



SREE NARAYANA COLLEGE, CHATHANNUR



AQAR 2023-24

3.3.3.1 Extension and outreach Programs conducted in collaboration with industry, community and Non- Government Organizations through NSS/ NCC/ Red Cross/ YRC etc., during the year

SREE NARAYANA COLLEGE CHATHANNUR

NSS ACTIVITY REPORT 2023-2024

To spread awareness about workers' rights and recognizing their accomplishments and their part in historic and economic progress of the nation the National Labour Day was observed by the NSS on 1st May 2023. The coordinators gave an overall lecture on the rights and opportunities of Labour.

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B)

Happy
LABOUR DAY
1 MAY



Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

Venue :-
COLLEGE AUDITORIUM





Compassion to the nature and its living beings was the focus of the programme Neerkudam. To cultivate a culture of mutual wellbeing the NSS started the Neerkudam Project on 6 May 2023. Water vessels were placed throughout the campus for animals and birds to quench thirst in the scorching summer. Students were keen on monitoring and filling the pots at regular intervals.

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B)

നീർക്കൂടം പദ്ധതി

DATE :- 06/05/2023
TIME : 10:00 AM
Venue :-
COLLEGE CAMPUS



Dr. Amjith.S
(Principal-in-Charge)



NSS program officers
Dr Nisha Somarajan
Divya B



World AIDS Vaccine Day was observed on May 18,2023 to raise awareness of AIDS and its immunisation and to provide information about it. The significance of the vaccine in preventing HIV infection was highlighted and inspiring the students to spread its awareness.

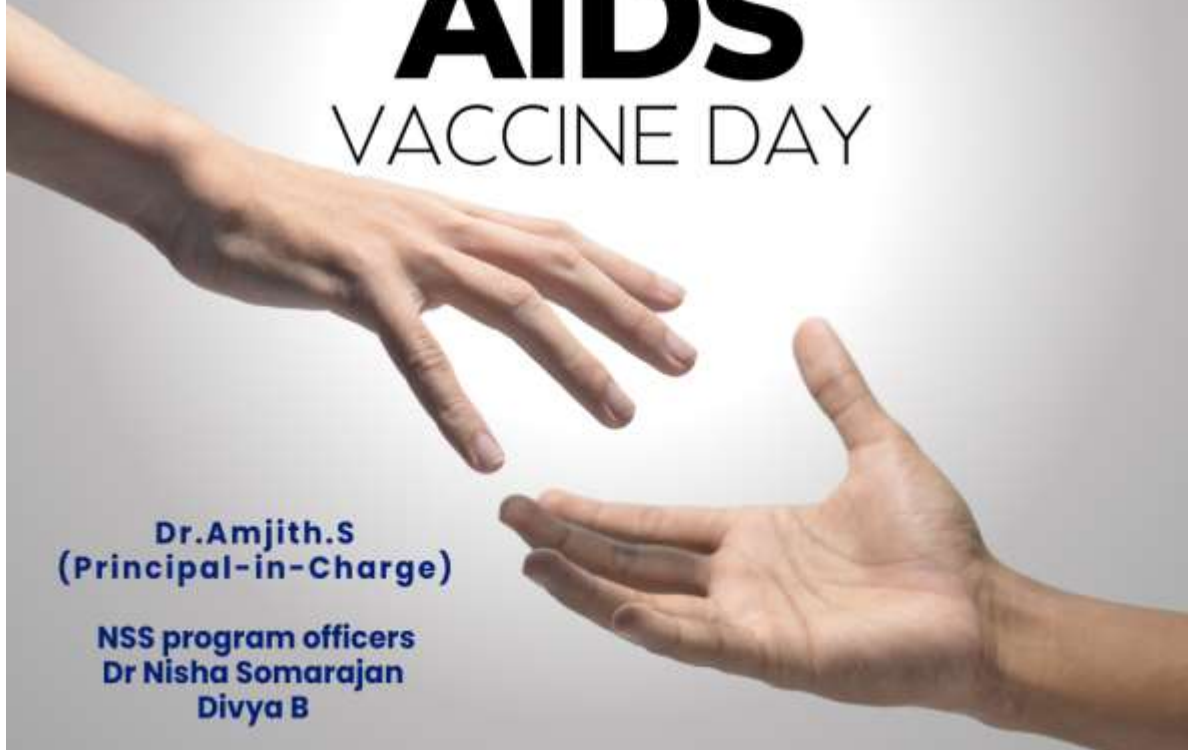
SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B)

Venue :-
COLLEGE AUDITORIUM
18/05/2023 : 10:30 AM

WORLD
AIDS
VACCINE DAY



Dr.Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B



21st May,2023 was observed as Anti-Terrorism Day. terrorism and the cult of violence by highlighting the sufferings of common people and showing as to how it affects national integrity, pride and progress was emphasised in the programme.The theme of Anti-Terrorism highlighted how terrorism disrupts and destroys peace, human life and property in a nation and to spread the message of peace .Students took Anti-terrorism Pledge and were lectured On the laws to deal with terrorism in India such as the Unlawful Activities (prevention) Act, 1967 (UAPA).

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B)

National
ANTI-TERRORISM DAY

DATE : 11/07/23
TIME : 10:30 AM
Venue :-
COLLEGE CAMPUS



Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B





“Only One Earth” as the campaign slogan, with the focus on “Living Sustainably in Harmony with Nature”., the World Environment Day 2023 was observed on 5/6/2023 at the institution with a plantation drive. Students planted saplings of various trees in campus premises and cleaned the campus. The faculties stressed the need for urgent conservation and dealing with plastic menace. The students shared their ideas and concerns on drastic climatic change and its solutions.





June 12th,2023 the Anti Child Labour Day intended to serve as a catalyst for the growing worldwide movement against child labour was observed in the college.The initiation of the day was imparted to the students as the. International Labour Organization (ILO) launched the first World Day Against Child Labour in 2002 as a way to highlight the plight of working children..The coordinators invited the attention on the global extent of child labour and the action and efforts needed to eliminate it. Students were encouraged to share their experiences and to take note of any such illegal labours within their locality and report.

SREE NARAYANA COLLEGE CHATHANNUR
NATIONAL SERVICE SCHEME 36(A&B)
ANTI CHILD LABOUR DAY



DATE : 12/06/23
TIME :- 11:00 AM
Venue :-
COLLEGE AUDITORIUM
Dr. Amjith.S
(Principal-in-Charge)
NSS program officers
Dr Nisha Somarajan
Divya B



STOP CHILD LABOUR

World Population Day was observed on 21/06/2023 in the campus under the guidance of the NSS focusing attention on the urgency and importance of population issues. The history of observing the day being established by the then-Governing Council of the United Nations Development Programme in 1989, an outgrowth of the interest generated by the Day of Five Billion, which was observed on 11 July 1987 was imparted. Students were instructed how inequality owing to population explosion based on gender, ethnicity, class, religion, sexual orientation, disability and origin, and other factors, many are still exposed to discrimination, harassment and violence adds to global concern and suffering.

SREE NARAYANA COLLEGE CHATHANNUR
NATIONAL SERVICE SCHEME 36(A&B)



WORLD
POPULATION DAY
11th July 2023

Time:-09:00AM
Venue :-
COLLEGE AUDITORIUM

Dr.Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

International Day of Friendship 2023 was observed on 30 July to advocate the role that friendship plays in promoting peace in various cultures. The broad culture of peace and international cooperation through friendship ties global level for warless society was explained to the students by the faculties and the essence of the days establishment being the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities was highlighted. A global friendship pledge was taken by the students for mutual peace and harmonious living.

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B)



DATE:- 30/07/23
TIME :- 10:30 AM
Venue :-
COLLEGE CAMPUS

Dr.Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B



To renew with the values that inspired Nelson Mandela and his inspiration to the world and focusing on the legacy of a man who changed the 20th century and helped shape the 21st in recognition of the former South African President's contribution to the culture of peace and freedom, the "Nelson Mandela International Day" was thoughtfully observed by the NSS on 18th July 2023. The time of 67 minutes in memory of the 67 years of Nelson Mandela's service to the public was observed with keen reverence .An youtube documentary of Mandela was also screened.

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B)

NELSON MANDELA DAY

TIME :- 9:30 AM
DATE:- 18/07/2023

Venue :-
COLLEGE AUDITORIUM

Dr. Amjith. S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

In

memory of the fateful day and of those who lost their lives, Hiroshima Day is observed yearly on August 6,2023 and to mark the atomic bombing of the Japanese cities during World War II. The humanity was wakened with the danger of nuclear armistice and the day plays a significant role

as it focuses on anti-war and anti-nuclear agitations. The principal urged the students to cultivate a mentality of peaceful coexistence and do away with rivalry in life and the world for a prosperous living. Anti-nuclear pledge and debate was organised on the theme.

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B)



In Honor and Remembrance of

*Remembering Hiroshima
for World Peace*

A Day of Reflection and Hope

**Dr. Amjith.S
(Principal-in-Charge)**

**NSS program officers
Dr Nisha Somarajan
Divya B**

**DATE:- 06.08.2023
TIME 10:00
Venue :-
COLLEGE AUDITORIUM**

An NSS orientation class took place at Sree Narayana College Chathannur on 8th August 2024. The session was led by Suraj, a senior NSS volunteer, who was full of experience and enthusiasm. At 10:00 AM the orientation began and Suraj provided a background to NSS which he said is founded on the principles of community services. He also put emphasis on the organization's motto "Not Me, But You" as well as discussed about why service toward others in society is important for an individual.

The Independence Day celebration for 2023 was held on 15 th August with NSS students actively participating in the cleanliness drive organised as part of it. Students of NSS showcased the film the 'Legend of Bhagat Singh' inculcating the message of freedom movement.

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B)



India
Independence day



August 15 2023

TIME:- 10:30AM
Venue :-
COLLEGE AUDITORIUM

Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B



Onam is celebrated every year with great joy and enthusiasm. As part of this celebration, the NSS unit of Sree Narayana College Chathannur sent our volunteers to our adopted village Pembra. The goal of this effort was to bring happiness and help the people by giving out vegetable and rice packets to the villagers. This event constituted a major aspect of our ongoing commitment towards community service as well as maintaining connections with inhabitants of this village. The preparations started long before the visit. It was planned in detail including buying fresh vegetables and rice. Our volunteers worked nonstop during collection time. Each packet had different vegetables and a sack full of rice so that recipients could cook traditional Onam meals.





On August 28, 2023, the National Service Scheme (NSS) organized a successful cleaning day as part of its ongoing community service initiatives. Volunteers dedicated their time and effort to enhancing the cleanliness and aesthetics of local public spaces. The day began with a briefing on safety protocols and waste segregation practices. Participants collected litter, cleared debris, and engaged in beautification activities. Their hard work not only contributed to a cleaner environment but also fostered a sense of community spirit and responsibility among the participants. The event highlighted the importance of maintaining public spaces and showcased the impact of collective effort in community service.

The National Sports Day was celebrated on 29 August 2023 in reverence to the legendary hockey player Major Dhyan Chand. The event saw demonstration of athletic activities by the students of NSS and others. The Physical education faculty gave a description of India's Sports history and the major shifts in approach to Sports in recent years. A quiz on Sports was also held to evaluate the students' knowledge in the area

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B)

NATIONAL SPORTS DAY



DATE:- 29/08/2023
TIME:-10:00 AM
Venue :-
COLLEGE AUDITORIUM



Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B



Teachers' Day was celebrated on September 5, 2023 acknowledging the contribution of teachers in the society. Dr Sarvepalli Radhakrishnan's contribution was emphasised and his portrait was garlanded. The NSS students distributed sweets to teachers and honoured them with flowers and paid respects. Prospects of teaching as a career was imparted to the students by the coordinators.

SREE NARAYANA COLLEGE CHATHANNUR
NATIONAL SERVICE SCHEME 36(A&B)

Happy
Teachers Day

Wish you allways happy and healthy. Thank you for being my
guide and teaching me life lessons.

DATE:- 05/09/23
TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Dr. Amjith. S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B



World Suicide Prevention Day (WSPD) was observed on 10/9/2023 with the purpose to raise awareness on suicide prevention and focusing on attention on the issue and reducing stigma. "Creating hope through action" was the triennial theme for the World Suicide Prevention Day from 2021 – 2023 reminding that there is an alternative to suicide and aims to inspire confidence among the people and the youngsters. The Principal addressed that we can all play a role in supporting those experiencing a suicidal crisis or those bereaved by suicide whether as a member of society, as a child, as a parent, as a friend, as a colleague or as a person with lived experience. Students were given **mental training of 'Mindfulness'** as a means of bringing positive vibe and curbing negative thought through daily practice. The Climbing suicide rate of Kerala with more than double the national average of 11.3 in 2021, and the vulnerable mentality of youngsters were highlighted and advised by the coordinators.

SREE NARAYANA COLLEGE CHATHANNUR
NATIONAL SERVICE SCHEME 36(A&B)

WORLD SUICIDE PREVENTION DAY

Today, we remind ourselves to look out for one another.

September 10, 2023

TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

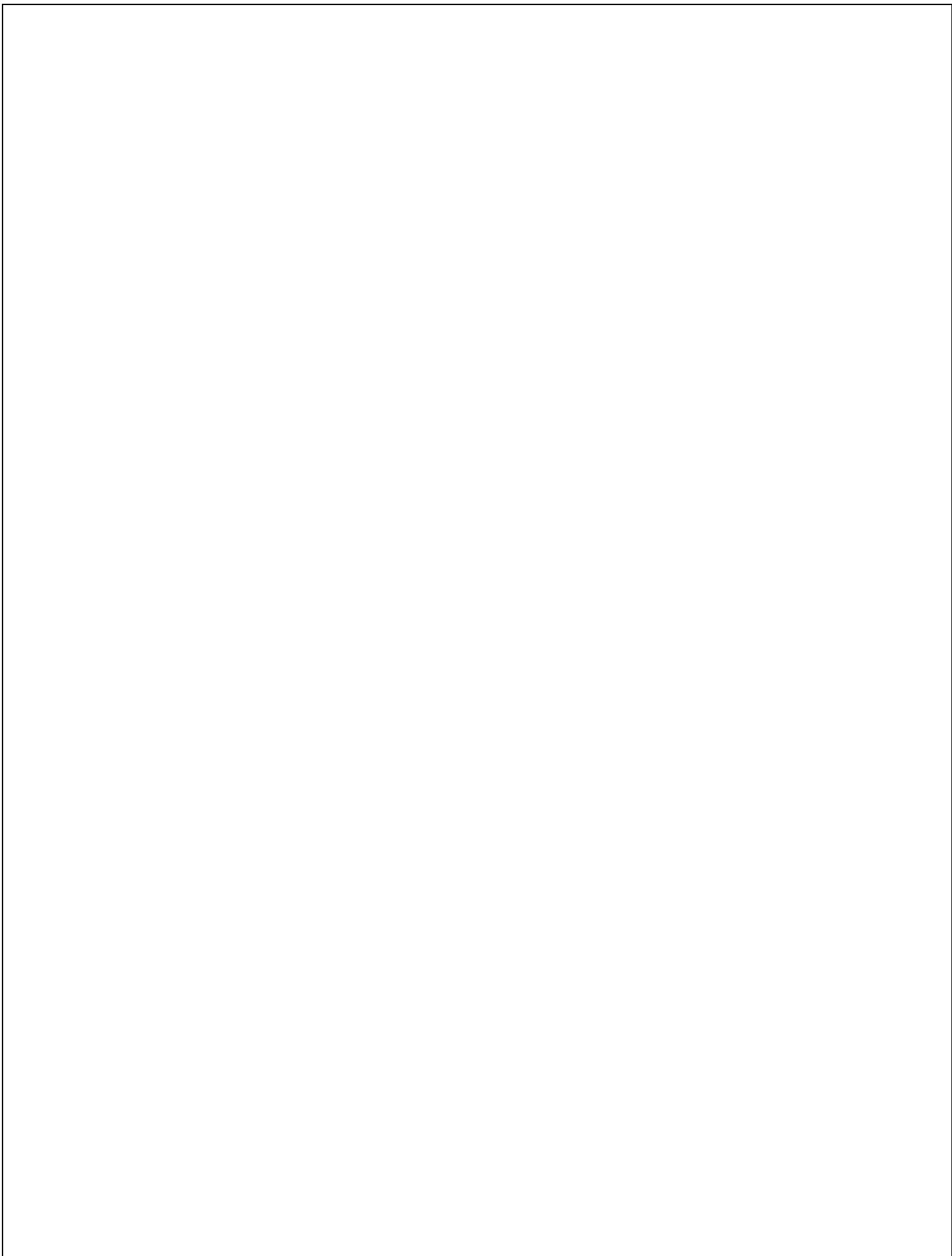


On September 15, 2023, the National Service Scheme (NSS) hosted a productive cleaning day as part of its community outreach efforts. Volunteers gathered early to tackle various public areas, focusing on removing litter, sorting recyclable materials, and enhancing the overall appearance of local parks and streets. The event commenced with a briefing on environmental best practices and safety measures. Participants worked diligently, making significant improvements to the cleanliness of the area while fostering a stronger sense of community and environmental stewardship. This initiative not only contributed to a tidier environment but also reinforced the value of volunteerism and collective action in maintaining public spaces.



On 18th September 2023, the NSS volunteers from Sree Narayana College Chathannur undertook a community service project at the Health Centre in Chathannur. The primary objective of this initiative was to improve the cleanliness and aesthetic appeal of the health centre through thorough cleaning and painting activities.





World Alzheimer's Day was celebrated on September 21, 2023 concentrating on the efforts on creating awareness of Alzheimer's disease. The students were lessoned on the set of disorders that disrupt mental function and find new ways of fighting the disease's effects. Volunterers were urged ways to reduce risk of Alzheimer's by making healthy lifestyle choices by incorporating good health habits, exercise, memory tricks, meditation and, quitting substance abuse.

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B).



World **ALZHEIMER'S** Day

DATE:- 05/09/23
TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Dr.Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

On 2nd October 2023, in honor of Gandhi Jayanti, the NSS volunteers from Sree Narayana College Chathannur organized a beach cleaning activity at Kollam Beach. This initiative aimed to pay tribute to Mahatma Gandhi by contributing to the cleanliness and sustainability of our environment, reflecting his principles of cleanliness and community service.

Additionally, our organization received an award for Best Voluntary Blood Donation, which motivated us further in our commitment to community service



Celebrating animal rights and welfare across the globe, the institution also observed the World Animal Welfare Day on 4.10.2023. The relation between humans and animals, mutual coexistence and care of the suffering animals were highlighted. Pet adoption by volunteers was also carried on. Stray animals within the locality were fed on the day and often.

SREE NARAYANA COLLEGE CHATHANNUR
NATIONAL SERVICE SCHEME 36(A&B)

WORLD
ANIMAL
WELFARE
DAY

DATE:- 04/10/23
TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Dr. Amjith.S
(Principal-in-Charge)
NSS program officers
Dr Nisha Somarajan
Divya B



Paying tribute to the Air Force of India and acknowledge their contribution, and excellence India has presented in the field the Indian Air Force Day was observed on 8 October 2023. A documentary of the landmark missions of the Indian Air Force that have led to the success of the nation was enthusiastically watched by the students. Carrer prospects in Defence and related fields were shared with the students on the day.

SREE NARAYANA COLLEGE CHATHANNUR



NATIONAL SERVICE SCHEME 36(A&B).



WE SALUTE YOU!

INDIAN AIR FORCE DAY

THANK YOU FOR YOUR SERVICE.
MAY GOD BLESS YOU ALWAYS.

DATE:- 08/10/23
TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

With a wake-up call to refocus attention on girls and their solutions themed on 'All girls deserve better—the world deserves better', the International Girl Child Day of 2023 was observed on 11/10/2023 aiming to do better collectively. The volunteers were prompted to share their views on being a girl, their agonies, aspirations and concerns in society and learning. The issue of

especially challenged girls having to deal with additional obstacles to accessing services and support for a better living was addressed by the principal. An interaction and class with the students of nearby Sree Narayana School on value of girl child , their rights and schemes as a

SREE NARAYANA COLLEGE CHATHANNUR
NATIONAL SERVICE SCHEME 36(A&B)

International Girl Child DAY

DATE:- 11/10/23
TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

sensitization programme was held with the NSS students and coordinators involving in.

October 15 ,2023 marked to celebrate the birth anniversary of Dr APJ Abdul Kalam. People's President. The theme 'Learning for people, planet, prosperity, and peace" reaffirmed the role of education in the upliftment of society, and it is a fundamental right of every individual on

humanitarian grounds. The students paid rich tributes to the Dr. Kalam and read out his famous book 'Ignited Minds'. Students shared their innovative ideas for Developing India in an online interactive session with Dr. Soumya Jose, Assistant Professor who in turn shared her experience

SREE NARAYANA COLLEGE CHATHANNUR
NATIONAL SERVICE SCHEME 36(A&B)

WORLD
**STUDENT'S
DAY**

DATE:- 15/10/23
TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Dr. Amjith.S
(Principal-in-Charge)
NSS program officers
Dr Nisha Somarajan
Divya B

from her frequent interaction and closeness with Dr. Kalam.



The World Food Day 2023 with theme 'Leave NO ONE behind' was observed 16 October,2023 highlighting the plight of millions of people worldwide who cannot afford a healthy diet and the need for regular access to nutritious food.The day was observed by the volunteers visiting the local village farming community and learning to produce easy cultivable nutritious foods. Students were given activity to learn and record the various nutritious indigenous food (legumes, cereals, millets, fruits) and diets of the elderly and farmers providing an opportunity for the young generation to understand the essence of healthy diet and longevity of the people of yester

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B).

World Food Day



DATE:- 16/10/23
TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Dr.Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

years and incorporate the in their routine.

United Nations Day marking the anniversary of the entry into force in 1945 of the UN Charter was observed on 24 October,2023. A debate was conducted on the theme 'India and the UN Seat' where students shared their concerns and aspirations of India as a global power in dealing with grave issues.

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B)



DATE:- 24/10/23

TIME:- 10:30 AM

Venue :-

COLLEGE AUDITORIUM



United Nations Day

For our future generation.

**Dr. Amjith.S
(Principal-in-Charge)**

**NSS program officers
Dr Nisha Somarajan
Divya B**



On 25th and 26th October 2023, the NSS volunteers of Sree Narayana College Chathannur organized a comprehensive campus cleaning activity. This initiative was aimed at enhancing the cleanliness and aesthetic appeal of the college campus, promoting a healthier and more pleasant environment for students and staff.



Run for Unity. Observing this day provides strength and resilience for the nation to hold on to unity, integrity, and security.

A 'Run for Unity' was held on 31/10/2023 as part of observing the National Unity Day emphasizing on strength and resilience for the nation to hold on to unity, integrity, and security. A documentary on the life and times of Sardar Vallabhbhai Patel was held on the day whose birth anniversary is celebrated as Rashtriya Ekata Diwas.

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B)



TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM



NATIONAL

UNITY

31 OCTOBER 2023

DAY





Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

To draw attention to the importance of the condition and to raise awareness about its early detection, treatment, and diagnosis the National Cancer Awareness Day was observed on 7/11/2023. A Fitness Challenge was conducted as part of the day. NSS volunteers ventured into a awareness programme among the local adopted village on Cancer stressing on Women Cancer


SREE NARAYANA COLLEGE CHATHANNUR
NATIONAL SERVICE SCHEME 36(A&B)

TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

CANCER

fight cancer with hope!

 **NATIONAL CANCER AWARENESS DAY!**
NOV 07 /2023

Dr.Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

and its detection.

On 11th November 2023, 5 NSS volunteers from Sree Narayana College Chathannur participated in a 2-day Anti-Drug Camp organized by Excise Department at Sree Vidhyadhiraja College Karunagapally . The camp aimed to raise awareness about the dangers of drug abuse and promote a drug-free lifestyle among youth and the community.



with the students of the adopted village and the nearby Anganvadi with volunteers sharing sweets

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B)



HAPPY CHILDREN'S DAY

DATE :- 14/11/23
TIME :- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B



and engaging in distributing study materials.

On 16th and 17th November 2023, NSS volunteers from Sree Narayana College Chathannur organized a seed sowing and seedling planting activity on the college campus. This initiative was

aimed at enhancing the green cover of the campus, promoting environmental sustainability, and fostering a sense of ecological responsibility among students.


On November 24, 2023, the National Service Scheme (NSS) conducted a highly effective cleaning day as part of its commitment to community service. Volunteers assembled early in the day to address litter and debris in key public areas, including parks and streets. The event kicked off with a session on proper waste management techniques and safety protocols. Participants actively engaged in cleaning efforts, significantly enhancing the cleanliness and visual appeal of the neighborhood. This initiative not only improved the local environment but also strengthened community bonds and underscored the importance of collective responsibility in environmental conservation.

Constitution Day was observed on 26 November 2023 with a Constitutional Rights Awareness, Quiz and Documentary show. The coordinators of NSS gave an analytical class on various provision of the constitution and quizzed on the various aspects of constitution and rights.



Active participation was seen on the documentary on the Framing of Indian Constitution and


SREE NARAYANA COLLEGE CHATHANNUR
NATIONAL SERVICE SCHEME 36(A&B)



TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Constitution DAY

Preamble to the Constitution for the New Generation



26/11/2024

Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

film on Babasaheb Ambedkar.

On 28th and 29th November 2023, NSS volunteers from Sree Narayana College Chathannur conducted a campus cleaning activity aimed at creating a litter-free environment. The initiative focused on removing waste, raising awareness about cleanliness, and fostering a culture of responsibility among students and staff.

The “Equalize” slogan was theme to address inequalities and help end AIDS in the 2023 year World Aids Day. An HIV Transmission BINGO and Equalize Play was enacted by the volunteers to create awareness on the same getting huge applause. Students visited nearby hospital and interacted with the Medical Officers on AIDS and its aspects.

SREE NARAYANA COLLEGE CHATHANNUR
NATIONAL SERVICE SCHEME 36(A&B)

01 DECEMBER
2023
WORLD AIDS DAY

TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Dr.Amjith.S (Principal-in-Charge) NSS program
officers Dr Nisha Somarajan
Divya B

On 2nd December 2023, NSS volunteers from Sree Narayana College Chathannur organized a beach cleaning activity at Kollam beach. This initiative aimed to address the issue of littering on the beach, enhance the natural beauty of the coastal area, and promote environmental awareness within the community.

World Soil Day was observed 5 December 2023 as a means to focus attention on the importance of healthy soil and to advocate for the sustainable management of soil resources. The college under the aegis of the NSS started a Composting programme and procure organic manure for its undergoing Cultivation project. Rainwater pits were dug to ensure water retention and prevent

SREE NARAYANA COLLEGE CHATHANNUR
NATIONAL SERVICE SCHEME 36(A&B)

WORLD SOIL DAY

5 December, 2023

Healthy soil builds resilience to drought by storing water to support life

TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

soil erosion.

The students reviewed the Universal Declaration of Human Rights (UDHR) document as part of the Human Rights Day celebrations held on 10/12/2023. The NSS volunteers pledged to uphold

the Human Rights and prevent its violation. Coordinators discussed various global human rights violation. Students enacted a drama on 'Ente Avakasham Ente Lokam' as part of the same.

SREE NARAYANA COLLEGE CHATHANNUR
NATIONAL SERVICE SCHEME 36(A&B)



10 DECEMBER 2023



HUMAN RIGHTS DAY

TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

On 13th December 2023, NSS volunteers from Sree Narayana College Chathannur visited the Karununalayam Orphanage located in Chathannur . The primary objective of the visit was to

offer lunch to 110 inmates of the orphanage and to provide a day of joy and companionship. This initiative aimed to support and uplift the spirits of the inmates and staff at the orphanage.

Focussing on making people aware of global warming and climate change and promotes efforts towards saving energy resources, the institution and NSS observed the World Energy Conservation Day by disconnecting its Electric Usage for 15 minutes. Students were lectured on improving ones home's energy use by various means by being self disciplined and responsible.

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 36(A&B).



WORLD ENERGY CONSERVATION DAY

Conservation is the act of protecting Earth's natural resources for current and future generations.



DATE:- 14/12/23

TIME:- 10:30 AM

Venue :-

COLLEGE AUDITORIUM

Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

Vijay Diwas was celebrated on December 16 ,2023 commemorating the victory of Indian armed forces over Pakistan in the 1971 war. Homage to soldiers were paid with an one minute silence.



VIJAY

DIWAS

16 DEC 2023

TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

Dr. Amjith.S
(Principal-in-Charge)

NSS program officers
Dr Nisha Somarajan
Divya B

A screening of highlights of Indo-Pak war was also held.

SPECIAL CAMP (7 DAYS)

As a prelude to the Annual NSS camp in the college on 19/12/2023, a Pre-Camp Orientation was organised for the volunteers in order to provide a general understanding of the aim of the camp, need for mutual help, camp life, rules and discipline and activities to be organised in the annual

camp. The benefit of sharing and living, healthy interaction, creative activities and problem solving & management were the core of the lecture/training led by the former NSS Programme Coordinator Dr.Binoy S.

**NATIONAL SERVICE SCHEME
36(A&B)
SREE NARAYANA COLLEGE
CHATHANNUR**

ACCREDITED BY NAAC WITH 'B' GRADE

UNIVERSITY OF KERALA



സപ്തമീന ക്യാമ്പ്
പ്രതിധൂനി

2023 ഡിസംബർ 19 മുതൽ 25 വരെ
സ്ഥലം: ശ്രീ നാരായണ കോളേജ്,
ചാത്തന്നൂർ

- ആരോഗ്യ ബോധവൽക്കരണം
- യോഗ & മെഡിറ്റേഷൻ
- ക്രാഫ്റ്റ് വർക്ക്
- പ്രഭാഷണം
- വ്യക്തിത്വ വികസന ക്ലാസുകൾ
- ക്ലീൻ ക്യാമ്പസ് ഡ്രൈവ്
- ഭക്ഷണ വിതരണം
- തീയ്യും സുരക്ഷയും

"Not me But you"

SREE NARAYANA COLLEGE CHATHANNUR

ACCREDITED BY NAAC WITH 'B' GRADE

NATIONAL SERVICE SCHEME 36(A&B)



PROGRAM SCHEDULE



DAY 1 TUESDAY 19/12/2023

CAMP INAUGURATION BY CHIRAKKARA GRAMA PANCHAYAT PRESIDENT (SMT SAJILA T R)	10:00 AM
LUNCH TIME	12:30 PM
PRE-CAMP ORIENTATION CLASS (DR S VISHNU)	02:00 PM
TEA BREAK	04:00 PM
CAMPUS CLEANING	05:00 PM TO 06:30 PM
CAMP EVALUATION OF STUDENTS CAMP NEWS READING	07:30 PM

The Annual Seven days camp of the NSS Units of SN College, Chattannoor commenced on 20th December 2023 with a variety of programmes on the list. The Camp was officially inaugurated by the President of Chirakkara Panchayath Smt.C.Suseela Devi who shared the experience and role of youth during the Covid crisis and the need for selfless service. She urged the students to actively participate in various programmes and projects initiated by the Panchayath and contribute creative suggestions for implementation and redress. Principal Dr.M.S Latha presided and Dr.Kiran Mohan delivered the Felicitations. NSS Programme officers Dr.Nisha Somarajan and Dr.Sujatha KS led the camp.

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PROGRAM SCHEDULE



DAY 2 WEDNESDAY 20/12/2023

NSS SONG : THOUGHT OF THE DAY	07 AM TO 08 AM
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BREAKFAST TIME	08:00 AM TO 09:00 AM
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ICE BREAKING SESSION	09:30 AM TO 12:30 PM
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LUNCH TIME	12:30 PM TO 01:30 PM
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PAPERBAG WORKING SESSION	01:30 PM TO 3:30 PM
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TEA TIME	04:00PM TO 04:30 PM
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CAMPUS CLEANING	04:30 PM TO 06:30 PM
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CAMP EVALUATION, NEWS LETTER READING & CULTURAL PROGRAMMES	06:30 PM TO 09:00 PM

Growing life style diseases owing to the imbalance in living and diet is of great concern and it was essential for the new generation to seriously ponder into its far-flung threats. The NSS is keen on nurturing healthy habits among its volunteers and thus on the second day of the camp a session was organised on; Lifestyle Modifications in Management of Lifestyle diseases'. Dr.Nidhin Mohan, Specialist Medical Officer of National Ayush Mission lectured on the theme and answered the queries of students. Campus Cleaning being part of the camp and cultural programmes were held aftermath.

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PROGRAM SCHEDULE

DAY 3 THURSDAY 21/12/2023

NSS SONG : THOUGHT OF THE DAY	07:00 AM TO 08:00 AM
BREAKFAST TIME	08:00 AM TO 09:00 AM
CHRISTMAS CELEBRATION	09:30 AM TO 12:30 PM
LUNCH TIME	12:30 PM TO 01:30 PM
SNEHARAM PLANNING & CLEANING	02:00 PM TO 04:00 PM
TEA BREAK	04:00PM TO 04:30 PM
CAMPUS CLEANING	05:00 PM TO 06:00 PM
LIGHTING THE LAMP (AZAD SENA)	07:00 PM TO 07:30 PM
CAMP EVALUATION, NEWS LETTER READING & CULTURAL PROGRAMMES	07:30.PM TO 09:30 PM

The third day of the Camp was cherishing with Republic Day Participant Akhil S Raj sharing his invaluable experience on participating and marching in the Republic Day in Delhi. He sojourned his journey as a simple volunteer to a RD participant, his hurdles during selection, experiences in RD Preparation, the vigour of patriotism and various other social service activities he was engaged in. The session was received with huge appreciation and was an eye opener to others.

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PROGRAM SCHEDULE

DAY 4 FRIDAY 22/12/2023

NSS SONG : THOUGHT OF THE DAY	07:00 AM TO 08:00 AM
BREAKFAST TIME	08:00 AM TO 09:00 AM
YOGA SESSION	09:30 AM TO 12:30 PM
LUNCH TIME	12:30 PM TO 01:30 PM
REVIEWING CAMP DAYS BY BINDY SIR	01:30PM TO 03:30 PM
TEA BREAK	04:00PM TO 04:30 PM
SNEHARAM VISIT - CLEANING	04:30 PM TO 05:30 PM
CAMPUS CLEANING	05:30 PM TO 06:00 PM
CAMP EVALUATION, NEWS LETTER READING & CULTURAL PROGRAMMES	07:30.PM TO 09:30 PM

The fourth day of the annual NSS Camp delved into legal awareness class on cigarettes and tobacco usage and techniques of self defence. The crucial COTP Act which is less known to the

students was detailed in the session one on the day by Byju R. The legal dimensions and various abuses owing to addiction to such nuances were emphasised. The afternoon session was a energy booster to the volunteers learning Self defence technique. Easy to learn techniques were imparted where girls were given more priority for self defence. Joy Master of Kadakkal Kartte Academy smoothly handled the session.

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PROGRAM SCHEDULE

DAY 5 SATURDAY 23/12/2023



YOGA PRATICE	06:00 AM TO 07:00 AM
NSS SONG : THOUGHT OF THE DAY	07:00 AM TO 08:00 AM
BREAKFAST TIME	08:00 AM TO 09:00 AM
SNEHARAM - INAUGURATION BY CHIRAKKARA GRAMA PANCHAYAT PRESIDENT	09:30 AM TO 12:30 PM
LUNCH BREAK	12:30 PM TO 01:30 PM
FIRE AND SAFETY CLASS	02:00 PM TO 04:00 PM
TEA BREAK	04:00 PM TO 04:30 PM
CAMPUS CLEANING & SNEHARAM VISIT	04:30 PM TO 05:30 PM
CAMP EVALUATION, NEWS LETTER READING & CULTURAL PROGRAMMES	07:30.PM TO 09:30 PM

Fifth day of the NSS Camp started off early morning with a Yoga Class instructed by Mr. Amjith S. The easy to do yoga techniques along with breathing exercise were imparted. The refreshed students later on attended an in-depth lecture on Fire and Safety. The various methods of

preventing fire accidents, ways of rescuing, disaster avoidance and management was delved into. The students too engaged in hands-on training. Later on the day,the volunteers indulged in preparing medicinal garden and nurturing.

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PROGRAM SCHEDULE

DAY 6 SUNDAY 24/12/2023

YOGA PRATICE	06:00 AM TO 07:00 AM
NSS SONG : THOUGHT OF THE DAY	07:00 AM TO 08:00 AM
BREAKFAST TIME	08:00 AM TO 09:00 AM
ADOPTED VILLAGE VISIT - SURVEY & FOOD DISTRIBUTION	09:30 AM TO 12:30 PM
LUNCH BREAK	01:00 PM TO 02:00 PM
HAPPINESS PROGRAM BY DR SAJITH (SNC VARKALA)	02:00 PM TO 04:00 PM
TEA BREAK	04:00 PM TO 04:30 PM
UNWINDING THE GOOD OLD DAYS BY ALUMNI	04:30 PM TO 07:00 PM
CAMP EVALUATION, NEWS LETTER READING & CULTURAL PROGRAMMES	07:00 PM TO 09:30 PM

The Sixth day of the camp stressed on commitment and creativity. To encourage the students to promote the use of environment friendly packing /carry materials and impart environmental commitment, a cloth and paper bag making training was given.Mrs.Saraswathy Amma trained

the students in bag making. The afternoon session was spent with the inmates of adopted village and involving in constructive works.

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PROGRAM SCHEDULE

DAY 7 MONDAY 25/12/2023

YOGA PRATICE	06:00 AM TO 07:00 AM
NSS SONG : THOUGHT OF THE DAY	07:00 AM TO 08:00 AM
BREAKFAST TIME	08:00 AM TO 09:00 AM
ANTI - DRUGS CLASS (EXCISE DEPARTMENT)	09:30 AM TO 12:30 PM
LUNCH BREAK	12:30 PM TO 01:30 PM
VALEDICTORY SESSION STUDENTS SHAREING THEIR CAMP EXPERIENCES	
CHIRSTMAS CELEBRATION CAKE CUTTING	02:00 PM TO 04:00 PM
END OF THEPROGRAMME	04:00 PM



The camp ended on the seventh day with a valedictory function with students sharing their experience.

On 7th January 2024, NSS volunteers from Sree Narayana College Chathannur visited the adopted village Pemra. The visit was part of the ongoing community service efforts aimed at supporting and engaging with the villagers. On this occasion, the volunteers offered bread and fruits to the residents, aiming to provide nourishment and strengthen the bond between the college and the village community.

On 9th January 2024, NSS volunteers from Sree Narayana College Chathannur undertook two significant activities: the submission of the Snehamam initiative and the plantation of flowering plants on the college campus. The Snehamam initiative involved a community support project, while the planting of flowering plants aimed to enhance the campus environment and promote ecological sustainability.

On 11th January 2024, NSS units of Sree Narayana College Chathannur, organized a significant event where Panchayat President Ajayan took a public pledge against drug abuse. The event aimed to raise awareness about the dangers of drug abuse, promote a drug-free community, and encourage collective action in combating this critical issue.

On 20th January 2024, NSS volunteers from Sree Narayana College Chathannur undertook a dual initiative to visit a palliative care facility and an orphanage. The visit aimed to provide support and companionship to patients in the palliative care facility and to engage with the children at the orphanage. The initiative focused on spreading kindness and contributing positively to the well-being of the community.

A Secondary Palliative Training for NSS Volunteers was organised on 10 February 2024 by the NSS Unit with the support of the Ithikkara Block Panchayath and CHC Kalakkode. The programme was aimed at imparting the volunteers on Palliative and Geriatric care and its prospects. The program introduced students to another area of service and helped to inculcate compassion towards their fellow beings and to extend their hands of service during the hard times.

On 24th February 2024, NSS volunteers from Sree Narayana College Chathannur conducted a survey on drug addiction in the adopted village Pembra. This initiative aimed to assess the extent of drug abuse in the community, understand the impact on residents, and gather data to support future interventions and awareness programs.

On 4th March 2024, NSS volunteers from Sree Narayana College Chathannur organized a rice supply distribution to the adopted village Pembra. This initiative was aimed at providing essential food support to the residents, particularly those in need, and strengthening the bond between the college and the village community.

On 5th March 2024, Sree Narayana College Chathannur, in collaboration with Paripally Medical College, organized a blood donation camp at the college seminar hall. The event aimed to encourage voluntary blood donation, support local blood banks, and contribute to the community's health needs.





On 8th March 2024, Sree Narayana College Chathannur was honored with the award for the "Best NSS Unit" for conducting a large number of successful blood donation camps. This recognition was awarded in appreciation of the college's dedicated efforts to promote voluntary blood donation and contribute to community health. The awards was given by higher education director Sudheer IAS in the presence of technical education director and Trivandrum district collector Jeromic George IAS and NSS state coordinator Dr. Ansar.

Programme Co-ordinators

Dr. Nisha SOMARAJAN

Divya. B

International Women's Day 2024 was commemorated on March 8 under the theme. "Celebrate Womanhood" recognizing and celebrating the women and girls who are championing the advancement of transformative technology and digital education. The observance explored the impact of the digital gender gap on widening economic and social inequalities and spotlighted the importance of protecting the rights of women and girls in digital spaces and addressing online and ICT-facilitated gender-based violence. The major highlight of the same was a massive blood

donation drive organized by the NSS in association with the All-Kerala Blood Donation Society and the Govt Medical College Parippally .The Blood donation saw active participation from students and faculty.



WORLD WATER DAY MARCH 22

To focus the attention of our students on the importance of the real ELIXIR of our life which is water, we celebrated the World water Day and arranged a class on the different ways of water Conservation. After the class taken by the ward member Vinitha, we arranged a Summer Drink Distribution

SNEHAPOTHICHORU

On 31/3/2024 as part of our POTHICHORU programe our volunteers distributed food packets to Ramarao hospital Nedumgolam. On the same day our volunteers distributed vegetable kits and 10kg rice packets to the inmates of our adopted village. A survey was conducted to ensure that all the fifty families there are doing well in the scorching summer