

SREE NARAYANA TRAINING COLLEGE, NEDUNGANDA

Report on National Youth Day Celebration -2024

Sree Narayana Training College, Nedunganda, celebrated National Youth Day on January 12, 2024, in Collaboration with Unnat Bharat Abhiyan Cell of the college and college Union with great enthusiasm and purpose. This year's theme, "*Care for the Aged*," focused on recognizing and encouraging the invaluable service rendered by youth towards the welfare of the elderly. The event, coordinated by Dr. Sangeetha N.R. (IQAC Coordinator), highlighted the spirit of selfless service inspired by the teachings of Swami Vivekananda.

Programme Highlights

The event began with an invocation by the College Choir, creating a serene and inspiring atmosphere. The welcome address was delivered by **Mr. Arsha Pramod**, an M.Ed Trainee from GCTE, who eloquently set the tone for the day.

Prof. (Dr.) Sheeba P., Principal of Sree Narayana Training College, presided over the function, delivering an inspiring presidential address. This was followed by the inauguration by **Sri. Praveen J.S.**, Inspector of Police, Varkala, who emphasized the importance of youth engagement in community welfare. The keynote address by **Sri. Aji S.R.M.**, Executive Member of the S.N. Trust, Kollam, was the highlight of the event. He underscored the need for youth to channel their energy into meaningful activities, especially those that benefit the elderly. Felicitation speeches by **Sri. Ajin Mithra** (Chairman, College Union 2024) and Dr. Sangeetha N.R. added to the spirit of the occasion. The formal proceedings concluded with a vote of thanks by **Prof. (Dr.) Sheeba P.**, expressing gratitude to all participants and contributors.

Technical Sessions Overview

The celebration of National Youth Day 2024 at Sree Narayana Training College, Nedunganda, featured two engaging and thought-provoking technical sessions, organized jointly by the Internal Quality Assurance Cell (IQAC), UBA Cell and the College Union, *ARANGU 2023-24*. These sessions served as platforms for meaningful dialogue and idea-sharing, focusing on the youth's role in promoting elder care.

1. Group Discussions

The first session was a collaborative exercise where participants were divided into three groups, each focusing on a specific dimension of youth involvement in elder care. The discussions were moderated by **Mrs. Arsha Pramod**, **Mrs. Anusha S.S.**, **Miss Aswathy P.S.**, and **Mrs. Soniya V.**, who guided the groups to ensure active participation and productive deliberations.

- **Group I: Activities by Youth for the Aged at Home**

This group explored the various ways young individuals can contribute to the well-being

of the elderly within their own families. Participants shared personal experiences and innovative ideas, such as:

- Providing emotional support through regular interactions and companionship.
- Assisting with household chores and managing daily activities.
- Encouraging the elderly to engage in light exercises or hobbies to improve their mental and physical health.
- Leveraging technology to connect the aged with extended family members and friends.

- **Group II: Activities by Youth in the Community**

This group discussed the broader role of youth in community-based elder care initiatives.

Key suggestions included:

- Organizing health camps and wellness programs for senior citizens.
- Volunteering with NGOs and local organizations focused on elder care.
- Promoting intergenerational learning opportunities where youth and the elderly can share skills and knowledge.
- Conducting awareness campaigns about elder abuse and the importance of respecting senior citizens.

- **Group III: Activities by Youth in Old Age Homes**

Participants in this group emphasized the importance of engaging with the elderly living in old age homes. Their ideas included:

- Organizing recreational activities such as music, arts, and games to enhance their quality of life.
- Building emotional bonds through regular visits and storytelling sessions.
- Offering assistance with administrative tasks such as filing documents or helping with technology-related challenges.
- Creating a support network to celebrate festivals and special occasions with the residents.

The discussions were dynamic, with participants sharing diverse experiences and brainstorming innovative solutions. The moderators ensured that each group remained focused on the theme and encouraged active participation from everyone.

2. Presentations and Consolidation

In the second session, the outcomes of the group discussions were presented to the larger audience. Representatives from each group summarized their key points, which sparked further discussions and reflections among the participants.

The session concluded with **Ms. Aswathy P.S.** consolidating the ideas presented by all three groups. Her consolidation emphasized the practical steps that youth can take to make a tangible difference in the lives of the elderly. Some of the notable takeaways included:

- Strengthening intergenerational relationships by fostering mutual respect and understanding.

- Creating sustainable community projects to address the needs of the aged.
- Developing technological solutions, such as apps or platforms, to assist in elder care and connect volunteers with senior citizens.

The consolidation provided a clear roadmap for participants to translate the discussions into actionable plans. It underscored the importance of collective effort and the potential of the youth to be agents of change in addressing the challenges faced by the elderly.

Impact of the Technical Sessions

The technical sessions were a resounding success, as they not only highlighted the challenges faced by the elderly but also showcased the enthusiasm and commitment of the youth to address these issues. These discussions and presentations inspired participants to take proactive steps in their own spheres of influence, ensuring that the spirit of service celebrated on National Youth Day continues to thrive.

Conclusion

The celebration of National Youth Day 2024 at Sree Narayana Training College was a resounding success, serving as a platform to inspire and empower youth in their commitment to societal welfare. The focus on “Care for the Aged” highlighted the importance of intergenerational solidarity and the role of young individuals in creating a compassionate society.

The event concluded with a renewed sense of purpose among participants, reflecting the enduring teachings of Swami Vivekananda and the college's dedication to social responsibility.



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