



SREE NARAYANA COLLEGE, CHATHANNUR



AQAR 2023-2024

CRITERION V - STUDENT SUPPORT AND PROGRESSION

5.1 - Student Support

5.1.3 - Capacity building and skills enhancement initiatives taken by the institution include the following

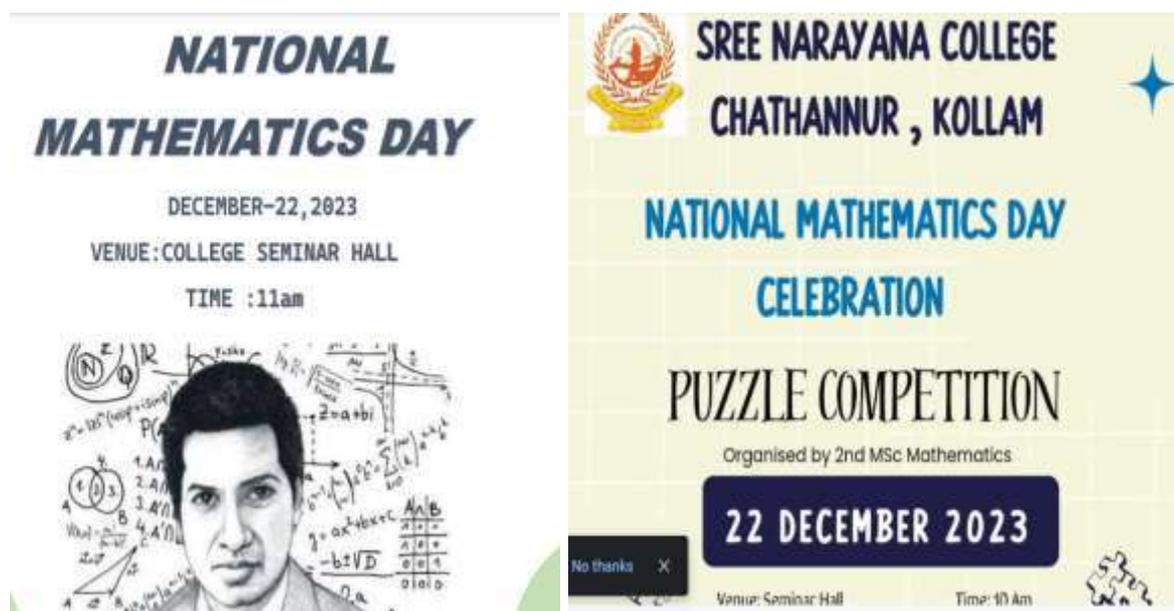
- 1. Soft skills**
- 2. Language and communication skills**
- 3. Life skills (Yoga, physical fitness, health and hygiene)**
- 4. ICT/computing skills**

I. SOFT SKILLS

A. Development of problem solving skill

1. National Mathematics Day-December 2023

Department of Mathematics celebrated National Mathematics Day the birthday of famous mathematician Srinivasa Ramanujan by conducting puzzle competition and Quiz competition on 22 December 2023. Along with the students and teachers of Mathematics department students and teachers from History and Industrial Chemistry took part in these competitions. Puzzle competition was organized by second year M.Sc Mathematics students and Quiz competition was organized by first M.Sc Mathematics students and Jeevan S, Assistant Professor, department of Mathematics. Harimurali R from III B.Sc Mathematics bagged first prize in quiz competition and got declared cash award. The team of Adithya Anil and Keerthana Santhosh gathered first prize, Shyam SB and Adarsh from History department got second prize in puzzle competition. The Programme was coordinated by the teachers from the department. The prize distribution was done by the principal Sri Amjith S and college superintendent Sri Ajayan S. Rasmi Kundancheri, assistant professor of Mathematics department welcomed the students and teachers gathered and Sruthy S delivered the vote of thanks.





Winners of Puzzle Competition

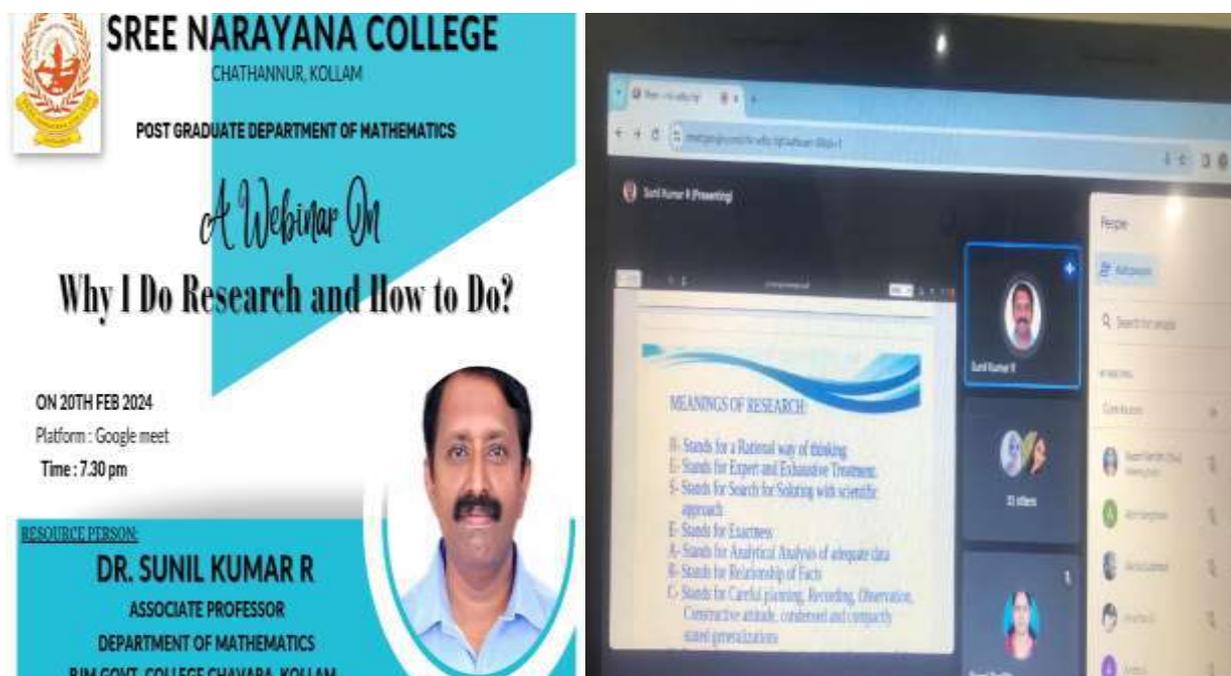


Principal distributing Cash award for the winner Harimurali R

2. Research Methodology Webinar

Department of Mathematics conducted a webinar on Research Methodology on 20 February 2024 at 7.30 pm. The session was led by Dr. Sunil Kumar R, Assistant professor, Department

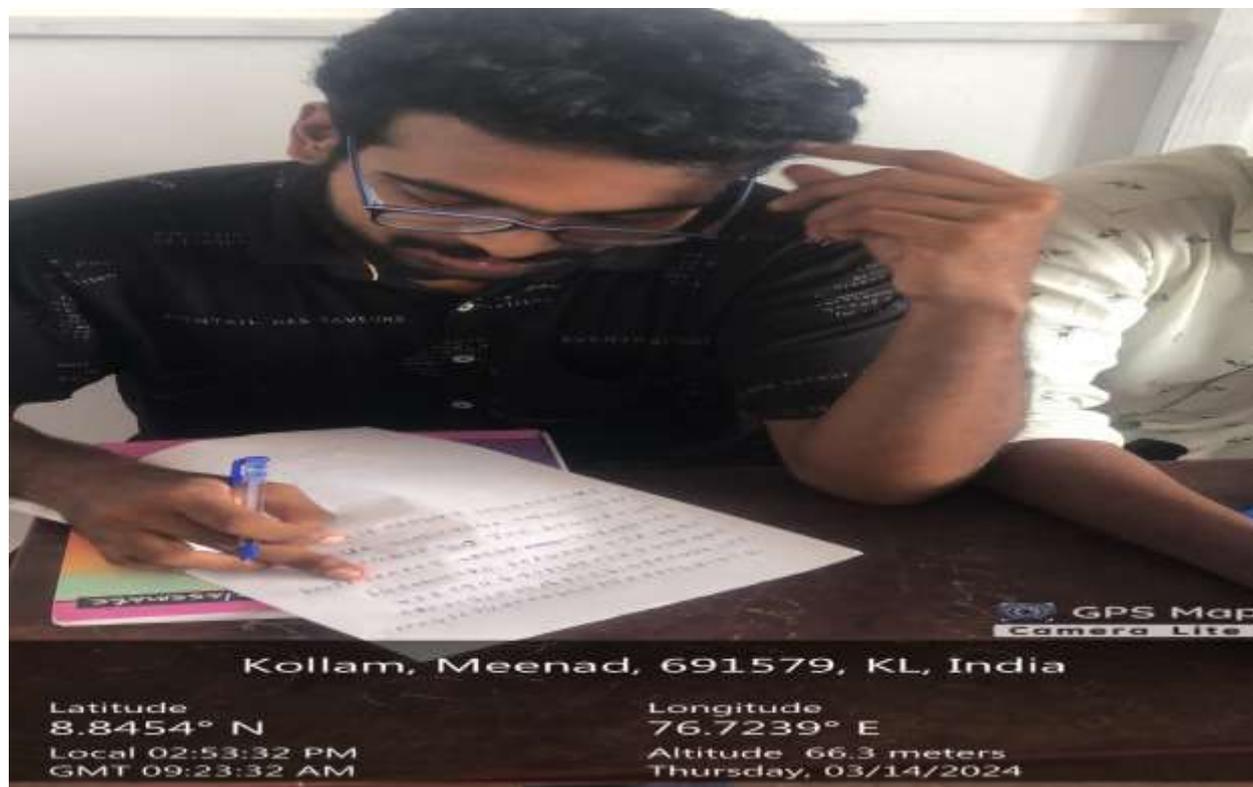
of Mathematics, BJM Govt. College Chavara. In the beginning of the class the resource person motivated the students through stories and his experiences. Then he handled the class absolutely fascinating way. He used Malayalam presentation along with English power point. It was a new experience for the students to hear the terms of Mathematics and Research topics in Malayalam. M.Sc and B.Sc students of our department actively participated in this webinar. They got motivated and some of the students decided to do the research after their post graduation. The session was ended by 9 pm Athulya S of second year M.Sc Mathematics delivered vote of thanks for the programme.



3. Pi Day Celebration-March 2024

Pi Day celebrated annually on March 14, since the date written numerically corresponds with the first 3 digits of Pi. It is also the birth day of Albert Einstein. UNESCO's 40th general conference designated Pi Day as International Day of Mathematics. Since Pi irrational no common fraction can be its exact value. It has infinite number of digits in its decimal representation and has no repeating pattern. Department of Mathematics celebrated Pi Day and made Pi value competition on 14 March 2024 at 1 pm. Students of our department participated in this programme and Prajeesh Prathapan of III B.Sc mathematics scored first place in this competition. On Merit day we distributed prize for the winner. This Programme helped the students to learn the more digits of the pi value and could made an interest in Pi

value . Rasmi Kundancheri ,Assistant Professor ,Dept of Mathematics welcomed the students and Jeevan S, Assistant Professor, Dept. of Mathematics delivered vote of thanks for this programme.



4. Workshop Report by Department of Physics

Title: Explore the fundamentals of Electrical Systems

Date: 24th August 2023

Venue: Physics Lab, Sree Narayana College, Chathannur

Organized by: Department of Physics, Sree Narayana College, Chathannur

Workshop Facilitator: Mr. Biju (Electrical Technician)

Objective of the Workshop:

The skill development workshop aimed to enhance the participants' knowledge and practical skills in assembling, installing, testing, maintaining, and repairing electrical systems. The session provided insights into safety standards, troubleshooting techniques, and the significance of compliance with electrical regulations.

Participants:

More than 10 students from the Physics Department actively participated in the session.

Workshop Highlights:

1. Introduction to Electrical Systems:

- Explanation of the basics of electrical wiring and equipment.

- Discussion on the relevance of blueprint reading in designing and working on electrical systems.
2. **Practical Demonstration:**
 - Mr. Biju demonstrated the inspection of electrical systems to ensure safety and efficiency.
 - Techniques for troubleshooting common electrical problems were showcased, along with their solutions.
 3. **Safety Standards and Regulations:**
 - Emphasis on adhering to electrical safety protocols and industry regulations.
 - Practical examples of how to avoid potential hazards during maintenance and repairs.
 4. **Hands-On Training:**
 - Participants were given the opportunity to practice basic troubleshooting and maintenance under the guidance of Mr. Biju.
 - Real-world scenarios were simulated to reinforce learning.

Outcome:

The workshop successfully enhanced the participants' practical understanding of electrical systems and troubleshooting techniques. Students gained valuable skills that will be beneficial for their academic and professional development in industries such as manufacturing, research, and electronics.

Feedback:

Participants appreciated the interactive and practical approach of the session. The facilitator's expertise and hands-on methodology were particularly commended.

2. **Acknowledgment:**

At the conclusion of the workshop, Dr. Bhavyasree P. G., Head of the Department of Physics, extended a heartfelt vote of thanks. She expressed gratitude to Mr. Biju for his informative and engaging session, the organizing team for their efforts, and the students for their enthusiastic participation.

3. **Conclusion:**

The workshop was a resounding success, achieving its objective of skill development. The Physics Department of Sree Narayana College, Chathannur, plans to organize similar workshops in the future to continue nurturing technical proficiency among students.



Sree Narayana College
Chathannur

EXPLORE THE FUNDAMENTALS OF ELECTRICAL SYSTEMS

Dept of Physics, Sree Narayana College, Chathannur

www.sncchathannur.ac.in
Contact us 9048357440

ABOUT THE WORKSHOP. EXPERIENCE THE DIFFERENCE.

The Electrical Systems Skill Development Workshop, led by expert Mr. Biju, provides participants with essential knowledge and hands-on experience, focusing on practical skills, safety standards, and troubleshooting techniques for success in electrical engineering.

Skills Development Focus.

20

FOUNDATIONAL KNOWLEDGE
We build on the essentials of electrical systems for future readiness.



EXPERIENCE IN ACTION
We thrive through practical engagement, creativity, and teamwork.



SAFETY FIRST
We prioritize safety, compliance, and continuous improvement in our practices.

Empowering via
knowledge.

Innovative ideas and hands-on
skills.



5. CERTIFICATE COURSE (Dept. of Commerce)

The Department of Commerce successfully delivered the six-month Diploma Course in GST and IT Practitioner for the academic year 2023-24. A total of 44 students enrolled, with the program achieving a perfect 100% pass rate. The course included a well-structured syllabus, practical sessions, and comprehensive written and practical examinations. Upon successful completion, students were awarded certificates.

SREE NARAYANA COLLEGE, CHATHANNUR
 Affiliated to the University of Kerala, TVM
 NAAC Accredited with "B" Grade

**CERTIFICATE COURSE IN
 GST & INCOME TAX PRACTITIONER
 2023-2024**

About the course:
 The course offers a GST and Income tax practitioner course, direct tax practitioner course, indirect tax practitioner course, IT filing online training, IT filing online training, IT filing compliance course to help become a tax practitioner, e filing tax practitioners or work at tax practitioners office. This course will lay emphasis on the practical aspects with a solid knowledge base. Typical real life situations are covered under the syllabus. A student will learn how to compute taxable income under the head – Salary, House property, Business and Professions, Capital gains and other sources. Moreover, they can also learn how to compute the liability of an individual, HUF, Firm, Companies etc. and how to file returns under various sections. The students would get an idea about indirect Taxes like GST and tax planning which strategies to follow and benefits there by.

UGC-MSQV SKILL COURSE
 Approved by
UNIVERSITY OF KERALA, TVM
 Theory & Practical classes

DIPLOMA COURSE - 2023-2024
 Well Designed Syllabus

ENRICH YOUR SKILLS

6. NATIONAL FINANCIAL LITERACY PROGRAM

SREE NARAYANA COLLEGE, CHATHANNUR
Affiliated to University of Kerala
Accredited by NAAC

PG Department of Commerce in association with IQAC organises
TWO-DAY NATIONAL FINANCIAL LITERACY PROGRAM

Date : 4 & 5, Jan 2024 @ 10.00 am
Venue: Seminar Hall





SPEAKER :Dr. DEYANANDHAN, N.M.
Associate Professor in Commerce (Retd)
TKM College of Arts & Science , Kollam
Certified Financial Educational Trainer of SEBI

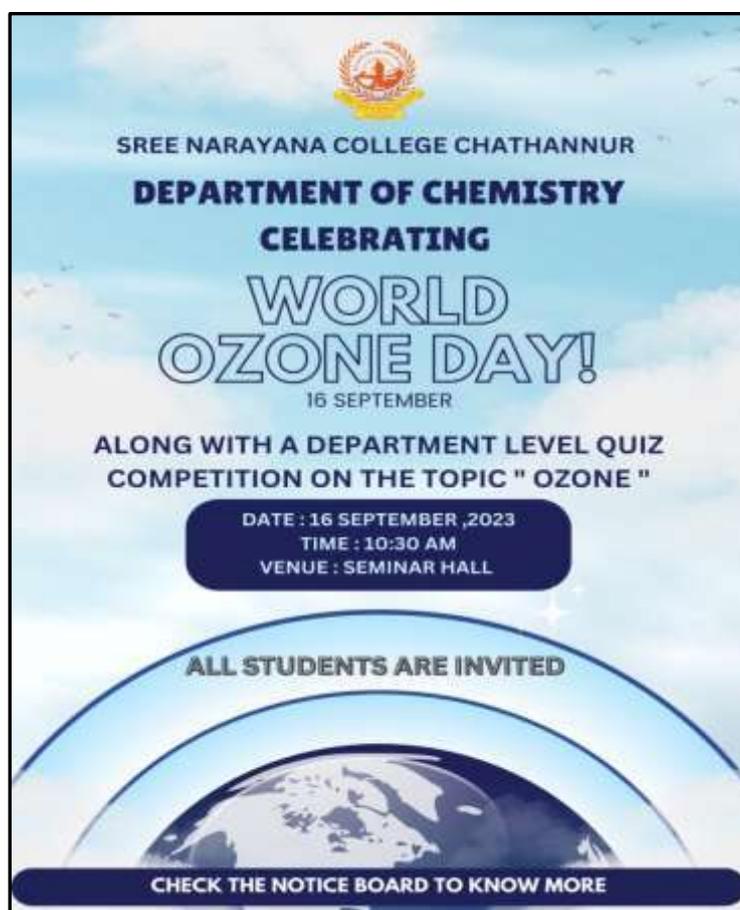
NISM NATIONAL INSTITUTE OF
SECURITIES AND FINANCIAL MARKETS
An Educational Institute of SEBI



The Department of Commerce, in collaboration with the IQAC of the college, conducted a seminar on January 4th and 5th, 2024, aimed at enhancing financial literacy among PG and UG students. Dr. Deyanandhan N.M., Associate Professor (Retired) from TKM College, Kollam, served as the speaker. The seminar focused on imparting fundamental concepts of personal finance, covering topics such as income, taxation, expenditure, stock market, savings and investment options, borrowing, risk management, and budgeting in straightforward language. Its goal was to familiarize participants with various financial products and encourage prudent financial practices. Dr. Amjith S., the Principal, delivered the welcome address, and the session was informative and interactive for the students. Dr. Parvathy Nand, HOD of the department, extended the vote of thanks at the event.

7. OZONE DAY CELEBRATION:

The Department of Chemistry observed International Ozone Day on September 16, 2023, with great enthusiasm. To commemorate this occasion, a department-level quiz program was organized, focusing exclusively on the topic of ozone. The quiz was followed by a poster presentation session, where our students showcased their creativity and knowledge. The posters received great appreciation not only from our department but also from students of other disciplines. The program was very well coordinated by Ms. Muthu and Dr. Divya V. In the quiz competition Ms.Namina S, II MSc Student came as the first-prize winner, while Ayoob, an II MSc student, secured the second prize. In the poster presentation category, Mahithan, III BSc student, got the first prize. Dr. N.B. Sreekala , head of the department, distributed the prizes to the winners, congratulating them on their achievements.



8. TRAINING ON SOFT SKILLS

The Women Cell organized a training program on '*Soft Skills*' at the Seminar Hall on February 19, 2024, at 9:45 am. The session was handled by Mr Akhil S Raj, certified life skill and soft skill trainer, who brought extensive expertise to the program. The event aimed to

enhance participants' soft skills to improve their personal and professional development. Ms. Jiji P, the Women Cell Coordinator, commenced the event with a welcoming speech and emphasized the significance of soft skills in today's competitive world, underlining their role in fostering effective communication and interpersonal relationships. The training program consisted of interactive sessions covering various aspects of soft skills, including communication, emotional intelligence, and teamwork. Practical exercises and role-plays were incorporated to enhance learning and skill application. The training program provided valuable insights into effective leadership, teamwork, and conflict resolution strategies. Participants expressed high levels of satisfaction with the training program, citing its relevance and practical applicability. Aparna, a First year B Com student, delivered a heartfelt vote of thanks, expressing gratitude to the organizers and facilitators for their efforts in organizing such a beneficial event. The training program on soft skills organized by the Women Cell was a resounding success, empowering participants with valuable insights and practical tools for self-improvement. It underscored the importance of continuous learning and development in today's competitive landscape.



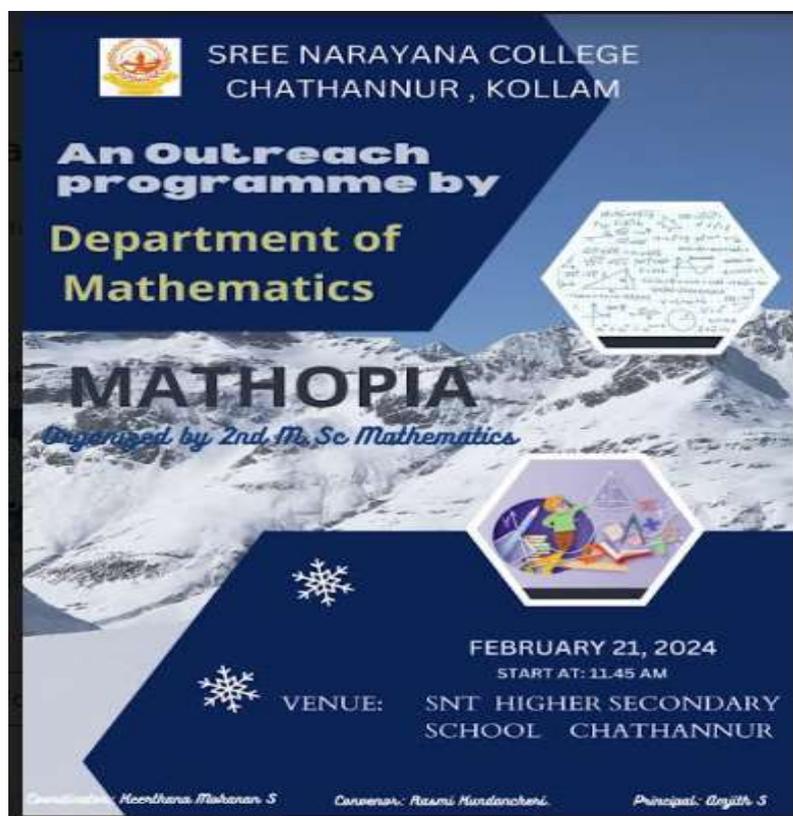
B. Organization and Leadership skills

9. Outreach Programme

Department of Mathematics conducted an outreach programme named MATHOPIA for the plus two students of SN trust higher secondary school Chathanur on 21 February 2024 at 11.45 am. 80 students of the science batch of this school participated in this programme

To make the students refreshed and interactive students of second M.Sc Mathematics provide a gaming session and gave the awareness about the opportunities of B.Sc and M.Sc Mathematics. Keerthana Mohanan S ,Assistant Professor on contract of our department introduced the teachers and students of our department and Athulya M S second year M.Sc Mathematics student of our department gave an introduction about B.Sc and M.Sc Mathematics, then Sruthy S explained the career opportunities of Mathematics. We wound up the session at 1.15 pm. In their valedictory session the students of the school conveyed the

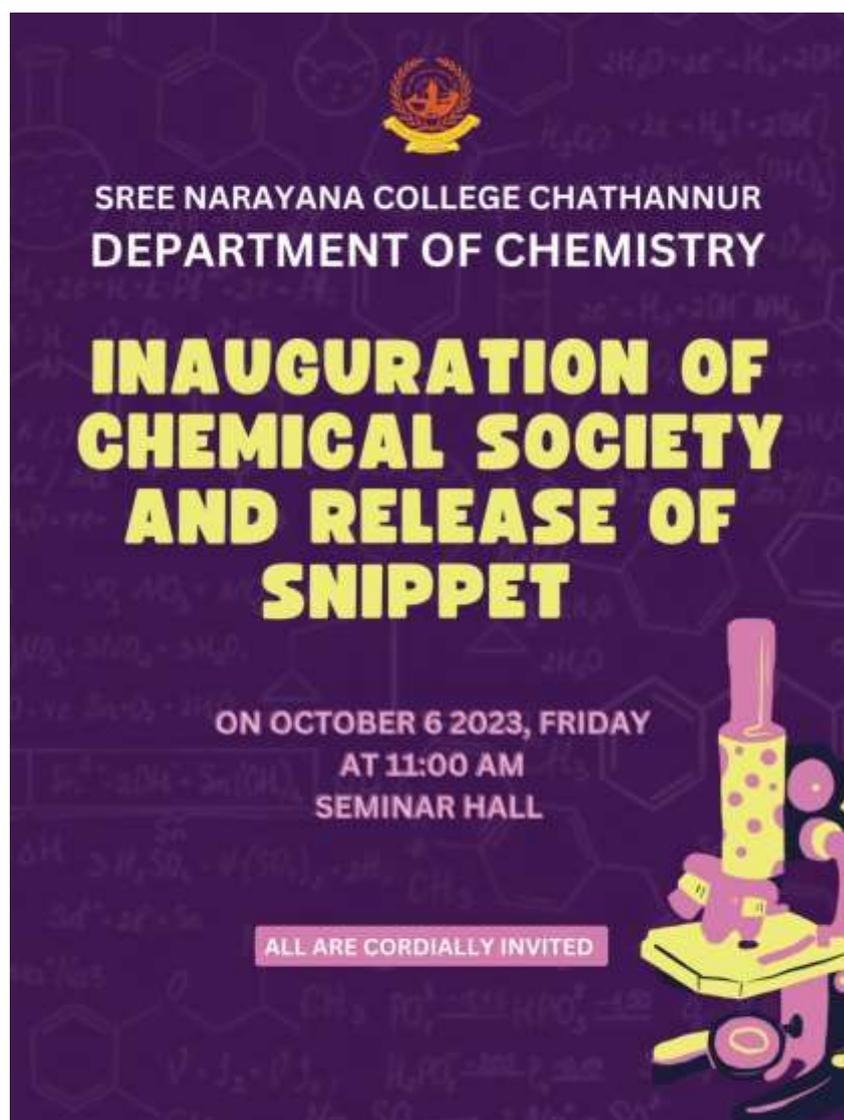
usefulness of the session.





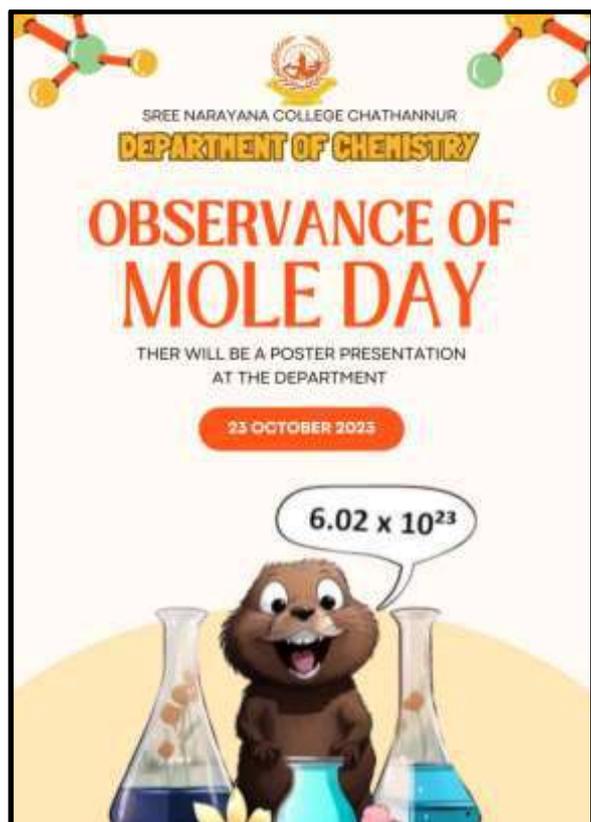
10. INAUGURATION OF THE CHEMICAL SOCIETY & RELEASE OF “SNIPPET”

The Chemical Society of our department was formally inaugurated on October 6, 2023. This milestone event was further celebrated with the launch of the student magazine, "SNIPPET". Principal Dr. Amijith S. inaugurated the event, setting the tone for the celebrations. Dr. N.B. Sreekala warmly welcomed the gathering, and Dr. Subhash Chandran C.S. delivered a thought-provoking presidential address. The program concluded on a gracious note with a vote of thanks by Dr. Vidhya R.V. The event was well-attended by all the faculty members, as well as students from various batches. The entire event was meticulously coordinated by Dr. Vishnu, whose efforts contributed significantly to its accomplishment.



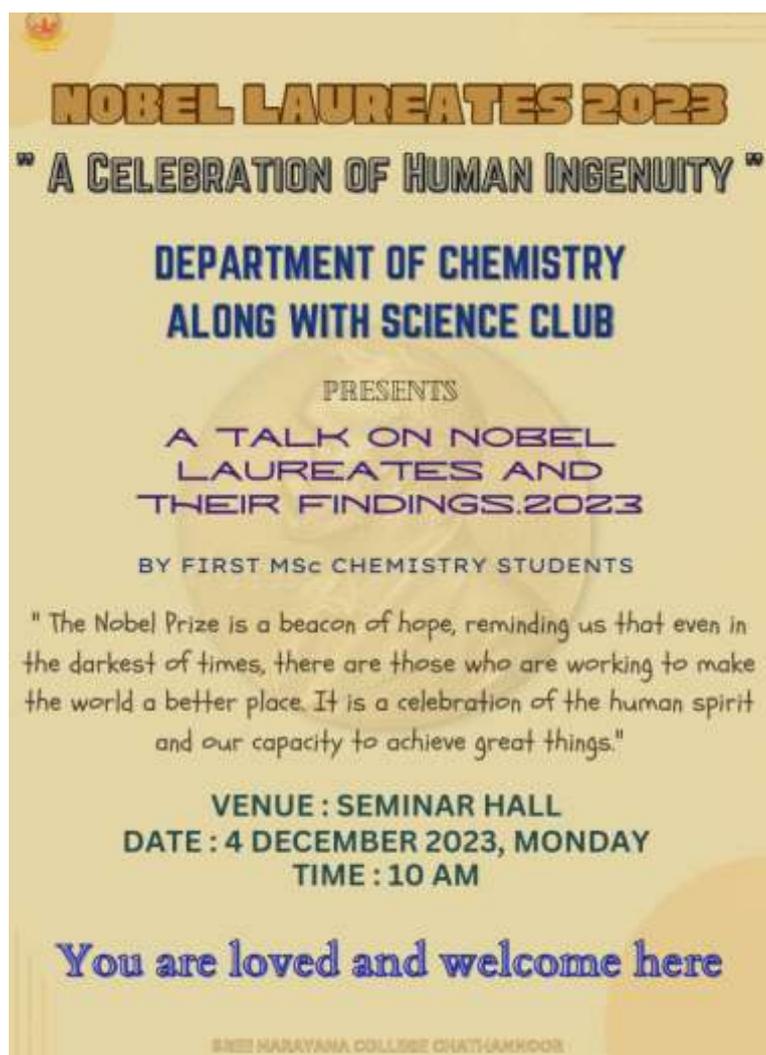
11. MOLE DAY CELEBRATION:

October 2023 was a month of celebrations for our department, as we observed not one, but two significant events. Following the successful inauguration of the Chemical Society, we commemorated Mole Day on October 23, 2023. Mole Day is celebrated annually on October 23rd to recognize the significance of the Avogadro number (6.022×10^{23}), a fundamental constant in chemistry. Ms. Saritha S.J And Dr. Vidhya R. V were the co-ordinators of the Mole day Celebrations. Our students enthusiastically participated in the celebrations by designing and displaying posters that highlighted the importance of the Avogadro number in various chemical calculations and applications. The poster display was a huge success, with students from various batches showcasing their creativity and knowledge. The event served as an excellent platform for students to learn about the significance of Mole Day and its relevance to the field of chemistry. Aswin S., I MSc student, Department of Chemistry secured First prize in Poster presentation. The celebration of Mole Day was a testament to our department's commitment to promoting student engagement and enthusiasm for chemistry.



12. NOBEL LAUREATES 2023:

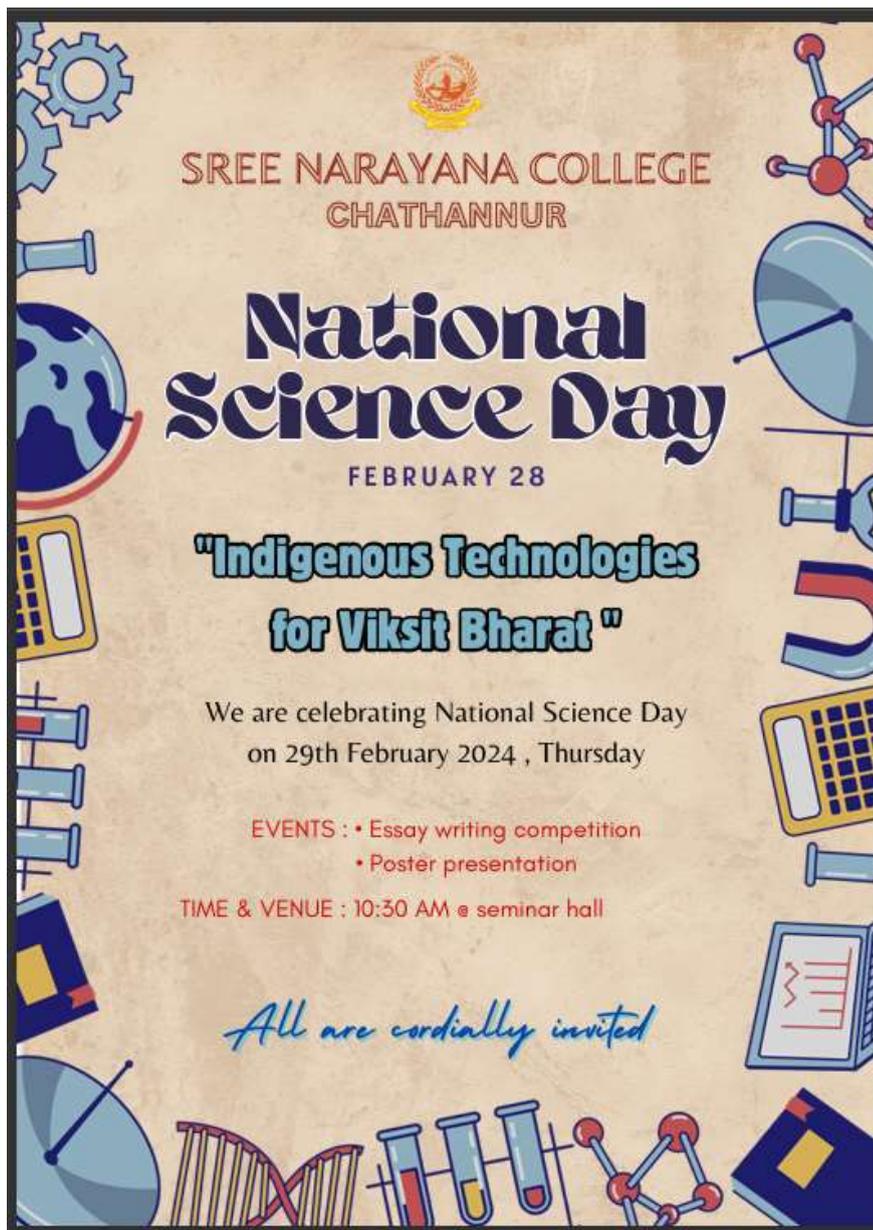
The Department of Chemistry, in collaboration with the Science Club, hosted an enlightening Programme on the topic "Nobel Laureates and their Findings 2023" on December 4, 2023. The event was organized and presented by the first-year PG students, showcasing their knowledge and enthusiasm for the subject. The program commenced with a comprehensive overview of the Nobel Prize winners for the year 2023, presented by Ms.Namina S., Athira V, Gokul P, and Rani Chandran. The students meticulously covered the Nobel Prize winners in various fields, including Chemistry, Medicine, Peace, Economics, and other disciplines. Their presentations provided valuable insights into the groundbreaking discoveries and contributions of the Nobel laureates. Ms.Melani delivered a captivating talk on the lives and achievements of the Nobel Prize winners. She shed light on the factors that inspired and motivated these visionaries to make path-breaking discoveries. Her presentation highlighted the dedication, perseverance, and passion that characterized the journeys of these illustrious individuals. The event served as a platform for the students to develop their presentation skills, critical thinking, and knowledge about the latest advancements in various fields. Dr. N. B. Sreekala, the Head of the Department congratulated the students for their outstanding efforts and dedication to promote scientific awareness through such a programme. The success of this event underscores the department's commitment to providing a stimulating and supportive environment that encourages students to explore, learn, and grow. The event drew to a close with a vote of thanks by Dr. Divya V, who thanked the students, faculty members, and the Science Club for their contributions to the programme's success.



13 NATIONAL SCIENCE DAY

The college celebrated National Science Day on February 29, 2024, in the Seminar Hall, in association with the Science Club. The event was themed "Indigenous Technologies for Viksit Bharat," emphasizing the importance of home grown innovations in driving India's progress. As part of the celebrations, an essay writing competition was organized, which saw enthusiastic participation from students across various disciplines. Ms. Muthu S, the coordinator of the program, ensured the smooth execution of the event.

The essay writing competition was won by Prajeesh, III BSc Mathematics student, who secured the first prize. Ms. Aarnaya C.S., I MSc Chemistry student, was awarded the second prize. Principal Dr. Amjitha S. distributed the prizes to the winners, congratulating them on their achievement. The National Science Day celebrations served as a platform to promote scientific awareness, encourage innovation, and foster a spirit of inquiry among students.



14. SEMINAR ON 'PRESENTATION SKILLS'

On March 14, 2024, the Women Cell organized a seminar on "**Presentation Skills**" in the

Seminar Hall, aiming to equip participants with effective techniques for delivering impactful presentations. Smt. Jiji P, the Women Cell Coordinator, delivered a warm welcome speech, emphasizing the importance of honing presentation skills in academic and professional settings. Dr. Anu R Kumar, Assistant Professor in English at S N College for Women, Kollam, served as the resource person, sharing her expertise and insights on effective presentation techniques. The seminar covered various aspects of presentation skills, including structuring presentations, engaging the audience, and delivering confident and persuasive speeches. Students and faculty members demonstrated enthusiastic engagement throughout the seminar, eager to enhance their presentation abilities and overcome public speaking apprehensions. Feedback from participants was overwhelmingly positive, with many expressing appreciation for the practical tips and strategies shared by Dr. Anu R Kumar, indicating high satisfaction with the seminar. The seminar provided participants with valuable tools and techniques to enhance their presentation abilities.



15. SEMINAR ON 'INTERVIEW SKILLS AND GROUP DISCUSSION'

The Women Cell organized a seminar on '*Interview Skills and Group Discussion*' on March 19, 2024, at 10:00 am in the Seminar Hall. The session aimed to equip participants with essential skills necessary for success in job interviews and group discussions. Mr. Jijo Jayachandran, a Talent Curation Executive from Kerala Knowledge Mission, led the session, drawing from his expertise in recruitment and talent management. Key topics covered during the seminar included interview preparation, effective communication techniques, and strategies for excelling in group discussions. Participants engaged in interactive sessions, which involved mock interviews and group discussions, allowing them to receive constructive feedback and improve their skills. The seminar witnessed active participation from students and faculty members, reflecting their keen interest in mastering interview skills and group discussion strategies. Feedback from attendees was overwhelmingly positive, with many expressing gratitude for the practical insights provided by Mr. Jijo Jayachandran. Overall, the seminar proved to be a valuable learning experience, leaving participants better prepared to navigate the recruitment process and succeed in their professional endeavours.



II. LANGUAGE AND COMMUNICATION SKILLS

1. Reading Day celebration

The first and foremost activity carried out was in connection with the day of **reading on June 19**, commemorating the veteran P. N. Panicker.



National Reading Day 2023, commemorated nationwide on June 19th, pays tribute to PN Panikkar, the architect of Kerala's remarkable achievement of 100% universal literacy. To foster a culture of reading, enhance literacy skills, and underscore the importance of books, the Malayalam Department of Sree Narayana College, Chathannur, joins in celebrating Reading Day. As part of this initiative, participants are invited to record the audio of reading of some eloquent and poignant excerpts (up to 5 to 10 minutes) from literary masterpieces and submit them by June 19th via *Telegram at 7356866030, WhatsApp at 7994709779, or email at snccmalayalam@gmail.com*. Prizes await those who deliver the most compelling presentations.

Ramya R and Nandana Asokan showcased exceptional performances in the competition.

2. Kerala Piravi -November 1- 2023

The Malayalam Department and College Union celebrated Malayalam Language Week with a series of vibrant programs in conjunction with *Kerala Piravi*. Among the events were the 'Kerala Piravi Day Quiz,' featuring questions on Kerala's rich history and culture; the 'Dictation Competition,' designed to deepen

understanding and appreciation of the Malayalam language; and the 'Malayali Manka' competition , which highlighted Kerala's unique cultural heritage through language and attire. Students participated enthusiastically in all competitions, truly embracing the spirit of the celebration.

Revathi and Drushya, first-year M.Sc students, excelled in the quiz; Suneethi, a third-year history student, triumphed in the Dictation competition; and Devu, a first-year mathematics student, shone in the Malayali Manka competition.



കേരളപ്പിറവി ആഘോഷം
2023
കേരളപ്പിറവി മത്സരം



1st PRIZE

SUNEETHI
(3rd YEAR HISTORY)



1st PRIZE

KHADEEJA PRAJESH
(3rd BCOM) (3RD MATHS)

അഭിനന്ദനങ്ങൾ



SFI SNC CHATHANOR

കേരളപ്പിറവി ആഘോഷം
2023

മലയാളി മക

1st PRIZE



DEVU

1st YEAR MATHS

അഭിനന്ദനങ്ങൾ



SFI SNC CHATHANOR

**കേരളപ്പിറവി ആഘോഷം
2023**

കിസ് മത്സരം






REVATHY DHRUSHYA
(1st YEAR MSc MATHS)




ABHIRAMI DARSANA
(3rd BSG MATHS)

1st PRIZE

2nd PRIZE

അഭിനന്ദനങ്ങൾ





SFI SNC CHATHANOR



3. M.T. - A Lecture on 'Sargabhavanayude Onnamoozhangal'

Under the joint auspices of the Malayalam Department and I.Q.A.C, a lecture on 'Sargabhavanayude Onnamoozhangal' was held on Friday, January 5, 2024, at 9:30 am in the college seminar hall. Dr. Nitya P. Vishwam, Head of the Malayalam Department and Assistant Professor at Sree Narayana College, Varkala, Sivagiri, delivered the keynote address. The event was graced by the presence of Mr. Amjith, the acting College Principal, and Assistant Professor of Malayalam, Dr. Kiran Mohan M., who also co-ordinated the seminar.





The seminar illuminated the life and works of the esteemed literary figure, Sri. M.T. Vasudevan Nair, with a special focus on his renowned novel '*Randamoozham*'. The students participated with great enthusiasm, expressing that they gained substantial insights from the class.

4. Poetry recitation

On the death centenary of the illustrious Malayalam poet Kumaranashan (January 16, 2024), the Malayalam Department of Sree Narayana College,

Chathannur, hosted a distinguished poetry recitation competition. Students were invited to select and sing any verse of their choice by Kumaranashan and submit it as an audio file via *WhatsApp at 7994709779 or Telegram at 73568 66030*. Prizes were set to be awarded for the most outstanding performances. The submission deadline was Saturday, January 20, 2024.

Among the participants, Jishnu M. Nair, a second-year BSc Mathematics student, distinguished himself with an exceptional rendition.



5. World Mother Language Day -February 21

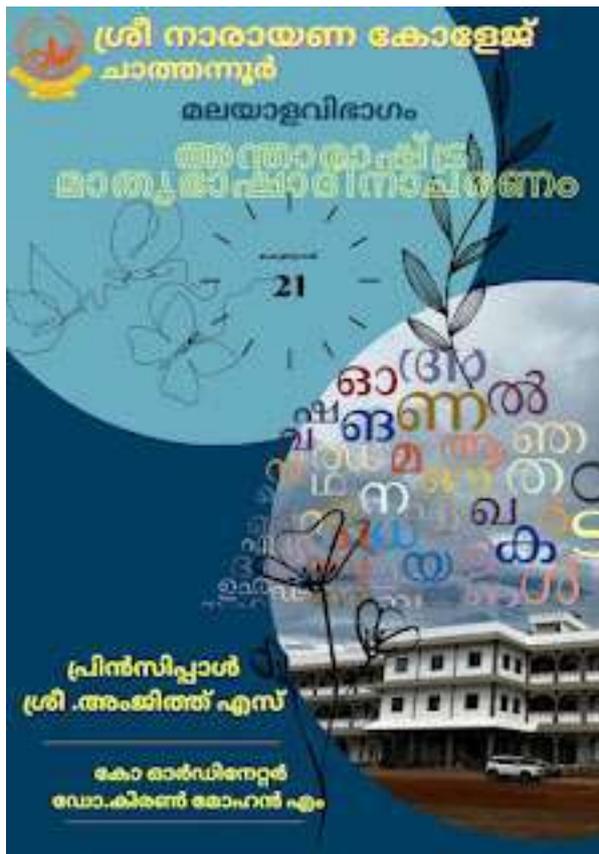
"Other languages are mere caretakers; the mother tongue is the true nurturer!" Today, February 21, we celebrate World Mother Language Day --a day dedicated to honouring the world's diverse mother tongues and their profound significance in our lives. Each language possesses a unique tapestry of characteristics. To honour and celebrate this diversity, the United Nations designated February 21 as World Mother Language Day. UNESCO officially

announced this observance on November 17, 1999. Celebrated globally, World Mother Language Day aims to raise awareness about preserving linguistic diversity and the cultural heritage it encompasses. The UN General Assembly endorsed this observance in 2000, and in 2008, the world united in celebration of this significant day. The concept of Mother Language Day was inspired by Bangladesh and brought to UNESCO's attention. February 21 marks the anniversary of the Bangladeshis' historic struggle to have Bangla recognized as an official language. In honour of this, the UN chose this date to celebrate Mother Language Day. The day serves to celebrate the rich diversity of languages and to preserve the cultural heritage intertwined with them.

In celebration of World Mother Language Day, the Malayalam Department at Sree Narayana College, Chathannur, hosted an insightful discussion. Assistant Professor Dr. Kiran Mohan led the dialogue on the topic, "Challenges Faced by Malayalam as a Mother Tongue". On the occasion of Language Day, students solemnly recited the Language Pledge.

Language Pledge of Kerala

"Malayalam is my language. My language is my home, It is my sky, In which I see the stars. It is the wind that caresses me, The warm water that quenches my thirst. It is my mother's caress and reprimand. No matter where I go, I dream in my language. My language is my very self."



6. "Speaking Hindi Made Easy"

A seminar on the topic "Speaking Hindi Made Easy" was conducted at Sree Narayana College, Chathannur, on 12th February 2024. The session, aimed at enhancing the Hindi-

speaking skills of the students, was led by the esteemed Dr. C.S. Subhash Chandran, a renowned expert in language education.

The seminar began at 10:00 AM with an inaugural function presided over by the Principal of the college. In her opening remarks, the Principal highlighted the importance of learning Hindi as a means of fostering national unity and improving communication across diverse regions of India. She appreciated the initiative and welcomed Dr. Subhash Chandran to share his insights.

Dr. Subhash Chandran's session focused on simplifying the process of learning Hindi. Using practical examples, interactive activities, and relatable scenarios, he made the session both engaging and effective. He emphasized the importance of consistent practice, the use of conversational phrases, and understanding basic grammar to gain proficiency in the language.

The seminar was well-received by the students, who actively participated in the interactive exercises. Many of them expressed gratitude for the practical tips and techniques shared by Dr. Chandran, which they found both motivating and easy to implement in daily life.

The event concluded with a vote of thanks delivered by a student representative, who thanked

the Principal for organizing the seminar and Dr. Subhash Chandran for his valuable guidance.

The seminar proved to be a significant step toward improving Hindi communication skills among the students, fostering confidence and enthusiasm to learn and use the language effectively.

Sree Narayana College Chathannur



Hindi Dept, Sree Narayana

Hindi Speaking Seminar

Join us with Dr (major) C S Subhash Chandran



Seminar Hall, Sree Narayana College Chathannur | 12/2/2024, 10 A.M.

JOIN US FOR A
SEMINAR ON EASY
HINDI SPEAKING!



Hindi Dept, Sree Narayana College, Chathannur

Hindi Speaking Seminar

Seminar Hall, Sree Narayana College Chathannur | 12/2/2024, 10 A.M.



Improve Hindi speaking with us!

JOIN OUR SEMINAR FOR EASY HINDI SPEAKING

Are you eager to improve your Hindi speaking abilities? Join us at Sree Narayana College Chathannur for an engaging seminar.

This event is designed for everyone, whether you're a beginner or looking to refine your skills. Our expert instructors will guide you through practical exercises and interactive sessions to boost your confidence in speaking Hindi.

Mark your calendars for February 12, 2024, at 10 A.M. and take the first step towards mastering Hindi!

Book your spot for the seminar now!

Venue: Seminar Hall, Sree Narayana College,
Chathannur Date: 12/2/2024 Time: 10 A.M.
Inquiries: 9447453269



7. English spoken course

The Department of English at Sree Narayana College, Chathannur, conducted a two-month *Spoken English* course starting in October 2023. This add-on course was open to both faculty members and students of the college, with more than 30 participants enrolling. The course was designed to enhance English communication skills, fostering greater fluency and confidence in speaking.

The sessions were conducted by Dr. Nisha Somarajan, a faculty member of the Department of English, who brought her expertise and engaging teaching methods to the program. The classes focused on practical applications of spoken English, including pronunciation, vocabulary building, grammar essentials, and interactive conversation practice.

A unique feature of this course was its inclusivity and accessibility: no registration fee was charged, making it accessible to all interested participants. The interactive teaching methods used by Dr. Nisha Somarajan created a dynamic and supportive learning environment.

Upon successful completion of the course, participants were awarded certificates by the Department of English, recognizing their efforts and achievements in improving their spoken English skills.

This initiative was highly appreciated by the participants for its structured yet flexible approach. The course's success demonstrated the department's commitment to enhancing the linguistic skills of the college community, further encouraging similar programs in the future.



Sree Narayana College
Affiliated to University of Kerala

Certificate Course in Spoken English (2023-2024)

- **Duration** - 30 Hours
- Course offered by **English Department**
- Covers **5 modules**.
- **Benefits** - Expands vocabulary & improves proficiency in both written and spoken English.



How to Apply

Interested students can apply with the English Department

III. LIFE SKILL DEVELOPMENT IN STUDENTS DURING THE YEAR 2023-2024

1. INTERACTIVE SESSION organised by Commerce Department

The poster features the college logo at the top left, which includes a lamp and an open book. The text at the top center reads "SREE NARAYANA COLLEGE, CHATHANNUR Affiliated to University of Kerala NAAC Accredited with 'B' Grade". On the top right is a portrait of Dr. Vellappally Mathan, identified as the "CONTRUSTS MANAGER". The main title of the session is "TENNIS: A PERFECT CHOICE FOR LIVELIHOOD", with a subtitle "PG Department of Commerce in association with IAQC organises an Interactive session on". The date and time are "ON 14/02/2024 @ 10.00 A.M" and the location is "SEMINAR HALL". A photograph of tennis rackets and balls is shown on the left. On the right is a portrait of Dr. A. Shersha, identified as the "Resource Person", who is an "Asspate Professor & HOD in Physical Education and Sports Travancore Medical College, MEDICITY, KOLLAM". At the bottom left, it says "Welcome Address : Dr. VISHNU.S. NAAC COORDINATOR". At the bottom right, it says "Presidential Address : Sri LAMJITH.S. PRINCIPAL".

On February 14th, 2024, the Department of Commerce, in collaboration with IQAC, conveyed the significance of racket sports and their integration into students' lives through an interactive session titled "Tennis: A Perfect Choice for Livelihood". During the session, Dr. A. Shersha, Associate Professor and Head of Physical Education and Sports at Travancore Medical College, Kollam, emphasized that consistent exercise and physical education significantly enhance one's holistic well-being, fostering confidence, discipline, and advanced physical abilities. He highlighted tennis as an excellent sport for promoting health, fitness, strength, and agility. Dr. Parvathy Nand, Head of the department, delivered the welcome address. Sri. Amjith S, Principal, delivered the presidential address and highlighted the health benefits of tennis, which include enhancing aerobic capacity, reducing resting heart rate and blood pressure, improving metabolic function, increasing bone density, reducing body fat, and enhancing muscle tone, strength, and flexibility. Students actively engaged and interacted thoroughly during the session.

Miss Vishnupriya, S., a second-year B. Com student, delivered the vote of thanks to the program.

2. REPORT ON IPR: THE SECRET SAUCE OF SUCCESS conducted by the Commerce department

SREE NARAYANA COLLEGE, CHATHANNUR

Affiliated to University of Kerala
NMAC Accredited with B Grade



DEPARTMENT OF COMMERCE Organises Seminar on IPR

“IPR: The Secret Sauce of Success”



RESOURCE PERSON:

Adv.K.G.BAIJU

B.Sc.LLB

**Part-time lecturer
in Law**

Date : October 10,2023

Venue: Seminar Hall

Time : 10.30 am

HoD:

Dr.PARVATHY NAND

Principal In Charge

AMJITHA.





A seminar on Intellectual Property Rights (IPR) was organized by the Department of Commerce on 10th October 2023 in the college seminar hall. Adv. K.G. Baiju served as the resource person, offering a brief introduction to IPR and explaining key concepts such as copyrights, patents, and other related terms. The session was attended by both UG and PG students of the college. Dr. Parvathy Nand, Head of the Department, formally inaugurated the session.

The speaker began with a comprehensive overview of intellectual property, outlining the relevant laws and their key provisions. Students were introduced to the principles of Intellectual Property Rights (IPR), and practical advice was provided on how to apply this knowledge when starting a new business. The session also covered how to use intellectual property laws to address cases of injustice, as well as the legal recourse available within the Indian judicial system.

Adv. K.G. Baiju elaborated on various types of intellectual property, including patents, copyrights, trademarks, designs, and trade secrets. He explained the differences between these categories, the duration of each right, the applicable legal frameworks, and the limitations associated with them.

The speaker delivered an insightful and engaging lecture on IPR, sharing personal experiences that resonated well with the students. The session proved to be an

inspiring and motivating experience. It concluded at 12:30 pm with a vote of thanks by Miss. Prajana Devi, a III BCom student.

3. Hiroshima/Nagasaki day observance talk was organized by Department of History in association with IQAC on 7th August 2023 at Seminar Hall in SN College Chathannur. The programme was inaugurated by Dr.Subhash Chandran (senior faculty). Seminar convenor Dr.Sujatha (Head of the dept) delivered the welcome address. Dr.Divya (IQAC Co-ordinator) have done the felicitation. The session was handled by Mr.Harikrishnan R S (Speak for India Kerala Edition Finalist). Coordinators of this programme were Mr.Mahi & Mr.Sinulal faculties of the Dept).

The speaker described the topic of discussion from multi-disciplinary perspective. Since the Hiroshima-Nagasaki atom bomb attacks, there have been serious concerns levelled against the future of nuclear power generation. Questions arise on whether nuclear power is still important in a fossil-dependent global economy, particularly in India where safety and feasibility concerns persist. The speaker also urged the audience to analyse these historical moments from a rationalist perspective and critically analyse by applying the principle of scientific temper. The speaker emphasised the vicious relationship between scientific innovations and power politics, also the impact of geo-politics.



SREE NARAYANA COLLEGE



CHATHANNUR
Department of HISTORY



&
IQAC

അണുകേന്ദ്രത്തിലെ അങ്കലാപ്പുകൾ

By,

ശ്രീ. ഹരികൃഷ്ണൻ. ആർ. എസ്

[പ്രഥമ **EMS Memorial** സംസ്ഥാനതല പ്രസംഗമത്സര വിജയി
കേരള സർവകലാശാല കലോത്സവം മലയാളപ്രസംഗമത്സരവിജയി

Speak For India Kerala Edition Finalist]

on

07/08/2023

Venue : Seminar Hall

Time : 1.30 pm

Principal :

Sri. Amjith. S

Co-ordinators :

Dr.Sujatha.K.S

Mahi.R

Sinulal





4. Gandhi Jayanthi observance talk was organized by Department of History and Centre for Gandhian Studies in association with IQAC on 6th October 2023 at Seminar Hall in SN College, Chathannur. The programme was inaugurated by Sri.Amjith S (Principal). Seminar conviner Dr.Sujatha K.S (HoD) delivered the welcome address Dr.Vysakh AS (Asst. Professor, PG Department of History & Research Centre, SN College, Chempazhanthy) Coordinators of this programme were Sri.Mahi and Srimathi.Vinitha Kumar (faculties of the Department).

The speaker described the topic of the discussion from multidisciplinary perspective. He added that Gandhi proves to be an ever evolving process. Gandhi's vision is idealistic in nature that aims to achieve a welfare state. The ideals of Gandhi are relevant in today's world where we are in the midst of power politics and global power struggle. Finally, the speaker concluded the session by reiterating the significance of understanding Gandhi and his Vision from novel perspectives to come up with innovative narratives.

SREE NARAYANA COLLEGE CHATHANNUR

NAAC ACCREDITED WITH 'B' GRADE

Centre for Gandhian Studies &
Dept of History
in association with IQAC

A Talk on
GANDHI - A REFLECTION

By

Dr : Vysakh. A. S

(Assistant professor, PG Dept of History & Research Centre,
SN College, Chempazhanthy)

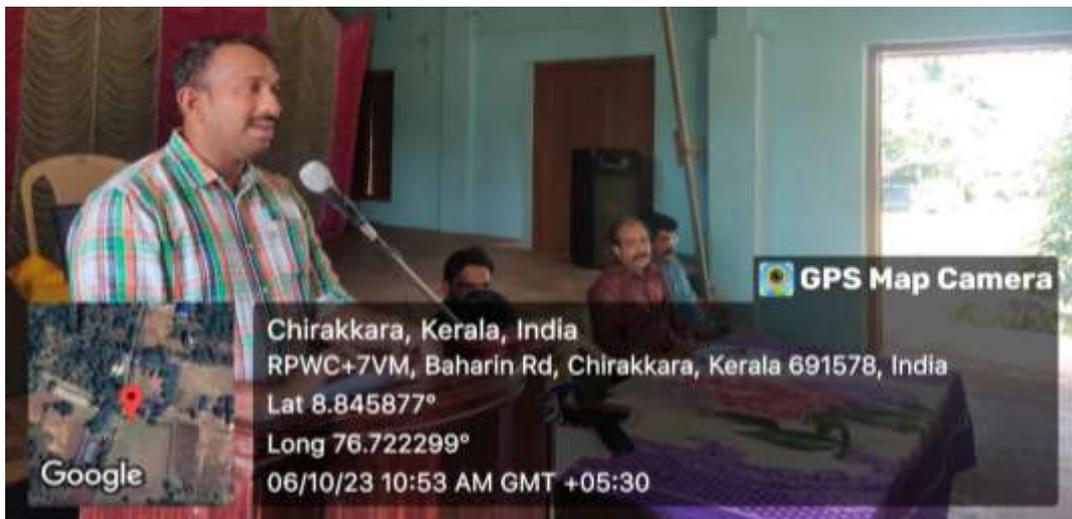
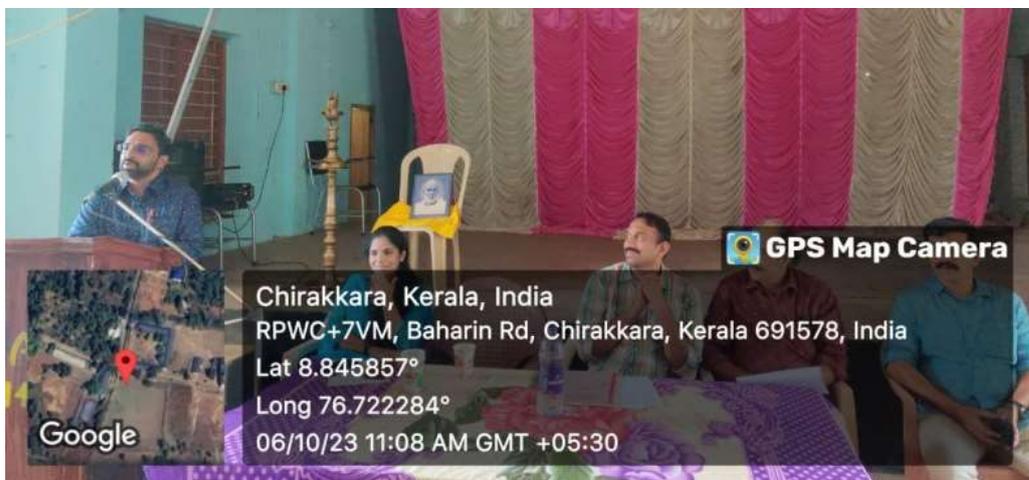
06/10/2023, 10.30 am

Venue : Seminar Hall

Principal:
Sri: Amjith. S

Program Co-ordinator:
Dr: Sujatha. K. S
(Centre for Gandhian Studies)







5. Department of History in association with IQAC of SN College, Chathannur conducted a seminar and workshop on the topic “**Doing History**” on 11th December 2023 at seminar hall. The speaker of the session was Dr. Sivadasan P. (Dean, Faculty of Social Sciences & Professor, Department of History, University of Calicut).

The session was an essential voyage for students embarking on the study and practice of history. The speaker emphasized the importance of developing the observational skill to find the research gap in the discipline of History. He also added that historical studies should adopt novel technological applications to explore research and systematize the study.

Sree Narayana College Chathannur
 Department of History & IQAC

Seminar & Workshop on
'DOING HISTORY'

Inauguration & Erudite Lecture
Prof. Dr. Sivadasan. P
 Dean, Faculty of Social Sciences & Professor
 Department of History
 University of Calicut

11 December | Monday | 1.00 pm
 Venue: Seminar Hall

Principal
Sri. Amjith. S

Program Coordinators
Dr. Sujatha. K. S (HOD)
Sri. Abhinand. S (Assist. Professor
Sri. Mahi. R
Sri. Sinnulal. S

An essential voyage for students embarking on the
 study and practice of history

All are welcome





6. REPORT ON HERITAGE GUIDING AND TOURISM MANAGEMENT course

**SREE NARAYANA
COLLEGE, CHATHANNUR**
CERTIFIED TO UNIVERSITY OF KERALA

CERTIFICATE COURSE IN
**HERITAGE GUIDING
AND TOURISM
MANAGEMENT**
2023-24

OFFERED BY DEPARTMENT OF HISTORY



FOR DETAILS

Contact:
Department of
History

Introduction

The Department of History with the support from college authorities PTA and IQAC successfully conducted a certified course in Heritage Guiding and Tourism Management during the academic year 2023-24. This course aimed to equip students with the skills and knowledge necessary to promote and manage cultural heritage and tourism effectively.

Course Overview

Date : October 2023 - January 2024

Mode : Offline

Duration : 30 hrs

Participants: 25 students from diverse academic backgrounds

Objectives

1. To understand the significance of heritage and its preservation.
2. To develop guiding and interpretive skills for heritage sites.
3. To gain knowledge in tourism management and marketing strategies.
4. To learn about sustainable tourism practices.

Curriculum

The course was divided into several modules, each focusing on different aspects of heritage guiding and tourism management:

1. Introduction to Heritage and Tourism
 - Definition and types of heritage
 - Importance of heritage preservation
 - Overview of the tourism industry
2. Heritage Guiding Techniques
 - Communication skills
 - Tour planning and management
 - Storytelling and interpretation techniques
3. Tourism Management
 - Principles of tourism management
 - Marketing strategies for heritage tourism
 - Visitor management and experience enhancement

4. Sustainable Tourism

- Concepts of sustainability in tourism
- Best practices for sustainable tourism
- Case studies of successful sustainable tourism projects

The classes were handled by Dr.Sujatha, Head of the Department of History

Assessments

Participants were assessed through a exam

Outcomes

By the end of the course, participants had:

1. Acquired a deep understanding of heritage and its importance.
2. Developed essential guiding and interpretive skills.
3. Learned effective tourism management and marketing strategies.
4. Gained insights into sustainable tourism practices.



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 **Neerkundam 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)

നീർക്കുടം 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



8. WORLD AIDS VACCINE DAY

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**



Anti-Terrorism Day:

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



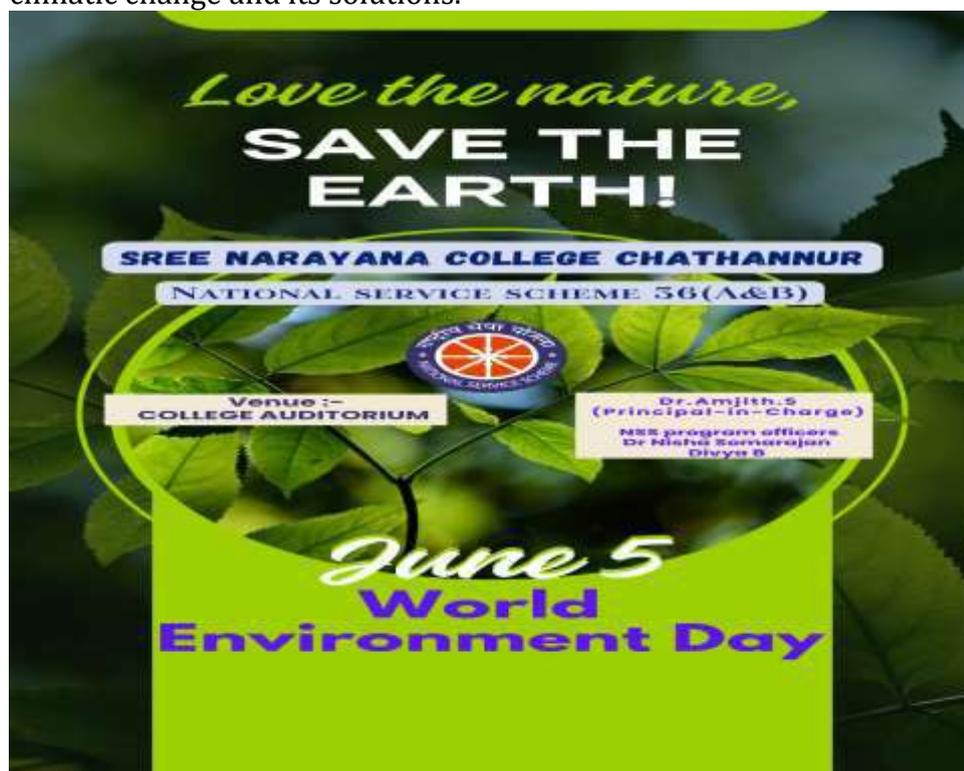
9. Anti Terrorism Day

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).



10. World Environment Day 2023

"**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.





11. Anti Child Labour Day

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.

A poster for the Anti Child Labour Day event. At the top, it reads "SREE NARAYANA COLLEGE CHATHANNUR NATIONAL SERVICE SCHEME 36(A&B) ANTI CHILD LABOUR DAY". Below this, there are logos for the National Service Scheme (NSS) and Sree Narayana College. The event details are: DATE: 12/06/23, TIME: 11:00 AM, Venue: COLLEGE AUDITORIUM, Dr. Amjith.S (Principal-in-Charge), NSS program officers Dr Nisha Somarajan and Divya B. The central image shows a young girl in a school uniform carrying a book and a bag. On the right, a vertical banner says "STOP CHILD LABOUR".

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

राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME

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

12. 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

13. 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



14. Nelson Mandela International Day

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

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

15. Hiroshima Day

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)

6th August
Hiroshima Day
A Nuclear War cannot be won and must never be fought.
- Ronald Reagan

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.

16. **The Independence Day celebration** for 2023 was held on 15th 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.



17. 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.



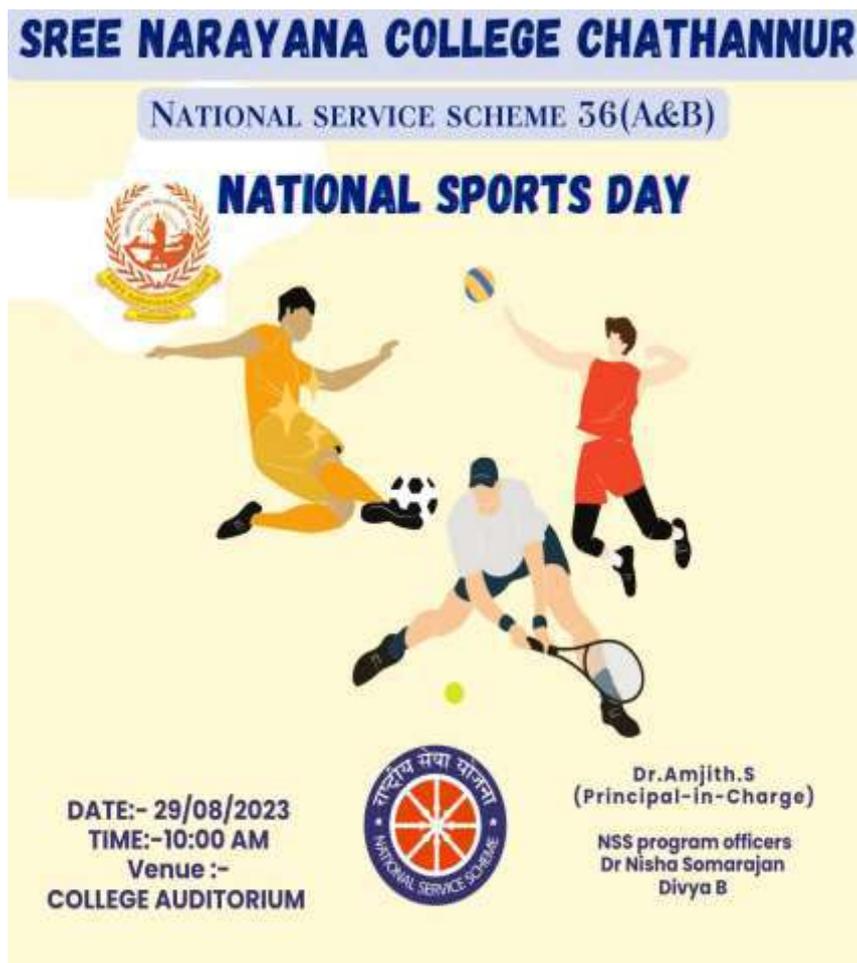


18. Cleaning day

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.

19. National Sports Day

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 56(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



20. 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.





21. 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



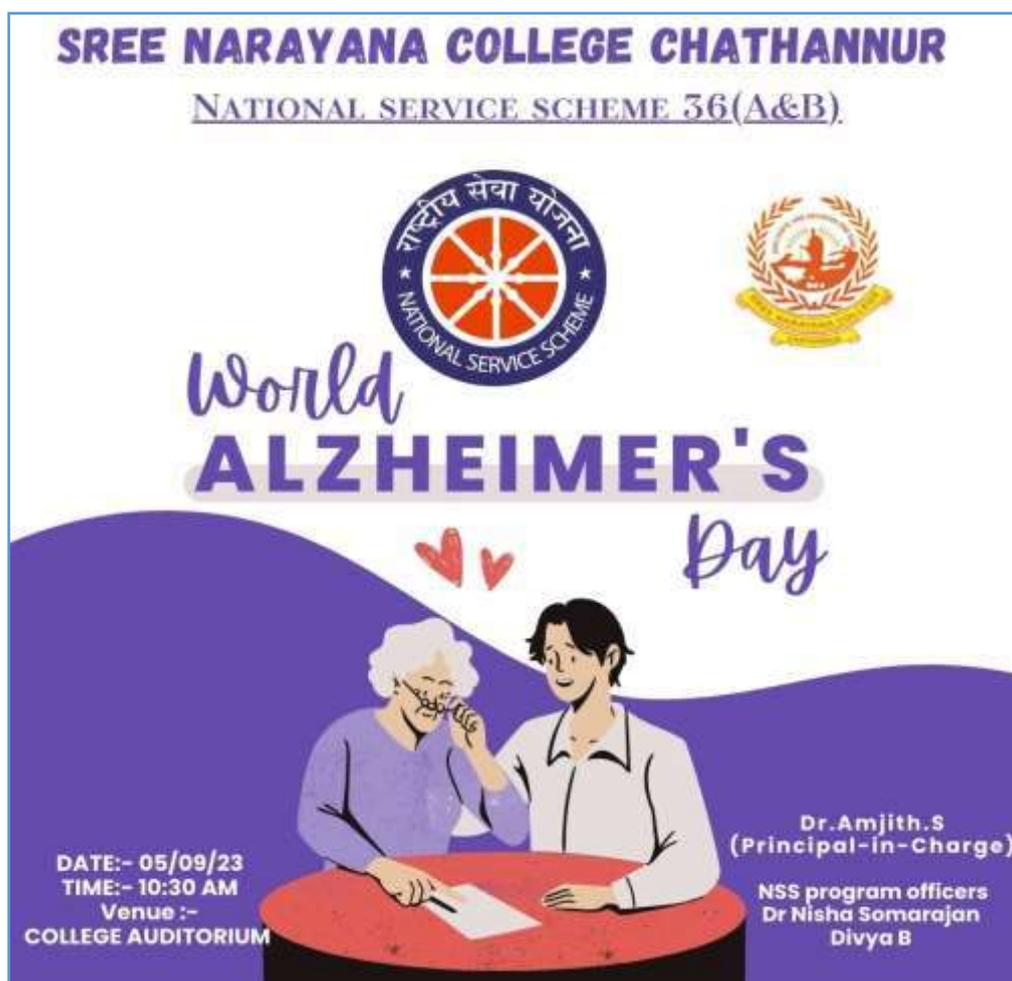
22. On September 15, 2023, the National Service Scheme (NSS) hosted a productive **cleaning day** as part of its community outreach efforts. Volunteers gathered early to tackle various public areas, focusing on removing litter, sorting recyclable materials, and enhancing the overall appearance of local 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.



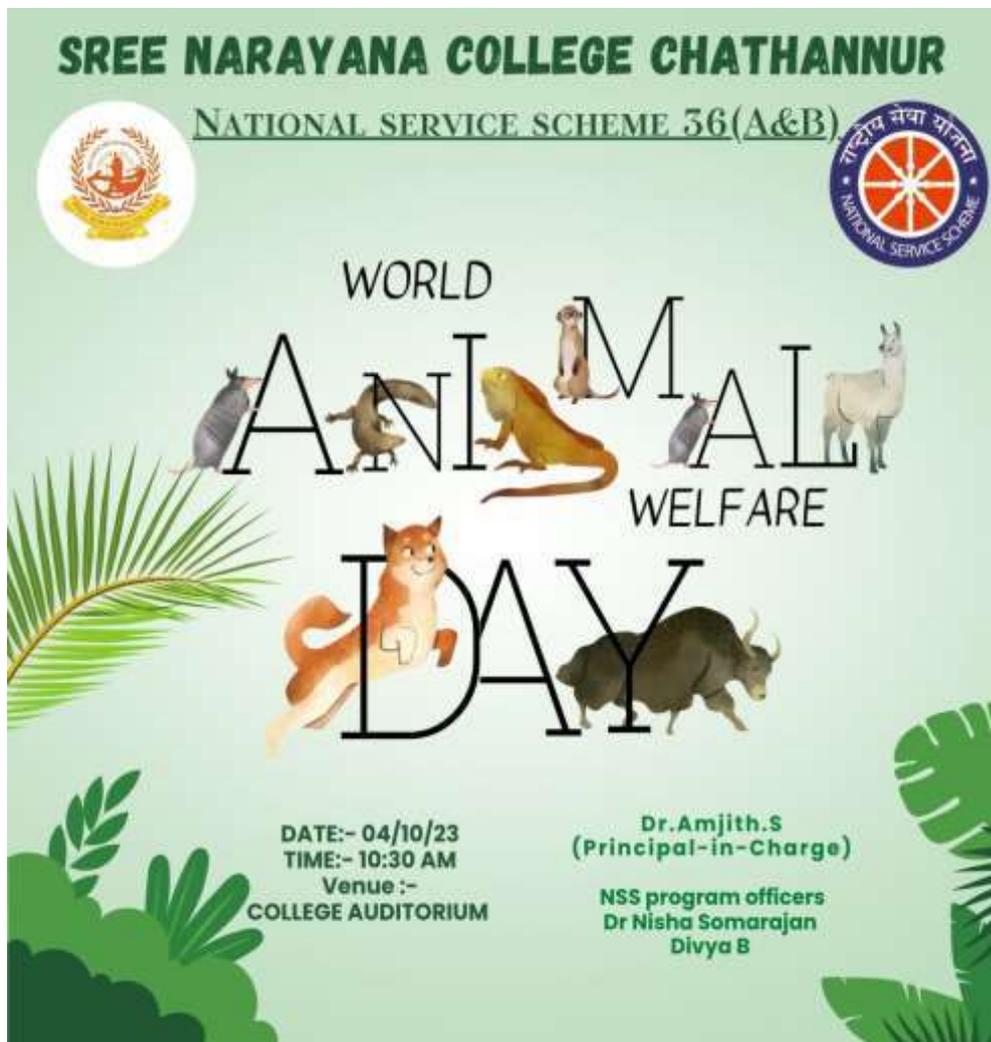
23. **World Alzheimer's Day** was celebrated on September 21, 2023 concentrating on the efforts on creating awareness of Alzheimer's disease. The students were lessoned on the set of disorders that disrupt mental function and find new ways of fighting the disease's effects. Volunterers were urged ways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



24. 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



25. 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.





26. Indian Air Force Day

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.

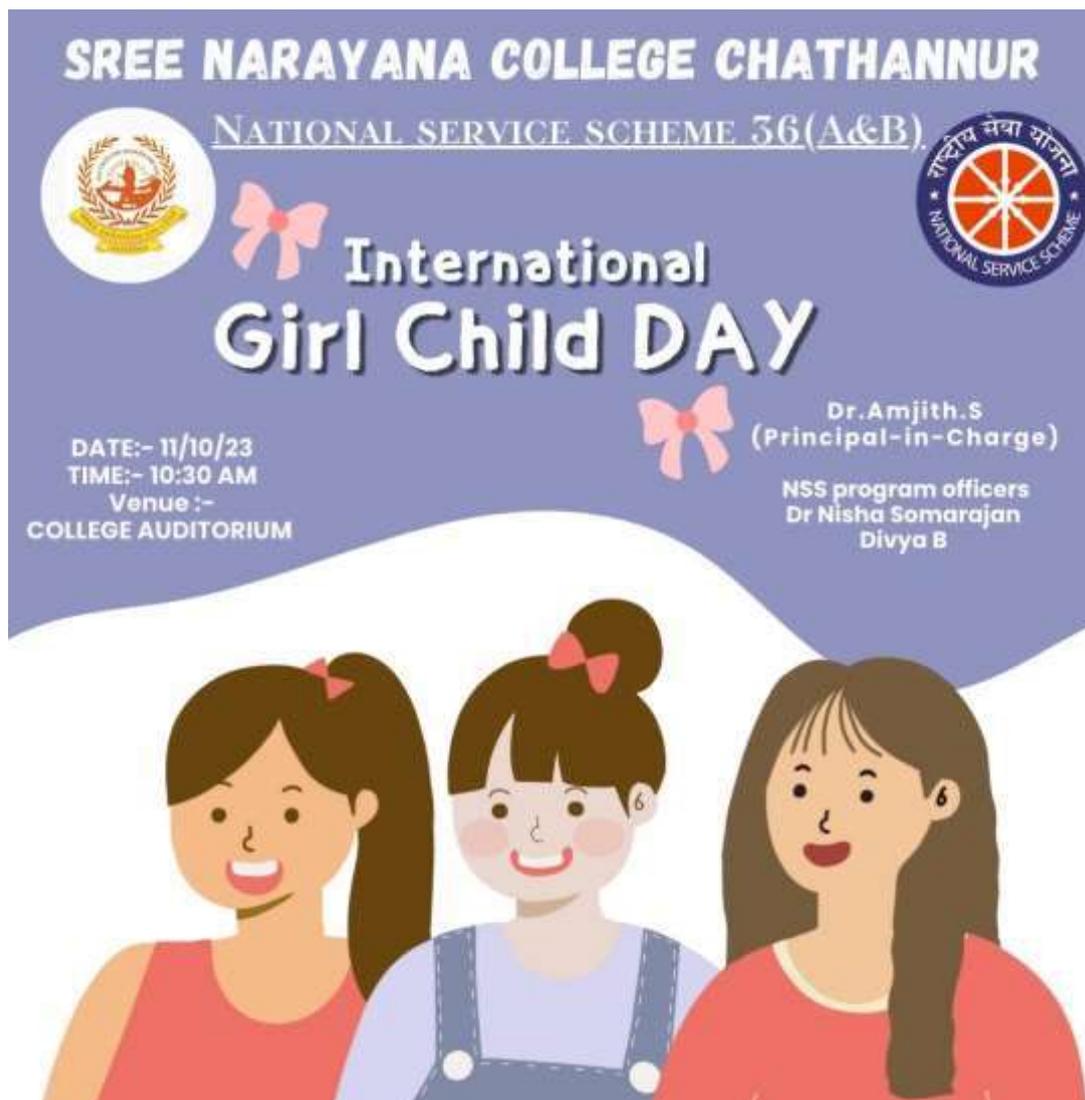
DATE:- 08/10/23
TIME:- 10:30 AM
Venue :-
COLLEGE AUDITORIUM

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

NSS program officers
Dr Nisha Somarajan
Divya B

27. International Girl Child Day

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



28. Students Day

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 from her frequent interaction and closeness with Dr.Kalam.

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

29. **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 years and incorporate the in their routine.

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

30. 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



31. Cleaning Day: 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.



32. National Unity Day

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

33. National Cancer Awareness Day

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 and its detection.

SREE NARAYANA COLLEGE CHATHANNUR
NATIONAL SERVICE SCHEME 56(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

34. Anti-Drug camp

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 and engaging in distributing study materials.)

35. Children's day Celebration:

SREE NARAYANA COLLEGE CHATHANNUR

NATIONAL SERVICE SCHEME 56(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**



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



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.

36. 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 film on Babasaheb Ambedkar.

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

राष्ट्रीय सेवा योजना
NATIONAL SERVICE SCHEME

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

Constitution DAY
Preamble to the Constitution for the New Generation

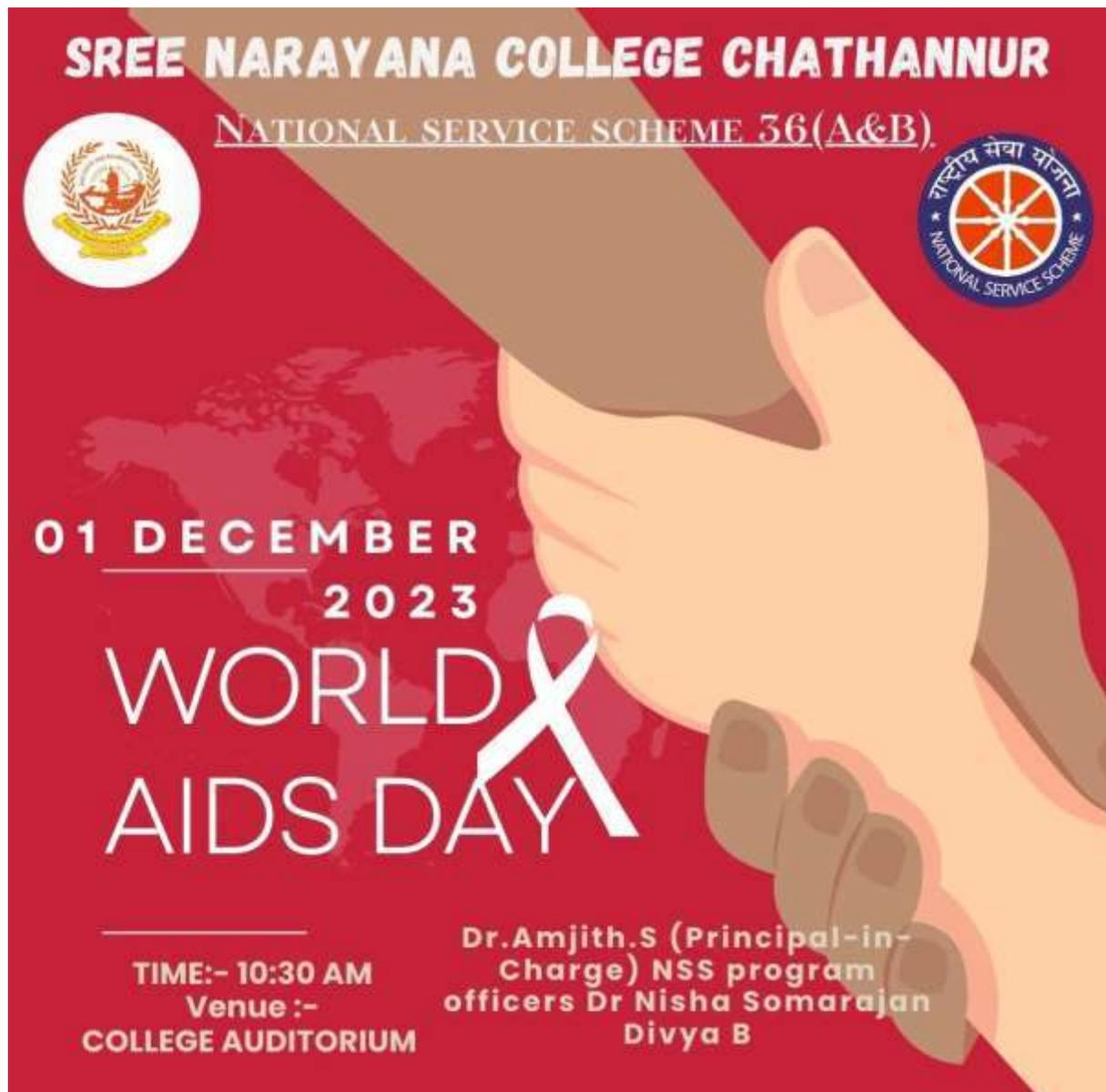
26/11/2024

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

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.

37. World Aids Day

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.



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.

38. 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

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

ensure water retention and prevent soil erosion.

39. Human Rights Day

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)

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.

40. World Energy Conservation Day by

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

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

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

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

42. 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



സപ്തമിന ക്യാമ്പ്

പ്രതിധ്വനി

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

- ആരോഗ്യ ബോധവൽകരണം
- യോഗ & മെഡിറ്റേഷൻ
- ക്രാഫ്റ്റ് വർക്ക്
- പ്രഭാഷണം
- വ്യക്തിത്വ വികസന ക്ലാസുകൾ
- ക്ലിൻ ക്യാമ്പസ് ഡ്രൈവ്
- ഭക്ഷണ വിതരണം
- തീയ്യും സ്മരകയ്യും

"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.

**SREE NARAYANA COLLEGE
CHATHANNUR**
ACCREDITED BY NAAC WITH 'B' GRADE
NATIONAL SERVICE SCHEME 36(A&B)

PROGRAM SCHEDULE

DAY 2 WEDNESDAY 20/12/2023

NSS SONG : THOUGHT OF THE DAY	07 AM TO 08 AM
BREAKFAST TIME	08:00 AM TO 09:00 AM
ICE BREAKING SESSION	09:30 AM TO 12:30 PM
LUNCH TIME	12:30 PM TO 01:30 PM
PAPERBAG WORKING SESSION	01:30 PM TO 3:30 PM
TEA TIME	04:00PM TO 04:30 PM
CAMPUS CLEANING	04:30 PM TO 06:30 PM
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.

SREE NARAYANA COLLEGE CHATHANNUR

ACCREDITED BY NAAC WITH 'B' GRADE

NATIONAL SERVICE SCHEME 36(A&B)



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.

SREE NARAYANA COLLEGE CHATHANNUR

ACCREDITED BY NAAC WITH 'B' GRADE

NATIONAL SERVICE SCHEME 36(A&B)



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.

**SREE NARAYANA COLLEGE
CHATHANNUR**

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NATIONAL SERVICE SCHEME 36(A&B)



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

43. Yoga session

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.

44. Fire and Safety Class

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.

SREE NARAYANA COLLEGE CHATHANNUR

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NATIONAL SERVICE SCHEME 36(A&B)



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.

SREE NARAYANA COLLEGE CHATHANNUR

ACCREDITED BY NAAC WITH 'B' GRADE

NATIONAL SERVICE SCHEME 36(A&B)



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.

45. Adopted village visit

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 Sneharamam initiative and the plantation of flowering plants on the college campus. The Sneharamam 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 Pemra. 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 Pemra. 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.

46. blood donation camp

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.

47. 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.



48. 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

49. 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

50. TRIVIA:



SREE NARAYANA COLLEGE, CHATHANNUR
 Affiliated to University of Kerala, TVM



TRIVIA
2023-24

Tourism Club of SNCollege, Chathannur
 QUIZ COMPETITION as part of World Tourism Day



VENUE: F9
 DATE: 29/09/2023

Dr.Parvathy Nand
 Tourism Club Coordinator



Sri.AMJITH.SASANKAN
 Principal



The Tourism Club of college is dedicated to promoting domestic tourism and raising awareness among young people about tourism as a tool for sustainable development. In celebration of World Tourism Day on 27th September, the club organized a tourism quiz for the students, held at the F9 Hall. The session was inaugurated by Sri.Amjith.S.,Principal in charge of the college Four teams participated in the event, with the team consisting of Athira.A. and Prajana devi {Commerce} winning the first prize. Certificates were issued as part of the program.

51. TAGLINE COMPETITION:



SREE NARAYANA COLLEGE, CHATHANNUR
Affiliated to the University of Kerala, TVM
NAAC Accredited with "B' Grade



2023-2024
Tourism Club of SNCollege, Chathannur
"TAGGINJO"
Tagline Competition

Sri.AMJITH.S.
Principal



Dr.Parvathy Nand
Tourism Club Coordinator





The Tourism Club of the college organized a tagline competition to encourage students to create innovative and captivating taglines for a tourist destination. The competition was held 11th October, 2023 at F10 hall. Students enthusiastically participated from four different disciplines, presenting memorable and creative taglines. Some of the appealing taglines are

- A Journey through time
- Uncover the Hidden Stories
- Where everyday is a holiday
- Where dreams come alive
- Where Nature's Beauty Shines
- Leave nothing behind but bubbles

The winner of the competition is Megha Mohandas from the II BA History Department with the tagline "Explore, Conserve, Inspire".

52. PHOTOGRAPHY COMPETITION:



SREE NARAYANA COLLEGE, CHATHAMNUR
Affiliated to University of Kerala, TVM
NAAC Accredited with 'B' Grade

"BUBBLES"
TOURISM CLUB

Photography Competition
2023-2024

In the New Year of Hope, 2023-2024 IQAC & Tourism Club organises **"PHOTOGRAPHY COMPETITION"** in an Intercollegiate Level as part of observing MONSOON TOURISM

GUIDELINES:

- Participants are required to take only one photo relating to Monsoon Tourism.
- The photo should be sent to snctourism@gmail.com on or before 05/08/2023.
- The best photo will be awarded with a cash prize.



As part of the Monsoon Tourism initiative, the Tourism Club enthusiastically organized a photography competition called 'BUBBLES'. Students eagerly took part in the contest, capturing stunning and captivating photographs along the way.

MONSOON PHOTOS BY PARTICIPANTS:



ACHU.J., III BCom



HRIDAYA DAS, III BA History



I PRIZE- ROHA

53. SEMINAR ON 'EQUALITY, DIVERSITY & SOCIAL INCLUSION'

The Women Cell organized a seminar on "Equality, Diversity & Social Inclusion" in the Seminar Hall, aiming to promote awareness and dialogue on crucial societal issues. Ms. Jiji P, the Women Cell Coordinator, delivered a compelling welcome speech, emphasizing the significance of embracing equality, diversity, and social inclusion in creating a harmonious society. Mr. Abi R, Senator from Chathannur Panchayat, served as the resource person, providing valuable insights and perspectives on the topics of equality, diversity, and social inclusion. The seminar covered a range of topics, including gender equality, gender issues, and the importance of inclusivity in various aspects of life. Attendees actively participated in interactive sessions, engaging in discussions, sharing experiences, and exploring practical approaches to promoting gender equality and inclusion. Students and faculty members demonstrated enthusiastic engagement throughout the seminar, reflecting their interest in understanding and addressing societal challenges related to equality and diversity. The seminar served as a platform for meaningful dialogue and reflection on pressing societal issues.



54. SEMINAR ON 'HEALTHY RELATIONSHIPS'

The Women Studies Unit, in collaboration with the Women Cell, hosted a seminar on **'Healthy Relationships'** on March 19, 2024, at 12:00 PM in the Seminar Hall. The session aimed to educate attendees on fostering positive and supportive relationships. Ms. Bushra S, a Community Counsellor specializing in gender dynamics from Chathannur Panchayat, expertly led the session. Throughout the seminar, participants engaged in interactive discussions and activities centered around effective communication, setting boundaries, and resolving conflicts amicably within relationships. Ms. Bushra S provided invaluable insights and guidance, drawing from her extensive experience in counselling and gender studies. Attendees actively participated, sharing personal anecdotes and seeking advice on cultivating healthier relationships. The event served as a valuable platform for fostering understanding and promoting healthier interpersonal connections among individuals.



55. 'WELLNESS OF YOUTH THROUGH YOGA'

The Women's Cell of Sree Narayana College organised a program focused on promoting **'Wellness of Youth through Yoga'**. Dr. Rani KV, a distinguished certified yoga trainer and Assistant Professor in General Education at Sree Narayana Training College, Nedumganda, served as the esteemed resource person for the event. Held in the serene environment of the college's yoga hall, the program aimed to introduce the holistic benefits of yoga. Dr. Rani's expertise in yoga instruction and academia provided a solid foundation for the sessions. Through detailed explanations and practical demonstrations, attendees were guided through various yoga asanas, breathing exercises, and meditation techniques tailored to suit the needs of youth. The program underscored the importance of yoga in fostering physical, mental, and emotional well-being, particularly in the context of today's hectic lifestyles. Participants actively engaged in the sessions, displaying enthusiasm and receptiveness to the teachings imparted by Dr. Rani. The event culminated in a reflective session where attendees shared their experiences and insights gained from the program. Gratitude was extended to Dr. Rani for her invaluable contributions to promoting wellness through yoga. Overall, the program was a resounding success, leaving a lasting impact on the participants and reinforcing the significance of incorporating yoga into the lives of today's youth for a balanced and healthy lifestyle.



Students attending Yoga class

56. COMMUNITY VISIT

On March 21, 2024, a group of students, accompanied by the Women Cell Coordinator and teachers from SN College, Chathannur, embarked on a '**Community Visit to Anandatheeram Charitable Trust**'. The primary objective of the visit was to extend support to the residents by providing essential items such as soap, toothpaste, detergent powder, lotion, powder, Horlicks, biscuits, and more. Arriving at the trust at 10:30 AM, the group was warmly welcomed by the staff and residents. Following a brief introductory session, where the importance of community service was emphasized, the distribution of essential items commenced. The students, along with the teachers and Women Cell Coordinator, actively participated in this endeavour, ensuring that each resident received the necessary items. Throughout the visit, interactions with the residents provided valuable insights into their lives and experiences, fostering empathy and understanding among the students. As the visit concluded, the participants left with a sense of fulfilment, knowing that they had made a positive impact on the lives of those in need



Community Visit at Anandatheeram Charitable Society

57. SEMINAR ON 'GENDER EQUALITY IN INDIA'

The Women's Cell of Sree Narayana College organised a thought-provoking program focused on '**Gender Equality in India**', featuring Dr. Reetha Ravi as the esteemed resource person on 22/03/2024 at 10 pm. Dr. Reetha Ravi, an Associate Professor in General Education at Sree Narayana Training College, Nedunganda, delivered an insightful seminar in the college's seminar hall. The program commenced with an introduction highlighting her expertise and dedication to the topic of gender equality. Employing pedagogical tools such as PowerPoint presentations and video presentations, she elucidated the multifaceted dimensions of gender inequality prevalent in Indian society, addressing key issues and challenges faced by women and marginalized genders. Attendees were engaged in interactive discussions, reflecting on societal norms and stereotypes that perpetuate gender inequality. She emphasized the importance of education, advocacy, and policy reforms in promoting gender equality and empowering marginalized communities. The program sparked critical thinking and raised awareness among participants about the need for collective action to achieve gender parity. In conclusion, the seminar served as a catalyst for meaningful dialogue and action towards a more inclusive and equitable society.



58. THEME DANCE

On March 22, 2024, at 12 PM, students performed a compelling theme dance focusing on the themes of "Anti-Dowry" and the imperative need for education in achieving financial independence. The event unfolded in the institution's auditorium and attracted a diverse audience comprising students, faculty, and members of the local community. The dance performance was thoughtfully choreographed to shed light on the detrimental impacts of the dowry system and the pivotal role of education in empowering individuals to attain financial autonomy. Each segment of the performance intricately portrayed the societal pressures and injustices associated with the dowry system, while also celebrating the empowerment and liberation that education brings.. The performance culminated in thunderous applause and heartfelt appreciation from the audience, who were deeply moved by the poignant portrayal of the theme. Overall, the theme dance served as a poignant reminder of the importance of eradicating harmful practices like dowry and promoting education as a means to foster independence, dignity, and equality in society.



Theme Dance

MANUSCRIPT RELEASE & PRIZE DISTRIBUTION

On March 27, 2024, at 12:30 PM, the Principal Chamber hosted the unveiling ceremony of the manuscript magazine "**Ithal**". The event celebrated the literary talents of students, showcasing a diverse range of creative expressions including poetry, short stories, articles, and artwork. Attendees eagerly awaited the unveiling moment and applauded the vibrant cover design and captivating content presented in "Ithal."



Unveiling the Manuscript Magazine 'Ithal' of Women Cell

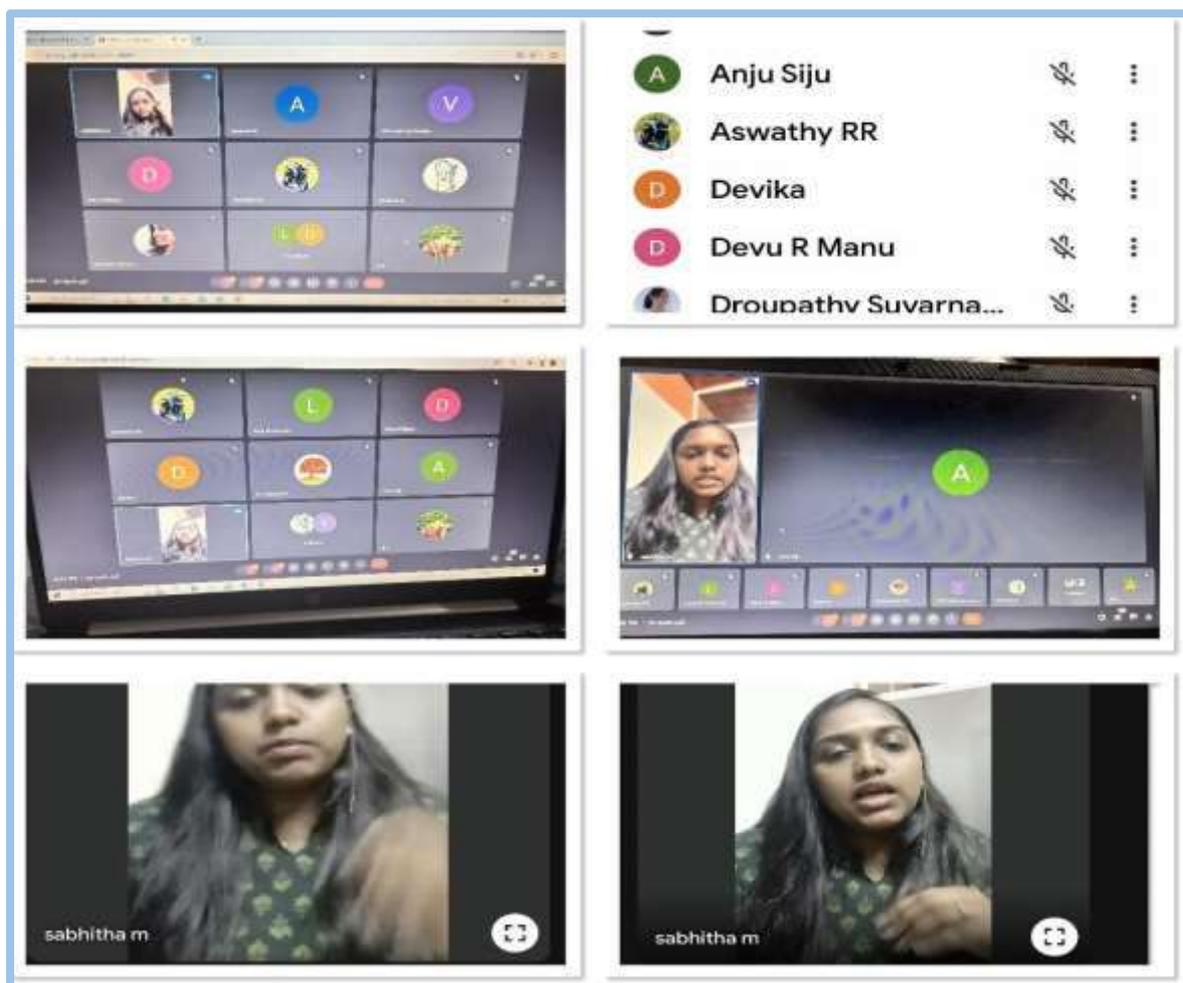
On March 27, 2024, at 12:40 PM, the College Seminar Hall hosted a **'Prize Distribution Ceremony'** organized by the Women's Cell to honor students for their exceptional achievements in theme dance, artistic endeavours, and literary works. The ceremony served as a platform to inspire and encourage excellence among students, fostering a culture of innovation and creativity within the college community.



Prize distribution ceremony of Women Cell

59. WEBINAR ON 'MITHRA 181 WOMEN HELPLINE'

On March 31, 2024, at 6:00 PM, the Women's Cell organized an insightful webinar titled '**Mithra 181 Women Helpline**' on the online platform Google Meet. The event aimed to raise awareness about the services provided by the Mithra 181 Women Helpline in supporting women in distress. Led by Adv. Sabitha M, a distinguished team member of Mithra 181 Women Helpline, the webinar provided valuable insights into the helpline's operations, services offered, and the importance of seeking timely assistance for issues such as domestic violence, harassment, and discrimination. Participants engaged in an interactive session, seeking clarifications and discussing ways to promote the helpline's services within their communities. The webinar concluded with a renewed commitment to supporting and empowering women, emphasizing the crucial role of initiatives like Mithra 181 Women Helpline in safeguarding women's rights and well-being



Webinar on 'Mithra 181 Women Helpline'

The Women's Study Unit Club is a student organization at SN College Chathannur that aims to:

- Provide a safe space for discussion, support, and empowerment
- Promote gender equality and social justice
- Explore women's experiences and perspectives through events, workshops, and initiatives
- Foster a sense of community and solidarity among members
- Address issues affecting women and non-binary individuals on campus and beyond
- Encourage intersectionality, inclusivity, and diversity
- Offer resources, networking opportunities, and leadership development

Community Health Seminar

The Women's Study Unit organized a dynamic Community Health Seminar on 19th march 2024 at 1pm by college seminar hall. This initiative aimed to equip women with essential knowledge and resources to take charge of their health and lead healthier lives. At the heart of this seminar was the invaluable contribution of Smt. Bushra, a distinguished resource person renowned for her expertise in community health and empowerment.

The seminar kicked off with an engaging discussion on various aspects of women's health, ranging from reproductive health to mental well-being. Mrs. Bushra's profound insights and extensive experience illuminated the discussions, providing attendees with a deeper understanding of the challenges women face and practical strategies to overcome them.

The Community Health Seminar organized by the Women's Study Unit, with Smt. Bushra as the resource person, served as a beacon of empowerment for women in the community. The coordinator Smt.Divya.B, Assistant Professor of Commerce made the welcome speech . Near 60 students participated in the community health seminar. Through education, awareness, and community engagement, the seminar paved the way for a healthier and more empowered future for women, laying the foundation for continued progress and development.



Smt.Bushra, the resource person took class about community health





60. Distribution of sanitary napkin and first aid kit

The department heads of college had formally requested the procurement and distribution of sanitary napkins and first aid kits for girls. This initiative aims to support female students by providing essential health and hygiene products. Supplying sanitary napkins will help students manage menstrual hygiene without financial burden, while first aid kits will ensure readiness for minor health issues. The request highlighting the importance of this support in fostering a safe and supportive environment for female students. The women study unit take initiative to take purchase sanitary napkin & first aid kits and distributed to all HODs of department for girls students.



Sanitary napkin and first aid kit distributed to maths department



Sanitary napkin and first aid kit distributed to History department



Sanitary napkin and first aid kit distributed to Chemistry department



Sanitary napkin and first aid kit distributed to Commerce department

61. Report on the life skill development program conducted by Sree Narayana studies forum

The Sree Narayana Studies Forum of Sree Narayana College, Chathannur, organized a seminar on 20th December 2023 on the topic "Exploring Educational Philosophy" with a focus on the profound philosophies of Sree Narayana Guru. The event aimed to delve into the Guru's vision of education and its relevance in contemporary society.

The seminar commenced in the seminar hall with an inaugural address by the Principal of the college, who emphasized the enduring relevance of Sree Narayana Guru's teachings and their impact on shaping an inclusive and enlightened society.

Dr. P.K. Sabu, a distinguished scholar, led the seminar as the chief speaker. His presentation explored the core principles of Sree Narayana Guru's educational philosophy, highlighting the importance of education in fostering equality, social reform, and personal empowerment. The engaging and thought-provoking discussion inspired the audience, which included students, faculty, and other participants.

Felicitation addresses were delivered by Dr. Nisha Somarajan from the Department of English and Dr. Kiran Mohan from the Department of Malayalam. Both speakers appreciated the forum's efforts in organizing such a meaningful event and shared their perspectives on how the Guru's philosophies can inspire contemporary educational practices.

The program concluded with a vote of thanks delivered by Revathy, a first-year B.Sc. Mathematics student, who expressed gratitude to the principal, the speakers, and all participants for their valuable contributions to the seminar's success.

The event, held in the seminar hall of the college, was a resounding success, fostering a deeper understanding of Sree Narayana Guru's educational ideals and leaving the audience with profound insights to reflect upon.



62. EDUBLITZ



SREE NARAYANA COLLEGE, CHATHANNUR
Affiliated to the University of Kerala, TVM
NAAC Accredited with "B" Grade

ENTREPRENEURSHIP DEVELOPMENT CLUB
proudly organizes Quiz Competition
"EDUBLITZ"

DATE : 4/10/2023
VENUE: F10
Time : 11.00 am

Sri.AMJITH.S.
Principal

ALL ARE WELCOME

Smt.BIJLB.
ED Club Coordinator

The ED Club organized an Intercollegiate business quiz competition, "EDUBLITZ," on October 4th, 2023, at 11:00 AM. The event featured five engaging rounds, including Personality Identification, Logo Identification, Advertisement Creation, Promotion Video, and more. Four teams from various departments, including Commerce and Mathematics, registered and actively participated. The winners were awarded a cash prize and certificates: the first prize was shared by Akhil P. and Shabana S.S. (History), while the second prize went to Parvathy S. and Mikitha M. (Commerce).



63. INTERACTIVE SESSION -IGNITION



SREE NARAYANA COLLEGE, CHATHANNUR
Affiliated to University of Kerala
NAAC Re-accredited with 'B' Grade



ED Club organises an Interactive Session
“IGNITION”

DATE :9/1/24
Time : 10.30 am

Resource Person
Sri.BINU BALAKRISHNAN
MANAGER {RET}
DIC,KOLLAM

Principal In Charge
AMJITHA.

ED Club Co-ordinator
Smt.BIJLB.

An engaging and interactive session with Sri. Binu Balakrishnan, Manager, RET, DIC, Kollam, was organized by the Entrepreneurship Development Club on January 9th, 2024, at the college's Seminar Hall. The session was inaugurated by Principal Dr. Amjith S., with a welcome address delivered by Smt. Biji. B., ED Club Coordinator of the college.

The session, which lasted over an hour, was marked by dynamic discussions and valuable insights shared by the resource person. Participants seized the opportunity to ask questions and exchange ideas, creating a collaborative learning atmosphere. The session concluded with further networking opportunities, allowing attendees to gain a deeper understanding of complex market dynamics. Overall, the event was considered highly productive and impactful, leaving participants both inspired and informed.

During the session, the speaker took participants through various stages of entrepreneurship, outlining essential steps and challenges he faced along the way. He highlighted the importance of understanding the market as the most crucial phase for any aspiring entrepreneur. This market insight, he explained, serves as the foundation for developing sustainable business strategies and significantly influences long-term success.

The session became even more engaging as participants asked insightful questions about their own entrepreneurial goals, particularly on expanding their business ideas and maximizing profitability. The lively exchange of ideas and practical advice created a meaningful platform for aspiring entrepreneurs to explore strategies for growth, expansion, and profitability. Not only did the session inspire attendees to reflect on their entrepreneurial ambitions, but it also equipped them with actionable knowledge to tackle the challenges ahead. The vote of thanks was delivered by Dr. Parvathy Nand, Member of the ED Club.



64. CERTIFICATE COURSE IN COSMETIC CHEMISTRY

Department of Chemistry conducted a three month certificate course in Cosmetic Chemistry for the academic year 2023/2024. A total of 21 students registered for the course. Classes were handled by Dr N.B Sreekala and other faculty members. Assignments were given and test papers were conducted .Certificates were issued at the end of the course.

AIM OF THE COURSE

The aim of the course was to give an idea about the basics in cosmetic chemistry including personal care products, skin care products and personal care products , chemistry behind sunscreen products and hair care products.

OBJECTIVES

- To familiarise with the basics of personal care
- To gain knowledge about different cosmetic products
- To know the theory behind skin care and hair care

SREE NARAYANA COLLEGE CHATHANNUR
CERTIFICATE COURSE IN COSMETIC CHEMISTRY

SYLLABUS

Unit I: Introduction to Cosmetic and personal care products

Definition of Cosmetic and personal care products, Classification, History of Cosmetics, Basic Cosmetic Technologies-Emollients, Emulsifiers, Humectants, Active Ingredients, Surfactants, preservatives, pH, viscosity, Fragrance and Flavours.

Unit II: Skin Care and Personal Care Products

Theory and applications of Skin care products- Cleansers (Soaps, Facial Cleanser, miscellar water), Moisturisers (Creams, Lotions, Gels) For skin care treatment (Serums, Masks, Exfoliants); Personal Care Products-Sun Care Products(Sunscreens, after sun products), Anti-aging Products (Creams, Serums, Eye treatment)

Unit III: Hair Care Products

Theory and applications of : Cleansers(Shampoos),Conditioners(Rinse- off, Leave -in, deep conditioners), Styling products (Gels,Mouses,Sprays),For Hair treatments(Hair Masks,Oils,Serums),Colour treatments(Hair Dyes, Colour Protectants)

Unit IV: Cosmetic Excipients

Theory and Applications in cosmetic industry of - Oily Materials-oils and fats, Wax, Hydrocarbons, higher fatty acids, Higher Alcohol, Esters, Silicones, Surface Active agents-Surfactants; Humectants ; Antioxidants

References

1. New Cosmetic Science by Takeo Mitsui
2. Harry's Cosmetology
3. Cosmetic Science Technology By Sagrin C.B
4. Hand book of cosmetic science and Technology Marc Paye, Andro Barel
5. Text book of Cosmetic Formulations, Author: B.M.Mithal,R.N Saha
6. Cosmetic Science : Dr R.D Chaudhury
7. Hand Book of Cosmetic Science and Technology:H.S.R Murthy

SREE NARAYANA COLLEGE, CHATHANNUR
DEPARTMENT OF CHEMISTRY

CERTIFICATE COURSE IN COSMETIC CHEMISTRY

2023-2024

REPORT

In the academic year 2023-2024, a certificate course was conducted by the Department of Chemistry, SreeNarayana College, Chathannur, on the subject Cosmetic Chemistry. The classes were handled by the faculty members, Dr N.B Sreekala and Dr Vidhya R.V. Twenty one students enrolled for the course, The classes covered areas on basic cosmic terminologies on personal care products, skin care products, anti-aging products and herbal products. Hands on experience in application of herbal face packs and hair care products were provided from experts in the field. The course was a great success. It provided a novel experience for the students. All students enrolled for the course successfully completed the course with good grades and course completion certificates were provided.

HoD 
Dr. N. B. Sreekala

HEAD OF THE DEPT. OF CHEMISTRY
S.N. COLLEGE, CHATHANNUR




Course Coordinator
Dr Vidhya R. V.
Asst Professor
Dept of Chemistry
S N College,
Chathannur

SREE NARAYANA COLLEGE, CHATHANNUR

CERTIFICATE COURSE 2023 - 24

DEPARTMENT		CHEMISTRY		
NAME OF CERTIFICATE COURSE		COSMETIC CHEMISTRY		
NO. OF STUDENTS ENROLLED		21		
NO. OF STUDENTS PASSED		21		
Sl. No	Name of student	Class and Department	Completed / Not completed	Signature of the student
1	Gopika Rajan	I MSc Chemistry	Completed	
2	Soorya Raj	I MSc Chemistry	Completed	
3	Arwin J.S	I MSc Chemistry	Completed	
4	Alhamsarya A.S	I MSc Chemistry	Completed	
5	Aditya P Meenakshi	I MSc Chemistry	Completed	
6	Namina N	II MSc Chemistry	Completed	
7	Alina Rajendran	II MSc Chemistry	Completed	
8	Gokul P	II MSc Chemistry	Completed	
9	Aasupama S.R	II MSc Chemistry	Completed	
10	Nashrath R.S	II MSc Chemistry	Completed	

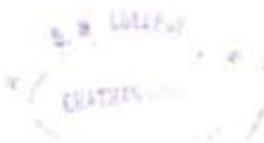
11	Aswarya V.R	II MSc Chemistry	Completed	
12	Ayoob S.S	II MSc Chemistry	Completed	
13	Parvathy B	II MSc Chemistry	Completed	
14	Rahul J	II MSc Chemistry	Completed	
15	Anjali A	I MSc Chemistry	Completed	
16	Varsha J	I MSc Chemistry	Completed	
17	Aswarya A	II MSc Chemistry	Completed	
18	Aswathy D	II MSc Chemistry	Completed	
19	Megha S	II MSc Chemistry	Completed	
20	Arsha S Nair	II MSc Chemistry	Completed	
21	Anjali S	II MSc Chemistry	Completed	

SREE NARAYANA COLLEGE CHATHANNUR

This is to certify that Ms/Mr Gopika Rajan has participated and completed the Diploma Course in *COSMETIC CHEMISTRY 2023-24* organised by Department of Chemistry, Sree Narayana College, Chathannur.


PRINCIPAL


HOD & COURSE COORDINATOR



SREE NARAYANA COLLEGE, CHATHANNUR
DEPARTMENT OF CHEMISTRY

CERTIFICATE COURSE ON COSMETIC CHEMISTRY FINAL
ASSESSMENT TEST

Time : 2 Hrs

Max. Mark : 50

Part A - 10 Marks

Answer All Questions (1 Mark Each)

1. Define Cosmetics
2. _____oil is used in lipsticks for dispersing colour
3. What are Preservatives?
4. Enlist any two Personal Care Products
5. Give an example for Styling Products
6. What are Moisturizers?
7. Emollients
8. Ingredient used in Shampoo for thickening
9. Anti-oxidant BHA stands for -----
10. Give an example for Anti - dandruff Shampoo

Part B - 10 Marks

Answer any 5 questions (2 Marks each)

11. Write the role of Anti Oxidants in Cosmetic Preparations
12. What are Humectants? Give two examples.
13. Mention any four benefits of Cosmetics.
14. Differentiate between Shampoos and Conditioners.
15. Comment on the side effects of Cosmetics.
16. Differentiate between Surfactants and Preservatives.

Part C - 15 Marks

Answer all 3 Questions (5 marks each)

1. How Hair Masks, Oils and serums are useful for Hair Care Treatments?
18. Write a note on Shampoos.
19. What do you mean by Anti -aging Products? Give examples.
20. Write a short note on classification of Cosmetics.

Part D - 15 Marks

Answer Any 1 Question (15 marks each)

21. What is Moisturizing Cream? Discuss various materials used in the manufacturing of Moisturizing Cream.
22. Write a short note on Basic Cosmetic Terminologies.

ASSIGNMENT ON COSMETIC CHEMISTRY

Topic: SHAMPOO.

Submitted by,

Name: RAHUL J.

Class: 11th MSc CHEMISTRY

College: SAI college
Chalthamboor

Delivered
by
25/11/23

SHAMPOOS

It is believed that the word 'shampoo' has its origin in Hindustani language, meaning the 'Squeeze'.

While before the advent of shampoo, a cake of soap was used for washing hair. Today shampoo is very popularly used for the purpose by both men and women. Originally shampoos were of soaps/a mixture of soaps, where synthetic detergents are used as the majority of commercial shampoos.

DEFINITION OF A SHAMPOO

"A Preparation of a Surfactant in a suitable form Liquid, Solid/Powder which when used under the conditions specified will remove surface grease, dirt and skin debris from the hair, shaft and scalp without affecting adversely the hair, scalp/ the health of the user."

SHAMPOO TYPES AND FORMS

Shampoos are available in many types and forms and are classified according to their physical appearance, their physical ingredients/properties. These forms are: Liquid clear shampoos, Liquid creams Or cream lotion shampoos, Cream Paste shampoos, Egg shampoos, herbal shampoos, dry shampoos, Liquid dry shampoos, colour shampoos, and asexual shampoos. In addition to these 1) Medicated shampoos 2) Special shampoos 3) For tender scalp of babies (baby shampoo) are also available.

LIQUID SHAMPOO

When a shampoo is based upon soap, it is frequently a Potassium salt, when based on a synthetic, it is often a Disoethanlamure salt. Liquid shampoos are also made from Sulfonated oils and are frequently promoted as oil shampoo or hot oil shampoo. Their formulation may contain mineral oil which does not come out easily and thereby remains as a dressing on the hair. Liquid shampoos popularity lies in its easy application.

Cosmetic Chemistry

Manisha U
11th BSc Chemistry and
Industrial Chemistry

1. A cosmetic is any substance used to clean, improve or change the complexion, skin, hair, nails or teeth.

2. Castor Oil.

3. Preservatives are substances that are added to products to prevent them from decomposing prematurely and to extend their shelf life.

4. Lotion, Lipstick.

5. Hair spray, Hair cream.

6. Moisturizers are cosmetic products that protect, hydrate and lubricate skin.

7. Emollients are substances that moisturize and soften the skin.

8. Biotin

9. Butylated Hydroxyanisole

10. Kerastase anti dandruff shampoo.

12. Humectants are agents that control the moisture exchange between the product and air, both in the container and on the skin. They have perhaps found more extensive use in hand creams and lotions than any other products.

Eg: Urea, Glycerine, Alcohol.

13) * Enhancing appearance.

* Nutrition for skin.

* Fights aging.

42
50

* Creative expression.

14. Shampoo.	Conditioner.
<p>* cleans the hair and scalp by removing dirt, oil and product buildup.</p> <p>* Shampoo contains surfactants that trap oils and other contaminants.</p> <p>Eg: Dry shampoo, Moisturizing shampoo.</p>	<p>* Conditioner nourishes and protects the hair by restoring moisture and nutrients lost during cleansing.</p> <p>* Conditioner can also reduce frizzing, make hair more manageable and protect against damages.</p> <p>Eg: Rinse out Conditioner, Moisturizing Conditioner.</p>

18) A preparation of a surfactant in a suitable form - liquid, solid or powder which when used under the conditions specified will remove surface grease, dirt and skin debris from the hair, shaft and scalp without affecting adversely the hair, scalp or the health of the user.

Shampoos are available in many types and forms and are classified according to their physical appearance, their special ingredients or properties.

A) Liquid Shampoo: Liquid shampoos are made sulfonated oils and are frequently promoted as Oil Shampoo or hot oil shampoos. Liquid shampoo's popularity lies in its easy application, excellent foaming and easy rinsing.

b) Liquid Cream or Cream Lotion Shampoo: Liquid cream shampoo specialises on conditioning action where by the hair is more lustrous, softer and easier to

manage. Some contain keratin, others dispersed or from egg powder and many contain ethanolamides of the higher fatty acids which are known for their conditioning action.

c) Egg Shampoo: Originally egg shampoos were considered to be exclusively composed of egg. These shampoos were recommended in hard water areas and for extremely dry hair. It is said to leave the hair with improved lustre.

d) Herbal Shampoo: These products had a market in hard water areas. They are based on a whole class of saponins, that are widely available in nature.

e) Liquid Non-aqueous Shampoo: Non-aqueous shampoo is in liquid form and useful in conditions where the water is hard. They use organic solvents such as benzene, CCl_4 etc for cleaning.

19) ... Anti aging products are skincare products and supplements that are designed to help, prevent or reduce the signs of aging.

a) Skin Creams: These products are typically moisturizing-based and can help with a range of aging issues, including fine lines, wrinkles, dullness and age spots. They can contain ingredients like:

* Retinoids: A class of vitamin A compounds that can help ~~prevent~~^{repair} sun damage and reduce the appearance of fine lines and wrinkles.

* peptides: Short chains of amino acids that can help build collagen and elastin.

* Antioxidants: Can help protect skin from pollution, free radicals and other irritants.

CONCLUSION:

The Certificate Course in Cosmetic Chemistry, conducted by the Department of Chemistry, successfully achieved its objectives of familiarizing students with the basics of personal care, cosmetic products, and the theory behind skin care and hair care. With a total of 21 students participating, the three-month course provided a comprehensive understanding of cosmetic chemistry, including personal care products, sunscreen products, and hair care products. Through interactive classes, assignments, and test papers, students gained hands-on knowledge and expertise in the field. The issuance of certificates marked the successful completion of the course, equipping students with the necessary skills and knowledge to pursue careers in cosmetic chemistry.

IV. ICT/Computing Skills

Certificate Course

Department of mathematics conducted a certificate course on Introduction to Python. As Python proficiency is a valuable asset in today's job market. It offers plentiful opportunities in software development, data analysis etc. It is easy and fun to learn. This is the reason we opt Python as our certificate course. There are 15 theory and 15 practical classes in our syllabus. 19 Students successfully completed this course. Thisara V Prasad and Keerthana Mohanan S provided practical and theory classes effectively.



**SREE NARAYANA COLLEGE
CHATHANNUR , KOLLAM**

**Affiliated to the University of Kerala ,
Accredited by NAAC with 'B Grade'**

**College - level
Certificate Course on**

INTRODUCTION TO PYTHON

Organized by Department of Mathematics, 2023-24



Coordinators: Heerthana Mohanan S and Thrisara V Prasad

Principal: Anjith S

This academic year we face two NAAC visit and it was a incredible experience for us and our students. The students our department worked effectively to make the NAAC visit a grand success. We bagged “A” grade after the assessment and accreditation process.

