

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 5th 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 15th 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 12th 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

പ്രാഥ്യമേഖലാ 2015



സംഘാടകർ



നാഷണൽ സർവ്വീസ് സ്കീം
& ഡി.സി. ബുക്സ്

ഒക്ടോബർ 12 മുതൽ 14 വരെ
സുവോളജി ലാബിൽ

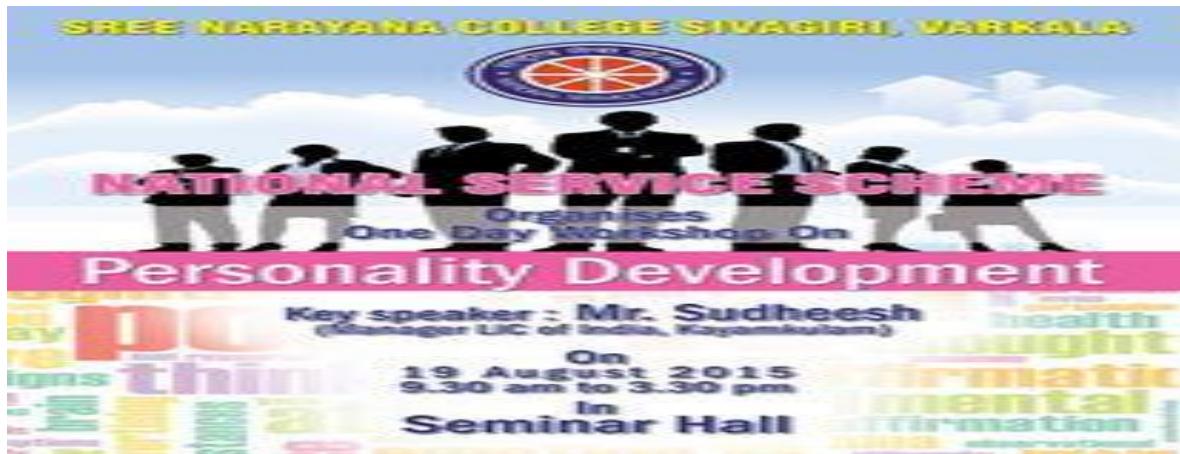
എവർക്കൂം സ്റ്റാഗതം

സുരൂൻ്ത് ഉച്ചിക്കുണ്ടോൾ ഇരുട്ട് ഓറിഞ്ചാക്കുന്നത് സോം
അറിവുള്ളിക്കുണ്ടോൾ രോജതവും ഓറിഞ്ചാക്കുന്നു

സ്കീനിംഗ് ഫോറ്മേറ്റ്

PERSONALITY DEVELOPMENT PROGRAMME

The NSS unit organized one day workshop on “Personality Development Programme” on 19th 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 FARMING

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 24th 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 24th 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 2nd 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 18th December 2015. The camp was inaugurated by Dr.Sabukuttan (NSS Programme Officer, MG University).



IIInd Day

On 19th 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 20th 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 21st 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 22nd 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 23rd 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 24th 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 29th February 2016. The programme was inaugurated by Padmasree Madhu (Cine Actor). A fund of Two Lakh was distributed to 22 poor families.





HELTH SURVEY AND TRIBAL AREA VISIT

On 27th 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 INITIIVE 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



Annual Report 2016-17

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 5th. The unit members planted saplings in the campus. Measures were adapted to protect and conserve the trees and plants in the campus. Former Principal Dr.R.Raveedraninaugurated 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 11th, 12th and 15th 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 27th 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 2nd which was the Gandhi jayanthi day.

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

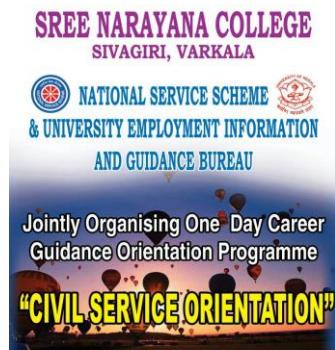


A personality development class was held on 5th October, under the guidance of Sri.Brammahayakam. the class attended by about hundred students was aimed at developing an interest among students on NSS and its importance in developing a commitment towards society.



CIVIL SERVICE ORIENTATION

On 27th 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 11th 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.19th 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 20th 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 21st 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.O Sri.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 Varkala Govt. 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 that sustains us.



NSS MAGAZINE MANJUTHULLIKAL

A manuscript magazine named “manjuthullikal” was realized by Prof.K.Susi Principal on 30th 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 22nd 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

“Snehasanatwanam”, 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 10th 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 “Sahapadiykkoru 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 ബുധവാനേഷൻ ക്രാസ് നടത്തിയതിന്

ಕೊಳ್ಳಿಂ ಹೆಚ್. ಎಂ. ಎ ಯುವತ ಪ್ರಾರ್ಥಕಾರಂ ನೇಡಿ



**Spare only 15 minutes
and save 3 lives**



മികവീ ശ്രീലമാക്കി എൻഎസ്‌എസ് യുണിറ്റ്:
ശ്രീവത്തിരി എസ്‌എസ് കോളേജിന് അംഗീകാരം

କାଳୀର ଶବ୍ଦରେ ପାଇବାକାହୀଙ୍ଗୀ
2016-17 ବାରେଷ୍ଣରେ କାଳୀ ଶବ୍ଦ
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ରୁକ୍ଷ ଫେଶାର୍କା, ଓଣାର୍କିପରିକଳ୍ପନା
ବ୍ୟାହାନ୍ତିବ୍ୟା- ଯୁଣିଟ୍ରୋପାଇସ୍ନ୍ କାଳୀର
ମାଜିତ୍ରୀତିକାହୀଙ୍ଗୀକାହୀଙ୍ଗୀ.

2016-17 വർഷത്തെ കേരള സർവകലാശാലയിലെ
എറവും വികച്ച യൂണിറ്റിനുള്ള ബഹുമതിയും വികച്ച
സ്പോഗ്രാം ഓഫീസർക്കുള്ള ബഹുമതിയും നേരി

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 12th 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 20th March, the foundation stone laying 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

“*Snehasanathwanam*”, which has been organizing for the last four 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 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 28th 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 22nd 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 26th 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 shaired the information about the importance of agriculture and paddy cultivation.





കോളേജ് വിദ്യാർമ്മികൾ നെൽക്കുമ്പിയിരക്കി



● വർക്കലെ എസ്.എസ്.കോളേജ് എസ്.എസ്.എസ്. യൂണിറ്റിന്റെ നേതൃത്വത്തിൽ ശാസ്ത്രാന്ത പാടശാഖയിലെ നീതിക് ഉത്സവം

வற்கலை ▶ ஸ்திவஶிரி திருக்காரா
யளை கூகாலூஷ் என்று. ஏதும் ஏப்பா.
யூட்டீன் கூகாலூஷ் அல்ல அதிலே
ஏப்பா என்றுக்கவுசிக்க தூக
காக்குகிறே.

എന്നു. കട്ടു എക്സിക്യൂട്ടീവ് അംഗം ആണു. എന്ന ആൻഡ് എം., ചെറുവും നിന്നും ഒരു ഓഫീസർ എന്നും, പ്രിൻസിപ്പ് ഓഫീസർ റാറിൻഡ്, ബാബു, ഫ്ലാഗ്രാം ഓഫീസർക്കും രായ ലക്ഷ്മീ എൻ.ആർ, പി.കെ. സുമേഷ്, സജേഷ് ശൻമുഹരൻ തുടങ്ങിയവർ നേതൃത്വം നൽകി. എറണ്ണ്. എറണ്ണ്. യുണിറ്റിലെ ദിവസമാടക്കുന്ന നൃഗവാളും വൈദികന്നു യർക്കാൻ www.parakadkutty.com.

ഒരു ക്ലാസ്സ് റിംഗ് എന്നതിനും വീണു

നവകുമാർ അനുസ്വരണം ഇന്ന്
മഹാക്ഷേത്ര സി.പി.എസ്.പാർപ്പാലാപ്പാട്ടിലെ ക്രിസ്ത്യൻ ദാദാക്കയിൽനാഡി
മഹാക്ഷേത്ര സി.പി.എസ്.പാർപ്പാലാപ്പാട്ടിലെ ക്രിസ്ത്യൻ ദാദാക്കയിൽ 28 ഫെ
ബ്രുറ്റ് കോർട്ട് ധനാധിക്ഷേപം ചെയ്ത നൂറുക്കൾ ദാദാക്കയിൽനാഡി
സുഖാക്കുടി കൊണ്ടുവരുമ്പോൾ മന്ത്രി അനുസ്വരണം സമർപ്പിച്ചു.

ഡാക്ടറുടെ പ്രസ്താവന

ആര്യാർ
ലിക്ക്‌ചെയ്യണം.

କାହିଁ ଅକ୍ଷୟ / କୃତ୍ୟାମ୍ବଳ୍ଗୁଣୀ / ଜ
ନେମୁଖି ରକ୍ତାଂଶୁ ପ୍ରାଣିବିଵାର
୫ ଅପ ସର୍ବିଗନ୍ଧ ଚାରିଙ୍ଗାନ୍ତକ
ଲିଙ୍ଗ ପ୍ରତ୍ୟାମନାଶକଙ୍କାରୀ
୩୦ ମୁକ୍ତାଂ ଆକାଶକୁ ଲିଙ୍ଗର
ଅନ୍ତରେ ହୋଇଥିଯି ଉଦ୍‌ଦେଶ୍ୟ

ശാസ്ത്രം
പാടഭേദവരത്തിൽ
നടീൽ ഉത്സവം

**മാർത്തേതാവ
സെൻട്രൽ സ്കൂൾ**

പി.എൻ

தியவந்தபூர்
க்ரிக்கான் கெடு
நோள் ஜெர்ளால்
மாபுமையந்தில்

ക്രി
മ്മ

ഈ പ്രദേശത്തുകൂടെ
കൂടുതൽ: ഏകാദശി
വീരി വിശ്വലുന്ന് അ
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യാമി ഫുംഗും നാ
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രിയും ശാ

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 28th 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 21st 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 Gulburga 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, tuition for children, dress and vegetable distribution, health survey, antidrug awareness class, cleaning programmes etc.

TUTION FOR POOR CHILDREN

For the upliftment of the 26 children in our adopted village, our unit started special tuitions for poor children on 19th 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 16th 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 11th. 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 23rd 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 23rd 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 14th and 15th. Another two volunteers Parvathy and Chinchu participated the leadership training camp in Karamana N S S Cllege on March 26th, 27th and 28th. Asha and Vishnu participated the leadership training camp on Novemberv 27, 28 and 29 in Students centre, PMG.

HEALTH SURVEY

The unit conducted a health survey on 24th December in the adopted village, Kanwasramam 10th 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.





ENVIRONMENT DAY CELEBRATIONS

This year's programme began with the celebration of the Environmental Day on June 5th. 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 15th 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 24th September, the unit decided to organize the programme “Sahapadiykkoru Veedu”. The Programme officers discussed this matter with Principal. ‘Sahapadiykkoru 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 Nagarabha- DTPC – Swachatha mission on September 25th 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 27th 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 7th August volunteers made sadako tree and a Documentary presentation about atom bombing was also done. On 8th August there was a poster exhibition about Against War was conducted and on 9th 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 20th 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 20th November 2017, 9. 30 am @ Zoology lab.

All are Welcome.





ORIENTATION CLASS

An orientation class was held on 13th 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 11th 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 16th 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 1st. 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 8th. 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 5th. 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 16th. 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 20th 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

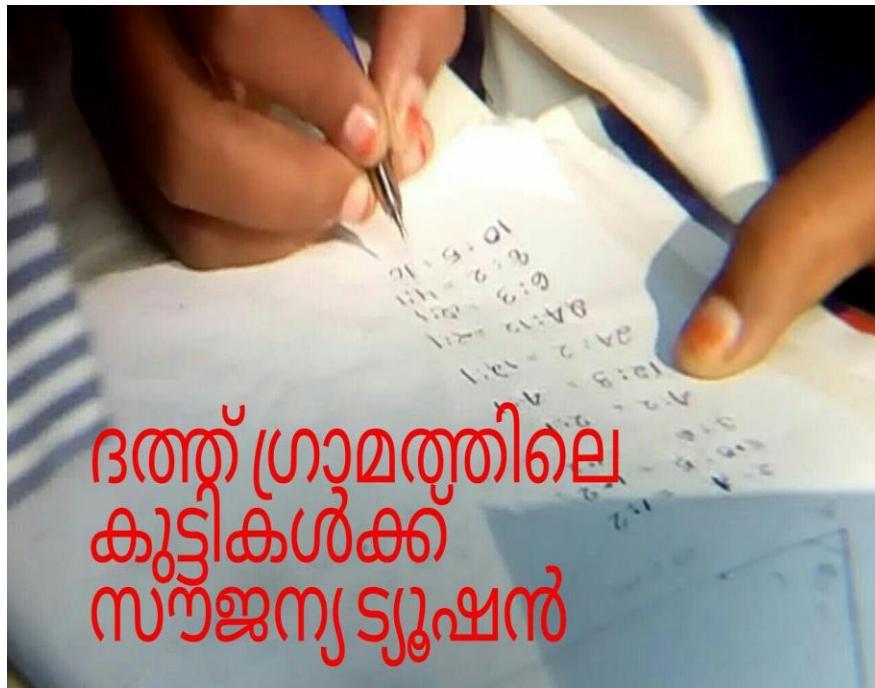
The unit visited an old age home ‘Punarjani’ in Varkala. This visit helped the students to realize the situation of old peoples and this visit generates the sympathy among the students.



ACTIVITIES IN THE ADOPTED VILLAGE

1. TUTION FOR POOR CHILDREN

For the upliftment of the 26 children in our adopted village, our unit started special tuitions for poor children on 19th 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 21st 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 24th December in the adopted village, Kanwasramam 10th 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 17th, 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 27th.

7. ONAM KITS DISTRIBUTION

The NSS unit conducted a Payasam mela on 11th August. The onam kits were distributed to 23 families in the adopted village with the amount received from the payasam mela on 23rd 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 21th 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.

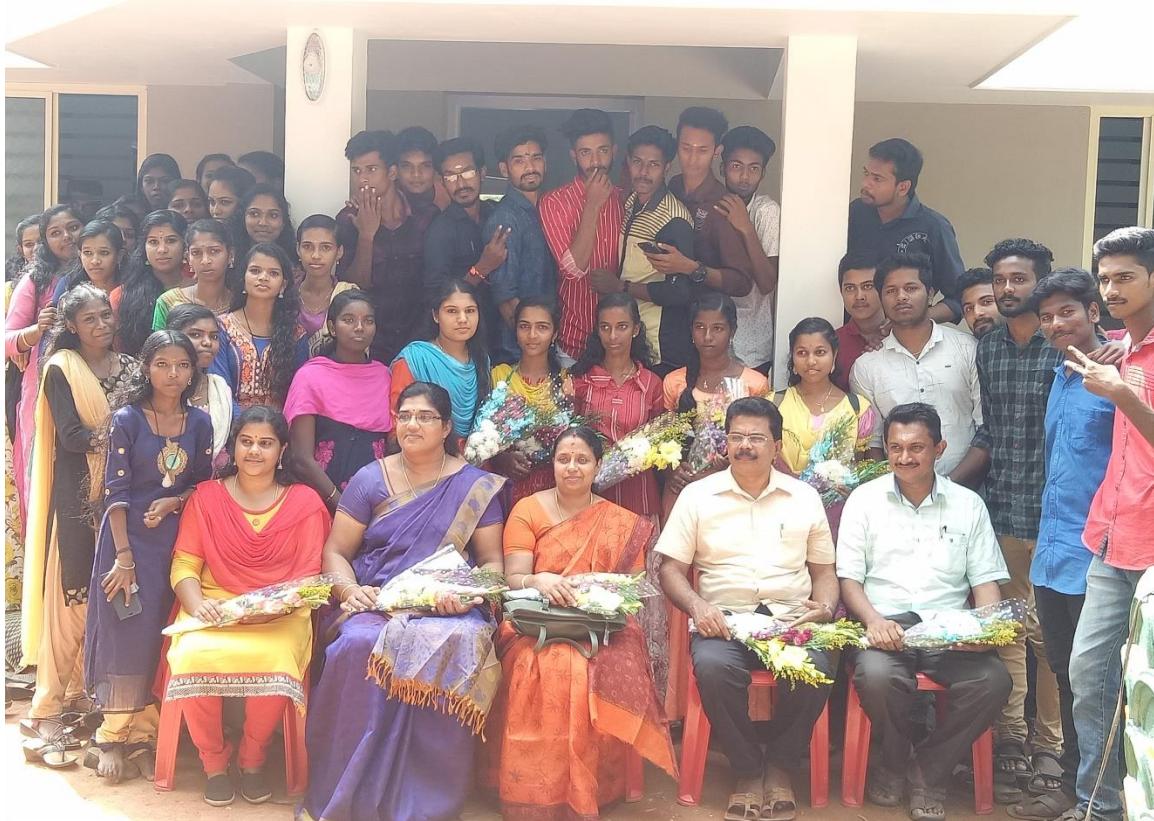
On 12th March our college Principal Dr.L.Thulaseedharan has inaugurated the programme. Municipal Chairperson Smt.Bindhu Haridas, S.N.Trust Executive Member Sri.Aji.S.R.M, PTA Vice President Sri.Sivakumar.S, Programme Officers, Teachers, Panchayath President, Students and Staffs were the part of the functions.

On 20th 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















മലബാറിൽ മുസ്ലിം സാമ്പത്തിക കേന്ദ്രത്തിൽ നിന്ന് ഫോറെസ്റ്റ് അഫീസർ

രാധാകൃഷ്ണൻ

മലബാറിൽ നിന്ന് ഫോറെസ്റ്റ് അഫീസർ എന്ന പദവിയിൽ നിന്ന് വിരമിച്ചു. മലബാറിൽ നിന്ന് ഫോറെസ്റ്റ് അഫീസർ എന്ന പദവിയിൽ നിന്ന് വിരമിച്ചു.

മലബാറിൽ നിന്ന് ഫോറെസ്റ്റ് അഫീസർ എന്ന പദവിയിൽ നിന്ന് വിരമിച്ചു. മലബാറിൽ നിന്ന് ഫോറെസ്റ്റ് അഫീസർ എന്ന പദവിയിൽ നിന്ന് വിരമിച്ചു. മലബാറിൽ നിന്ന് ഫോറെസ്റ്റ് അഫീസർ എന്ന പദവിയിൽ നിന്ന് വിരമിച്ചു.



മുസ്ലിം സാമ്പത്തിക
കേന്ദ്രത്തിൽ
നിന്ന് ഫോറെസ്റ്റ്
അഫീസർ

മലബാറിൽ നിന്ന് ഫോറെസ്റ്റ് അഫീസർ എന്ന പദവിയിൽ നിന്ന് വിരമിച്ചു. മലബാറിൽ നിന്ന് ഫോറെസ്റ്റ് അഫീസർ എന്ന പദവിയിൽ നിന്ന് വിരമിച്ചു.

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FLOOD RELEIF 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 22nd and 23rd 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

“*Snehasanathwanam*”, which has been organizing for the last five 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 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 29th 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.





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, preceded 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.Beenam 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 conserving 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 Western 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 inaugurated 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 29th 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 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 shaired the information about the importance of agriculture and paddy cultivation.







INTERENATIONAL 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 21st 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 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 26th October to 4th 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 8th 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 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 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 POOR CHILDREN

For the upliftment of the 29 children in our adopted village, our unit started special tuitions for poor children on 3rd 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^{5s} Plus
Sambu 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.





ଯୁଦ୍ଧମୂର୍ତ୍ତି । କିନ୍ତୁ ପାଇଲାଙ୍କ ହବାଣିରେମେ ଏହାଛି ଯୁଦ୍ଧମୂର୍ତ୍ତି । ଏହାରେ ଅଭିଭାବିତ କାହାର ପାଇଲାଙ୍କ ଏହାରେ ଅଭିଭାବିତ କାହାର

ପିଲାଙ୍ଗାରୁଧିଯିତିକେ ଦେଖିଛଣେ । ଏହାମାତ୍ର ଏହାରୁଧିନ୍ତିକିମ୍ବା ଏହାରୁଧିନ୍ତିକିମ୍ବା

“ନୀରୁତିର ପାଦ
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ବର୍ଣ୍ଣମୂଳକାନ୍ତିରୀ

ବ୍ୟକ୍ତିଗତ ପରିମାଣରେ ଏହାର ଅନୁଭବ କରିବାକୁ ପରିଚାରିତ କରିଛି

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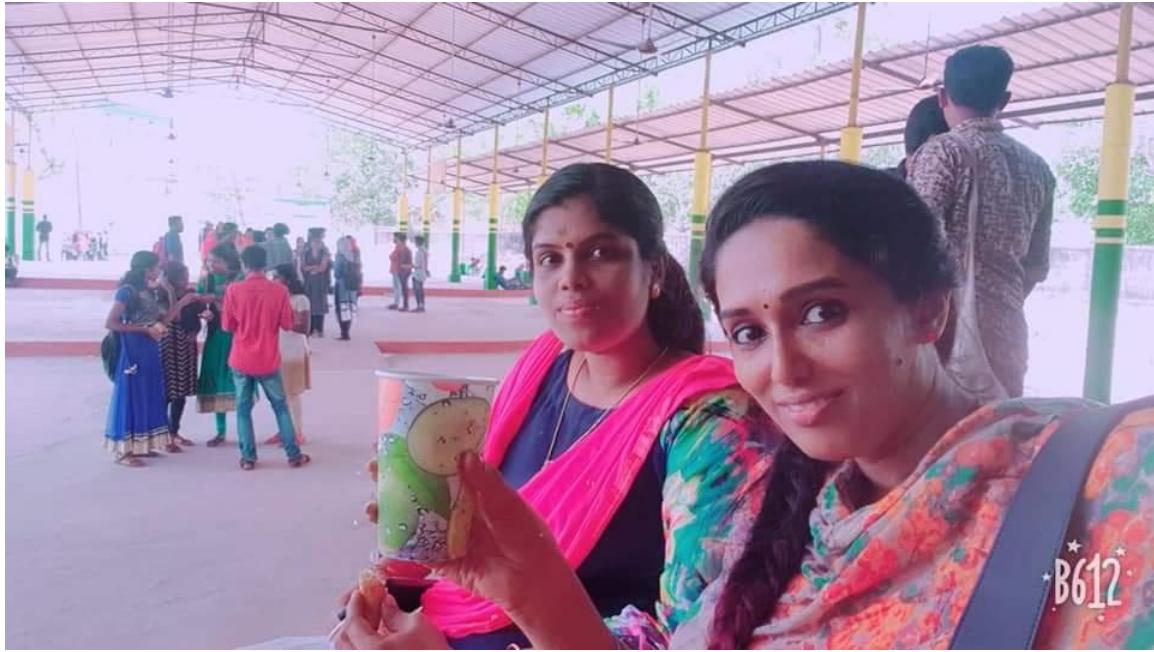
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JUICE FEST

The NSS unit and Mathematics Department of our college conducted a juice fest on January 22nd. 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 21st and 22nd 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 21st and 22nd June 2019. Latharani.J.S and Parvathy.R.S attended a three day National Residential workshop on Women Capacity Building from 8th to 10th august 2018. Anand.U and Ashababu, attended a Residential Volunteer Training Programme from 14th to 16th September 2018. Sooraj.S.P and Vishnu.G, attended a Leadership and Motivation Programme on Voluntary Blood Donation on 12th August 2018. Vishnu.g, attended a three day residential Training programme on River Protection from 11th to 13th 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 23th January in the adopted village, Kanwasramam 10th 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.



ENVIRONMENT DAY CELEBRATIONS

This year's programme began with the celebration of the Environmental Day on June 5th. 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 Tropocal 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 15th August by cleaning the campus and the adopted village, Kanwasramam 10th 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 24th 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 24th 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 17th 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 7th August volunteers made sadako tree and a Documentary presentation about atom bombing was also done. On 8th August there was a poster exhibition about 'The after Effects of a War' was conducted and on 9th 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 3rd 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

3rd 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"

FIBD
Federation of Indian Blood Donors Organizations
www.fibd.org







ORIENTATION CLASS

An orientation class was held on 4th 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 9th 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 18th 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 awreness 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



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ନାଶ ପାଇ, ବାହୀନି ଆଶା, ବି,
ବିନ୍ଦୁ ପାଇଯୁକ୍ତର ଉବ୍ଧାରଣା
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ଦୟାବୋକା, ବିନ୍ଦୁ ପାଇୟନ୍ତ
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தபாராயன் 8.00, ஶிரைதவுலி
ஸ்பாஸ்டிக் கார்வூஸ் 8.30, கூடும்
துறையில் 9.30, மஹாத் சிதாந்திர
10.30, ஆகாவான் 12.00, ஸோபா
கார்வூஸ் 6.15, ஸ.ஸிற காஷி
இ 7.00, மஹி ரக்னித் கம்பாஸு
ஸ. கல்யாகி 9.30, கோமயி மாஜிக்
ஸூப் 10.30

- വർക്കല റെയിൽവേ സ്റ്റോറുമുണ്ട് ശ്രീകൃഷ്ണസ്വാമി ക്ഷേത്രം. ഉത്തരവാഗവതപൊരായണ. 7.00, ദീപാരാധന 6.45.
 - നരികല്ലേമുക്ക് തോട്ടിൽ ജായിദ്വാരിയം. ചെമ്മരുതി മേഖല നിരാബന്ധനകൂട്ടും കൂർസ്വർഷം 4.00

வெள்ளு (2.30 9.30)
 விலை (98952 337850): 400 ரூ (T)
 (11, 3, 6.30, 9.45)
 கரிமகுடி G-Track-I: 2757771
 கொட்டுத்தீர் கெ.ஏ.பெரு (M) (11.15,
 2.30, 6.15, 9.30)
 G-Track-II: 96 (11.30, 2.30, 6.15)

வெள்ளுத் திட்டம் M.T. Cineplex
(2419515): Telia-1; Captain Marvel
(11.15, 2.30, 6.15, 9.30)

Tela-2: குடும்பத் தொழில் (M) (11, 9.45) கோட்டி ஈக்காச், வாய்மை வகுப்பு (2.15, 6.30) பெற்றார்களே 95 விழுக்காக.
(047) 7555555

புதுவை (T) (11.15, 2.30, 9.30,
ஈ. (6.15)

திட்டங்களை முயற்சி: (A/C DTS 3D)
(0471 2418144); (M) (9.30)

யിൽ വിത്തുണ്ടോ എന്ന് കാലം നിബന്ധിച്ച
ലെ പ്രോഡ്യൂസ് കാരണം നിലവിൽ
ഇല്ലാതിരണ്ടാം. കാര്യക്ഷമമല്ല
നാണ് ഒന്നാം. വാദിപ്പ് അ.ഡ. വി.
മിനീസ് പറയുന്നത്, ഉവാചലസം
രണ പദ്ധതികൾ ആവിഷ്കർഖിച്ചു
പിനിട് ഉപാധികരണ പ്രവാ-
ഹിയാജാന്നു. മിനു പറയുന്നു,
— മാറ്റുന്ന ദാനം മുൻവിസിലെ

മുലകമൺ പരിഹരിപ്പുരണ്ണ നിരൂപാ
രത്തിനാൽ കായലിഡെൻ എഴുകി പോ
വാളും നാട്ടകാർ മന്ത്രിയും രസീ അദ്ദേ

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കുറക്കുത്തം അറിയിക്കാൻ
സമുദ്ദിം ഭയക്കുന്നു:
ജഷിരാജ് സിദ്ധ്

வர்கலை• விழுப்புவாய் ஸ்மாவ
நண்ணித் தாங்கி வச்சுக்கல்
உபயோகிக்குநவரு. லற்மூக்கு
நவரு. ஸாவஸ்பிதி விவரணங்கள்
குடிக்கல் வங்கம்புத்துவர் அரிய
கிளாதிரிக்குநர் ஶதியல்ல
நூ. ஹதர. விவரணம் அரியி
க்குநாதித் ஸாக்ஷர கேரு. யே
பெட்டுநாதாயு. அது மார்க்காம
நூ. ஏக்க்கெஸ்க் கஹிஸ்காம்
ஜக்கிரங்க் ஸிங் அல்லப்பாய்ப்படு.

வர்கலை ஸிவஶிரி ஏற்றுவது
கொடிச் சமாளிவிடுவ தீவியு,
ஏற்கும்பொன் விமுக்தி மிக்கா,
ஸால்டிஸ்பிசு லாளிவிடுவ வேவா

യവത്കരണ എമിനാറിൽ പ്ര
സ.ഗിക്കുകയായിരുന്നു .

പ്രിൻസിപ്പൽ ഡോ.എൽ.
തുളസിയൻ അധ്യക്ഷനായി.
എസ്.എൻ ട്രസ്റ്റ് എക്സിക്യൂട്ടീ
വ് അംഗം. അജി.എസ്.ആർ.എം.,
മലയാള, വിഭാഗ, മേധാവി ഡോ.
ബിന കരുണാകരൻ, ഗവിതവി
ഭാഗ. മേധാവി പ്രമ.എസ്.എറ്റി
ത, ഡോ.ബി.എസ്.ബബുരിത്, പി
ടിഎ വൈസ് പ്രസിഡന്റ് ആ.ശിവ
കുമാർ, കൂൺ കോ ഓർഡിനറീർ
സി.എൽ.വിനസ്, യുണിയൻ ചെ
യർമാൻ എസ്.ബി.അനന്ത തുട
ങ്ങിയവർ പ്രസിദ്ധചൃ.

ശാന്തിഗിരി
വിദ്യാഭ്യാസ കേന്ദ്രം

பொன்னக்கோட் • ஶாளியில் விழுப்பவன் ஸ்திரம் செகலையிரி ஸ்குலித் கோண்வொகை கூன் மாளிகைல் பவுயாயத்து பு ஸியர்ஜ் ஏற்ற. ஸுஜாத உர்ஜலா டன் பெற்று. ஸங்மி ஜ்ஞாநம் தாந் ஜ்ஞாநதபாபரி அயூக்ஷ நானி. ஸ்கூல் எவுப் பிரின்டா பூத் ஏற்ற. ஸ்விப்ரஸ். இவ்யிரு

തച്ചപ്പള്ളി ഉണ്ട്
ദേവികേഷ്ഠത്ത
ഉരു. ഉസ്വ.

പോത്തൻകോട് • തച്ചപ്പള്ളി
ഉറുട്ട് മന്യപ ദേവികേഷ്ഠ
സാരി ഉത്ര. ഉത്സവത്തിന് നാല്ലെ
രാവിലെ 8ന് കൊടിമേയറി 28ന്
സമാപ്പിക്കു.









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 31st 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 8th. 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.

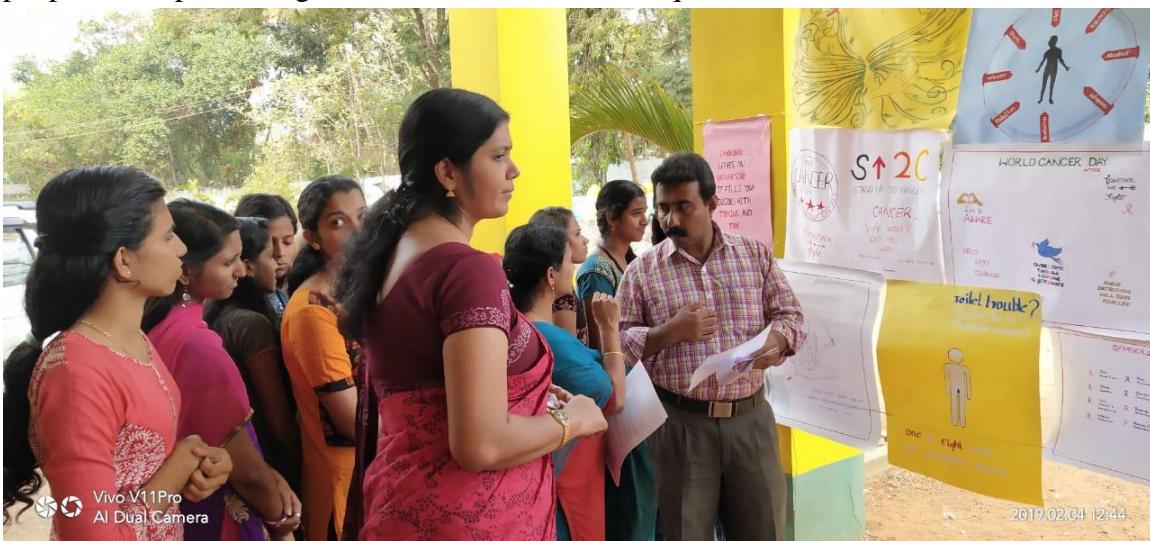
2. Wetlands are considered the most biologically diverse of all ecosystems, serving as home to a wide range of plant and animal life. Methods for rapidly assessing these functions, wetland ecological health, and general wetland condition have been developed in many regions and have contributed to wetland 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 6th. 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 uni 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 the 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 20th 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

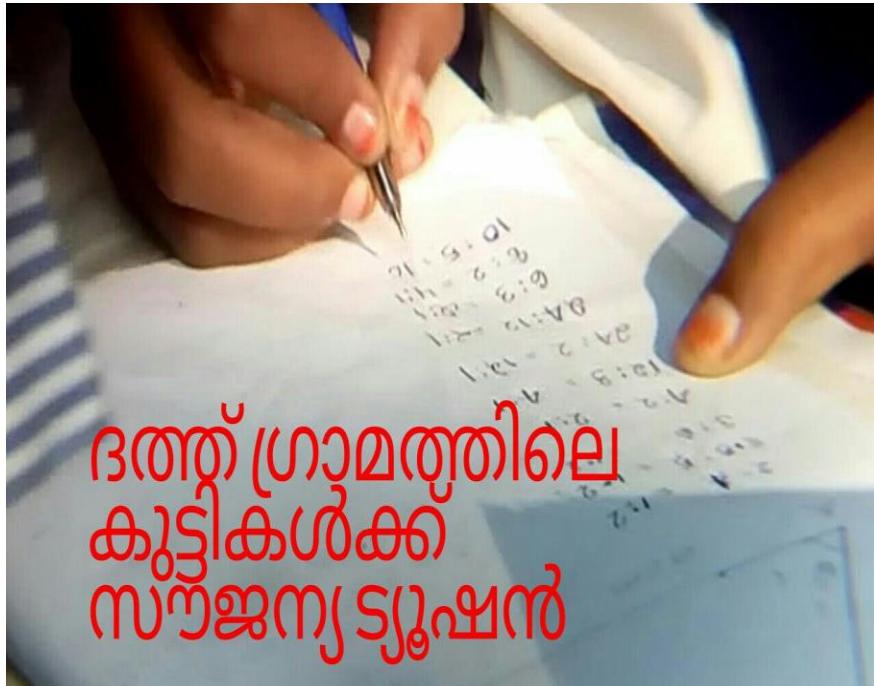
The NSS unit organized a Music class, in order to bringing skilled and enthusiastic musicians under one roof and represent the college in musical events. The class was conducted by Dr.Aswathy Vinu, Assistant Professor in Music, N.S.S.College, Karamana, based on the importance of music therapy and fundamentals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



ACTIVITIES IN THE ADOPTED VILLAGE

2. TUTION FOR POOR CHILDREN

For the upliftment of the 29 children in our adopted village, our unit started special tuitions for poor children on 3rd 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 23th January in the adopted village, Kanwasramam 10th 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 2nd, 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 5th 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 20th 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 Volunteers 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 shaired 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 pa rticipated.

<p>24.12.2018 – തീക്കൽ</p> <p>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 വരെ : നിരവധി സന്ദർഭം 1.00 pm : Lunch Break 1.30 മുതൽ 3.30 വരെ : നിരവധി പ്രായശാന്നം നിർവ്വഹണം ചെയ്യുന്നത് 5.00 pm : Tea Break 7.00 pm : Cultural Programme 8.00 pm : Dinner 9.00 pm : കൂദാശ സമൂഹക്കാമം 10.00 pm : Lights Off</p>	<p>26.12.2018 – ഘോഷണ</p> <p>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 : ശബ്ദപരിസ്ഥിതിനും 12.00 pm : എന്റെ സമൂഹക്കാമം സമൂഹം</p>	<p>നിഷ്ഠണ്ണൽ സർവ്വീസ് സ്കൂൾ Unit No : 16 (AB) ശ്രീനാരായണ കോളേജ് ശ്രീപിള്ളി, വർക്കല (NAAC Accredited with B Grade)</p> <p><i>Not me</i>  <i>But you</i></p> <p>വാർഷിക സ്വർത്തന ക്രാമം Karma 2018</p> <p>20.12.2018 മുതൽ 26.12.2018 വരെ ശ്രീപിള്ളി ശ്രീനാരായണ പദ്ധതി സന്കുലി സ്കൂൾ ശ്രീപിള്ളിയിൽ, വർക്കല</p> <p>Education Through Community Service</p> <p>കൂദാശ പരിശോധന River Protection Programme Paddy Farming Personality Development Programme Green Campus / Clean Campus Adopted Village Activities</p> <p>കൂദാശ പരിശോധന ശ്രീപിള്ളി എഫ്.ഡി.എം - 8921273064 ശ്രീ.പി.കെ.സുരേഷ് - 9446449119</p> <p># നാട്യാധികാരാശം ശ്രീപിള്ളി എഫ്.ഡി.എം സെക്കുംബു</p>
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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 3rd 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 30th 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.

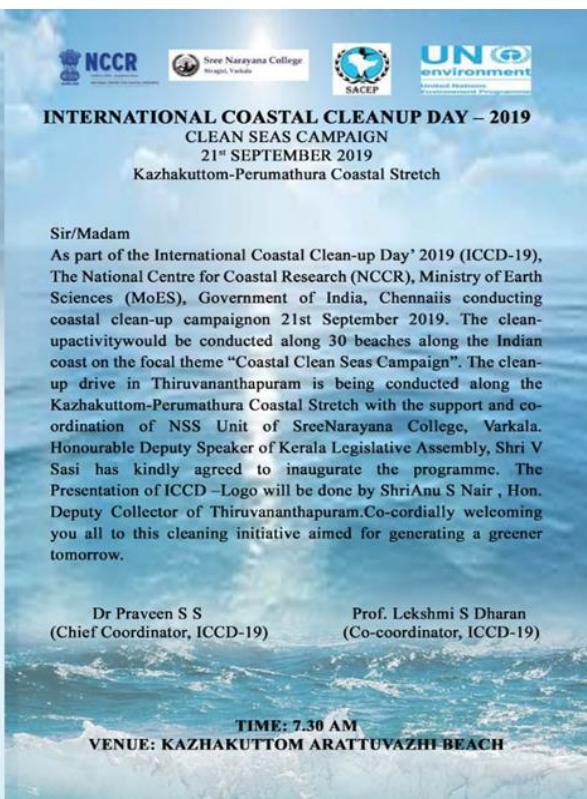
As a part of the International Coastal Clean Up day, the International Coastal Research Centre has conducted several programmes across India on 21st September 2019, with an aim to combat the problem of marine debris. The cleanup drive in Thiruvananthapuram district was carried out at the coastal region 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 Kozhencerry 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 dumb 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, KadinamkulamPanchayat)
Vote of Thanks	:	Prof. Lekshmi S Dharan (Co-Cordinator & Programme Officer, NSS, SN College, Varkala)
National Anthem	:	



■ എസ്റ്റൂഫ്രൈ പ്രവർത്തകരെ ആക്രമിച്ച സംഭവം

അതുല്യസ്ഥിസ്കാർക്കേറ്റിരേ കേസ്



കഴുമാക്കിലുന്ന പ്രിൻസിപ്പ്
അവിശ്വാസി.

അതാരാപ്പു തീരദേശ
ശൈലിത്വം ദിനം അചാരിപ്പു

സി എച്ച് അക്കാദമി ഉട്ട്യാസം നാലേ

விவரங்கள்: இதற்கு பொதுமக்கள் முன்வர்த்தி என்று அழைகின்றன. இது ஒரு நிலை விவரங்களை வெளியிட வேண்டும் என்று சிரமமாக விவரங்களை வெளியிட வேண்டும் என்று அழைகின்றன.







FREE EYE TEST CAMP AND CATARACT SURGERY REGISTRATION

On 12th December 2019 a free eye Test Camp and Cataract Surgery Registration was conducted in the College Auditorium under the leadership of Lions Club, MTMM 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 ANGANA VADI

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 29th 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, the 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.



സൗഖ്യം
നടത്തി

வர்களையெனியபொழுது
திடுதலாடாவனமிழுவது
உணியும் மாறுதலாகவே
கல்வூதுலிலவிழுந்து
கரி சென்னியிற் பரிசோதம்

କଣ କାରିଷ୍ଟ ପ୍ରସରତାଙ୍କରଣରେ
ହୁଣ୍ଡାନ୍ତକାଳୀନ ତଥେବେଳୀରୁ
ଜୀବକଣ୍ଠପଦ୍ଧତିରେ ଲାଗିଥିଲା
କିମ୍ବା ଜୀବନଂ ପ୍ରସରିଥିଲା
ରାଜ୍ୟର ପଦ୍ଧତିରେ ପରିଶଳିତ
ରାଜ୍ୟର ପଦ୍ଧତିରେ ପରିଶଳିତ



അന്താരാസൂപ്ത പദ്ധതിയേറിവ് ദിനാചരണങ്ങളിൽക്കൂടായി ശിവഗിരി എൻ.എൻ കോളേജ് എൻ.എൻ.എൻ.എൻ ഫുളിറ്റിന്റെ നേതൃത്വത്തിൽ കമ്പ്യൂട്ടുകൂട്ടു പ്രദേശത്ത് വിടക്കളിൽ എത്തി കിടക്കാതാൾക്കുള്ള സന്ദർഭിക്കുന്നു.

രത്ത. പാലുംയാണ് ദാക്ഷിണാദി മാക്കന്നതോടെ കുടവുമിന്നേ മുച്ചായ തന്നെ മാറ്റുമെന്നാണ് നാം കാര്യക്രമ വിലയിരുത്താൻ.

ରୋଗୀ କୁଟୁମ୍ବ
ମୂଲ୍ୟରେ

തക്കംസ്ഥാനത്ത്
നീക്കരുച്ചയ്ക്ക്

କଟର୍ଯ୍ୟାବୁର୍ଦ୍ଧ:କୋଣିଶ୍ଚରା
ହିତୀ ଅଂଶରୀକ୍ରମ ନାମୀ

BLOOD DONATION CAMP- RAKTHADHANAM MAHDHANAM

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 Janamaithri 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 20th 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 21st and 22nd November 2019. Amritha, Abhija, Kavya and Aparna attended a three day training in Youth Leadership and Community Development Camp from 21st to 23rd February 2020. Karthika and Amjith, attended a three day Residential Volunteer Leadership Training Programme from 14th to 16th Novemberember 2019. Adarsh G, attended a two day residential Training programme on Palliative Care from 10th to 11th 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 15th June in the adopted village, Kanwasramam 10th 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 Sreenarayananaguru Jayanthi Celebrations.



ENVIRONMENT DAY CELEBRATIONS

This year's programme began with the celebration of the Environmental Day on June 5th. The unit members planted slapping 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 21st 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 15th August by cleaning the campus and the adopted village, Kanwasramam 10th 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 24th 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 17th 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 24th 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 7th August volunteers made sadako tree, poster exhibition and a Documentary presentation about atom bombing was also done. On 8th August there was a poster exhibition about ‘Atom Bombing’ was conducted and on 9th 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 6th 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 22nd Decemberber, 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 21st Decemberber, 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 1st 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 24th 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 23rd December 2019 by famous Magician Sri.Haris Thaha.



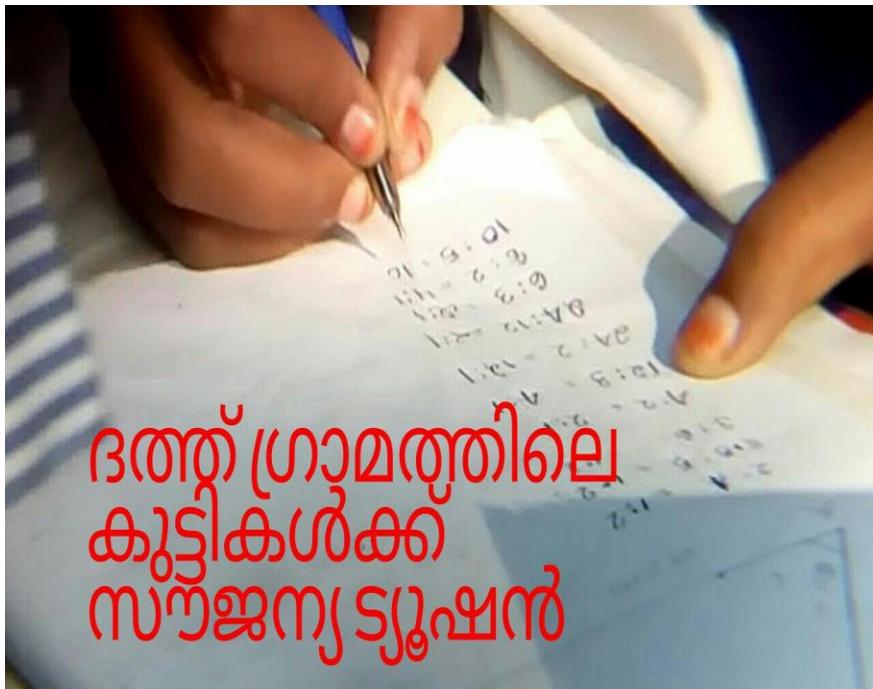




ACTIVITIES IN THE ADOPTED VILLAGE

3. TUTION FOR POOR CHILDREN

For the upliftment of the children in our adopted village, our unit started special tuitions for poor children on 3rd 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 15th June in the adopted village, Kanwasramam 10th 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.

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 3rd, 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 give up drugs for their healthy life.

6. TREE SAPLINGS DISTRIBUTION

The unit distributed tree saplings to fifty four houses in the adopted village on June 5th 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 21st december in the adopted village, Kanwasramam 10th ward of Varkala Municipality. 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 MTMM 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 20th 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 Coordinator 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 Volunteers 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 MTMM 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 Kazhakuttom-Puthenthoppu Coastal Stretch of Thiruvananthapuram district.

I wish her all success.

Pravakar Mishra
(Pravakar Mishra) 23/9/19
Dr. Pravakar Mishra
वैज्ञानिक-एम्प / Scientist - F
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