

SREE NARAYANA COLLEGE, NATTIKA



NATIONAL SERVICE SCHEME



UNIT NO: 51 & 135

NSS ANNUAL REPORT 2023-24

INDEX

DATE	PROGRAM	PAGE
15 August 2023	INDEPENDENCE DAY CELEBRATION	1
26 September 2023	VISITING NAIPUNYA CENTRE FOR DISABILITIES	2
22 November 2023	PROVIDING DIALYSIS MEDICINE TO KIDNEY PATIENTS	3
20, 21, 28 October 2023	KERALAOTSAVAM	4-5
27 October 2023	DISTRIBUTING MEALS TO THE NEEDY	6
6 November 2023	MALINYAMUKTANAVAKERALA PHASE 2 ACTION	7
14 November 2023	VISITING NAIPUNIA, CENTRE FOR DISABILITIES	8
15 November 2023	FREE GAZA, FREE PALASTINE	9
18 November 2023	NSS ONE DAY STAY CAMP	10-11
22 November 2023	SOAP CHALLENGE	12
1 December 2023	AIDS DAY	13-14
6 January 2024	SNEHARAMAM	15
26 January 2024	REPUBLIC DAY	16
24 February 2024	HOW TO MANAGE PERFORMANCE ANXIETY	17-18

1. INDEPENDENCE DAY CELEBRATION

Date and time : 15-08-2023 09.00 am to 12.00 pm

Name of the Activity : Independence Day Celebration

Venue : SN College Nattika and Triprayar Centre

About the activity

On the occasion of Independence Day, College Principal Dr. Jaya P. S. hoisted the National flag under the leadership of NSS volunteers and took the oath under the leadership of NSS volunteer Aryanandha. Later, all the NSS volunteers sang the National Anthem. NSS Programme Officers Dr. Sreedhanya R. and Dr. Remya V. K. gave a speech on this occasion and concluded the programme of the college with NSS Power Clap. Later on, all the volunteers marched from the college to Triprayar Centre and a MIME based on the theme “TIMELINE OF INDIA” was held. Sweets were distributed to the people gathered there. The programme concluded with a vote of thanks by Dr. Remya (Programme Officer).



2. VISITING NAIPUNYA CENTRE FOR DISABILITIES

Date and Time : 26-09-2023 11.00 am To 2.00pm

Name of the activity : Visiting NAIPUNIA Centre for Disability, Kattoor

Venue : Naipunia Centre

About the activity

On the occasion of NSS DAY, the NSS volunteers of Sree Narayana College, Nattika, visited the NAIPUNIA Centre and spent some time with the children by giving them the necessary study materials. This simple act made them happy. Dr. Remya V. K. and Dr. Sreedhanya R., the NSS Programme officers, graced the programme and concluded with a vote of thanks.



3. PROVIDING DIALYSIS MEDICINE TO KIDNEY PATIENTS

Date and time : 22 November, 2023

Name of the activity : Providing Dialysis medicine to cancer patients

About the activity

On 22 November 2023, under the leadership of NSS PO Dr. Remya V. K. and Dr Sreedhanya R., NSS volunteers conducted a coconut challenge. Each volunteer was asked to bring a selected number of coconuts for this project. The

goal was to collect money from the coconuts sold and arrange dialysis medicines for cancer patients. The initiative aims to alleviate financial burdens, enhance treatment adherence, and contribute to a more equitable healthcare landscape for individuals facing the challenges of cancer. The exemplary activity for the society was done under the auspices of units 51 & 135 of Sree Narayana College. This report explores the impact and implications of providing free medicines to cancer patients, highlighting the significance of improving accessibility to essential treatments. The medical officer of Natika Kudumbarogya Kendra handed over medicines to Dr. Kishor. Priya Jayaprakash (Public Health Nurse), Seenath Beebi (Junior Health Officer), Fisila Beebi, Asha worker Subhila Prasad, and nurses from pain and palliative care were also present on the day. Providing free medicines to cancer patients emerge as a compassionate and impactful initiative, addressing not only the medical aspects of cancer care but also the socio-economic challenges associated with the disease. By fostering collaboration and securing sustainable funding, this initiative has the potential to make a meaningful and lasting difference in the lives of those affected by cancer.



4. KERALULSAVAMI

Date and time : 20, 21, 28 October, 2023
 Name of the activity : Keralaotsavam
 Venue : SN Hall, SN Auditorium
 About the activity :

On 20 October and 21 October 2023, Keralaotsavam programme was conducted at Sree Narayana College, Nattika. It provides opportunities for the

youth to showcase their artistic, cultural and sporting talents and develop brotherhood, co-operation and co-existence among them. Keralaotsvam is organised annually under the auspices of the state government to achieve the objectives of providing an opportunity to come together in a common gathering place. The Keralaotsvam is organised under the leadership of the State Youth Welfare Board in coordination with local self-governing bodies and various other departments. The programme was inaugurated by Shri K.C. Prasad (President, Block panchayath, Thalikulam), Srimathi Nimisha Ajeesh (Vice President, Block panchayath, Thalikulam), Special guest Dr. Subin M. P. (Principal of SN College). NSS Volunteers and Secretaries also participated in the programme. The following arts competition was conducted at the SN College Auditorium on Friday.

Venue 1 Events:

Thiruvathira, Bharatanatyam, Mohiniyattam, Keralanadanam, Kuchipudi, Folk dance. The stage came alive with the colourful swirls of traditional costumes and the rhythmic beats that echoed the cultural essence.

Venue 2 Events:

Light music, Poetry Recitation, Instrumental Music, and Karnatic music. The musical segment of the festival was equally enchanting, with melodious voices resonating throughout the venue.

On Saturday, 21 October - Mimicry, Monoact, Mime and Storytelling were conducted. The event brought together talented performers who illuminated the stage with their artistic prowess, creating a captivating experience for the audience. Tea, snacks and lunch were provided. The programme was concluded with a vote of thanks to Mr Rejikumar VS (Convener, Organising Committee).

On 28 Saturday, at 3 pm, the prize giving ceremony was conducted at SN Hall. The programme was inaugurated by Hon. C. Mukundan M.L.A, Thalikulam Block Panchayat) presided over by Hon. K.C. Prasad (President, Block Panchayat Thalikulam). Mr Suresh Kumar KB (Chairman of Health Education Standing Committee) was welcomed. The prizes were distributed by Hon. P.M. Ahmed (Welfare Standing Committee, Zila Panchayat, Thrissur). Chief guests of the programme were Hon. Smt. Manjula Arunan (Chairman of Development

Affairs, Standing Committee District Panchayat, Thrissur), Hon. Mr. V.P. Sarath Prasad(District Coordinator, Kerala state youth welfare ward) In conclusion, the cultural festival, with its dynamic dance and soulful singing, was a testament to the richness of cultural expression. It succeeded in creating an atmosphere where people could celebrate diversity, connect through the universal language of art, and leave with a renewed appreciation for the mosaic of cultures that make up our global community.



5. DISTRIBUTING MEALS TO THE NEEDY

Date : 27-10-2023

Name of the activity : Distributing Pothichor to the needy

About the activity :

On 27 October, the first-year NSS volunteers brought a selected number of Pothichor 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 not only meets basic human needs but also promotes social cohesion and empathy. 8 groups containing 5 members each were made to distribute meals in selected areas. Triprayar Stand, Poly Junction, Y Mall, Chandanapadi, Nattika Beach, Thalikulam, and Triprayar Temple were

the assigned places. The food donation programme made a positive impact among people by addressing immediate hunger and fostering a sense of community support. Continuous indulgence in coordination, assessment, and awareness will enhance the effectiveness of future initiatives, ensuring a sustained positive influence on the community.



6. MALINYAMUKTA NAVAKERALA PHASE 2 ACTION

Date : 06- 11-2023

Name of the activity : Malinyamukta Navakerala phase 2 action

About the activity :

In connection with the project "Malinyamukta Navakerala phase 2 action", under the leadership of NSS volunteers of Sree Narayana College, Nattika, 7 groups were formed and they cleaned the area from an auto stand near S N College to SN Ladies Hostel, Nattika. Engagement in a community-driven environmental cleanup proved to be a transformative experience. As volunteers, we tackled littered areas, overgrown bushes and grasses, and so on. Armed with gloves and eco-friendly bags, our collective effort yielded a significant waste reduction. Sorting through recyclables and non-recyclables,

we emphasized sustainable practices. Not only did the cleanup visibly enhance the aesthetics of the area, but it also contributed to a sense of pride and responsibility within the community.

The project concluded with a commitment to ongoing efforts, emphasizing the importance of individual actions in preserving our environment. Overall, the clean-up underscored the tangible positive changes achievable through collective environmental stewardship.



7. VISITING NAIPUNIA, CENTRE FOR DISABILITIES

Date and time : 14 November; 10 am to 1 .00 pm.
Name of the activity : Visiting Naipunia Centre for Disabilities
Venue : Naipunia Centre for Disabilities
About the activity :

On the occasion of Children's Day, NSS volunteers of SN College, Nattika visited the Naipunia Centre for Disabilities. We were deeply impressed by the dedicated efforts of the authority to create an inclusive and supportive environment. The facility prioritizes accessibility, providing ramps and elevators for easy mobility. The staff exhibited genuine care, offering tailored assistance to individuals with needs. Our volunteers provided a variety of snacks, craft items and study materials to the children there. We spent some time with them by making crafts, playing and communicating with them. They also sang songs and were happily involved with us. In this busy world, the primary importance was given to the happiness of the children by our volunteers and NSS PO. The employees and children of Naipunia Centre for Disabilities

informed us that frequent interaction with NSS volunteers gave them strength and a sense of relief. I observed a vibrant sense of communion as individuals engaged in activities that fostered skill development and social connections. The atmosphere radiated positivity and resilience, showcasing the centre's role in breaking down barriers and promoting equal opportunities. Overall, the visit emphasized the centre's pivotal role in enhancing the lives of those with disabilities through holistic support and a nurturing community.



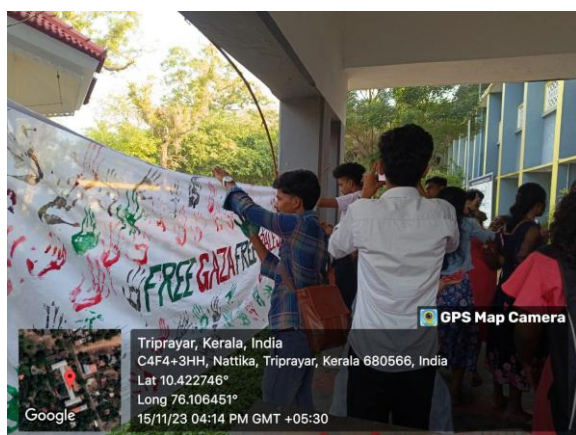
8. FREE GAZA, FREE PALESTINE

Name of the college : Sree Narayana College, Nattika
Date and time : 15 November, 2023
Name of the activity : Free Gaza, Free Palestine
About the activity :

The event, held on 15 Nov.2023, aimed at fostering a sense of unity and conveying a visual representation of support to the Palestinian people through collaborative artistry.

The "Free Gaza, Free Palestine" programme, organized by the NSS Unit of Sree Narayana College, was inaugurated by Principal Subin Sir to expose the horrific aspects of the Israel-Palestine war and pay condolences to those who lost their lives in the war. Ms. Remya, the NSS Programme Officer, delivered the speech. NSS volunteers made posters reflecting solidarity with Palestine and made necessary preparations to make a collaborative banner.

The banner stood as a tangible symbol of collective empathy, advocacy, and the power of creative expression in promoting awareness and unity.



9. NSS ONE DAY STAY CAMP

Date and time : 18 November, 2023

Name of the activity :NSS ONE DAY STAY CAMP

About the activity :

The National Service Scheme (NSS) is a programme that encourages students to participate in community service and social activities. As a part of this programme, an NSS camp was organized at SN College, Nattika for students to be engaged in various activities aimed at promoting social awareness and responsibility. This report provides an overview of the activities conducted during the camp. During the NSS camp, various activities were conducted to promote social awareness and responsibility among the participants. Some of the primary activities were cleanliness drives and waste management. Participants were encouraged to clean the surroundings and properly dispose off waste to maintain a clean environment. This one-day camp was attended by 84

first-year NSS volunteers, NSS secretaries and NSS PO. The participants were divided into small groups and assigned various activities such as cleaning, buying groceries, collecting wood, etc. They could develop leadership and teamwork skills by working together during the various activities. Lunch was provided at noon. at 2.00 p.m., a seminar was organised by Sir Najeeb. It was an amazing interactive class with a refreshing ice-breaking session. The seminar turned out to be an impressive games session. Everyone took active participation in these games with renewed vigour. The seminar was actively attended by all the volunteers. The seminar was concluded with a vote of thanks to Sir Najeeb. After that, adequate time was provided for practice of cultural activities. All groups had to perform in the selected cultural activities such as dancing, drama and singing. Thereafter the volunteers put forward their energetic performances and presented a powerful stage presence followed by a Campfire. The volunteers sang and had fun until the fire burned out. Dinner was provided to the volunteers.

Day2.

At 7.00 a.m., jogging and warm-up exercises were conducted and games like musical chair were played. Breakfast was provided at 10 a.m., and a debate session was conducted. The difference of opinion clashed between the two groups, yet it also provided a platform for participants to interact with each other and share their experiences and perspectives. At 2 p.m., the camp winded up. The NSS camp had a significant impact on the participants and the community. The activities conducted during the camp helped to improve the participants' awareness and understanding of social issues. Furthermore, the camp enhanced the participants' sense of responsibility towards the environment and society.



10. SOAP CHALLENGE

Date and time : 22 November, 2023
 Name of the activity : Soap Challenge
 Venue : Naipunia Centre for Disability
 About the activity :

NSS volunteers who visited the Naipunia Centre for Disability on the occasion of Children's Day purchased 50 soaps in the first phase and organized a programme called Naipunia Soap Challenge to sell the soaps produced at the Naipunia Centre for Disability. This activity documents a heartening initiative, soaps were skilfully crafted by disabled students and sold to support their endeavours. Naipunia Soap Challenge was inaugurated by Dr. Subin P.S., Principal, Sree Narayana College, Nattika. The money received from all the soaps sold in the first phase was handed over to the Institutional Head of Naipunia Centre for Disability on 22- 11-2023. Later on, 250 soaps were received for the Naipunia Challenge. Each volunteer purchased a selected number of soaps to be sold on their behalf. This report documents a heartening initiative where soaps, skilfully crafted by disabled students, were sold to support their endeavours. The project not only provided a platform for the

students to showcase their talents but also empowered them economically by handing over the proceeds from the soap sales.



11. AIDS DAY

Name of the college : Sree Narayana College, Nattika

Date and time : 1 December, 2023

Name of the activity : Aids Day

Venue : Seminar Hall

About the activity :

This report outlines the comprehensive World Aids Day program held on 1 December 2023, incorporating a seminar, dance performance, mime presentation, and quiz competition. The event aimed to commemorate those affected by the disease, raise awareness about prevention and treatment, and encourage support for ongoing efforts to eliminate HIV/AIDS.

The program commenced with an informative seminar featuring Dr. Kishor. NSS volunteer Aisha (Economics Department) gave the welcome speech. A

felicitation speech was given by Dr. Sreedhanya. The seminar delved into various prevention strategies, emphasizing the importance of safe practices, regular testing, and the use of preventive measures. Discussions aimed to dispel myths and misconceptions surrounding HIV transmission. Dr. Kishor shared insights into the current state of the epidemic, including statistics. NSS volunteer Neha (Botany Department) leads the AIDS prevention pledge. NSS volunteer Akshay (B.Com Department) concluded the seminar by giving a vote of thanks to the doctor, NSS PO and all the participants.

Volunteers activity contributed by crafting informative posters. These posters were strategically hall. The creative and informative posters added a visual dimension to the awareness efforts. The red ribbon is the universal symbol of awareness and support for people living with HIV. Wearing a ribbon is a great way to raise awareness on and during the run-up to World Aids Day.

Following the seminar, a vibrant dance performance took centre stage. The energetic performance and powerful stage presence were put forward by our volunteers.

A thought-provoking mime presentation followed the dance performance. Followed the dance performance. Through silent storytelling, the volunteers depicted the experiences and challenges faced by individuals living with HIV/AIDS. Emphasizing the importance of empathy, understanding, and the need to combat discrimination. The mime contributed to breaking down stereotypes and fostering a more inclusive mindset.

To engage participants actively and reinforce educational consent, a quiz competition was organized. Covering a wide range of topics related to HIV/AIDS, the competition encouraged friendly competition among participants while enhancing their knowledge. Certificates were given to winners. First and second prizes were won by Adarsh C (Malayalam Department) and Mubashira (Statistics), respectively.

The diverse elements of the program contributed to breaking down barriers, fostering empathy, and encouraging a collective commitment to addressing the challenges associated with HIV/AIDS.



12. SNEHARAMAM

Name of the College : Sree Narayana College, Nattika
Date and time : 06-01-2024, 10.00 am to 4.30 pm.
Name of the activity : Sneharam
About the activity :

Under the leadership of Nattika Panchayath, in connection with the Project “Malinya Mukta Navakerala project”, NSS Volunteer of S N College, Nattika contributed to clean “Ramankulam” to implement the “Sneharam” Project. The cleaning initiative focused on enhancing the aesthetics of the pond’s surroundings by addressing the issue of overgrown grasses and vegetation. The primary goals were to create a visually appealing environment, increase the recreational value of the area and encourage community members to engage in outdoor activities. Overgrown grasses and vegetation in the surrounding areas of the pond were systematically cleared by NSS volunteers which involved manual cutting and removal of tall grasses to improve visibility and access. Existing trees were pruned and trimmed to maintain a well-groomed

appearance. Collected plant material and debris were disposed of responsibly. Additionally, our volunteers have made a comfortable bench specifically designed for elderly individuals has been installed, providing a serene place for relaxation and enjoyment. The removal of overgrown grasses and vegetation significantly improved the visual appeal of the pond surroundings, creating a more inviting and enjoyable space for community members.

The project concluded with a commitment to ongoing efforts, emphasizing the importance of individual actions in preserving our environment. Overall, the cleanup underscored the tangible positive changes achievable through collective environmental stewardship.



13. REPUBLIC DAY

Date and time : 26 January, 2024

Name of the activity : Republic Day

About the activity :

The event commenced with the hoisting of the national flag by Latha ma'am, a poignant symbol of our unity in diversity. Remya ma'am and Latha ma'am delivered speeches emphasizing the significance of the Republic Day and the values enshrined in our Constitution. The NCC (National Cadet Corps) performed a patriotic song, contributing to the festive atmosphere. Additionally, the NSS (National Service Scheme) unit participated by singing the national anthem, fostering a sense of pride and camaraderie among the students and staff. The celebration not only showcased our commitment to democracy but

also instilled a deep sense of responsibility towards upholding the principles that our republic stands for.



14. HOW TO MANAGE PERFORMANCE ANXIETY

Date and time : 24 February, 2024

Name of the activity : How to manage performance anxiety

About the activity :

Jeevani is a comprehensive mental health project implemented by the Department of Collegiate Education, Government of Kerala, which focuses on the mental well-being of the students in the government colleges in Kerala. Jeevani intends to improve awareness and promotion of mental health among college students along with ensuring early identification of psychological issues among these students. Under Jeevani project, a seminar about managing performance anxiety was conducted by Binil Thomas (sports psychologist) on 23 Feb 2024. NSS, Jeevani and Guidance and counselling centre collaborated and arranged the seminar. Welcome speech was given by Keerthana ma'am. Dr. Subin sir. NSS programme officers (Remya ma'am and Sreedhanya ma'am) and

Jeevani counsellor Sini ma'am presided over the meeting. Feedback was given by Krishna Prasad (Chemistry Department). The seminar commenced with an overview of performance anxiety, its causes, and its impact on individuals' performance in various domains, including academics, sports, and public speaking. Emphasis was placed on the importance of thorough preparation and consistent practice in reducing anxiety levels before performance events. Attendees learned effective rehearsal techniques to build confidence and competence. The seminar included interactive activities such as role-playing scenarios and mindfulness exercises to reinforce learning and promote active engagement among participants. The Jeevani counsellor will be with the students in their journey in college, sharing their joys and sorrows, helping them with their pains. Such a psychological help would definitely prove to be immense benefit to the students.

