

SREE NARAYANA COLLEGE

Sivagiri, Varkala, Thiruvananthapuram-695145

(Affiliated to the University of Kerala, NAAC Re-accredited with
B++ grade, RUSA funded, DBT STAR status)

AQAR 2022-2023

CRITERION III : RESEARCH, INNOVATIONS AND EXTENSION

3.4.1 Extension Activities



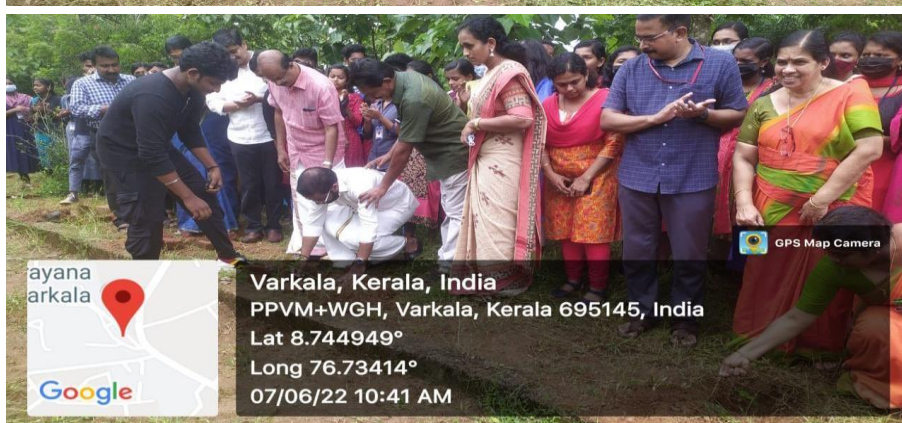
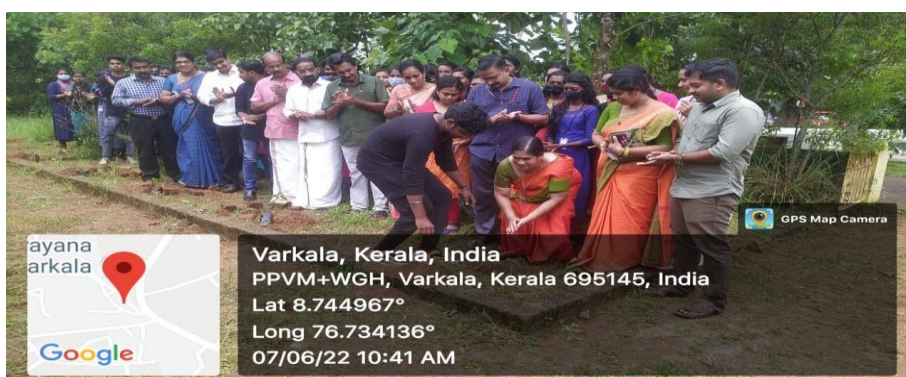
Nadeel Ulsavam

NSS units of Sivagiri Sree Narayana College organized Nadeel Ulsavam on rice cultivation in order to inculcate interest in agriculture in the new generation and to promote awareness on how older generation were working on paddy fields to grow crops. The programme named “NADEEL ULSAVAM” was inaugurated by Cherunniyoor Krishi Bhavan Officer Smt. Lekshmi Bhasi. Agriculture Officer Smt. Susmitha, Land owner Smt. Shylabeegum and Gramapanchayath member Sri. Akhil delivered felicitations.



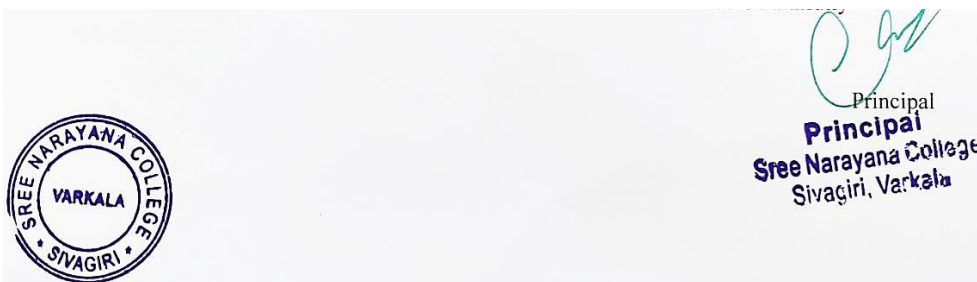
Vana Maholsavam

NSS units of Sree Narayana College organized Environment day celebrations Vana Maholsavam 2022 on June 7th 2022 and it was inaugurated by Principal Dr.K.C.Preetha. S.N.Trust Executive Member Sri. Aji SRM, PTA Vice President and Former Students Association Secretary Sri. G.Sivakumar and others participated in the programme. Apart from this, programmes such as quiz competition and poster making competition were conducted. All students, teachers and non-teaching staff participated the programme.



Observance of World Ocean Day

As part of world Ocean day celebrations, College NSS Units, Ocean society of India Cochin Chapter and National Centre for Coastal Research, M.O.E.S jointly organized beach cleaning programme. Adv. V. Joy MLA inaugurated the programme which was held at Varkala Papanasam beach. Municipal Chairman Sri. K.M.Laji presided the programme. Principal Dr. K.C. Preetha, Dr. Leji, Dr. Babitha. G.S delivered speeches.



Food Safety Awareness Class

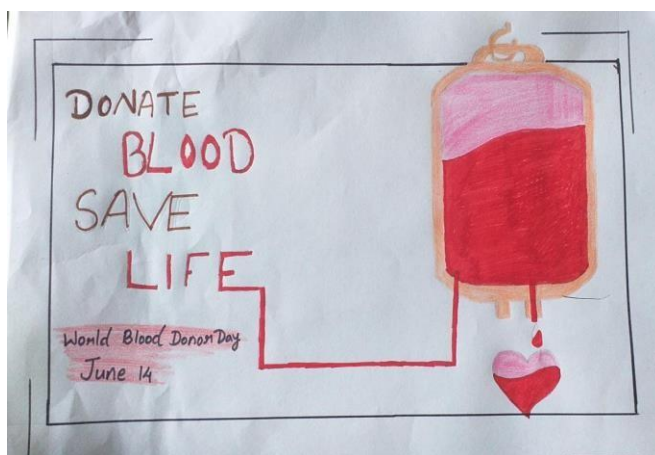
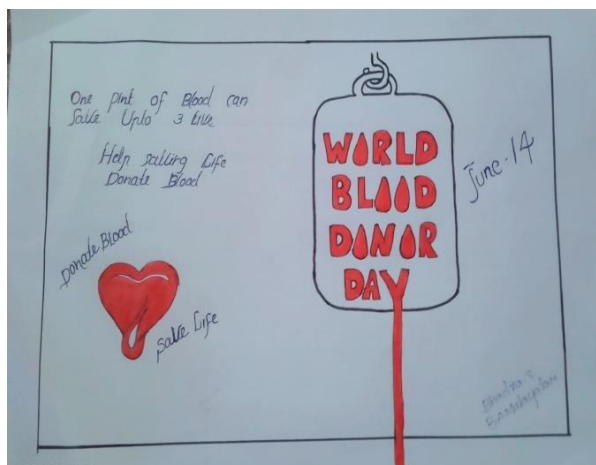
Food safety is the system of maintaining hygienic food conditions in preparing and storing food in a manner that prevents foodborne illness. Today there is a lack of hygienic food. Many health hazards occur due to this. Food items are not safe in the markets. It is in this situation that the NSS unit of the college has decided to hold an awareness class in collaboration with the Food Safety Department of the Government of Kerala, Varkala circle. The above mentioned awareness class was inaugurated on Friday 10th June 2022 at 10.00 am by the Principal Dr. K.C Preetha. Varkala Circle Food Safety Officer Dr. R.P. Praveen conducted the class.



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Sivagiri, Varkala

World Blood Donor day

The National Service Scheme units of Sree Narayana College, Sivagiri, Varkala observed World Blood Donor Day on 14th June 2022 to raise awareness about the importance of blood donation through a poster competition. The poster competition was based on the theme of World Blood Donor Day 2022, which was "Give blood and keep the world beating." Participants were encouraged to creatively interpret the theme and convey the message of the significance of blood donation in saving lives. Students from various departments enthusiastically participated in the poster competition. A panel of judges consisting of faculty members and external experts evaluated the posters based on criteria such as creativity, relevance to the theme, visual impact, and effectiveness in conveying the message of blood donation. Bhadra A, second semester B A Malayalam and Amritha Jyothi, fourth semester BSc Chemistry secured first and second prizes respectively.



Children studying in Anganwadi in our adopted village come from socially and economically backward families. “Kurunnukalkkoru Kunjuputhappu” is a programme where NSS Volunteers collected and donated clothes to these children. This year the event was held on 18th June 2022. Principal Dr. K.C. Preetha inaugurated the programme. S.N. Trust executive member Sri. Aji. SRM, PTA Vice president and Former Students Association secretary, Sri. G. Sivakumar. Programme Officers P.K. Sumesh and Veenas. C.L, volunteers Arjun, Anubha, Dipin, Ram Mohan, Aiswarya, Arathy and Revathy participated in the programme. Anganwadi teacher Smt. T.G. Sathi and helper Smt. Sarala received the clothes for the children.



കേരള കാമുകി
Trivandrum SINCE 1911 21 Jun 2022

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വർക്കല ശിവഗിരി കോളേജിലെ എൻ.എസ്.എസ്.യൂണിറ്റുകൾ നടത്തുന്ന കുരുനാകൾക്കൊരു കണ്ണു പുതപ്പ് ദ്രവ്യത്തിയുടെ ഉദ്ദേശനം പ്രിൻസിപ്പൽ ഡോ.കെ.സി. പ്രീത നിർവഹിക്കുന്നു. അജി.എസ്.ആർ.എം.ജി.ശിവകേശർ തുടങ്ങിയവർ സന്നിധി

ആർ.എം.പി.ടി.എ വൈസ് പ്രസിഡന്റ് പൂർവ്വിക വിദ്യാർത്ഥി സംഘടനയുടെ സെക്രട്ടറിയുമായ ജി.ശിവകുമാർ, പ്രോഗ്രാം ഓഫീസർമാരായ പി.കെ.സുമേഷ്, വീനസ്.സി.എൽ, വോളണ്ടിയർമാരായ അർ

ജൂൻ, അനുഭവ, നിതിൻ, ഐശ്വര്യം, ആരതി, റാം മോഹൻ, ദിപിൻ തുടങ്ങിയവർ പങ്കെടുത്തു. അങ്കണവാടികിടച്ചുൾ കി.സി.സി. ഹെൽപ്പർ പി. കെ. ഗിരിജ എസിവിൻ കണ്ടുങ്ങൾ കണ്ടു വന്നുങ്ങൾ ഏറ്റുവാങ്ങി.

KERALA KAUMUDI EPAPER
Clipping Kerala Kaumudi - Trivandrum




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Sivagiri, Varkala

OBSERVANCE OF READING DAY (State Wide Programme)

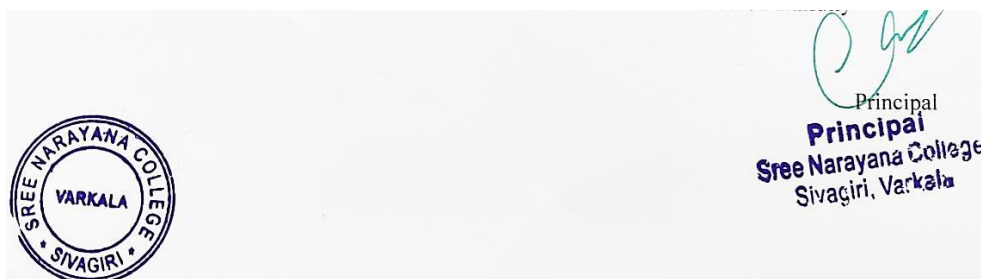
Sri. P.N. Panicker was the founder and Campaigner of Kerala Grandhasala Sangham, whose death anniversary is on 19th June. The Kerala Government has been observing his death anniversary as Reading Day since 1996. All the educational institutions in Kerala are actively participating in the programme which is meant to foster love of books and reading. This year's Reading Day was organized as Reading week. Chief minister Sri. Pinarayi Vijayan inaugurated the above mentioned programmes at the state level in a conference held at AKG Hall, Thiruvananthapuram. The Chief Minister performed this function in an audience consisting of NSS volunteers from various educational institutions in Thiruvananthapuram district. Volunteer secretaries Arjunkrishna and Nithin. L from NSS units of Sivagiri Sree Narayana College participated in the programme as members of the organising committee.




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International Anti Drug Day

The International Day Against Drug Abuse and Illicit Trafficking is a United Nations International Day against drug abuse and the illegal drug trade. It is observed annually on 26 June, since 1989. The day was decided by the General Assembly resolution of 7th December 1987. Campaigns, rallies and poster designing are organized to mark the day. A poster designing competition was organized under the auspices of the National Service scheme units of Sivagiri Sree Narayana College as part of this year's International Anti- Drug Observance.



International Yoga Day

Sree Narayana College, Sivagiri, Varkala celebrated “International Yoga Day 2022” on 21st June 2022 at helipad ground of Varkala Cliff. The objective of the programme was to promote the physical, mental and spiritual benefits of yoga. The International Yoga Day celebration at the Helipad was inaugurated by MLA Adv. V Joy, who emphasized the importance of yoga in maintaining overall well-being and harmony. Experienced yoga instructors conducted yoga sessions for participants of all ages and skill levels. The sessions included a variety of yoga asanas, pranayama, and meditation techniques aimed at promoting relaxation, flexibility, and stress relief. Students, faculty members, local residents, and yoga enthusiasts from various backgrounds participated in the event, creating a vibrant atmosphere of unity and shared purpose.




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Assistance for Braemore Estate Workers

The workers living in the Braemore estate, near Pondmudi, Thiruvananthapuram District are victims of natural disasters. In this situation, the MLA and other people's representatives requested the NSS team to provide possible support for them. As per the instruction of the state NSS Officer Dr. A. Anser and Kerala University NSS Programme co-ordinator Dr. A. Shaji, the college NSS unit collected and distributed food packets to the victims.



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Karkidaka Vavubali – Green Protocol Initiatives: Green Army

Karkidaka Vavubali is a ritual observed by the people of India especially Kerala according to Hindu cultural principle. It is observed on the day of karuthavavu in „karkidaka“ month of Kolla year. This is a ceremony performed by the descendants of those who have passed away. On the day of Amavasi, people gather on river banks and seashores to perform sacrifices. It is believed that the souls of the departed will attain moksha if the descendants perform the rituals. It is customary for a large number of people to gather and perform rituals at Varkala Papanasam beach in Thiruvananthapuram district of Kerala. Around 100000 people usually gather at Varkala Papanasam for the Balitharpana. Throwing of plastic materials and other waste is common in such a situation. The Kerala State government, Varkala Municipality, Sanitation Mission and Haritha Kerala Mission and the NSS units of the college joined hands to clean the beach and its premises after the rituals.



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Freedom Wall

Freedom Wall is a mural depicting project, started in the wake of AZADI KA AMRIT MAHOTSAV to commemorate the Indian freedom fighters and prolific figures. The project aims to raise awareness about Indian freedom fighters, freedom movements, forgotten heroes, and contemporary figures of the country. The Government of Kerala and Department of Higher education announced the freedom wall as a major programme in connection with 76th Independence Day Celebrations. The plan was to set up a Freedom Wall in Public Spaces. A Freedom Wall of around 600 square feet was constructed on the front



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walls of the college under the auspices of the NSS units of the college. Two days were taken for completing the paintings.

ONAM KIT DISTRIBUTION

Onamkits were distributed under the auspices of the National Service scheme units of Sivagiri Sree Narayana College. Food grains and clothes were distributed to temporary non-teaching staff of the college and Palliative care patients in the selected wards of Varkala Municipality. Principal Dr. K.C. Preetha inaugurated the programme. S.N. Trust Executive member Sri. Aji SRM, Senate member Dr. S. Soju, Dr. Vinod C Sugathan, Dr. V. Sini, Dr. Sajith S.J. Sasi, Dr. P.K. Somarajan delivered felicitations. Programme Officers P.K. Sumesh and Veenas. C.L, volunteers Dipin, Arjun, Revathy, Arathy, Anamika led the programme.



World Ozone Day Celebration

The theme for 2022 Ozone Day celebration given by United Nation Environmental Programme is “*Montreal Protocol@35: Global Cooperation Protecting Life on Earth*”. To spread the awareness amongst the stakeholders including industries, general public, students and teachers and make the young minds understand about the importance of ozone layer and the need to phase out ozone depleting substances in order to protect the ozone layer, Sree Narayana College, Sivagiri Varkala organized various programmes like Poster making, Ozone Day Rally and Interdisciplinary Quiz Competition on 16th and 19th September 2022.



Indian Swachatha League Programme

The NSS unit in association with Varkala Municipality organized Indian Swachatha league rally and Varkala Papanasam beach cleaning. Varkala Municipal Chairperson Sri. K.M.Laji inaugurated the programme.



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International Day for Older Person

The United Nations General Assembly declared October 1st as the day of older persons. In recognition of the International Day for Older Persons, Sree Narayana College, Sivagiri, Varkala, organized a series of events to honour and celebrate the contributions of older individuals in our society. As part of the observance, the National Service Scheme (NSS) volunteers extended their support by distributing clothes to elderly residents in nearby adopted village. In addition to distributing clothes, NSS volunteers took the opportunity to interact with the elderly residents, listening to their stories, sharing companionship, and offering emotional support. The college conducted an awareness campaign to highlight the significance of the International Day for Older Persons and raise awareness about the challenges faced by the elderly population, including issues such as healthcare, social isolation, and age-related discrimination.



Koithulsavam-Harvest Fest

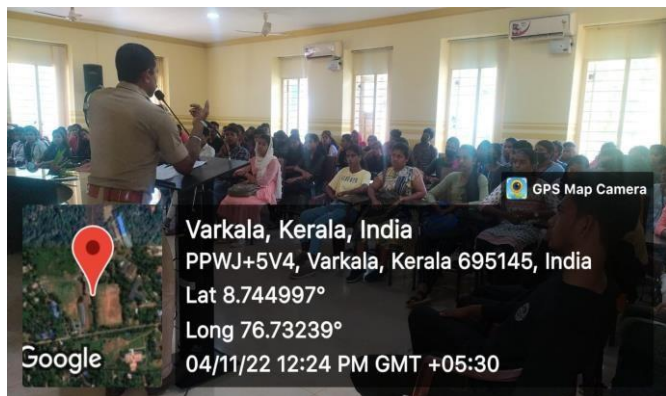
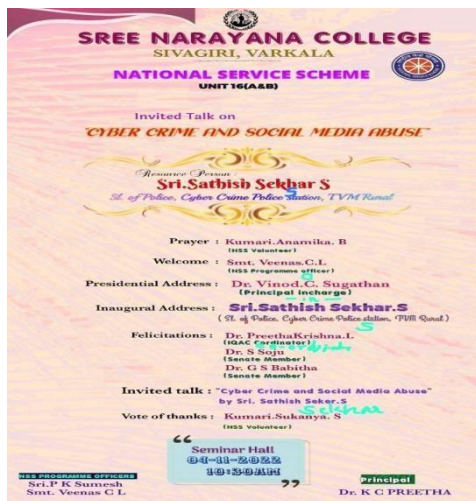
The NSS units of Sivagiri Sree Narayana College has organized Koithulsavam Harvest Festival in association with Cherunniyoor Krishi Bhavan. This programme has been organized by the NSS unit since 2015. The last stages of farming named Mundakan Koithu ustav was inaugurated on 12 October 2022 by college Principal Dr. K.C. Preetha. S.N. Trust Executive Member Sri. Aji S.R.M, Sri. R.Syam Raj, Asst. Prof. Dept. of Economics and Land owner Smt. Shylabeegum. delivered felicitations.



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Observance of Cyber Jagarukatha Divas

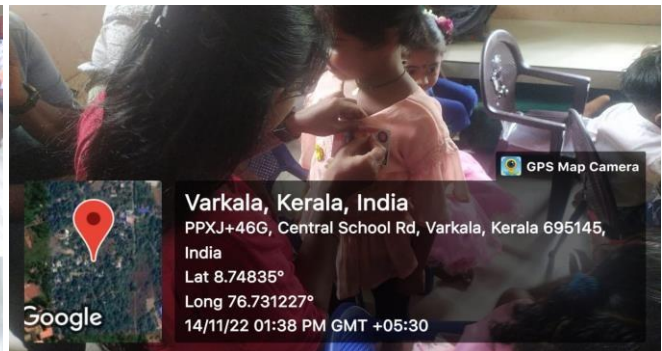
As part of Observance of Cyber Jagarukatha Divas, the NSS units of Sree Narayana College, Varkala have conduct an awareness class on “Cyber crime and Social media” abuse in collaboration with cyber cell of the Government of Kerala. The programme was inaugurated by Thiruvananthapuram rural cyber crime police station, Sub Inspector of police Mr. S. Satish sekhar. Principal incharge Dr. Vinod C Sugathan presided the meeting. IQAC coordinator Dr. Preetha Krishna, Senate member Dr. S. Soju, Dr. G.S. Babita, facilitated the programme.



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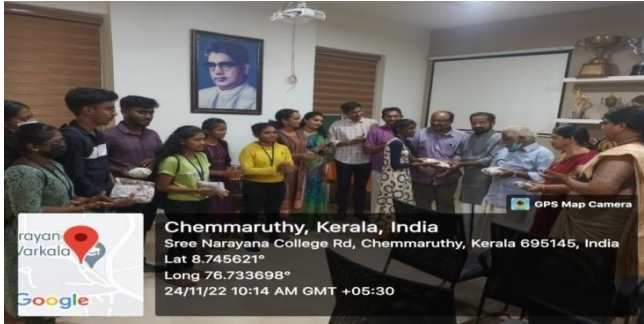
Children's Day Celebration

As part of this year's Children's Day celebrations the NSS units of our college visited the Anganwadi in adopted village and interacted with the children there. Various programmes like singing and story telling were conducted and sweets were distributed to the children. Programme officers Sri P.K. Sumesh and Smt. Veenas.C.L, Anganawadi teacher Smt.T G Sathi, helper Sarala delivered speech about Children's Day.



Padheyam

The NSS units of Sivagiri Sree Narayana College distributed food packets named PADHEYAM for in -patients and bystanders of Varkala Taluk Hospital. Volunteers distributed common food packet brought from their homes. Dr. Anil, Superintendent of the hospital received and distributed the food packets.



വർക്കല ശിവഗിരി ശ്രീനാരായണ കോളേജിലെ എൻ.എസ്.എസ് യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ താലൂക്ക് ആശുപത്രിയിലേയ്ക്കുള്ള പൊതിച്ചോർ സമാഹരണത്തിന്റെ ഉദ്ദേശ്യം പ്രിൻസിപ്പൽ ഡോ.കെ.സി. പ്രീത നിർവഹിക്കുന്നു. അജി. എസ്.ആർ.എം. ഡോ.എം.കുഞ്ഞാമൻ എന്നിവർ സമീപം.

ഭക്ഷണപ്പൊതികളുമായി വർക്കല ശിവഗിരി ശ്രീനാരായണ കോളേജ്

വർക്കല: വർക്കല താലൂക്ക് ആശുപത്രിയിലെ കിടപ്പു രോഗികൾക്കും കുട്ടിരിപ്പുകാർക്കും ശിവഗിരി ശ്രീ നാരായണ കോളേജിലെ എൻ.എസ്.എസ് വോളന്റിയേഴ്സ് ഉച്ചഭക്ഷണപ്പൊതികൾ വിതരണം ചെയ്തു. വോളന്റിയേഴ്സ് അവരവരുടെ വീടുകളിൽ നിന്നും കൊണ്ടുവന്ന പൊതിച്ചോറുകളാണ് വിതരണം ചെയ്തത്. പൊതിച്ചോർ സമാഹരണത്തിന്റെ ഉദ്ദേശ്യം പ്രിൻസിപ്പൽ ഡോ.കെ.സി. പ്രീത നിർവഹിച്ചു.

എസ്.എൻ. ട്രസ്റ്റ് എക്സിക്യൂട്ടീവ് അംഗം അജി.എസ്.ആർ.എം. ടാറ്റാ ഐ.എസ്.എസ് മുൻ പ്രൊഫ. ഡോ.എം. കുഞ്ഞാമൻ, ഡോ. എ

സ്. സോജ, ഡോ. വിനോദ് സി. സുഗതൻ, ഡോ. ബബിത ജി.എസ്, തുടങ്ങിയവർ ചടങ്ങിൽ പങ്കെടുത്തു. ആശുപത്രിയിലെത്തിച്ച പൊതിച്ചോറുകൾ സുപ്രണ്ട് ഡോ. അനിൽ ഏറ്റുവാങ്ങി വിതരണം ചെയ്തു. വോളന്റിയർമാരായ അർജുൻ, ദിപിൻ, രേഖ, സംഗമി, ജി.ആർ, അനൂൽ, അർജുൻ രാം മോഹൻ, അനൂൽ, ഐശ്വര്യ അഭിൻ, രാഹുൽ ആര്യ, ശ്രദ്ധ, റിഷ്യ, പ്രതീക്ഷ എന്നിവർ നേതൃത്വം നൽകി. മാസത്തിൽ രണ്ടു ദിവസം തുടർന്നും പൊതിച്ചോറുകൾ സമാഹരിച്ചു നൽകുമെന്ന് പ്രോഗ്രാം ഓഫീസർമാരായ പി.കെ.സുരേഷും സി.എൽ വിനസും അറിയിച്ചു.



International day for the elimination of violence against women/orange day celebrations

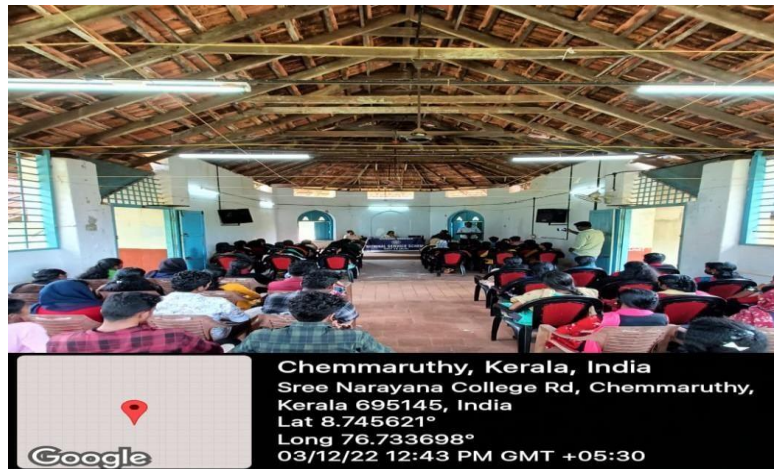
The United Nations general assembly has designated November 25th as the international day for the elimination of violence against women. The NSS Units of our college in association with ICDS Varkala presented a flashmob in Varkala Maithanam. The programme was inaugurated by Sri. S. Abhilash, Sub Inspector of Police Varkala,



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International day of people with disability

Every year December 3rd is observed as global day of disabilities with the aim of protecting the rights and welfare of persons with disabilities in all sectors society. As part of the day, the NSS units visited the blind school, Sivagiri, Varkala and interacted with the children and presented cultural programmes. Headmaster Sri. John Thomas delivery welcome speech. Teachers of the school Sri. delivered felicitations.



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“We care” participation

“We care” is a project jointly implemented by Kerala Government, State NSS Cell and Kerala University. This was a fundraising programme aimed at helping those who are suffering from severe diseases and palliative care patients in the community. NSS unit of our college participated in this project. Rs3000/- (Three thousand rupees only) paid to Kerala state security mission Account no.30809533211 in SBI Cherunniyur, Varkala Branch.

DEPOSIT / PAY IN SLIP

SBI Date : 07/12/2022

Branch :
SB/CA/RD/OD/CC/TJ/DLA/c No./Credit Card No.

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Name Kerala Social Security Mission
Tel. No. 9895262736

Amount 3000 P.
Rupees in words Three thousand only

Cash/Cheque No./Date & Name of Bank & Branch

07 DEC 2022	
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Total 68398570 / GOPAKUMAR P
SWO / Passing Officer 68398570 free 24 Hours Call Centre No. 18004253800, 1800112211




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Affability tuition

National service scheme units of Sivagiri Sree Narayana College have resumed free tuition for socially and economically disadvantaged children. The NSS unit to have been providing free tuition to the socially and economically backward children of Kanwasramam, 10th ward of Varkala municipality for years. The resumption of tuition classes was inaugurated by Dr. Sajesh Sasidharan, Superintendent of Examinations and Head of department of Physics. And the inauguration was done by providing study materials.



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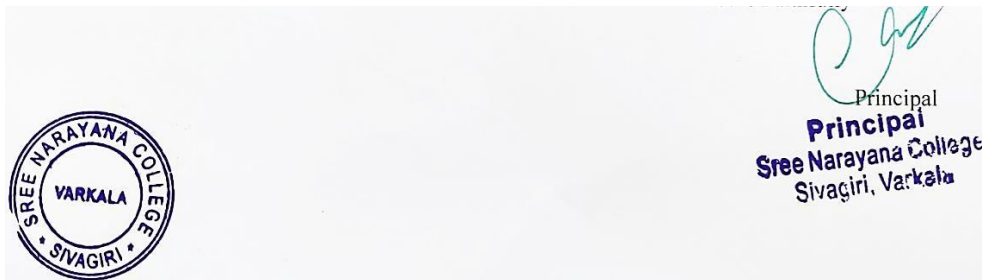
National Energy Conservation Day

The National energy conservation day is being celebrated every year on December 14th since 1991.

As part of the national energy conservation day celebration, the students of Sivagiri Sree Narayana College took energy conservation pledge under the auspices of National Service Scheme units.

School Adoption

The NSS Units of our college has adopted Kaikkara Asan Memmorial School in Thiruvananthapuram district. The aim of the adoption is to provide assistance within the operational limits of the NSS units.



Green army for Sivagiri Theerthadanam

Sivagiri is a world renowned pilgrim Centre. The Samadhi Mandir of Sree Narayana Guru Dev is at Sivagiri. Sivagiri pilgrimage is on 30th December and 31st December and January 1st every year. During the Sivagiri Pilgrimage the NSS volunteers of the college has served as green army.



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Scrap collection and medical assistance

An 11 year old boy, Abi of Abi Bhavan, Cherukunnam, Ward No.13, Varkala Municipality was diagnosed with blood cancer. He belonged to a socially and economically backward family. An amount of rupees 30,710/- was raised by the NSS Vounteers and the collected amount was transferred on 16th January 2023.




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Sivagiri, Varkala

Health camp and distribution of health cards

A Health camp for students was organized by NSS Unit in association with Taluk Hospital, Varkala at the College on 19th January 2023 at 10.00am. The main aim of the camp was to understand the general health conditions of students. The Programme was inaugurated by Dr. Anil (Superintendent, Taluk Hospital Varkala) and presided over by Dr. K.C. Preetha (Principal)



Principal
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Sivagiri, Varkala

World cancer day

World cancer day is an international day marked on 4th February to raise awareness of cancer and to encourage its prevention, detection and treatment. An awareness class was organised under the NSS units as part of this year's cancer day. The RMO Dr. Anchu Mariam George at Varkala Taluk Hospital conducted the class. Programme officer Mrs. Veenas CL delivered welcome speech and volunteer Syed Ali gave vote of thanks.



Principal
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 Sivagiri, Varkala

Nature Camp

Nature study camp is a project implemented by State Forest Department for students, forest conservation committee workers and organizations. The NSS units of our college attended a Nature Camp at Thenmala wildlife sanctuary for 3 days. Divisional forest officer Sri.S.Ani, Deputy Forest range officer Sri Santhosh Kumar, Forest officers Sri Subramanian and Smt. Sudha led the classes.



**ASAADSENA -
TRAINING**

22/02/2023



DISTRICT

The state
to form

government has Instructed
ASAADSENA under the

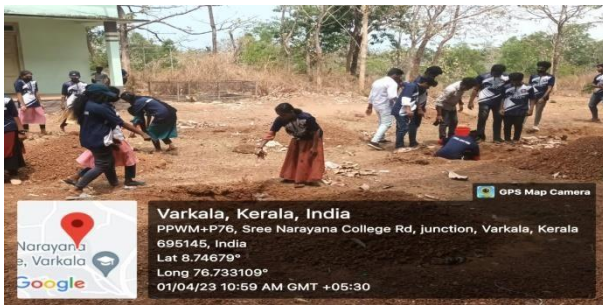
leadership of the state NSS cell to carry out antidrug operations in school and college campuses. Accordingly, State level training was conducted in Thrissur. Training for programme officers of NSS units in Thiruvananthapuram district was organized at LBS Institute of Technology for women, Pujapura on 22nd February 2023 at 10:00 a.m. Sri PK Sumesh, programme officer represented the NSS units of Sivagiri Sree Narayana College in the programme.



Banana plantation

Banana is a commonly found plant that bears edible fruit. All parts of Banana are useful. Different varieties of bananas are commonly used for cultivation. Banana is native to South East Asia, it is widely

cultivated in tropical regions. Banana plantation was established a year ago under the auspices of the NSS units of our college. Inauguration of the second banana plantation took place on 23 February 2023. SN trust executive member Sri.AjiSRM inaugurated the event.



Principal
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Gender sensitization seminar

NSS units of Sivagiri Sree Narayana College and ICDS of Varkala additional Municipality jointly organised a seminar on the topic “*Lingavabodham*” / “*Gender Awareness*” on 27th February 2023. The programme was inaugurated by Sri. K.M. Laji Chairman of Varkala Municipality.



Palliative care confluence

NSS units of SN College Varkala in collaboration with Varkala Taluk hospital organised palliative care confluence. The Palliative club of the NSS units of the college has about 16 palliative patients from about 14 households in Varkala municipality as members. A meeting of them and other palliative patients of Varkala Municipality limit was organised. Varkala Municipal Chairman Mr. K.M.Laji inaugurated the programme. Taluk hospital superintended Dr. Anil presided the function. RMO Dr. Anju Mariyam George, Taluk Ayurvedic Hospital superintend Dr Shyama, NSS programme officer Sri. P.K.Sumesh etc. delivered felicitations.



Principal
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Sivagiri, Varkala

international womens day celebrations

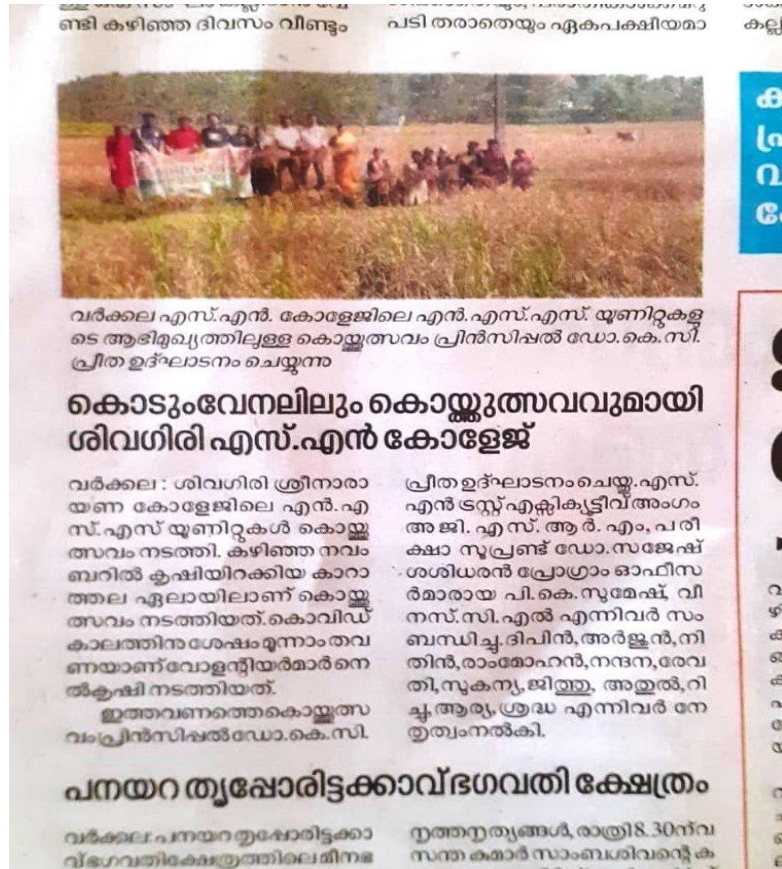
As part of International Womens day, the NSS Units of Sivagiri Sree Narayana College in collaboration with ICDS Varkala Additional presented a street play at Varkala Maithanam. The programme was inaugurated by Varkala Sub Inspector of Police Sri. L.Abhishek.



Principal
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Sivagiri, Varkala

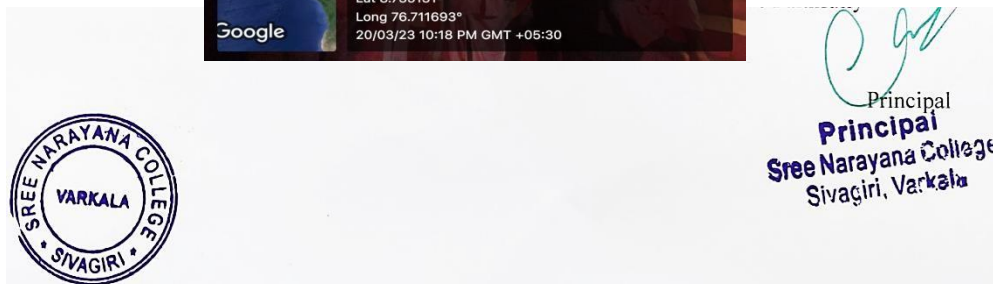
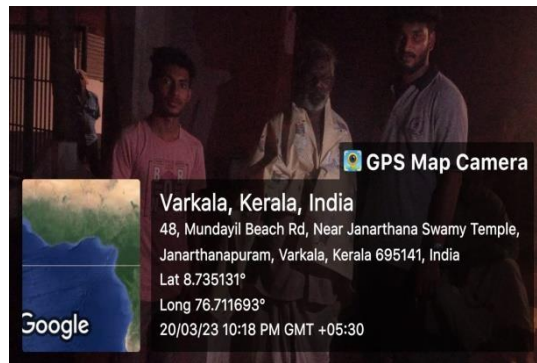
Harvest fest

The NSS unit of our college with the help of Cherunniyoor Krishi Bhavan, was doing cultivation on paddy lands. The harvest festival of “Mundakan Krishi” which is a part of the cultivation was done on 14th March 2023. The harvest fest was inaugurated by Principal Dr. KC Preetha.



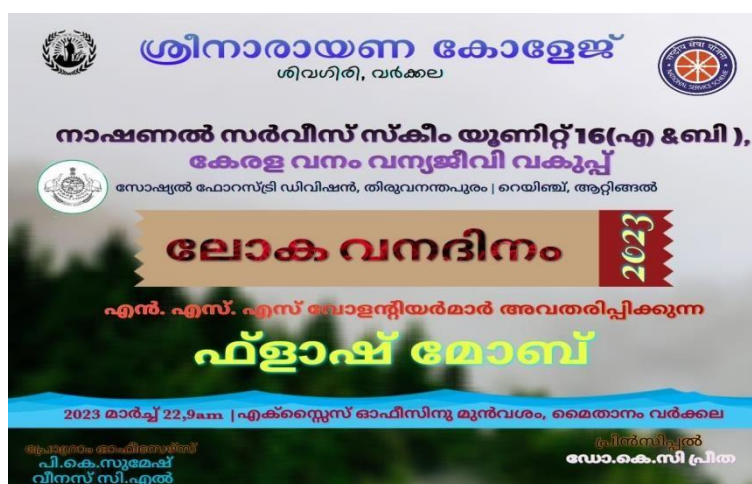
Snehathalpam

SNEHATHALPAM is a programme to provide bed sheets to rough sleepers under the auspices of the NSS Units of Sivagiri, Sree Narayana College. Bed sheets were given to those who ended up sleeping on the street in Varkala and surrounding areas. Varkala Police Circle Inspector Sri.S. Sanoj inaugurated the programme.



World forest day

As part of world forest day 2023 celebrations, the NSS units of Sivagiri Sree Narayana College, presented a flash mob as per the instructions of Forest Department on Wednesday 22nd March 2023 at 9:00 a.m. at Varkala railway station. Before the presentation of flash mob, Forest Ranger officer Mr.G Shaji, Forest officers Mr. Shaiju and Mr Shajahan made people aware about forestday. Programme officer P.K. Sumesh delivered welcome speech and Smt. Veenas CL gave vote of thanks.



Principal
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Sree Narayana College
Sivagiri, Varkala

The NSS units of our college organized a blood donation camp on 23rd March 2023. Principal. Dr. K.C. Preetha inaugurated the camp. Adv. S. Sureshkumar, Judge Family Court Attingal, Dr. L. Preetha Krishna, IQAC Coordinator, Dr. G.S. Babitha, Senate Member, Sri. V. George Paul (Sree Chithra Institute of Medical Sciences and Technology), Dr. Pungesh Patel, Dr. Vinod. C. Sugathan, Dr. Leji, Dr. Sajesh Sasidharan, Dr. Sajith etc. delivered facilitations. Programme Officer Sri. P.K. Sumesh delivered welcome speech and Programme Officer Smt. C.L. Veenas gave vote of thanks. Volunteers Dipin, Arjun, Arathy, Revathy, Sukanya, Gokul, Kiran, Sonanth, Athul, Anamika led the programme.



SREE NARAYANA COLLEGE

SIVAGIRIVARKALA

NATIONAL SERVICE SCHEME UNIT 16 (A&B),



NATIONAL CADET CORPS,
DEPARTMENT OF ZOOLOGY



in association with

SREE CHITRA TIRUNAL INSTITUTE FOR MEDICAL



SCIENCES AND TECHNOLOGY,

All Kerala Blood Donors Society (KEBS)



BLOOD DONATION CAMP

Inauguration : **Dr. K C PREETHA**
(PRINCIPAL)

In presence of : **AJI S.R.M**
(SN TRUST EXECUTIVE MEMBER)



Dr. BINUSHMARAJU
Department of zoology

NCC OFFICER
Dr.RINKU BABU

NSS Programme Officers
P.K.SUMESH
VEENAS C.L

Principal
Dr.K.C. PREETHA



രക്തദാനക്യാമ്പ് സംഘടിപ്പിച്ചു

വർക്കല: ശിവഗിരി ശ്രീനാരായണ കോളേജിലെ എൻ.എസ്.എസ് യൂണിറ്റുകൾ, എൻ.സി.സി, സുവോളജി വിഭാഗങ്ങൾ, കെ.ഇ.ബി.എസ് എന്നിവയുടെ സംയുക്ത നേതൃത്വത്തിൽ തിരുവനന്തപുരം ശ്രീചിത്തിരതിരുനാൾ ഇൻസ്റ്റിറ്റ്യൂട്ട് ഫോർ മെഡിക്കൽ സയൻസ് ആൻഡ് ടെക്നോളജി യുടെ സഹായത്തോടെ രക്തദാനക്യാമ്പ് സംഘടിപ്പിച്ചു.

പ്രിൻസിപ്പൽ ഡോ. കെ.സി.പ്രിയ ക്യാമ്പ് ഉദ്ഘാടനം ചെയ്തു. ആദ്യത്തെ ഹാജരിലേക്കോടതി ജഡ്ജി എസ്.സുരേഷ്കുമാർ, ഐക്യ എൻസി.കോ-ഓർഡിനേറ്റർ ഡോ.പ്രിയകൃഷ്ണ സേന, റൂപം ഡോ.ജി.എസ്.ബബിത, ശ്രീചിത്ര ഇൻസ്റ്റിറ്റ്യൂട്ടിലെ ജ്യേഷ്ഠബോം എം.എസ്.ഡബ്ലിയു



ശിവഗിരി ശ്രീനാരായണ കോളേജിൽ സംഘടിപ്പിച്ച രക്തദാനക്യാമ്പിന്റെ ഉദ്ഘാടനം പ്രിൻസിപ്പൽ ഡോ.കെ.സി.പ്രിയ നിർവഹിക്കുന്നു

ബി ജോർജ്ജ് ഫോൾ, ഡോ.പൂജേഷ് പട്ടേൽ, ഡോ.വിനോദ്, സി.സുഗതൻ, ഡോ.ലലജി, ഡോ.സജേഷ് ശശിധരൻ, ഡോ.സജിത്ത്, എസ്. ജെ.ശശി തുടങ്ങിയവർ സംസാരിച്ചു. പ്രോഗ്രാം ഓഫീസർ പി.കെ.സുരേഷ് സ്വാഗതവും വിനയം

സി.എൽ നന്ദിയും പറഞ്ഞു. ദിപിൻ, അർജുൻ, ആരതി, രേഖതി, സുകന്യ, ഗോകുൽ, കിരൺ, സോനന്ദ്, എൻ.സി.സി കോഡുമാരായ ജിത്തു, റിച്ച്, അരുൺ, സഞ്ജയ്, ശ്രദ്ധ, നന്ദന, നേഹ എന്നിവർ നേതൃത്വം നൽകി.

വാമനപുരം ശാഖ വർഷികം

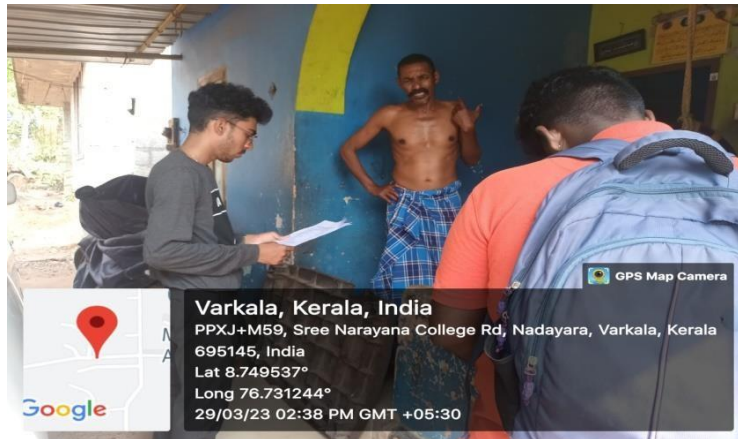
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Principal
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Sivagiri, Varkala

Family Survey

The NSS units of our college has conducted a survey in the adopted village. The survey was conducted to know the persons between 15 and 29 years of age who have no formal education and no permanent job.



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Thanneerkudam

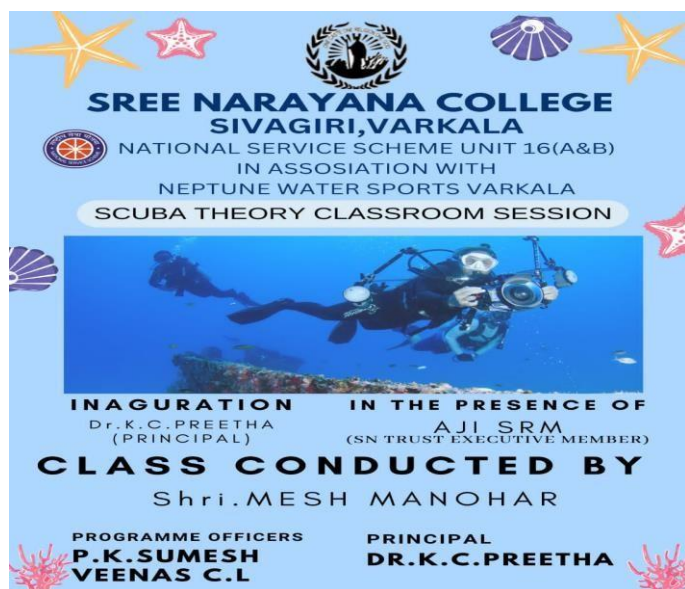
THANNEER KUDAM is a project of the NSS unit. This is to provide thirsty water to birds and insects that are suffering from lack of water in Summer. This is done by pouring fresh water in earthen pots/mud pots and hanging them on tree branches and other places. As soon as the water runs out, it will be refilled again and again. The programme was inaugurated by Principal Dr. K.C Preetha.

Turmeric Cultivation

Turmeric is a plant belonging to the Ginger family. A lot of research is being done on the curative properties of turmeric, which is used in some medicines and as an antiseptic in Ayurveda. Curcumin, a substance found in turmeric has been shown to have anti cancer properties. Turmeric is used in many ceremonies and rituals in India. As a part of various agricultural projects conducted by the NSS units of the college, preparation of Manjal plantation took place on 2nd April 2023.

Scuba theory classroom session 08/05/2023

The national service scheme units of Sivagiri Sree Narayana College organised scuba theory classroom session in association with Varkala water sports. The programme was inaugurated by principal Dr. K.C Preetha. The Scuba School of International Director Mr. Mesh Manohar conducted the class theory classes using water sports documents were held. Programme officer Sri. P.K.Sumesh presided over the programme.



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Vidyavanam project

Vidyavanam project was implemented as part of the environment day celebrations on 5th June 2022. Then, in collaboration with the social forestry division of the Forest Department, an application was made for sanctioning the “VIDYAVANAM” project. The above mentioned application was accepted by the forest department and the activities were implemented. Vakala MLA Adv.V.Joy, inaugurated the completed „Vidyavanam” project.



Principal
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Sivagiri, Varkala

Toys for school

NSS Units of our College in collaboration with SN Trust Management provided toys to children in the pre-primary section of Kaikkara Asan Memorial government school. The units had adopted the above mentioned school in December 2022. Headmistress Smt.S.Asa received the toys.

ആശാൻ മെമ്മോറിയൽ ഗവ.എൽ.പി സ്കൂളിന് കളിപ്പാട്ടങ്ങൾ കൈമാറി

വർക്കല: ശിവഗിരി ശ്രീനാരായണ കോളേജിലെ എൻ.എസ്.എസ് യൂണിറ്റുകളുടെ നേതൃത്വത്തിൽ എസ്.എൻ ട്രസ്റ്റ് മാനേജ്മെന്റിന്റെ സഹകരണത്തോടെ കായിക്കര ആശാൻ മെമ്മോറിയൽ ഗവ.എൽ.പി സ്കൂളിലെ പ്രിൻസിപ്പൽ വിഭാഗത്തിലെ കുട്ടികൾക്ക് കളിപ്പാട്ടങ്ങൾ നൽകി.

എൻ.എസ്.എസ് യൂണിറ്റുകൾ നടത്തുന്ന പ്രോജക്ടുകൾക്ക് കഴിഞ്ഞ ഡിസംബറിൽ സ്കൂളിനെ അഡോപ്റ്റ് ചെയ്തിരുന്നു. അതിന്റെ തുടർച്ചയായാണ് കളിക്കാപ്പുകൾ നൽകിയത്. പ്രിൻസിപ്പൽ ഇൻ ചാർജ്ജ് ഡോ.വിനോദ് സി. സുഗതൻ പരിപാടികളുടെ ഉദ്ഘാടനം നിർവ്വഹിച്ചു. ഹെഡ്മിസ്ട്രസ് എസ്.ആശ കളിപ്പാട്ടങ്ങൾ ഏറ്റെടുത്തിട്ടുണ്ട്. എസ്.എൻ ട്രസ്റ്റ് എക്സിക്യൂട്ടീവ് കമ്മിറ്റി അംഗം അജി.എസ്.ആർ.എം. ഐ. കൃഷ്ണ എസി



ശിവഗിരി ശ്രീനാരായണ കോളേജിലെ എൻ.എസ്.എസ് യൂണിറ്റുകളുടെ ആഭിമുഖ്യത്തിൽ കായിക്കര ആശാൻ സ്റ്റാറുക എൽ.പി സ്കൂളിന് വേണ്ടി സമാഹരിച്ച കളിപ്പാട്ടങ്ങൾ പ്രിൻസിപ്പൽ ഇൻ ചാർജ്ജ് വിനോദ് സി. സുഗതൻ, ഹെഡ്മിസ്ട്രസ് എസ്.ആശയ്ക്ക് കൈമാറുന്നു. അജി.എസ്.ആർ.എം തുടങ്ങിയവർ സമീപം

കോ-ഓർഡിനേറ്റർ പ്രീതകൃഷ്ണ, ഡോ.സജേഷ് ശശിധരൻ, പി.ടി.എ വൈസ് പ്രസിഡന്റും പൂർവ്വികാർത്ഥി സംഘടനാ സെക്രട്ടറിയുമായ ജി.ശിവകുമാർ, പി.ടി.എ പ്രസിഡന്റ് സജി, ഗീതാലക്ഷ്മി, സരിത എന്നിവർ സംസാരിച്ചു.


പ്രോഗ്രാം ഓഫീസർമാരായ പി.കെ.സുമേഷ്, വിനസ്.സി.എൽ, വോളന്റിയർമാരായ ദിപിൻ, അർജ്ജുൻ, അരുൺ, സഞ്ജയ്, റിഷി, നന്ദന, രാഹുൽ, അനന്തകൃഷ്ണ, അഭിജിത്ത് തുടങ്ങിയവർ പരിപാടികൾക്ക് നേതൃത്വം നൽകി.



Toilet construction

A toilet was constructed and provided under the auspices of the NSS Units of Sivagiri Sree Narayana College. The toilet was provided to a family consisting of a differently abled child and a woman suffering from cancer disease in the adopted village within the functional area of the NSS units. The beneficiaries are Sri. M. Shaheer, son of Mujeeb Rahman, and Shamsimol and Ashiya beevi grandmother of Shaheer Kunnil puthenveedu , Ward No:10, Kanwasramam, Varkala, Municipality.

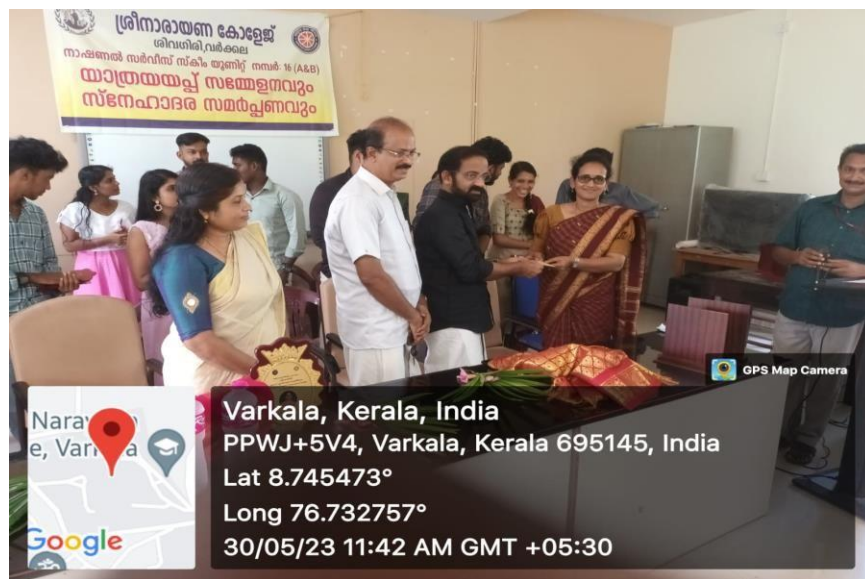



Principal
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Treatment assistance

30/05/2023

Sri.P. Suresh (K.G Nivas, Punnamud, Varkala) is an alumini of Sivagiri Sree Narayana College. He was suffering from liver disease and he was under treatment. But a few months ago the disease worsened and the doctors advised him to undergo liver transplant. He was facing a lot of difficulty as the treatment required a huge amount of money .The NSS units of Sivagiri Sree Narayana College raised funds for the treatment. It was decided to give 10500/- rupees collected by selling the paddy obtained through the cultivation of barren land. The mentioned amount was handover to Sri. Aji SRM for Sri. P. Suresh in a function on 30th May2023 in college Conference Hall.



World oceans day

The Dept. of Zoology, NCC, NSS of S.N College Varkala had celebrated Ocean day at 8th June 2022 at Varkala Beach. _____

The programme was held on 8th June at Varkala Beach. A total of 30 cadets took part in the programme. The inauguration was done by Respected MLA Adv. V. Joy, which was followed by the felicitation given by Varkala Municipal Chairman Sri. K. M Laji , Dr. K. C Preetha, Principal of our college, Ms.Preethi. S , Asst.Professor , Dept. of Zoology. Vote of thanks was given by Dr. Binushma Raju.



Principal
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Fire safety training

The NCC unit of S.N College Varkala which is under the 1K BN took part in the fire and safety class which was held in the BPM Model school, Ottur at 15th June, 2022. The class was given by the 4BN NDRF Arakkonam. A total of 31 cadets took part in the programme.

They also give demo on how to rescue a person in case if he/she is seriously injured. The basic first aids which should be given for the victims were also lectured during the session. A practical session were also given for the cadets. Our cadets were able to perform the rescue measures which was told by them.




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International yoga day

This year the yoga day celebration were held at the Helipad ground, Varkala Cliff which was organized by the NCC Unit of S.N College Sivagiri ,Varkala. The celebration was conducted on 21st June . Around 102 NCC Cadets took part in this session. The welcome speech was given by the honourable AO of 1(K) BN NCC Varkala , Lt.Col. Jayaprakash ,who emphasize the importance of yoga and physical exercise in daily life. The inauguration was done by respected MLA, Adv.V.Joy. Felicitation was given by respected Varkala Municipal Chairman K.M Laji, Dr Hari kumar from Naturopathy centre and Brahmakumaris Saranya. At last the vote of thanks was given by our NCC Officer of S.N College Dr. Rinku Babu. The experts from Bhramakumaris performed several Asanas. They also performed standing and sitting asanas.



Principal
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Sivagiri, Varkala

Yoga day

Yoga is a powerful tool for individuals, communities and countries to improve both mental and physical health. The theme for International Day of Yoga 2022 is —Yoga for humanity. NCC in coordination with NSS of SN College Varkala organized a programme related to yoga day on 28th June in the college auditorium at 3:30 pm. The Chief guest of the programme was Sri Anuvind T.V. After the inauguration a yoga session was conducted by the chief guest Sri.Anuvind.T.V .Many asanas of yoga were practiced in the programme . About 50 cadets participated in the programme.



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Sivagiri, Varkala


Puneet sagar abhiyan-1

Puneet Sagar Abhiyan is a national wide programme introduced by NCC .The main aim of the Puneet Sagar Abhiyan is to clean sea shores or beaches and other water bodies including rivers and lakes to increase awareness among the local population about the importance of keeping the sea shores clean.

The NCC Unit of SN College Sivagiri Varkala under 1(K)Bn organized the Puneet Sagar Abhiyan on the 21st july 2022 at Papanasam Beach. The inauguration was done by honourable Commanding Officer Col.Manoj Kumar.

After the inaugural programmes, the cadets were directed to clean the sea shore. The Cadet were provided with safety gears. The cadets collected various non-biodegradable materials including plastic from the sea shore. The collected waste materials were handed over to Haritha Karma Sena. PI staffs gave guidelines for the cadets. A flashmob was performed by the SW cadets.




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Sivagiri, Varkala

Har ghar tiranga

In the occasion of the 75th Independence Day, the NCC unit of SN College Varkala which is under 1(K) BN conducted a flag distribution programme. The programme was under the tagline 'Har Ghar Thiranga'.

The programme was conducted at 13th August 2022 at 12 noon. The main aim of the programme was to distribute flags on the nearby houses and make people aware and develop patriotism among them.

About 30 flags were distributed among the local peoples. As part of the programme we visited so many houses and was able to distribute the flags. A total of 20 cadets participated in this programme.



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Sivagiri, Varkala

Independence day

The 76th Independence Day was celebrated by the NCC Unit of SN College Varkala which is under the 1(K)BN of K & L Directorate. The programme was conducted on 15th August 2022 by 9'o clock. The Commanding Officer of 1(K)BN NCC Varkala Col.Manoj Kumar was the chief guest of the day. After the inauguration all the cadets conducted a road rally from the college gate to the palachira. The main aim of the road rally was to make people remember the tolerance faced by our great leaders of freedom fight and the importance of developing patriotism.



Puneet sagar abhiyan-2

Puneet Sagar Abhiyan is a nationwide programme introduced by NCC. The main aim of the Puneet Sagar Abhiyan is to clean sea shores, beaches and other water bodies including rivers and lakes from plastic and other waste and to increase awareness among the local population about the importance of keeping the sea shores and the river fronts clean.

The NCC Unit of SN College Sivagiri Varkala under 1(K)BN organized the Puneet Sagar Abhiyan on the 19th September 2022 at Papanasam Beach. The inauguration was done by honourable Varkala Municipal Chairman K.M Laji.

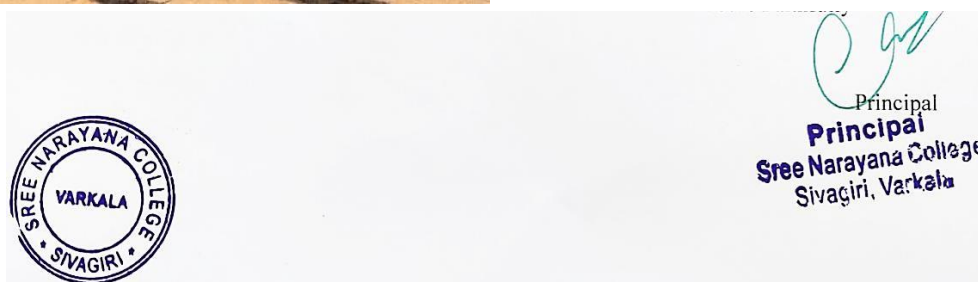
After the inaugural programmes, the cadets were directed to clean the sea shore. The Cadet were provided with safety gears. The cadets collected various non-biodegradable materials including plastic from the sea shore. The collected waste materials were handed over to Haritha Karma Sena. PI staffs gave guidelines for the cadets. A flash mob was performed by the SW cadets.



Puneet sagar abhiyan-3

The NCC Unit of SN College Sivagiri Varkala under 1(K)BN organized the Puneet Sagar Abhiyan on the 24th September 2022 at Papanasam Beach. The programme started at 8.30am with a prayer by Cadet Akhila which was followed by the welcome speech by NCC Officer Dr. Rinku Babu. The inauguration was done by respected MLA Adv. V Joy. Felicitation was given by Sri.Aji SRM (S.N Trust Executive Member), G.Sivakumar (PTA Vice President). Vote of thanks was given by Cadet Amitha.S.

After the inaugural programmes, the cadets were directed to clean the sea shore. The Cadet were provided with safety gears. The cadets collected various non-biodegradable materials including plastic from the sea shore. The collected waste materials were handed over to Haritha Karma Sena. PI staffs gave guidelines for the cadets. A flashmob was performed by the SW cadets.



Gandhi Jayanti celebration

India celebrated the 153rd Gandhi Jayanti on 2nd October 2022. The NCC cadets of S.N College Varkala also celebrated this day to commemorate the birth anniversary in the College auditorium at 8.30 am. Our Honourable principal Dr. K.C Preetha inaugurated the function by lighting the lamp. SN Trust Executive Member and RDC Convenor Sri. Aji S.R.M, PTA Vice President and FSA Secretary G.Sivakumar, A speech of the importance of Gandhism and Gandhian values were delivered by Cadet Neha.

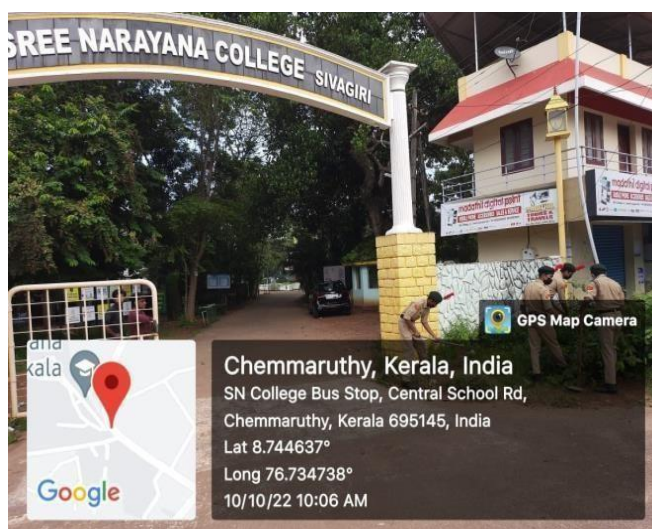
A quiz competition was conducted in association with NSS on the topic 'Life of Gandhi'. Cadet Neha won the first prize. Cadet Thasna won the second prize and cadet Devika Udayakumar won third prize. After the inaugural section the cadets took Part to clean the college campus and the surrounding area of NCC Office and flagpole. Total 95 cadets took part in the programme and it was completed within 1 hour.




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Swachhta pakhwada

Swachh Bharat Abhiyan is a mission led by our government to make India a clean India. The NCC unit of our college conducted a programme under the tagline Swachhta Pakhwada. It was a 15 days programme. The programme started from 10th October 2022 to 25th October 2022. A total of 53 cadets took initiative to clean the college campus and surroundings. For continuous 15 days almost all cadets cleaned the college campus completely. The cadets were able to spread the awareness about a clean surroundings by displaying banners and showcasing the aim of clean India.



Blood donation

Blood donation is a voluntary procedure that can help save lives. One donation can save upto 3 lives. The NCC Unit of SN College Varkala which under 1(K)Bn NCC organized a Blood donation on November 28, 2022 at Govt. Medical College, Paripally. It is a part of social service programme. The programme was organized as part of the 74th NCC raising day. The programme was begun at 10 am. A total of 45 Cadets were part of the programme. Dr. Shaji.S, MBBS, MD of Medical college delivered a few words about the importance of blood donation and transfusion.



Snehavirunnu

Sharing of food is happiness. A good relationship can be developed between our colleagues by sharing. That is why the NCC Unit of SN College Varkala which is under 1(K)Bn decided to share our food within our colleagues. The main aim of this programme was sharing is caring.

The programme was organized by the NCC cadets of all 3 years of our College. The programme was named as 'Snehavirunnu'. It was held on SN College Varkala at 12.30pm. The cadets were informed to bring their lunch and it was exchanged between other cadets. They started sharing their food with all other. Mixed emotions were reflected on the eyes of each and every cadets.




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Sivagiri, Varkala

Goal challenge

As part of Gandhi jayanthi, Govt. of Kerala decided to conduct programmes under the campaign 'Laharimuktha Keralam'. It was celebrated from October 2 to January 26. Various programmes were conducted related to drug and its causes. Drug abuse may lead to social, physical, emotional, and job-related problems.

The NCC unit of SN college Varkala which is under 1(K)BN organized a programme named goal challenge during the Fifa world cup 2022. The programme was held on Dec 16 2022 at College volley ball court area. The programme was in association with NSS unit and Department of Physical Education of our college. Many students, teachers, faculty members and cadets participated in the programme.



Puneet sagar abhiyan-4

Puneet Sagar Abhiyan is a national wide programme introduced by NCC. The main aim of the Puneet Sagar Abhiyan is to clean sea shores, beaches and other water bodies including rivers and lakes plastic and other waste and to increase awareness among the local population about the importance of keeping the sea shores and the river fronts clean. The NCC Unit of SN College Sivagiri Varkala under 1(K)BN organized the Puneet Sagar Abhiyan on the 6th Jan 2023 at Papanasam Beach. The programme started at 8.30am with a prayer by Cadet Sandra which was followed by the welcome speech by NCC Officer Dr. Rinku Babu. The inauguration was done by honourable Varkala Muncipal Chairman K.M Laji. After the inaugural programmes, the cadets were directed to clean the sea shore. The Cadet were provided with safety gears. The cadets collected various non-biodegradable materials including plastic from the sea shore. The collected waste materials were handed over to Haritha Karma Sena. PI staffs gave guidelines for the cadets. A flashmob was performed by the SW cadets.




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Food distribution

Our country has a wide range of people who faces lack of food. About 50% of overall population in our country is Below poverty line. There are lot of people who doesn't have any way to afford food for their family. It is believed that Giving food to the starving stomach is divine than anything. The NCC Unit of SN College Varkala which is under the 1(k)Bn decided to distribute food packets to the needy.

As part of it , a programme was organized by the cadets on March 21,2023 at college premises. The programme was under the tagline 'Vishapp Rehitha Varkala'.The cadets informed the students and other faculties to bring food packets by 9:00 am. Around 200 food packets were collected from college. Respected principal Dr.K.C.Preetha and RD convenor and SN Trust executive member Sri.Aji.S.R.M and other faculty members were present of the inaugural section.The NCC officer Dr. Rinku Babu welcomed everyone to the programme. He handed over a packet of food to the principal and to Aji.S.R.M. Cadet Neha was assigned to give a vote of thanks to everyone gathered.

The food packets were distributed at Govt.Hospital Varkala .



Blood donation

Blood donation is an act of donating healthy blood to needy people. Due to excessive loss of blood, a person may die. Therefore, we can say that blood donation is an act of saving lives. Donating blood is a divine process. The Department of Zoology of SN college Varkala organized a blood donation on March 23, 2023 at College premises. The program was in association with NCC unit and NSS unit of our college.

A total of 30 cadets were part of the program. The support and cooperation of NSS volunteers also helped us so much.

Many faculty members, cadets and NSS volunteers took part in this activity with great enthusiasm. The college authorities, other faculty members were very much supportive. All Covid protocols and medical requirements were taken before and after the programme. The programme ended up at 12:30 PM. The support and guidance we get from the medical officers of Govt. Medical College, Paripally makes the programme much more better.

