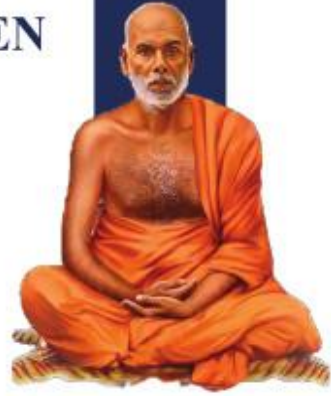




SREE NARAYANA COLLEGE FOR WOMEN
KOLLAM, KERALA- 691 001



EXTENSION ACTIVITY REPORT 2023-24



NSS ACTIVITY REPORT 2023-2024

NATIONAL SERVICE SCHEME

UNIT NO KL 7 013A&B

SWACHH SAGAR PROGRAMME

Date:16.09.2023

The Swachh Sagar (Clean Coast) Programme was successfully organized by the National Service Scheme at Sree Narayana College for Women, Kollam, with the aim of raising awareness about the importance of keeping coastal areas clean and protecting marine ecosystems. The initiative focused on promoting cleanliness along the Kollam coastline and addressing marine pollution caused by plastic waste and other pollutants.



Swachh Sagar (Clean Coast) Programme at Kollam coastline

CLEANLINESS PROGRAMME AT KOLLAM RAILWAY STATION -SWACHHATA PAKHWADA CAMPAIGN

Date: 23.09.2023

The NSS Unit of Sree Narayana College for Women, Kollam, actively participated in the Swachhata Pakhwada Campaign organized in collaboration with Southern Railway. The event aimed to promote cleanliness, hygiene, and awareness in public spaces, aligning with the national vision of a cleaner India.



Swachhata Pakhwada Campaign at Kollam Railway Station

WORLD HEART DAY CELEBRATION

Date: 29.09.2023

The World Heart Day was celebrated in collaboration with NS Hospital and the NSS Unit of Sree Narayana College for Women, Kollam, to promote awareness about heart health and encourage preventive measures for cardiovascular diseases.



World Heart Day Celebration

AZHAKARNNA KOLLAM

Date: 02.10.2023

The Azhakarnna Kollam Rally, aimed at promoting cleanliness and beautification of the city, with active participation from NSS volunteers of Sree Narayana College for Women, Kollam. The rally served as a significant step in fostering awareness about cleanliness and the importance of maintaining a beautiful environment. The rally was inaugurated by Smt. Prasanna Earnest, Honorable Mayor of Kollam, who emphasized the role of citizens, especially youth, in keeping the city clean and sustainable.

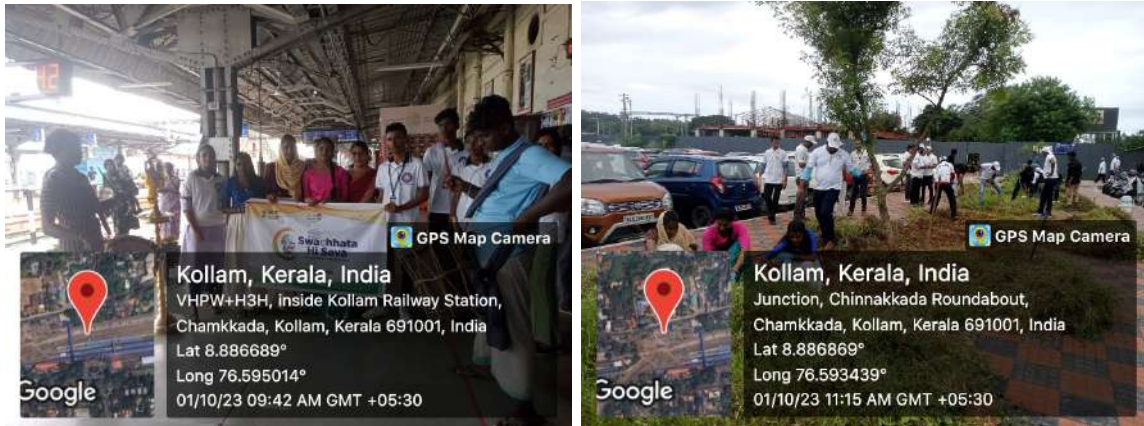


Inauguration of Azhakarnna Kollam Rally

SWACHHATA HI SEVA

Date: 1.10.2023

The Swachhata Hi Seva campaign, aimed at promoting cleanliness and a garbage-free India, was actively conducted by NSS volunteers of Sree Narayana College for Women, Kollam. The campaign focused on raising awareness about cleanliness and fostering a sense of responsibility among the public to maintain a garbage-free environment.



BEACH CLEANING

Date: 2.10.2023

The cleaning drive began at 8:00 AM with an inaugural address by Honourable Mayor Presenna Earnest highlighting the significance of the event. 35 NSS volunteers, along with faculty members and coordinators, actively participated in the drive. Equipped with gloves, masks, and cleaning tools, the volunteers systematically collected plastic waste, glass bottles, food wrappers, and other litter scattered across the beach. Segregation of biodegradable and non-biodegradable waste was carried out, and the collected waste was handed over to the local municipal authorities for proper disposal.



Beach Cleaning drive at Kollam Beach

PALLIATIVE CARE INITIATIVE-RADIO SANTHWANAM

Date: 13.11.2023

The Radio Santhwanam program, a remarkable palliative care initiative, was successfully organized by the dedicated volunteers. Broadcast on FM Radio 90.4, the program aimed to provide comfort, awareness, and support to individuals requiring palliative care and the community at large. The initiative was conceptualized as a means to reach out to patients, caregivers, and the general public, addressing their emotional, social, and medical concerns.



Radio Santhwanam Broadcast on FM Radio 90.4

MEETING WITH TOMORROWS PROMISES

Date: 14.11.2023

The Children's Day celebration at Balikamariyam LP School, Pattathanam, was a vibrant and heartwarming event filled with joy, laughter, and meaningful activities. NSS volunteers performed engaging cultural activities that entertained and inspired the children. Their performances included songs, dances, and interactive sessions that brought smiles to the faces of the young audience, games, group activities, and interactions between the children and NSS volunteers created a lively, inclusive atmosphere.



CONSTITUTION DAY AWARENESS PROGRAM

Date: 26.11.2023

The National Service Scheme (NSS) unit of Sree Narayana College for Women, Kollam, organized a Constitution Day Awareness Program to commemorate the adoption of the Indian Constitution and spread awareness about its significance among the public.



Constitution Day Awareness

T K DIVAKARAN PARK BEAUTIFICATION

Date: 28.11.2023

The T K Divakaran Park Beautification Program was organized under the Sneharamam Flagship Project with the aim of transforming public spaces into clean, green, and welcoming environments. This event marked a collaborative effort between volunteers, local authorities, and the NSS community. The program was inaugurated by Mayor Smt. Prasanna Earnest, who emphasized the importance of creating sustainable and accessible recreational spaces for the community. Dr. R N Anzer, the State NSS Officer, was also present to lend his support and motivation to the volunteers.



T K Divakaran Park beautification under Sneharamam Project

KERALA SCHOOL KALOLSAVAM CLEANING DRIVE -GREEN PROTOCOL COMMITTEE

Date: 30.12.2023

Volunteers actively participated in the Kerala School Kalolsavam Clean Drive 2023, an initiative aimed at promoting cleanliness and environmental consciousness during the annual Kerala School Kalolsavam event.



Cleaning drive at Kerala school kalolsavam venue

PALLIATIVE CARE ACTIVITIES "KARUTHAL" LAPTOP AND WHEEL CHAIR DISTRIBUTION

Date: 23.01.2024

The National Service Scheme (NSS) unit of Sree Narayana College for Women, Kollam, organized a significant palliative care program titled "KARUTHAL", showcasing their commitment to social service and community welfare. The program aimed to provide essential support and care to individuals in need, particularly focusing on education and mobility assistance. Laptop Distribution: Laptops were distributed to deserving students to bridge the digital divide and enhance educational access. Wheelchair Distribution: Wheelchairs were provided to physically challenged individuals, ensuring better mobility and an improved quality of life. The event was graced by eminent personalities: Dr. R. Bindu – Honorable Minister for Higher Education, Kerala. MLA M. Noushad – Member of legislative Assembly, Eravipuram. Dr. R. N. Anzer – State NSS Officer, Kerala.



Laptop and wheel chair distribution

ASAAD WALKATHON FOR DRUG FREE INDIA

Date: 06.03.2024

The Asaad Walkathon, organized as part of the Drug-Free India campaign, was successfully held to raise awareness about the growing menace of drug abuse and promote a healthy, drug-free lifestyle. The event took place under the auspices of the National Service Scheme (NSS) and witnessed enthusiastic participation from volunteers and the public. The walkathon was officially inaugurated by the Honorable Mayor of Kollam, Smt. Prasanna Earnest, who addressed the participants on the importance of creating a drug-free society.



Inauguration of Asaad Walkathon

DRINKING WATER TO PUBLIC

Date: 15.03.2024

The National Service Scheme (NSS) unit of Sree Narayana College for Women, Kollam, in collaboration with SWEEP Kollam (Systematic Voters' Education and Electoral Participation), organized a drinking water distribution initiative to serve the public. The program was aimed at providing clean and safe drinking water to the general public, especially during the hot summer months.



Drinking water distribution

WORLD ENVIRONMENT DAY CELEBRATIONS- GESM INAUGURATION

Date: 05.06.2023

The inauguration of the GESM (Green Energy and Sustainable Management) initiative was held on 5th June 2023 from 10:00 AM to 12:30 PM at Sree Narayana College for Women Kollam. The event was graced by MLA Noushad, who officially inaugurated the program. The keynote address was delivered by V.K. Damodaran, a renowned UN International Energy and Environment Consultant. His speech emphasized the importance of sustainable energy practices and environmental conservation, offering valuable insights into global trends and solutions for a greener future.



Inauguration of the GESM

INTERNATIONAL YOGA DAY

Date: 21-06-2023

The National Service Scheme (NSS) Units KL-7 013 A & B of Sree Narayana College for Women, Kollam, celebrated International Yoga Day on 21st June 2023 with the theme "Yoga for Vasudhaiva Kutumbakam" in the college seminar hall. The event began at 10:00 AM, highlighting the importance of yoga in fostering unity and well-being. The event was inaugurated by Adv. K. Savad, Council or of Kollam Corporation, who emphasized the role of yoga in maintaining physical and mental health. The session was presided over by Dr. Aswathy Sugunan, Principal of the college, who delivered the presidential address. She highlighted the significance of practicing yoga as a tool for holistic development.



FOOD KIT DISTRIBUTION TO CLEANING STAFF

Date: 24.08.2023

The event was held at the college auditorium in the presence of the Principal Dr. Aswathy Sugunan, faculty members, and volunteers. The food kits were carefully curated and contained essential items such as rice, pulses, oil, sugar, and other groceries required for Onam celebrations. Each kit was handed over to the cleaning staff by the Principal and faculty members, accompanied by warm wishes for a joyous and prosperous Onam.



Food kit distribution to cleaning staff

EXHIBITING POSTERS RELATED TO DRUG FREE INDIA

Date: 15.08.2023

An Anti-Drug Awareness Campaign was organized with the aim of educating students about the dangers of drug abuse and promoting a drug-free campus. Informative and thought-provoking posters highlighting the harmful effects of drug use were displayed prominently across the campus. These posters served as powerful visual tools to raise awareness and convey the message of a drug-free society. Students were addressed on the importance of staying away from drugs and the detrimental impact of substance abuse on health, family, and society. The session emphasized how youth can play a vital role in spreading awareness and supporting peers to resist drug use.



Anti-Drug Awareness Campaign

RABIS AWARENESS SEMINAR

Date: 13.09.2023

A Rabies Awareness Programme was conducted under the auspices of the National Service Scheme (NSS) at the college auditorium. The programme was inaugurated by Dr.P K Gopan, District Panchayat President. The programme aimed to educate students, staff, and the local community about the dangers of rabies, its transmission, prevention methods, and the importance of timely medical intervention.



Rabis awareness seminar

PLANTING TREE SAPLINGS

Date: 13.10.2023

NSS volunteers were provided with saplings, tools, and guidance on the proper methods of planting trees. A total of 30 saplings of various native species were planted in different areas of the campus on 13th October 2023. The volunteers worked in teams, ensuring that each sapling was planted with care and provided adequate support for its growth. NSS programme officers Dr.Devipriya D and Sona G Krishnan also actively participated, motivating students to take pride in their efforts to make the campus greener.



Planting tree sapling at Campus

PEN DROP BOX INITIATIVE

Date: 27.10.2023

The NSS unit launched a thoughtful and impactful initiative called the Pendrop Box . This program aimed to promote a culture of sharing and environmental consciousness among students by encouraging the recycling and reuse of used pens and other stationary items. Under this initiative, dedicated Pendrop Boxes were installed in every classroom across the institution. These boxes served as collection points for used or discarded pens, which would otherwise contribute to environmental waste. NSS volunteers actively promoted the concept by sensitizing their peers about the significance of reducing plastic waste and fostering responsible disposal habits.



Pen drop box initiative at campus

UNITY PLEDGE

Date: 31.10.2023

The Principal Dr. Aswathy Sugunan led the institution in a solemn and inspiring Unity Pledge ceremony. The event, organized as part of the observance of National Unity Day aimed to reaffirm the commitment of students and staff to the values of unity, integrity, and harmony in the nation. During the ceremony, Dr. Aswathy Sugunan emphasized the importance of fostering unity in diversity and working collectively towards the progress of the nation.



Unity pledge

EXHIBITION STALL

Date: 1.11.2023

Keraleeyam exhibition stall on November 1, likely showcasing traditional Kerala culture, sustainable practices, and healthy living. The stall features handmade crafts, potted plants, and informational charts like a Healthy Diet Plan. It seems well-organized and vibrant.



Keraleeyam exhibition stall

ANTIDRUG AWARENESS CAMPAIGN

Date: 13-12-2023

The “War Against Drugs” awareness program was successfully conducted under the banner of the Nasha Mukta Bharat Abhiyan (NMBA) and Drugs-Free India Campaign.



HUMAN RIGHTS DAY AWARENESS PROGRAMME AND RALLY

Date: 08.12.2023

The National Service Scheme (NSS) unit of Sree Narayana College for Women, Kollam, in association with the Human Rights Forum, successfully organized an Awareness Program and Rally to commemorate Human Rights Day 2023. The purpose of this event was to raise awareness about human rights, encourage students and the community to understand their rights, and promote the protection of fundamental freedoms for all. The event began with an informative session on the importance of human rights, highlighting key issues such as equality, freedom, and dignity



Haritha Campus

Hon'ble Mayor Prasanna Earnest presented the Haritha Campus Award to the principal Dr. Aswathy Sugunan acknowledging the institution's successful implementation of initiatives such as: Tree Planting Drives to increase green cover, Waste Management Programs to promote segregation and composting. Plastic-Free Campaigns to reduce single-use plastics on campus, Biodiversity Conservation Projects to enhance local flora and fauna.



Presenting Haritha Campus Award

BLOOD DONATION CAMP

Date: 15.03.2024

The National Service Scheme (NSS) unit of Sree Narayana College for Women, Kollam organized a Blood Donation Camp in collaboration with the District Hospital Blood Bank. The camp was aimed at encouraging students and staff to contribute to saving lives by donating blood.



Blood Donation Camp

NCC ACTIVITY REPORT 2023-2024

NCC SNCW Unit, 3K Girls Bn NCC

WORLD ENVIRONMENTAL DAY ON 5th JUNE 2023

On June 5th, the NCC unit of Sree Narayana College for Women observed World Environment Day, aligning with the global theme for 2023. "Beat Plastic Pollution." This theme focused on raising awareness about the harmful effects of plastic pollution on the environment and promoting efforts to reduce, reuse, and recycle plastic materials. It aimed to encourage individuals, businesses, and governments to take action to reduce plastic waste and protect ecosystems.

The event commenced at 8:30 am, presided over by the principal in charge, Assistant Professor Dr. Sindhu Prathap. The program began with the principal handing over saplings to the 30 NCC cadets in the presence of the ANO Captain Lakshmi Gopidas. The ANO then delivered a speech highlighting the significance of World Environment Day and the importance of the 2023 theme.

The tree planting ceremony, a highlight of the event, commenced with the principal planting a sapling, followed by the cadets planting saplings in the campus.

The programme concluded with the distribution of saplings to the cadets, encouraging them to take the initiative to plant and nurture trees, symbolizing their commitment to environmental sustainability.



Observation of World Environment Day

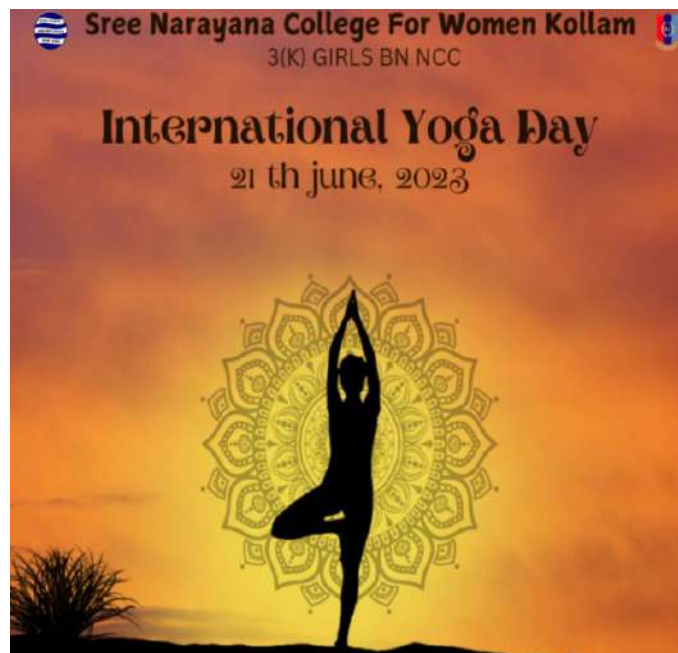
WORLD DAY AGAINST CHILD LABOUR ON 12th JUNE 2023

On June 12th, the NCC Unit of Sree Narayana College for Women organized a poster-making competition as part of World Day Against Child Labour. The theme for the 2023 World Day Against Child Labour was "Social Justice for All: End Child Labour!" The poster-making competition was inaugurated by our college principal Dr. Aswathy Sugunan, who emphasized the importance of the day. The event began at 9:30 AM, and 15 cadets participated in the college auditorium. Prizes were distributed by ANO Captain Lakshmi Gopidas. The event was productively conducted as a strong protest against child labour.



INTERNATIONAL YOGA DAY ON 21st JUNE 2023

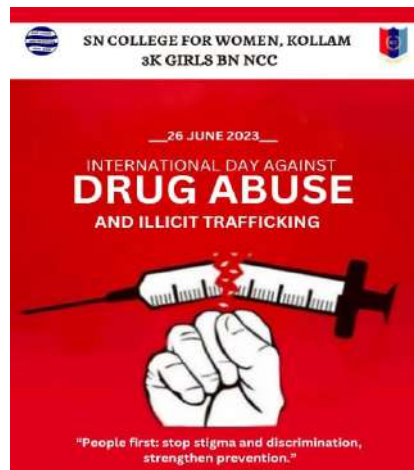
On International Yoga Day, 21 June, 2023, the NCC unit of Sree Narayana College for Women, Kollam decided to celebrate it with the goodness of yoga. 20 cadets attended the Yoga session led by our Ex-Seniors Lekshmi and Sreeja. They talked about the beauty of yoga and helped to practice some yoga exercises. At the same time, 30 cadets from our NCC unit attended Yoga training at Kollam Beach in collaboration with 7 K Naval. Later Our ANO Capt. Lakshmi Gopidas took a session on the importance of Yoga in daily life. For 2023, the theme is "Vasudhaiva Kutumbakam". The Sanskrit phrase "Vasudhaiva Kutumbakam" translates to "The world is one family". This theme underscores the universal appeal of yoga, echoing the belief that the benefits of yoga are meant for all of humanity, promoting unity and harmony.



INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING ON 26th JUNE 2023

On June 26th, the NCC UNIT of Sree Narayana College for Women organised a poster making competition as part of international day against drug abuse and illicit trafficking. The theme for the International Day Against Drug Abuse and Illicit Trafficking in 2023 was "People first: stop stigma and discrimination, strengthen prevention."

The poster making competition was inaugurated by Dr Aswathi Suganan by stating the importance of the day. The event started at 8:45a.m and around 25 cadets assembled at College Auditorium for the competition. The event was productively conducted as a strong objection against drug abuse and illicit trafficking.



INTERNATIONAL PLASTIC BAG FREE DAY ON 3rd JULY 2023

On July 3, 2023, the NCC unit of Sree Narayana College For Women observed International Plastic Bag Free Day to raise awareness about the environmental impacts of plastic bags and promote sustainable alternatives. The event aimed to educate the public about the hazards of plastic bags and encourage them to adopt eco-friendly practices.

The main objectives of the event is to create awareness about the environmental hazards of plastic bags, to promote the use of ecofriendly alternatives to plastic bags and to encourage the public to adopt sustainable practices and reduce plastic waste. The event was a huge success with over 30 cadets participating in the rally and other activities like poster-making competition. The observation of international plastic bags free day by the NCC cadets of Sree Narayana College for Women was a successful event that helped raise awareness about the environmental impacts of plastic bags. The event encouraged to adopt sustainable practices and reduce plastic waste.



MAJOR SANDEEP UNNIKRISHNAN MEMORIAL DAY

On 8th July 2023, Kollam Group HQ, 3Kerala Girls Bn NCC, and 7Kerala Naval Unit jointly organized the Major Sandeep Unnikrishnan Memorial Day at Hotel Raviz Thevally ,Kollam. 40 cadets of Sree Naryana College for Women attended the event. The memorial day was a tribute to Major Sandeep Unnikrishnan's Bravery and Sacrifice.

The event held at 4pm was graced by the presence of honorable officials which included Central Minister Rajeev Chandrasekhar and Kollam Group Commander Brigadier Manoj Nair. The event was a resounding success, thanks to the cadets who showcased stringent discipline and cooperation.

The event aimed to inspire the cadets to emulate Major Unnikrishnan's values of courage, sacrifice, and patriotism. The Memorial Day served as a reminder of the importance of serving the nation and upholding its values.



S N COLLEGE FOR WOMEN, KOLLAM
3 K Girls Bn, NCC



MARTYRS' DAY PROGRAM REPORT ON 19TH JULY 2023

On 19th July 2023, Kollam Group observed Martyrs' Day to pay tribute to the brave soldiers who have laid down their lives for the nation. The program was organized at TKM College Karikode with the active participation of the three battalions 3(K)Girls Bn,7(K)Bn, 3(K) Naval Wing. 40 cadets were present from each battalion. This program was held to commemorate the sacrifices of our martyrs and to instill a sense of patriotism among the students.

The program began at 9 o'clock with the welcome speech of our cadet. The program was inaugurated by our Group Commander Brigadier Manoj Nair.

Later on, Cadets delivered speeches on the theme of patriotism and martyrdom. They spoke about the importance of patriotism and the need to remember the sacrifices of our martyrs.

The program concluded with a vote of thanks by our cadet and National Anthem. The Martyrs' Day program was a success, with active participation from the students. The program helped to instill a sense of patriotism among the students and reminded them of the sacrifices made by our martyrs.



INDIAN INDEPENDENCE DAY ON 15th AUGUST 2023

On 15th August 2023, the NCC UNIT of Sree Narayana College For Women celebrated the 77th anniversary of India's independence with great enthusiasm and reverence. The day was marked by various cultural activities, speeches, and a flag-hoisting ceremony to honour the sacrifices made by the freedom fighters and the leaders who fought for the country's independence. The event commenced at 8:30 am in the presence of our principal Dr. Aswathy Sugunan, our ANO Captain Lakshmi Gopidas and an energetic participation of our 45 cadets. NSS volunteers of SNCW unit had also actively participated in this programme.

This day is marked with military and police parades showcasing India's defense strength, cultural diversity, and technological progress. 25 cadets of our unit attended Independence Day parade at Ashramam ground conducted by The Kerala Police. The ceremony started at 8:00 am and ended at 10:30 am. Indian Independence Day is not just a commemoration of the nation's freedom but also a celebration of its resilience and aspirations. It reflects the country's journey from a colonial past to a growing global power. As the nation moves forward, the spirit of unity and patriotism continues to shape its path towards a brighter and inclusive future.



WORLD SUICIDE PREVENTION DAY 8 SEPTEMBER 2023

On 8 th September 2023 the NCC unit of Sree Narayana College for Women, Kollam observed world suicide prevention day in the presence of Principal-in-charge Dr. Aswathy Sugunan, ANO CAPT Lekshmi Gopidas and along with 35 NCC cadets.

The theme of the day was 'Creating hope through action'. The programme started by 10 hours in college seminar hall. The day observed with an awareness class by Captain Lekshmi Gopidas madam about the importance of life and then followed by the Principal.

This programme made a awareness about how to face life issues, reduces stigma and giving a singular message that suicides are preventable. The speech also motivated everyone to raises awareness among our loved once and the public.



**SREE NARYANA COLLEGE FOR WOMEN,
KOLLAM**

JEEVANI CENTRE FOR WELLBEING

**WORLD
SUICIDE
PREVENTION DAY**
10th SEPTEMBER

DATE & TIME : 8th sept , 10:30 am
VENUE : SEMINAR HALL

Interactive session with
**Ms.ASHMIN I
JEEVANI COUNSELLOR**

In association with - SNCW NCC UNIT

INTERNATIONAL LITERACY DAY ON 8th SEPTEMBER 2023

The NCC unit of Sree Narayana College for Women, Kollam, celebrated World Literacy Day 2023 by organizing poster-making and quiz competitions for cadets on 8th September 2023, from 11:30 AM to 1:00 PM.

The program was inaugurated by Principal Dr. Aswathy Sukunan, who highlighted the importance of literacy in building sustainable and peaceful societies. ANO Captain Lekshmi Gopidas then conducted a session on the value of education.

15 cadets participated in the quiz competition. Cadets showcased creativity through their posters, and winners were awarded prizes by the Principal. The event successfully emphasized the role of education in fostering societal progress.

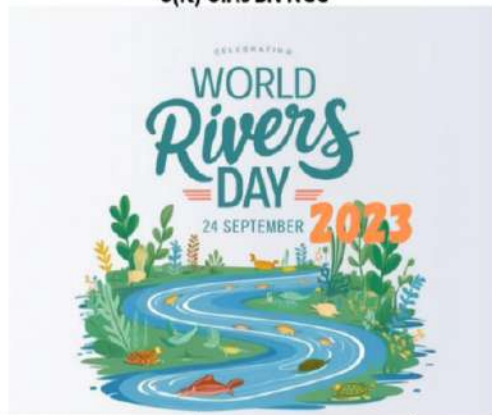
The aim of the literacy day is "Building the foundation for sustainable and peaceful societies."



WORLD RIVERS DAY ON 24th SEPTEMBER 2023

On September 24th, the NCC Unit of Sreenarayana College for Women commemorated WORLD RIVER DAY on 24th September 2023 which aims to clean the river resources from plastic wastes and other impurities. The program was held in the Kollam Ashtamudi Canal Area which began with inaugural address by Principal Dr. Aswathy Sugunan, highlighting the importance of protecting our natural resources, water bodies and maintaining sustainable development for a better future. Cadets did awareness programs with banners & posters in the nearby areas and at the Banks of the Ashtamudi lake which is being polluted by the rivers. Posters are exhibited and placards were distributed to inform civilians about the harmful effects of water pollution & how to practice sustainable water usage for our future. The programme successfully promoted the importance of protecting our natural resources and water bodies and encouraged people to rethink about their actions towards nature

 **Sree Narayana College For Women Kollam**
3(K) Girls BN NCC 



**Awareness on
conservation
of water bodies**

24 September 2023
Time :8:30 am
venue: Near KTDC ,
Astamudi backwaters

**Join us to celebrate the world rivers day by
learning the importance of fresh water**



WORLD HEART DAY ON 5th OCTOBER 2023

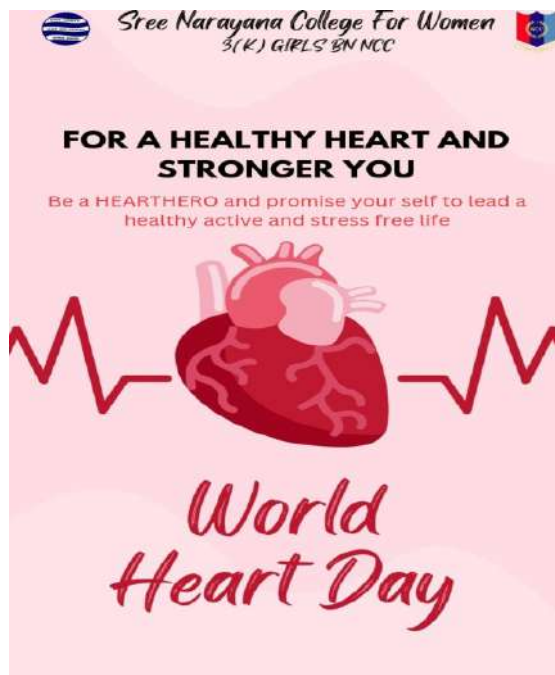
On October 5, 2023, World Heart Day_ the NCC SNCW, 3K Girls Bn, in collaboration with NCC, NS Co-operative Hospital, NSS unit, and Kollam City Police, organized a program to commemorate World Heart Day. The event, held at SNCW College, aimed to raise awareness about cardiovascular health and promote heart-healthy habits.

The program featured an awareness about healthy heart for human life. In this occasion 30 cadets attended this program.

The program started from ashram ground to Kollam beach. Our ANO Captain Lekshmi Gopidas grace the occasion with their presence.

The them of this year's World Heart Day:" Use Heart, Know Heart " emphasized the importance of understanding cardiovascular risks and taking protective steps to maintain a healthy heart.

Through this initiative, the organizers sought to educate the cadets and the community about the prevention and management of cardiovascular diseases. The program was a resounding success, and the participants pledged to spread awareness about heart health and adopt healthy lifestyle choices.



“SWATCCHATA PAKHWADA ”

On 8th November 2023, there conducted a cleaning program under the tagline 'EK KADAM SWATCHHATA KI AUR' at Kollam Beach in association with 3(K) Girls,7(K) and 3(K) Naval NCC units. About 75 cadets volunteer themselves for the program out of which a notable 30 cadets proudly represented Sree Narayana College for Women.

The cadets actively participated in speech related to the event. They had brought a new ray of hope to the society to keep our environment clean. The event serves as a clarion call to action, raising vital awareness about the importance of preserving our planet's precious water bodies. By mobilizing efforts to remove plastic and other non-biodegradable waste, we can restore the pristine beauty of our beaches, seashores, and waterways, ultimately safeguarding the health of our ecosystems and our communities.

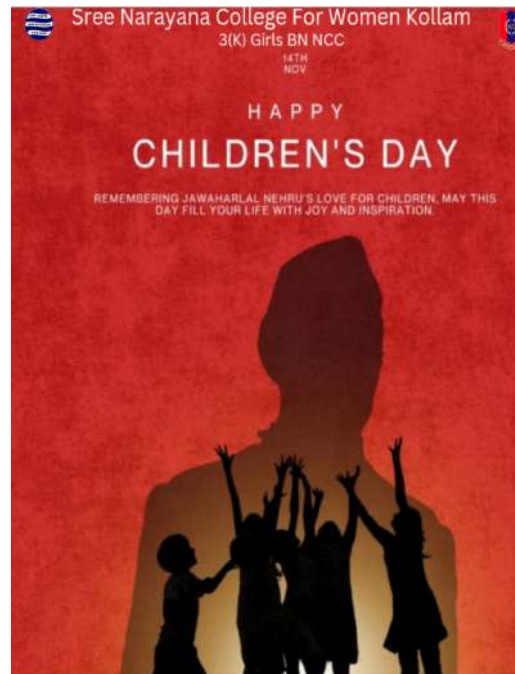


CHILDREN'S DAY 14th NOVEMBER 2023

On the children's day, the NCC unit of Sree Narayana College for Women, Kollam conducted children's day celebrations at Balika Mariyam LPS. 25 Cadets attended the children's day celebration

Our ANO Captain Lakshmi Gopidas delivered a speech at the program which was inaugurated by the Headmistress of Balika Mariyam LPS, Shri. Elizabeth Lissy. Our cadets gave out sweets to every student of the school. Together we had a great time celebrating Children's day.

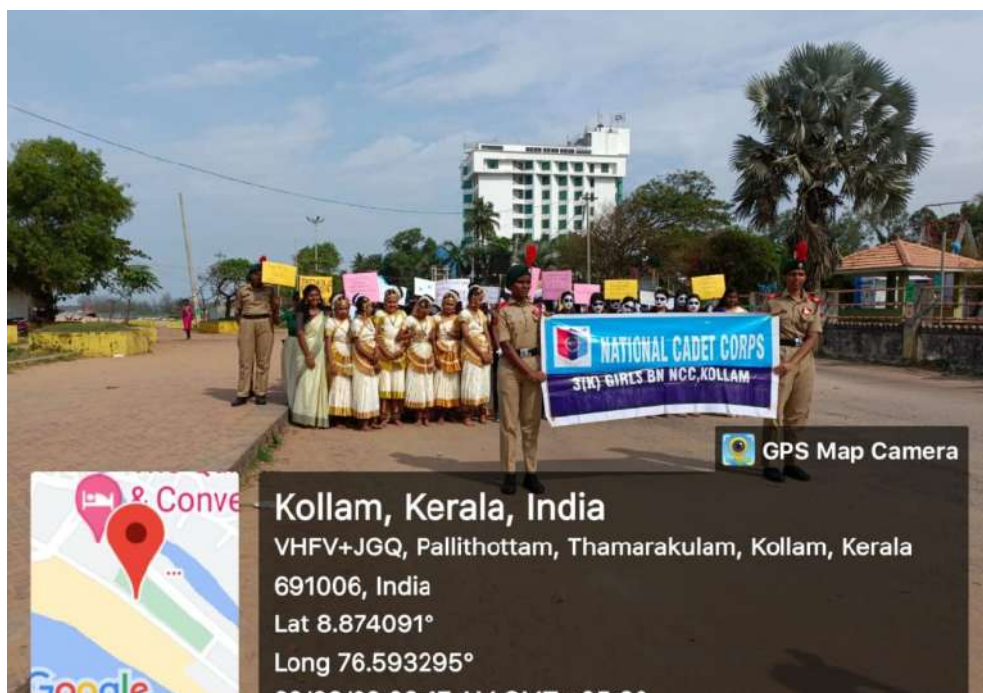
Children's Day is a commemorative date celebrated annually in honour of children, whose date of observance varies by country. World Children's Day is celebrated on 20 November to commemorate the Declaration of the Rights of the Child by the UN General Assembly on 20 November 1959.



“SWATCCHATA PAKHWADA ”

On November 22, 2023, the 3(K) Girls Battalion NCC, in association with the 7(K) Battalion NCC Unit, conducted a cleaning program at Kollam Beach as part of the Puneet Sagar Abhiyan. This nationwide cleaning mission aims to clean up India's coastal areas, promote environmental awareness, conserve marine ecosystems, and foster community engagement.

Approximately 30 NCC cadets from Sree Narayana College for Women enthusiastically participated in the program, demonstrating their dedication to environmental conservation. Their tireless efforts not only contributed to a cleaner beach but also inspired the community to adopt sustainable practices. The participation of each cadet from both battalions was truly commendable, reflecting their commitment to creating a better future. Through this initiative, the NCC cadets have brought a new ray of hope to society, emphasizing the importance of keeping our environment clean and preserving our natural habitats.

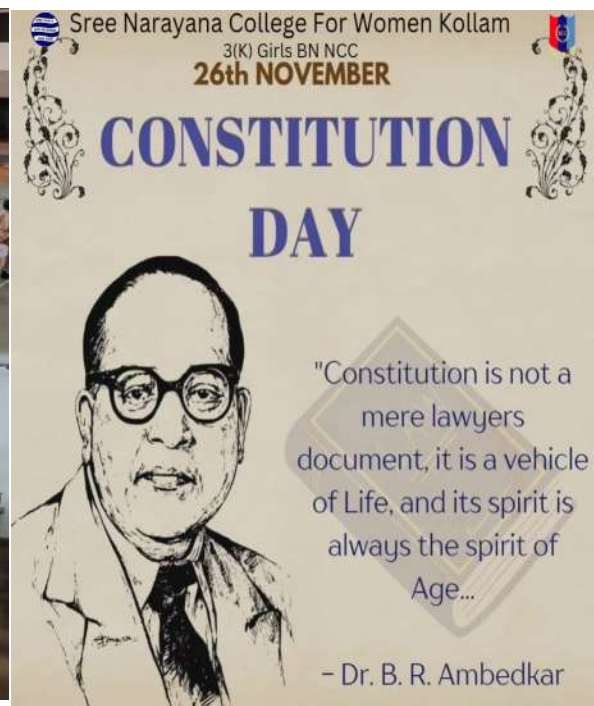
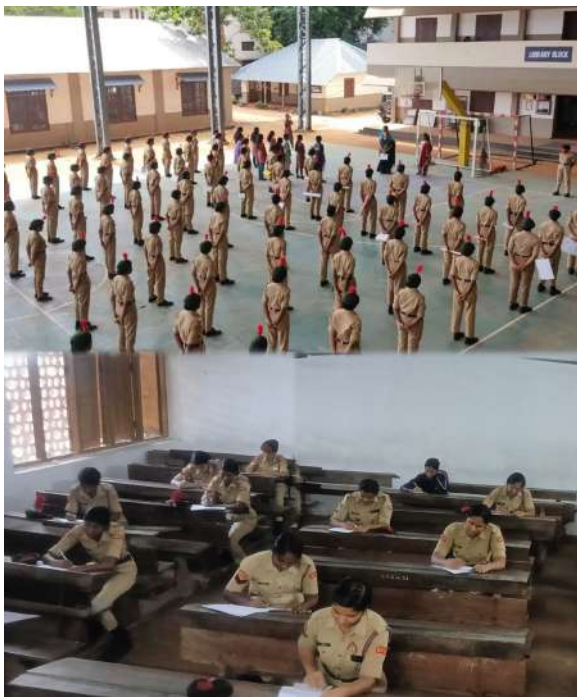


NATIONAL CONSTITUTION DAY 26 NOVEMBER 2023

On the National Constitution day, the NCC unit of Sree Narayana College for women, Kollam conducted a quiz competition for NCC cadets from 10:00 a.m. to 11 a.m. Principal Dr. Aswathy Sugunan inaugurated the competition where 20 cadets participated.

ANO Capt. Lakshmi Gopidas Ma'am took a session on behalf of National Constitution Day. The winners of the competition were awarded prizes by the principal Dr. Aswathy Sugunan.

This year, 2023, marks the 132nd birth anniversary of Dr. Bhim Rao Ambedkar, who was the chairman of the drafting committee of the Constituent Assembly and played an important role in the drafting of the Constitution. The theme for Constitution Day 2023 in India is "India: Mother of Democracy".

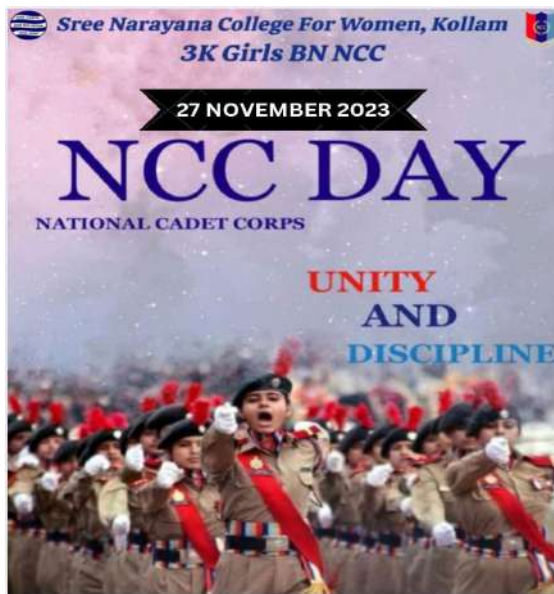


NATIONAL CADET CORPS DAY ON 27th NOVEMBER 2023

On 27th November 2023 in commemoration of NCC Day cadets of 3(K) Girls BN and 7(K) BN, participated in a heartwarming event. The cadets were honored by the presence of Kollam Group Commander Brigadier Manoj Nair. 35 Cadets from Sree Narayana College for Women attended the programme with other cadets from different institutions.

As part of the celebrations, the cadets visited a old-age home, where they spent quality time with the residents. The event featured a range of activities. The cadets showcased their talents through a series of cultural performances, including songs and dances.

The NCC Day celebration was a resounding success, thanks to the active participation of the cadets. The event not only promoted social responsibility but also fostered a sense of camaraderie and teamwork among the cadets.



HUMAN RIGHTS DAY ON 7th DECEMBER 2023

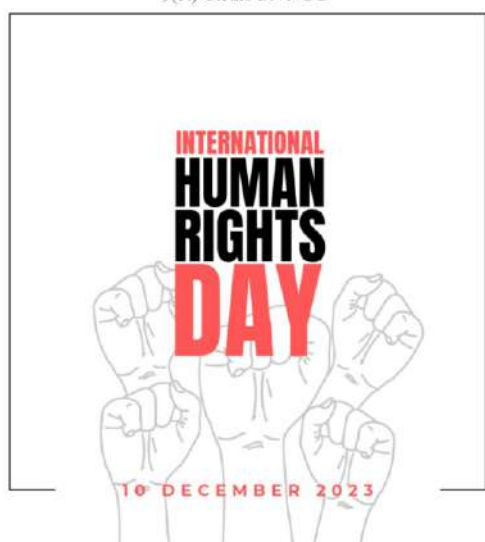
On December 7, 2023, the NCC UNIT of SREE NARAYANA COLLEGE FOR WOMEN, KOLLAM commemorated Human Rights Day at Open air auditorium with a vibrant program aimed at raising awareness about fundamental rights and promoting equality, dignity, and freedom for all. The Theme of the programme was [Freedom, Equality and Justice for All"] The event was a huge success with over 30 cadets.

The event began with a welcome speech by principal Aswathy Suganan Ma'am, highlighting the significance of Human Rights Day and the chosen theme. This was followed by a brief history of Human Rights Day, emphasizing its relevance in today's world.

The program concluded with a speech by ANO Capt Lekshmi Gopinath Ma'am, thanking participants and reiterating the importance of standing up for human rights. Attendees were invited to sign a pledge to uphold and promote human rights in their daily lives.

The Human Rights Day program successfully raised awareness and fostered a sense of responsibility among participants. Feedback from attendees indicated a heightened understanding of human rights issues and a commitment to contributing to positive change.

 Sree Narayana College For Women Kollam
3(K) GIRLS BN NCC 

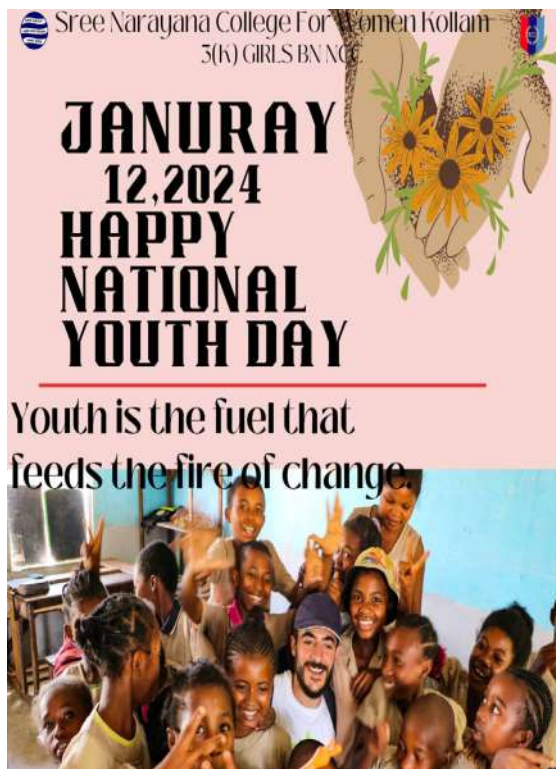


NATIONAL YOUTH DAY 12th JANUARY 2024

The NCC unit of Sree Narayana College for Women, Kollam, celebrated National Youth Day on 12th January 2024, to honor the birth anniversary of Swami Vivekananda, a renowned philosopher, spiritual leader, and youth icon. The event highlighted the significance of his teachings, emphasizing their relevance in empowering the youth to build a better and progressive society.

To mark the occasion, a quiz competition was organized for the cadets, focusing on Swami Vivekananda's life, philosophy, and contributions. A total of 25 cadets participated in the quiz competition. The cadets participated enthusiastically, showcasing their knowledge and admiration for his ideals.

The winners were awarded prizes by ANO Captain Lekshmi Gopidas, inspiring everyone to embody the values of leadership and self-discipline. The event was a fitting tribute to Swami Vivekananda's legacy, leaving cadets motivated to follow his path of wisdom and service.

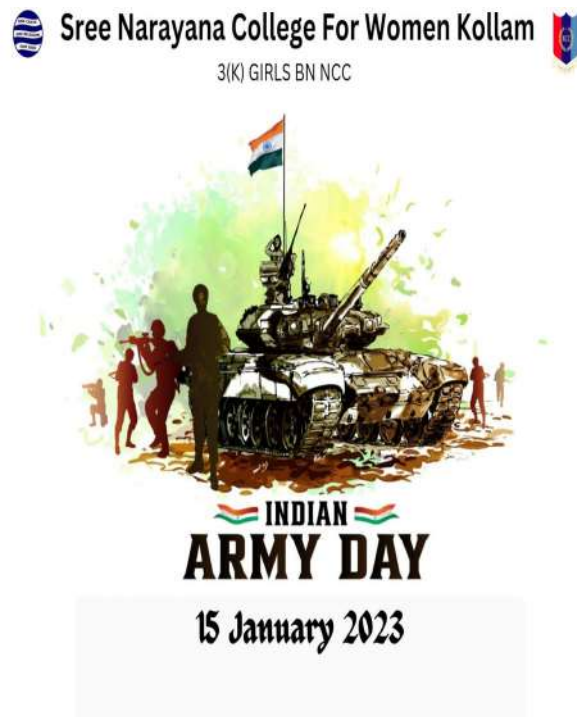


INDIAN ARMY DAY 15th OCTOBER 2024

On 15th January 2024, the NCC unit of Sree Narayana College for Women celebrated 75th Indian Army day with manifold activities to pay homage to the indomitable guardians of our frontiers. The event commenced at 9.30am at the college seminar hall and inaugurated by our respected principal Dr Aswathy Sugunan. A total of 25 cadets took part in the event. This day later went on with speech done by our ANO Ma'am Captain Lekshmi Gopidas who marked the importance of this remarkable day.

The celebration continued with a brief introduction of Indian Army and its role in our lives through a video clip. The day is a tribute to the soldiers who have sacrificed their lives to protect the country and its citizens

As NCC Cadets with much respect, we dedicated the day to salute every army soldier out there, for the service that they render with immense dedication, fearlessness and pride.



NATIONAL REPUBLIC DAY, 2024

On 26th January, 2024, the NCC unit of Sree Narayana College for Women celebrated the 74th Republic day of India. The program started with a flag hoisting ceremony to honor all our warriors who fought for our independence sacrificing their own lives. The event commenced at 08:30 am in the presence of our Principal Dr Aswathy Sugunan, our ANO Captain Lakshmi Gopidas with our 80 cadets and some NSS Volunteers. The theme for the 2024 Republic Day was "Viksit Bharat" (Developed India) and "Bharat - Loktantra ki Matraka" (India - Mother of Democracy).

2024 Republic Day was somewhat special for our college, as 2 of our second year Cadets were attending the Republic Day parade at Delhi - U/O Meenakshi and CPL Ambika. Speeches were given by the Principal and ANO by sharing some happiness on their achievements. Some cultural activities were also arranged by some of our cadets. The event was concluded by everyone singing our National Anthem together.

Today, we reflect on India's remarkable journey from a newly independent nation to a thriving democracy, and we reaffirm our pledge to uphold the principles of liberty, fraternity, and unity. As we move forward, we are inspired by the spirit of Republic Day to strive for a brighter, more inclusive, and more prosperous India for all.



POOR HOME VISIT ON 26th JANUARY 2024

As part of the celebrations for republic day 2024, the NCC cadets of Sree Narayana College for women, Kollam organized a special cultural program at an old Age home in collaboration with 7k naval. A total of 7 cadets participated in the cultural program. This initiative aimed to spread joy, respect, and care for the elderly residents of the home, reflecting the true spirit of Republic day- unity, love, and social responsibility.

The elderly residents actively participated in the event, clapping along with the songs, cheering the performances, and engaging in discussions with the cadets. Many of the residents expressed deep gratitude for the thoughtful gesture and shared their appreciation for the cadets efforts to make them feel special on such a significant day. The event also served as an eye-opener for the cadets regarding the challenges forced by the elderly, encouraging them to be more empathetic and caring.

The event received positive feedback from both the elderly residents and the college authorities. It not only provided entertainment and joy to the elderly but also reminded the young cadets of their duties towards society.



BASIC LIFE SAVING SESSION ON 26th FEBRUARY 2024

On 26th February 2024, the NCC UNIT of Sree Narayana College for Women attended the basic life support session -cpr conducted by the Travancore Medical College Hospital Training and Development Wing. The objective of the session was to educate participants on the fundamental skills required to perform Basic Life Support (BLS) effectively during medical emergencies, with an emphasis on cardiopulmonary resuscitation (CPR).

20 cadets of our unit had received the importance of cpr lecture session, demonstration and training session about how to perform cpr when and where correctly. Towards the end, the cadets were awarded with certificates in the presence of the Medical Superintendent and Chief Operating Officer.



BLOOD DONATION CAMP 16th MARCH 2024

The NCC Unit of Sree Narayana College for Women successfully organized a Blood Donation Camp on 16th March 2024. A total of 15 cadets voluntarily donated blood, showcasing their dedication to social service and community welfare.

The camp was held on the college premises, providing a safe and convenient space for donors. The Principal and our ANO attended, offering encouragement and support to the cadets. All 15 cadets donated blood, exemplifying the spirit of selflessness and compassion.

The camp aimed to promote awareness about blood donation and inspire youth to contribute to this noble cause. It reinforced the cadets' sense of social responsibility, demonstrating the NCC's commitment to community welfare. The Blood Donation Camp was a resounding success, driven by the enthusiastic participation of cadets and the support of the college administration.

