

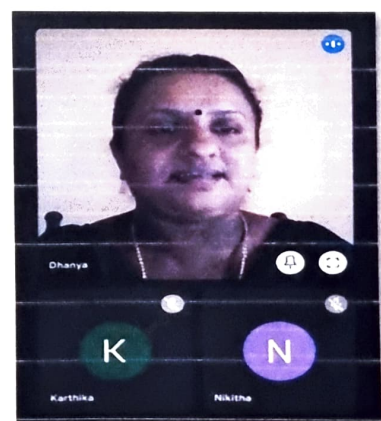
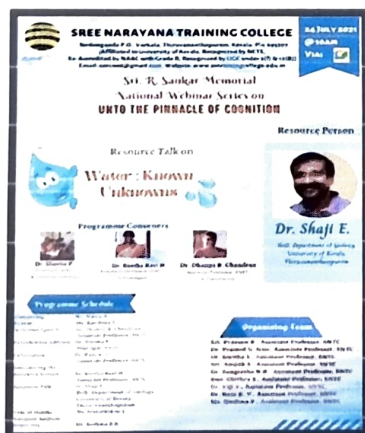
# SREE NARAYANA TRAINING COLLEGE, NEDUNGANDA VARKALA, THIRUVANANTHAPURAM, KERALA

Participation in national priority programmes such as Swatch Bharat, AIDs awareness, Gender sensitivity, Yoga, Digital India, and National Water Mission during the year 2021-2022

## 1. Webinar on Water: Known Unknowns

Water, the most precious resource that needs to be conserved. It is the basic necessity of every living being, but water scarcity is a major issue that is rapidly increasing in the whole world nowadays. On the basis of this idea Sree Narayana Training College, Nedunganda on behalf of the Sri. R. Sankar Memorial National Webinar Series on 'Unto the Pinnacle of Cognition' organised the fifth webinar on the topic "Water-Known Unknowns" on 24th July at 10am via Google Meet. The programme began at 10 am. Dr. Dhanya B. Chandran, Assistant Professor of SNTC and Coordinator of the webinar welcomed everyone of the programme. Dr. Sheeba P., the honorable principal of SNTC and General-convenor rendered the presidential address. Dr. Reetha Ravi. H, Assistant Professor of SNTC and Convener introduced the Resource person.

Dr. Shaji .E, H.O.D, Department of Geology, University of Kerala, Thiruvananthapuram was the resource person of the webinar. He is a research holder on the same topic and visited many countries to influence his research ideologies on water. Using very informative and eye – catching power point presentation he shared his personal experiences at water scarce country Madagascar. The statistical representation of the countries starting from first (Qatar) to the thirteenth (India) in water scarcity was same time an eye opener and shocking revelation. He continued the session and concluded on the note that sustainable usage of water starts from our home and made each of the listener to be a part of that scheme in future for a better tomorrow.

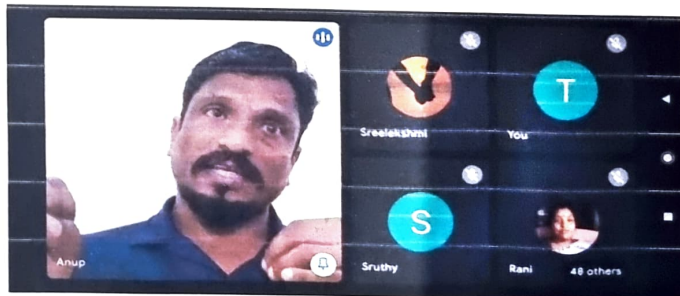
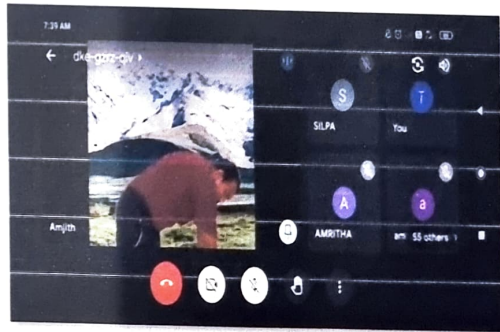
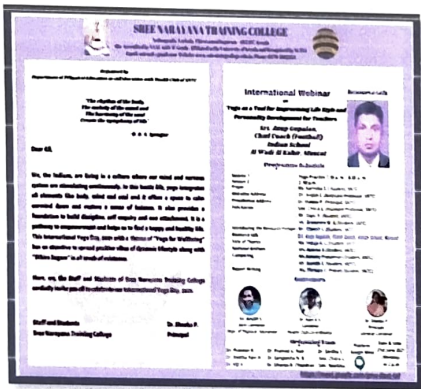


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## 2. International webinar on Yoga as a tool for improving life style and personality development for teachers

Sree Narayana Training College, Nedunganda has conducted International webinar on Yoga on 7th International Yoga Day. The first Session was carried by Sri. Amjith. S, Assistant Professor of Sree Narayana Training College, Nedunganda and second session was an International Webinar on the topic "Yoga as a Tool for improving Life Style and Personality Development for Teachers" on 21st June 2021 at Google meet. The Resource talk was carried by Sri. Anup Gopalan, Chief Coach (Football) Indian School, Al Wadi Al Kabir, Muscat. The programme was organized by Department of Physical Education in collaboration with Health Club of Sree Narayana Training College, Nedunganda.

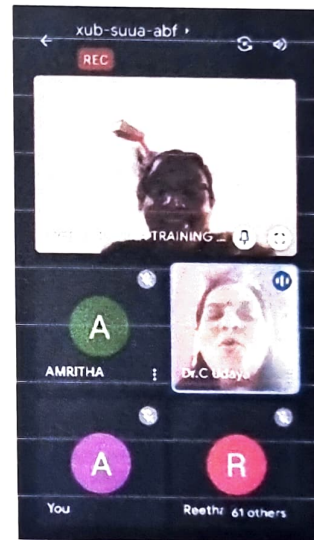
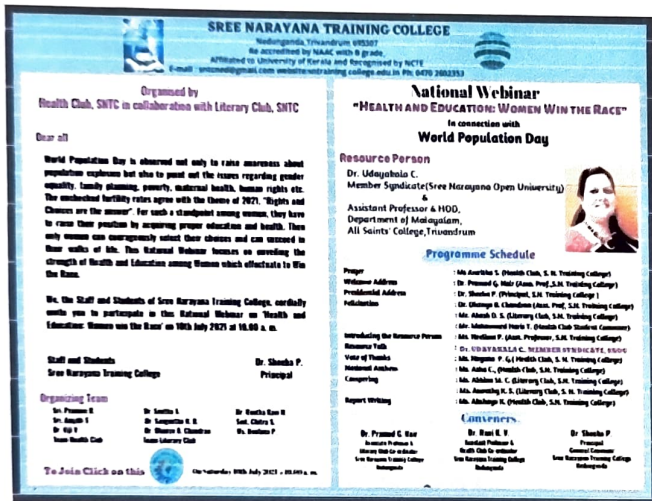
First session was a practical session of yoga at 7.00 am. on Google meet. In this session, Sri Amjith. S, Assistant Professor in Physical Education showed Vajrasana, Yogamudra, Sasankasana, Makrasana, Sawnasana, and Sarvankaasana followed by students Asanas. The session ended at 8.00 A.M. The Second session, International Webinar was started at 2.00 PM. The Resource person, Sri Anup Gopalan, Chief Coach (Football), is a licensed international coach by All India Football Federation and currently working as the chief coach at Indian school Al Wadi Al Kabir in Muscat. He is also the chief selector of the Oman based Elite Football Academy. He is also an advisory member of Olympic Association in Sultanate of Oman. He was a former sports administrator at HCL technology in India.



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### 3. National webinar on health and education: women win the race

An exclusive National webinar was organised by the Literary Club and the Health Club of Sree Narayana Training college, Nedunganda on the topic 'Health and Education: Women win the race' in connection with the World Population Day on 10 July 2021 at 10 am via Google meet. Dr. C. Udayakala as the apt personality for this webinar session. She is the Member Syndicate of Sree Narayana Open University and Assistant Professor and Head of the Malayalam Department, All Saints College, Trivandrum. She started the energetic and thought provoking talk by stating that women are not slaves and portrayed the importance of women during Vedic period. Women were worshipped like a goddess and they also had the power to take decisions. Followed by her talk there was a doubt clearing and discussion session where students had an opportunity to interact with the resource person.



### 4. Awareness programme on 'world aids day 2021'

In connection with the 'World Aids Day 2021', the first year student teachers of Natural Science optional conducted an awareness programme on 1 December 2021. The programme started with a prayer. After that, Ms. Arya Sasi welcomed the gathering, highlighting the purpose and importance of celebrating 'World Aids Day'. This was followed by a paper presentation on Aids Awareness by Ms. Silpa S. With the support of a well framed PowerPoint presentation, she explained clearly about the disease, and the different ways in which it is spread. She emphasized the imperative need to change the attitude of the society towards the affected people. The pictures exhibited were really an eye-opener to the audience. She concluded the presentation with a message to get aloof from the disease rather than from the affected people. After that, the posters prepared by the students were presented and explained by Ms. Nayana S. and Mayookha S. Singh.

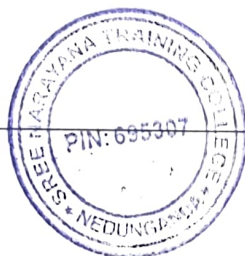



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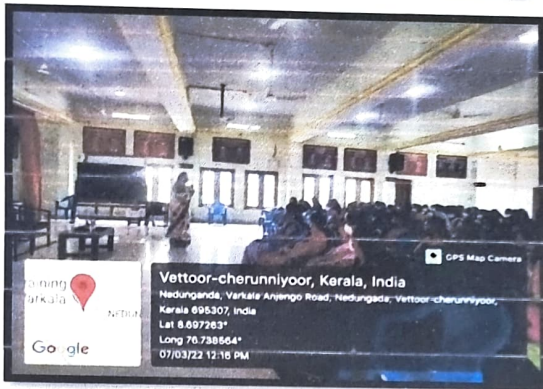
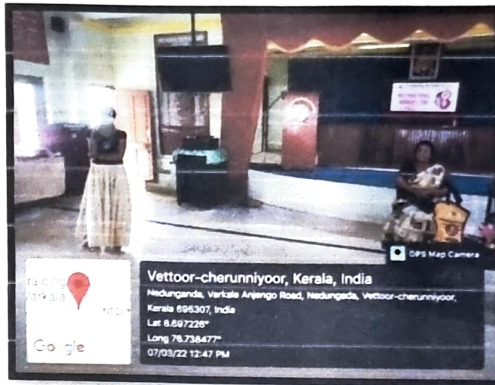


## 5. International women's day celebration -2022

Women's study centre of SN Training College has conducted an inauguration of international women's day celebration on 07/03/2022, Monday. The programme was conducted in the college auditorium in the presence of chief guest, teaching, non teaching staffs and both the first and second year students of the campus. The event launched at 10:15 am with the prayer of college choir team. The welcome address was delivered by Julia Joseph, senior student of our college. The function was presided over by Dr. Sheeba Teacher, Principal of the College. Mrs. Sangeetha NR, Assistant Professor of the College and Staff Coordinator of the Women's Study Unit, introduced the distinguished guest to the audience. The event was inaugurated by Mrs. Olena, State Secretary of the Progressive Arts and Culture Group. Mrs. Olena Teacher lighted the lamp and formally inaugurated the function. Then there was the Olena Teacher's Interactive section, which lasted an hour and a half. The session was very resourceful and motivating, students shared their ideas with Olena madam. On the occasion Anamika Somaraj, junior student of English department requested Olena madam to give a message for other teachers who were presented there considering the present situation Olena. The teacher who shared her experiences of growing up was a model teacher who inspired children. Sreena, a senior student in the same department, commented on the teacher's session and asked questions. Slogan, Poster Writing Competitions was also held at the college in connection with the Women's Day celebrations. The College Principal Mrs. Sheebamaam then presented a gift to Olenamaam. The event concluded at 1:25 pm with the vote of thanks of Deepthy Student Coordinator of the Woman Study Unit.



  
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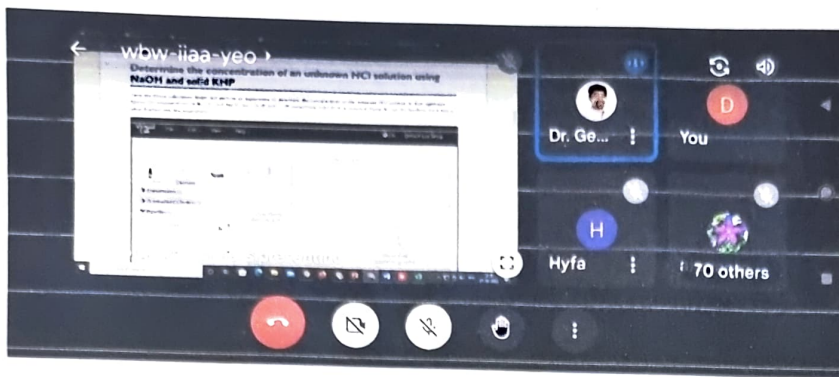


## 6. Technoid Dreams Come True: Blogging and Vlogging

IT club of SreeNarayana Training College, Nedunganda organized a series of webinar on Technoid: Dreams Come True. The webinar Technoid Dreams Come True: Blogging and Vlogging was conducted on 05-03-2022. The resource person was Dr. George Varghese, Assistant Professor, Mount Tabor Training College, Pathanapuram. He gave an energetic and thought provoking talk.

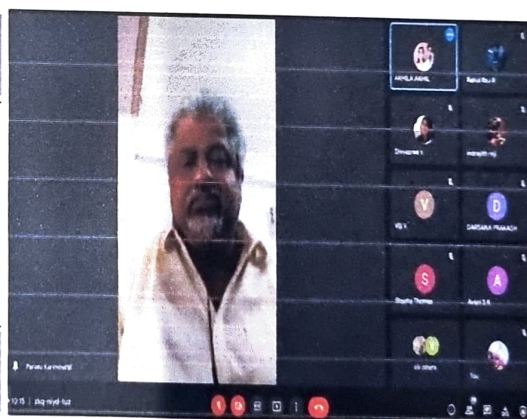
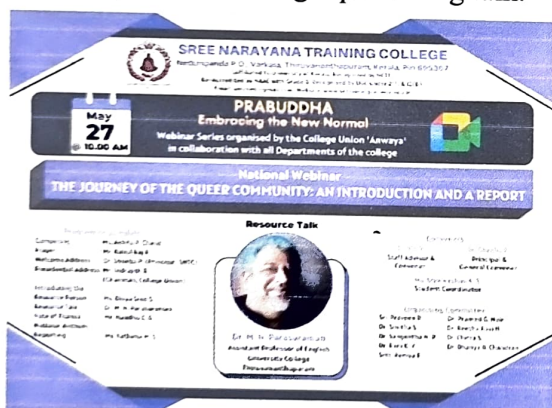


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### 7. National Webinar on the journey of the queer community: An introduction and a report

The Prabuddha Webinar Series organized by the Sree Narayana Training College and the College Union jointly has successfully completed its second day of the series. The webinar series was officially inaugurated on 16 May, 2022. The topic covered on the second day was; The journey of the queer community: An introduction and a report. Dr Sheeba P, principal of Sree Narayana Training College delivered the welcome address and she quoted the relevance and importance of the topic of the webinar. Indajith R, Chairman of Anwaya union delivered the presidential address. Dr. M. N. Parasuraman was the resource person. He gave an energetic and thought provoking talk.



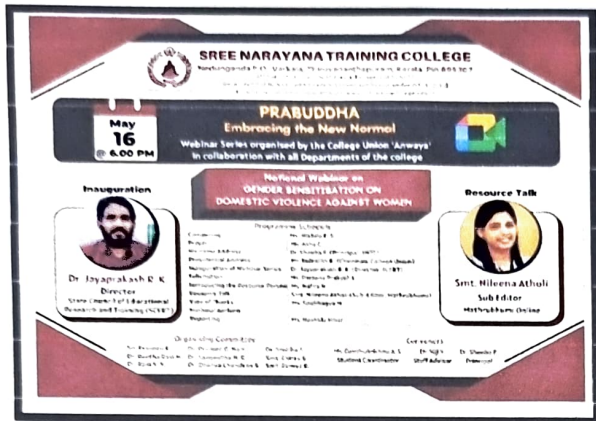
### 8. National Webinar on Gender Sensitisation on Domestic Violence against Women

Sree Narayana Training College union 'Anwaya', in collaboration with all departments of college, organised a National Webinar series on eight different topics. The seminar series officially started on 16 May 2022 at 6.00 pm.. Dr Sheeba P, principal of Sree Narayana Training College delivered the welcome address and she quoted the relevance and importance of the topic of the webinar. Indajith R, Chairman of Anwaya union delivered the presidential address. The webinar was officially inaugurated by SCERT director Dr. Jayaprakash R K. He discussed the seriousness of the matter within his time limit and later



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he discussed about the major issues faced by women in today's society. Hafna of department of English introduce the resource person Smt. Nileena Atholi ,Sub- editor Mathrubhoomi. The whole session deals with current situations and she cited relevant examples in day-to-day life. She talks about the rape and murder of women's, human trafficking, dowry deaths and forced early marriages. Her talk mainly dealt with the current problems.



## 9. National Webinar on Blueprint of Online Teaching

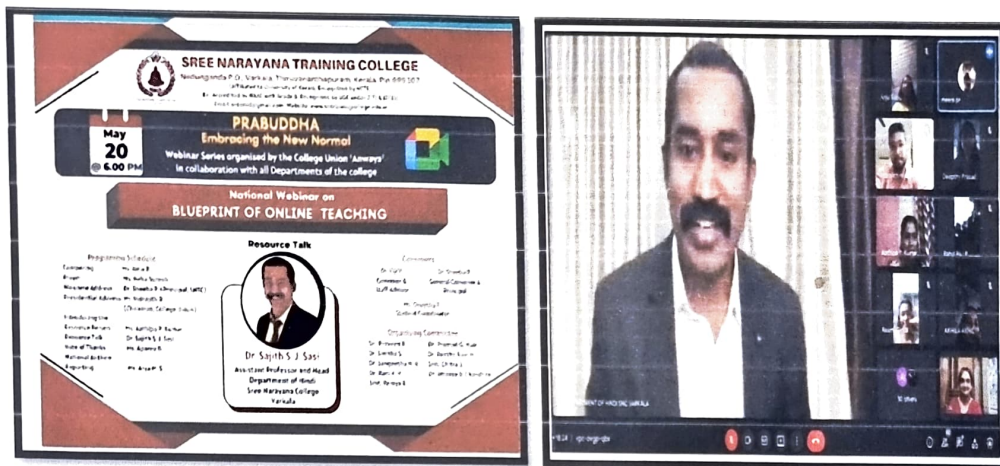
The Prabuddha Webinar Series organized by the Sree Narayana Training College and the College Union jointly has successfully completed its third day of the series. The webinar series was officially inaugurated on 16 May, 2022. The topic covered on the third day was; Blueprint of Online Teaching; Dr. Sheeba P., Principal of Sree Narayana Training College, welcomed the gathering. Her speech was disrupted due to some network issues. The Chairman of the College Union, Mr. Indrajith R. presided over the programme. He stressed on the fact that internet has brought a very crucial change in the field of Education during the time of COVID pandemic. He further pointed out that the students of this era are technologically very brilliant and a teacher who is technologically not so brilliant will not be accepted by today's society. Ms. Aathipa P. Kumar of Natural Science department gave a very detailed introduction of our Resource Person Dr. Sajith S. J. Sasi, Assistant Professor and H. O. D. of Department of Hindi, Sree Narayana College, Varkala. The class was very lively. It was more like a conversation. Even if the class appeared as a conversation, he dealt with several important topics throughout the session, such as, how to give the most effective quality classes through online, how to improve the quality of teachers or e-teachers; and how to attend online classes effectively. Commitment, dedication and updation are the three mantras that makes a teacher perfect. Updation, which is very important for teachers, should be done at 3 levels :1. Updation in teaching skill (language and communication skill),2. Subject updation, and3.Updation in Technology.

He then discussed the ways to become expert in online teaching and to be a role model to students by physically and mentally preparing for the online class. He then introduced to us



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a training programme offered by his White Thoughts LDC ; Advanced Digital Teacher Training Programme, a 21 days training programme for digital teachers. After that, he discussed the qualities that an expert online teacher should possess, using PowerPoint presentation. The qualities he listed were basic computer knowledge, proper power supply, proper internet connection, setting proper background, using laptop for effective teaching, avoiding distractive factors, using microphone (Bluetooth), proper lighting facilities etc. It was a very effective, fruitful and valuable session and he motivated us a lot.



### 10. National webinar on Home Employability Skills Through Online Platform

The webinar series entitled Prabuddha : Embracing the New Normal, organised by the College Union, Anwaya, in collaboration with all the Departments of the College took its next new step to the second day of the National Webinar series on the topic “Home Employability Skills through Online Platforms” conducted on 23 May 2022 at 4:00 pm. Dr. Sheeba. P, Principal of SN Training College, Nedunganda delivered the welcome address. She rendered a warm welcome to everyone gathered and also mentioned the relevance of the topic in the current scenario. She expressed her immense pleasure to welcome the Resource person, Smt. Rina Vivekanandan, Principal Consultant, Praapti, whose grand presence added more charm to the session.

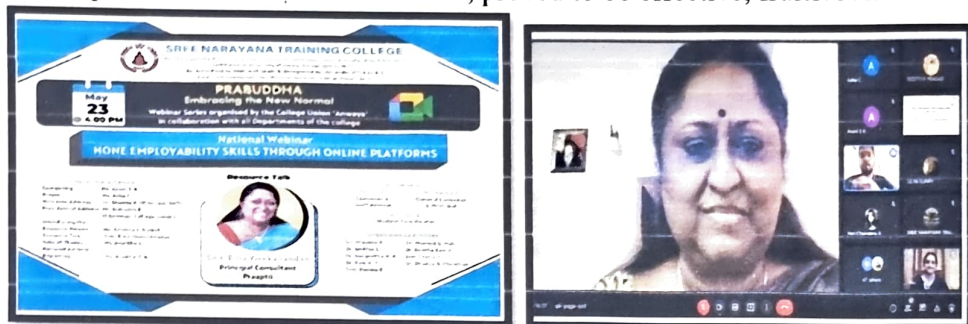
The webinar then moved to the central part, the Resource talk. Rina ma’am began the session by creating an awareness of the potentialities that the young generation has in expanding the economy of the country. She regarded them as the most valuable assets of the country who constitute a large proportion of the consumer class. She also mentioned the innovative and vast opportunities that are now available and open for all of us to explore. She, as an introduction, briefly described the persona of the Indian youth as risk takers and declared them as digital natives. Later, she listed out varied causes of unemployment, mainly the job losses due to automation and digitization by giving out estimates. The session proved to be engaging and informative. She, with great effort presented the topic



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and conveyed specific details regarding the topic to all the participants. The presentation of slides facilitated better understanding and easiness. The content-rich session, in terms of both the presentation and the discussion, proved to be effective, fruitful and worthy.




## 11. World Wetlands Day is celebration

World Wetlands Day is celebrated every year on 2<sup>nd</sup> February 2022 to commemorate the signing of the International Treaty, 'Ramsar Convention on Wetlands - 1971' for the conservation of wetlands at the global level. India is also a party to the Convention since 1982, and has so far identified 26 wetlands as Ramsar sites across the country covering 15 states. The Ministry of Environment, Forest and Climate Change (MoEF & CC) is the nodal Ministry for celebration of World Wetlands Day and proactively involved in conservation and management of these Ramsar sites and other wetlands of the country. The theme of World Wetlands Day - 2022 is 'Wetlands Action for People and Nature.' Celebrating this occasion of World Wetlands Day 2022, Sree Narayana Training College, Nedunganda organised a webinar on the topic 'Wetland Conservation: Special Emphasis to Ashtamudi Wetland, Kollam.' Ashtamudi Lake in the Kollam District of Kerala is the most visited backwater lake in the state. It possesses a unique wetland ecosystem and a large palm-shaped water body, second only in size to the Vembanad estuary ecosystem of the state.

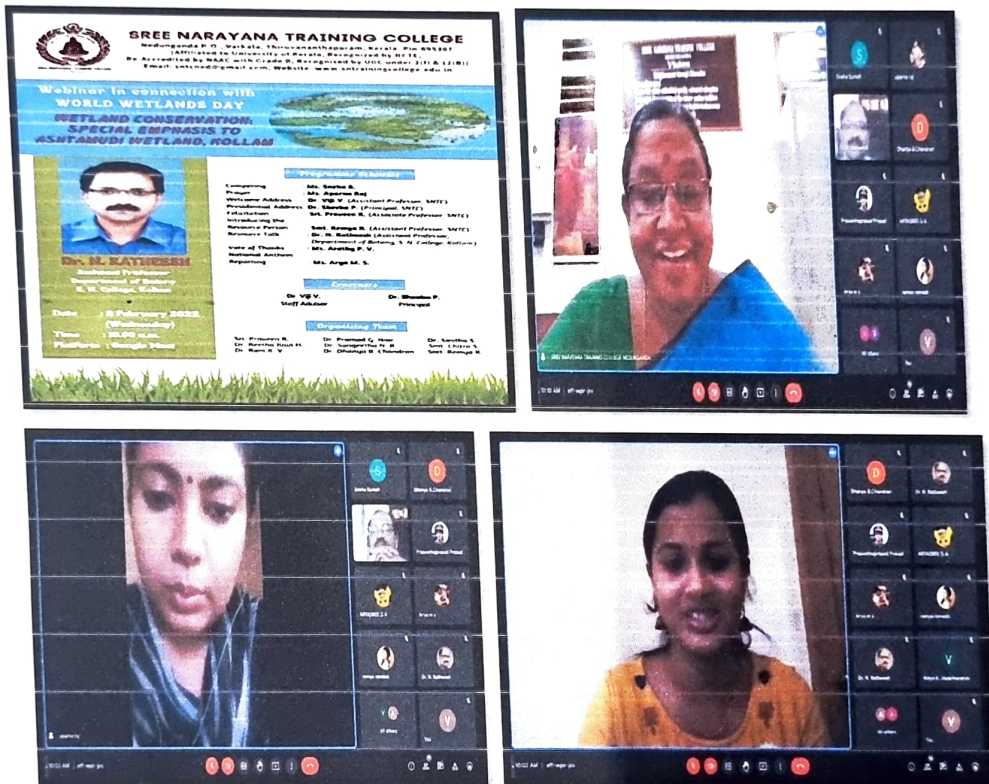
The webinar was streamed through the Google meet platform from 10.00 am to 11.30 am. Over 100 participants participated in this webinar. Dr. Viji V., Assistant Professor, and Department of Physical Science, delivered the welcome address. She reminded the importance of celebrating this day - to raise global awareness about the vital role of wetlands for people and nature. Dr. Sheeba P. (Principal, SNTC) delivered the presidential address and highlighted the importance of being aware of wetlands, their features and how to conserve them. Sri. Praveen R., Associate Professor, Department of Malayalam, felicitated the event. Smt. Remya R., Assistant Professor, Department of Mathematics introduced the resource person Dr. N. Ratheesh.

The resource talk in this webinar was delivered by Dr. N. Ratheesh, Assistant Professor, Department of Botany, S. N. College, Kollam. Dr. Ratheesh delivered a lecture on the topic 'Wetland Conservation: Special Emphasis to Ashtamudi Wetland, Kollam.' In his talk, he emphasized on the various efforts being made by MoEF & CC on the conservation



  
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of lakes and wetlands and explained about the importance of wetlands and their vital functions, values, and services particularly in context of sustainable urban future. He specifically pointed that our agricultural heritage is going down through the recent years and warned that our land becoming barren deserts is not so far. He stressed the importance of conserving land through the words "One gram tropical soil is equal to one kilogram gold". He explained in detail the features, categories, functions and importance of wetlands. He also explained the Ramsar convention and the articles associated with it - Article 1.1 and Article 2.1. Wetlands function as the kidneys of nature - he further considers wetlands as the lungs of nature. A call to take action for wetlands is the focus of this year's campaign. He also focused on the problems and threats for wetlands in today's world.



## 12. Inter Departmental Debate competition on the topic Empowerment of Women Through Education : Praxis and Concerns

Department of General Education(ED 01), Sree Narayana Training College, Nedunganda conducted an Inter Departmental Debate competition on the topic Empowerment of Women Through Education : Praxis and Concernson 4 June 2021 at Google Meet.

The Programme was started at 9.00 am .The compering was done by Mr. Sajin Dev, Student teacher from Department of Mathematics. The prayer song was sung by Ms.AswanyPrasannan , Department of Malayalam at the beginning of the session. Dr. Rani K. V., Assistant Professor of Sree Narayana Training College, Nedunganda was invited by Sri.



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Sajin Dev for the opening message. She clarified the aim of the debate and the present situation of the women on the basis of education. She also greeted all the participants of the debate competition. Dr. Smitha. S, Assistant professor of SreeNarayana Training college, Nedunganda has welcomed everyone to the programme and especially the judging panel.

The Debate competition was inaugurated by the Principal of Sree Narayana Training college, Nedunganda. In her Inaugural speech, the Principal encouraged the participants for blasting talk. She also talked about the basement of women empowerment regarding education and she conveyed her wishes to the success of debate competition. Mr. Mohammad Harris T. Student teacher of Social Science, moderator of the debate competition given the instructions to all the participants. There were six departments participated in the debate competition. Each department had 2 participants. The chest numbers were given to all the participants. Each candidate had maximum of three minutes in the first round of debate. There are two rounds and only 7 participants are allowed to enter the second round. If the time exceeds the limit, Darshanaprakash ,student teacher of physical science rang the warning bell for notifying there limit. Mr. Mohammad Harris T invited all the student teachers and teachers to express their finding about first round debate competition. Sri. Praveen R, Associate professor in Education department of Malayalam, Sree Narayana Training college, Nedunganda, express his gratitude towards each participants. Dr. Smitha S, Assistant Professor of Sree Narayana Training college, Nedunganda talk about the debate and express her happiness to all the participants.

**Programme Schedule**

- 9:00 a.m. Prayer, Mr. Anjan Prasad
- 9:05 a.m. Opening Message
- 9:10 a.m. Dr. Rani S. V. Asst. Professor, SNTC
- 9:15 a.m. Welcome
- 9:20 a.m. Dr. Smitha S. Asst. Professor, SNTC
- 9:25 a.m. Dr. Praveen R. Principal, SNTC
- 9:30 a.m. Inauguration
- 9:35 a.m. Dr. Anjan Prasad, SNTC
- 9:40 a.m. Vote of Thanks
- 9:45 a.m. Mr. Sajin Dev
- 9:50 a.m. National Anthem
- 9:55 a.m. Competing Mr. Sajin Dev
- 10:00 a.m. Reporting Mr. Sajin Dev

**Rules and regulations**

- Participants should be from the college itself
- Two participants from each department are allowed
- The program will be conducted on 04.06.2021
- Program will be conducted through Google Meet
- The judge's decision will be final
- Language for debate will be Malayalam & English
- Each candidate will be allotted two rounds
- Candidates exceeding the time limit will be disqualified
- Violations should be clear

**Inter Departmental Debate Competition**

**Topic**  
Empowerment of Women Through Education: Pros and Cons

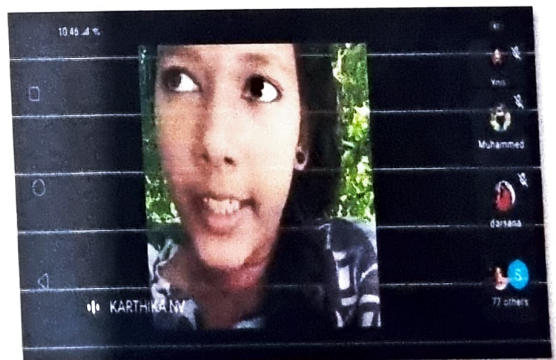
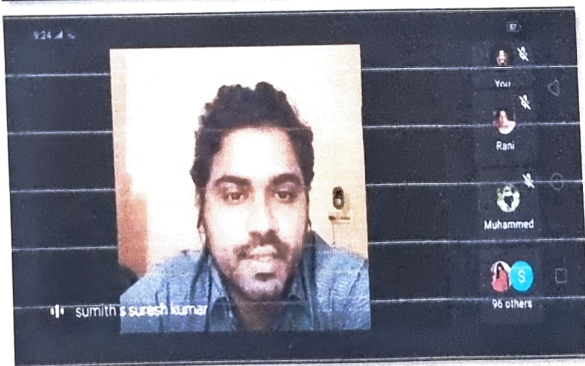
**DEBATE**  
Yes! No!

04.06.2021  
Time: 9:00 a.m.

**Organized by**  
Department of General Education (DGE #1)  
Sree Narayana Training College, Nedunganda

**Team Members**

- Moderator: Karthika V.
- Judges: Rani S. V., Praveen R., Anjan P., Anil Kumar, Sajin S.
- Participants: Anil Kumar, Sajin S.
- Photocall: Anil Kumar, Sajin S.
- Facilitator: Anil Kumar, Sajin S.



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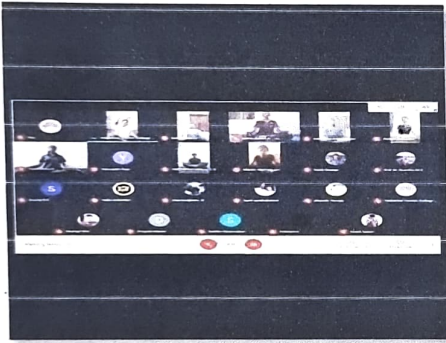
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**Participation in national priority programmes such as Swatch Bharat, AIDs awareness, Gender sensitivity, Yoga, Digital India, and National Water Mission during the year 2020-2021**

**2020-2021**

**1 . Webinar on Yoga**


Sree Narayana Training College, Nedunganda has conducted International webinar on Yoga on 6th International Yoga Day. The session was arranged through online on 20 th June 2020 via Google meet. The resource talk was carried by Sri Amjith S, Assistant Prof. in Physical Education. The programme was organized by the Department of Physical Education in collaboration with health club of Sree Narayana Training College. The primary focus of webinar was to spread positively of yoga among the life of students and their family members to enhance better life styles.

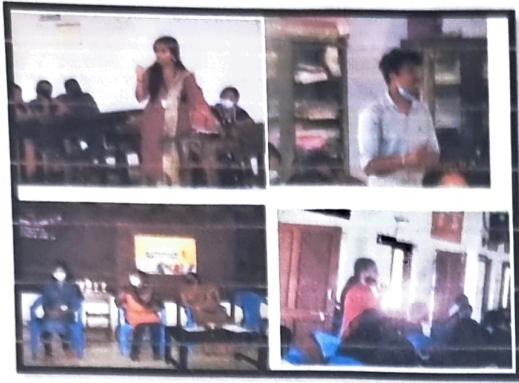


**2. International Women's Day 2021**

In Association with the women study unit of Sree Narayana Training College, organized international Women's Day on 08/03/2021 with a series of programs. On 3rd March 2021 a writing competition was held in the college and on 4th March 2021 debate competition was held. It was organized as inter optional competition. Dr. Dhanya B. Chandran, of Sree Narayana Training College evaluated various competitions and the winners were presented prizes on International Women's Day 2021. On 8th March 2021 a seminar was organized on the topic Women and Legal Issues. Advocate Bhavana Chandran of Kollam Bar Association was the resource person. The session included a thematic presentation and interactive session.

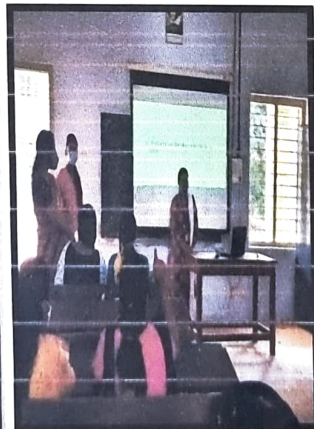
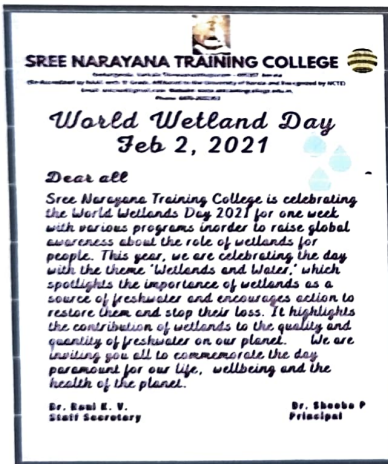


  
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### 3. Wetlands Day Drawing Competition 02.02.2021

Sree Narayana Training College, Nedunganda has organised various programmes by student volunteers, World Wet Land Day celebration on Feb 2, 3 and 4, 2021. The programmes were conducted in accordance with a theme “ Wetlands and water” in order to receive awareness about importance of wetlands. Pencil drawing competition was organised by department of natural science. The instance theme given for the competition was “water is precious”. Creative ideas of the students were seen in their respective pictures. Two students from each department participated in a quiz program conducted in association with the wetland day which consists of two levels -preliminary and mains. All students showed excellent performance although winners were Avani V R and Meenu M J from English department. The winners were awarded with certificate. The celebration paved the way to create awareness among the students to protect our earth and its valuable life.



### 4. Intercollegiate competitions in connection with mother's day

The Student's union of Sree Narayana College has organized Extempore competition in connection with Mother's Day Celebration on 8<sup>th</sup> and 9<sup>th</sup> of May 2021 through online platform. was conducted as a part of Mother's day celebration under the leadership of Sri. Midhun ML( Chairman of students' union SNTC). On May 9<sup>th</sup>, Photography contest and Letter-writing competition was conducted under the day. The



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Theme of Photography contest was "MOTHER" and that of letter writing was 'Write a letter to mom'.



### 5. Webinar series technoid : dreams come true

IT Club of SreeNarayana Training College, Nedungandaorganised a webinar series Technoid: Dreams Come True in five sessions. Webinar started from 11thMarch ,2021 and ended by May 20th.The first session in the series was handled by Dr. Lakshmi A., Assistant Professor in Education, N.S.S. Training College, Pandalam. The first section discussed topics like Kahoot, Quizizz and other evaluation tools. In the second session resource person was Dr. George Varghese, Assistant Professor in Education, Mount Tabor Training College, Pathanapuram. That session is meantfor the explanation of blog creation, video creation andmultimedia applications like Jamboard. The third session of the webinar is intended to give an idea regarding e-learning and e- content development. In this session the resource talk was made by Dr. Velayudahan Nair T., Assistant Professor in English Education, Peet Memorial Training College, Mavelikara. In the fourth session the resource person was Mr. Jijan E. K., Assistant Professor in Education, Mount Taboor Training College, Pathanapuram. This session introduced major online instructional tools. In the fifth session the resource talk was made by Dr. K. S. Sajan,Assistant Professor in Education, N.S.S. Training College, Ottapalam. The last of the series, introduced the LMS platform MOODLE and its applications. All the sessions were very informative and interactive. During the interactive phase the students remained very active and clarified their doubts. The programme was coordinated by Smt. Chitra S., Assistant Professor , SNTC and convened by Dr.Dhanya B. Chandran, Assistant Professor,SNTC.The entire sessions of the webinar were organized by IT CLUB of SNTC.The student members of the club were very active through out the webinar and worked enthusiastically for the successful conduct of the webinar.The webinar series really opened up a window to explore the enormous potentials of digital Technologies.




  
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Sree Narayana Training College  
Nedunganda

**SREE NARAYANA TRAINING COLLEGE**

Dear all,


**Day-9**

**Resource Talk**



**Dr. K. S. Sajan**  
Asst. Professor  
B.A. & Training College,  
Ottapalam

**TECHNOD : DREAMS COME TRUE**  
Webinar Series  
**Topic: Moodle**

Join On:  [Zoom](#)

**20/05/2021**  
**2 p.m.**

Organised by : IT Club

IT Club of Sree Narayana Training College, Nedunganda organizes a Webinar Series "Technod: Dreams Come True" to boost the digital skills of the prospective students in order to be equipping them to the world information and communication technologies. All are invited to join with us.

Dr. Sheela P. Prasad, Dr. Shama B. Chandra

Programmer Coordinator Programmer Co-coordinator

Organizing Team

Dr. Premal S. (Assistant Professor, SNTC)  
Dr. Premal C. Kizh (Assistant Professor, SNTC)  
Dr. Keshava K. (Assistant Professor, SNTC)  
Dr. Anjali S. (Assistant Professor, SNTC)  
Dr. Sangeetha V.B. (Assistant Professor, SNTC)  
Dr. Ravi K. V. (Assistant Professor, SNTC)  
Dr. Viji V. (Assistant Professor, SNTC)  
End. Neelima P. I. (Assistant Professor, SNTC)  
Inventor Members of IT Club


Cooperating Officer, Coordinator  
Prasad Aditi C.  
Volunteer Aditi C.  
Presidential Address Dr. Sheela P. (Principal, SNTC)  
Introduction of Resource Person Dr. Shama B. Chandra (Asst. Prof. SNTC)  
Resource Talk Dr. K. S. Sajan  
Vice of Thanks Ravi D. C.  
National Anthem

**Sree Narayana Training College**

Dear all,


**Day-9**

**Resource Talk**



**Dr. Velupillan Ravi T.**  
(Assistant Professor)  
Peer Memorial Training College,  
Muvattupuzha

**TECHNOD : DREAMS COME TRUE**  
Webinar Series  
**Topic: Moodle**

Join On:  [Zoom](#)

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Dr. Sheela P. Prasad


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**Principal**  
**Sree Narayana Training College**  
**Nedunganda**

**SREE NARAYANA TRAINING COLLEGE, NEDUNGANDA**  
**VARKALA, THIRUVANANTHAPURAM, KERALA**

**Participation in national priority programmes such as Swatch Bharat, AIDs awareness, Gender sensitivity, Yoga, Digital India, and National Water Mission during the year 2019-2020**

**2019-2020**


**1. International webinar on yoga**

Sree Narayana Training College, Nedunganda celebrated the International Day of Yoga, 2019 in a colourful manner. A State Level Seminar on Yogic Sciences was organized in the college. All members of Sree Narayana Training College, Nedunganda including Teaching and Non-teaching staff as well as students experienced the magical freshness of unity of both mind and body through involving this wonderful gift by our ancestors. The programmes organized in our college really highlighted the theme of international yoga day 2019 of “Yoga with Gurus”. The Programme coordinators were Sri. Amjith, Assistant Professor in Physical Education and Dr. Rani K.V., Assistant Professor along with Dr. Sheeba P, the honorable Principal.

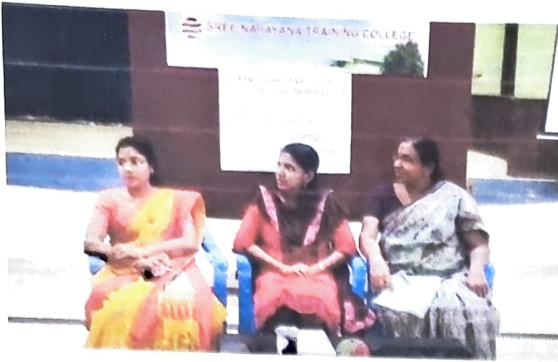
‘5th International Yoga Day Celebrations and State Level Seminar on Yogic Sciences’ of Sree Narayana Training College, Nedunganda started with an Inaugural Session on 21-06-2019 at 9.30 a.m.in the College Auditorium. Dr. A. Shersshah, Associate Professor and HOD, Department of Physical Education, TKM Arts and Science College, Kollam was the Chief Guest and he inaugurated the programme by explaining the unlimited advantages of daily practicing of Yoga.

Followed by the Inaugural Session, a Mass Yoga Display was there. All staff and students of Our College participated and benefited with the activity. Next Session was a Talk on ‘Relevance of Physical Fitness among College Students’ by Dr. A. Shersshah. It was a fruitful session for the audience in terms of attaining more valuable information about the rich therapeutic aspects of Yoga. Next Session was Research paper presentations by invited Research Scholars. There were participants from Arts and Science Colleges, Engineering Colleges and Nursing Colleges. Many scholastic works on benefits of Yoga were presented. Dr. Deepu P.R. was the Resource Person. Great works were acknowledged with First, Second and Third prizes. The Programme concluded with a Valedictory Session chaired by Principal Dr. Sheeba P.



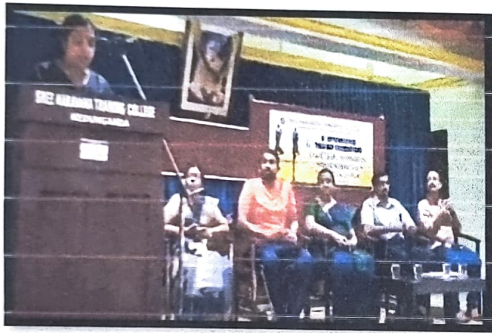
  
Principal  
Sree Narayana Training College  
Nedunganda





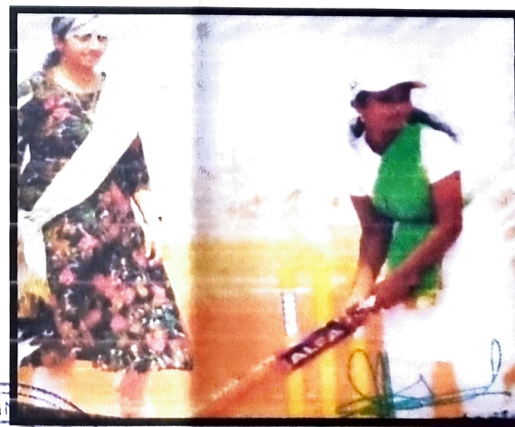
## 2. International women's day

On 8th March 2020, the Women's Study Unit of the college has organised an awareness class on the topic *Women Safety And Laws* in relation to International Women's Day 2020. Advocate Bhavana aChandran of Kollam bar lead an interactive session with the student teachers and teacher educators. The club also planned to contact an awareness programme related to environmental protection on the two villages nearby the college, however it was postponed due to the pandemic corona.



## 3. Gender equality cricket tournament

The students of SreeNarayana Training College, Nedunganda conducted Gender Equality Cricket Tournament at the Annual Sports Meet 2020 on 06 March 2020, Friday at College Ground. The convenor of the programmewasDr.Sheeba P. and the proramme coordinated by Sri.Amjith S., Assistant Professor in Physical Education, SreeNarayana Training College, Nedunganda.



Sree Narayana Training College  
Nedunganda

#### 4. Women in women in Indian space arena

The inaugural function on the National Science Day (28 February 2020) started with a prayer. The welcome speech was delivered by Dr. Viji V. The principal of the college, Dr. Sheeba P. inaugurated the function. A resource talk on the 'Role of Women in Indian Space Arena' was led by Smt. Jayanthi V. (Head, Quality Division Flight Software, VSSC). Smt. Jayanthi V. led an inspiring talk about the prospects of women in the Indian scenario. She highlighted the challenges encountered by women associated with Space Technology, in the light of her own experiences. She gave a brief description about the nature of work at ISRO, and the opportunities available to students to conduct research at ISRO. A tabloid named 'Science Reminisce', depicting the scientific innovations of 2019 in the chronological order, was created and released during the function. Ms. Aparna R. rendered the vote of thanks.

#### 5. Awareness programme on the pros and cons of online shopping

It club of sntc conducted an awareness programme on the pros and cons of online Shopping on 21-01-2020. Arya A.S. Mathematics) gave a detailed presentation on various online shopping platforms. The club members gave necessary guidance to other students of their class regarding the use of technology and social media from the beginning of the course. The students were informed about the merits and demerits of online shopping. Dr. Lakshmi S., Asst. Prof., NSS COLLEGE, PANDALAM was the resource person. The programme was very informative and interactive.

#### 6. Talk on gender sensitization


A talk was conducted on the topic gender sensitization on 18, February 2020, at college auditorium. The talk was led by Miss. Aparna Gopan, founder of Elefant in the Room and a gender activist. She spoke about the social, emotional and health problems faced by women.



#### 7. Lecture series


The lecture series was a four-day prolonged session that began in February 25th and continued till 28th. The first session and the seminar series was inaugurated by Dr. Lekshmi A, Assistant Professor of N.S.S Training College, Pandalam. The topic for her session was Digital



  
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Platform for Showcasing Portfolio The second day of the lecture series was taken over by Dr. Velayudhan Nair T, who is the Assistant Professor of English in Peet Memorial Training College, Mavelikkara. He took the session on the topic Gender, Perspectives, Issues and Workarounds. Prof. Vimal Kumar G, ret. Assistant Professor of Physical Education in Government Medical College, Trivandrum took the third day session. He was talking on Exercise, Physiology and Women Health. The last day of the lecture series was done by Smt. Jayanthi V, Head of the Quality Division Flight Software of Vikram Sarabhai Space Centre. The topic of the discussion was Role of Women in Indian Space Arena.



  
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Nedunganda

## SREE NARAYANA TRAINING COLLEGE, NEDUNGANDA

### VARKALA, THIRUVANANTHAPURAM, KERALA

Participation in national priority programmes such as Swatch Bharat, AIDs awareness, Gender sensitivity, Yoga, Digital India, and National Water Mission during the year 2018-2019

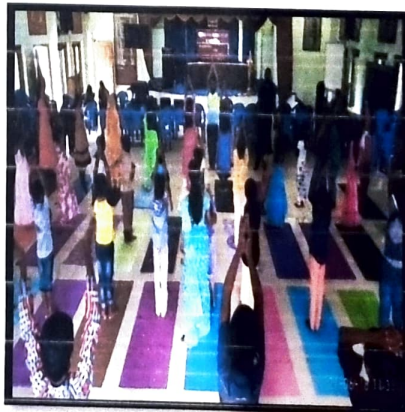
2018-2019

#### 1. International yoga day celebration June 21<sup>st</sup> 2018

Sree Narayana Training College, Nedunganda Varkala joined with SNVHSS, Nedunganda celebrated 4<sup>th</sup> International Yoga Day in most befitting manner. The programme was Presided by Dr. Rany S., Principal, SNTC, Nedunganda and coordinated by Sri. Amjith S. Assistant Professor in Physical Education. The first session was arranged for the peoples of coastal area Anjengo panchayath as per the module prepared by the coordinator. The participants practiced different Asanas and Pranayama for one hour duration

The second session includes the faculty members of Sree Narayana Training college, Nedunganda, S.N.V.H.S.S, Nedunganda. This session was mainly concentrated on occupational fitness and was highly beneficial to participants. The participants practiced various breathing exercises and different Asanas. Both session were handled by Sri Amjith S., Assistant Professor in Physical Education, Sree Narayana Training College, Nedunganda.

The third session was organized for the kids of age from 3 to 7 years from pre- primary schools, Aganwadi and lower primary section. Sree Narayana Training College celebrated 4<sup>th</sup> International Yoga in colourful and befitting manner. The theoretical and practical sessions were very much useful and beneficial for the students and teachers of the neighboring institution and nearby community.



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Nedunganda

## 2. Aids day programme

The health club of SreeNarayana Training college, Nedunganda, celebrated AIDS DAY on 1st December 2018. The day provided opportunity for student teachers to spread awareness about the symptoms, causes and preventives of HIV/AIDS that has taken unprecedented number of lives. All the student teachers and faculty members wore red ribbons to raise awareness about AIDS. A slogan writing competition was also organised in which the student teachers highlighted the causes and prevention of this disease. At the end of the programme students pledged to remain away from this disease and follow all the useful instructions.

## 2. Debate on 'women entry in sabarimala'

Sree Narayana Training College, Nedunganda, Varkala conducted a debate on 'Women's entry in Sabarimala' on October 12, 2018. The debate programme was organized by the Women's Study Unit of SNTC. On September 28th 2018, 4:1 majority held that the prohibition of women at the Sabarimala Temple is unconstitutional. The debate in the Hindu community and the ongoing hearing in the Supreme Court over allowing women belonging to the 10-50 age group to enter the Lord Ayyappa temple at Sabarimala has seemingly changed the existing equations within Hindu organisations. This resulted in controversial situations within Kerala. Thus the Women's Study Unit tried to schedule a debate and it was successfully done by the students of our College. The participation of all the student-trainees made the programme a great success indeed.

## 4. Swatch bharat

Gandhi study unit and College Union conducted Gandhi Jayanthi by campus cleaning, cleaning of the locality, training in the preparation of swadeshi products, essay writing and slogan writing competitions on Gandhian principles on 02.08.2018. These were organized effectively by the club members and the local people appreciated the activities performed by the students by clearing the locality and donate swadeshi products. Along with this an essay writing competitions and slogan writing competition was conducted by the Gandhi study unit in connection with Gandhi Jayanti. This will certainly make integration in the mind of the student teachers and it will pave the way to transfer those ideologies to the future generations in their classes.



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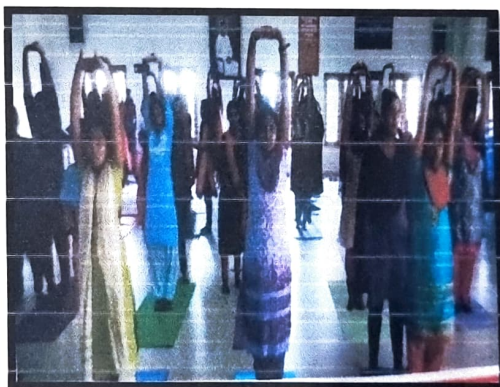
**SREE NARAYANA TRAINING COLLEGE, NEDUNGANDA  
VARKALA, THIRUVANANTHAPURAM, KERALA**

**Participation in national priority programmes such as Swatch Bharat, AIDs awareness, Gender sensitivity, Yoga, Digital India, and National Water Mission during the year 2017-2018**

**2017-2018**

**1. Yoga Training in connection with International Yoga Day**

Sree Narayana Training College, Nedunganda Varkala joined with SNVHSS, Nedunganda celebrated 3rd International Yoga Day in most befitting manner. The programme was Presided by Dr. Rany S., Principal, SNTC, Nedunganda and coordinated by Sri. Amjith S. Assistant Professor in Physical Education. The first session, the participants practiced different Asanas and Pranayama for one hour duration



**2. Water day-2018**

An awareness class was conducted by Sooryakanthi Nature Club on 22<sup>nd</sup> March 2018 in relation to the water day to make the students aware about the scarcity of potable water in the world. The water was now coming to be polluted by various ways and it is now our duty to preserve the water for the future generation. It is vital to remain fresh water as such and it becomes a threaten to the generation if kept polluted. The class conducted by Abhaya of Natural Science class was highly appreciated. The student teachers cleared their doubts about the water



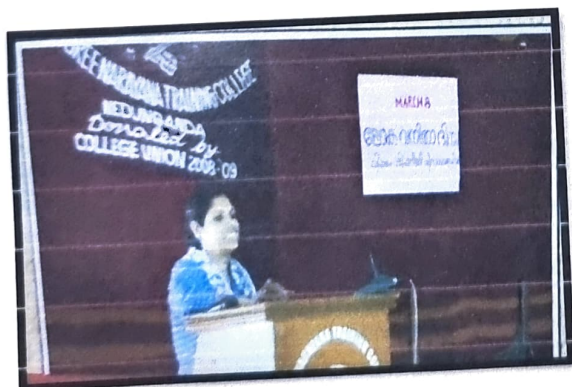
  
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Nedunganda

act mentioned by the resource person. Along with the awareness class, a poster presentation was also done to make them realize about the present situation



## 2. International womens day celebration

Women Study unit of Sree Narayana Training College, Nedunganda has organised a seminar on the topic " Awareness on Sexual Exploitation among adolescents" on International Women's day 8th March 2018. Respected Principal of Sree Narayana Training College, presided over the Function. The members of Women Study unit delivered the welcome speech and vote of thanks. The Resource person was also the member of Women Study unit. The resource talk helped the students to get more information regarding the patriarchal structure exists in the society and how does this structure paves the way to the sexual exploitation and sexual objectification of women body. The talk also enlightened the students that sexual exploitation is happening in among the adolescence irrespective of gender.




  
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### 3. Video presentstion on awareness programme on communicable diseases

IT CLUB of Sree Narayana Training College organised an Awareness programme on Communicable Diseases on 24<sup>th</sup> June- 2017. A video presentation followed by an awareness talk on Common Communicable diseases was delivered by club members. The purpose of the programme was to make the student teachers aware about the common communicable diseases and the preventive measures. All the club members along with the staff coordinator Smt. CHITRA S. worked enthusiastically for the better functioning of the club. Smt. Salini S.V. (Natural Science) was the student co-ordinator. On 5<sup>th</sup> January 2018 the club conducted a programme on Cyber Crime. A fruitful talk on 'Cyber Crime and Its Remedies' was arranged. A video presentation on the topic was also done. The student co-ordinator of the club was Mis. Lekshmi Anil(English).



  
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