



## **SREE NARAYANA COLLEGE NATTIKA**

### **NSS UNIT NO. 51 & 135**



#### **Annual Report 2024-25**

The National Service Scheme (NSS) is a public service program launched by the Government of India in 1969, aimed at developing students' personality through community service. It encourages youth to engage in constructive social work and foster a sense of social responsibility. The motto of NSS is "Not Me But You," reflecting the spirit of selfless service and empathy. The main objectives include developing leadership qualities, promoting national integration, and involving students in activities that contribute to community development. NSS helps in building a disciplined and socially responsible youth population committed to the progress of the nation.

The NSS units of Sree Narayana College, Nattika, play a vital role in fostering social responsibility and community engagement among students. With two active units, the NSS regularly organizes impactful programmes focusing on green initiatives, effective waste management, blood donation camps, anti-narcotic awareness, and sustainable development. Through these activities, NSS volunteers develop leadership skills while making meaningful contributions to society. There are two active NSS Units at Sree Narayana College, Nattika.

#### **Programme Officers:**

Dr. Remya V. K. (Unit No.51)

Babitha B. (Unit No. 135)

#### **Student Coordinators:**

1. Anurag T. G
2. Silpa S.
3. Nirjala Devi
4. Rithik Pradaush
5. Naeem
6. Yadhu Krishna

The NSS Units of Sree Narayana College have actively undertaken a range of impactful programmes focused on the sustainable development of nature, society, and individuals. Among the most notable initiatives are "Nanma – Aid for Dialysis Patients," the "Soap Challenge," and "Njangalum Krishiyilekku" (Our Step Towards Organic Farming), which stand out as the Best Practices of the NSS units.

"Nanma – Aid for Dialysis Patients" is a compassionate initiative aimed at supporting dialysis patients in Nattika Grama Panchayath. Volunteers collect coconuts from nearby households, sell them, and use the proceeds to purchase essential medicines, which are distributed through the palliative care units of the Nattika Health Centre.

The “Soap Challenge” is another unique effort where NSS volunteers collect handmade soaps crafted by the students of the Naipunya Centre for the Differently Abled in Valappad. These soaps are sold, and the revenue is returned to the Naipunya Centre to support its operations.

“Njangalum Krishiyilekku,” the organic farming initiative, promotes sustainable agriculture through activities such as organic paddy cultivation, vegetable gardening, and the creation of special gardens like the Onam marigold garden and a medicinal plant garden. These efforts are part of the unit’s broader green initiatives.

In addition to these core activities, NSS volunteers actively participate in organizing extension services such as blood donation camps, eye donation drives, and free eye check-up camps. Promoting social unity and secular values, the units also organize Iftar celebrations open to the public regardless of caste or religion, along with the celebration of festivals like Onam, Vishu, and Ramzan. Onam kits were distributed to the workers of the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) in the 5th ward of Nattika Grama Panchayath. To instill patriotism and national pride, volunteers commemorate Independence Day, Republic Day, and the birthdays of national leaders and freedom fighters. They also raise awareness on crucial social issues through campaigns like Yuva Jagaran, Anti-Narcotics Awareness, and Suicide Prevention.

The NSS units celebrate important occasions such as Children’s Day, Yoga Day, Teachers’ Day, and Women’s Day, fostering a strong sense of community involvement. Continuous engagement with the adopted village includes programmes like DigiKeralam, Zero Waste Campaign, and Swachhta Ki Seva. Volunteers also take initiative in cleaning public spaces like Snehateeram Beach, Thrissur Railway Station, and East Tipu Sultan Road. Many of our volunteers have also participated in the various State and university level leadership camps.

Our dedicated volunteers responded immediately to the Wayanad-Mundalai landslide by distributing emergency kits containing essential items such as sanitary napkins, bedsheets, clothing, and biscuits. They also took part in the Kuttyidam Project, providing children living in rescue camps with colouring pencils, colouring books, storybooks, notebooks, pens, pencils, and A4-size paper to support their creativity and learning. In addition, our volunteers visited the rescue camp at Sree Rama Polytechnic College, Triprayar, where they distributed bedsheets and blankets to residents who had been displaced by a sudden flood during the rainy season. Through all these initiatives, the NSS units of Sree Narayana College, Nattika, have significantly contributed to the personal growth of volunteers, nurturing qualities such as self-confidence, social responsibility, and leadership.

### **1. Name of the Activity: Iftar meal for the needy**

**Date: April 2, 2024**

The initiative aimed to provide nutritious and culturally appropriate meals to individuals and families in need during the Iftar (breaking of fast) period of Ramadan, fostering a sense of community harmony and addressing the issue of food insecurity. A diverse menu comprising traditional Iftar dishes including dates, salads, fruits, and desserts was distributed by the NSS volunteers of Sree Narayana College, Nattika.

Volunteers gathered early in the day to prepare the meals. Hygiene and food safety protocols were strictly followed throughout the preparation process to ensure the quality and safety of the food. As the sunset approached, volunteers packed the meals into individual servings and distributed them in Tripprayar.



## **2. Anti-Drug Awareness Class and Poster Making**

**Date: May 27, 2024, Time: 11.30 pm**

An Anti-drug awareness initiative was organized by the NSS volunteers of Sree Narayana College, Nattika to educate the public about the dangers and drawbacks of drug abuse. Volunteers visited the local shops including grocery stores, cafes, and retail outlets. The goal was to reach out to both shop owners and customers, providing them with crucial information on the harmful effects of drug use. Short engaging sessions were held in each shop where volunteers shared information on the physical, psychological, and social consequences of drug abuse. Flyers and pamphlets containing detailed information were distributed to reinforce the verbal messages given.

The anti-drug awareness class was a successful initiative that reached a broad audience and effectively communicated the critical message about the dangers of drug abuse. The volunteers also made posters regarding the Anti- Drug awareness.



### 3. Name of the Activity: Medicinal Garden – World Environmental Day Celebration

#### a. Preparing the plot for the Medicinal Garden

**Date & Time: 04/06/24, 3.30 pm**

On 04/06/2024 NSS volunteers tilled and prepared the land for the medicinal garden.

#### b. Name of the activity: Cleaning the plot for the Medicinal Garden

**Date: 31/05/24 , 11.00 am**

NSS volunteers identified an area suitable for the medicinal garden and cleaned the area by removing the weeds and tilling the soil on 31/ 05/ 2024. Removing unwanted plants seems to be a hectic job, but the volunteers enthusiastically did their task.



#### c. Name of the Activity: Medicinal Garden – Planting the saplings

**Date & Time: June 5, 2024, 3.30 pm**

On World Environmental Day, the NSS volunteers of Sree Narayana College Nattika under the guidance of the programme officer Dr. Remya V. K. planted the saplings of medicinal trees and plants on the land area prepared for setting up the medicinal garden.



### 4. Name of the activity: “Pookkalal Ponnonam”

#### a. Preparing land for Onam Garden

**Date & Time: 10/06/24, 3.30 pm**

Onam, the vibrant harvest festival of Kerala is celebrated with grandeur and enthusiasm. Onam is also a festival of flowers. Making the “Pookalam” with flowers is a part of the ritual. Setting up a



garden before Onam is a delightful way to embrace the festival's spirit and add to the festive décor. Marigold plants are selected for the Onam Garden. NSS volunteers of Sree Narayana College Nattika prepared the land for Onam Garden. On the afternoon of June 10, 2024, NSS volunteers prepared the land by tilling the soil and applying organic manure. Cow dung, cocopeat, groundnut cake, and neem cake were applied to the soil.



#### **b. Name of the activity: “PookalalPonnonam” Inauguration**

**Date & Time: 19 June 2024, 3.30 pm**

The Principal of Sree Narayana College Nattika Dr. Jaya P. S. inaugurated the programme “PookalalPonnonam” by planting marigolds. NSS programme officers Dr. Remya V. K, Babitha B., Dr. Anitha C. T., Professor of Botany, Sreeji N. S, Assistant Professor of Physical Education, Dr. Namitha T. Asokan, Assistant Professor of Physics and Preetha K.C., Assistant Professor of Physics joined the NSS volunteers to plant the marigolds.



#### **5. Nanma - Aid for the Dialysis Patients through coconut challenge**

**Date: 20 June 2024, 11.30 pm**

Under the auspices of the NSS Unit No. 51&135 of Sree Narayana College, Nattika, the volunteers conducted a coconut challenge to collect money for buying medicines for kidney patients. Each volunteer was made to bring a selected number of coconuts for this project. Money collected from the sale of these coconuts was given to the palliative care unit of Nattika Health centre to buy medicines for the dialysis patients. The initiative aims to alleviate the financial burden, enhance treatment adherence, and contribute to a more equitable healthcare landscape for individuals facing the challenges of Kidney failure. An amount of Rs. 2600/- was handed over to the Medical Officer, Health & Palliative Care centre, Nattika.



## 6. Yoga Day Celebration

**Date & Time: June 21, 2024**

International Yoga Day celebrated on June 21st every year is a global event recognizing the profound impact of Yoga on physical, mental, and spiritual well-being. NSS volunteers of Sree Narayana College Nattika observed Yoga Day by demonstrating various Yoga postures on this day, spreading awareness about the benefits of Yoga, and encouraging more people to incorporate it into their daily lives. Under the leadership of Silpa A. B, the volunteers practiced various Yoga postures. Volunteer Silpa A. B. has also delivered an awareness class about the benefits of practicing Yoga.

Regular practice of Yoga enhances flexibility and builds muscles, improving overall physical strength. Yoga promotes relaxation and reduces stress through mindfulness and breathing exercises. Yoga fosters a deeper connection between the mind and body.



## **7. Name of the Activity: International Day Against Drug Abuse and Illicit Trafficking**

**Date: June 26, 2024**

The International Day Against Drug Abuse and Illicit Trafficking observed annually on June 26, is dedicated to raising awareness about the global issue of drug abuse and the illicit drug trade. Sree Narayana College, Nattika, observed this significant day through impactful programs designed to educate and engage students and the local community.

The day's activities were organized by the NSS (National Service Scheme) volunteers, with active participation from the faculty, the principal, and the NCC (National Cadet Corps) volunteers. The programs included educational classes, creating a unique human chain, and a pledge-taking ceremony.

### **a. Name of the Activity: Awareness Classes Against Drug Abuse**

**Date & Time: 26 June 2024, 10.00 am**

- Volunteer Devika focused on the health implications of drug abuse, including the physical, mental, and social repercussions. She used interactive presentations and real-life case studies to emphasize the severity of addiction.
- Volunteer Silpa addressed the psychological and emotional aspects of drug abuse. Her class involved engaging in discussions about the impact on mental health and strategies for prevention and recovery.
- Volunteer Nivedya highlighted the societal impact of illicit trafficking and drug abuse, discussing how these issues affect families and communities.





**b. Name of the Activity: Pledge-Taking against the Use of Drugs**

**Date & Time: 26 June 2024, 11.00 am**

The event concluded with a solemn pledge-taking ceremony. All participants—including the Principal, students, faculty and NSS volunteers—took a pledge to actively combat drug abuse and contribute to creating a drug-free environment. The pledge emphasized personal responsibility, community engagement, and the promotion of healthy lifestyles.



**c. Name of the Activity: Creation of "Manushya Changala"**

**Date & Time: 26 June 2024, 1.00 pm**

In a unique and symbolic gesture, a human chain named "Manushya Changala" was formed by the combined efforts of the principal, teachers, NSS volunteers, and NCC cadets in front of the college. This human chain served as a visual representation of unity and solidarity against drug abuse and illicit trafficking.





## 8. Name of the Activity: “Njagalum Krishiyilekku” – Organic Paddy Farming

Sree Narayana College, Nattikain collaboration with the Krishi Bhavan and Nandini Krishi Kootamis preparing to grow gold in the soil by knowing the heart and mind of the farmers. In the first phase of this, NSS volunteers of Sree Narayana College, Nattika started paddy cultivation on the land that was lying fallow near their college. Nattika Krishi Bhavan and Nandini Krishi Kootam are with the volunteers to impart traditional organic farming methods to the new generation. Nandini Krishi Kootamis a farmers' group from the Nattika Gram panchayat.

Through paddy cultivation, NSS volunteers get familiarized with traditional farming methods and the rituals and culture associated with it.

### a. Name of the Activity: Organic Paddy Farming – Tilling

**Date & Time: July 18, 2024**

Tilling is an important step in paddy farming, as it prepares the soil for planting and helps ensure optimal growth conditions for the rice crop. With the help of the tractor, the plot was plowed and prepared. NSS volunteers were enthusiastic to know the steps involved in Organic paddy cultivation.



**b. Name of the Activity: Organic Paddy Farming- Preparation of the plot**

**Date: 19 July 2024, 4.00 pm**

After plowing, the field should be leveled to ensure uniform water distribution. Proper leveling is crucial for maintaining an even water depth, which is essential for rice cultivation. Agricultural officers from Nattika Krishi Bhavan helped NSS volunteers to level the land.

**c. Name of the Activity: Organic Paddy Farming - Preparation of the Plot**

**Date& Time: 25 July 2024, 3.30 pm**

In paddy farming, fields are usually flooded to create a shallow water layer. The soil should be allowed to soak and become saturated, which helps in breaking down remaining clumps and making the soil more pliable. The volunteers worked hard to prepare the plot.



**d. Organic Paddy Farming – “Vithu Vithakkal Ceremony”**

**Date & Time: July 26, 2024**

Sree Narayana College Principal Dr. P.S. Jaya inaugurated the “Vithu Vithakkal Ceremony” of the Paddy field on 26 July 2024 at 10.00 am. “Vithu Vithakkal” means sowing the seeds, which is an important tradition for farmers. Suresh Iyyani, the ward member of Nattika Grama Panchayath presided over the function. Nattika Krishi Officer N.V. Subha, N.S.S. Program Officers B. Babitha, Dr. V.K. Ramya, Assistant Agriculture Officer P.C. Babu, and N.S.S. Unit Secretary A.B. Shilpa gave felicitation. Nattika Krishi Bhavan employees K.M. Divya, T.R. Snigdha, K.R. Jibin, T.V. Dipu, T.S. Sudhi led the farming preparations. Manuratna seeds with high productivity and quality are cultivated here. In the second phase, vegetable cultivation will also start immediately in 50 cents of the college. The next aim of this farming community is to find a suitable place outside the college and expand farming. After sowing the Manuratna seeds, the volunteers planted marigolds on the borders of the farm. Marigold flowers attract insects and thus the paddy will not get infected with the attacks of the insects.

**9. Name of the Activity: “PookalalPonnonam” – Manuring and Nurturing the Onam Garden****Date & Time: 19 July 2024, 3.30 pm**

Due to heavy rainfall of the past days the raised soil platform prepared for the Onam Garden was damaged. NSS volunteers again raised the land with soil and applied green manure to the marigold plants. Volunteers found pleasure in taking care of the plants and nurturing them. The marigold plants are healthy and are growing fast.

**10. Name of the Activity: Kargil Vijay Diwas Observation****Date: July 26, 2024**

Kargil Vijay Diwas is commemorated annually on July 26 to honor the bravery and sacrifice of the Indian Armed Forces during the Kargil War of 1999. This year, Sree Narayana College, Nattika, observed Kargil Vijay Diwas through an engaging and informative campaign organized by the National Service Scheme (NSS) volunteers. The observance included the creation and dissemination of posters via social media platforms to raise awareness and foster a sense of national pride among the college community and beyond. Posts were tagged with hashtags such as #KargilVijayDiwas,



#KargilHeroes, and #NSSatSreeNarayanaCollege to increase visibility.

### 11. Name of the Activity: Ek Ped Maa Ke Naam Campaign

**Date & Time: 29 July 2024, 11.00 am**

The "Ek Ped Maa Ke Naam" campaign is a thoughtful and impactful initiative aimed at promoting environmental sustainability through the symbolic act of planting trees in honor of mothers. NSS volunteers made a class campaigning about the importance of planting and nurturing trees. Volunteers Naem, Silpa, Akshaya, Nivedhya, Maneesh, Rithvik, Haadi, Anurag and Yadhu visited the students and encouraged them to plant the trees.



### 12. Name of the Activity: Aid to Rescue Camp in Tripurayar

**Date & Time: 31/07/2024, 12.00 pm**

Sree Narayana College N. S. S Units 31/07/2024 donated blankets to the people in the relief camps at Sree Rama Polytechnic College, Tripurayar. Due to heavy rainfall, some families from the Nattika Grama Panchayath were moved to rescue camps as their houses were flooded with water. The NSS units took the initiative and responsibility to visit the rescue camps and provided blankets to the suffered.





### 13. Name of the Activity: Be with Wayanad – Essential Supplies

**Date&Time: 01/08/2024**

In response to the devastating multiple landslides that struck the Mundakkai Chooralmala, Attamala, Meppadi and Kunhome villages of Wayanad district in Kerala. The NSS volunteers of Sree Narayana College, Nattika have contributed to helping the people in the relief camps and were involved in delivering essential supplies to those affected by the tragedy. The essential for the relief camps were handed over to the Duty officer at the Thrissur Mathrubhumi Head Office Collection point. The items provided were sanitary napkins, diapers, washing powder, cloths, notebooks, blankets, water bottles, and biscuits.



### 14. Name of the Activity: Kuttyyidam - Materials for children in Relief camps

**Date & Time: August 2, 2024**

To alleviate the mental stress of the children in various camps in Wayanad district, materials such as Ludo, chess, plastic balls, softballs, clay, and art materials such as crayons, painting books, pencils, story books, and A4 sheets were provided by NSS volunteers of Sree Narayana College, Nattika. The materials were handed over to the NSS Programming Officer of Don Bosco College Shri. Anish.



**15. Name of the Activity: Orientation Class on Digi Keralam****Date & Time: August 06, 2024**

Digi Kerala's mission is to make the benefits of information technology of society by acquiring basic digital literacy, and ensuring the empowerment of common people and vulnerable groups through digital literacy.accessible to various sections

An orientation class was conducted at Nattika Panchayat Hall to guide the volunteers to register themselves in the Digital Kerala portal. Twenty Five NSS Volunteers attended the proqramme.

**16. Name of the Activity: Orientation Class on “Agriculture and Survival of Mankind”****Date & Time: 07 August 2024, 3.30 pm**

On August 7, an orientation class on “Agriculture and Survival of Mankind” was conducted under the auspices of the Department of Agriculture near the paddy field of the campus to discuss the vital role of agriculture in society and its significance. The agricultural officer, Ms. Divya K. M, delivered the Keynote address about paddy cultivation and motivated the volunteers. Mr. Babu and Mr. Dibu, office attendants from the Agriculture Office, Nattika talked about the ‘Manuratna’ paddy seeds and its nurturing techniques to the NSS volunteers. The session aimed to highlight the multifaceted importance of agriculture, addressing its economic, environmental, and social impacts, and encouraging volunteers to consider careers and active participation in agricultural development. The main objective is to inform students about the fundamental role of agriculture in sustaining human life and its contributions to the global economy. NSS Unit Secretary Yadhu Krishna delivered the vote of thanks.



# 17. Name of the Activity: Awareness Class on Drug Abuse

**Date & Time: 08 August 2024**

An awareness class on health and legal issues related to drug abuse was organized to educate participants on the multifaceted impact of drug abuse, focusing on both health and legal consequences. On August 8, 2024 the National Service Scheme, Anti-Narcotic Cell, CPG, Sradha- Nerkootam Committees and IQAC jointly organized an awareness class on “Health and Legal issues of Drug Abuse”. The class was conducted by Mr. V G Sunilkumar (Excise Inspector, Excise Range Office, Vadanapally). Dr. Jaya P. S (Principal), Smt. Diviya K D (Co ordinator, Anti Narcotic Cell), Dr. K K Sankaran (IQAC Coordinator),



Sri. Sreeji N S(Coordinator CPG) , Dr.Namitha Asokan T (Coordinator, Sradha Commitee) , Dr. Remya V K (NSS Programme Officer) and Smt. Babitha B (NSS Program officer) waspresent.The session aimed to provide comprehensive knowledge to help individuals make informed decisions and understand the ramifications of drug abuse. NSS Volunteer Akshaya K. S delivered the vote of thanks.



## 18. Name of the Activity: Independence Day Celebration

**Date & Time: 15 August 2024, 9.00 am**

The Independence Day of India was celebrated with great enthusiasm and patriotism in SN College, Nattika with various activities organized by the NCC and NSS units. The day began with the flag hoisting ceremony, where the National Flag was unfurled by Dr. Jaya P.S., the College Principal, filling the air with pride.

The NSS volunteers presented a heartfelt patriotic song that emphasized the role of youth in nation-building and the importance of social service. NSS volunteers organized a rally at the Triprayar Junction. The event took an exciting turn with a flash mob organized by the NSS volunteers near the Triprayar Bus stand, which added a dynamic and energetic vibe to the celebration, engaging the audience and spreading the message of unity and joy. The Independence Day celebration was a memorable event, filled with patriotic fervor and a deep sense of national pride, as both NCC and NSS units contributed significantly to the success of the program.







**19. Name of the Activity: World Photography Day- Celebrating the Art of Capturing Life**

**Date & Time: 19 August 2024**

World Photography Day is observed annually on August 19th, commemorating the invention of photography. This day honors the pioneers of photography, recognizes its impact, and encourages photographers worldwide to share their perspectives.

This year, Sree Narayana College, Nattika, observed World Photography Day through a social media campaign organized by the National Service Scheme (NSS) volunteers. The observance included the creation and sharing of posters via social media platforms to raise awareness and foster a sense of interest among the college community and beyond.

**20. Name of the Activity: Vatanapally Gram Panchayat 2024-25 Annual Plan: 14th Ward Gram Sabha Meeting**

**Date & Time: 21 August 2024, 2.00 pm**

Venue: Vatanapally Government High School

The Vatanapally Gram Panchayat convened the 14th Ward Gram Sabha meeting to discuss and approve key aspects of the 2024-25 Annual Plan. The meeting, held at the Vatanapally Government High School, was attended by local residents, ward members, NSS Volunteers and Panchayat officials. The gathering focused on crucial developmental initiatives and community welfare programs. 25 NSS Volunteers from Sree Narayana College Nattika attended the meeting.

Agenda and Proceedings

1. Approval of the 2024-25 Annual Plan: Individual Benefit Beneficiary List
2. Garbage-Free New Kerala Initiative
3. Digi Keralam

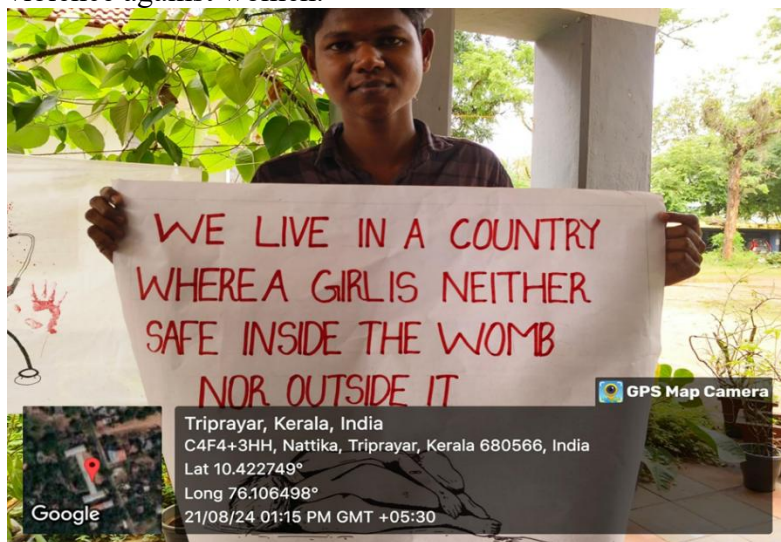


## 21. Name of the activity- NSS Campaigning Demanding Justice for the Trainee Doctor at RG Kar Medical College

**Date & Time: 21 August 2024, 1.00 pm**

On 21 August, the NSS unit organized campaigning at SN College, Nattika in solidarity with the various protests going on in India demanding justice for the brutal rape and murder of a trainee doctor at RG Kar Medical College, Kolkata. This heinous crime has shocked the nation and highlighted the urgent need for stronger measures to protect women and ensure swift justice.

Dr. Jaya P. S, Principal, Sree Narayana College Nattika spoke about the importance of standing up against such atrocities and the role of the youth in advocating for change. A significant part of the protest was the creation of a banner where all participants left their finger marks in red, symbolizing the bloodshed and the collective outrage against the crime. The red finger marks on the banner represented the pain and anger felt by every individual, emphasizing the demand for justice and the end of such brutal acts of violence against women.



## 22. Name of the Activity: Ice-breaking Session for First Year Volunteers

**Date & Time: 22 August 2024, 1.30 pm**

**Venue: Seminar Hall, Sree Narayana College Nattika**

On 22 August ,2024, the NSS units of SN College, Nattika successfully conducted an icebreaking session for the first-year undergraduate students. This session, aimed at fostering camaraderie and team spirit, played a crucial role in helping the new students settle into their academic environment.

Dr. Jaya P. S, Principal, Sree Narayana College, Nattika, inaugurated the session. IQAC Coordinator, Dr. Sankaran K. K delivered the presidential address. The session commenced with a brief introduction to the National Service Scheme by NSS program officer Babitha. B and Dr. Remya V. K., former NSS Unit Secretary Abhishek, NSS executives Shilpa and Akshaya outlined its objectives and the benefits of active participation. This was followed by various interactive activities designed to break the ice among the students. These activities were carefully curated to encourage participation, enhancing their leadership and communication skills.

Students engaged in group discussions, team-building exercises, and role-playing scenarios. These activities allowed them to get to know each other better and highlighted the importance of collaboration, effective communication, and leadership in both academic and extracurricular contexts.



### **23. Name of the Activity: Alpha Palliative Care to Wayanad**

**Date & Time: 27 August 2024, 10.00 am**

**Venue: College Front Gate**

Alpha Palliative Care is organizing a walkathon around Kerala to build a Palliative care centre at Wayanad. NSS units of Sree Narayana College gave hostage to Alpha Palliative Care for the inauguration of the Walkathon in solidarity with the charity work they are initiating at the Wayanad district.

During the event, a vehicle equipped with video projection technology traveled through the college premises, broadcasting a compelling video message about palliative care. Dr. Jaya P. S, the College Principal inaugurated the session by a flag-off. Akshaya A. S, NSS volunteer gave the vote of thanks.





#### **24. Name of the Activity: Eye Donation Awareness Camp**

**Date & Time: 24 August 2024, 2.30 pm**

**Venue: College Seminar Hall**

National Service Scheme and National Cadet Corps jointly organized an awareness class on eye donation for NSS volunteers and NCC cadets to make them aware of the importance and life-changing impact of eye donation. The resource person, Adv. P. F. Joy provided a comprehensive understanding of how corneal blindness affects millions of people globally, emphasizing that eye donation is a simple yet powerful way to give someone the gift of sight. The volunteers were informed about the misconceptions surrounding eye donation, such as religious concerns and fears about the donor's appearance after death. Through real-life stories and testimonies of successful eye transplants, the class inspired participants to consider pledging their eyes and to actively raise awareness within their communities.

Dr. Jaya P. S, Principal, Sree Narayana College Nattika, IQAC Coordinator Dr. Sankaran K. K., NSS Volunteers Nivedya, N.C.C Officer Captain K.S. Latha, N.S.S. Program Officer Dr. V.K. Remya and NSS Programme Officer Babitha B., gave the felicitation. NSS Volunteer Aisha delivered the vote of thanks.





## **Mathrubhumi** **മാതൃഭൂമി** **നേത്രദാന ബോധവൽക്കരണം**



നാട്ടിക എൻ.എൻ. കോളേജിൽ നടന്ന നേത്രദാന ബോധവൽക്കരണ പരിപാടിയിൽ അഡ്വ. പി.എഫ്. ജോയ് ക്യാസെടുക്കുന്നു

നാട്ടിക ▶ ശ്രീനാരായണ കോളേജിലെ എൻ.എസ്.എസ്. എൻ.സി.സി.യും ചേർന്ന് നേത്രദാന ബോധവൽക്കരണ ക്യാമ്പും സമ്മേളനവും നടത്തി. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. പി.എസ്. ജയ ഉദ്ഘാടനം ചെയ്തു. കേരള ഫൈ ബാങ്ക് അസോസിയേഷൻ വൊളന്റിയർ അഡ്വ. പി.എഫ്. ജോയ് നേത്രദാനം മഹാദാനം എന്ന വിഷയത്തിൽ ക്യാ

സെടുത്തു. നേത്രദാനത്തെക്കുറിച്ചുള്ള വിദ്യാർത്ഥികളുടെ സംശയങ്ങൾക്ക് അദ്ദേഹം മറുപടി പറഞ്ഞു. എൻ.എസ്.എസ്. നിർവാഹകസമിതി അംഗങ്ങളായ നിവേദ്യ, ഐഷ, എൻ.സി.സി. ഓഫീസർ ക്യാപ്റ്റൻ കെ.എസ്. ലത, എൻ.എസ്.എസ്. പ്രോഗ്രാം ഓഫീസർ ഡോ. വി.കെ. രമ്യ എന്നിവർ പ്രസംഗിച്ചു.

06/09/2024 KODUNGALLUR Pg 07

### **25. Name of the activity: Suicide Gate Keeper Training Programme**

**Date & Time: 2 September 2024, 10.00 am**

**Venue: Assabah Arts & Science College, Valayamkulam**

Four NSS volunteers from Sree Narayana College Nattika participated in the Suicide Gate Keeper Training Programme conducted by listening community on 0/09/2024 at Assabah Arts & Science College, Valayamkulam. The Suicide Prevention Gatekeeper Program is a training program that educates individuals on how to identify and support people at risk of suicide. Our volunteers Rithik Pradaush, Naem M., Akshaya A. S and Mubashira attended the programme.



## Certificate of Participation

This certificate is presented to..... **AKSHAYA A S**.....  
for participating in the one-day Suicide Prevention Gatekeeper  
Training Program conducted by Listening Community on the 2nd  
of September, 2024.

Course: Suicide Prevention Gatekeeper Training  
Duration: 4 Hours

  
**Abdul Gafoor**  
Clinical Psychologist  
LISTENING COMMUNITY



## Certificate of Participation

This certificate is presented to..... **RITHIK PRADAUSH**.....  
for participating in the one-day Suicide Prevention Gatekeeper  
Training Program conducted by Listening Community on the 2nd  
of September, 2024.

Course: Suicide Prevention Gatekeeper Training  
Duration: 4 Hours

  
**Abdul Gafoor**  
Clinical Psychologist  
LISTENING COMMUNITY



## Certificate of Participation

This certificate is presented to..... **NAEEM M**.....  
for participating in the one-day Suicide Prevention Gatekeeper  
Training Program conducted by Listening Community on the 2nd  
of September, 2024.

Course: Suicide Prevention Gatekeeper Training  
Duration: 4 Hours

  
**Abdul Gafoor**  
Clinical Psychologist  
LISTENING COMMUNITY



### Certificate of Participation

This certificate is presented to..... **Mubashira**.....  
for participating in the one-day Suicide Prevention Gatekeeper  
Training Program conducted by Listening Community on the 8th of  
September, 2024.

Course: Suicide Prevention Gatekeeper Training  
Duration: 4 hours

  
Abdul Gafoor  
Chief Executive Officer  
LISTENING COMMUNITY

## 26. Name of the activity: Digi Keralam Pre-survey Class

**Date & Time: 5 September 2024, 3.00 pm**

Venue: College Seminar Hall

Thallikulam Block Panchayat recently organized a pre-survey campaign for National Service Scheme (NSS) volunteers, at Sree Narayana College Nattika to prepare them for an upcoming training on the usage of the Digi Keralam platform. The initiative was designed to equip the volunteers with the necessary skills to utilize Digi Keralam effectively, a digital platform introduced by the Government of Kerala to enhance public service delivery through online modes. During the campaign, the volunteers were briefed on the key functionalities of the platform, which facilitates easy access to various government services, and they were educated on the importance of digital literacy in fostering efficient governance. Furthermore, the campaign underscored the role of NSS volunteers in promoting digital inclusion within local communities, emphasizing their potential to act as ambassadors of the Digi Keralam initiative. By involving the youth in such forward-looking projects, the Thallikulam Block Panchayat aims to accelerate digital transformation at the grassroots level, ensuring that even the most remote populations benefit from the state's digital initiatives.

The officials from Thallikulam Block Panchayat trained the Volunteers to carry out the Digital survey.



## 27. Name of the Activity: Survey Digi Keralam

**Date & time: 6 September 2024**

Venue: Thalikkulam Block Panchayath

A survey was conducted in collaboration with the Thallikulam Block Panchayat and NSS volunteers as part of the “Digi Keralam” initiative, aimed at promoting digital literacy



and guiding the local population toward becoming more digitally proficient. The focus of the survey was to assess the current level of digital awareness among the residents and to identify areas where additional support and training were required. NSS volunteers played a vital role in reaching out to the community, engaging with individuals from various age groups and backgrounds, and educating them on the importance of embracing digital platforms for everyday tasks, such as online payments, e-governance services, and digital communication. The initiative was well-received, with participants expressing interest in further training sessions to enhance their digital skills. This collaboration between the Thallikulam Block Panchayat and the NSS volunteers not only highlighted the gaps in digital literacy but also served as a stepping stone for future digital empowerment programs in the region, contributing to the broader vision of a digitally enabled Kerala.



## **28. Name of the Activity: Teachers' Day Celebration**

**Date & Time: 9 September 2024**

**Venue: Sree Narayana College, Nattika**

On the occasion of Teachers' Day, the NSS volunteers organized a heartfelt event to honor and celebrate the contributions of teachers in shaping the lives of students. One of the highlights of the program was the innovative feedback system, where students were encouraged to write their thoughts, reflections, and messages of gratitude for their teachers on paper, which they then placed in a specially designated feedback box. The anonymity of the process allowed students to be candid and sincere in their responses, ensuring that each teacher received genuine feedback from their students. After the collection, the feedback was carefully sorted and handed over to the concerned teachers, who were moved by the warm and thoughtful messages. This gesture not only strengthened the bond between students and teachers but also created a positive and reflective environment. The initiative was well-received by both students and teachers, leaving a lasting impact on everyone involved.



## 29. Name of the Activity: Awareness Class - Change the Narrative on Suicide

**Date & Time: 10 September 2024, 9.30 am**

**Venue: College Seminar Hall**

NSS units of Sree Narayana College, Nattikain association with Jeevani organized an awareness programme on “Change the Narrative on Suicide”. The program was organized to address the increasing concern over suicide and the stigma surrounding mental health issues. The class was conducted by Psychologist Dona Davis. The program aimed to create a safe and supportive environment where participants could engage in meaningful discussions on suicide prevention and the importance of mental health care. The session started with the NSS song sung by the volunteers. Silpa K S, NSS unit secretary gave the welcome speech and Naem M, NSS unit secretary delivered the vote of thanks.



**Sree Narayana College, Nattika**

NAAC Re-accredited (III Cycle) with Grade B+ (CGPA 2.68)  
DST-FIST College | NIRF 2020 - Placed in Rank band 150-200  
(Affiliated to the University of Calicut)

**National Service Scheme  
In Associated With**



**Organizes an  
Awareness Programme On**

**Change The Narrative On Suicide**

#StartTheConversation

**World Suicide Prevention Day**  
**September 10**



**Time : 9.30am  
Date : 10/09/2024  
Venue: Seminar Hall 1**

**Resource Person**



**Dona Davis  
Psychologist**

**Principal  
Dr. Jaya P. S**



**30. Name of the Activity: Distribution of Onam Kits to Mahatma Gandhi National Rural Employment Guarantee Scheme Workers**

**Date & Time: 11 September 2024, 9.30 am**

Venue: Guru Mandapam, Sree Narayana College Nattika

NSS units of Sree Narayana College Nattika celebrated the Onam by presenting Onam gifts to MGNREGS workers of the fifth ward of Nattika Grama Panchayath. Dr. Jaya P. S., Principal, Sree Narayana College Nattika emphasized the importance of community support and solidarity, highlighting the role of NSS in fostering social responsibility among students in her presidential address. The event was officially inaugurated by Mr. Suresh Iyyani, the ward member of Nattika Grama Panchayath who spoke about the significance of Onam in celebrating the spirit of togetherness and gratitude. The main highlight of the event was the distribution of Onam kits to the workers under the Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS). College RDC president Mr. P.K. Presennan distributed the Onam kits. Each kit contained essential items to support the families in celebrating the Onam festival. Dr. Sankaran K. K (IQAC Coordinator), Subila (PTA member), Mannya M. B. (College Union Chairperson), Dr. Remya V. K (NSS PO) and Babitha B (NSS PO) gave the felicitation. NSS volunteer Miss Devika Dileep delivered the vote of thanks. The distribution of Onam kits was not only a gesture of support for MGNREGS workers but also a celebration of community spirit and the values of cooperation and empathy. The event brought together various stakeholders, reinforcing the commitment of Sree Narayana College and the NSS to serve and uplift the community, especially during the festive season of Onam.




**NATIONAL SERVICE SCHEME (51&135)**  
**SREE NARAYANA COLLEGE, NATTIKA**


## ഓണാശംസകൾ

**മഹാത്മാഗാന്ധി ദേശീയ**  
**ഗ്രാമീണ തൊഴിലുറപ്പ് പദ്ധതി**  
**തൊഴിലാളികൾക്ക്**  
**ഓണക്കിറ്റുകളുടെ**  
**വിതരണം നടത്തുന്നു.**



തിയ്യതി : 11 സെപ്റ്റംബർ 2024,  
ബുധൻ

സമയം : 9:15 AM

സ്ഥലം : ശ്രീനാരായണ കോളേജ്,  
നാട്ടിക



**കേരള കാുമുദി**  
Thirissur SINCE 1911 12 Sep 2024



തൊഴിലുറപ്പ് തൊഴിലാളികൾക്ക് നാട്ടിക എസ്.എസ്.എൻ കോളേജ് എൻ. എസ്.എസ് യൂണിറ്റുകളുടെ ഓണക്കിറ്റ് ആർ.ഡി.സി കൺവീനർ പി. കെ. പ്രസന്നൻ വിതരണം ചെയ്യുന്നു.

### തൊഴിലുറപ്പ് അംഗങ്ങൾക്ക് ഓണസമ്മാനം

തൃശ്ശൂർ: നാട്ടിക ശ്രീനാരായണ കോളേജ് എൻ. എസ്.എസ് യൂണിറ്റുകൾ നാട്ടിക പഞ്ചായത്ത് അഞ്ചാം വാർഡിലെ ഗ്രാമീണ തൊഴിലുറപ്പ് പദ്ധതിയിലെ അംഗങ്ങൾക്ക് ഓണക്കിറ്റുകൾ നൽകി. പഞ്ചായത്ത് അംഗം സുരേഷ് ഇയ്യാനി ഉദ്ഘാടനം ചെയ്തു. പ്രിൻസിപ്പൽ ഡോ. പി.എസ്. ജയ. ആർ.ഡി.സി കൺവീനർ പി.കെ. പ്രസന്നൻ, ഐ.ക്യു.എ.സി കോ-ഓർഡിനേറ്റർ ഡോ. കെ.കെ. ശങ്കരൻ, പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. വി.കെ. രമ്യ, ബി. ബബിത, വള്ളിയൂർ ദേവിക ദിലീപ് എന്നിവർ സംസാരിച്ചു.

സി.പി.എസ്. ജയ. ആർ.ഡി.സി കൺവീനർ പി.കെ. പ്രസന്നൻ, ഐ.ക്യു.എ.സി കോ-ഓർഡിനേറ്റർ ഡോ. കെ.കെ. ശങ്കരൻ, പ്രോഗ്രാം ഓഫീസർമാരായ ഡോ. വി.കെ. രമ്യ, ബി. ബബിത, വള്ളിയൂർ ദേവിക ദിലീപ് എന്നിവർ സംസാരിച്ചു.

KERALA KAUMUDI EPAPER  
Clipping Kerala Kaumudi - Thirissur

**31. Name of the Activity: “Pookalal Ponnonam” – Harvesting Onam Garden**  
**Date & Time: 11 September 2024, 12.30 pm**

Venue: NSS Garden, SN College Nattika

NSS units of Sree Narayana College Nattika harvested flowers from their Onam Garden. Dr. Jaya P. S, Principal, Sree Narayana College Nattika inaugurated the harvest festival. Volunteers collected flowers in organic baskets made of teak leaves. Collected flowers were donated to the College Union for making Onam Pookkalam. The college has decided not to conduct a Pookalam-making competition this year in commemoration to the lost lives of the havoc-affected areas of Wayanad district of Kerala. Instead, the students prepared a single Onam pookalam at the front of the college.



### 32. Name of the Activity: Swachhta Ki Seva

**Date & Time: 23 September 2024**

The NSS volunteers of the Sree Narayana College, Nattika organized a cleanliness drive in the college campus, demonstrating their commitment in promoting a clean and healthy environment. The activity was carried out with great enthusiasm by the volunteers meticulously cleaning the college campus. Volunteers worked in teams to sweep, collect plastic waste, and properly dispose of garbage in designated areas. The drive not only helped in maintaining the cleanliness of the campus but also raised awareness among other students about the importance of cleanliness and hygiene. Through this initiative, the NSS unit reinforced the message of social responsibility and community service, making a positive impact on both the campus and its residents. The event was well-received by students, faculty, and administration alike, showcasing the role of youth in building a cleaner and more sustainable environment.





### 33. Name of the Activity: NSS Day Celebration & Swachhta Ki Seva

**Date & Time: 24th September 2024, 3.30 pm -5.00 pm**

On the occasion of NSS Day, the NSS volunteers actively participated in a cleanliness Drive Swachhta Ki Seva, aimed at promoting hygiene and environmental awareness. The event focused on cleaning areas such as college campus, roads, and community spaces. Volunteers worked diligently to collect and properly dispose of waste, emphasizing the importance of cleanliness in maintaining public health and the environment. Through this initiative, the volunteers contributed to improving the local surroundings and spreading awareness among the community about the significance of cleanliness. Their efforts showcased the commitment to social service and nation-building through meaningful actions.



### 34. Name of the Activity: Distribution of Pothichor to the Needy

**Date & Time: 25 September 2024, 11.30pm – 12.30pm**

On 25 September, the NSS volunteers brought the selected number of pothichor from their homes to be distributed among needy people. Providing free food to the needy is a commendable initiative that addresses immediate hunger and fosters community support. This effort meets a basic human need and promotes social cohesion and empathy. Meals were distributed to the selected areas - Triprayar Stand, Poly Junction and Triprayar Temple.





**35. Name of the Activity: Visiting the Naipunia centre for Differently abled students**

**Date & Time: 26 September 2024**

The NSS volunteers of SN College, Nattika visited the Naipunia Centre for the Differently abled students on 26th September 2024 as part of the observation of NSS Day. The volunteers spend some with the differently abled kids by making crafts, playing and communicating with them. The kids sang songs and were happily involved with the volunteers. The employees and children of Naipunia Centre for Differently abled students have informed us that frequent interaction with NSS volunteers has given strength and a sense of relief to them. The atmosphere radiated positivity and resilience, showcasing the centre's role in breaking down barriers and promoting equal opportunities.



**36. Name of the Activity: Nature Camp at Peechi Wild Life Sanctuary**

**Date & Time: 27 and 28 September, 2024**

The NSS volunteers participated in a nature camp that offered them a unique opportunity to connect with the environment. The camp included visiting a nearby dam, where the volunteers learned about the importance of water conservation and the functioning of such structures in maintaining local ecosystems. Following this, they embarked on a trekking expedition, allowing them to experience nature's beauty first-hand and build endurance. The nature camp enhanced the volunteers' understanding of the environment and encouraged a deeper appreciation for conservation efforts.

**A) "Save A Snake" – Awareness class on "Snakes and Snake Venom"**

**27 September 2024, 4.30 pm to 6.00 pm**

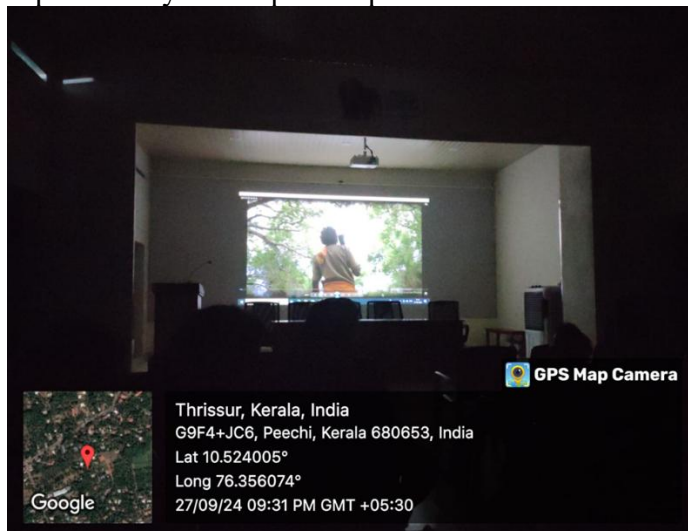
Xavier Elithuruth, animal rescuer of Peechi Wild Life Sanctuary gave an informative session on snakes, where the volunteers were educated on different species, their behaviours, and the importance of snakes in maintaining ecological balance.



## **B. “The Elephant Whisperers” - Documentary Film**

### **27 September 2024, 9.00 pm**

As part of our Nature Camp's commitment to fostering a deeper understanding of wildlife conservation and human-animal relationships, a special screening of the critically acclaimed documentary *The Elephant Whisperers* was held. *The Elephant Whisperers* tells the story of Bomman and Bellie, a tribal couple who devote their lives to caring for two orphaned elephants, Raghu and Ammu, in the forests of Tamil Nadu, India. The documentary left a deep impression on the camp participants. The NSS volunteers, many of whom were encountering elephants in such an intimate context for the first time, were captivated by the elephants' personalities and the dedication of Bomman and Bellie.



## **C. Dam Visit & Trecking**

**28 September 2024, 8.00 am to 12.30 pm**

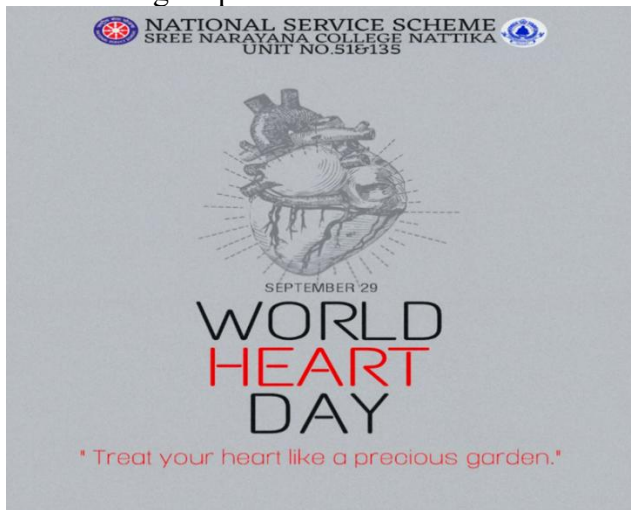
The camp included visiting Peechidam, where the volunteers learned about the importance of water conservation and the functioning of such structures in maintaining local ecosystems. Following this, they embarked on a trekking expedition into the forest, allowing them to experience nature's beauty first-hand and build endurance. The volunteers got awareness about the medicinal plants and trees in the forest.



### **37. Name of the Activity: World Heart Day Celebration – Digital campaign**

**Date: 29 September 2024**

The NSS units of Sree Narayana College Nattika made a digital campaign to raise awareness about the importance of a healthy heart in one's life. World Heart Day, observed globally on September 29th, focuses on the prevention of heart-related diseases and promoting heart health as an essential component of overall well-being. Volunteers created a digital poster and circulated in the social media.



### **38. Name of the Activity: 3 Day Residential Camp – Youth and Disaster Management**

**Date: 27-29 September 2024**

Our volunteers Rithik Pradaush and Shifa Kassim participated in the Three Day Residential Camp – Youth and Disaster Management organized by National Service Scheme University of Calicut and State Youth Commission at Calicut University Campus from 27-29 September 2024



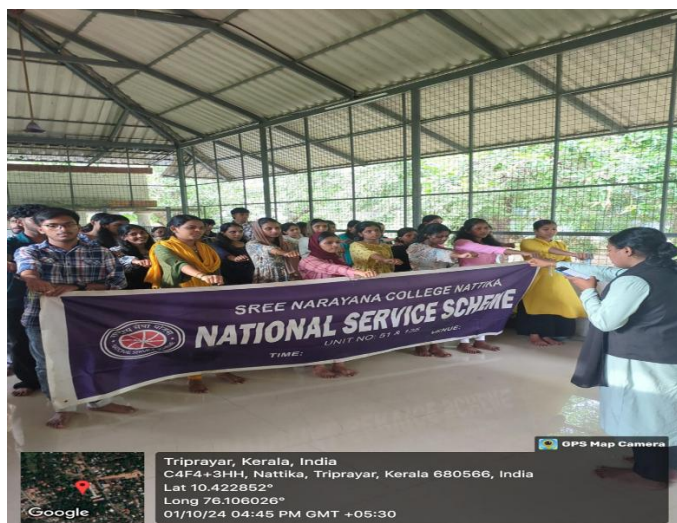


### 39. Name of the Activity: International day for older people

**Date & Time – 1 October 2024**

On 1st October 2024, NSS volunteers came together to take a meaningful pledge, demonstrating their commitment to the well-being and dignity of elderly citizens. The volunteers pledged to uphold the values of respect, care, and empathy towards older individuals, recognizing their significant contributions to society. Through this pledge, the NSS volunteers reaffirmed their dedication to fostering a compassionate and inclusive environment where older persons are valued, protected, and supported. This initiative of Celebrating International Day for Older people highlighted the volunteers' role in creating a more sensitive and responsive community.





#### **40. Name of the Activity: “NjagalumKrishiyilekku” – Vegetable Garden**

**Date & Time: 1 October 2024, 3.30 pm**

In collaboration with the 8th ward of Nattika Grama Panchayath and Krishi Bhavan NSS units of Sree Narayana College Nattikais engaged with organic farming practices. Under the guidance of Agricultural Officer Shubha madam, NSS volunteers planted the Colocasia plants in their vegetable garden.



#### **41. Name of the Activity: Swachhta Ki Seva 2024**

**Date & Time: 01 October 2024, 3.30 pm**

In line with the national mission of Swachh Bharat Abhiyan (Clean India Mission) and the NSS's commitment to social service, a campus cleaning drive titled Swachhata Ki Seva was organized by the National Service Scheme (NSS) volunteers of Sree Narayana College Nattika on 01/10/2024. The event aimed to promote environmental awareness, cleanliness, and hygiene within the campus, while encouraging students to actively participate in the nation-wide cleanliness movement.



## 42. Name of the Activity: Celebration of Gandhi Jayanti – Swachhta Ki Seva 2024 – Sneha Theeram Coastal Cleaning

Date & Time: 02/10/2024, 8.30 am to 12.30 pm

Sree Narayana College Nattika hosted the Sneha Theeram Coastal Cleaning drive jointly organized by National Service Scheme University of Calicut, Nehru Yuva Kendra and Thalikulam Block Panchayat on 02/10/2024. One hundred and fifty NSS volunteers from our college cleaned Snehatheeram Beach at Thalikulamhonouring Mahatma Gandhi's principles of cleanliness and community service. The volunteers gathered early in the morning and began cleaning the beach, collecting plastic waste, discarded items, and other pollutants that marred the natural beauty of the area. The event aimed not only to restore the cleanliness of the beach but also to raise awareness about environmental conservation among the local community. This initiative was a fitting tribute to Gandhiji's vision of a clean and self-sufficient nation and helped spread the message of sustainable living.







**43. Name of the Activity: World Nature Day Celebration – Digital Poster making**  
**Date: 03 October 2024**

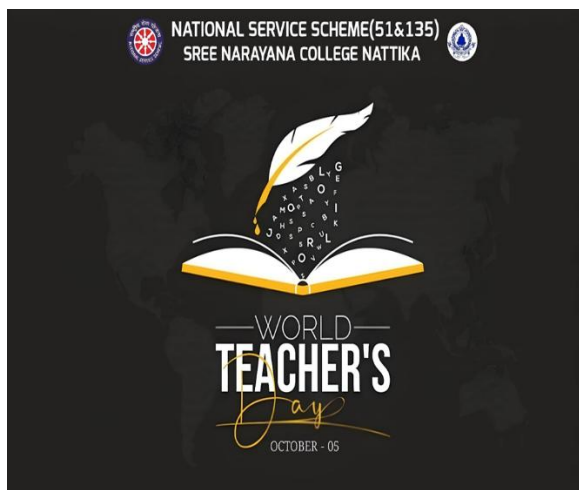
Sree Narayana College, Nattika, under the leadership of its NSS (National Service Scheme) units, celebrated World Nature Day with enthusiasm and commitment towards environmental preservation. The NSS volunteers actively participated in creating a digital poster for the occasion, which featured inspiring visuals and messages about protecting the environment and the significance of nature in sustaining life on Earth. The Digital poster was circulated across various social media platforms, including Facebook, Instagram, WhatsApp and Twitter, to reach a wider audience.



**44. Name of the Activity: World Teachers Day Celebration – Digital Poster Making**  
**Date: 05 October 2024**

The NSS volunteers of Sree Narayana College Nattika celebrated World Teachers Day by designing a digital poster and circulating it in social media including Instagram, Facebook, WhatsApp and Twitter.





**45. Name of the Activity: “NjagalumKrishiyilekku” – Organic Vegetable Farming**  
**Date & Time: 10 October 2024, 3.30 pm**

National Service Scheme volunteers of Sree Narayana College Nattika were involved in organic farming by planting the lady’s finger saplings in collaboration with the Krishibhavan and 8th ward of Nattika Grama Panchayath on 10/10/2024 at 3.30 pm in their vegetable garden. This initiative aimed to promote organic farming practices, raise awareness about the importance of home-grown produce, and instill a sense of responsibility towards nature among the volunteers. The activity involved preparing the soil, sowing seeds, and ensuring regular care through watering and weeding. It not only enhanced teamwork and practical agricultural knowledge but also demonstrated the importance of sustainable living.



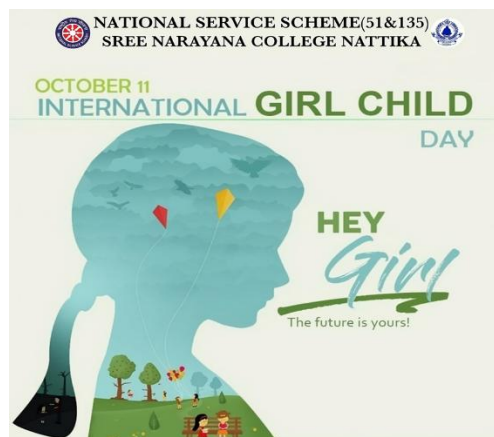
**46. Name of the Activity: World Mental Health Day Celebration**  
**Date: 10 October 2024**

The NSS volunteers proactively created and shared a digital poster to mark the World Mental Health Day Celebration. The poster was widely shared on social media to raise awareness about the importance of maintaining good mental health. This event not only highlighted the importance of mental health but also empowered students to take care of their emotional and psychological needs in a supportive and stigma-free environment.



**47. Name of the Activity: International Girl Child Day Celebration – Digital Campaign**

The NSS (National Service Scheme) volunteers of Sree Narayana College, Nattika, celebrated International Girl Child Day with enthusiasm and a commitment to promoting gender equality and empowering young girls. In recognition of the importance of this day, the NSS volunteers took the initiative to create a digital poster to highlight the theme of International Girl Child Day and circulated it in the social media.



**48. Name of the Activity: State-Level Leadership Camp – Samraksha 2024**

**Date: 9-13 October 2024**

Our Volunteer Rithik Pradaush participated in the State level Five days residential camp “Samraksha 2024 on Futuristic Emergency Preparedness jointly organized by Providence Women’s College Kozhikode and Sree Gokulam Arts & Science College Balussery, University of Calicut from 9-13 October 2024.



#### 49. Name of the Activity: Dhyuthi – District Level Leadership Camp (Thrissur)

**Date: 12 -13 October 2024**

Our Volunteers Naeem. M, Anurag T. G, Nahara Raj and Rithvik Pradaush attended the District Level Leadership Camp Dhyuthi at Christ College Irijalakuda on 12-13 October 2024.





## 50. Name of the Activity: Vimukthi– Panel Discussion & Ideathon

**Date & Time: 15/10/2024**

NSS Volunteers of Sree Narayana College, Nattika participated in the Panel Discussion & Ideathon on “Guarding Minds: Collaborative Strategies to curb Drug Abuse in Campuses” organized by National Cadet Corpse, 24 Kerala Battalion, Thrissur in association with Vimukthi- Govt of Kerala on 15 October 2024 at St. Aloysius College, Elthuruth, Thrissur. Ten volunteers from units No. 51&135 participated in the event.

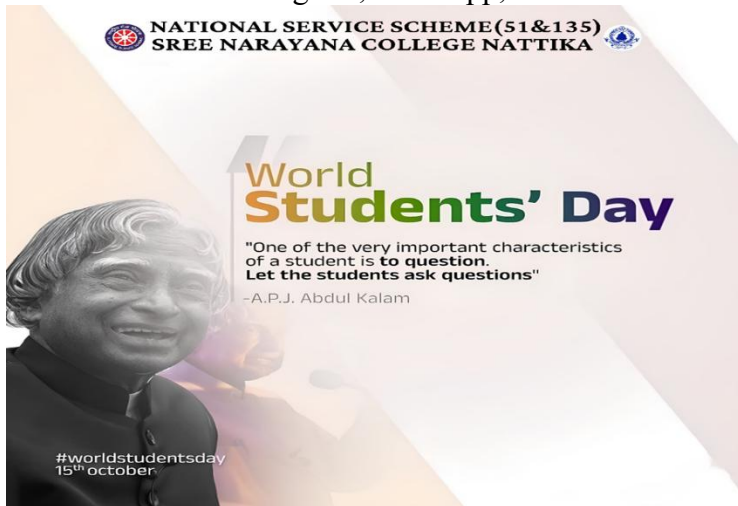




### **51. Name of the Activity: World Students Day Celebration**

**Date: 15 October 2024**

World Students' Day is celebrated annually on October 15th to honor the birth anniversary of Dr. APJ Abdul Kalam, the 11th President of India and a renowned scientist. Dr. Kalam was deeply passionate about education, youth development, and inspiring students to pursue their dreams with determination and commitment. NSS units of Sree Narayana College Nattika created a digital poster and circulated it widely on the social media like Instagram, Wats App, Facebook and Twitter.



### **52. Name of the Activity: Diwali with My Bharat – Swachthaa Ki Seva**

**Date&Time: Oct 28, 2024, 9.00 am**

**Venue: Railway Station, Thrissur**

Under the banner of “My Bharat,” NSS volunteers embarked on a series of initiatives to bring positive change to the community as part of the Diwali Celebration. National Service Scheme in collaboration with Nehru Yuva Kendra actively participated in a cleaning Drive at Railway Station Thrissur. Twelve Volunteers from Sree Narayana College Nattika participated in the event. Mr. Suresh Gopi, the Member of the Parliament encouraged the volunteers regarding their initiative.



### **53. Name of the Activity: Intensive Voter Awareness Programme**

**Date: 28 October 2024, 9.00 am**

**Venue: Railway Station, Thrissur**

The Election Commission of India in collaboration with Nehru Yuva Kendra and National Service Scheme organised an Intensive Voter Awareness Programme to make the Youth aware of the importance of voting and election in a democratic society. The District Collector of Thrissur, Mr. Arun Pandian IAS inaugurated the function. Volunteers from Sree Narayana College Nattika participated in the event. The programme included events like a Pledge and a Rally to promote Voter awareness.

a. Pledge for Enjoying Voters Rights

b) Voter Awareness Rally

A Rally was also organized in the Thrissur Town to give awareness to the public regarding the Voters Right.





#### 54. Name of the Activity: Kerala Piravi Celebration

**Date: 01 November 2024**



#### 55. Name of the Activity: Aid for Palliative Care

**Date: 06 November 2024**

Venue: Nedumbal Govt. Primary Health Centre

On behalf of the National Service Scheme (NSS) units 51 and 135 of Sree Narayana College, Nattika, a team of NSS volunteers organized a charity drive at the Nedumbal Government Primary Health Center. As part of their commitment to social responsibility, the volunteers gathered essential items and donated them to the health center. This initiative was led by NSS volunteers who worked collectively to collect and distribute the supplies, aiming to support and uplift the local healthcare and palliative care facilities. The event demonstrated the NSS team's dedication to serving the community, contributing to the welfare of the patients, and enhancing the resources available at the health center.





## 56. Name of the Activity: Orientation to first year NSS Volunteers – One Day Camp

**Date: 09 November 2024**

One day orientation programme was organized for the newly joined NSS volunteers on 09/11/2024 at 9.30 am at the College Auditorium. NSS Programme officers Dr. Remya V. K and Ms. Babitha B delivered sessions regarding the history, nature, aims and objectives of the National Service Scheme. An ice-breaking and gaming session was also followed. A Group discussion on “Youth and Social Media” was also organized. The programme aimed to improve the leadership skills and personality development of the volunteers.



## 57. Name of the Activity: Organic Farming – “Njagalum Krishiyilekku”

**Date & Time: 12 November 2024**

### a. Harvesting of the Organic Paddy Farm (Koithulsavam)

NSS volunteers, in collaboration with Krishi Bhawan, successfully harvested paddy from the field near the college. Under the guidance of experts from Krishi Bhawan, the volunteers worked diligently, showcasing teamwork, commitment, and enthusiasm. This collaboration highlighted the importance of community participation in agriculture and set a strong example of integrating academic institutions with local farming initiatives. Ward member Suresh Iyyani inaugurated the function, Agricultural officer Shubha N. V., College Principal Dr. Jaya P. S, NSS programme

officers Dr. Remya V. K, Babitha B, and the volunteers jointly participated in the harvesting and threshing of the grains. The volunteers got the opportunity to understand and experience traditional farming methods.



## b. Harvesting Organic Vegetable Garden

Volunteers also harvested the vegetables from their vegetable garden



### c. Setting of Curry tree (*Murraya Koenigii*) Garden

Volunteers also participated in setting a curry tree garden. Curry leaves (*Murraya koenigii*) are aromatic leaves commonly used in Indian and Southeast Asian cuisines. These leaves come from a small tree in the Rutaceae family, native to India and Sri Lanka.



### 58. Name of the Activity: My Campus Clean Campus

**Date: 13- 14 November 2024**

The NSS volunteers of SN College Nattika organized the programme “My Campus, Clean Campus” initiative in collaboration with the College Union and the Committee for Waste Management. The campaign aimed to raise awareness about effective waste management strategies outlined in the brochure. Volunteers conducted sessions across various classes, emphasizing the importance of segregating waste at the source, collecting paper waste systematically from departments, campus cleaning and providing color-coded waste bins across the campus for efficient waste disposal.

During the campaign, students were educated on modern waste management practices such as automation in waste collection, optimizing transportation routes, addressing e-waste concerns, and promoting waste-to-energy initiatives. They also highlighted the critical role of recycling and the transformation of plastics in achieving sustainability. The volunteers effectively engaged the students, encouraging them to adopt environmentally responsible habits and actively contribute to the campus’s cleanliness and waste management goals. The initiative was well-received, reflecting the collective commitment of the campus community to creating a cleaner and more sustainable environment.



## WHAT'S IN STORE FOR THE FUTURE OF WASTE MANAGEMENT?



### A MOVE TO AUTOMATION

Waste sensors can detect overflowing bins and alert staff when bins are full and report disposal data to help to optimize waste routes. This is only a tiny portion of AI's impact on the sector.

### OPTIMIZING TRANSPORTATION ROUTES

Waste doesn't only cover solid materials. It also refers to the energy and chemicals and gases we emit. Office energy audits and measures to save energy can reduce carbon emissions and improve waste management.



### GROWING CONCERN FOR E-WASTE

Innovative thinking regarding e-waste is quickly solving this problem. E-waste kiosks exchange cash for broken electronics. From there, waste professionals can ensure these devices go through proper disposal channels.



### MORE WASTE-TO-ENERGY EFFORTS

Waste-to-energy initiatives create a closed-loop economy, where businesses can recycle their waste by turning it into energy. Instead of just an incinerator, waste-to-energy plants can produce heat and electricity.



### TRANSFORMATION OF PLASTICS

Recycling has been one of the most significant influences on the sustainability movement. However, recycling plastic can only do so much when production is at an all-time high. The future of waste management lies in sustainable plastic manufacturing.

# COLLEGE CLEANING

My Campus Clean Campus

## STRATEGIES

'My Campus, Clean Campus'

- 1) Campus Cleaning
- 2) Segregate the waste at the source-Campaign
- 3) Collection of paper waste from departments
- 4) Providing color-coded waste bins throughout all wings of the campus

## PROGRAMME

College union, Nss in association with Committee for Waste Management, SN College Nattika

## Get In Touch

90376 51995,  
90374 58551  
@nss.sncln  
@snc\_union  
C4F4+3HH, Nattika,  
Triprayar, Kerala 680566

"The Earth Is What We All Have In Common"



WASTE MANAGEMENT



NATIONAL SERVICE SCHEME(51&135)  
SREE NARAYANA COLLEGE NATTIKA



WASTE SORTING



## Environment Strategy

College Union and NSS, SN College Nattika, in Association with Committee for Waste Management, SN College Nattika

'My Campus, Clean Campus'



"Unless we take action now to stop pollution; our way of life, our planet and our children are all in danger."

- Campus Cleaning
- Segregate the Waste at the Source Campaign
- Collection of paper waste from departments
- Providing color-coded waste bins throughout all wings



### **59. Name of the Activity: Children's Day Celebration**

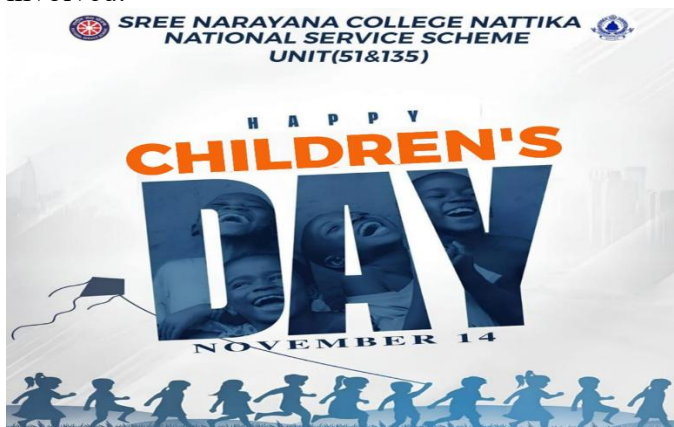
**Date: 14 November 2024**

Venue: 1. Naipunia Centre for Disabled

2. Anganvadi from Adopted Village

3. SNDP School Thriprayar

On Children's Day, NSS volunteers visited the three educational institutions including Naipunia Centre for Disabled, Chandrapanny, an Anganvadi from the adopted village and SNDP School Triprayarto bring joy and celebrate the day with the children there. The volunteers organized a thoughtful program, starting by distributing colorful balloons and engaging the children with coloring books that sparked their creativity and enthusiasm. The volunteers spent quality time with the children, interacting, laughing, and sharing joyful moments. This heartfelt interaction created an environment filled with warmth and happiness, leaving a memorable impression on both the children and the volunteers. The day highlighted the NSS volunteers' commitment to compassion and inclusivity, making Children's Day a truly special experience for everyone involved.





## 60. Name of the Activity: Blood Donation Camp as part of National Youth Day Celebration

**Date & Time: 9 January 2025**

The National Service Scheme (NSS) units 51 & 135 organized a blood donation campaign in collaboration with the Lions Club Valappad and IMA Blood Bank Thrissur on National Youth Day, celebrated on 12th January every year. The event took place at Sree Narayana College, Nattika, from 10:00 AM to 3:00 PM on 09 January 2025. The campaign aimed to promote the importance of blood donation among youth and contribute to the community's healthcare needs. The collaboration between NSS, Lions Club Valappad, and IMA Blood Bank ensured the smooth execution of the event, providing necessary facilities for safe and voluntary blood donation. The initiative was well-received by students, faculty, and local residents, and it successfully raised awareness about the critical need for blood donations while also making a significant contribution to the blood bank. The event was a reflection of the collective effort to celebrate National Youth Day with a socially impactful activity that reinforced the values of service and responsibility among the youth.

**IMA BLOOD BANK COMPLEX & RESEARCH CENTRE**  
(A Project with District Panchayath & IMA Thrissur under Peoples Plan Programme)  
P.O. Ramevaramparam, Thrissur - 680 021  
Phone 0487 2322064, 2320899, 2320784, Mob Line No 9447646464  
www.imabloodbankthru.com, E-mail: imabloodbankthru@gmail.com  
Blood Bank Licence No: 014328CAREKODC\_CLAA02004  
Regional Blood Transfusion Centre Code No: 3207 SB P19

**TO WHOM - SO - EVER IT MAY CONCERN**

This is to certify that SREE NARAYANA COLLEGE, NATTIKA

has successfully organized a Blood Grouping / Blood Donation Camp with the professional participation of IMA Blood Bank Complex & Research Centre, R.V. Param, Thrissur on 09.01.2025 at NATTIKA. During the Camp 41 number of blood groups were identified and 41 members donated blood. We express our appreciation to the organization for their excellent performance in Voluntary Blood Donation. We wish all success in their future activities.

**BLOOD BANK MEDICAL OFFICER**

**IMA Blood Bank Complex & Research Centre**  
A Project With District Panchayath & IMA Thrissur  
P.O. Ramevaramparam, Thrissur 680021  
Ph : 0487-2322064 / 2320784

**DONATE BLOOD & SAVE LIVES**





## 61. Name of the Activity: “Come on, Speak out Youth” – National Youth Day Celebrations

**Date & Time: 13 March 2025**

As part of National Youth Day celebrations, an elocution competition titled “Come on, Speak Out Youth” was held at the Executive Conference Hall, Collectorate, Thrissur on January 13, 2025, at 10:00 AM. The event aimed to encourage young minds to voice their opinions on socially relevant topics and develop their public speaking skills.

Representing the NSS Units of Sree Narayana College, Nattika, Devika Dileep and Nivedya V.S. participated in the competition. The participation of our students, Devika Dileep and Nivedya V.S., was commendable, reflecting their dedication and enthusiasm for social issues.





## **62. Name of the Activity: Palliative Care Day Celebration**

**Date & Time: 18 January 2025**

In collaboration with NattikaGramapanchayath and KudumbarogyaKendramNattika, NSS Unit No. 51 & 135 of Sree Narayana College Nattika organized a programme to enhance the palliative care patients of NattikaGramapanchayath. Thalikkulam Block Panchayath president Sri. Prasad K. C inaugurated the programme at Gramapanchayath Hall. NSS volunteers performed cultural activities before the palliative care patients. The volunteers helped in serving food and care to the needy. The programme aimed to develop empathy and humanitarian concerns for the volunteers.



## **63. Name of the Activity: A Day with Love Birds**

**Date & Time: 20 January 2025**

On Monday, 20th January 2025, at 1:30 PM, an inspiring programme titled “A Day with Love Birds” was conducted as part of an anti-narcotic awareness campaign. The event was a collaborative initiative by the students of Chaitanya Special School, Kunnankulam, and the National Service Scheme (NSS) units 51 and 135 of Sree Narayana College, Nattika. The students of Chaitanya Special School performed a

flashmob initiating an awareness about the Anti-Narcotic messages to the society. The programme aimed to highlight the dangers of drug abuse and the importance of fostering a healthy, addiction-free society. The NSS volunteers entertained their guests with cultural programmes.



## A DAY WITH LOVE BIRDS

ANTI-NARCOTIC AWARENESS CAMPAIGN

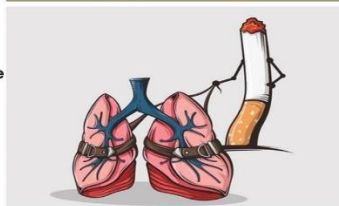
Chaitanya Special School, Kunnampalam

In Association With National Service Scheme Unit No. 51&135, College Union and Anti-Narcotic Cell

MONDAY, 20th JAN 2025

1:30 PM

**A Day With Love Birds  
-- An Anti- Narcotic  
Awareness Campaign  
by The Students of  
Chaitanya Special  
School Kunnampalam**



SAY NO TO  
DRUGS



### 64. Name of the Activity: Republic Day Celebration

**Date & Time: 26 January 2025**

The Sree Narayana College Nattika celebrated Republic Day by hosting the National Flag on 26 January 2025 at the College. The College principal Dr. Jaya P. S. hosted the flag and NSS and NCC volunteers sang the National Anthem. Volunteers performed various cultural activities that showcased national feeling and patriotism. Volunteers distributed the sweets.





### **65. Name of the Activity: Punarjani – Hospital renovation**

**Date & Time: 1 February 2025**

On Saturday, 1st February 2025, the NSS units 51 and 135 of Sree Narayana College, Nattika, undertook a commendable initiative by cleaning and renovating Alappad Government Hospital. This social service drive aimed to improve the hospital's hygiene and infrastructure, ensuring a better environment for patients and staff. NSS volunteers actively participated in cleaning the premises, disposing of waste, and refurbishing essential areas to enhance the hospital's functionality. Their dedicated efforts reflected a strong sense of social responsibility and commitment to community welfare. The initiative was widely appreciated by hospital authorities and the local community, highlighting the positive impact of youth involvement in public service.



### **66. Name of the Activity: Campus Kala Jadha**

**Date & Time: 3 February 2025, 10.30 am**

National Service Scheme Unit no. 51 & 135 in collaboration with Haya College Union and Kerala Sastra Sahitya Parishad has organized a Campus Kala Jadha at Sree Narayana College Auditorium on 3 February 2025. The members of Kerala Sastra Parishad have performed cultural activities that promoted the scientific temper. The NSS volunteers actively participated in the event which helped them to gain scientific understanding and scientific temper.

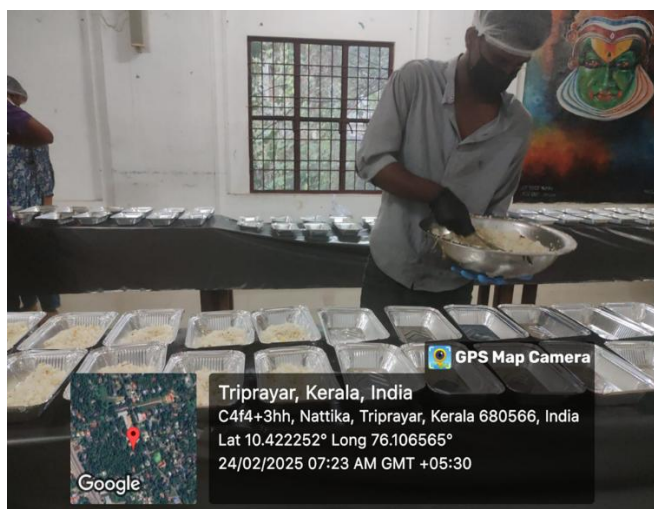


# 67. Name of the Activity: Biryani Challenge for saving Wayanad

**Date & Time: 23, 24 January 2025**

On Monday, 24th February 2025, the NSS units 51 and 135 of Sree Narayana College, Nattika, organized a unique and meaningful event titled "Biryani Challenge" as part of their efforts to support the Wayanad flood relief mission. The event involved a night stay at the college, where volunteers actively participated in preparing and selling biriyani to raise funds for those affected by the floods. The initiative not only showcased the spirit of teamwork and compassion but also highlighted the importance of social responsibility among students. The funds collected from the challenge were dedicated to providing essential aid to the flood victims, making the event a successful and impactful endeavor. Through this initiative, the NSS volunteers demonstrated how collective efforts, even in simple ways, can contribute significantly to disaster relief and community support. The volunteers were able to make a profit of Rs. 50000/- through the Biryani challenge.





**68. Name of the Activity: Interactive Session with Thrissur District Collector Arjun Pandian**

**Date & Time: 27 February 2025**

On 27th February 2025, an interactive session was organized for the students of Sree Narayana College Nattika, including NSS Unit 51 and 135, with the Thrissur District Collector, Arjun Pandian. The session lasted for half an hour and provided students with an opportunity to engage with the Collector on various important topics. One of the key discussions was about the process of becoming an IAS officer, where he shared insights on the UPSC examination, preparation strategies, and the role of civil servants in society. Another major topic of concern was drug usage and its control, where he emphasized the need for awareness, strict enforcement of laws, and collective efforts to combat substance abuse among youth. The session was highly informative and inspiring, motivating students to be responsible citizens and contribute to society.

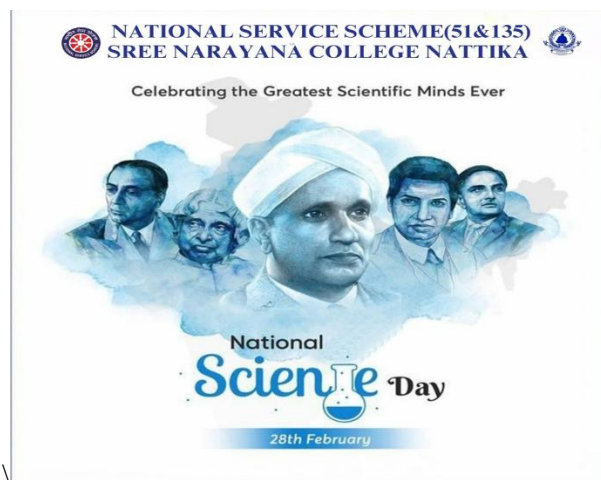
**69. Name of the Activity: National Science Day Celebration**

**Date & Time: 28 February 2025**

The National Service Scheme (NSS) volunteers of Sree Narayana College, Nattika, proudly celebrated National Science Day on February 28th, 2025, to honor the remarkable contributions of Dr. C.V. Raman and promote awareness of science and technology among students and the general public.

As part of the celebration, the volunteers created an informative and visually appealing poster highlighting the theme and significance of the day. To reach a wider audience, the poster was circulated on various social media platforms, including Instagram, WhatsApp, and Facebook.





## 70. Name of the Activity: Two Day Camp for NSS Volunteers

**Date & Time: 1-2 February 2025**

The NSS two-day camp held on March 1st and 2nd, 2025, by units 51 and 135 of Sree Narayana College, Nattika, was a dynamic and enriching experience for the volunteers. The camp commenced with a college cleaning drive, promoting the value of cleanliness and social responsibility. This was followed by an insightful orientation session by Ms. Niharika Pradhosh on “Relationship and Education,” where she emphasized the impact of healthy relationships on academic and personal growth. The afternoon session brought excitement with an ice-breaking and fun interaction game conducted by Noufal Sir, Palakkad District Coordinator of NSS, fostering teamwork and bonding among the volunteers. The first day concluded with vibrant cultural performances at night, showcasing the participants' talents. The second day started with an exercise session to energize the volunteers, followed by a creative fashion show using newspapers, where teams displayed their innovative designs. The camp concluded with an engaging debate session, allowing participants to express their viewpoints and develop critical thinking skills. The camp was a perfect blend of learning, creativity, and teamwork, leaving a lasting impact on all attendees.



## 71. Name of the Activity: Anti- Drug Awareness Programme – Naashmukth Bharat Abhiyaan

**Date & Time: 3 March 2025, 2.30 pm**

On 03/03/2025 an Anti-Drug Awareness programme was organized at Sree Narayana College Nattika. The session was led by psychiatric social worker Shafeeq Yousaf, who provided deep insights into the causes of drug addiction, its harmful effects on individuals and society, and the proactive role NSS volunteers can play in prevention efforts. The event was inaugurated by Principal Dr. Jaya P. S., and was attended by key officials, including Assistant Excise Officer Dhakshina Moorthi, who spoke about the legal framework and enforcement measures against drug abuse. Anju George, a social worker from Nasha Mukth Bharat Abhiyan, further emphasized the importance of mental health support and community participation in curbing substance abuse. NSS volunteers actively engaged in the campaign by pasting awareness notices across the college campus, spreading vital messages on the dangers of drug usage. The session was both informative and inspiring, reinforcing the volunteers' commitment to building a drug-free society through awareness, education, and social responsibility.





## 72. Name of the Activity: Womens' Day Celebration

**Date & Time: 10/03/2025**

As part of the Womens' Day Celebration, the National Scheme volunteers of Sree Narayana College Nattika prepared gifts and cards for the women staff of the college. The volunteers appreciated the efforts and struggles of every working woman through this activity. The teachers, non-teaching staff, canteen staff and temporary staff were honoured.







### **73. Name of the Activity: Naashmukth Abhiyan**

**Date & Time: 15 March 2025**

The District Social Justice Office, Thrissur, in association with the Department of Social Justice, organized the inauguration of the Nasha Mukth Bharat Abhiyan (Drug-Free India Campaign) at the district level on March 15, 2025, at 2 PM at Thrissur Town Hall. The event aimed at spreading awareness about the harmful effects of drug abuse and promoting a drug-free society. The program saw active participation from various stakeholders, including government officials, social activists, and students. A key highlight of the event was the performance of Ottan Thullal. This traditional art form conveyed a powerful social message against substance abuse in an engaging and culturally relevant manner. The National Service Scheme (NSS) volunteers played a crucial role in the program, ensuring their participation and support in the campaign. The program concluded with a collective pledge to work towards eradicating drug addiction and fostering a safe and secure future for the community.

### **74. Name of the Activity: Eid- Ul – Fitr – Iftar Party and distribution of sweets**

**Date & Time: 21/03/2025, 4.30 pm**

The NSS volunteers of Sree Narayana College Nattika organized an Iftar Party at the college and distributed sweets among the public as part of the Eid- Ul- Fitr celebration. A poster was also designed and circulated through social media.



**75. Name of the Activity: World Water Day Campaign****Date: 22 March 2025**

The NSS volunteers of Sree Narayana College, Nattika, observed World Water Day on March 22nd, 2025, to raise awareness about the importance of conserving water and ensuring sustainable management of freshwater resources. As part of the celebration, the students created an informative and visually impactful poster highlighting the theme of World Water Day 2025 and emphasizing the urgency of water conservation. The poster was widely circulated on social media platforms such as Instagram, WhatsApp, and Facebook, helping to spread the message beyond the college campus.

**76. Name of the Activity: National Health Care Rights Day****Date: 22 March 2025**

The NSS volunteers of Sree Narayana College, Nattika, observed National Health Care Rights Day on March 22, 2025, with the objective of spreading awareness about every individual's right to accessible, affordable, and quality healthcare. A poster was designed and circulated in the social media.

**77. Name of the Activity: Zero Waste Campaign – Cleaning of Adopted Place****Date: 24 March 2025**

The NSS units of Sree Narayana College, Nattika, in collaboration with Nattika Grama Panchayath, organized a Zero Waste Campaign aimed at promoting environmental sustainability and responsible waste management practices in the local community. The official inauguration of the campaign was held on 24 March 2025, and was presided over by Dr. Jaya P. S, Principal of Sree Narayana College, who emphasized the importance of adopting eco-friendly lifestyles and instilling waste reduction habits among youth and citizens.

The event was graced by the Chief Guest, Sri. M. R. Dineesan, President of Nattika Grama Panchayath, lauded the efforts of the NSS units and highlighted the Panchayath's commitment to supporting sustainable initiatives. He stressed the need for active community participation in achieving a zero-waste future. The volunteers actively participated in cleaning the East Tipu Sultan Road, the adopted place.



SREE NARAYANA COLLEGE NATTIKA  
NATIONAL SERVICE SCHEME(51&135)  
IN COLLABORATION WITH NATTIKA  
GRAMA PANCHAYAT



# MASS CLEANING ZERO WASTE CAMPAIGN

മാലിന്യ മുക്തം നവ കേരളം



24 MARCH 2025  
3:00 pm



SN COLLEGE PREMISES

## SPECIAL GUESTS



**DR. JAYA P.S**  
(Principal, SN COLLEGE  
NATTIKA)



**M.R DINESAN**  
(President, Nattika  
Grama Panchayath)



**REJANI BABU**  
(Vice-president, Nattika  
Grama Panchayath)





## MASS CLEANING ZERO WASTE CAMPAIGN

NSS SONG: NSS VOLUNTEERS

WELCOME SPEECH: Smt. BABITHA B

(Nss Programme Officer)

PRESIDENTIAL ADDRESS: Smt. REJANI BABU

(Vice-president, Nattika Grama Panchayath)

INAUGURATION: SRI. M.R DINESAN

(President, Nattika Grama Panchayath)

CHIEF GUEST: DR. JAYA P.S

(Principal, SN College Nattika)

FELICITATION: SRI. K.K. SANTHOSH

(Health & Education standing committee  
chairman, Nattika)

: SRI. SURESH IYYANI

(5th Ward Member)

: SRI. C.S. MANIKANDAN

(8th Ward Member)

: DR. REMYA V.K.

(Nss Programme Officer)

VOTE OF THANKS: ARABHI M.A



### 78. Name of the Activity: World Tuberculosis Day

**Date: 24 March 2025**

On March 24th, 2025, the NSS volunteers of Sree Narayana College, Nattika observed World Tuberculosis Day with a mission to educate, engage, and empower the community in the fight against TB — a disease that is curable but still claims millions of lives each year. In keeping with the global theme, the volunteers designed a visually striking and informative digital poster that conveyed key messages about the prevention of TB. To maximize reach, the poster was circulated widely across social media platforms, including Instagram, WhatsApp, and Facebook.

### Special Camp 2024-25

'Disha', a seven-day Special camp of NSS units 51&135 of Sree Narayana College Nattika, aimed at the personality development of the volunteers started on Saturday, 21. 12. 2024 at Prof. Joseph Mundassery Govt. Higher Secondary School Kandassamkadavu. Eighty-three volunteers participated in the camp. Zumba, meetings, cultural activities, programmes like Rabies Awareness, Living Will awareness, Fire and Rescue awareness, Life style diseases awareness, cleaning public places, planting saplings, painting the school Kitchen, campus cleaning and outreach programs like eye donation, AIDS awareness campaign at public places and free eye checkup camp were the activities held at the camp.

#### Day 1 (22/12/2024)

Registration began at 9.30 am and volunteers cleaned the School premises. Volunteers were divided into six groups and group leaders were selected. The inaugural function started at 2.00 p.m. Sri Prasannan P. K., the College RDC President inaugurated the camp. The college Principal

Dr. Jaya P.S., PTA President C. Murali, College Union Chairman Arun Das V., Unit Secretaries Arunrag and Silpa gave the felicitation. Game sessions and cultural programs were done in the evening. The volunteers cleaned and repaired the weather station of the Govt. Higher Secondary School Kandassankadavu.

**Day 2 (23/12/2024)**

On the second day, 22.12. 2024, a park near the Kandashankadavu River was cleaned and a seating area was created for the public. Later, at 2.00 pm, an AIDS awareness class led by Jabun Jose, Jyothis Counselor, Jubilee Mission Hospital was held. The programme gave an awareness about HIV/AIDS, its transmission, prevention and treatment. In the evening, cultural programs and group discussions were held.

**Day 3 (23/12/2024)**

On the third day, 23. 12. 2024, at 10 am, the volunteers distributed posters of the eye check-up camp, and an AIDS awareness campaign was organised at nearby places. Volunteers in groups visited the nearby houses, Kandassankadavu market and shops and made an AIDS awareness campaign. At 2.00 pm, there was an ice-breaking session led by Jebin K. Devis, Assistant Professor of Commerce, Christ College Irijalakkuda. It further invigorated the volunteers.

**Day 4(24/12/2024)**

On 24. 12. 2024, at 10 am, there was a class on Lifestyle Reboot led by Dr. Gayathri Ravindran, Samanwaya Ayurveda and Wellness Clinic, Nedupuzha. The programme gave awareness about the life style diseases and its prevention. Game with Self-Development led by Najeem Yunas, Assistant Professor of Malayalam, SN College Shornur was held at 2.00 pm. The volunteers enjoyed the session and it helped in boosting their personalities. Christmas Eve was celebrated by crib-making and Christmas Carol. The volunteers visited the nearby houses for the Christmas Carol. It cherished the social behavior and confidence of the volunteers.

**Day 5 (25/12/2024)**

On 25. 12. 2024, an awareness class on Rabies was led by C. Rajesh, District Education Officer, Thrissur. The programme aimed to reduce the fear, stigma and myth associated with the disease. The volunteers gained confidence in fighting against the disease. It also aimed to gain public awareness about the disease. Then at 2 pm Adv. Joy P. F, Kerala High Court Lawyer and Kerala Eye Bank Association Volunteer has given an awareness about Living Will. The session on Living Will awareness sparked valuable discussions regarding end-of-life decisions and the importance of legally documenting personal healthcare preferences. Several attendees expressed their intention to create their own Living Wills. The willingness forms of eye donation by the volunteers were handed over to Adv. Joy P. F. The programme helped to understand the rules and regulations associated with human rights and free will. The volunteers were also happy to donate their eyes for the needy. The volunteers painted and white-washed the School Kitchen of Kandassankadavu High School as a token of love. The volunteers exhibited their artistic talent through the activity.

**Day 6 (26/12/2024)**

A free eye check-up camp was held on 26.12.2024 by the Vasan eye care, Thrissur. The participation of the public was the highlight of the programme. and an awareness class and training on Fire and Rescue was held at 2 pm under the leadership of Robin, Fire and Rescue Officer, Valappad. Training on rescue activities including Fire rescue and CPR were given. The volunteers planted fruit trees at the school campus and thereby created a harmony between nature and human beings.

**Day 7 (27/12/2024)**

Campus cleaning and Valedictory function was held on 27/12/202

The NSS special camp was an enriching experience that not only served the community but also instilled in volunteers a deep sense of social responsibility, teamwork, and personal growth. It encouraged the students to understand community living. The volunteers were equipped with various activities including cooking, cleaning and sharing. The Zumba fitness session was a fun and engaging way to promote physical health and well-being. Participants enjoyed the highenergy routine, and it helped foster a sense of teamwork and camaraderie. The Group discussions and News letter reading triggered the confidence and creativity among the volunteers. The positive impact of these activities will continue to resonate in the community long after the camp concludes.



The poster features a header with logos of the Ministry of Youth Affairs and Sports, Digital India, National Service Scheme, and the University of Calicut. The central text reads 'Youth for my Bharath, for Sustainable development' and 'NSS SPECIAL CAMPING PROGRAMME'. Below this, it specifies the dates '2024 ഡിസംബർ 21 മുതൽ 27വരെ' and the location 'SREE NARAYANA COLLEGE, NATTIKA, THRISSUR, KERALA 680566'. The footer includes accreditation details from the University of Calicut and NAAC.

മുഖ്യ കാർഷിക  
യുവ ക്ഷേമ മന്ത്രാലയം  
MINISTRY OF  
YOUTH AFFAIRS  
AND SPORTS

Digital India  
Power To Empower

നാഷണൽ സർവ്വീസ്  
സർക്കിൾ  
NATIONAL SERVICE SCHEME

ശുചിത്വ  
മിഷൻ  
Shuchitva Mission

മാലിന്യമുക്തം  
നവകേരളം  
Maliniy Muktham  
Navakeralam

UNIVERSITY OF CALICUT

**നി** **മാ** **സ്**

**Youth** for my Bharath,  
for Sustainable development

**NSS SPECIAL CAMPING PROGRAMME**

സപ്തദിന ക്യാമ്പ്  
**ദിശ 2024**

**2024 ഡിസംബർ 21 മുതൽ 27വരെ**

സ്ഥലം : പ്രൊഫസർ ജോസഫ് മുണ്ടശ്ശേരി സ്മാരക  
ഗവണ്മെന്റ് ഹയർ സെക്കന്ററി സ്കൂൾ

 **SREE NARAYANA COLLEGE, NATTIKA,  
THRISSUR, KERALA 680566**

AFFILIATED TO UNIVERSITY OF CALICUT  
RE-ACCREDITED (CYCLE III) BY NAAC WITH B+. GOVT AIDED,  
DBT-STAR FUNDED INSTITUTION, SUPPORTED BY RUSA.



നാഷണൽ സർവ്വീസ് സ്കീം



യൂണിറ്റ് 51,135  
വ്യക്തിത്വവികസനം  
സാമൂഹ്യസേവനത്തിലൂടെ  
ശ്രീനാരായണ കോളേജ്  
നാട്ടിക



സപ്തമിന ക്യാമ്പ്  
ദിശ 2024

2024 ഡിസംബർ 21 മുതൽ 27വരെ

സ്ഥലം : പ്രൊഫസർ ജോസഫ് മുണ്ടശ്ശേരി സ്മാരക  
ഗവണ്മെന്റ് ഹയർ സെക്കന്ററി സ്കൂൾ

ക്യാമ്പ് പ്രവർത്തനങ്ങൾ

- ബോധവൽക്കരണ ക്ലാസ്സുകൾ
- ക്രിസ്തുമസ് ആഘോഷം
- പരിസരശുചീകരണം
- കലാകായിക വിനോദങ്ങൾ
- പഠനസെഷൻ
- സംവാദം

ഏത് പ്രവർത്തിക്കും ഒരു  
ഉദ്ദേശ്യം വേണം.  
ഒരു ലക്ഷ്യവും.  
"ശീലിച്ചാൽ ജനകം  
പ്രയാസമല്ല  
തീയിലും നടക്കാം."  
ശ്രീനാരായണ ഗുരു.

പ്രിയ സമൂഹത്തേ

നാട്ടിക ശ്രീനാരായണ കോളേജ് നാഷണൽ സർവ്വീസ് സ്കീം യൂണിറ്റുകളുടെ ഈ വർഷത്തെ സപ്തമിന ക്യാമ്പ് 2024 ഡിസംബർ 21 മുതൽ 27വരെ നടത്തുന്ന വിവരം സന്തോഷപൂർവ്വം അറിയിക്കട്ടെ. ക്യാമ്പ് ഉദ്ദേശ്യം പ്രൊഫസർ ജോസഫ് മുണ്ടശ്ശേരി സ്മാരക ഗവണ്മെന്റ് ഹയർ സെക്കന്ററി സ്കൂൾ, 2024 ഡിസംബർ 21-ാം തീയതി ഉച്ചക്ക് 2 മണിക്ക്

പ്രസ്തുത ഉദ്ദേശ്യം ചടങ്ങിലും ക്യാമ്പിലെ തുടർന്നുള്ള പ്രവർത്തനങ്ങളിലും താങ്കളുടെ സജീവമായ പങ്കാളിത്തവും പരിപൂർണ്ണ സഹകരണവും പ്രതീക്ഷിക്കുന്നു.

എന്ന്

ഡോ. ജയ പി. എസ്

പ്രിൻസിപ്പൽ, നാട്ടിക ശ്രീനാരായണ കോളേജ്

ഡോ. രാജ വി. കെ  
പ്രൊഫ്രാം ഓഫീസർ

ശ്രീമതി. ബബിത ബി  
പ്രൊഫ്രാം ഓഫീസർ

ലീഡേഴ്സ്  
അനുരാഗ്. ടി. ജി  
റിതവിക് പ്രഭാഷ്  
ജി.പി. എ. ബി  
നിർമ്മല ബേബി  
നൗഷ്. എം  
യശ്വികാ

അനുദിന പരിപാടികൾ

- 6.00 am പതാക ഉയർത്തൽ  
6.15 am സൂര്യം  
8.00 am പ്രഭാത ഭക്ഷണം  
9.00 am ക്യാമ്പ് മീറ്റിംഗ്  
10.00 am സേവന പ്രവർത്തനങ്ങൾ  
12.30 pm ഉച്ച ഭക്ഷണം  
2.00 pm ബോധവൽക്കരണ ക്ലാസ്സുകൾ  
4.00 pm ചായ  
4.30 pm കലാപരിപാടികളുടെ പരിശീലനം  
7.30 pm കലാ വിരുന്ന്  
8.30 pm അത്താഴം  
9.30 pm അവലോകനം  
10.00 pm ലൈറ്റ് ഓഫ്

കാര്യപരിപാടികൾ

21-12-2024 ശനി

- 10.00 am : രജിസ്ട്രേഷൻ  
11.00 am : ക്യാമ്പ് എളിയ സമ്മതികരണങ്ങൾ  
12.30 am : ഉച്ച ഭക്ഷണം  
2.00 am : ഉദ്ദേശ്യ സമ്മേളനം  
സ്വാഗതം : ജി.പി. (ലീഡർ)  
അവലോകനം : ഡോ. ജയ പി. എസ്  
(പ്രിൻസിപ്പൽ, ശ്രീ നാരായണ കോളേജ്, നാട്ടിക)  
ഉദ്ദേശ്യം : മൈസൂർ തെക്കൻ (പഞ്ചായത്ത് പ്രസിഡന്റ് മണലൂർ)  
മുഖ്യാതിഥി : കവിത (വാർഡ് മേനർ)  
ശ്രീ. പ്രസന്നൻ പി കെ  
(കോളേജ് ആർ ഡി സി കൺവീനർ , എസ് എൽ ഡി പി യോഗം കൗൺസിലർ)  
: അബ്ദു ഹ്വ (പ്രിൻസിപ്പൽ )  
(ജോസഫ് മുണ്ടശ്ശേരി മെമ്മോറിയൽ ഫൈനാൻസർ, കണ്ടുപിടിക്കാൻ)  
: ശ്രീ. മുരളി സി (പി.ടി.എ പ്രസിഡന്റ്)

- ആശംസകൾ : ഡോ. ശങ്കരൻ കെ. കെ  
(DACC കോർഡിനേറ്റർ)  
: ശ്രീ. രമണിമ്മത്ത് പ്രഭാകരൻ  
(പി.ടി.എ വൈസ് പ്രസിഡന്റ്)  
ശ്രീ നാരായണ കോളേജ് നാട്ടിക)  
: അരുൺ ദാസ്  
(കോളേജ് യൂണിറ്റിൽ ചേർന്നവർ)  
നന്ദി : അനുരാഗ് ടി. ജി ( ലീഡർ )  
4.00 pm : ചായ  
4.30 pm : ഗ്രൂപ്പ് തിരികെ  
6.00 pm : പ്രാർത്ഥന  
9.00 pm : അത്താഴം  
9.30 pm : ക്യാമ്പ് അവലോകനം  
10.00 pm : ലൈറ്റ് ഓഫ്

22-12-2024 തൊഴിൽ

- 10.00 am : അങ്കനവാടി സന്ദർശനം  
2.00 pm : എയ്ഡ്സ് ബോധവൽക്കരണ ക്ലാസ്സ്  
ജബ്ബാർ ജോസ്, ജോയിന്റ് കൗൺസിലർ  
ജുബിലി റിഷൻ ഹോസ്റ്റൽ, തൃശ്ശൂർ  
5.00 pm : ചർച്ച

23-12-2024 തിങ്കൾ

- 10.00 am : അവതരണം ബോധവൽക്കരണം  
2.00 pm : ജെബിൻ കെ. വേലിസ്  
ഓറിജനേൽ ക്ലാസ്സ്  
അസിസ്റ്റന്റ് പ്രൊഫസർ കൊളോഴ്സ്,  
കെ.എസ്. കോളേജ്, (മേയ്നാഥൻ) ഇരിങ്ങാലക്കുട  
5.00 pm : സംവാദം

24-12-2024 ചൊവ്വ

- 10.30 am : ഡോ. ഗായത്രി രവീന്ദ്രൻ  
ജീവനം - ലൈഫ്ലൈൻ റീബ്രാട്ട്  
(സാമ്പത്തിക ആവേശം ആന്റ് വെൽഫെയർ)  
ക്ലിനിക്, ജോൺ വേർ, ഓക്സഫോർഡ് ജോൺ ബാപ്റ്റിസ്റ്റ്  
ചർച്ച്, നെടുപുഴ, തൃശ്ശൂർ)  
2.00 pm : നജീം യൂനസ്  
മെയിം വിത്ത് സെൽഫ് വെഡ്ജ്  
അസിസ്റ്റന്റ് പ്രൊഫസർ, മലയാളവിഭാഗം  
(എം.പി.എം.എം.എസ്.എസ്. ട്രസ്റ്റ് കോളേജ്-കൊർണാർ)  
5.00 pm : ചർച്ച

25-12-2024 ബുധൻ

- 10.00 am : പേ വിഷയ ബോധവൽക്കരണം  
രാജേഷ്. സി. ആർ (ജില്ലാ വിദ്യാഭ്യാസ ഓഫീസർ)  
2.00 pm : അഡ്വ. ജോയ്. പി. എസ്  
നേതൃത്വ ബോധവൽക്കരണം  
കേരള ഫൈനാൻസി അസിസ്റ്റന്റ്, കേരള  
ഐ ബാങ്ക് അസോസിയേറ്റ് വെള്ളാമ്പലം  
6.00 pm : സർവ്വേ അവലോകനം-

26-12-2024 വ്യാഴം

- 10.00 am : സൗജന്യനേതൃ പരിശോധന ക്യാമ്പ് -  
വാസൻ ഐ കെ യർ  
2.00 pm : റോബിൻ  
(ഫയർ ആന്റ് സേഫ്റ്റി അസോസിയേറ്റ് ക്ലബ്ബ്)  
5.00 pm : ക്യാമ്പ് അവലോകനം

27-12-2024 വെള്ളി

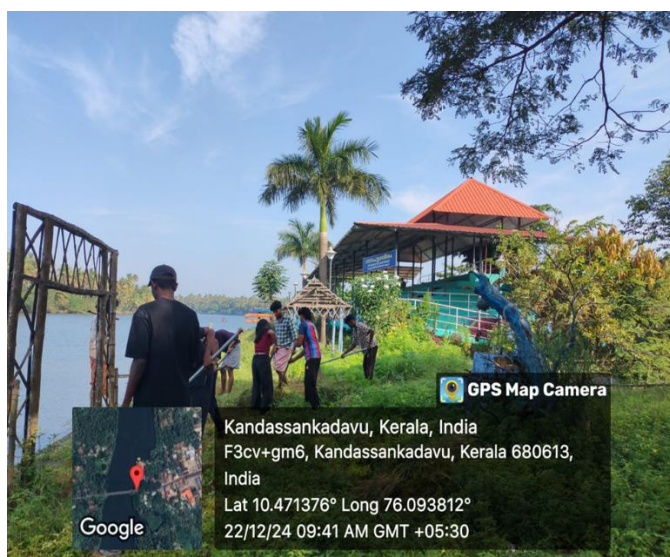
- 9.00 am : പരിസരശുചീകരണം  
10.00 am : സമാപന സമ്മേളനം



GPS Map Camera

Kandassankadavu, Kerala, India  
F3cx+v5c, Kandassankadavu, Kerala 680613,  
India  
Lat 10.472449° Long 76.098068°  
26/12/24 06:09 PM GMT +05:30

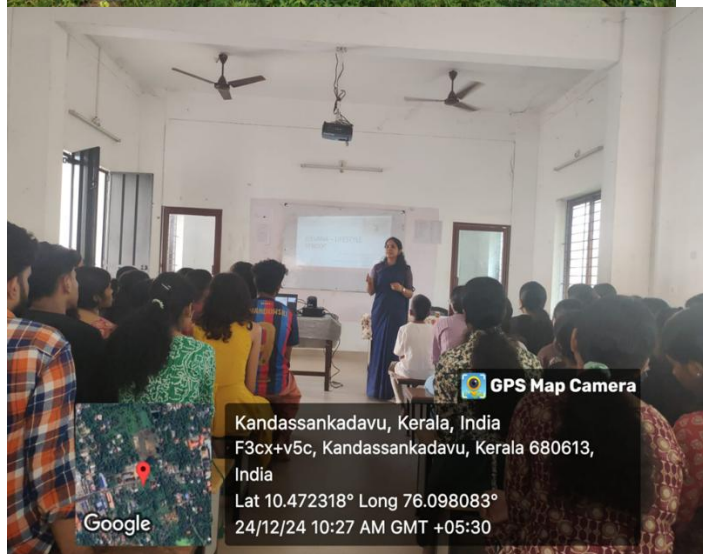
Google



GPS Map Camera

Kandassankadavu, Kerala, India  
F3cv+gm6, Kandassankadavu, Kerala 680613,  
India  
Lat 10.471376° Long 76.093812°  
22/12/24 09:41 AM GMT +05:30

Google



GPS Map Camera

Kandassankadavu, Kerala, India  
F3cx+v5c, Kandassankadavu, Kerala 680613,  
India  
Lat 10.472318° Long 76.098083°  
24/12/24 10:27 AM GMT +05:30

Google

