
**SREE NARAYANA COLLEGE,
SIVAGIRI VARKALA**

NATIONAL SERVICE SCHEME

UNIT NO-16(AB)

ANNUAL REPORT 2019-2020

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 Kozhencherry and programme Co-coordinator Smt.Lekshmi. S.Dharan, Assistant Professor, Sree Narayana College Varkala were also part of this occasion.

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

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

<p>Prayer : Welcome : Dr. Praveen S S (Chief Co-ordinator, ICCD-2019) Presidential Address : Dr.Reji Sreenivas (Scientist, National Centre for Earth Science Studies, Government of India, Thiruvananthapuram) Inauguration : Shri. V Sasi (Honourable, Deputy Speaker, Kerala Legislative Assembly) Logo Presentation : Shri. Anu S Nair (Deputy Collector Thiruvananthapuram & Chief Executive Officer, District Disaster Management Authority) Felicitations : Prof. A Joly (Principal, S N College Varkala) Mr. Raphael (Member, Kadinamkulam Panchayat) Vote of Thanks : Prof. Lekshmi S Dharan (Co-Cordinator & Programme Officer, NSS, SN College, Varkala) National Anthem</p>	 <p>INTERNATIONAL COASTAL CLEANUP DAY – 2019 CLEAN SEAS CAMPAIGN 21st SEPTEMBER 2019 Kazhakuttom-Perumathura Coastal Stretch</p> <p>Sir/Madam</p> <p>As part of the International Coastal Clean-up Day' 2019 (ICCD-19), The National Centre for Coastal Research (NCCR), Ministry of Earth Sciences (MoES), Government of India, Chennai is conducting coastal clean-up campaign on 21st September 2019. The clean-up activity would be conducted along 30 beaches along the Indian coast on the focal theme "Coastal Clean Seas Campaign". The clean-up drive in Thiruvananthapuram is being conducted along the Kazhakuttom-Perumathura Coastal Stretch with the support and co-ordination of NSS Unit of Sree Narayana College, Varkala. Honourable Deputy Speaker of Kerala Legislative Assembly, Shri V Sasi has kindly agreed to inaugurate the programme. The Presentation of ICCD –Logo will be done by Shri Anu S Nair, Hon. Deputy Collector of Thiruvananthapuram. Co-cordially welcoming you all to this cleaning initiative aimed for generating a greener tomorrow.</p> <p>Dr Praveen S S (Chief Coordinator, ICCD-19) Prof. Lekshmi S Dharan (Co-coordinator, ICCD-19)</p> <p>TIME: 7.30 AM VENUE: KAZHAKUTTOM ARATTUVAZHI BEACH</p>
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ആർഎസ്എസുകാർക്കെതിരെ കേസ്

നട്ടുയർപ്പം

വട്ടിയൂർക്കാവ് സെൽടൻ പോളിടെക്നിക്സിൽ തെരഞ്ഞെടുപ്പ് വിജയാഘോഷത്തിൽ പങ്കെടുത്ത് കൊല്ലത്തിൽ മടങ്ങിയെത്തിയ എസ്എഫ്എ പ്രവർത്തകനെ ആക്രമിച്ച ആർഎസ്എസ് എസ്-എബിവിപി പ്രവർത്തകർക്കെതിരെ കേസ്. ബോംബർഷ ഇലക്ട്രിക്കൽ വിദ്യാർഥി എ എസ് അഖിലിനെയാണ് ആക്രമിച്ചത്. വൈസ് ചെയർമാനും മുന്നാം വർഷ ഇലക്ട്രിക്കൽ വിദ്യാർഥിയുമായ നെടുമങ്ങാട് സ്വദേശി ശ്രീകൃഷ്ണൻ, ബോംബർഷ ഇലക്ട്രിക്കൽ വിദ്യാർഥിയും എബി വിപി യൂണിറ്റ് സെക്രട്ടറിയുമായ

പാറശാല സ്വദേശി അഖിൽ രാജ്, ബോംബർഷ ഇലക്ട്രിക്കൽ വിദ്യാർഥിയും കൊച്ചി സ്വദേശിയുമായ അമൽ കൃഷ്ണൻ, ആർഎസ്എസുകാരായ നെട്ടുയം ആശ്രമം റോഡിൽ കൊഞ്ചി സന്ദർശിച്ച സി. നെട്ടുയം സ്വദേശി ജയൻ എന്നിവരുടെ പോലീസ് കേസെടുത്തത്. വെള്ളിയൂർയാണ് യൂണിയൻ നേടിയ എസ്എഫ്എ പ്രവർത്തകർ നെട്ടുയത്തു നിന്നും വട്ടിയൂർക്കാവിലേക്ക് ആഘോഷ പ്രകടനം നടത്തുന്നതിനിടയിൽ ആർഎസ്എസ് നേതാക്കളുടെ നേതൃത്വത്തിൽ എബിവിപി പ്രവർത്തകർ തളിക്കയറാൽ കൂ

മിച്ചത്. തുടർന്ന് എസ്എഫ്എ നേതാക്കളുംപൊലീസുംഇടപെട്ട് രംഗം ശാന്തമാക്കിയിരുന്നു. വട്ടിയൂർക്കാവിൽനിന്ന് പ്രകടനം കഴിഞ്ഞ് കൊല്ലത്തിൽ വാഹനങ്ങൾ എടുക്കാനെത്തിയ അഖിലിനും മറ്റ് എസ്എഫ്എ പ്രവർത്തകർക്കുംനേരെ പൊലീസ് നോക്കി നിൽക്കെ ആർഎസ്എ സുകാർ ആക്രമിച്ചു. അടിക്കൊണ്ട് അവയനായ അഖിലിനെ നാട്ടുകാർ പെരുക്കട ആശുപത്രിയിൽ എത്തിച്ചു. അഖിൽ പെരുക്കട ആശുപത്രിയിൽ ചികിത്സയിലാണ്. കൊല്ലജില്ലാകോടതി നടന്ന ആക്രമണത്തിന്റെ പശ്ചാത്തലത്തിൽ തിങ്കളാഴ്ച ഡോലർ ക്ലാസ്സു



ആക്രമണത്തിൽ പരിക്കു അഖിൽ കൾ ഉണ്ടാകുകയും പ്രിൻസിപ്പൽ അറിയിച്ചു.

അന്താരാഷ്ട്ര തീരദേശ ശുചിത്വ ദിനം ആചരിച്ചു

നിമുത്തമം

അന്താരാഷ്ട്ര തീരദേശ ശുചിത്വ ദിനത്തിന്റെ ഭാഗമായി തിരുവസ്, പഞ്ചായത്ത് അംഗം നന്തപുരത്ത് ശുചീകരണ പ്രവർത്തനങ്ങൾ കഴിഞ്ഞു. ആറാട്ടുവഴിയിൽ ഡെപ്യൂട്ടി സ്പീക്കർ വിശ്വേശ്വരൻ ഉദ്ഘാടനം ചെയ്തു. വർക്കല എസ്എൻ കോളേജ് പ്രിൻസിപ്പൽ ഇൻ ചാർജ് ഡോ. വിനോദ് സി സുഗതൻ അധ്യക്ഷനായി. ഡെപ്യൂട്ടി കലക്ടർ അനു

എസ് നായർ, ബ്ലോക്ക് പഞ്ചായത്ത് അംഗം ജോളി പാത്രാസ്, പഞ്ചായത്ത് അംഗം റാഫേൽ ആന്റണി, ഡോ. പ്രവീൺ സാകുലു, കോ ഓർഡിനേറ്റർ പ്രൊഫ. ലക്ഷ്മി എസ് ധരൻ എന്നിവർ സംസാരിച്ചു. എസ്എൻ കോളേജ് എൻഎസ്എസ് യൂണിറ്റിലെ 200 ഓളം കട്ടികൾ ശുചീകരണ പ്രവർത്തനങ്ങളിൽ പങ്കാളികളായി.

സി എച്ച് അക്കാദമി ഉദ്ഘാടനം നാളെ

നിമുത്തമം

കേരള അറബിക് ട്രിബ്യൂൺ കേരള സോസിയേഷൻ നേതൃത്വത്തിൽ ചെയമ്പക നഗറിൽ നിർമ്മിച്ച സി എച്ച് അക്കാദമി ഉദ്ഘാടനം തിങ്കളാഴ്ച നടക്കുമെന്ന്

ജനറൽ സെക്രട്ടറി എം വി അഖിലിന്റെ വാർത്താസമ്മേളനത്തിൽ അറിയിച്ചു. പകൽ രണ്ടിന് ചാണക്കാട് സ്വസ്തി ഹൈസ്കൂളിൽ അധ്യക്ഷനായി ഉദ്ഘാടനം നടക്കുമെന്ന്





FREE EYE TEST CAMP AND CATARACT SURGERY REGISTRATION

Eyes are an important sense organ in human body. So it is very important to keep them healthy many people in our society are suffering from different types of eye diseases only because they cannot afford the treatment. So the NSS Unit of Sree Narayana College, Varkala conducted a free eye test camp for the people in their adopted village.

The camp was held on 22nd December 2019 under the aegis of Cosmopolitan Lions Club and M.T.M.M.M Hospital, Bharanikkavu. A cataract surgery registration was also carried out. Around 250 people including from the adopted village, teachers, nearby auto drivers and school students attended the camp. Many of them were given free medicines and 20 were given spectacles on a small rate. 10 people registered for the cataract surgery. They were taken to hospital from the college after two weeks.

The camp was coordinated by a doctor and 5 nurses from the hospital and the NSS Volunteers. Those who cannot come to the camp due to health problems were also helped by the volunteers. The camp was inaugurated by Hon'ble Principal Smt.Joly.A, Sree Narayana College, Varkala. S.N.Trust Executive Member Sri.Aji.S.R.M expressed his felicitations.

The camp enabled the volunteers to bring a ray of light to many dark lives. It also increased their responsibility towards the society.





RAILWAY STATION AND HOSPITAL CLEANING

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

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

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

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





TOY IN TINY HAND – TOY DISTRIBUTION IN ANGANAVADI

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

Volunteers collected toys from their homes, friends, relatives and teachers and carried it to the Anganavady on 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.





BLOOD DONATION CAMP- RAKTHADHANAM MAHADHANAM

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

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

The Camp was conducted from 9.00am to 1.00 pm. A total of 62 units were collected from donors. Blood donation is one of the greatest and noblest

donation a man can make. This blood donation camp encouraged our students to donate blood without any fear as donating blood is equivalent to saving life.





THODUVA CANAL CLEANING – *INI NJAN OZHUKATTE*

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

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

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

FLOOD RELIEF 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

The NSS Unit conducted a Health Survey in the Adopted Village on 21st December 2019. The survey was conducted to know the health issues among the native of the village and to provide proper medical services for them.

The volunteers were divided into different groups in order to conduct the survey. From the survey, the volunteers realized that many people in the village are suffering from eye diseases. So the unit decided to give proper eye care treatment for these people. As part of this, the Unit conducted a free eye test camp. Around 215 people from the Adopted Village attended the camp. Within two hours, the volunteers visited 200 houses and gave help to those who are in need of it. The volunteers gave proper awareness of health issues among the natives.

From this survey, the volunteers realized the health related issues faced by the people of the Adopted village. More than, that, the free eye test camp conducted by the NSS Unit paved the way for those people who cannot afford the treatment cost.



SOCIO – ECONOMIC SURVEY

Basic facilities are essential for the survival of human beings. But there are certain people in our society who are devoid of such facilities. As an attempt to help some people suffering from such difficulties, the NSS Unit of Sree Narayana College, Varkala conducted a socio-economic Survey on 21st December 2019. The volunteers visited about 200 houses in their adopted village and collected details to check whether they were provided with basic facilities.

Majority of the houses were built recently with the help of Municipality and were provided with basic facilities. But there were some other houses which were financially suffering without a proper income. Another family had no bathroom facility. Considering the importance of health of the family and the society, the NSS Unit decided to help them. The volunteers realized that their necessities are negligible compared to that of these people.

This survey helped the volunteers to satisfy with what they have rather than complaining about that they don't possess. This gave them an opportunity to help the needy and also understand the importance of leading a simple way of life.



GREEN PROTOCOL

Due to the high level of decomposition and high rate of consumption, plastic is considered as a big threat to the environment. While plastic has many valuable uses, unscientific disposal of plastic waste can cause serious problems. So it is very important to adopt a proper disposal system for plastic waste. The principle of the three 'R's – Reduce, Reuse and Recycle – goes a long way in preventing the adverse effects of plastic pollution. As an attempt to control plastic pollution, the Varkala Municipality along with the NSS unit of Sree Narayana College, Varkala started the 'Green Kerala Mission'.

The first step of the Mission was put into practice on 3rd July 2019 during Karkkadaka Vavu Bali. Twelve member teams including ten volunteers and two Municipality Staffs were formed and they were distributed across the roads to Papanasam. The Sivagiri Pilgrimage conducted from 30/12/2019 to 01/01/2020 was another occasion during which the NSS unit cooperated with the Varkala Municipality to maintain the green zone of Sivagiri premises plastic free.

The mission was a great success and helped them to completely avoid plastic waste from the green zone. During the Sivagiri Pilgrimage the volunteers also paid attention in distributing water in steel water bottles and thus got a chance to serve the public. The mission provided them an opportunity to interact with different types of people speaking different languages. This helped them to understand how to communicate with public politely and properly. They could also realize importance of proper waste management system.



TRAFFIC CONTROL

The NSS Volunteers from our college had an important role in the Traffic Control during the auspicious days of the Karkidaka Vaavu Bali and the Sivagiri Pilgrimage. Karkidaka Vaavu Bali and Sivagiri Pilgrimage are the two famous ceremonies in the Varkala region. The Police force implement various traffic regulation during these days.

During the Karkidaka Vavu Bali which was on 31 July 2019, the NSS Volunteers got an opportunity to work with Varkala Police Force in controlling the traffic. The volunteers were divided into various groups and they worked in two shifts. They were on duty from the night of 30th July to the morning of 1st August. This helped not only the Police Force but also the public. Usually people have to wait for hours on the roads due to heavy traffic during these occasions. But this time, with the help of the volunteers this problem was solved.

The Volunteers also helped the Police in controlling the traffic during the Sivagiri Pilgrimage. They were on duty from 30.12.2019 to 01.01.2020. The Vice President of India visited the Tomb of Sree Narayana Guru on 31 December 2019. As part of this, there was a Trial Escort on 30.12.2019. The volunteers took active participation in this occasion also. On 31 December the day of Vice President's visit, various traffic regulation were implemented along the routes that lead to Sree Narayana Guru's tomb. Our NSS Volunteers actively worked with the Police Force by following the instructions given by the Police Officers.

Thousands of devotees visit Guru's tomb every year during the Sivagiri Pilgrimage days. It is quite usual that on these days the roads that lead to Sivagiri Mutt will be crowded with people and will experience heavy traffic. For this, the volunteers got proper orientation from the Police Officers on how to deal with people and to control traffic during the occasion. The volunteers worked properly on such situations. The NSS volunteers covered the area for traffic control from Maithanam to Sree Narayana Guru's tomb. They also helped the pedestrians to cross the road during the peak hours.

The Police Officers Sri.Shyam (Sub Inspector, Varkala Police Station) and Sri.Jayaprasad (Varkala Beat Janamaithri Beat Officer) appreciated the NSS Volunteers for helping the Police force in controlling the traffic during

these days. From this, the volunteers got an opportunity to understand the various aspects of traffic control and also to interact with the society.

ENVIRONMENT DAY CELEBRATIONS

Environment provides us with all the resources that are required to sustain life on Earth. So it is our responsibility to spread awareness and preserve those resources for the present and the future generations. World Environment Day is celebrated every year on June 5 to spread awareness among the people on the necessity of protecting the environment.

The NSS unit of our College celebrated the World Environment Day on June 5, 2019 with the aim of spreading awareness about the conservation of our environment. As part of this the unit decided to protect and plant trees in the College Campus. Our College Principal Prof.Joly inaugurated the ceremony by planting a sapling. She said the objective of celebrating the Environment Day was to make younger generation more sensitive towards protection of environment. S N Trust Executive Member Sri.Aji S R M, IQAC Coordinator Dr.Babitha G S, PTA Vice President Sri.Sivakumar G, NSS Programme Officers along with volunteers took part in the ceremony. All of them planted saplings in the Campus. Around thirty saplings were planted in different places in the College Campus.

This initiative of the NSS unit gave motivation to all the students to protect our Mother Nature. Overall the programme was a great success with everyone's support. The effort taken by the NSS volunteers gave them an opportunity to make a sound investment of conserving Nature for the sake of our future generation.

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 2019-2020

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

The primary aim of each NSS unit is to empower the personality of the students through social service. The NSS unit of Sree Narayana College, Varkala conducted many personality development classes for the volunteers. The class held on 21st December 2019 was conducted by Sri.Karthik Sasi, Principal of J.S.S Model Training Centre.

The class helped the volunteers to realize the changes that should be brought to their life as an individual. It was also a platform for the volunteers to express their feeling without any fear. The class enhanced their communication skills and strengthened their social responsibility.



SELF CONSCIOUSNESS IN WOMEN - ‘*SWATHVA BODHAM STHREEYIL*’

Gender equality means an equal responsibility and participation of women and men in all spheres of life. For creating gender equality in the society, the women themselves need to feel that they have a voice and the power to create a change in their own lives in order to achieve their personal, educational, social and career goals; and that the boys from an early age should be taught the importance of respecting the opposite gender. To be self-conscious, we should develop an understanding of ourselves from various aspects.

As part of the activities of the NSS Unit of our college, an awareness class was conducted on the topic “Self-Consciousness in Women”. The class was led by Smt.Sini.V, Assistant Professor, Department of Malayalam, Sree Narayana College, Varkala. From the beginning of the class itself teacher made no distinction between boys and girls. Years of her teaching experience made the two hour class more interesting. Teacher revealed herself to be proud being a woman and said that girl should realize the inner strength within themselves. Boys were asked to respect the women around

them. It was an interactive session than a class as everyone in that class was given a chance to express their views on the subject.

Today's students are tomorrow's citizens and the change should begin from them. Attitude towards women can change only when people stop considering her as weak and inferior. The class was an attempt to bring such a change through the volunteers. All the volunteers took active participation in the class. From the feedback of the participants it is clear that the class was a complete success.

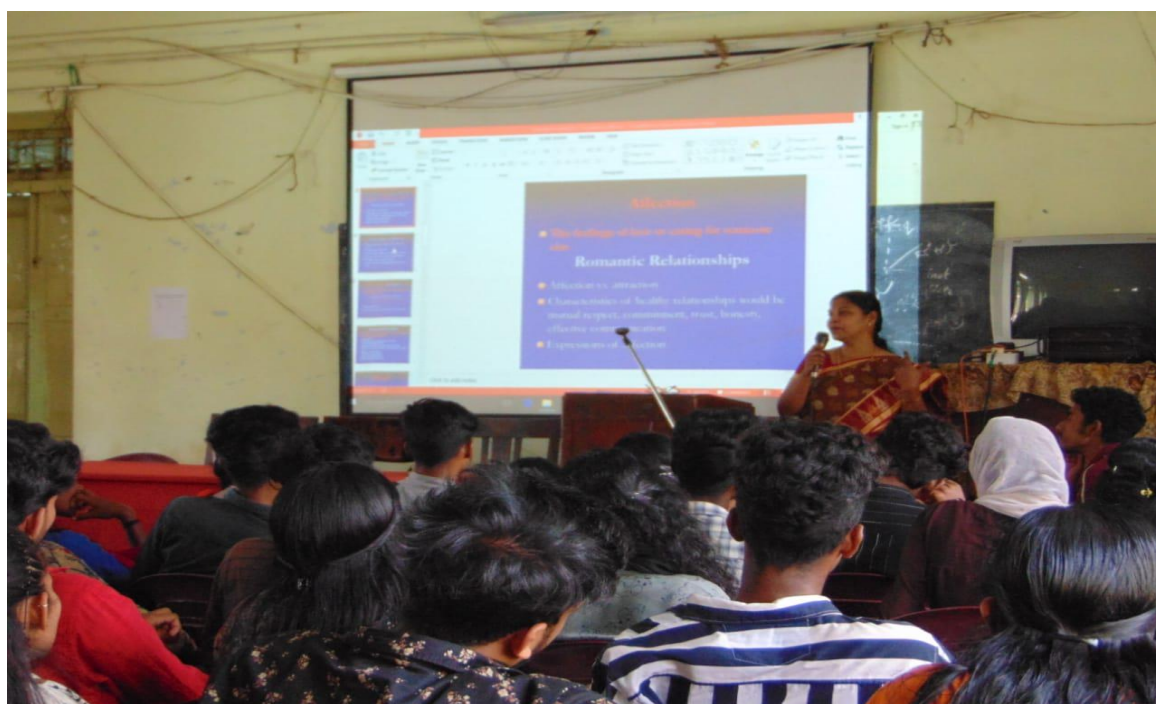


AIDS AWARENESS CLASS

Public health plays an important role in the wellbeing of the society. Giving awareness about the significance of maintaining good health is very important in the present social scenario. 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 the AIDS Awareness Programme conducted by the NSS Unit, an awareness class on AIDS was organized on 24th December 2019. More than hundred students including the NSS Volunteers attended the class. The class was led by Dr.Indu.V, Medical Officer, Taluk Hospital Varkala. The entire session was based on the topic “Adolescent Sex and Several Diseases”. Dr.Indu explained in detail about the various aspects of the topic. She also explained the various issues related to the cause and spread of AIDS, a life – threatening disease. AIDS – symptoms, the ways of transmission, and the treatment and prevention of AIDS are some other topics which were discussed in the class. She also mentioned that the only solution to AIDS lies in its prevention and awareness.

The class was really informative for the students as it dealt with the topics related to the various aspects of AIDS especially among the adolescents. The only way to fight against this disease is to create awareness among the people.



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 PROGRAMMES

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.

1. ANTI-DRUG AWARENESS DRAMA

Visual art influences the society in many ways. It is both entertaining and informative. The NSS Unit in collaboration with the Police Department conducted Anti-drug Awareness Drama in our college on 23rd January 2020. This was conducted with the aim of creating awareness among the students about the dangerous effects of drug abuse. The drama, “Paadam Onnu –Oru Madyapaniude Athmakadha” was staged in the college auditorium.

Smt.Lekshmi.S.Dharan, NSS Programme Officer delivered the welcome speech. The programme was inaugurated by our college principal Smt.Joly.A, S.N.Trust Executive Member Sri.Aji.S.R.M, IQAC Co-coordinator Dr.Babitha.G.S, Officers from the Police Department along with all the teachers and students attended the programme. Sri.Jayaprasad, Varkala Janamaithri Beat Officer talked about the drama and the actors in that drama. The Police Officers themselves were the actors. The drama was staged and it received a huge round of applause from the side of the audiences. It focused on the disastrous effect of drugs on an individual’s life.

The programme ended with and an interaction session. All the students took active participation in this. The programme was a grand success with everyone’s participation.





2. ANTI-DRUG AWARENESS CLASS

As part of the anti-drug awareness programmes conducted by the NSS Unit, an awareness class on drug abuse was conducted in our college on 21 December 2019. The programme was conducted in collaboration with Janamaithri Police, Varkala.

The class was led by Mr. Jayaprasad, Janamaithri Police Beat Officer, Varkala. He spoke to the volunteers about the various issues related to drug and alcohol consumption in our day to day life. He told them that being NSS volunteers, it is their duty to protect the society from all kinds of evil such as drug abuse. He also made them realize that drug and alcohol consumption among students are significant barriers to the achievement of education goals. He advised the students to stay away from drugs and alcohol and also to help in keeping the society away from such problems.

Around 100 NSS volunteers attended the class. The entire class had a wonderful effect on all of them.



3. LIBERATION THROUGH MAGIC

The NSS unit together with the Janamaithri Police, Varkala conducted a programme titled “Liberation through Magic” in our College. This programme was conducted as a part of the anti-drug awareness programme conducted by the unit. It was held on 23rd December 2019 at the College auditorium. The main aim in conducting this programme was to make the students to be more aware about the dangerous effects of drug abuse.

Sri.Haris Thaha, the renowned magician, was the Chief Guest. Through the use of magic, he gave a clear picture of the harmful effects of drug and alcohol consumption. He used different posters to demonstrate how drug abuse adversely affects one’s physical and mental health.



4. ANTI – DRUG AWARENESS RALLY

Use of drug not only affects the consumer but also the society. It is a pathetic fact that even those who are aware of the adverse effects of drugs are using it. So the relevance of anti-drug awareness programmes are increasing day by day even though their results are unpredictable.

The NSS units of Sree Narayana College, Varkala conducted an anti-drug awareness rally in their adopted village and nearby places on 24th December 2019. The volunteers worked through this arrears giving anti-drug messages. They were also accompanied by Programme Officers. The rally visited each house and explained the consequences of drugs.

Now a day's public pay good attention to student's programmes. So the rally was well received and must have made some impact on the people. At least some of them have changed their habit of using drug. The people co-operated with them and understood the messages properly.

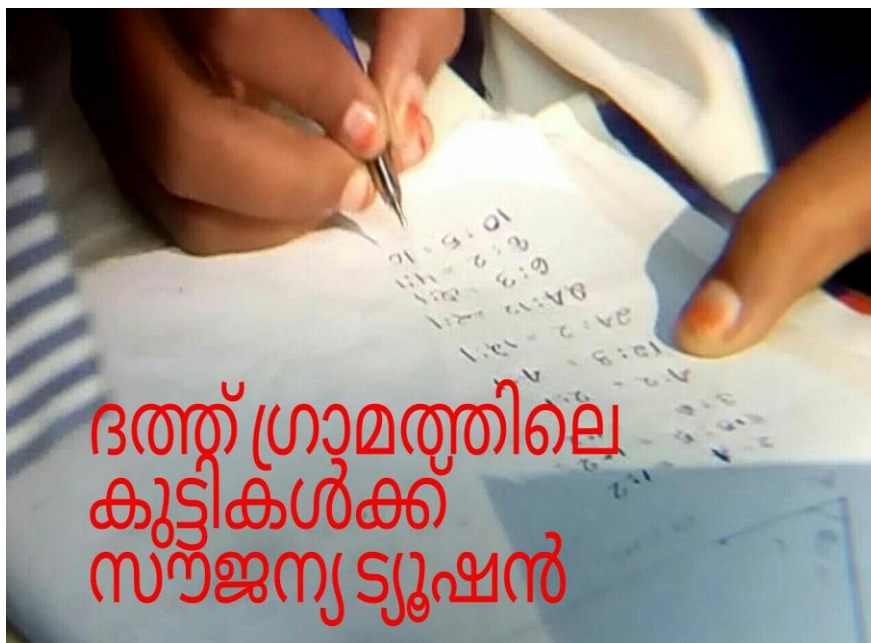
The rally was an opportunity for the volunteers to have a direct interactions with the public. The awareness rally also paved way for strengthening the social responsibility of the volunteers.



ACTIVITIES IN THE ADOPTED VILLAGE

1. TUTION FOR POR 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 MTMMM Hospital, Bharanikkavu for adopted village people. Around 150 people attended the free eye checkup held at College.

SEVEN DAY ANNUAL CAMP

This year's Seven Day annual camp 'Yuga 2019' started on 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 Coodinator Dr.Shaji A dropped in for a visit. He interacted with the volunteers.

In the second day of the camp there was a personality development class was held on 22nd December, 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 MTMMM Hospital, Bharanikkavu. Around 150 people attended the free eye checkup held at College. About 30 students went to clean the water body at Thoduva. This was done as part of "*Ini Njan Ozhukatte*" programme of Haritha Kerala Mission.

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

In the fifth day there was a AIDS awareness class, "Adolescent sex and sexual Diseases" by Dr.Indhu. In the afternoon, NSS unit visited Kanwasramam forest. This visit gave new experience to each and every one.

The last session of the day was handled by Prof.Sanal Kumar T, Head of the Department Malayalam, S N College, Varkala. The topic of the class was “Social Services and Personality Development”

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

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

23.12.2019 - തിങ്കൾ

05.00 am : Morning Tea

06.00 am : **Yoga • by Dr. S. Shibu**

07.00 am : **Roll Call**

07.30 am - 8.30 am : Break Fast

8.30 മുതൽ 3.00 വരെ : **പരിസ്ഥിതിസൗഹൃദമായും അടയാളങ്ങൾ വർദ്ധിപ്പിക്കുന്നതിനും പരിസ്ഥിതിസൗഹൃദമായും കാമ്പസുകളിൽ ഒരു പാഠം**

3.00 മുതൽ 5.00 വരെ : **കണ്യാശ്രമം വനസന്ദർശനം**

5.00 pm : Tea Break

7.00 pm : Cultural Programme

8.00 pm : Dinner

9.00 pm : **ക്യാമ്പ് അവരോധനം**

10.00 pm : Lights Off

24.12.2019 - ചൊവ്വ

05.00 am : Morning Tea

06.00 am : **Yoga • by Dr. S. Shibu**

07.00 am : **Roll Call**

07.30 am - 8.30 am : Break Fast

8.30 മുതൽ 12.30 വരെ : **കാലാഭ ഓഡിറ്റോറിയം ഓഡിറ്റോറിയം**

കൂട്ടായ്മ തിരിച്ചറിയൽ : **ഡോ. ഇന്ദു വി.**

1.00 pm : Lunch Break

1.30 മുതൽ 3.30 വരെ : **സ്വയംതൊഴിൽ പരിശീലനം**

പരിശീലനം നൽകുന്നത് : **ശ്രീ. ഹരിദാസ്**

പങ്കെടുക്കുന്നത് : (ശാസ്ത്ര പഠനകേന്ദ്രം, വിദ്യാഭ്യാസകേന്ദ്രം) അനുബന്ധ പ്രവർത്തനങ്ങൾക്ക്

5.00 pm : Tea Break

7.00 pm : Cultural Programme

8.00 pm : Dinner

9.00 pm : **ക്യാമ്പ് അവരോധനം**

10.00 pm : Lights Off

25.12.2019 - ബുധൻ

05.00 am : Morning Tea

06.00 am : **Yoga • by Dr. S. Shibu**

07.00 am : **Roll Call**

26.12.2019 - വ്യാഴം

05.00 am : Morning Tea

06.00 am : **Yoga • by Dr. S. Shibu**

07.00 am : **Roll Call**

07.30 - 8.30 : Break Fast

9.00 am : **സമാപനസമ്മേളനം**

12.00 pm : **ക്യാമ്പ് അവരോധനം**

സമാപനം

വോളന്റിയർ ഹിസ്റ്ററി

അക്കൗണ്ട്, അഡ്മിഷൻ, ഓൺലൈൻ, ഡ്രസ്സിംഗ്, ഹിസ്റ്ററി, സാറ്റലൈറ്റ്, ഓഫ്ഫീസ്, അഡ്മിഷൻ, ഓഫ്ഫീസ്, ഓഫ്ഫീസ്, ഓഫ്ഫീസ്

ക്യാമ്പ് കോ-ഓർഡിനേറ്റർമാർ
ശ്രീമതി ലക്ഷ്മി എസ്. ഗൗരി - 921273064
ശ്രീ.പി.കെ. സുരേഷ് - 9446448119

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

Not me But you



വാർഷിക സപ്തദിന ക്യാമ്പ്
YUGA - 2019
20.12.2019 മുതൽ 26.12.2019 വരെ
ശിവഗിരി ശ്രീനാരായണ ഹയർ സെക്കന്ററി സ്കൂൾ
ശ്രീനിവാസപുരം, വർക്കല

എസ് പ്രൊജക്ടുകൾ

Biodiversity Park Making
Palliative Care Club Activities
Green Campus / Clean Campus
Adopted Village Activities



കാര്യപരിപാടികൾ

വർക്കല
15.12.2019

ബഹുമാനപ്പെട്ട ശ്രീമാനായ കോളേജിലെ നാഷണൽ സർവ്വീസ് സ്കീം യൂണിറ്റുകളുടെ ആഭിമുഖ്യത്തിൽ 2019-20 കലാലയ വർഷത്തെ വാർഷിക സാഹിത്യ ക്യാമ്പ് ഡിസംബർ 20 മുതൽ 26 വരെ ശ്രീമാനായ ഹയർ സെക്കന്ററി സ്കൂളിൽ വെളിപ്പെടുത്തുന്നതാണ്.

'Empathy ends in Humanity' എന്ന സന്ദേശവുമായി സാമൂഹ്യസേവനത്തിന്റെ രഹസ്യം യുവാക്കളായെത്തിക്കുന്നതിനായി ഹയർ സെക്കന്ററി സ്കൂളിൽ ഈ കോളേജിലെ എൻ.എസ്.എസ്. വോളന്റിയർമാർ ഏറ്റെടുക്കുകയാണ്.

സാമൂഹിക പ്രാഗത്യാൽ വിഷയങ്ങളിൽ പങ്കെടുക്കും കൂട്ടായ്മകളും ഇതിനോടനുബന്ധിച്ച് നടക്കുന്നതാണ്. എവർയ്ക്കും സഹായസഹകരണങ്ങൾ അഭ്യർത്ഥിക്കുന്നു.

എസ്

പ്രൊഫ. ജോളി എ. (പ്രിൻസിപ്പൽ & ക്യാമ്പ് ഡയറക്ടർ)

ശ്രീമതി ലക്ഷ്മി എസ്. യൗത്ത് & ശ്രീ. പി. കെ. സുരേഷ് (പ്രോഗ്രാം കോർഡിനേറ്റർ)

ശ്രീ. ചന്ദ്രശാസ്ത്ര ശ്രീ. കെ. ദിനേശ് (സാലേട്ടിൽ സ്റ്റാഫ്)

ശ്രീ. അനീത് ശ്രീ. ബാബു ശ്രീ. സോമദാസ് (ക്യാമ്പ് ഓർഗനൈസിംഗ് ഓഫീസർമാർ)

ക്യാമ്പ് പ്രോഗ്രാം സമിതി

പ്രൊഫ. ജോളി എ. പ്രിൻസിപ്പൽ
അഡ്വ. ബിജു കെ. ജോളി, റ്റാലന്റിൽ കൗൺസിലർ
അഡ്വ. സിദ്ധു ഡോക്ടർ, റ്റാലന്റിൽ കൗൺസിലർ
പ്രൊഫ. സതീഷ്കുമാർ ഡി. HOD ചാര്യ
ഡോ. ജെ. പി. പ്രമീൽ, HOD സാഹിത്യം
ഡോ. ജി. എസ്. സമീർ, HOD, കോർസെസ്
ശ്രീമതി വി. സി. അഡ്വ. കെ. അരുൺ വിജയ്
അനീത് വി. ജെ. കാത്തിൽ ഡി.ജെ.

മേധാവികൾ

ശ്രീ. നെല്ലാപള്ളി നടരത്ന, ഡയറക്ടർ എസ്.എസ്.സ്സ്
അഡ്വ. സി. ജോളി എ. എൽ.എ.
ശ്രീ. അനി എസ്. ജോളി എ. എൽ.എ. എസ്.എസ്.സ്സ്
ശ്രീ. ജി. ബേലകുമാർ, സി.എസ്.എസ്. ഫോറം
ശ്രീമതി സി. വി. പി.എ. സെക്രട്ടറി
ശ്രീ. ജി. ബേലകുമാർ, പി.എ.എ. ഹയർ പ്രിൻസിപ്പൽ

20.12.2019 - വെള്ളി

<p>രാവിലെ 9.30 ന് : ക്യാമ്പ് ഓപ്പനിംഗ്</p> <p>9.45 am : പരാമർശം</p> <p>10.00 am : ഉദ്ഘാടന സമ്മേളനം</p> <p>പ്രാർത്ഥന : എൻ. എസ്. എസ്. ഓഫീസറുകൾ</p> <p>അദ്ധ്യക്ഷ : പ്രൊഫ. ജോളി എ. (പ്രിൻസിപ്പൽ)</p> <p>സാഗരം : ശ്രീമതി ലക്ഷ്മി എസ്. യൗത്ത് (HSS ഓഫീസർ)</p> <p>ഉപപ്രകാശ : അദ്ധ്യക്ഷ</p> <p>ഉദ്ഘാടനം : ശ്രീ. ജി. ബേലകുമാർ (CI of Poles, വർക്കല)</p> <p>മുഖ്യപ്രഭാഷണം : ശ്രീമതി ബിനു ഹരിദാസ് (ഗവൺമെന്റ് കൗൺസിലർ)</p> <p>ആശംസകൾ : ശ്രീ. അനി എസ്. ജോളി എ. (എൻ.എസ്.എസ്. ഓഫീസർ)</p> <p>പ്രൊഫ. സതീഷ്കുമാർ ഡി. (അഡ്വ. കോർഡിനേറ്റർ)</p> <p>ഡോ. ജി. എസ്. സമീർ (HOD കോർസെസ്)</p> <p>ശ്രീമതി സി. വി. (പി.എ. ഓഫീസർ)</p> <p>ശ്രീ. ജി. ബേലകുമാർ (പി.എ. ഓഫീസർ)</p> <p>ശ്രീ. എസ്. അനീത്കുമാർ (ഡയറ്റ് ഓഫീസർ)</p> <p>ശ്രീ. ബേലത്ത് (അഡ്വ. റ്റാലന്റിൽ കൗൺസിലർ)</p> <p>ശ്രീ. പി. കെ. സുരേഷ് (HSS കോർഡിനേറ്റർ)</p>	<p>9.30 am to 12.30 pm : വൃത്തിയു വകാനുകൂലം</p> <p>കൂട്ടായ്മ തിരക്കുണ്ട് : ശ്രീ. കാത്തിൽ ഡി. (പ്രിൻസിപ്പൽ, ഓ.എസ്.എസ്. ഓഫീസർ)</p> <p>1.00 pm : Lunch Break</p> <p>1.30 pm to 4.00 am : ആരോഗ്യ സർവ്വേ (ജെ. ബാബു)</p> <p>5.00 pm : Tea Break</p> <p>6.00 pm to 7.45 pm : സാമൂഹിക സൗഹൃദം - സ്പ്രിംഗ്</p> <p>കൂട്ടായ്മ തിരക്കുണ്ട് : ശ്രീമതി സി. വി. (Asst. Prof. Dept of Malayalam, SNC Varkala)</p> <p>8.00 pm : Dinner</p> <p>9.00 pm : ക്യാമ്പ് അലോക്കനം</p> <p>10.00 : Lights Off</p>	<p style="background-color: #0056b3; color: white; padding: 2px; text-align: center; font-weight: bold;">22.12.2019 - ഞായർ</p> <p>05.00 am : Morning Tea</p> <p>06.00 am : Yoga - by Dr. S. Shibu</p> <p>07.00 am : Roll Call</p> <p>07.30 am - 8.30 am : Break Fast</p> <p>9.30 മുതൽ 1.00 വരെ : സാമൂഹ്യ സേവനത്തിനായി ക്യാമ്പ് തീർത്ഥാടകർക്ക് അഭിമുഖീകരിക്കും (കോർഡിനേറ്റർ അനി എസ്. ജോളി എ. എൽ.എ. ഓഫീസർ)</p> <p>1.00 pm : Lunch Break</p> <p>1.30 മുതൽ 4.30 വരെ : സാമൂഹിക സൗഹൃദം വൃത്തിയു വകാനുകൂലം തിരക്കുണ്ട് (HOD, Malayalam, SNC, Varkala)</p> <p>5.00 pm : Tea Break</p> <p>6.00 - 7.45 pm : കൂട്ടായ്മ തിരക്കുണ്ട് : പ്രൊഫ. സതീഷ്കുമാർ ഡി. (HOD, Malayalam, SNC, Varkala)</p> <p>8.00 pm : Dinner</p> <p>9.00 pm : ക്യാമ്പ് അലോക്കനം</p> <p>10.00 pm : Lights Off</p>
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21.12.2019 - ശനി

<p>05.00 am : Morning Tea</p> <p>06.00 am : Yoga - by Dr. S. Shibu</p> <p>07.00 am : Roll Call</p> <p>07.30 am - 8.30 am : Break Fast</p> <p>9.00 pm : Tea Break</p> <p>9.30 am : Cultural Programme</p> <p>10.00 pm : Dinner</p> <p>10.00 pm : Lights Off</p>	<p>05.00 am : Morning Tea</p> <p>06.00 am : Yoga - by Dr. S. Shibu</p> <p>07.00 am : Roll Call</p> <p>07.30 am - 8.30 am : Break Fast</p>	<p>05.00 am : Morning Tea</p> <p>06.00 am : Yoga - by Dr. S. Shibu</p> <p>07.00 am : Roll Call</p> <p>07.30 am - 8.30 am : Break Fast</p>
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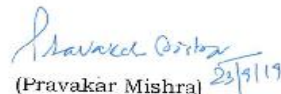


DUTY CERTIFICATE

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) 23/9/19
डा. प्रभाकर मिश्रा
DR. PRAVAKAR MISHRA
वैज्ञानिक-एक / Scientist - F
राष्ट्रीय तटीय अनुसंधान केन्द्र
National Centre For Coastal Research
एन.सी.सी.एच./MOES
भारत सरकार / Govt. of India
पल्लिकरनै, चेन्नै-600 100.
Pallikaranai, Chennai - 600 100.

रा.स.प्रौ.सं. परिसर, वेलचेरी ताम्बरम मेन रोड, पल्लिकरनै, चेन्नै-600 100
NIOT Campus, Velachery-Tambaram Main Road, Pallikaranai, Chennai-600 100.
दूरभाष/Tel : 91-44-66783599 Fax: 66783487

E-MAIL: ncrc@nic.gov.in