying the water sources which are boons of nature. Man's unscientific life style has resulted in the death of many bodies.

It is our responsibility to protect these gifts from nature which are the foundation of our own lives. As a part of this, NSS unit of Sree Narayana College, Varkala and Varkala Municipality together organized this programme. The first step of this event was established on 22nd December 2019 with the cleaning of Thoduva Canal. The programme was inaugurated by Honorable MLA Sri.Joy. Municipal Chairperson Smt.Bindhu Haridas and Beacon Project members expressed their felicitations. After the inauguration, the NSS volunteers participated in the cleaning activity. Honorable members from the Sivagiri Mutt were also present in the occasion. After cleaning, they could revive the natural flow of the canal.

People living near the canal were suffering for a long time due to the pollution in the canal and this programme helped to provide pure water for them. This helped the volunteers to realize the fact that even a small amount of waste could prevent the natural flow of water. This event also encouraged them to continue their task of protecting other water bodies nearby.

### **FLOOD RELEIF PROGRAMME**

Kerala experienced an abnormally high rainfall during August 2019. This resulted in severe floods in the State. Water was released from several dams due to heavy rainfall in their catchments. The NSS unit of our college actively participated in various activities of Flood Relief Programmes. The NSS volunteers Collected around dresses, food items, cleaning materials, packaged drinking materials and handed over those to the Thiruvananthapuram Co-operation Office.





## **TRAFFIC AWARENESS CLASS**

It is necessary for everyone to be aware of the traffic rules. In an effort to create awareness about traffic rules and road safety, the NSS unit of our College conducted a traffic awareness class under the leadership of Varkala Police Force. The Programme was conducted on 12th January 2020 at the College auditorium.

Our College Principal, Prof.Joly inaugurated the programme. The programme was honoured by the presence of Chief guest Mr.Shyam, Sub Inspector, Varkala Police Station. Mr.Jayaprasad (Varkala Janamaitri Beat Officer), Dr.Babitha G S (IQAC Coordinator), Dr,Vinod Sugathan (Hod, Department of Economics) and many other honourable personalities attended the programme.

The class was led by Sri.Shyam speaking on the occasion, he emphasized the importance of strict self-discipline on traffic rules in order to avoid accidents. He advised the students not to drive vehicles until they obtain driving license and not to violate traffic rules. Following this Varkala Janamaitri Beat Officer Sri.Jayaprasad advised the students to follow traffic rules and practice self-discipline irrespective of whether the police is present at the signals or not. An interaction session was held with the students to get their doubts clarified. The programme was very fruitful to all students in the College.



### **ONAM-KIT DISTRIBUTION**

The NSS unit distributed onam kits to the most eligible twelve families in our adopted village on 20<sup>th</sup> September 2019. The programme was inaugurated by the College Principal Prof.Joly A. IQAC Coordinator Dr.Babitha G S, S N Trust Executive Member Mr.Aji SRM, PTA Vice President Sri.Sivakumar G, NSS Programme Officers and many other participated in the event.



## **LEADERSHIP TRAINING PROGRAMME**

Six volunteers Amjith, Suraj, Akshay, Amjith B J, Sujesh and Jayakrishnan attended Vimukthi Campaign on February 07, 2020. One of the NSS volunteer, Suraj.s attended the two days Residential training Programme on Anti-Drug Initiative, on 21<sup>st</sup> and 22<sup>nd</sup> November 2019. Amritha, Abhija, Kavya and Aparna attended a three day training in Youth Leadership and Community Development Camp from 21<sup>st</sup> to 23<sup>rd</sup> February 2020. Karthika and Amjith, attended a three day Residential Volunteer Leadership Training Programme from 14<sup>th</sup> to 16<sup>th</sup> November 2019. Adarsh G, attended a two day residential Training programme on Palliative Care from 10<sup>th</sup> to 11<sup>th</sup> October 2019.

## **HEALTH SURVEY**

Health surveys generally include measures of risk factors, health behaviors, and non-health determinants or correlates of health such as socioeconomic status. The range of measures that can be included is wide and varies by survey. Age, gender, and race/ethnicity are the basic demographic variables that are included in health surveys. Socioeconomic determinants of health

include education, income, geographic region, and urbanicity of residence. Social factors can act as causal agents or they can be affected by health.

The unit conducted a health survey on 15<sup>th</sup> June in the adopted village, Kanwasramam 10<sup>th</sup> ward of Varkala Municipality. The unit visited around 157 houses and collected data regarding their health status. The survey helped the volunteers to understand the living circumstances of that people.





## **GREEN PROTOCOL**

Suchitwa Mission is the Technical Support Group (TSG) in Waste Management sector under the Local Self Government Department, Government of Kerala. It is responsible for providing technical and managerial support to the Local Self Governments of the State. Also responsible for conceptualizing, action planning, conducting creative workshops, organizing training programmes, initiating sector related studies, bringing out occasional papers, initiating action research, conducting monitoring and such other activities in Waste Management Sector.

Around ninety five NSS volunteers took participated in the Antiplastic campaign and Traffic Control as part of the green protocol by Suchithwa Mission and in assist of Varkala Police during Sivagiri Theerthadanam, Karkadaka Vavu Bali and Sreenarayanaguru Jayanthi Celebrations.





## **ENVIRONMENT DAY CELEBRATIONS**

This year's programme began with the celebration of the Environmental Day on June 5<sup>th</sup>. The unit members planted saplings in the campus. Measures were adapted to preserve and conserve the trees and plants in the campus. Our College Principal Prof. Joly A, inaugurated the programme. She also delivered a talk about the necessity of environment protection. All students, teachers and non-teaching staff supported and encouraged the Environmental Day programme.

Around sixty five students took part in the programme. The main activities done by the unit were

- Planting tree saplings
- Tree saplings distribution
- Tree saplings distribution in adopted village



## **A DAY THROUGH YOGA - INTERNATIONAL YOGA DAY CELEBRATION**

Yoga brings physical and mental health together to unite the body and mind. The art of practicing Yoga holds a particular significance within Indian culture. International Yoga Day is celebrated every year on 21st June to raise awareness among the people about the benefits of Yoga in daily life.

The fifth International Yoga Day was celebrated on 21<sup>st</sup> June 2019. Its theme was “Climate Action”. The NSS Unit together with NCC of our college celebrated this day with the aim of promoting how Yoga helps us to survive in the changing environment. The programme began at 10 am. Our college Principal Prof.Joly, delivered the presidential address. Kerala Battalion NCC Commanding Officer Col.Ramaligam inaugurated the function by lighting the lamp. Mr.Sanadanan, the Yoga Master, explained the importance of Yoga in our day to day life. Former Principal Mr.Thulaseedharan, S.N.Trust Executive Member Mr.Aji SRM, NSS Programme Officers and many other participated in the event.

The Yoga Masterr Mr.Sanadanan had shown some of the Yoga exercises and asanas. All the NSS Volunteers and NCC students performed those asanas by following his instructions. All of them participated in this whole heartedly to make this programme a grand success. This helped them to incorporate Yoga in their daily life.



## **INDEPENDENCE DAY CELEBRATIONS**

The NSS unit celebrated Independence Day on 15<sup>th</sup> August by cleaning the campus and the adopted village, Kanwasramam 10<sup>th</sup> ward. Sweets were distributed to the children in the adopted village at the end of the programme.

As part of the celebration, the unit also conducted quiz and essay writing competitions to our college students.

## **GANDHI JAYANTHI**

As part of Gandhi Jayanthi celebrations, the volunteers gathered in the campus for the commemoration of Gandhiji. Then the unit went to the adopted village and cleaned there. Two groups of students cleaned the Edava and Varkala Railway Station in association with Indian Railway. One group of students took part in the cleaning activities in Government Hospital, Varkala.

## **NSS DAY 2018-2019**

On 24<sup>th</sup> September, the unit decided to organize the second part of the programme “E-Waste Collection”. The Programme officers discussed this matter with Principal and decided to collect the electronic waste from college and from the houses of teachers and students of our college.



### **CLASS ON ENERGY CONSERVATION**

Energy conservation is the effort made to reduce the consumption of energy by using less of an energy service. Energy conservation reduces the need for energy services and can result in increased environmental quality, national security, personal financial security and higher savings.

A class on conservation of energy was led by Dr.Sudarsanan, Former Principal and HoD in Chemistry, M G College, Thiruvananthapuram on 17<sup>th</sup> January. 99 volunteers took part in that class.

## **KANWASRAMAM FOREST VISIT**

Forest visit is an endeavor to understand the structure and importance of nature. The NSS unit of Sree Narayana College, Varkala also conducted a forest visit.

Volunteers had a walking trip to Kanwasramam on 24<sup>th</sup> December 2019. They could feel the freshness of nature as soon as they entered the hermitage. The region was rich in various plants. Being a mysterious trip, it also helped them to realize the innocence of forest. It was a golden opportunity for the volunteers to strengthen their love for nature. It also encouraged them to work for the protection of nature. Today's students are tomorrow's citizens. So their knowledge about the value of forest will certainly be an asset for the society.



## **VEGETABLE CULTIVATION**

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 came to realize the importance of cultivating poison free vegetables by ourselves. As an attempt to make

the volunteers understand the importance of cultivation, the NSS unit of Sree Narayana College, Varkala took an initiative to cultivate vegetables in the College premises.

Volunteers sowed seeds of Amaranths, pea, chilly and ladies finger on 5th October 2019. Volunteers were assigned to take care of the plants regularly. They gained good profit by selling the poison-free vegetables and the amount was spent for social service. This programme helped the volunteers to provide fresh and safe vegetables to people. This was a golden opportunity for them to understand the method of vegetable cultivation.



## **CAMPUS CLEANING**

The aim of our NSS unit was the clean campus. As part of the year round programme of the NSS unit, the members of the unit often did cleaning programmes as part of their field work.



**READING DAY CELEBRATION**

The NSS Unit of our college celebrated the Reading Day (Vayanadinam) on 19th June 2019 to honour the contribution of P.N.Panicker, the Father of the Library movement in Kerala.



Reading is very important as it develops language skills and vocabulary since the students of today's age lack the passion for reading, the NSS Unit celebrated this day with the aim of promoting the habit of reading among the students.

The unit celebrated the Reading Day of this year in collaboration with the Free Tuition Programme arranged by the NSS Unit for the students of Adopted village various activities were included such as a reading competition was conducted among the students of the Adopted village and a Book was given to the winner as the First Prize. Pencils and Pens were distributed as consolation prize to all the participants. The students got an opportunity to participate in all the activities conducted by the NSS unit to instil the habit of reading.

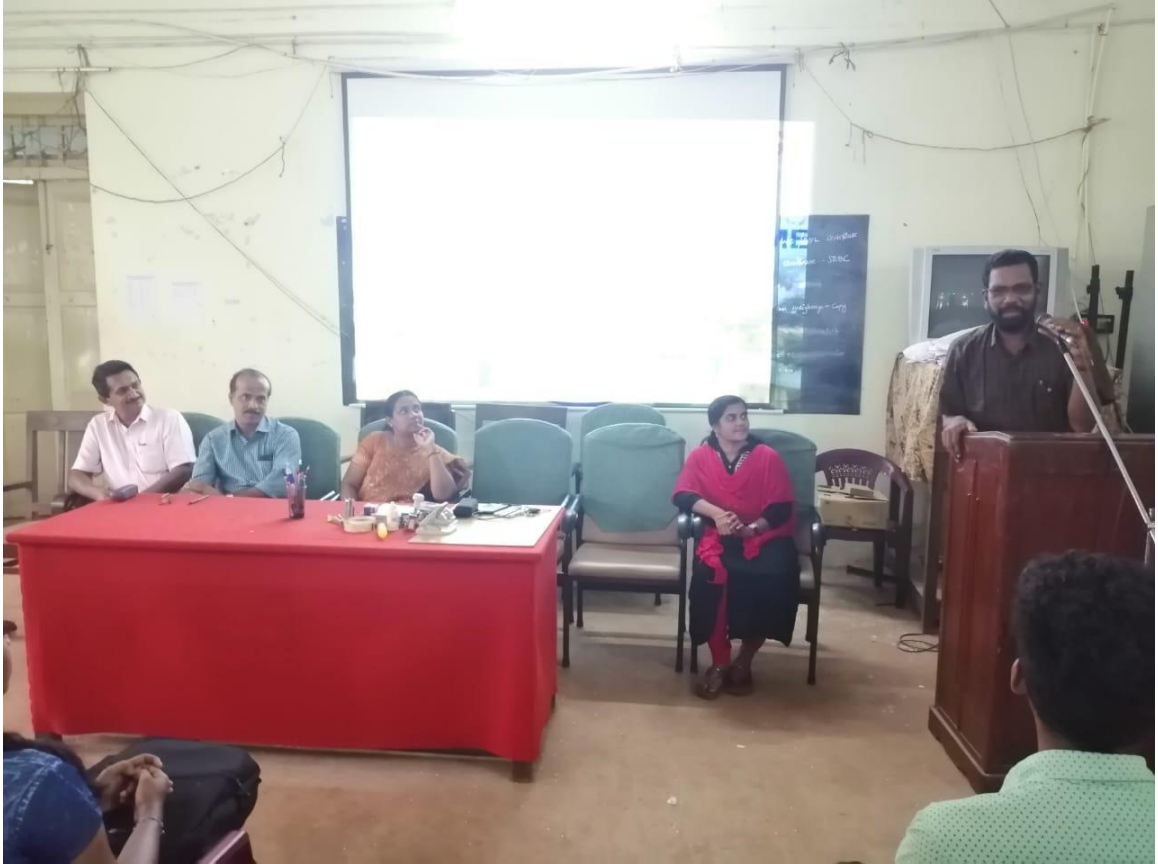
Following this, by 10 am the unit went to the LP school near our college. The volunteers donated some books to the school library. For this, the volunteers had already collected books from various sources. Around 200 books were given to the school library. They had an assembly in the school. In that assembly, the volunteers told the students about the importance and benefits of reading.

The programme ended with great satisfaction and success. From this year's Reading Day celebration, the NSS Volunteers got a golden opportunity to participate in various activities that helped them to know more about the benefits of reading and also to motivate the habit of reading among many others.



## **HIROSHIMA – NAGASAKI DAY**

The NSS unit commemorated the Hiroshima – Nagasaki day on 7-9 August 2019. On 7<sup>th</sup> August volunteers made sadako tree, poster exhibition and a Documentary presentation about atom bombing was also done. On 8<sup>th</sup> August there was a poster exhibition about ‘Atom Bombing’ was conducted and on 9<sup>th</sup> August there was an awareness about atom bombing was held. The class was handled by Dr.R.Raveendran, Former Principal, Sree Narayana College, Varkala. These programmes helped the students to realize the pain behind the wars and the importance of peace.



## **ORIENTATION CLASS**

An orientation class was held on 6<sup>th</sup> October, under the guidance of Sri.Brahmanayakam Mahadevan. The class was attended by hundred students and the aim of the class was to develop interest among students on the importance of NSS in developing a commitment towards society. The resource person took effective class through different activities.



## **PERSONALITY DEVELOPMENT CLASS**

A personality development class was held on 22<sup>nd</sup> December, under the guidance of Sri.Karthik Sasi, Principal J S S Model training Centre. The class was attended by hundred students and the aim of the class was to develop personality among students and the importance of humanity.

## **WOMEN EMPOWERMENT CLASS**

A women empowerment class was held on 21<sup>st</sup> December, under the guidance of Smt.Sini V, Assistant Professor in Malayalam, Sree Narayana College, Varkala. The class was attended by hundred students and the aim of the class was to understand the role of women to build a healthy society.

## **AIDS AWARENESS CLASS**

World Aids Day is observed on 1<sup>st</sup> December every year to create awareness of AIDS caused by the spread of HIV infection. As part of this an awareness class on AIDS was organized by the NSS unit of our College on 24<sup>th</sup> December 2019. The class was led by Dr.Indu V, Medical

Officer, Government Taluk Hospital, Varkala. She delivered a lecture among the students and made them aware on the issue of AIDS. The class helped the students to understand the healthy life style for healthy future.

### **GRAMAM MAKING**

On the sixth day of the camp, the students were given task for creating two artificial villages. They were divided into two groups and the best village was awarded a prize. This helped the improvement of creativity level of volunteers.

### **ANTIDRUG AWARENESS PROGRAMME**

Drugs are chemicals that affects the physical and mental health of a person. Drugs are not good for health as they have many side effects and damage our brain, heart and other important organs. Our NSS unit conducted various Antidrug awareness programmes in our college and in adopted village. Awareness class helped the students to understand the health issues associated with drug consumption.

- The NSS unit and Varkala Janamaithri Police Station jointly organized an Anti-Drug awareness Drama “Oru Madhyapaniyude Aathmakadha”. It gave Messages to all students.
- The volunteers also gave anti-drug awareness class to the people in adopted village.
- The NSS unit conducted an antidrug awareness magic show on 23<sup>rd</sup> December 2019 by famous Magician Sri.Haris Thaha.





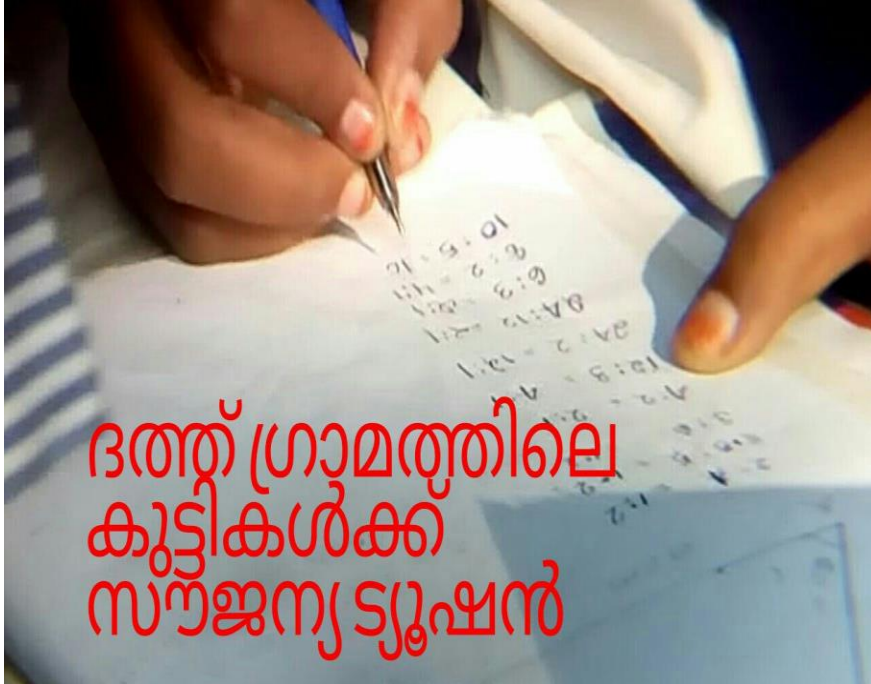


## **ACTIVITIES IN THE ADOPTED VILLAGE**

### **3. TUTION FOR POR CHILDREN**

For the upliftment of the children in our adopted village, our unit started special tuitions for poor children on 3<sup>rd</sup> of June 2017. The tuitions were carried out by a group of NSS volunteers in every working days at 8.00 am. The unit was conducted cultural activities and book distributions to the students.





## 2. PALLIATIVE CARE UNIT

The palliative care unit of our unit consists of fourteen volunteers. The entire volunteers were grouped into four and they would visit the area once in a week and will take care and monitor the health and hygiene of the area.

## 3. HEALTH SURVEY

The unit conducted a health survey on 15<sup>th</sup> June in the adopted village, Kanwasramam 10<sup>th</sup> ward of Varkala Municipaity. The unit visited around 157 houses and collected data regarding their health status. The survey helped the volunteers to understand the living circumstances of that people.

## 4. SNEHASANTWANAM

The unit gave donation to three financially backward members of adopted village suffering from disease as part of Snehasanthwanam.

## 5. ANTI-DRUG AWARENESS CLASS

On January 3<sup>rd</sup>, seventy NSS volunteers with Programme officers visited and gave anti-drug awareness classes to the adopted village people. The class mainly included the harmful effects of drugs. As a result of all awareness classes people were understood and agreed to giveup drugs for their healthy life.

## 6. TREE SAPLINGS DISTRIBUTION

The unit distributed tree saplings to fifty four houses in the adopted village on June 5<sup>th</sup> as part of Environment Day Celebrations 2019.

## 8. DRESS DISTRIBUTION

The NSS unit collected the dresses from teachers and students and distributed these dresses to the poor peoples in the adopted village.

## 9. SOCIO-ECONOMIC SURVEY

The unit conducted a Socio-Economic survey on 21<sup>st</sup> december in the adopted village, Kanwasramam 10th ward of Varkala Municipaity. The unit visited around 221 houses and collected data regarding their socio-economic backgrounds.

## 10. FREE EYE CHECK UP AND CATARACT REGISTRATION CAMP

The unit organized a free Eye Camp and Cataract Surgery registration in Collaboration with Lions Club and MTMMM Hospital, Bharanikkavu for adopted village people. Around 150 people attended the free eye checkup held at College.

### **SEVEN DAY ANNUAL CAMP**

This year's Seven Day annual camp 'Yuga 2019' started on 20<sup>th</sup> December. The camp was inaugurated by Sri.Syam, Sub Inspector of Police, Varkala. The inaugural meeting was presided over by Principal Prof.Joly A. The inaugural meeting was followed by camp registration. In the afternoon session there was an ice breaking session carried out by Sri.Sajeev Sukumaran, a motivational speaker. After the session, The University Programme Coodinator Dr.Shaji A dropped in for a visit. He interacted with the volunteers.

In the second day of the camp there was a personality development class was held on 22nd Decemberber, under the guidance of Sri.Karthik Sasi, Principal J S S Model training Centre. In the afternoon session, the NSS VolunTERS actively participated in Campus cleaning. In the evening Smt.Sini V, Assistant Professor in Malayalam, S N College, Varkala, took a class on "Self Consciousness in Women".

The third day's programme was a free Eye Camp and Cataract Surgery registration in Collaboration with Lions Club and MTMMM Hospital, Bharanikkavu. Around 150 people attended the free eye checkup held at College. About 30 students went to clean the water body at Thoduva. This was done as part of "*Ini Njan Ozhukatte*" programme of Haritha Kerala Mission.

The fourth days Programme was the study of Sacred groves in Varkala region. The NSS unit had visited four groves. At 7.00 pm there was an antidrug awareness magic show by famous Magician Sri.Haris Thaha.

In the fifth day there was a AIDS awareness class, “Adolescent sex and sexual Diseases” by Dr.Indhu. In the afternoon, NSS unit visited Kanwasramam forest. This visit gave new experience to each and every one. The last session of the day was handled by Prof.Sanal Kumar T, Head of the Department Malayalam, S N College, Varkala. The topic of the class was “Social Services and Personality Development”

On the sixth day of the camp, the students were given task for creating two artificial villages. They were divided into two groups and the best village was awarded a prize.

On the seventh day was the closing ceremony that was inaugurated by our Principal Prof.Joly A. The former NSS volunteers, teachers, non-teaching staffs, management representative all were participated.















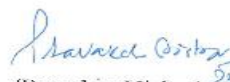


### DUTY CERTIFICATE

This is to certify that Prof. Lekshmi S Dharan, Assistant Professor in Chemistry of S N College, Varkala acted as coordinator for International Coastal Cleanup Day-2019 event organised by National Centre for Coastal Research (NCCR), Ministry of Earth Sciences, government of India, Chennai.

She was present on duty on the 20/9/2019 and 21/9/2019 for the conducting of this programme along the Kazhakkuttom-Puthenthoppu Coastal Stretch of Thiruvananthapuram district.

I wish her all success.

  
(Pravakar Mishra) 23/9/19

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