



College Magazine 2020-'21

# ഉരിയണിടുക



**Sree Narayana Training College**  
Nedunganda, Varkala

Affiliated to University of Kerala, Recognized by NCTE,  
Re-Accredited by NAAC with Grade B, Recognised by UGC under 2(f) & 12(B)  
Email: [sntcnd@gmail.com](mailto:sntcnd@gmail.com), Website: [www.sntrainingcollege.edu.in](http://www.sntrainingcollege.edu.in)

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SREE NARAYANA TRAINING COLLEGE  
NEDUNGANDA

College Magazine 2020-'21  
ഉരിമുഖനികൾ



**Chief Editor**

Dr. Sheeba P.  
Principal

**Staff Editor**

Dr. Viji V.  
Assistant Professor in Physical Science

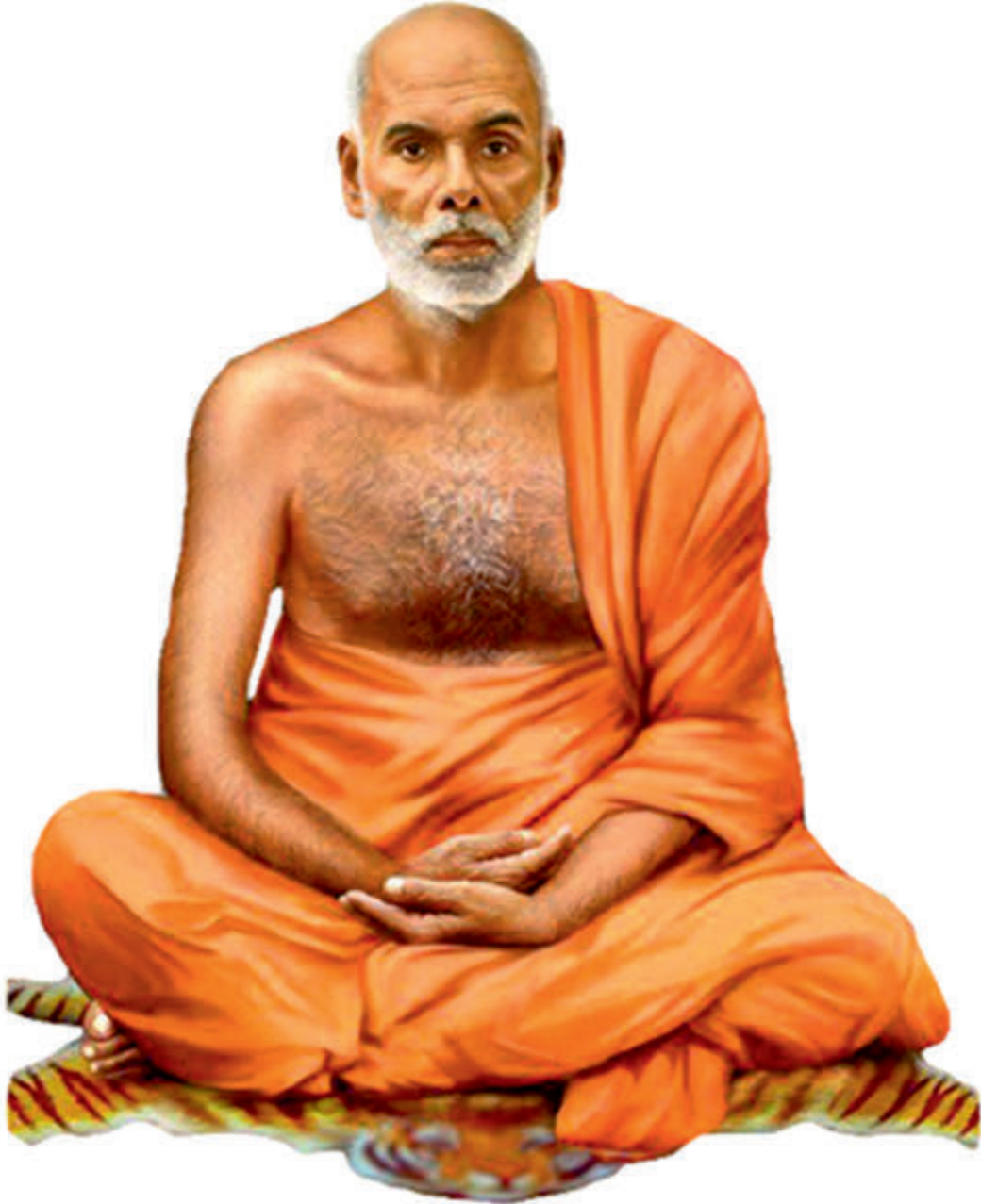
**Student Editor**

Ms. Sreelekshmi J.

**Student Coordinators**

Ms. Kavya D. S.  
Ms. Karthika N. V.  
Ms. Haritha S.  
Ms. Aparna B.  
Ms. Anagha Raj R. S.  
Ms. Silpa V. R.

## Our Guiding Spirit



Sree Narayana Guru

## Our Founder Manager



**Sri. R. Sankar**

## Our Manager



**Sri. Vellappally Natesan**

## Assistant Secretary S. N. Trust



**Sri. Thushar Vellappally**

## Management Representatives of the College



**Dr. G. Jayadevan**  
(Treasurer, S.N. Trust)



**Sri. Aji S.R.M.**  
Executive Member, S.N.Trust



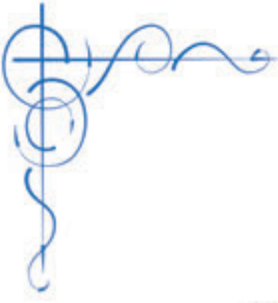
**Sri. Melamcode Sudhakaran**  
Executive Member, S.N.Trust



## Our Principal



**Dr. Sheeba P.**

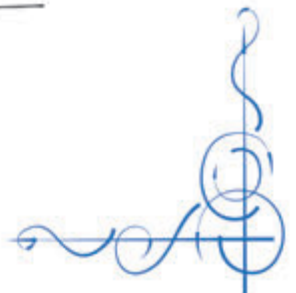


From the   
Principal's Desk...

Dr. Sheeba P.

In a world that demands excellence, fortitude and discipline in every sphere of life, the road to success can only be paved by education. At Sree Narayana Training College, Nedunganda, we believe that the objective of education is not just to inform, but also to empower and transform. Every child is encouraged to explore his or her true potential within a stimulating atmosphere that sparks exploration and creativity.

My absolute pride and contentment cannot be contained now that 'ഉതിർമണികൾ' -our college magazine, has come out in all its glory. It has proved to be a platform for our students to voice their thoughts in a structured manner and expose their multifarious literary and artistic talents. This magazine has truly lived up to its maximum potential. It is the same commitment that helped us achieve so much throughout the year, which is reflected in the magazine itself. To all the readers who are reminiscing all the wonderful experiences, make sure that you keep in mind the hard work that went behind this.





## From the \_\_\_\_\_ Staff Editor

Dr. Viji V. \_\_\_\_\_

Just as caterpillars become butterflies, sand become pearls, and coal become diamonds, all the tireless effort put forward has turned a few pieces of paper into this wonder. Reminding all, of the unity and harmony that went behind this, the Editorial Team of Sree Narayana Training College, Nedunganda is immensely gratified to present the college magazine 2020- '21 'ഉതിർമണികൾ', which gives a glimpse into all the memories made throughout the year. Each page is filled with more emotion and context that can be seen at the first glance. While flipping through these pages, may it remind you of the effort and hard work of all who have contributed to make this magazine a reality.

All the contributors of 'ഉതിർമണികൾ' who gave their valuable assistance and support are commendable. The editorial team wholeheartedly expresses our heartfelt gratitude to all the students and staff of Sree Narayana Training College who were involved in the sculpting of this magazine. Special mention to the principal of the college Dr. Sheeaba P. for her invaluable support, student editor Ms. Sreelekshmi J. for her relentless effort, the editorial team members Ms. Kavya D. S., Ms. Karthika N. V., Ms. Haritha S., Ms. Aparna B., Ms. Anagha Raj R. S., and Ms. Silpa V. R., for their timely help, and Mr. Midhun M. L., for suggesting the name for our magazine.

viji.





## From the Student Editor

Ms. Sreelekshmi J.

Dear Friends,

Our journey of life flows to reach varied destinations. Plucked from a diverse garden, we are planted in this campus, making it our second abode. This is the only place where we meet as strangers and leave as soulmates. Walking through the corridors of our campus, we can hear the tales of friendship, love, and care. When the chariot of time passes by, we unknowingly weave a casket of memories in this soil. Unbeknownst to us, time is sketching wonderful memories in the canvas of our academic career.

One day, we will remember those times we laughed together with tears in our eyes. These carved pages of 'ഉതിർമ്മണികൾ' will be a muse that whistles the tales of friendship, echoes the bygone days of laughter we shared and sings the song of our caregivers, our beloved teachers. As we fly into heights, one day this canvas will aid us to look from where our journey began. I dedicate this masterpiece of creativity to all my beloved teachers and my dearest chums.



# —ദീപ്തസ്മരണം—

ശ്രീഷ്മ ഏം. ജി.



കാലം തിരിച്ചു വിളിച്ചോരി,  
ഉദ്യാനത്തിലെ നൽ പുവേ  
തീയായി ജ്വലിക്കട്ടെ  
നിന്നോർമകൾ  
ശ്രീഷ്ടകാലസ്മരണ പോലവേ



# ചിത്ര പ്രസാദം



**Sri. Aji S.R.M.**  
Executive Member, S.N. Trust  
(Management Representative of the college)

വരികളിലെ  
**വസന്തം**

കവിത അപകടകരമാണ്.  
പ്രത്യേകിച്ച് മനോഹരമായ കവിതകൾ.  
കാരണം അത് അനുഭവിക്കാത്ത കാര്യങ്ങൾ  
അനുഭവിച്ചുവെന്ന മിഥ്യയാരണ സൃഷ്ടിക്കും.

- ജലാലുദീൻ റൂമി



രേഷ്മ ജി. എസ്സ്.  
(ഫിസിക്കൽ സയൻസ്)

ചതുരംഗ കരുക്കൾ പോൽ, കരുത്തരാം  
പലഭാവ പലദേദ മനുഷ്യർ തൻ  
മുഖമുദ്രയിൽ തെളിഞ്ഞിരിക്കുന്നതോ-  
നിശ്ചയദാർഢ്യത്തിൻ അന്തസത്ത  
ച്ചുറ്റുമോ ഊർജ്ജമുൾക്കൊള്ളും ശ്രോതാക്കളും  
ഒത്ത നടുക്കായി നേതാജിയും  
ജാതിയില്ല, മതമില്ല  
ലിംഗഭേദം ഏതുമില്ലാതെ  
ഒരടി അകലെ മാറി-  
ഉറച്ച മനസ്സോടെ ഒറ്റക്കെട്ടായി  
വിജയിക്കും നല്ല നാളേക്കായി  
കടക്കും ഈ ദുരിത കാലവും





# സ്വപ്നങ്ങൾ

എന്റെ സ്വപ്നങ്ങൾ  
 എന്നെ ഞാനാക്കുന്ന സ്വപ്നങ്ങൾ  
 എല്ലാം ഇന്നു നിശ്ചലമായി  
 എവിടെ ഞാൻ തിരയുന്നു  
 അവിടെല്ലാം തമസ്സ്  
 ഞാൻ ഏകനായി  
 വിജനമായ വഴിയിൽ നിൽപ്പു  
 ചളിപ്പുരണ്ടു സ്വർണദീക്ഷ പാത്രം  
 കൈകളിലേന്തിയ വൃദ്ധൻ  
 പട്ടിണിയിൽ മരണപ്പെട്ട പോലെ  
 ഞാൻ എന്നെ മരണപ്പെടുവാൻ  
 അനുവദിക്കയില്ല  
 ദേവാസുരന്മാർ പാലാഴി കടഞ്ഞപോലെ  
 ഞാൻ എന്റെ സ്വപ്നങ്ങളെ  
 കടഞ്ഞെടുത്തു.



രേഖതി എ.  
മലയാളം

# എൻ പ്രാണനാഥ

മിഴി തന്നിൽ മൊട്ടിട്ടു മോഹത്തിൻ  
 മൗനങ്ങൾ ഹൃദയത്തിൽ പൂക്കുമി നേരം  
 യെന്നിണക്കിളിയുടെ  
 യൊത്തിരിയോർമ്മകൾ  
 കാണാമറയത്തെ കാഴ്ചയായി  
 നാഥാ നിന്നുടെ പർണകുടീരത്തിൽ  
 പൂജ്യനാമെന്നെ നീയാനയിക്കില്ലയോ  
 നിമു നിഗൂഢമാ മെനിലെ പ്രണയത്തിൽ  
 നിർമ്മല ഹൃദയനാഥനായെത്തിടിലോ?



രശ്മി ഐ. ആർ.  
(നാച്ചുറൽ സയൻസ്)



ജലിക്കുന്ന സൂര്യ പ്രഭകിരണങ്ങളാൽ  
 ചുട്ടുപഴുക്കും വഴിത്താരകളിൽ  
 ഏകനായി അവനിരിക്കുന്നു,  
 ഒരു നോക്കുകത്തിയെ പോലെയീ ചെരുപ്പുകത്തി.  
 കത്തുന്ന നിൻ ഉദരത്തിൻ മൂന്നിൽ  
 എത്രയോ നിഷ്പ്രഭമീ ഉച്ചസൂര്യൻ  
 നിൻ മനോ വേരിന്റെ കാഠിന്യത്താൽ  
 പാദരക്ഷകൾ അവരുടെ കരിങ്കൽ ഹൃദയം  
 നിൻമൂന്നിൽ കാഴ്ചവയ്ക്കുന്നു.  
 നാലഞ്ച് ഉദരങ്ങൾ പോറ്റുവാനുണ്ടു നിനക്ക്  
 സത്യമേതും തെല്ലിട വിസ്മരിക്കാതെ  
 ശ്രദ്ധ തെല്ലും പതറാതെ കർമ്മ വൈഭവം  
 പ്രകടിപ്പിക്കുന്നു നീയി പാദരക്ഷകളിൽ...  
 ബന്ധങ്ങൾ അഴിയുന്നേരം  
 ബന്ധനമേകാൻ നിൻ കൈത്തഴമ്പിൽ  
 അധ്വാനം നൽകി കർമ്മ സാഹചര്യം വരുത്തുന്നു.  
 ചെരുപ്പിൻ ദുർഗന്ധം വമിക്കുന്നേരം  
 അവനറിയുന്നു വിശപ്പിന്റെ ഗന്ധം  
 പാളം തെറ്റുന്നുണ്ട് തീവണ്ടിക്കും  
 എന്നാലോ തെറ്റാറില്ല ഒരിക്കലും  
 അവന്റെയീ മനോധാനത്തിൽ ഗതി  
 നിർണയിക്കുന്നുണ്ട് അവനും ഈ  
 കാലാവസ്ഥയല്ല, കാലം തീരാറായൊരു ജീവിതം  
 തണലേകുവാനൊത്തിരി വൃക്ഷങ്ങൾ  
 ഉണ്ടെന്നാലും തണലേകുവാനില്ല  
 ഈ കുടുംബത്തിനു ഈ ചെറുമരമല്ലാതെ മറ്റാരും  
 കാലം തെളിച്ച വഴിത്താരയിൽ ദിശയറിയാതെ  
 ദിക്കറിയാതെ ഉഴലുന്ന ജന്മങ്ങൾ.  
 ആശകളും ആഗ്രഹങ്ങളും അടിയറ വെച്ചു പോയവൻ  
 ദാരിദ്രത്തിന്റെ കരിനിഴലുകൾക്കായി  
 എത്രയോ പാദങ്ങൾക്ക് രക്ഷയേകി നിൻ കരങ്ങൾ ?  
 രക്ഷയേകുവാനില്ലൊരു ജോഡി പോലും  
 നിന്റെ അഴുക്കു പിടിച്ച പാദങ്ങൾക്ക്  
 കയ്യിരിയ ജീവിതത്തിൻ അനുഭവഗീതങ്ങൾ  
 എന്നറിയാത്തൊരു ഈ ഗീതം കേട്ട് മഞ്ചലിലേറുന്നൊരു  
 പൈതലാണിന്നൊരു ആശ്വാസത്തിൻ വക  
 നിന്നിൽ ചൊരിയുന്നത് കേൾക്കുന്നുണ്ടോ  
 നിങ്ങളീ പാവം ചെരുപ്പു കുത്തിയുടെ വിലാപം?  
 ജീവിത മാർഗം തിരഞ്ഞു കൊണ്ട് അവനെന്നും  
 നമ്മുടെ യാത്രയിൽ പ്രഭ ചൊരിയുന്നു...



അമൃത എസ്.  
(നാച്ചുറൽ സയൻസ്)

# ഒരു ചെരുപ്പു ജീവിതം





ആളുന്ന തീയിൽ എന്നോർമ്മകൾ  
 തെരിഞ്ഞമരുമ്പോൾ നിസ്സഹായായി  
 നിൽക്കുമെൻ കണ്ണുകളിൽ  
 നിന്നവസാനമായി വീണൊ ചുടു-  
 കണ്ണീരിൻ ഉപ്പുരസം ഒടുവിലെ  
 ദാഹജലമായി മാറുന്നു...  
 ആ ആറടി വീഥിയിലേ  
 ഓർമ്മകൾക്ക്...



രേഷ്മ ജി. എസ്സ്.  
(ഫിസിക്കൽ സയൻസ്)

നീയും ഞാനും നിലാവുള്ള രാത്രികളും  
 വെയിൽ കൊണ്ട് ചുടേറ്റ മടുപ്പാവിൽ  
 നിന്റെയരികിൽ മറ്റൊരു  
 പൂർണ്ണചന്ദ്രനെന്നോക്കി നിൽക്കുന്നു ഞാൻ.  
 കരിനിഴൽ ഓരോ തവണ മായുമ്പോഴും  
 നിലാവിന് ഭംഗിയേറി വരുന്നു  
 ഒഴുകുന്ന കാറ്റിലേ  
 രാത്രി മുല്ലകൾക്ക് ഇല്ലാത്ത  
 ഗന്ധം ആണ് നിനക്ക്....  
 ഒരു ഗന്ധർവനെ പോലെ  
 നിന്നെ ചുറ്റി പിടിച്ചു ഞാൻ  
 എത്രനേരം ഈ ചന്ദ്രനെ നോക്കും  
 നീയൊന്നു പുഞ്ചിരിക്കുന്നത് വരെ മാത്രം.



ജയലക്ഷ്മി. എ. നായർ  
(സോഷ്യൽ സയൻസ്)





സൗമ്യ മോഹൻ  
(മലയാളം)

ഈ കാറ്റു തീരത്തിനി കാത്തിരിപ്പിനായി  
ഞാൻ വരില്ല ഓർമ്മകളാലോളമാടുന്ന  
തീരത്ത് ഇനിയും നിലാവുകൾ നൃത്തമാടും  
ഇല്ലില്ല ഇനിയും നിനക്കായി  
ഒരു പാതിയും ഞാൻ തുറന്നു വയ്ക്കില്ല  
ദൂരെ പകലിന്റെ അണയുന്ന നാദം മുഴക്കി മതിയെന്നു  
ചൊല്ലിയ നിൻ മനമിന്നു അറിയാതെ ദൂരേക്ക്  
തള്ളിമാറ്റി ഒരു മേലുമായി പറന്നു പോകുന്നു ഞാൻ  
പിടയുന്ന നെഞ്ചുകൾ അലിയുന്നൊരാൾദ്രതയും  
കണ്ണനിർ മാത്രമായി ബാക്കിവെച്ചൊർമ്മയുടെ  
തീരത്തേക്ക് ഞാനും മടങ്ങട്ടെയോ...



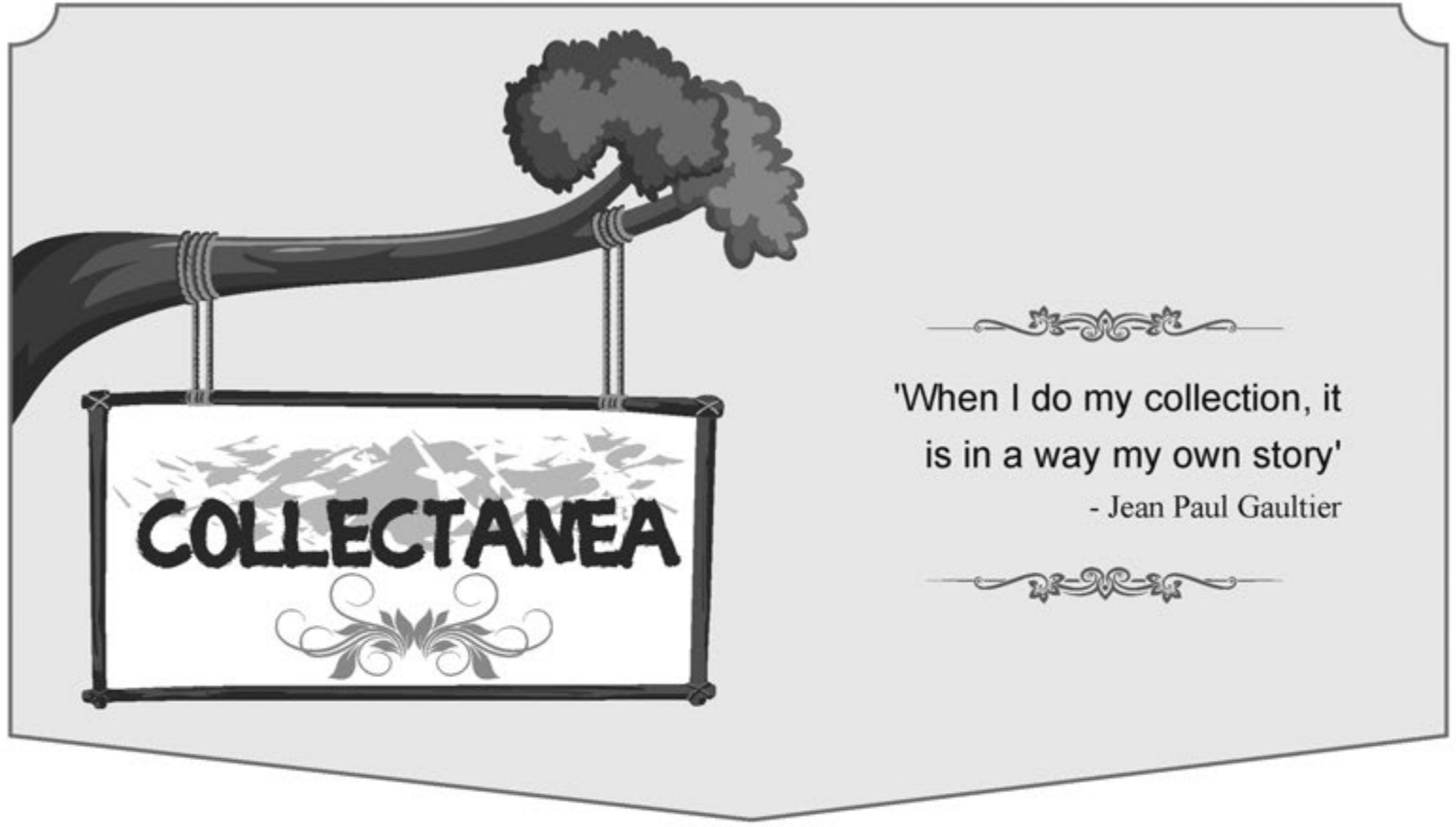


**UNION**

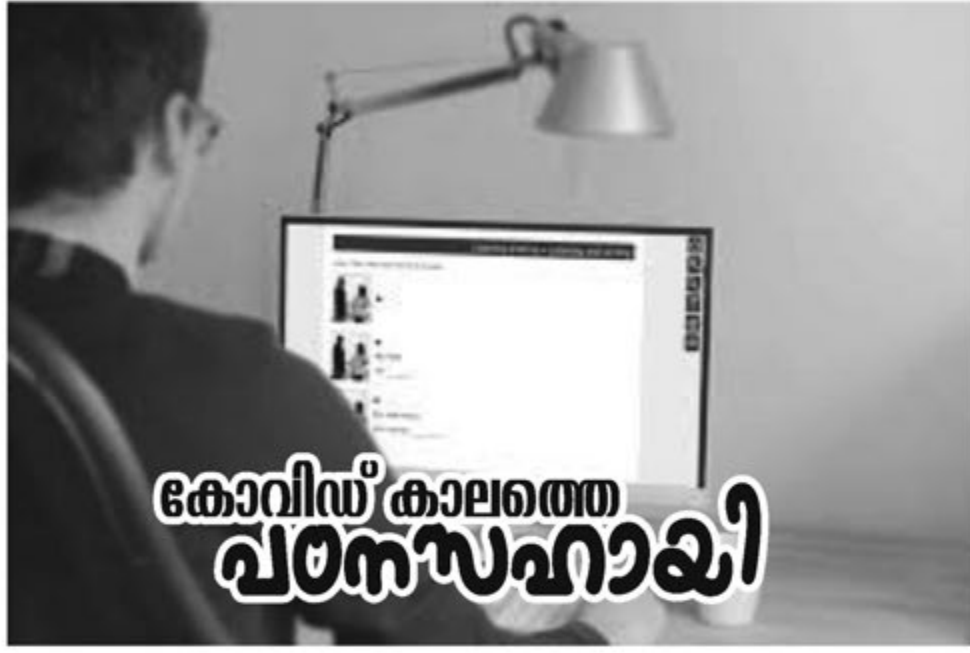


# COMMUNITY LIVING CAMP





'When I do my collection, it is in a way my own story'  
- Jean Paul Gaultier



# കോവീഡ് കാലത്തെ പഠനസഹായി

ആശയവിനിമയ ചരിത്രത്തിലെ വിപ്ലവകരമായ ഒരു കാലഘട്ടത്തിലൂടെ കടന്നുപോവുകയാണ് ലോകം. പണ്ടുകാലത്ത് സന്ദേശങ്ങൾ കൈമാറാൻ പക്ഷികളെയും മൃഗങ്ങളെയും ഉപയോഗിച്ചിരുന്നു. അതിനുശേഷം തപാൽ സമ്പ്രദായം നിലവിൽവന്നതോടെ ആശയവിനി

മയം കുറേക്കൂടി സുഖകരമായി. എന്നാൽ തപാലിനെയും പിന്നിലാക്കിക്കൊണ്ട് ആശയവിനിമയ ചരിത്രത്തിൽ ടെലിഫോണിന്റെ വരവ് വിപ്ലവം തന്നെ സൃഷ്ടിച്ചു. പക്ഷേ ശാസ്ത്രം അവിടെയുംനിന്നില്ല പുരോഗമനപാതയിലൂടെ വീണ്ടും സഞ്ചരിക്കുകയും ടെലിഫോണിനെയും വെല്ലുവിളിച്ചുകൊണ്ട് കമ്പ്യൂട്ടർ രംഗത്തെത്തുകയും ചെയ്തു. സാങ്കേതികവിദ്യയുടെ വളർച്ചയും വികാസവും ഇവിടെ തുടങ്ങുന്നു. പക്ഷേ തപാൽ സമ്പ്രദായവും ടെലിഫോണും സന്തോഷത്തോടെ സ്വീകരിച്ച ആദ്യകാലജനത കമ്പ്യൂട്ടറിനെ സ്വീകരിക്കാൻ വിമുഖത കാട്ടിയിരുന്നു. മെഷീനുകൾ മനുഷ്യനിൽ ആധിപത്യം സ്ഥാപിക്കുമോ എന്ന വ്യാകുലതയായിരിക്കണം ഈ വിമുഖതയ്ക്ക് കാരണമായത്. എന്നാൽ ഇന്ന് സാങ്കേതികവിദ്യയെന്നത് നമ്മുടെ ജീവിതത്തിൽ ഒഴിച്ചുകൂടാനാവാത്ത ഒന്നായി മാറിയിരിക്കുന്നു.

ഏതൊരു കാര്യത്തിനും നാമിന് ആശ്രയിക്കുന്നത് സാങ്കേതികവിദ്യയെയാണ്.

എല്ലാ മേഖലകളിലും നമുക്ക് ഒരു സഹായിയായി അനുവർത്തിക്കുന്ന സാങ്കേതികവിദ്യ അധ്യാപനപഠനപ്രക്രിയകളിലും ഉപയോഗിക്കുന്നു. ഈ അടുത്തകാലംവരെ വിദ്യാർത്ഥികൾക്ക് പുസ്തകങ്ങളും മറ്റുമായിരുന്നു പഠനസഹായികൾ. എന്നാൽ ഈ കോവിഡ് കാലത്ത് ആ സ്ഥാനം സാങ്കേതികവിദ്യ കൈയടക്കിയിരിക്കുന്നു. ഈ കാലയളവിൽ വിദ്യാഭ്യാസമേഖലയിൽ ധാരാളം മാറ്റങ്ങൾ സൃഷ്ടിക്കാനും സാങ്കേതികവിദ്യക്ക് കഴിഞ്ഞിട്ടുണ്ട്. കോവിഡ് എന്ന പകർച്ചവ്യാധി ഏറ്റവും കൂടുതൽ ബാധിച്ചത് വിദ്യാഭ്യാസമേഖലയെ ആയിരുന്നു. എന്നാൽ അവിടെയും തളരാതെ നമുക്ക് താങ്ങായിനിന്നത് സാങ്കേതികവിദ്യയായിരുന്നു. വിദ്യാലയങ്ങളിൽ ചെന്നിരുന്ന് പഠിക്കാൻ കഴിയാത്ത ഈ സാഹചര്യത്തിൽ സാങ്കേതികവിദ്യയുടെ ഉപയോഗം നമ്മെ വളരെയധികം സഹായിച്ചു എന്ന് തന്നെ പറയാം.

ഇന്ന് കൊച്ചുക്കുഞ്ഞുങ്ങൾ മുതൽ ഉയർന്ന കോഴ്സുകൾ ചെയ്യുന്നവർക്കുവരെ പഠനത്തിനുള്ള മാധ്യമം സാങ്കേതികവിദ്യയായി മാറിയിരിക്കുന്നു. രാജ്യത്തെ വിദ്യാഭ്യാസപരമായ ആവശ്യങ്ങളെയും ലക്ഷ്യങ്ങളെയുംമാത്രം കണക്കിലെടുത്ത് എഡ്യൂസാറ്റ് എന്ന പേരിൽ ഒരു കൃത്രിമഉപഗ്രഹത്തിന് ഐ. എസ്. ആർ. ഒ. രൂപംനൽകിയിരുന്നു. ഈ എഡ്യൂസാറ്റ് ഉപയോഗപ്പെടുത്തുന്നതിനായി കേരള സർക്കാർ സ്മൃതകളിൽ വികേഴ്സ് എന്നപേരിലുള്ള പ്രോജക്ട് നടപ്പിലാക്കിവരികയാണ്. ഇതിലൂടെ വേർച്ഛൽ ക്ലാസ്സ്മുറി എന്ന ആശയം സാക്ഷാത്കരിക്കപ്പെടുകയാണ്. പരിശീലനം ലഭിച്ച കാര്യക്ഷമതയുള്ള അധ്യാപകരാകും ക്ലാസ്സെടുക്കുക. അത് കുട്ടികൾക്ക് ഏറെ ഫലപ്രദവും ആകുന്നു. IT@school പ്രോജക്ടിന്റെ ഭാഗമായ വികേഴ്സിലൂടെ കുറഞ്ഞ ചെലവിൽ ധാരാളംപേർക്ക് പഠനം സാധ്യമാക്കാൻ കഴിയുന്നുണ്ട്.

പഠനത്തിനായി ഉപയോഗിക്കുന്ന ഓൺലൈൻ പ്ലാറ്റ്ഫോമുകളിൽ പ്രധാനപ്പെട്ടവയാണ് ഗൂഗിൾമീറ്റ്, സൂം എന്നിവ. പഠനത്തെ സൗകര്യപ്രദമാക്കാൻ ഈ സംവിധാനങ്ങൾ ഒത്തിരി സഹായിക്കുന്നുണ്ട്. സാധാരണ ക്ലാസ്സുകളിലേതുപോലെ തത്സമയം പഠനം നടത്താൻ ഇവ സഹായിക്കുന്നു. സന്ദേശങ്ങൾ അയയ്ക്കാനും കാണാനും വീഡിയോ ഓഡിയോ കോൺഫറൻസ് വഴി അധ്യാപകരുമായി

സംവദിക്കാനും കുട്ടികൾക്ക് അവസരം നൽകുന്ന ഇടങ്ങളാണ് ഇവ. അതോടൊപ്പം അപ്പോൾതന്നെ ഫീഡ്ബാക്കും ലഭ്യമാകുന്നു. ഇത്തരത്തിൽ ക്ലാസ് എടുക്കുന്ന അതേസമയങ്ങളിൽ നടക്കുന്ന പഠനങ്ങൾ അല്ലാതെ യൂട്യൂബുകളിലും മൂഡിൾ ക്ലാസ്സ്മുറുകളും വീഡിയോകൾ അപ്പോഡ് ചെയ്ത് കുട്ടികളുടെ സൗകര്യത്തിനനുസരിച്ച് വ്യക്തിഗതമായ പഠനം നടത്താൻ സാധ്യമാകുന്നുണ്ട്. വിദ്യാർത്ഥികൾക്ക് അവർക്കിഷ്ടമുള്ള സമയങ്ങളിൽ ലോകത്തിന്റെ ഏതു കോണിലിരുന്നു പഠനംനടത്താൻ സാങ്കേതികവിദ്യ സഹായിക്കുന്നു. അതുപോലെതന്നെ കുട്ടികൾ ചെയ്യുന്ന പ്രവർത്തനങ്ങൾ അധ്യാപകരിലേക്ക് എത്തിക്കുന്നതിനും അവ സൂക്ഷിക്കുന്നതിനുമായി ഗൂഗിൾ ക്ലാസ്സ്മുറും പോലുള്ള സംവിധാനങ്ങളും ബ്ലാക്ക് ബോർഡിന്റെ അഭാവം നികത്തുന്നതിനായി ജാം ബോർഡ് പോലുള്ള ആപ്ലിക്കേഷനുകളും ഇന്ന് ലഭ്യമാകുന്നുണ്ട്. അധ്യാപകൻ ഒരു ബ്ലാക്ക് ബോർഡിൽ എഴുതികാണിക്കുന്ന അതേ അനുഭവം ജാംബോർഡിലൂടെയും സാധ്യമാകുന്നു. കുട്ടികൾക്കുവശ്യമായ പഠനസാമഗ്രികളും നോട്ടുകളുമൊക്കെ പിഡിഎഫ് രൂപത്തിലോ ഡോക്യുമെന്റ് ആക്കിയോ കുട്ടികളിലേക്ക് എത്തിക്കാനും സാങ്കേതികവിദ്യയിലൂടെ കഴിയുന്നുണ്ട്.

ഇത്തരത്തിലുള്ള സാങ്കേതികവിദ്യ ഉപയോഗിച്ചുകൊണ്ടുള്ള പഠനം വിദ്യാർത്ഥികൾക്ക് പഠനത്തോടുള്ള താല്പര്യംജനിപ്പിക്കുന്നുണ്ട്. ഇത്രയൊക്കെ ഗുണങ്ങളുണ്ടെങ്കിലും സാങ്കേതികവിദ്യ ഒത്തിരി സഹായിച്ചതായി പറഞ്ഞാലും ഒരു ക്ലാസ്സുറിയിലെ പഠനാന്തരീക്ഷം സാങ്കേതികവിദ്യയിലൂടെയുള്ള പഠനത്തിൽ ഉണ്ടാകണമെന്നില്ല. പലപ്പോഴും കുട്ടികളുമായുള്ള സമ്മേളനം നടക്കണമെന്നില്ല. അതുകൊണ്ടുതന്നെ ചിലപ്പോഴൊക്കെ പഠനം ഒരുവശത്തേക്ക് മാത്രമുള്ള ആശയവിനിമയമായി മാറാം.



ആതിര ആർ.  
(മലയാളം)



അശ്വതി റ്റി. ജി.  
(മലയാളം)



# കാലത്തിന്റെ കൈകൾ

രണ്ടായിരത്തി മുപ്പതാം ആണ്ടോടെ ലോകാവസാനം ഉണ്ടെന്ന് ചില പ്രവചനങ്ങളുണ്ടത്രേ..... അതിനും മുമ്പേ ഇങ്ങങ്ങത്തിയില്ലേ കോവിഡ്-19 എന്ന മഹാമാരി. ഈ മഹാമാരിയുടെ പിടിയിലാണ് ഇന്ന് ലോകമെമ്പാടും. ചൈനയിലെ വുഹാനിൽനിന്ന് എത്ര തീവ്രമായാണ് ഇന്നെന്റെ നാട്ടിലെത്തിയിരിക്കുന്നതെന്ന് അതിശയകരമായ വസ്തുതയാണ്. ജെറ്റ് എയറിനെപ്പോലും വേഗത്തിൽ തോല്പിക്കാൻ കഴിയുന്ന ഈ കൊറോണ എന്ന അണുവിന്റെ ആയുസ്സ് എത്രമാത്രമാണെന്ന് ഇനി ദൈവവിധി. കോവിഡ് കാലം എന്നിൽ സ്വാധീനിച്ചത് കൂടുതലും ഓൺലൈൻ പഠനം തന്നെയാണ്. കോളേജിന്റെ മാസ്മരികമായ ചുറ്റുപാടിൽ നിന്ന് എന്നെയും എന്റെ കൂട്ടുകാരെയും വെർച്വൽ മീഡിയയിലെത്തിച്ചത് തന്നെ ഈ കോവിഡ് കാലമാണ്. എല്ലാ മേഖലയേയും മുന്തിയ രീതിയിൽ തന്നെ ബാധിച്ചു. കച്ചവടമോ, കൃഷിയോ, വിദ്യാലയങ്ങളോ എല്ലാം തന്നെ പെട്ടെന്ന് നിർജീവമായ ഒരവസ്ഥ, രണ്ടായിരത്തി

പത്തൊൻപത് മാർച്ചോടെ കേരളക്കരയെ ഞെട്ടിച്ചു. ഇനിയെന്തു ചെയ്യും? എന്ന എല്ലാ മർത്ത്യന്റെയും മുന്നിലുള്ള സന്ദേഹം പാടെ മാറ്റി മറിച്ചത് ഗവണ്മെന്റിന്റെ സേവനനിരകൾ തന്നെയാണ്. സാമൂഹ്യബന്ധത്തിന്റെ കെട്ടുറപ്പും ചുറ്റുപാടും കെട്ടുപിണയാതെ അതേപടി നിലനിൽക്കുന്നുവെങ്കിൽ ഓർക്കാം നമ്മുടെ അധികാരികളുടെ കരുതൽ നീക്കങ്ങൾ.

സാക്ഷരതയുടെ കാര്യത്തിൽ അന്നും ഇന്നും മാറ്റമില്ലാതെ കേരളത്തിന് സ്വന്തമായിതന്നെ നിലനിൽപ്പുണ്ട്. വിദ്യാഭ്യാസ രംഗത്തിൽ ഫസ്റ്റ് ബെൽ ഒന്നാമതായി എത്തിനിൽക്കുന്നുണ്ട്. കേരളം അറിയാതെപോയ അറിഞ്ഞുകൊണ്ടിരിക്കുന്ന പ്രഗത്ഭരായ പല അധ്യാപകരെയും മലയാളികളുടെ മനസ്സിൽ ഇടം നൽകിയതും ഈ യുഗം തന്നെ. കുടുംബബന്ധങ്ങളുടെ കെട്ടുറപ്പിനെ ഒന്നുകൂടി ചേർത്തുനിർത്താൻ സാധിച്ച ഡിജിറ്റൽ മാധ്യമങ്ങളുടെ പ്രായോഗികതയും കോവിഡ്കാല വൈഭവം തന്നെ.







# A. P. J. ABDUL KALAM:

THE MISSILE MAN WHO GAVE US THE COURAGE TO DREAM



Dhanya B.  
(Physical Science)

Imagine a young man, stuttering, practising his oratory skills by the beach, so that he didn't have to hear himself over the sounds of the ocean; and then picture the confident scientist of India who every Indian reveres- Dr. A.P.J. Abdul Kalam.

Disturbed in his initial years over his stuttering problem, his lack of confidence while speaking, Dr Abdul Kalam used to practise speaking by the beach. He decided to do it until the day he could hear his own voice, strongly, firmly over the sounds of the waves. This particular anecdote, narrated by Dr. Kalam while addressing a room full of students, is a testament to the kind of person he was- a person who was never dejected by failure.

*"For me, there is no such thing as a negative experience. Firmly believe that unless one has tasted the bitter pill of failure, one cannot aspire enough for success. The test of a human being is in accepting the failure and going on trying until he or she succeeds".*

Dr. A.P.J. Abdul Kalam was a man of many talents. From authoring over 18 books to writing various songs and poems; he was an avid reader and a writer. He was conferred with Bharat Ratna

before he became President. He spoke with a lot of fervour and was responsible for instilling the courage to dream in many people. From a humble background, he reached one of the highest posts of the country. Kalam, fondly known with the title of 'Missile Man of India' worked on Pokhran-II nuclear tests, a series of five nuclear bomb test explosions conducted by India in 1998. An average student in India, who probably cannot name all the Presidents of India, will surely know Dr. A.P.J. Abdul Kalam.

Young students are who he decided to envision his paths for, and various writings and speeches by him indicate how he wanted the youth of the country to prioritise education. *"If India is to become developed by 2020, it will do so only by riding on the shoulders of the young."* When one watches the movie "I am Kalam", one realises the impact he left on students. People watching him knew that dreaming is imperative to making dreams come true. Courage to conquer the problems and succeed is what he prescribed. In his book, Ignited Minds, he repeatedly emphasised on the importance of curiosity, the will, and the desire to learn.

At various junctures in his life, he focussed on how societal parity can be achieved with empathy. He says, a candle loses nothing by lighting another candle; and that is what he means when he says that by sharing burdens, by joining hands would one achieve social development. A comment by him can never be forgotten in this context and in the present times of hatred, doubts and friction: *"What matters in this life more than winning for ourselves, is helping others win"*. This empathy which he talked about repeatedly along with perseverance and strong will is what our country needs most to walk confidently on the path of development equality and prosperity.



Akshaya K.  
(Physical Science)

# QUERIES ABOUT COVID-19 VACCINES

## 1. How well does the covid-19 vaccine work?

Vaccination protects you from getting seriously ill and dying from COVID-19. For the first fourteen days after getting a vaccination, you do not have significant levels of protection, then it increases gradually. For a single dose vaccine, immunity will generally occur two weeks after vaccination. For two-dose vaccines, both doses are needed to achieve the highest level of immunity possible.

While a COVID-19 vaccine will protect you from serious illness and death, we are still learning about the extent to which it keeps you from being infected and passing the virus on to others (transmission). The data that is emerging from countries is showing that the vaccines that are currently in use are protecting against severe disease and hospitalization. However, no vaccine is 100% effective and breakthrough infections are regrettable, but to be expected.

The current evidence shows that vaccines provide some protection from

infection and transmission, but that protection is less than that for serious illness and death. We are still learning also about the variants of concern and whether the vaccines are as protective against these strains as the non-variant virus. For these reasons, and while many of those in the community may not yet be vaccinated, maintaining other prevention measures is important especially in communities where SARS CoV-2 circulation is significant. To help keep you and others safe, and while efforts continue to reduce viral transmission and ramp up vaccine coverage, you should continue to maintain at least a 1-metre distance from others, cover a cough or sneeze in your elbow, clean your hands frequently and wear a mask, particularly in enclosed, crowded or poorly ventilated spaces. Always follow guidance from local authorities based on the situation and risk where you live.

## 2. Which are the types of Covid -19 vaccines available in the world? Which one is better?

Scientists around the world are developing many potential vaccines for COVID-19. These vaccines are all designed to teach the body's immune system to safely recognize and block the virus that causes COVID-19. Several different types of potential vaccines for COVID-19 are in development, including:

Inactivated or weakened virus vaccines, which use a form of the virus that has been inactivated or weakened so it doesn't cause disease, but still generates an immune response. Protein-based vaccines, which use harmless fragments of proteins or protein shells that mimic the COVID-19 virus to safely generate an immune response. Viral vector vaccines, which use a safe virus that cannot cause disease but serves as a platform to produce coronavirus proteins to generate an immune response. RNA and DNA vaccines, a cutting-edge approach that uses genetically engineered RNA or DNA to generate a protein that itself safely prompts an immune response. No better vaccine as such for now as long-term studies are lacking. Covishield is internationally accepted but immunity might be low as it is just a viral component (spike protein). Theoretically covaxin is better (contains whole virus).

**3. Does the vaccines in India effective against delta plus variant of Covid-19?**

Adequate studies are lacking. There are plans to include paediatric population in trials but not yet implemented till now.

**4. Vaccine for children are under trial. Is this the same as the one used for adults?**

Yes, for Pfizer/BioNtech Comirnaty vaccine. But complete analysis of trial not yet complete as of now.

**5. If everybody in the world get vaccinated, does the covid-19 virus stop getting mutated?**

Not at all.

**6. If I don't have side effects after taking covid vaccine, does that mean the vaccine did not work?**

No correlation between post vaccination adverse effects and immune response as of now.

**7. Is it necessary to take Booster Vaccine after taking two shots of vaccine?**

No recommendation for Booster Vaccine as of now.

**8. Why does some people have diarrhoea after taking covid vaccine?**

Vaccine does not cause diarrhoea could be because of COVID-19 infection before immunity develops.

**9. Why ICMR increased the gap between two doses of covishield vaccine from 48 days to 84 days?**

Several studies quoting better efficacy after increasing gap.

**10. Some countries like America and Israel recently said fully vaccinated people can stop wearing masks. What is your opinion about this policy?**

Should wear as no vaccine provides 100% protection. Also prevent other covid related complications like mucormycosis.





Keerthana S. B.  
(English)

**W**e all perceive someone as “good” and some others as “bad”. After a while we may change our mind and those we called “good” before we now call “worthless” and vice-versa. So we can say that our opinion and perspectives are always in a constant state of fluctuation. Do you know what is the reason behind that? Why we preconceive things? The main reason is that the lack of proper knowledge and it has become our habit to view everything through our preconceived notions. When we view something through the lens of our preconceived notions, it is not possible for a clear understanding of it. So, in our life it is very important to view things in its proper place with an open mind. Through this we can understand the reality of a situation.

This world and the object and the individuals in it are undergoing constant change. The individuals we saw yesterday are different from the individuals we see today. A tailor always takes fresh measurements, even for regular customers. He never thinks “Oh, I took this person's measurements the last time he was here and no need to do it again”. He knows that the dimensions of the customer's body are subjected to change. Like this we interact with others. A person may change his

## PRECONCEPTION: A HAZARD ON TRUTH

attitude and behaviour at any moment. They are always in a changing mood not constants. Today's enemy could easily become tomorrow's friend and sometimes today's friend could also become tomorrow's enemy. So, to understand this we always need a vast and open mind. For a healthy and happy living is only possible without preconceptions.

Someone considered this idea “preconception” as a better way to avoid future difficulties. However, in reality, what is required to avoid future difficulty is “attention” not the notion “preconception”. These two are the extreme ends of a line and always contrasting each other. When we act with preconceptions, the opportunity to learn new things will loss and we may keep a distant from those things. In fact, preconception often form when we project our own likes and dislikes upon others. So this doesn't help us to see the truth and blinds us. We should be able to understand the reality with proper attention and knowledge rather than preconception.



**E**ducation is one of the integral parts of people's lives. Without proper education, nothing is possible in this fast-running world. Due to the wake of covid-19, schools and colleges had changed their traditional method of teaching to a platform of E-learning. Online classes had actually become a trend during the period of covid-19 because of its convenience.

Online education can be considered as a quick and easy method to learn something but when it comes to academic sessions it is affecting the mental and physical conditions of students just like every object has two faces. On one hand, it has immense benefits and at the same time, it had many adverse effects too. Online learning has many advantages. When it comes to the attendance of a student, one can easily get through it. Online classes can be taken from home and so there is no need to travel. There are fewer chances of students missing out on class. Online classes had become an alternative option for traditional classes as students can attend the classes from any location or geography if the internet helps i.e. only network connection is needed. They can study the learning material at a time of their convenience. These all are the case of positive respects.

For many students, the challenge that online class presents is to focus on small screens for a big amount of time. And one of the biggest problems that arise is the chances of distractions from social media. Another problem, they are facing is network issues. Now also some areas have poor internet connectivity, and these greatly affect students' education and learning. Most importantly, the mental and physical health conditions of students are badly affected. There is a lack of physical interaction between teachers and students and also every student is missing out on their most memorable and beautiful clays in their lives. This often results in depression. In conclusion, online it can be said about education that many challenges need to be overcome. Despite all the disadvantages online learning platforms and methods can be considered convenient for every student as per the situation today.

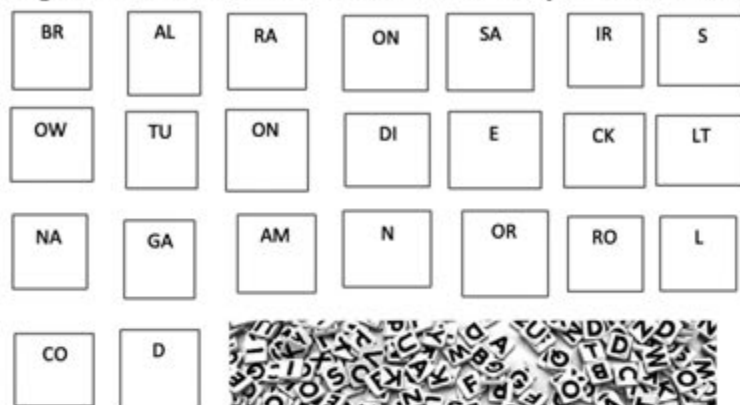


Divyasree S.  
(Natural Science)

## E-LEARNING: BOON OR BANE



Dig out five natural resources from these jumbled letters.



## JUMBLLED LETTERS



Aparna B.  
(Physical Science)

### ANSWERS

1. Natural Gas
2. Iron Core
3. Brown coal
4. Diamond
5. Rock Salt

**M**athematics is not terrific, please approach it as fun, it will give you pleasure to reduce stress, tension and most of your problem will vanish in just a second. Come let's have some fun in Mathematics, try to answer the following:

1. What do Mathematics teachers like to eat?
2. What did zero say to eight?
3. What kind of snake does your teacher probably own?
4. Why does algebra make you a better dancer?
5. Where do Mathematicians like to party?
6. Why are Math books sad?
7. Why does nobody talk to circles?
8. Who invented the round table?
9. Why it is sad that parallel lines have so much in common?
10. Why does plant hate math?
11. Did you hear that old math teachers never die?
12. How do you keep warm in a cold room?
13. Why is the obtuse triangle always upset?
14. Why was the = sign so humble?
15. What did triangle say to circle?

### ANSWERS

1. Pi
2. Nice Belt.
3. Pi-thon.
4. Because you can use algo - rhythm.
5. In Bar-graphs.
6. They are literally filled with problems.
7. There is no points to talk.
8. Sir Circumference.
9. They will never meet each other.
10. Because it gives them square roots.
11. They just lose some of their functions.
12. Go to corner, it is always 90 degrees.
13. Because it is never right.
14. Because he knew that he is neither < nor > anyone else.
15. You are so pointless.

## FUNNY MATH



Karthika N. S.  
(Mathematics)

# ഉദ്ദീകവിതകൾ



Midhun M. L.  
(Physical Science)



നൂറു പുഴയിൽ  
കുളിച്ചിട്ടും കടലിന്റെ  
ഉച്ചുരസം  
കുറഞ്ഞില്ല !!

ഒരു രാത്രി മുഴുവൻ  
സൂര്യനെ തേടി  
അലഞ്ഞ പന്ത്രണ്ടു  
നേരം ചുവർന്നപ്പോൾ  
കാണാനില്ല !!

ഒന്നിനോട്  
ഒന്നുകൂറിച്ചിട്ട്  
ഒന്നുമല്ലാതാകുന്നവർ  
ചിലർ

വരി: ദീപുൾ എം.എൻ  
വര: ഗോപിക റവി

കിരീതിരിയാലില  
ആട്ടവിടുകിൻ പാലെ  
കഥയറിയാത്തൊരു  
കരിഭവം !!

ആവലാതി കേട്ടു  
മുറഞ്ഞ ഭഗവാൻ  
ആരാധനാലയം  
വിട്ടിറങ്ങി !!

ഓട്ടമുസരത്തിന്റെ  
ഹോട്ടോ പിന്നിടീൻ  
അോക്കി കലഹിക്കുന്നു;  
ഞാനും എന്റെ  
നിഴലും !!



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SINI O.



SOORYA A.



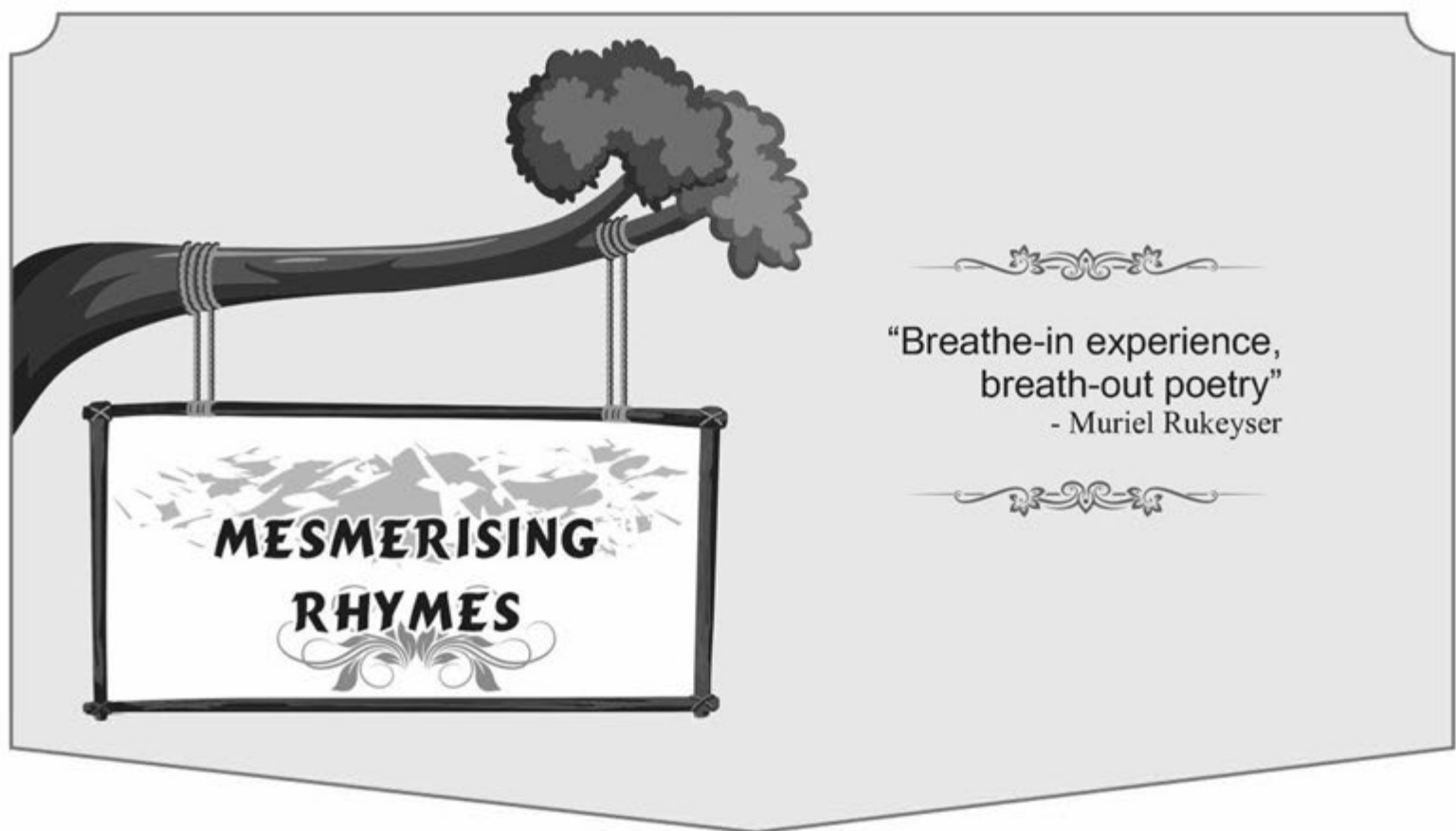
SRUTHY S.



SUBHI B.



VINEETHA VIJAYAN



**Y**ou are my world  
You make me feel like I am something  
You heal my wounds, you wash my pain  
You console me when I am all alone  
You guide my way, when there is darkness  
You sow the seeds of hope in me  
You make me feel like flying above  
You make me forget the worse realities  
You make me live in a world of love  
You save me when I fall in solitude  
You make me love the life in the world  
I feel the best, when I am with you  
I feel the worst when I forget you  
You are the best friend of my life  
You are my World; you are my all  
The worst thing in my life is reality  
But the best thing in my life is YOU...



Haritha S.  
(Mathematics)



The winter was never cold.  
The summer never warm.  
All the things that were sweet to others.  
Felt so bitter to me, don't know, Why  
And one day, he come like  
the Moon in the clouds.  
The shade in the heat or  
the breeze in the desert.  
And all my wingless, hopeless dreams  
started to fly up in the sky  
Never know if he'll ever realize  
How much love I've inside?  
But whatever his decision might be  
He will always be the sunshine  
in my life  
But whatever his decision might be  
He will always be the sunshine  
in my life.

# THE SUNSHINE IN MY LIFE



Nayana P.G.  
(Mathematics)



Athira Jayakumar  
(English)

I climbed the hardness of the mountain, which didn't return my echoes.  
I swam the clear waters of the rivulet, which didn't let me float.  
I crossed the sandiness of the desert, which didn't show me the oasis.  
I stood in the swirls of the wind, which took and shook me.  
I happily jumped into the snows, which after a while made my blood stop.  
I kissed the pages of an old book, which dusted me off with its mazy plots.  
I got baked in the sun, coughs in the cold, shivers in the dark  
And finally, when I was ready to rust,  
It poured down, the rains did,  
To drench the curls,  
To sweep all those throbs  
And to alohomora the enigma.

# ALOHOMORA

# I WANT TO DIE

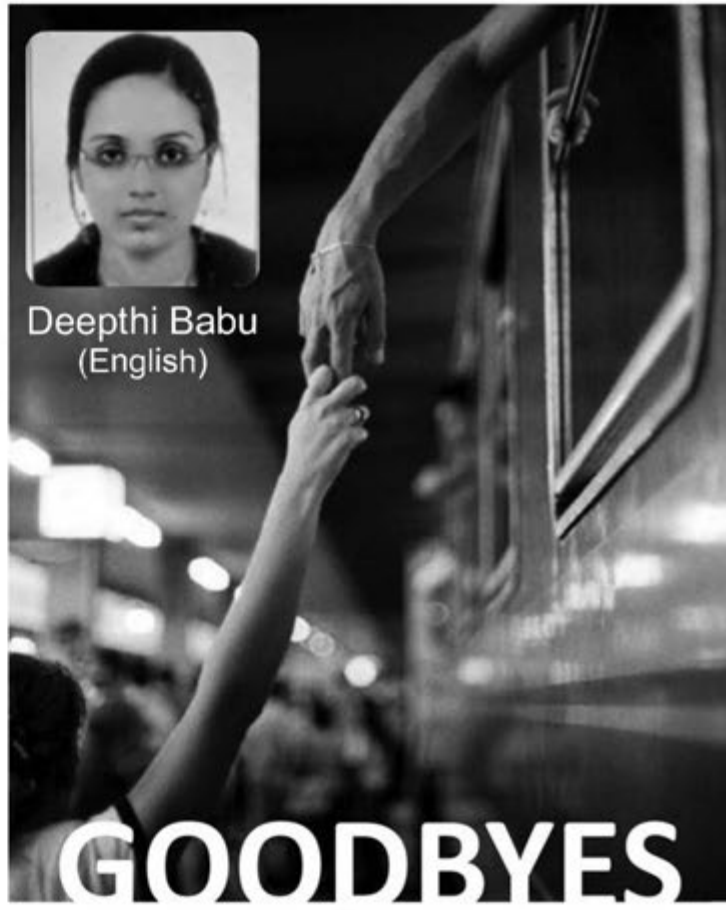
Is my birth blessed by demon?  
Life is obsessed with death tones  
My birth is a disaster  
Happiness seems to be not for me  
My smiles are fake  
Health is something beyond my dreams  
I am frustrated  
I want freedom  
Am I seemed to be a bird in your eyes  
Whom you can caged.  
Days and night are long  
Each moment and movement are  
calculated  
I am trapped in this.  
Separation is painful,  
If the bond is made of love  
But I am not in love with this cage  
Here I am waiting for you  
Peak of my happiness  
I hate to live  
Love to die.



Deepthi Babu  
(English)



Deepthi Babu  
(English)



# GOODBYES



'Goodbye...'  
A normal word seems to mean a lot  
For the first time  
I hate to say this casual word  
My life moves ahead with ups and downs  
And it gives a different meaning  
when we met Our togetherness makes  
"Who I am?" Five is an odd number,  
but It is a lucky number for me  
I want we five to be together forever  
We are five individuals with one mind and five soul  
"O' Lord, let these words are not my last spells  
Let this togetherness may not be the last"  
The day we met seems to be normal  
But when its times to say goodbye  
I feel reluctant, I don't want our time to end so soon  
Am I really going to say goodbye?



Squeezed out of the clouds,  
Right into our hearts  
To bring mirth into the world  
Came the rain,  
To bring joy to the land and  
To make ourselves wet.  
The beauty beyond limits,  
That rolls on trees, splashes on  
rocks, and thrills a child.  
And never forget the wonderful  
rainbow  
With the finishing touch!  
Wow that's amazing the raindrops  
but alas!  
We are powerless to create even a  
drop of it.  
So never waste any...



Divyasree S.  
(Natural Science)

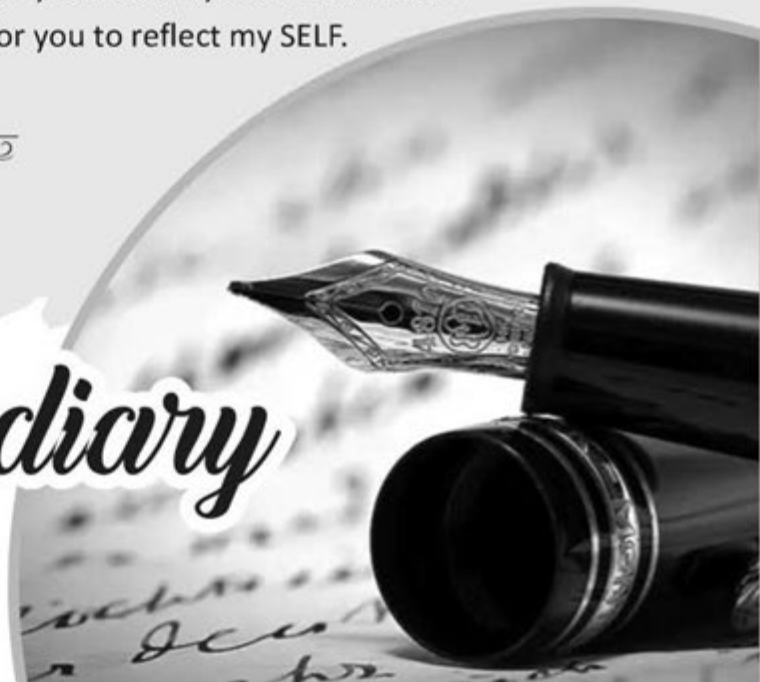
Dear personal belonging,  
Let me tell you something...  
You are my secret book.  
You are my attentive listener.  
You are my holy table to confess.  
I embrace you, when I feel...  
I feel happy  
I feel sad  
I feel super excited  
Whatever, you are my first choice.  
I write...  
I speak...  
I draw...

You always kept space for me.  
You filled me with colors.  
You showed me the right ways.  
I hereby acknowledge,  
your magical touch in my life.  
This my favorite letter  
I have ever written.  
This is for you to keep me alive.  
This is for you to be my confession room.  
This is for you to reflect my SELF.



Meenu M. J.  
(English)

*A letter to my  
Personal diary*







Silpa Vijayan  
(English)

My heart awakes,  
Longing for my shadow. I wounded with fierce desire,  
My veins were rugged.  
My heart began to collapse.  
With the great Shadow.  
There are conflicts with the reality, Often I sit and wonder.  
I broke the fences of loneliness, Beneath the frosted dreams.  
Crossing the plight of life, With the great Shadow.

# THE GREAT SHADOW



Kavya D. S.  
(English)

How breathtakingly beautiful it is  
to write death notes;  
to write your last words  
and also, your epitaph,  
for you no longer want  
to see bodies that are  
empty of emotions,  
you confine your grief  
in a language and wonder  
if at all would people

mourn your loss.  
You weep once again,  
for this be the last time  
you feel pain,  
you laugh in madness  
for this be the last time  
you be a burden to another,  
Yet, you do not wish for  
visitors at your grave,  
nor flowers that smell of love,  
for when alive you had neither  
visitors, flowers, nor love.  
So, you be content with  
your self-written obituary  
and your grief-stricken smile  
as you await endlessly  
for "the great leveler".



# THE ETERNAL LOVE



Silpa Vijayan  
(English)

Rose magnifies my ecstasy,  
She listens to my heart,  
She enriches my life in a myriad of ways,  
She heals my injured heart.  
Sometimes we laugh loud, Sometimes we fight,  
Sometimes we were in delight,  
She provides the feelings of comfort and concern.  
I lean on her shoulder,  
When I am in misery.  
Like a cool breeze,  
She sow the seeds of relax,  
Refresh and renew in me.  
I miss you when you,  
Are out of my sight. When you are nearby me,  
I forget my silly laments.  
She gives courage to face problems untold,  
She is my treasure,  
my fortune,  
Creator of my seventh heaven.  
Like a radiant, gleaming,  
Blazing, beaming sunny summer,  
You are engraved in my heart eternally.

# Ravishing BEAUTY

The beauty that melts all eyes  
It embraces all soul.  
Everyone keeps on peeping it  
It is moving on like a glistening glim.  
A flash of its glimpse  
envisages the whole world.

All are blissful witnessing its presence  
But, Am I?  
No, the reflection of a fragment hurts me!  
The ravishing beauty is the night terror  
that haunts my sleep, my dream...  
It looted all my fascinations away...



Reshma R. B.  
(English)

# Beyond her TABOO WORLD



Avani K.  
(English)

She is scared; hatred  
for her own ceaseless laughter,  
discontent mirror,  
Perpetual tears,  
and her never ending talks.  
She is longing for something.  
For unnamed relationships,  
a journey without destination,  
the darker silence,  
a single bedded room,  
corridors unaware of dawn,  
the greenery of Monsoon,  
the wetting umbrellas,  
and her innocent childhood.

Seconds Minutes Days pass by Still  
hinderling in my mind  
The cry of the little ones in my ears  
Feeling of despair all around  
The strong brave lady  
Accompanied by her partner Fighting  
for their little babies Lived for its bundle  
of joy  
Silence! Total Silence in the exam hall  
Except for the pigeons flying by



Nimisha S.  
(English)



## THE BRISK AIR AND THE SLICE

Carrying for its little ones Searching for  
its livelihood  
The Death toll the Unfortunate second  
The Scream of the little ones The  
Scream of the mate  
By the side of the bloody body  
Blood scattered everywhere  
The blade of the fan dripping red The  
Death toll has rung  
The shock, surprise, surrender, reflect  
On the face of the audience



Sreelekshmi J.  
(English)

# A DOLL

"A girl", the nurse announces.  
The father grabbed that tender suckling.  
His mind loaded with thoughts of jewels and paper notes to spend.  
Time flies.  
Her training period starts at home:  
Play with dolls, not with guns.  
Wear frocks, bangles, earrings.  
Don't climb trees, be gentle, don't quarrel or chat with boys.  
Want to learn Karate!  
No, go to kitchen, help your mother.  
Look after your hair, be calm and quiet.  
Read the tales of Cinderella, Sleeping Beauty.  
Wait for your Prince.  
All orders strictly followed, she never questioned.  
Training period comes to an end.  
They mould her as a fragile, loyal Indian woman.  
Days passed.  
One day, some cunning Vultures infested in her frail body.  
Forced to surrender, she is not trained to protest.  
Remarks :  
The authorities failed to tell the brave tales of Goddess Kali,  
who take the head of the one who judged her body.

"Ah! this smells afresh, wow, it's taste, sweet as sugar.

That's for today, my belly bulged".

Fluttering his wings, he moves forward. Eyes of heaven shines, in its golden garment up in the sky.

It's tender light disturbed the nap. She awaked, fresh as April, her white clothing shines.

Her smiles absorbed his eyes.

His heart echoed her name.

Love's chariot dropped him next to her.

His lips locked her tender body.

His first kiss...

He falls apart, breathless, fragile corpse. Poor Bee hardly knows her, Hemlock her name, the poisonous flower.

Wind washed away the Bee's body.

Love pierced his heart, he failed to realize-

"Beautiful angelic face too carries a serpent's heart

# THE FIRST KISS



Sreelekshmi J.  
(English)

## ACHIEVEMENTS (FACULTY & STUDENTS)



**DR. SHEEBA P.**

Elected as the Member,  
Academic Council,  
University of Kerala



**DR. RANI K.V.**

Secured 'Excellent Paper Award' in the  
International Webinar 2020 on 'COVID  
19- Challenges, Preparedness &  
Management: Global Perspective  
organized by Department of Education,  
Mother Teresa Women's University,  
Tamil Nadu



### SREE NARAYANA TRAINING COLLEGE, NEDUNGANDA

ANVAYA 2021 - 2022

EKASWARA - ARTS FEST



**KALATHILAKAM**

Aswany Prasannan  
2 nd year  
Malayalam



**KALAPRATHIBHA**

Mohammad haris  
2 nd year  
social science

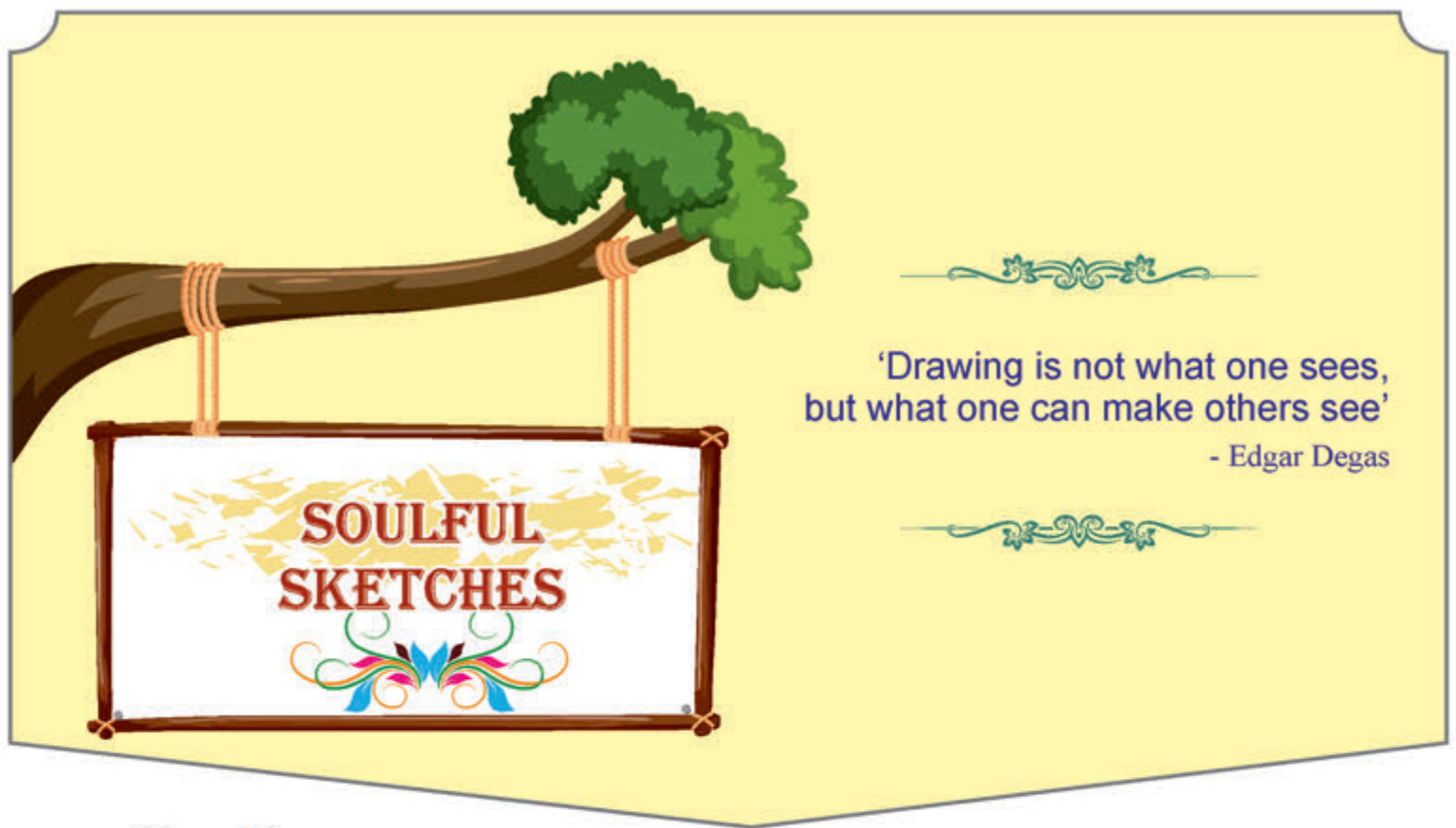


# SREE NARAYANA TRAINING COLLEGE

NEDUNGANDA, VARKALA, THIRUVANANTHAPURAM

## NET/ SET/ TET WINNERS 2020-2021

 ANJALI J.S. UGC NET English	 ANUSREE A.S. UGC NET Malayalam, K TET Cate. 3	 ATHIRA JAYAKUMAR UGC NET English	 ATHIRA P.S. UGC NET Malayalam, SET K TET Cate. 3	 ATHIRA T.S. UGC NET-Economics	 AVANI V.R. UGC NET-English	 DEVIAPARNA J.S. UGC NET- History	 GREESHMA MANOJ UGC NET Malayalam, K TET Cate. 2 & 3	 KAVYA D.S. UGC NET-English
 MITHUN M.L. UGC CSR NET - Physics	 NEENI S.L. SET/UGC NET-English	 RESHMA A.S. UGC NET-English	 AARCHA ANIL K TET Cate. 2 & 3	 ABHIRAMI G.S. K TET Cate. 2 & 3	 ADHEENA A. ET, K TET Cate. 2	 ADITHYA MANU K TET Cate. 3	 AMINA M SET K TET Cate. 2 & 3	 AMRUTHA SASI K TET Cate. 3
 ANAKHA P. NATH SET, K TET Cate. 3	 ANAKHA K TET Cate. 2	 ANAKHA K TET Cate. 2	 ANJALI G.P. K TET Cate. 2 & 3	 ANJANA S.S. K TET Cate. 2	 ANJANA S.S. K TET Cate. 3	 ANJIMA M.R. K TET Cate. 3	 ANJU B.A. K TET Cate. 3	 ANJU L.T. K TET Cate. 3
 ANU VJAYAN K TET Cate. 3	 ANUSREE G.S. K TET Cate. 3	 APARNA R. K TET Cate. 2	 ARTDHANADEVI P. K TET Cate. 2	 ARYA A.R. K TET Cate. 2 & 3	 ARYA R. K TET Cate. 3	 ASHWATHY DAS K TET Cate. 2	 ASHWATHY A. KHOSH K TET Cate. 2 & 3	 ATHIRA M.R. K TET Cate. 2 & 3
 ATHIRA P. K TET Cate. 2 & 3	 ATHIRA S. K TET Cate. 2 & 3	 BIJJI K TET Cate. 3	 CHINCHU L. K TET Cate. 3 (2)	 DASANA VJAKUMAR SET K TET Cate. 2	 DIVYA DAS SET K TET Cate. 3	 GAYATHRI DILEEP SET K TET Cate. 3	 GREESHMA M.J. K TET Cate. 2 & 3	 HAMDHA SUNANY M. K TET Cate. 3
 JASEENA P. SET K TET Cate. 3	 JEENA AJEEV K TET Cate. 2	 JENY V. K TET Cate. 2	 KIRAN A.S. K TET Cate. 3	 KRISHNA G.S. K TET Cate. 2 & 3	 KRITHI K.R. K TET Cate. 3	 LEEJA L. SET Social Science	 LEKSHMI PRIYA S. K TET Cate. 2	 MESHRA R. K TET Cate. 3
 MITHA MOHAN L. K TET Cate. 3	 MONCY T. K TET Cate. 3	 NAZRIN S.S. K TET Cate. 2	 NEELIMA RAJ. K TET Cate. 2 & 3	 NEETHU G.L. K TET Cate. 3	 PARVATHY A. KIRUP K TET Cate. 3	 PARVATHY S. C TET, K TET Cate. 3	 RANJU R. MADHU SET K TET Cate. 2 & 3	 RENU R. SET K TET Cate. 2
 REVATHY KRISHNAN K TET Cate. 2 & 3	 SAIFUNNISA A. K TET Cate. 3	 SARANYA B. KUMAR SET K TET Cate. 3	 SARIKA S. K TET Cate. 2 & 3	 SHERIN A.S. K TET Cate. 2	 SMRITHY A.S. K TET Cate. 2 & 3	 SREEKUTTY R. K TET Cate. 2	 SREELEKSHMI S. K TET Cate. 2 & 3	 SRUTHY M. K TET Cate. 3
 SURYA MANDHARAN K TET Cate. 2	 SWATHI BABU K TET Cate. 2	<p><b>Sree Narayana Training College, Nedunganda, Thiruvananthapuram</b>                      Affiliated to University of Kerala, Recognized by NCTE,                      Re- Accredited by NAAC with B Grade                      E mail- <a href="mailto:snctned@gmail.com">snctned@gmail.com</a>, Website- <a href="http://sntraining.college.edu.in">sntraining.college.edu.in</a></p>						



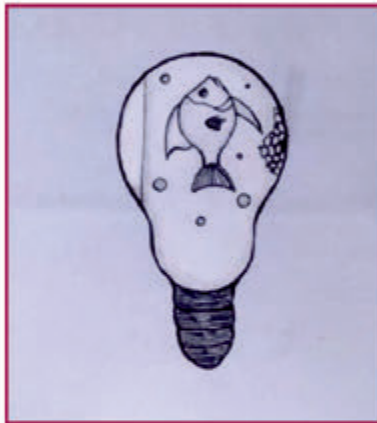
OUR ARTISTS



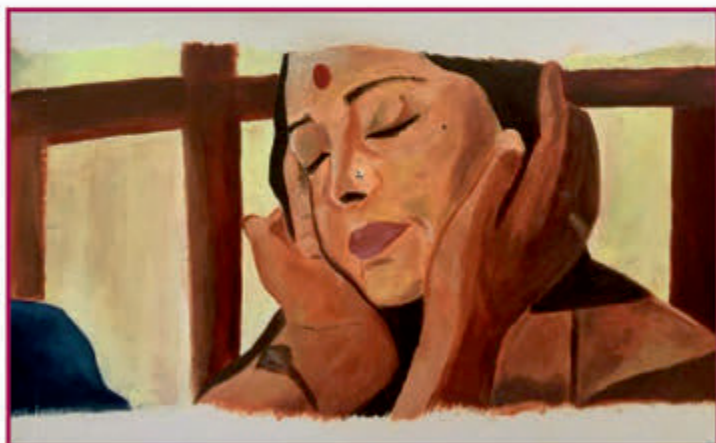
Akshaya K.  
(Physical Science)



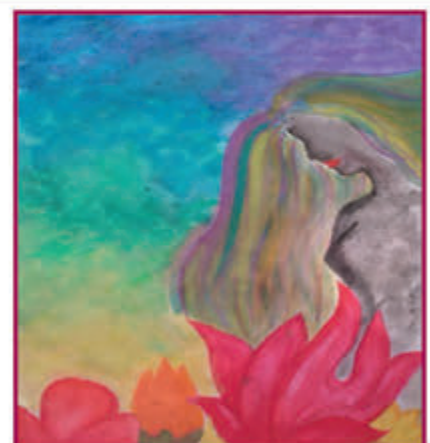
Megha S.  
(Physical Science)



Arya A. S.  
(Natural Science)



Kavya D. S.  
(English)



Karthika N. V.  
(Malayalam)





നിങ്ങൾക്കെന്നോട് എത്രത്തോളം ഇഷ്ടമുണ്ട്... അവൾ അവന്റെ നെഞ്ചിലേക്ക് ചേർന്നിരുന്നു കൊണ്ട് ചോദിച്ചതും അവൻ അവളുടെ ശിരസ്സിൽ അരുമായി തലോടി...

എനിക്കത് വാക്കുകൾകൊണ്ട് നിർവ്വചിക്കാൻ കഴിയില്ല...

എന്റെ ഓരോ അണുവില്പന നീയാണ്... എന്റെ ഭ്രാന്തമായ രൂപംപോലും നിനക്കുവേണ്ടിയുള്ളതല്ലേ... മിഹാ... അവളെ തന്നോട് പൊതിഞ്ഞുപിടിച്ചുകൊണ്ട് അവൻ പറഞ്ഞു.

ഞാൻ കാരണമല്ലേ നാമ് നിനക്കിങ്ങനെ... ദേ... തലമുടിയൊക്കെ നരച്ചു... ദേഹം നോക്കിയെ മൊത്തം മുറിവുകളാ... ഇനിയെങ്കിലും എനോടൊപ്പം വന്നുടേ... എത്ര നാളായി ഈ കാത്തിരിപ്പ്...

ഇത്രനാളും നീ എന്തേ ഇതെന്നോട് ചോദിക്കാഞ്ഞെ... അവൻ അവളുടെ മുഖം അവന്റെ അഴുക്കുനിറഞ്ഞ കൈകളാൽ തനിക്കു നേരെ ഉയർത്തിക്കൊണ്ടു ചോദിച്ചതും,

അവൾ അവന്റെ കണ്ണുകളിൽ അമർത്തി ചുമിച്ചു. മെല്ലെ കാതുകളിൽ തന്റെ പല്ലുകൾ ആഴ്ന്നു... എന്നിട്ട് അവനോട് ചേർന്നിരുന്നു കൊണ്ട് പറഞ്ഞു.

ഇപ്പോഴാണ് എനിക്കിത് ചോദിക്കാൻ അവസരം കിട്ടിയത് നിന്റെ അമ്മയുടെ നീണ്ട

വർഷത്തെ മൗനസമ്മതം. പാവം. ഇത്രയുംനാൾ ഒന്നും മിണ്ടാൻ കഴിയാതെ വീർപ്പുമുട്ടി ഈ വീട്ടിൽ... അച്ഛന്റെയും കുടുംബക്കാരുടെയും കടിച്ചുകീറലിൽ വെന്ത്...



നമ്മൾ ചെല്ലുന്നതും കാത്തു അവിടെ കാത്തിരിക്കുകയായിരുന്നു പാവം... വാ നാമ്, പോവാം.

അവൻ പുഞ്ചിരിയോടെ അവളുടെ കൂടെ പോകാനായി എഴുന്നേറ്റതും നിലത്തേക്ക് തന്നെ മലർന്നുവീണതും ഒത്തായിരുന്നു.

ഓഹ്... ഈ ചങ്ങല... കൊല്ലംകരയായില്ലേ... ഞാനങ്ങുമാറണം... എന്നും പറഞ്ഞ് അവൻ നിലത്തേക്കിരുന്ന് അത് അഴിച്ചുമാറ്റാൻ നോക്കി.

പറ്റുന്നില്ല. ദേഹമാസകലം കളിര വന്നുമുട്ടുന്നു...  
മി... മിഹാ... എ... എനിക്ക് തണുക്കുന്നു...  
ഞാൻ നിനക്ക് പുതപ്പായി മാറട്ടെ... നാഥ്...  
എന്ന് ചോദിച്ചുകൊണ്ട് അവൾ അവന്റെ ദേഹത്തെ  
തന്നിലേക്ക് ചേർത്തു...



ആദ്യചുംബനം അവന്റെ തിരുനെറ്റിയിൽ അർപ്പിച്ചു...  
പിന്നെ അവന്റെ ഇരുകണ്ണുകളിലും. അവസാനം  
അവളുടെ ചോരച്ചുണ്ടുകൾ അവന്റെ കുറുത്തുവരണ്ടു  
പൊട്ടിയ ചുണ്ടുകളോടു ചേർന്നു. അവളിലെ ചുട്ട്  
മെല്ലെ അവന്റെ ദേഹത്തേക്ക് ചേർന്നതും അവൻ  
അവളെ തന്നോട് ചേർത്തുപിടിച്ചു... അവസാനം  
ചുംബനങ്ങളുടെ കടിഞ്ഞാൻ ഏതോ സമയം  
ഇരുവരുടെയും ചുംബനത്തെ നിയന്ത്രിച്ചതും  
അവരുടെ ചിന്തകളും മാറിസഞ്ചരിക്കാൻ തുടങ്ങി...  
അവൾ അവനിൽ മെല്ലെ പടർന്നു കയറാനും...  
അവസാനം അവനിലെ പുരുഷനെ പൂർണ്ണമായും  
സ്വന്തമാക്കിയ നിർവ്വൃതിയിൽ അവന്റെ നെഞ്ചി  
ലേക്കുതന്നെ അവൾ തളർന്നുവീണു... അവനും ഒരു  
പുഞ്ചിരിയോടെതന്നെ അവളെ ചേർത്തുപിടിച്ചു  
കൊണ്ട് കണ്ണടച്ചു...  
പിറ്റേന്നത്തെ പ്രഭാതം...

അറിഞ്ഞോ... ആ അമ്പാട്ടെ ഭ്രാന്തൻചെക്കൻ  
മരിച്ചു എന്ന്... ചായക്കടയിലിരുന്നു ഒരുത്തൻ  
പറഞ്ഞു .... ഓഹ്... കഷ്ടമായിപ്പോയി... എങ്ങനെ  
ജീവിക്കേണ്ട ചെക്കനാ... ആ വിധി ഇങ്ങനെയാവും...  
പേരുകേട്ട നായർതറവാട്ടിൽ പിറന്ന ചെക്കൻ  
ആരുമില്ലാത്ത നസ്രാണി പെണ്ണിനെ പ്രേമിച്ചതിനു  
കിട്ടിയ ശിക്ഷ...

അച്ഛനും കുടുംബക്കാരുംചേർന്ന് അവന്റെ  
മുന്നിലിട്ടാ ആ പെണ്ണിനെ വെട്ടിയരിഞ്ഞത്...  
ആഹ്... അത്രയേ പറഞ്ഞിട്ടുള്ളായിരിക്കും അതിന്...

അവന്റെ തള്ളയും കഴിഞ്ഞ ദിവസമാപോയത്...  
പൊട്ടിയായതിന്റെപേരിൽ അതിനും കിട്ടി  
ഒരുപാട്... എന്തായാലും ഒന്ന് അങ്ങോട്ടു...

ഇപ്പോ വയസ്സൻതമ്പുരാൻ മാത്രമേയുള്ളൂ  
അവിടെ എന്നാ കേട്ടത്...

എന്തോ... ആ മരിച്ച കൊച്ചിന്റെ കണ്ണുനീർ  
ആയിരിക്കും... അതോടെ മുടിഞ്ഞതാ ആ കുടുംബം  
ഇപ്പോൾ തറവാട് മാത്രമേയുള്ളൂ... അയാൾ  
ആണെങ്കിൽ കിടന്നുകിടപ്പും...

ചെയ്തുകൂട്ടിയ പാപഫലം... അവിടെയുണ്ടാ  
യിരുന്ന മറ്റൊരുവൻ പറഞ്ഞു ....

ആരൊക്കെയോ ചേർന്ന് ഇരുട്ടുമുറിയിൽനിന്നും  
അവന്റെ തണുത്തുറഞ്ഞ ശരീരം പുറത്തേക്കെടുത്തു...  
അന്നേരം ആ ചുണ്ടുകളിൽ ഉണ്ടായിരുന്നു ആരെയും  
മയക്കുന്ന ആ പുഞ്ചിരി...

അകത്തേ മുറിയിൽ കട്ടിലിൽക്കിടന്ന്  
ശോഷിച്ച രൂപവുകണ്ടു തന്റെ അവസാനബന്ധ  
ത്തിന്റെയും യാത്രാമൊഴി... അതുകൊണ്ട് അതും  
അയാളുടെ കണ്ണിൽനിന്നും ഒരു തുള്ളി കണ്ണുനീർ  
പൊടിഞ്ഞു... അവസാനം അവന്റെ പട്ടട കത്തിയ  
മരുമ്പോൾ അവന്റെ കാൽഭാഗത്ത് അവന്റെ  
കൈകോർത്തു അവളും ഉണ്ടായിരുന്നു...

അവന്റെ ശരീരം ആഹ്ലതിയാകുന്നത്  
കാണാൻ...

അവന്റെ ശരീരം പൂർണ്ണമായി കത്തിതീർന്നതും  
അവിടെനിന്നും അവന്റെ കൈപിടിച്ചു അവളും  
ഇറങ്ങി...

അന്ന് ആ നാട്ടിൽ പറയാനുണ്ടായിരുന്നത്  
നസ്രാണി പെണ്ണിനെ പ്രണയിച്ച ഒരു നായർ  
ചെക്കന്റെ കഥയായിരുന്നു...

ചില പ്രണയങ്ങൾ ഇങ്ങനെയാണ്... ഒരിക്കലും  
ആർക്കും വിട്ടുകൊടുക്കാതെ പൊതിഞ്ഞുപിടിച്ചു  
കൊണ്ട്... അവസാനയാത്രയിലും അവരുടെ  
പ്രണയം കൂടിപ്പിടിച്ചു നിൽക്കും...



ശിൽപ വി. ആർ.  
(സോഷ്യൽ സയൻസ്)

വെബ്ബുവരി മാസമായിട്ടും  
വൃശ്ചികകാറ്റിന് സമാന  
മായൊരു വരണ്ട കാറ്റ്  
വീശി... വീട്ടിൽ നിന്നിറങ്ങുമ്പോ  
അയാളുടെ മനസ്സ് അസ്വസ്ഥമായിരുന്നു...  
ബലിക്കാക്കുകൾ കൈ കൊട്ടി  
വിളിക്കാതെതന്നെ പ്ലാവിൻ  
കൊമ്പിൽ ഇരിപ്പുറപ്പിച്ചിട്ടുണ്ട്...

"സാവിത്രിയെ കൂട്ടികൊണ്ടുവരണംന്ന്  
കുറച്ചനാളായി വിചാരിക്കുന്നു".  
അയാൾ മനസ്സിൽ പറഞ്ഞു. വളരെ ദൂതിയിൽ  
കാലൻ കടയെടുത്തു നടന്നതും പടിപ്പുരവാതിലിൽ കാല്  
തട്ടി അയാൾ വീണു... തള്ളവിരലിൽ നിന്ന്  
രക്തം ചിന്തിയതോടെ തോളിൽ ഇട്ട  
തോർത്ത്കീറി അയാൾ വിരലിൽ വെച്ച് കെട്ടി...

"സാവിത്രി ഉണ്ടായിരുന്നെങ്കിൽ ഓടി  
വന്നേനെ..."

മനസ്സിലെന്തോ പിറുപിറുത്ത ശേഷം  
താഴെവീണ കടയെടുത്തു അയാൾ വീണ്ടും  
നടന്നു... കുറച്ചുദൂരം ഇടവഴിയിലൂടെ  
നടന്നതിന് ശേഷം ചരലിട്ട വഴിയിലേക്കു യാൾ  
എത്തി... നടന്ന് നടന്നു അവശനാ യതോടെ  
അയാൾ ചുറ്റുപാടും നോക്കി... വലിയൊരു കല്ല്  
കണ്ടതോടെ അങ്ങോട്ട് നടന്ന് ആ കല്ലിൽ  
ഇരുന്നു... നേരം ഇരുട്ടി തുടങ്ങി കൃഷ്ണന്റെ  
വീടെത്താൻ ഇനിയും ഒരുപാട് ദൂരം പോണം...  
നടക്കാൻ വയ്യാ... കാല് താഴെ കത്തുമ്പോ നല്ല  
വേദന... അങ്ങകലെ റാന്തൽ വെളിച്ചം  
കാണുന്നുണ്ട്... അത് അടുത്ത് വന്നതോടെ  
അതൊരു കാളവണ്ടിയാണെന്ന് മനസ്സിലായി...  
മുന്നി ലെത്തിയതോടെ അയാൾ വണ്ടിക്കാരനോ  
ടായി ചോദിച്ചു...

ഞാൻ ആൽത്തറക്കാ പോണേ, അവിടം  
വരെ ഒന്നെത്തിക്കോ... നാലണ തരാം...

ആഹ് കേറിക്കോ...

ചക്രം ഉരുളുന്ന ശബ്ദവും കാളയുടെ മേലിലെ  
അടിയും അസഹ്യമായ മുഷിപ്പ്



# സാവിത്രി



ദിപിൻ ആർ.  
(ഫിസിക്കൽ സയൻസ്)

ഉണ്ടാക്കിയതോടെ അയാൾ വണ്ടിക്കാരനോടായി ചോദിച്ചു...

പാട്ടൊക്കെ നിശ്ചയമേ അതുവോ...

ഉണ്ട്, പക്ഷെ ഞാൻ പാടില്ല, ഭാര്യ മരിച്ചതിന്റെ ആണ്ടാ...

ഓഹ്... എത്രയായി... ഒത്തിരിയായോ...

ഒത്തിരിയായി... എന്നാലും ഭാര്യയല്ലേ...

ഫ്മ്മ... കുറച്ചുസം കാണാണ്ടെന്ന ഇക്കിവിടെ പറഞ്ഞില്ല... ഇക്കമനസ്സിലാവട്ടോ... വിഷമം കുറയാൻ വേണ്ടി പ്രാർത്ഥിക്കാം...

എങ്ങോട്ടാ ഈ രാത്രില്...

ഞാൻ പറഞ്ഞില്ലേ കുറച്ചുസം കാണാണ്ട് പറഞ്ഞില്ലാന്നു, ഭാര്യ മൃത്തമോന്റെ അവിട്യ... ദീനം വന്നപ്പോ എന്നെ കൊണ്ട് കൂട്ടാ കൂടണില്ല... അപ്പോ അവിടാക്കി... അവിടെ കേശവൻ വൈദ്യർ ഉണ്ടല്ലോ... കേമനാ...

സംസാരം ദേശാതിർത്തികൾ പിന്നിട്ടത് അയാളറിഞ്ഞില്ല... കാളവണ്ടിക്കാരൻ പെട്ടന്ന് നാട്ടുവർത്തമാനം നിർത്തി...

ഫ്മ്മ... ആൽത്തറ എത്തിട്ടോ... വീട് വരെ ആക്കി തരാം... വഴി പറഞ്ഞാ മതി...

ബുദ്ധിമുട്ടിക്കാതിരിക്കാൻ പറഞ്ഞില്ല... കാലിൽ നീരുവന്നു തടിച്ചു, പടിപ്പരേല് കാല് മുട്ടിയതാ... നേരെ പൊക്കൊളു.. വിളക്കുമാടം കഴിഞ്ഞാൽ അടുത്ത വീടാ...

വീടെത്തിയതോടെ അയാൾ കാളവണ്ടിയിൽ നിന്നിറങ്ങി കൊണ്ട് പറഞ്ഞു...

കൈ നീട്ടാ, ഇതിപ്പോ എട്ടണ ഇണ്ട്... ഈ കാളകളെ ഇന്നൊരു രാത്രി തല്ലാതിരിക്കാൻ പറോ...

തല്ലിയിട്ട് എനിക്കും, തല്ല് കൊണ്ടിട്ട് അയിനം ശീലാ... എന്താപ്പോ ചെയ്യാ... നിങ്ങളു പറഞ്ഞതല്ലേ എന്നാലും ഞാൻ നോക്കാ...

കാളവണ്ടിക്കാരനോട് നന്ദിപറഞ്ഞു, അയാൾ വീടിന്റെ ഉമ്മറപ്പടിയിൽ എത്തിയതും ഉറക്കെ വിളിച്ചു... ജാന...കി... മറുപടി പെട്ടെന്നായിരുന്നു...

ആഹ് അച്ഛനോ... കിണ്ടിയില് വെള്ളം ഇല്ലല്ലോ... കുറച്ചു വെള്ളം വേഗം എടുക്കാ, അധികം നിക്കാൻ വയ്യാ... കാല് മുഴുവനും നിര് വന്നു...

അയ്യോ... അതാണോ അച്ഛൻ വൈകിയത്...

ഞാനും വിചാരിച്ചു... കാലത്ത് ഒരാളെ വിട്ടതല്ലേ കൂട്ടിക്കൊണ്ട് വരാൻ.

എന്നെയോ... അതിനിപ്പോ എന്താണ്ടായെ.

അപ്പോ അറിഞ്ഞിട്ട് വന്നതല്ലേ, അമ്മക്ക് ദീനം കൂടി...

ന്റെ സാ...വി...ത്രി...

ആരോ മുറുത്ത് ചുട്ടുകത്തിച്ചു വരണത് കണ്ടപ്പോ, ജാനകി നീട്ടി ചോദിച്ചു...

ആ...രാ...

ഞാൻ നമ്പീശനാ... വൈദ്യർ വേഗം ചെല്ലാൻ പറഞ്ഞു... കൂട്ടിക്കൊണ്ട് പോവാൻ വന്നതാ...

അയ്യോ... അമ്മക്ക് കലശലായോ...

ജാനകി അച്ഛനെ ഒന്ന് നോക്കി, അച്ഛൻ ദയനീയമായി പറഞ്ഞു...

ജാനകി, ഞാനും വരാം...

അച്ഛൻ ഈ കാലും വെച്ച് നടന്നാ, ഞങ്ങളും അവിടെ എത്താൻ വൈകും...

ഫ്മ്മ... എന്നാ നിങ്ങളു പോയിട്ടു വാ...

അവർ ഇറങ്ങിയതോടെ... അയാൾ കോലായിലെ തൂണിൽ ചാരിയിരുന്നു ഓരോന്ന് പിറു പിറുത്തു...

ന്റെ സാവിത്ര്യേ, നിന്നൊന്ന് കാണാനിപ്പോ എന്താ ഒരു വഴി..."

വീട്ടിലെ പ്ലാവിൽക്കണ്ട ബലിക്കാക്കുകൾ രാത്രിയിൽ മുറുത്തു വന്നതോടെ അയാൾ അമ്പരന്ന് നോക്കി... തെക്കേ തൂണിലിരുന്ന് പല്ലി ചിലച്ചതോടെ ബലിക്കാക്കുകളെ നോക്കിക്കൊണ്ട് അയാൾ പറഞ്ഞു...

"അപ്പോ ഇങ്ങളു എന്നെ കാണാൻ വെറുതെ വന്നതല്ലേ, സാവിത്രീടെ കാര്യം പറയാൻ വന്നതല്ലേ, വീട്ടിന് കണ്ടപ്പോ അങ്ങു തിരിഞ്ഞില്ല, തള്ള വിരല് മുറിഞ്ഞപ്പോഴും തിരിഞ്ഞില്ല, ഇപ്പോ കുറേശ്ശേ തിരിയണമുണ്ട്..."

വിളക്ക് മാടത്തിലെ മണി മൂന്ന് തവണ അപകടമുന്നറിയിപ്പ് തന്ന് അടിച്ചതോടെ അയാൾ തോളിലെ തോർത്തു എടുത്തു തലയിൽ കെട്ടി... കാലൻ കടയെടുത്ത് പതിയെ മുറുത്തിറങ്ങി... കാല് വലിച്ചു നടന്ന് പറമ്പിലെ മരങ്ങളൊക്കെ നോക്കി കൊണ്ട് പറഞ്ഞു...

"ന്റെ സാവിത്ര്യേ, നിന്റെ കൂടെ വരാൻ മാത്രം യോഗ്യതുള്ള മാവൊന്നും ഇവിടില്ലാട്ടോ..."



അമൃത എസ്.  
(നാപ്പുരൽ സയൻസ്)



# സ്വപ്നം

ഉമ്മറത്തെ ചാതകസേരയിൽ വന്നു നീണ്ടുനിവർന്നു കിടന്നപ്പോൾ അവൾക്ക് എന്തെന്നില്ലാത്ത ഒരു ആശ്വാസംതോന്നി. ആ നിദ്രയിൽ ഐടി കമ്പനിയിലെ ജോലിയുടെ പിരിമുറുക്കം അലിഞ്ഞു തുടങ്ങുകയായിരുന്നു. “രേണുക വന്ന് മേല് കഴുക” അമ്മയുടെ ആ സ്വപ്നം അവളുടെ നിദ്രയുടെ പടിവാതിൽപ്പോലും എത്തിയില്ല. ആ ചാതകസേര അച്ഛന്റെ സ്ഥിരം ഇരിപ്പിടമാണ്. വൈകുന്നേരം കണാകരന്റെ ചായപീടികയിൽനിന്നും പതിവു ചായയുടെയും സൊറപറച്ചിലിന്റെയും രുചിയറിഞ്ഞ് സന്ധ്യയാകാറാവുമ്പോഴാണ് മാളിയേക്കൽ തറവാട്ടിൽ എത്തുക. അച്ഛമ്മയുടെയും അച്ഛന്റെയും മരണശേഷം ഭാഗംവെച്ചപ്പോൾ തറവാട് അച്ഛന് കിട്ടി. അതിന്റെ ആശ്വാസം അച്ഛനിപ്പോഴുമുണ്ട്. സർക്കാർ ഉദ്യോഗത്തിൽനിന്നും വിരമിച്ച അച്ഛന് വേറെതുവേണം.

പകലിന്റെ നിറംമാറ്റം തിരിച്ചറിഞ്ഞ് പക്ഷികൾ തന്റെ കൂട്ടിലേക്ക് ചേക്കേറി സൂര്യൻ

അരുണവർണ്ണത്തിന്റെ നിറേദേത്തിലേക്കെത്തി. ഇതൊന്നാമറിയാതെ ഇപ്പോഴും അവൾ ചാതകസേരയിൽ എന്തൊക്കെയോ സ്വപ്നംകണ്ടു കിടക്കുകയാണ്. ഉമ്മറത്തിണ്ണമേൽ നിലവിളക്ക് കൊളുത്തിവെച്ച് അമ്മ നാമജപം തുടങ്ങിക്കഴിഞ്ഞു. അതിനിടയിൽ അമ്മ എന്തോ പിറുപിറുക്കുന്നുണ്ട്. പെട്ടെന്നവൾ ഞെട്ടിയെഴുന്നേറ്റു. അപ്പോഴാണ് താൻ ഓഫീസിൽ നിന്നെത്തിയ അതേ വേഷത്തിൽ തന്നെയൊന്നെന്ന് തിരിച്ചറിഞ്ഞത്. അകത്തേക്കുകയറിയപ്പോൾ അച്ഛൻ ഊണമേശയ്ക്കരികിലുള്ള കസേരയിൽ ഇരിക്കുന്നതു കണ്ടത്. തന്റെ പതിവുസ്ഥാനത്തിൽനിന്നും മാറിഇരുന്നതിന്റെ അസ്വാഭാവികത അച്ഛന്റെ മുഖത്ത് കാണാനുണ്ട്. മേശയിൽ ആറിതണുത്ത് ഐസുപോലെയായ ചായ ഇരിക്കുന്നു. അമ്മ അത്പറഞ്ഞു കാണണം പക്ഷേ തന്റെ നിദ്രയിൽ അതൊന്നും ഒരു ചർച്ചാവിഷയമായില്ല. മുറിയിൽചെന്ന് വേഷംമാറി കുളിയും കഴിഞ്ഞെത്തിയപ്പോഴേക്കും സ്വാദിഷ്ടമായ

ഈണ് അമ്മ വിളമ്പി കഴിഞ്ഞിരുന്നു. സമയം എട്ടായി. അമ്മയുടെ സ്വാദിഷ്ടമായ മാനുഷപുളി ശ്ലേരിയും, മെഴുക്കുപുരട്ടിയും, കണ്ടാൽതന്നെ നാവിൽ വെള്ളമുറ്റുന്ന മീൻകറിയും ആസ്വദിച്ച് കഴിക്കണം എന്ന് ചിന്തിച്ച് അവളുടെ മനസ്സിന് താക്കീതു നൽകികൊണ്ട് മേലുദ്യോഗസ്ഥന്റെ ശർജനമെത്തി. “നാളെ രാവിലെ എട്ട് എന്ന സമയമുണ്ടെങ്കിൽ യു ഷഡ് കംപ്ലീറ്റ് യുവർ പെൻഡിങ് വർക്സ്, അതർ വൈസ് യുവിൽ ബീ ഡിസ്മിസ്ഡ്”. അതാണ് നല്ലത് ഡിസ്മിസ്ഡ്! പക്ഷേ തന്റെ ഐ.ടി.ഓഫീസിലെ ജോലിയെ ക്കറിച്ച് വിന്യസരുന്ന അമ്മയെയും മകൾക്ക് ഐ.ടി. ഓഫീസിലാണ് ജോലിയെന്ന് അഭിമാനിക്കുന്ന അച്ഛനെയുംകുറിച്ച് ആലോചിച്ചപ്പോൾ അവൾക്ക് അതിനു സാധിച്ചില്ല.

പതിവുപോലെ ധൃതിയിൽ എന്തൊക്കെയോ വാരിവലിച്ച് കഴിച്ച് കൃത്യം 8 .10 ന് തന്നെ തന്റെ മുറിയിലെത്തി. താലോലിക്കാൻ താഴെ ഒരു അനുജത്തിയോ അനുജനോ സാന്ത്വനിപ്പിക്കാൻ ഒരു ചേട്ടനോ ചേച്ചിയോ ഇല്ലാതിരുന്ന അവൾക്ക് എന്നും ആശ്വാസം പകർന്നത് സൂഹൃദ് വലയമായിരുന്നു. പക്ഷേ കാലത്തിന്റെ പുതിയ മേച്ചിൽപ്പുറങ്ങൾ തേടി

പോയ അവരെ ഫോണിൽ ബന്ധപ്പെടുവാൻപോലും സമയമില്ലാതാക്കിയത് ഈ നശിച്ച ജോലിയാണെന്ന് അവൾ ഓർത്തു. കിടക്കയോട് ചേർന്നുള്ള കസേരയിൽ ഇരുന്നു കൊണ്ട് മേശയിൽവെച്ചിരുന്ന കമ്പ്യൂട്ടറിൽ എന്തൊക്കെയോ ചെയ്തുകൊണ്ട് അവൾ തന്റെ ജോലി തുടങ്ങിക്കഴിഞ്ഞിരിക്കുന്നു. സ്വതവേ കിട്ടിയ ബുദ്ധിവൈഭവത്തെ ഓരോ നിമിഷവും വിൽപ്പനച്ചരക്കാക്കിക്കൊണ്ട് അവൾ തന്റെ ജോലി ചെയ്തതീർത്തു. അപ്പോഴേക്കും രാത്രി അതിന്റെ രണ്ടാംയാമത്തിൽ പ്രവേശിച്ചിരുന്നു. ക്ഷീണിച്ച ശരീരത്തെയും മനസ്സിനെയും അനുക്രമപൂർവ്വം നോക്കിക്കൊണ്ടിരുന്ന കിടക്കയിലേക്ക് അവൾ ചരിഞ്ഞു.

കിടക്കയുടെ ഭംഗി ആസ്വദിക്കാൻ കഴിയുംമുമ്പേ അവൾ അഗാധമായ നിദ്രയിലാണ്ടുപോയി. ആ നിദ്രയിലെവിടെയോ, ഒരു കൂട്ടം കസ്യതികുട്ടികളുടെ ഇടയിൽനിന്ന് ആദ്യാക്ഷരങ്ങൾ ചൊല്ലിപഠിപ്പിച്ചു കൊടുക്കുന്ന ഒരു അധ്യാപികയെ അവൾ സ്വപ്നം കണ്ടിരുന്നു...





മീനൂ എം. ജെ.  
(ഇംഗ്ലീഷ്)

# പൂർണ്ണത തേടി

**ആ** നഗരത്തിലെ തിരക്കിലൂടെ നടക്കുമ്പോൾ അവൾക്ക് ഒരൊറ്റ ലക്ഷ്യമേ ഉണ്ടായിരുന്നുള്ളൂ. അവളുടെ ആ ഒറ്റമുറി. അവിടം ഏകാന്തമാണ്. നഗരത്തിന്റെ ആഡംബരങ്ങളോ, ആർപ്പുവിളികളോടെ ഇല്ല. അവിടെത്തിക്കഴിഞ്ഞാൽ പിന്നെ സുഖമാണ്. വിസ്തരിച്ചൊരു കളി. പിന്നെ ഉറക്കം. ഈ നഗരം അവളെ രണ്ടുകൈയും നീട്ടി സ്വീകരിച്ചിട്ടു ഒൻപത് വർഷം പിന്നിടുന്നു.

വിട്ടുകാരുടെ നിർബന്ധത്തിനു വഴങ്ങിയാണ് നഴ്സിംഗ് പഠിക്കാനായി മറ്റൊരു നഗരത്തിലേക്ക് ചേക്കേറിയത്. സാഹിത്യത്തെ മാത്രം പ്രണയിച്ചിരുന്ന അവൾക്ക് അത് ഉൾക്കൊള്ളാൻ പ്രയാസമായിരുന്നു. എന്നിട്ടുകൂടി സ്റ്റാറ്റസിന്റെ പേരില് അവൾ മറ്റൊരു നാട്ടിലേക്ക് എത്തിപ്പെടുകയായിരുന്നു.

അവൾ നടത്തത്തിന് വേഗത കൂട്ടി. ഇനികറച്ചു ദൂരമേയുള്ളൂ. ഇരുട്ട് പരന്നു തുടങ്ങി. ഇരുട്ടിനെ അവൾക്ക് ഭയമില്ല. പക്ഷേ, തോളിൽ തൂങ്ങുന്ന ബുട്ടികെയർ പ്രോഡക്ട്സിന്റെ ഭാരം അവിടെ ഇന്ന് നേരത്തെ കൂടണയാൻ പ്രേരിപ്പിച്ചു. ഈ നഗരത്തിന് ഫാഷനിലുള്ള കമ്പം ചെറുതല്ല. അത് അവൾക്ക് ഈ കഴിഞ്ഞ വർഷങ്ങളിൽ തന്നെ മനസ്സിലായതുമാണ്. അവൾ ജീൻസിനുള്ളിലെ

സിഗരറ്റ് പാക്കറ്റ് പുറത്തെടുത്തു തുറന്നുനോക്കി. ഇനി ഒന്നേ ബാക്കിയുള്ളൂ. അത് പിന്നെയും പാന്റ്സിനുള്ളിലേക്ക് തിരുകി നടത്തം തുടർന്നു.

ആദ്യവർഷങ്ങളിൽത്തന്നെ ആ നഗരം അവളെ വേണ്ടതിലധികം ഭ്രമിപ്പിച്ചിരുന്നു. ക്ലാസ്സുകൾക്ക് പോകാതെയായി. ഹോസ്റ്റലിൽനിന്ന് പറഞ്ഞുവിട്ടു. വീട്ടിൽ വിളിക്കാതെയായി. കറേനാൾ കൂട്ടുകാർ ഉണ്ടായിരുന്നു. പിന്നീട് സിനിമയും സാഹിത്യവും ചർച്ചചെയ്യുന്ന ഇടങ്ങളിലേക്ക് പറന്നിറങ്ങി. ജീവികാൻ പൈസ ആവശ്യമായി വന്നപ്പോഴൊക്കെ പല ജോലികളിൽ ഏർപ്പെട്ടു. ഈ ഫാഷൻ ഉല്പന്നങ്ങളുടെ വിപണനമാണ് മെച്ചം. അതിനായി ഈ നഗരത്തിലെ ആൾക്കാർക്ക് എത്ര രൂപ ചെലവാക്കാനും മടിയില്ല.

അവൾ പിന്നെയും പോക്കറ്റിൽ തിരുകിവെച്ച സിഗരറ്റ് പാക്കറ്റിൽ നിന്നും ബാക്കിയുണ്ടായിരുന്ന ആ ഒന്ന് കയ്യിലെടുത്ത് ലൈറ്ററിനായി തിരഞ്ഞു. പോക്കറ്റിനുള്ളിൽനിന്നും കൈകൾ ബാഗിലേക്കിഴഞ്ഞു. ചുണ്ടിലമർത്തിപ്പിടിപ്പിച്ചിരുന്ന സിഗരറ്റ് പനിവരമ്പോൾ ചൂട്നോക്കാനായി പിടിച്ച തെർമോമീറ്ററിനെ ഓർമ്മിപ്പിച്ചു. ലൈറ്റർ ബാഗിനുള്ളിൽനിന്നെടുത്ത് സിഗരറ്റ് കത്തിച്ച് ആ ചുവന്ന വെളിച്ചത്തിൽ അവൾ നടന്നു. ആ ഒറ്റമുറിയുടെ ഇടനാഴിയിൽ കയറുന്നതിനു മുൻപുതന്നെ അവളു ചുവന്നവെളിച്ചം ഉപേക്ഷിച്ചു. ഇടനാഴിയിലെ കത്താൻ മടിച്ചനിൽക്കുന്ന ബൾബിനെ തൊട്ടുണർത്തി. ആ വാതിലിനുള്ളിൽ കടുങ്ങിയിരിക്കുന്ന കത്ത് പതിയെ വലിച്ചെടുത്തു. ഇടയ്ക്ക് സാഹിത്യം പരീക്ഷിക്കുന്നതിന്റെ ഭാഗമായി ഇടയ്ക്കിടെ ആ വാതിലിൽ ചില കത്തുകൾ കടുങ്ങിപോകാറുണ്ട്. ചിലപ്പോൾ വായനക്കാരുടെയും... ചിലപ്പോൾ പ്രസാധകരുടെയും.... വിലാസം വായിച്ചുനോക്കി. എവിടെയോ കണ്ടുമരുന്നപോലെ... നാട്ടിൽ നിന്നാണ്. അവിടെ നിന്നൊരു കത്ത് വന്നിട്ടു വർഷങ്ങളായി. ഇപ്പോഴിതെന്താണ്? വാതിൽ തുറന്നു മുറിയിലെ ഫാനിന്റെ സ്വിച്ചിട്ടു. തോളിൽ ബലം പിടിച്ചു കൂടിയ ബാഗിനെ തറയിൽ ഒതുക്കി വെച്ച്, ചുമരിൽ ചാരി കറുപ്പ് ബാധിച്ച, ഒരു പഴയ കസേരയിൽ ഇരുന്നു. വല്ലാത്ത തളർച്ച തോന്നി. കുറച്ചുനേരം കണ്ണടച്ച് ചാരിയിരുന്നു. പിന്നെയും

പോക്കറ്റിൽ തപ്പിനോക്കി. സിഗരറ്റ് തീർന്ന കാര്യം ഓർക്കാതെയല്ല, ഇപ്പോൾ എന്തു വായിക്കാനും എഴുതാനും ചുണ്ടിൻതമ്പത്തി തിരി വേണം. ഈ നഗരം അവൾക്ക് സമ്മാനിച്ച ഒരു ശീലമിതാണ്. കട്ടിലിനു താഴേക്ക് നോക്കിയപ്പോൾ പകുതി വെള്ളതീർന്ന സിഗരറ്റ് കുറ്റി ഒരേണ്ണം കിട്ടി. പിന്നെയും ലൈറ്റർ സിഗരറ്റിലേക്ക്... അവൾ ആ കത്ത് പൊട്ടിച്ചു വായിക്കുകയാണ്...

'പ്രിയപ്പെട്ട സ്നേഹമോൾക്ക്...'

മുഖത്ത് ഭാവവ്യത്യാസങ്ങൾ ഒന്നുമില്ലാതെതന്നെ വായിക്കുകയാണ്. അത്രമേൽ നിർവികാരത ഇക്കഴിഞ്ഞുപോയ കാലം കൊണ്ട് അവൾ നേടിയെടുത്തിരുന്നു. വായിച്ചു കഴിഞ്ഞ കത്ത് കയ്യിൽ മലർക്കെ തുറന്നുപിടിച്ച് അങ്ങനെ ചാരിയിരുന്നു. പിന്നെയും പുകച്ചുരുളുകൾ പറത്തി വിടാനുള്ള ആവേശത്തോടെ ഉള്ളിലേക്ക് വലിച്ചു, മരണത്തിലേക്ക് എത്തിപ്പെടാൻ ഗതി തേടുന്ന രോഗിയെപ്പോലെ....

അപ്പോഴും ചുവപ്പ് പടർത്തി ചുണ്ടിന്റെ കീഴിൽ എറിയുകയായിരുന്നു ആ പാതിവെന്ത സിഗരറ്റ് കുറ്റി, പൂർണ്ണതയിലേക്കെത്താൻ കൊതിക്കുന്നതു പോലെ...





എല്ലാ മനുഷ്യരും അവനവന്റെ  
ഉഴുത കാത്തിരിക്കുന്ന  
വിരസതയാണ് ജീവിതം. നിറം  
പിടിപ്പിക്കാനാവും വിധം

ശ്രമിച്ചിട്ടും അന്ത്യത്തിൽ ഏതോ സിനിമയിലെ  
ബ്ലാക്ക് ആൻഡ് വൈറ്റ് ഫ്ലാഷ് ബാക്കായി  
മാറുന്നതുപോലെ പരിഹാസ്യമായ അവസ്ഥ  
വേറെയുണ്ട് ജീവിതത്തിന്. എന്റെ  
സന്തോഷങ്ങളെ, സന്താപങ്ങളെ,  
എന്നെത്തന്നെയും മറ്റുള്ളവരുടെ അളവുകോലിൽ  
നിർത്തിയിരിക്കുന്നിടത്ത്, വല്ലവന്റെയും  
ഇഷ്ടാനിറങ്ങളിൽ എന്റെ ജീവിതം  
വരച്ചിടുന്നിടത്ത് ഉഴുത്തിന് വേണ്ടിയുള്ള  
കാത്തിരിപ്പിനപ്പുറം ഞാൻ എന്റെ തിരഞ്ഞെടുപ്പ്  
നടത്തുകയാണ്.

ജീവിതത്തിലെ ഏറ്റവും വിലപ്പെട്ട നിമിഷം!  
ഒറ്റ മുടിനാർ നടത്തത്തിൽ അടിയെറി കനലിൽ  
വീണു പോകാതിരിക്കാനുള്ള ശരി തെറ്റുകളുടെ  
കണക്കെടുപ്പിൽ തള്ളിക്കയറാനോ  
വരിതെറ്റിക്കാനോ എപ്പോഴുത്തേയും പോലെ  
അപ്പോഴും യേശുമാനാൽ ഇവിടെയും  
എന്റെ ഉഴുത്തിനുവേണ്ടി  
കാത്തിരിക്കുന്നു. ഇവിടെ തിരഞ്ഞെടുപ്പ്  
സാധ്യമല്ലല്ലോ! എന്ത്  
വിരോധാഭാസമാണിത്; ഒരു  
തിരഞ്ഞെടുപ്പിനെ അടുത്ത  
ഉഴുതകണക്കുകൊണ്ട് റദ്ദ് ചെയ്യപ്പെടുന്ന  
അവസ്ഥ. മുൻകൂട്ടി പൂരിപ്പിക്കാൻതന്ന  
യമലോകപരീക്ഷണ ഫോമിലെ  
ആദ്യത്തെ ചോദ്യത്തിലേക്ക് ഞാൻ  
നോക്കി.

നിങ്ങളുടെ ജീവിതത്തിലെ ഏറ്റവും വലിയ  
ശരി എന്തായിരുന്നു?  
ഞാൻ എന്നെ തിരിച്ചറിഞ്ഞു. പുരുഷ  
ഉടലിൽ അകപ്പെട്ടുപോയ എന്നിലെ  
സ്ത്രീയെ ഞാൻ സ്വതന്ത്രയാക്കി.  
നിങ്ങളുടെ ജീവിതത്തിലെ ഏറ്റവും വലിയ തെറ്റ്  
എന്തായിരുന്നു?  
എന്റെ പിറവി!

# മുഴുലാഴ്ച



ആവണി വി. ആർ.  
(ഇംഗ്ലീഷ്)



മിഥുൻ എം. എൽ.  
(ഫിസിക്കൽ സയൻസ്)

# കാലം

ഇരുട്ടി കാട്ടുവള്ളികൾപോലെ പുതപ്പ് ദേഹത്ത് ചുറ്റിപ്പിണഞ്ഞു കിടക്കുന്നു. പുറത്ത് ഒരു പുരുഷന്റെ നെഞ്ചിടിപ്പിന്റെ താളം കേൾക്കാം. സ്വപ്നത്തിൽ ഒരു സ്ത്രീ വേദനകൊണ്ട് നിലവിളിക്കുന്നു. ഈശ്വരന്റെ കൈകൾ കുറുത്ത കടലിൽനിന്നും ഒരു കഞ്ഞുസൂര്യനെ പുറത്തെടുക്കുന്നു. കണ്ണുകീറി തുള്ളുന്ന വെളിച്ചം. കരഞ്ഞുപോയി ഞാൻ! സ്വപ്നത്തിലെ സ്ത്രീ പുഞ്ചിരിക്കുന്നു, മാസങ്ങളോളം കൊഴിയാതെ സൂക്ഷിച്ച കണ്ണുനീരിൽനിന്നും രണ്ടു തുള്ളി പൊടിയുന്നു.

നേരം പുലർന്നിട്ടും കുറച്ചുനേരംകൂടി കട്ടിലിൽ തിരിഞ്ഞും മറിഞ്ഞും പിന്നെ കമിഴ്ന്നു കിടന്നു കഴിച്ചുകൂട്ടി. ചുണ്ടിൽ ഇടയ്ക്കിടെ അമ്മിഞ്ഞപ്പാൽ മധുരം. ഒടുവിൽ ആരോ വലിച്ചുനിലത്തിട്ടപ്പോൾ എന്തൊക്കെയോ പിറുപിറുത്തു. എഴുന്നേറ്റപ്പോൾ ആദ്യം അന്വേഷിച്ചത് കളിക്കോപ്പുകൾ ആയിരുന്നു. ചിത്രശലഭങ്ങളോട് സംവദിച്ചുനിന്ന് സമയം പാഴാക്കിയപ്പോൾ, കാതിൽ ശകാരവർഷം. മണി എട്ടാകുന്നു. കളിച്ച് കരിയെഴുതി കവിളിൽ ഒരു കുറുത്ത വട്ടപ്പൊട്ടും തൊട്ട് ഓടി അടുക്കളയിലെത്തി കണ്ണൻചിരട്ടകളിൽ പാകം ചെയ്ത് വച്ചിരുന്ന മണ്ണപ്പം ആവോളം കഴിച്ചു വയർ നിറച്ചു. ഒൻപരമണിയോടെ അക്ഷരമാലയും സംഖ്യകളും പെറുക്കിയെടുത്ത് ബാഗിലാക്കി വിദ്യാലയത്തിന്റെ പടികൾ കയറി. അവിടെ ഓരോ മുറിയും തൊട്ടടുത്ത വലിയ മുറികളിലേക്ക് തുറന്നുകൊണ്ടിരുന്നു. മുമ്പോട്ട് പോകുംതോറും അക്ഷരങ്ങൾ കൂട്ടക്ഷരങ്ങളായും പിന്നീട് വാക്കുകളായും വാക്യങ്ങളായും മാറി. സംഖ്യകളും വിട്ട് കൊടുത്തില്ല. അവ സങ്കലനത്തിലൂടെ അധികരിക്കപ്പെടുകയും വ്യവകലനത്തിലൂടെ കിഴിക്കപ്പെടുകയും ചെയ്തു. വർഗ്ഗങ്ങളും ഹരണവും വെല്ലുവിളി ഉയർത്തി. വാക്യങ്ങൾ ഖണ്ഡികകളായും സംഖ്യകൾ സമവാക്യങ്ങളായും വളർന്നു. ഒടുവിലെപ്പൊഴോ ഒരു ചുവന്ന മഷിപേന എന്നെ വെട്ടിത്തിരുത്തി പുറത്തേക്ക് എറിഞ്ഞപ്പോൾ സമയം പതിനൊന്നര കഴിഞ്ഞു കാണാം. തലയ്ക്ക് കനം ഏറിയിരിക്കുന്നു. വെയിൽ തീഷ്ണമാകാൻ പോകുന്നു. ഇപ്പോൾ നിഴലും എന്റെ

തണലിൽ ആണ്. വിശപ്പ്!! എന്തിനൊക്കെയോ വേണ്ടി വിശക്കുന്നു. വെയിലിനോട് പൊരുതിയേ തീരൂ. പിന്നീടൊരു അലച്ചിൽ ആയിരുന്നു. ഫാക്ടറി ഗോഡൗണിൽ ചുമടുകളുമായി കഴിച്ചുകൂട്ടിയ സമയങ്ങളിലും ഓട്ടുകീഴയോട് വയർ പരാതി പറയുന്നുണ്ടായിരുന്നു. പൊരിവെയിലിൽ ആശ്വാസമായി പെയ്ത മഴയ്ക്ക് ആയുസ്സ് കുറവായിരുന്നു. എന്തൊക്കെയോ ബാക്കിവെച്ച് മഴയും കടന്നു പോയി. അഞ്ചു മണിയോടെ ഫാക്ടറിസെറൺ മുഴങ്ങി തൊഴിൽദിനം അവസാനിച്ചുവെന്ന് സൂചന നൽകി. ചുമടടുത്ത് കൂനിയ നടുവും ഭാരമില്ലാത്ത തലയുമായി ഞാൻ ഇറങ്ങിനടന്നു. തിരക്കേറിയ വീഥിയിലും ഞാൻ ഏകാന്തത അനുഭവിച്ചു. അതിവേഗം കടന്നു പോകുന്ന കാലത്തെ നോക്കി ഞാൻ പകച്ചുനിന്നു. വഴിയിൽ കാണുന്ന പലരോടും ഞാൻ സംസാരിക്കാനും ചിരിക്കാനും ശ്രമിച്ചു. മുന്നോട്ട് പോകുംതോറും പാത വിജനമായിരുന്നു. ഞാൻ ചുവടുവയ്ക്കുവാൻ ബുദ്ധിമുട്ടുന്നുണ്ടായിരുന്നു. ആകാശം ചുവന്നുതുടങ്ങിയ ഒരു അസ്സമയത്തിന് തയ്യാറാകുന്നു. പക്ഷികൾ തിരികെ ചില്ലുകളിലേക്ക് ചേക്കേറുന്നു. പ്രകൃതിയുടെ നിശബ്ദതയെ കീറിമുറിച്ചുകൊണ്ട് ഞാൻ ഉറക്കെ ചുമച്ചു. ശരീരം തളരുന്നതാണ് ഞാൻ അറിഞ്ഞു.

ഇരുട്ടിൽ അലഞ്ഞ ഒടുവിൽ ഞാൻ വീടിന് മുന്നിലെത്തിയിരുന്നു. കാഴ്ചമങ്ങുന്നു. കാലുകൾക്ക് ശരീരഭാരം താങ്ങാനാകാതെ ഞാൻ ഇരുന്നു. ഉമ്മറത്ത് വിളക്ക് കൊളുത്തിവെച്ചിട്ടുണ്ട്. പക്ഷേ, തിരി എന്തെതെക്കോട്ട് ഇട്ടു? ദേഹം തണുത്തുമരവിടുന്നു. മുറ്റത്ത് നിന്ന മാവ് വെട്ടികീറി കത്തിച്ചു ഞാൻ തി കാഞ്ഞു. തെക്കേതൊടിയിൽനിന്നും ആറടി മണ്ണുവാരി എന്റെ കാലി കീഴയിലിട്ടു.

# രക്തപുഷ്പങ്ങളുടെ ഒരു വേനലവധിക്കാലം



അശ്വനി പ്രസന്നൻ  
(മലയാളം)



പരീക്ഷാഹാളിലിരുന്ന് അവസാന പരീക്ഷ എഴുതുമ്പോഴും, എന്റെ മനസ്സ് വേദനകൊണ്ട് പിടയുകയായിരുന്നു. കൂട്ടുകാരെ പിരിഞ്ഞു രണ്ടുമാസം എന്നത് ഓർക്കാനേ കഴിയുമായിരുന്നില്ല. പരീക്ഷ കഴിഞ്ഞു കൂട്ടുകാരോടും അധ്യാപകരോടും യാത്രപറഞ്ഞ് വീട്ടിലേക്ക് മന്ദം മന്ദം നടന്നു. കൗതുകങ്ങളുടെയും സന്തോഷത്തെയും ഒരു വേനലവധിക്കാലം കൂടി വരവായി... സൂളിലെ വലിയ ഓട്ടക്കാരിയും, പാട്ടുകാരിയും, നർത്തകിയും, അധ്യാപകരുടെ എല്ലാം കണ്ണിലുണ്ണിയും ആയിരുന്ന ആറാംക്ലാസ്സുകാരിക്ക് ഉൾക്കൊള്ളുന്നതിനും അപ്പുറമുള്ള വേദനയുടെയും നിരാശയുടെയും അസ്വാതന്ത്ര്യത്തിന്റെയും ഒരു വേനലവധിക്കാലം ആയിരുന്നു അത്. ഉച്ചക്ക് സ്കൂൾവിട്ട് വീട്ടിലെത്തി നേരെ കളിമുറി യിലേക്ക് ഓടി, നെറ്റി ചൂളിച്ചുകൊണ്ട് തന്നെതാൻ ശകാരിച്ച ആ ദിനം ഞാനിന്നുമോർക്കുന്നു.

"ഇതെന്താണ് പാന്റീയിൽ പറ്റിയിരിക്കുന്നത്. ചാണകം ആണോ? ശ്ലോ! തുണി കഴുകി പുല്ലിന്മേൽ വിരിച്ചത് കൊണ്ടാകാം ഇങ്ങനെ യൊക്കെ സംഭവിച്ചത്, എന്നാശ്വസിച്ചുകൊണ്ട് ആരോടും ഒന്നുംപറയാതെ തുണികളെല്ലാം വൃത്തിയാക്കി

കഴുകി ആശ്വാസം കണ്ടെത്തിയ ആ ദിനം. എന്നാൽ പിറ്റേദിവസം ഇതേ അനുഭവംതന്നെ ഉണ്ടായപ്പോൾ ഞാനൊന്ന് ഭയപ്പെട്ടു. ഒപ്പം ദേഷ്യവും സങ്കടവും വന്നു. അടുക്കളയിൽ പണിയിലായിരുന്ന അമ്മയെ കളിമുറിയുടെ വാതിൽ നീക്കി, തല പുറത്തിട്ടു ഉറക്കെ വിളിക്കാൻ തുടങ്ങി. പെട്ടെന്നുതന്നെ സാരിയുടെ തൂമ്പ് അരയിൽ ഇരുക്കുകത്തി കൊണ്ട് അമ്മ എന്റെ അരികിലെത്തി. കറുപ്പുരണ്ടു പാന്റി കാട്ടി ഞാൻ പിറുപിറുക്കാൻ തുടങ്ങി.

എന്താ അമ്മേ... ഞാനെത്ര വൃത്തിയായി കഴുകി വിരിച്ചാലും എന്റെ തൂണികളിൽ മാത്രം എപ്പോഴും ചാണകം പറ്റുന്നത്..?

സംശയത്തോടെയും പരിഭവത്തോടെയും നെറ്റിച്ചുളിച്ചുള്ള എന്റെ ചോദ്യത്തിനുമുന്നിൽ അമ്മ ഒരു ചെറുപുഞ്ചിരി മാത്രം സമ്മാനിച്ചു കൊണ്ട് പറഞ്ഞു.

മോളേ... നീ വലിയ കട്ടിയായി. വേഗം കളിച്ചു തൂണിമാറ്റി അങ്ങോട്ടേക്ക് വായോ...

പടികൾ കയറി പോകുന്ന അമ്മയെ നോക്കി കറച്ച് സമയം ഞാൻ നിന്നു. " ഞാൻ വലിയ കട്ടി ആയെന്നോ?" അതെങ്ങനെ? ഞാൻ ചെറുതല്ലേ? ഒന്നും മനസ്സിലായില്ലെങ്കിലും കൗതുകം വിട്ടുമാറാത്ത മനസ്സുമായി കളി കഴിഞ്ഞ് ഞാൻ അമ്മയുടെ അരികിലേക്ക് ഓടി.

അന്നേ ദിവസം വീട്ടിൽ ഒരു ഉത്സവമായിരുന്നു. വല്ലപ്പോഴും മാത്രം വീട്ടിലേക്ക് വരാറുള്ള എനിക്കേറ്റവും പ്രിയങ്കരിയായ അമ്മമ്മ സന്ധ്യക്ക് മുന്നേതന്നെ എത്തിയിരുന്നു. അമ്മമ്മയുടെ കൂടെ ഇരിക്കാനും രസകരങ്ങളായ കഥകൾ കേൾക്കാനും എനിക്ക് ഒത്തിരി ഇഷ്ടമായിരുന്നു.

അമ്മ എന്നെ വെള്ളത്തൂണി മാറ്റിച്ചശേഷം ഒരു മുറിയിലിരുത്തി, വേറെ എങ്ങോട്ടും പോകണ്ട എന്ന് താക്കീതം നൽകി വാതിലടച്ചു പോയി.

അമ്മയ്ക്ക് എന്താണ് ഇന്ന് ഇത്ര തിരക്ക്? എന്നെ എന്തിനാ ഈ മുറിയിലിരുത്തി വേറെ എവിടെയും പോകരുത് എന്ന് പറഞ്ഞത്? ഒരുപാട് ചോദ്യങ്ങൾ എന്റെ മനസ്സിലൂടെ മിന്നി മാഞ്ഞുപോയി. പൊതുവേ കന്യതിക്കാരിയാ

യിരുന്ന എനിക്ക് കരുത്തക്കേടും, അനുസരണ കേടും കൂടുതലായിരുന്നു. മുറിയിലിരുന്നു ക്ഷമ നശിച്ച ഞാൻ ചാരിയ വാതിലിനു വിടവിലൂടെ പുറത്തെ കാഴ്ചകൾ തിരയാൻ തുടങ്ങി.

തിരക്കിട്ട് ഓടുകയാണ് അമ്മ. അച്ഛൻ മേശപ്പുറത്ത് പലഹാരങ്ങളും പഴങ്ങളും എടുത്തു വയ്ക്കുന്നു. ബന്ധുക്കളിൽ കുറച്ചുപേർ എത്തിയിട്ടുണ്ട്. അവരുടെ കൈകളിൽ പുത്തൻ ഉടുപ്പുകളും പലഹാരങ്ങളും അടങ്ങിയ സഞ്ചികൾ ഉണ്ടായിരുന്നു. എനിക്ക് ചെറുതായി വയർ വേദനിക്കാൻ തുടങ്ങിയിരുന്നു. ഞാൻ പതുക്കെ കരയാൻ തുടങ്ങി.

എല്ലാവരുടെയും മുഖത്ത് സന്തോഷം ആണ്. ഫോൺകോളുകളും കൊച്ചുവർത്തമാനങ്ങളും കൊണ്ട് അവിടമാകെ ബഹളമായിരുന്നു. എനിക്കൊരുപാട് പലഹാരങ്ങളും പുത്തൻ ടുപ്പുകളും സന്തോഷത്തോടു കൂടിയ വാക്കുകളും സമ്മാനിച്ചു കൊണ്ട് വന്നവരെല്ലാം തിരിച്ചു പോയി.

പിന്നീടുള്ള ദിവസങ്ങളിൽ അധികവും ഞാൻ ആ ഒറ്റമുറിയിൽ തന്നെ ചുമരും ചാരി ഇരിപ്പായിരുന്നു. അടിവയറ്റിൽ വേദന ഉരുണ്ട് കയറുമ്പോൾ വയർ അമർത്തിപ്പിടിച്ച് ഉറക്കെ കരയും. ഒരു മുറിക്കകത്ത് ഒറ്റയ്ക്ക്, ആരോടും മിണ്ടാനാകാതെ, അനുജനും അനുജത്തിയും ഒന്നും മിണ്ടാനാകാതെ, വീട്ടുമുറ്റത്ത് കളിച്ചു പാറിനടക്കാനാകാതെ, പലചരക്കുകടയിൽ കൂട്ടി പ്ലാവട ചുറ്റി പോകാനാകാതെ, പാൽ കൊണ്ടു തരുന്ന കട്ടപ്പൻ ചേട്ടനോട് കൊഞ്ഞണം കാട്ടാൻ ആകാതെ, നൃത്തം അഭ്യസിക്കാൻ പോകാനാകാതെ നാലുചുമരുകൾക്കുള്ളിൽ എന്നെ തളക്കപ്പെട്ടതായിരുന്നു വയറുവേദനയെക്കാൾ എന്നെ ഏറെ വേദനിപ്പിച്ചിരുന്നത്.

അടിവയറ്റിൽനിന്നും രക്തകണങ്ങൾ ഒഴുകിക്കൊണ്ടേയിരുന്നു. ഇടതടവിലാത്ത ആ ഒഴുക്കിന്റെ ആദ്യാനുഭൂതിയെ ഭീതിയോടെയും വെറുപ്പോടെയും മടുപ്പോടെയും അനുഭവിച്ചറിഞ്ഞ രക്തപുഷ്പങ്ങളുടെ ഏഴ് ദിനരാത്രങ്ങൾ അങ്ങനെ വല്ലവിധേനയും ഞാൻ തള്ളിനീക്കി...

## ANNUAL REPORT 2020-'21 SREE NARAYANA TRAINING COLLEGE, NEDUNGANDA

It is with a deep sense of satisfaction and delight that I would like to present this brief report of the working of this institution for the academic year 2020-2021.

### TEACHING STAFF

The teaching faculty of the college includes the following members.

1.	Dr. Sheeba P.	Principal
2.	Sri. Praveen R.	Associate Professor in Malayalam
3.	Dr. Pramod G. Nair	Associate Professor in Social Science
4.	Dr. Smitha S.	Assistant Professor in General Education
5.	Dr. Reetha Ravi H.	Assistant Professor in English
6.	Dr. Sangeetha N. R.	Assistant Professor in General Education
7.	Smt. Chitra S.	Assistant Professor in General Education
8.	Sri. Amjith S.	Assistant Professor in Physical Education
9.	Dr. Rani K. V.	Assistant Professor in General Education
10.	Dr. Viji V.	Assistant Professor in Physical Science
11.	Dr. Dhanya B. Chandran	Assistant Professor in Natural Science (Guest Faculty)
12.	Ms Neelima P.	Assistant Professor in Mathematics (Guest Faculty)
13.	Mrs. Rakhi A. Rajendran	Assistant Professor in Physical Science (Guest Faculty)
14.	Dr. Asitha R.	Assistant Professor in Mathematics (Guest Faculty)
15.	Mr. Prasanth T.S.	Assistant Professor in Fine Arts
16.	Mr. Rajagopal S.	Assistant Professor in Music

Sri. Amjith S. was transferred and posted to Sree Narayana College, Chempazhanthy and accordingly he was relieved from his duties on 04-10-2021.

### NON TEACHING STAFF

1.	Smt. Susobha C.	Head Accountant
2.	Sri. Chandradas D.	U. D. Clerk
3.	Sri. Shiji S.	U. D. Clerk
4.	Sri. Sabu B.	L. D. Cler
5.	Sri. Binu V. S.	L. D. Clerk
6.	Sri. S. Babu Sunil	Librarian, Gr. IV

Sri. Babu Sunil retired from service on 31-05-2021.

### DAILY ROUTINE

The daily routine of the college begins at 9.30 am with a mass prayer reciting the hymn 'Daivadasakom', the Universal mass prayer written by Sree Narayana Guru, followed by the 'Thought for the Week Programme'. The classes end at 4.30 pm with the National Anthem.

### DETAILS OF CLASSES DURING COVID

The outbreak of COVID-19 changed the routine offline classes to online mode successfully. The college indefinitely closed due to pandemic on 11-03-2020 and reopened only on 04-01-2021, and then worked continuously till 31-03-2021 (offline mode). After summer vacation, the college reopened only on 04-10-2021 and classes are continuing in offline mode till date. During the closed days, classes were arranged in online mode with specified timetable.

### INTERCOLLEGIATE COMPETITIONS

Our students won many notable achievements in various intercollegiate competitions during the Academic year.

Sl. No.	Name	Optional Subject	Name of competition	Name of the organising institution	Grade
1	Karthika N. S.	Mathematics	Intercollegiate Collage Making	Iqbal Training College, Peringamala	III
			Story Writing Competition	S. N. Training College, Nedunganda	I
2	Jeeva J.	Natural Science	Malala Day Quiz Competition	M. T. T. College, Nalanchira	I
3	Asha C.	Natural Science	Slogan Writing Competition on World Heart Day	St. Thomas Training College Mukkolakkal	II
			Caption Writing Contest on World Day against Child Labour	M.T.T. College, Pathanapuram	II
			Troll Making Competiton	Govt. Brennan College of Teacher Education, Thalassey	III
4	Avani V. R.	English	Intercollegiate Book Review Competition	C.S.I College of Education, Parassala	I
			Intercollegiate Photography contest	B. N. V College of Teacher Education	I
			Haiku Competition in connection with World Environment Day	KUCTE, Kunnam	I
			Intercollegiate Slogan Writing Competition, in connection with World Heart Day 2021	St. Thomas Training College, Mukkolakkal	I
			Intercollegiate Slogan Writing Competition, in connection with World Environment Day	S. N. Training College, Nedunganda	I
			Intercollegiate Story Writing Competition, in connection with World Tobacco Day	S. N. Training College, Nedunganda	II
5	Midhun M. L.	Physical Science	Intercollegiate Short Story Writing Competition	Badariya B.Ed. College, Kollam	I
			My Tree-Photography Contest	KUCTE, Aryad, Alappuzha	I
			Mobile Photography	KUCTE, Adoor	III
6	Darsana Prakash L.	Physical Science	Intercollegiate Slide Preparation Competition	KUCTE, Nedumangad	I
			Intercollegiate Slide Preparation Competition	S. N. Training College, Nedunganda	I
7	Aswathy T. G.	Malayalam	Intercollegiate Debate Competition	GCTE, Thycaud, Tvpm	II

8	Reshma A. S.	English	Intercollegiate Elocution Competition	S. N. Training College, Nedunganda	I
			Intercollegiate Essay Writing Competition	S. N. Training College, Nedunganda	I
			Intercollegiate Essay Writing Competition	KUCTE, Kariavattom	III
			Intercollegiate Troll Competition	S. N. Training College, Nedunganda	III
			Intercollegiate Diary Writing Competition	KUCTE, Anchal	II
			Intercollegiate Quarantine Loop Dance Competition	P.M.T College, Mavelikkara	I
9	Manasi R. T.	Social Science	Intercollegiate Video Making Competition	S. N. Training College, Nedunganda	II
			Intercollegiate Loop Dance Competition	P.M.T College, Mavelikkara	I
10	Aswany Prasannan	Malayalam	Intercollegiate Competition in creative performance in connection with World Environment Day	M.T.T College, Pathanapuram	I
11	Juliya Joseph	English	Intercollegiate Quarantine Loop Dance Competition	P.M.T College, Mavelikkara	I
			Intercollegiate Book Review Competition in connection with National Reading Day	Iqbal Training College, Peringamala	I
12	Mohammed Haris	Social Science	Intercollegiate Fun Video-Making Competition in connection with World Environment Day	S. N. Training College, Nedunganda	I
			Intercollegiate Debate Competition in connection with World Environment Day	KUCTE, Kumarapuram	II
			Intercollegiate Debate Competition	GCTE, Thycaud, Tvp	II
			Intercollegiate Elocution Competition	GCTE, Thycaud, Tvp	II
			Intercollegiate Book Review Competition in connection with National Reading Day	CSI College of Education, Parassala	II
	Karthika S.	English	Intercollegiate Competition on Best out of Waste	S. N. Training College, Nedunganda	I

13			Intercollegiate Cultural Fest in Creative Singing	M.T.T. College, Pathanapuram	II
			Intercollegiate Literary Competition	S. N. T College, Poochakkal	III
			Intercollegiate Collage Making Competition	KUCTE, Nedumangad	II
			Intercollegiate competition in connection with World Environment Day	MTTC, Nalanchira	II
			Intercollegiate Folk Song singing competition in connection with World Music Day	Christ Nagar College of Education, Tvpm	II
14	Kavya D. S.	English	Intercollegiate Literary Competition	S. N. Training College, Poochakkal	I

#### ACADEMIC ACTIVITIES

During this academic year also the college maintained good academic track record with 100% results. In this endeavour, I would like to congratulate the outstanding winners for their meritorious academic accomplishments.

#### MERIT DAY

As usual, our college was able to maintain good results in the university examinations during the previous year with several distinctions and first classes. Various awards are instituted by the PTA of the College and by the former and present Faculty members as well as former students of this college for recognizing the achievements of students for securing highest marks in each subject and some other outstanding achievements in their academic and non-academic performances. The awards and endowments which constitute Cash prize and Certificates were distributed in the colourful function of Merit Day. Merit Day of this academic year was conducted on 15-03-2021 in which Sri. R. Sukesan, IPS was the chief guest. The different awards and its recipients for the year are as follows.

Sl. No.	Name of the award	Instituted by	Awardees	Optional Subject
1	R. Shankar Memorial Award	S. N. Trust	Arya A. L.	Natural Science
2	Chandrasekharan Memorial Award	C. Sarayu (Rtd. Prof. of the College)	Bismi D. S.	Natural Science
3	PTA Award for English Topper	PTA-2020	Aradhana Natarajan	English
4	PTA Award for Malayalam Topper	PTA-2020	Pooja G.	Malayalam
5	PTA Award for Mathematics	PTA-2020	Arya A. L.	Mathematics
6	PTA Award for Natural Science Topper	PTA-2020	Hena S.	Natural Science



7	PTA award for Physical Science Topper	PTA-2020	Anugraha S. K.	Physical Science
8	PTA Award for Social Science Topper	PTA-2020	Aradhana T. S.	Social Science
9	Award for Kalathilakom of the year	Dr. Ushakumary (Former Principal)	Parvathy S.	English
10	Sulochana Memorial Award for Kalaprabhitha of the year	Dr. Rany S. (Former Principal)	Aneesh A.	Malayalam
11	Sathyalatha Memorial award for Best Mathematics Teacher	Dr. Sheeba P. (Principal)	Reshma Babu	Mathematics
12	Award for Social Science Topper	Dr. Pramod G. Nair, Associate Prof., Social Science	Aradhana T. S.	Social Science
14	Jayanandan Memorial Award for Language Topper	Dr. Asha J. V. (Prof., SPS, M. G. University, and Former Assistant Prof of this college)	Aradhana Natarajan	English
15	N. Saraswathy Memorial Award for Psychology Topper	Dr. Sindhya V. (Associate Prof., Dept. of Education, University of Kerala and Former Assistant Prof. of this college)	Hena S.	Natural Science
16	Damodaran Memorial Award for the highest scorer of Educational Philosophy	Dr. Smitha S. (Assistant Prof., S. N. Training College, Nedunganda)	Arya A. L.	Mathematics
17	Award for the Top Scorer in Educational Technology and Evaluation	Smt. Chitra S., (Assistant Prof., S. N. Training College, Nedunganda)	Hena S.	Natural Science
18	Sports Champion (Male)	Sri. Amjith S. (Director, Dept. of Physical Education, S. N. Training College, Nedunganda)	Aneesh A.	Malayalam
19	Sports Champion (Female)	do	Athira T. S.	Social Science
20	Best Outgoing Student of the previous year	Dr. Rejith Kumar, Alumni of this college	Neethu G. L.	Physical Science
21	Best Union Member of the year		Anju L. T. (2019-'21)	English

		Sanil Memorial Award instituted by his batchmates 2008-09	Darsana Prakash L. (2020-'22)	Physical Science
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### **NOTABLE ACHIEVEMENTS OF STUDENTS DURING THE ACADEMIC YEAR 2020-'21**

During this academic year also, as usual, achievement of students in qualifying tests of teaching eligibility was considerable. 75 % of students of 2019-'21 Batch has qualified with Teacher Eligibility Tests including NET, SET, C-TET, K-TET etc. Category Number of students qualified is appended below.

Sl. No.	Name of Examinations	Number of students qualified
1.	NET	12
2.	SET	23
3.	C-TET	2
4.	K-TET	65

### **THE SCHOOL INDUCTION PROGRAMME & TEACHING PRACTICE**

This academic year 2020-'22 commenced on 01/06/2021 through Online mode and the classes of the 2021-'23 batch commenced on 17/11/2021. School Induction programme was conducted from 14/12/2021 to 18/12/2021. The first spell of teaching practice was conducted from 04/01/2022 and completed on 05/03/2022. Teaching Practice and School Induction were conducted in the following schools in the locality.

1. S.N.V.H.S.S., Nedunganda
2. S.S.P.B.H.S., Kadakkavoor
3. G.V.H.S.S., Njekkad
4. S.C.V.G.H.S., Chirayinkeezhu
5. G.H.S.S., Kadakkavoor
6. G.H.S.S., Navaikulam
7. Govt. H.S.S., Kappil
8. Govt. H.S.S., Kavalayoor
9. Govt. H.S.S., Vakkom
10. G.H.S.S., Palayamkunnu
11. Govt. H.S.S., Thekkumbhagam
12. G.H.S.S., Varkala
13. Govt. G.H.S.S., Attingal

Let me place on record my sincere thanks to the principals and staff of these schools for the help they rendered to conduct the School Initiation Programme and Teaching Practice.

### **EXAMINATIONS**

The periodical test papers, Mid- Semester Examinations, practicums and other practical works related to teaching constituted the important part of examinations in accordance with the new curriculum. For the 2019-'21 batch, the University Examination for Semester II was conducted from 29-06-2020 to 06-07-2020, and for Semester III was conducted from 13-01-2021 to 20-01-2021. For the 2020-'22 Batch, the University Examination for Semester I was conducted from 09-08-2021 to 18-08-2021, and for Semester II was conducted from 23-11-2021 to 07-12-2021.

### **CO-CURRICULAR ACTIVITIES**

The co-curricular activities of the college are worth mentioning. We had colourful celebrations on all national days like Republic Day, Independence Day, Gandhi Jayanthi, Teachers' day and festivals like Onam, Christmas, Ramadan etc. Death Anniversary of Sri. R. Shankar was observed on Nov 7<sup>th</sup> in a befitting manner. This year, even though we had made all arrangements to celebrate Onam in an appropriate way, due to COVID-19 pandemic, which affected the whole state during that time, the offline programmes were cancelled, and switched over to online mode. Even then, we had celebrated all the important events through online mode.

### **COLLEGE UNION**

The election to the college union was not conducted since the university did not accord sanction due to the COVID-19 pandemic. But a selection of the office bearers except University Union Counsellor was made for the smooth functioning of the college. The following students were selected to the different posts as mentioned below:

Sl. No.	Name	Post Held	Optional Subject
1.	Midhun M. L.	Chairman	Physical Science
2.	Arya A. S.	Vice-Chairperson	Natural Science
3.	Darsana Prakash L.	General Secretary	Physical Science
4.	Manasi R. T.	Arts Club Secretary	Social Science
5.	Sreelekshmi J.	Magazine Editor	English
6.	Sumith S.	Sports Secretary	Natural Science
7.	Karthika N. S.	Optional Representative	Mathematics
8.	D. Deepthi Babu	Optional Representative	English
9.	Liya J.	Optional Representative	Malayalam
10.	Mohammed Haris	Optional Representative	Social Science
11.	Akash D. S.	Optional Representative	Mathematics
12.	Aswany Prasannan	Optional Representative	Malayalam

Dr. Dhanya B. Chandran worked as the Staff Advisor to the College Union for the Academic Year 2020-'21.

### **SWEARING-IN CEREMONY**

Swearing in ceremony was organized on 5<sup>th</sup> May, 2021 by the college. The welcome note was given by Dr. Sheeba P., the Principal. Mr. Midhun M. L., who was selected as Chairman of students' union was called upon for oath taking. Then, Mr. Midhun M. L. (Chairman of students' union) was called upon to deliver the oath to the remaining union members. All the students and teachers actively participated in the ceremony.

### **INAUGURATION OF THE COLLEGE UNION AND ARTS CLUB**

The College Union 2021 'Aagneym' was formally inaugurated by Sri. Murukan Kattakkada, Malayalam poet and former student of this institution on 18-05-2021. Arts Club was inaugurated by Sri. Indrans, the well-known Cine Artist, on the same day. All students were grouped into three houses. House-wise competitions started soon after the self-introduction of students. House captains co-ordinated their programmes in a healthy way. In this connection, the college union had a central stay and active involvement in all club activities, seminars, sports and arts activities, festivals and other celebrations. A gist of the same is added below.

### **PARODY SONG COMPETITION**

An Intercollegiate Parody Song Competition was organized for B.Ed. students. The competition was coordinated by Dr. Viji V., and the student coordinator was Mr. Midhun M. L. A brochure was prepared and sent to various B.Ed. colleges via WhatsApp on 28 June 2021. The participants were asked to write a parody song based on theme 'Plastic-free Life', and send the written content along with an audio clip to the coordinator. The deadline for the competition was 01 July 2021. E-certificates were issued to all the winners.

### **ESSAY WRITING COMPETITION**

An intercollegiate essay writing competition was organized for B.Ed. students. The competition was coordinated by Dr. Viji V., and the student coordinator was Ms. Gopika V. A brochure was prepared and sent to various B.Ed. colleges via WhatsApp on 28 June 2021. The theme was 'A Day Without Plastic'.

### **QUIZZ BUZZ QUIZ COMPETITION**

A quiz competition named 'Quizz Buzz' was organized for school students in classes 8, 9,10 and 12. A brochure was released on 28 June 2021, in which school students were provided a with a WhatsApp icon for registration. The competition was coordinated by Dr. Viji V., and the student coordinator was Ms. Akshaya K. 237 students from various schools at the national as well as international levels registered via WhatsApp. A demo quiz was given to them for practice on 30 June 2021. The competition was held on 1 July 2021 at 7.30 pm via google form. All the students enthusiastically participated in the quiz. e- certificates, along with cash awards were provided to the winners.

### **AWARENESS VIDEO ON PLASTIC POLLUTION**

An Awareness Video, including the Do's and Don'ts related to plastic to prevent plastic pollution, along with the various facts related to plastic, was created for school children. The video was compiled and edited by Ms. Darsana Prakash L. of Physical Science optional and released for students via YouTube on 3 July 2021. The YouTube link is attached. <https://youtu.be/AxYSxjiNY8c>

### **MOTHER'S DAY**

The College Union of Sree Narayana Training College organized MOTHER'S DAY celebration on 8<sup>th</sup> and 9<sup>th</sup> of May 2021 through online platform. The chief guest Draupathy Amma (Retired high school teacher) was invited to spend a memorable day. Many senior mothers were honoured in this programme and shared their valuable thoughts with the students. An Extempore speech competition, photography contest (with the theme 'Mother'), letter writing competition (to write a letter to mom) was conducted as a part of Mother's day celebrations.

### **RAMSAN CELEBRATIONS**

A virtual Ramadan Celebration was organised by 'Aagnayem' on 13<sup>th</sup> May 2021. The chief guest was Dr. Ubaid V. P. C., Assistant Professor, P.G. & Research Department of English, Farook College, Calicut and former student of the college. The welcome note was given by Dr. Sheeba P., Principal of the college. The presidential address was given by Midhun M. L., chairman of the college union and felicitated by Smt. Chitra S., Assistant Professor. It was followed by cultural programmes by the students of various departments.

### **WORLD ANTI TOBACCO DAY**

To inculcate an awareness of the harmful effects of using tobacco, the college union 'AAGNEYAM 2021' organized various programmes. As a part of this programme, a resource talk was conducted by Dr. Salini V. S., Consultant Scientist, Institution of Rural Development, Thiruvananthapuram on the topic 'Burning Lips To Daring Life' on 31<sup>st</sup> May

2021 through Google Meet. Apart from this, two other intercollegiate competitions were conducted. First one was a logo making competition held on 28<sup>th</sup> May on the theme "TOBACCO SLAYS YOUTH". The second one was a video making competition held on 28<sup>th</sup> May on the theme 'Burning lips to daring life'. E-Certificates were awarded to the winners.

#### **NATIONAL TEACHERS' DAY**

On 5<sup>th</sup> September 2021, our college union AAGNEYAM celebrated the National Teachers' Day in the online platform. The Principal of SNTC, Dr. Sheeba P. delivered the welcome speech, followed by the presidential address by Midhun M. L., Union Chairman of SNTC. The inauguration of the programme was done by Dr. P. Madhavan Nair, the former Principal of SNTC. He delivered a touching speech for the well-being of the students, which was followed by Guruvandanam.

#### **INDEPENDENCE DAY**

The college union 'AAGNEYAM' of Sree Narayana Training College, Nedunganda organized programmes as a part of 75<sup>th</sup> Independence Day on 15 August 2021. The hosting of the national flag was done at the college by the Principal, Dr. Sheeba P. The online programmes started at 9.30 AM with the recital of the patriotic song Vande Matharam and the Principal gave the message of the day. As a part of Independence day celebration, Quiz competition was conducted in Google Forms and certificates were awarded for all the participants. Also, Poster-making competition was conducted and Ms. Kavya S. Kumar of Social Science optional won the first prize.

#### **ONAM CELEBRATION**

The college union 'Aagneyam' 2021 organised Onam Celebration and Chathayaghosham on 23<sup>rd</sup> August via Google Meet, and the cultural activities were organised by the students of SNTC.

#### **DEMONSTRATION OF BHARATHANATIYAM**

The Union of Sree Narayana Training College has included a demonstration programme related to art education as a part of our B.Ed. curriculum. The session was held on 26<sup>th</sup> June 2021 (Saturday) in the online platform (Google Meet). The resource person was Ms. Aswany Prasannan, a student teacher of SNTC. The demonstration was done by her students of Viswamayori Kalakedram. The practical demonstration of Bharatanatyam was conducted as mainly three sections- Bharatanatyam Adavukal, Mudrakal, Bharatanatyam items. It was a highly interactive and educative session.

#### **INTERNATIONAL LITERACY DAY**

On 8<sup>th</sup> September 2021, the Student union of Sree Narayana Training College, Nedunganda celebrated literacy day in collaboration with Kerala State Literacy Mission Authority. The session was handled by the Mr. E. V. Anilkumar, the project coordinator of the Kerala State Literacy Mission Authority.

#### **HINDI DIVAS**

Sree Narayana Training College, Nedunganda celebrated Hindi Divas on 14<sup>th</sup> September 2021 in the Google Meet platform as a mark of acknowledgement of Hindi as the National Language. The Chief Guest for the programme was Prof. G. Saraswathi, Rtd. Prof., S. N. College, Kollam. The highlights of the programme included honouring the guest, speech by the guest on the importance of celebrating Hindi Divas, followed by paper presentations.

#### **INTERNATIONAL DAY FOR PEACE**

The College Union 'Aagneyem' organised a National Webinar on International Day of Peace on 29<sup>th</sup> September 2021 to emphasise the significance of Peace in Emerging Social Scenario. On the basis of the pandemic condition, Aagneyam organised the National

Webinar in the online mode. Dr. Maya S., Assistant Professor in Education, Mar Theophilus Training College, Thiruvananthapuram, was the resource person of the session.

#### **KERALA PIRAVI**

Kerala Piravi was celebrated by Sree Narayana Training College, Nedunganda, on 1 November, 2021. The formal function started with Kerala Day wishes by Athira, anchor of the event. Soumya's speech about Kerala and its history refreshed everyone's minds with the sense of being a Keralite. She did not forget to speak about the challenges like flood and other calamities that Kerala had to face during the last years. She praised the unyielding spirit of Keralites, who faced all the challenges with unity.

#### **FRESHER'S DAY**

The college union decided to conduct Fresher's day on 13<sup>th</sup> December 2021. It was quite colourful and interactive. The programme was inaugurated by the honourable principal Dr. Sheeba P. After the inauguration, all the teachers and students lighted candles and made the inauguration more beautiful and peaceful. The programme came into its real vibe when the seniors gave interesting tasks for the junior students. The junior students were very cooperative and energetic, and they did the tasks very well.

#### **WORLD AIDS DAY**

On 1 December 2021, an awareness programme in connection with the 'World Aids Day 2021' was conducted by Natural Science Association. The programme highlighted the purpose and importance of celebrating World Aids Day. It included a paper presentation on Aids Awareness which emphasised the imperative need to change the attitude of the society towards the affected people. This was followed by the presentation of posters prepared by the students.

#### **NATIONAL POLLUTION CONTROL DAY**

National Pollution Control Day was organized by Physical Science Association of the college on 2 December 2021. The function included an enact of live reporting at Sree Narayana Training College, Nedunganda. Ms. Akhila P. Chand played the role of a member of Sambhavana Foundation and give a detailed speech about the Bhopal gas tragedy incident. Then the reporter introduced a family which consist of Earth, Air, Water, Soil and Noise, who gave clear picture about their problems and the causes. The various pollution prevention methods were highlighted. The programme concluded with a pledge to protect our natural belongings.

#### **RESEARCH AND EXTENSION ACTIVITIES OF THE COLLEGE, 2020-'21**

- ∅ Dr. Sheeba P., the Principal is elected as the Member, Academic Council, University of Kerala
- ∅ Dr. Smitha S. has successfully completed and submitted the Final Report of the Major Project to KWC, Govt. of Kerala
- ∅ Dr. Rani K.V. has secured 'Excellent Paper Award' in the International Webinar 2020 on 'COVID 19- Challenges, Preparedness & Management: Global Perspective organized by Department of Education, Mother Teresa Women's University, Tamil Nadu.
- ∅ Dr. Viji V. has successfully completed and submitted the Yearly Report of the Best Paper Award (BPA) Project to Kerala State Council for Science, Technology and Environment.
- ∅ Faculty members have published a total of 17 research papers in Peer Reviewed Journals this year; 4 papers in UGC notified Scopus indexed journals, 10 research

papers in conferences/seminars/workshops proceedings and 2 chapters in various Edited Books.

- ∅ Four Faculty Members are recognized as Research Guides by the University and 16 scholars are doing Research leading to Ph.D. under their guidance.
- ∅ Faculty Members have submitted proposals to various schemes of research projects and sponsored seminars.
- ∅ Seven Faculty Members have successfully completed the Refresher Course/Induction Programmes conducted by UGC-HRDC.
- ∅ A Webinar on Minor Research Project was organized on 30-07-2020 in order to make the students familiarize with Research aspects.
- ∅ A Webinar on 'Preparing Tools to assess Learner's Performance' was organized on 22-09-2021 with an objective of providing clarity and accuracy in research activities of students.
- ∅ As the part of the Curricular activities of practical and practicum, students were carried out different problem-based studies related to different threat area like challenges in education, environmental issues, value education, cyber threat, Health issues and so on. College offered opportunities and adequate facilities for students in carrying out Minor Research Projects, Action research and Case Studies as part of the practicum and practical works.
- ∅ As part of the Curricular Extension and School Based Activity, the student teachers of the college organized an array of awareness classes on issues such as health and hygiene, cyber ethics, substance abuse, traffic awareness, career aspirations etc.
- ∅ Many Faculty Members convened various National and state level Webinars and workshops in this academic year.
- ∅ Majority of our Faculty Members collaborate with other Institutions by sharing their expertise and serving as resource persons.
- ∅ 'Community Connect', an extension programme was conducted during the Community Living Camp 2021 which involved the demonstration of preparation of lotion, washing powder, dishwash etc. and distribution was done to the parents of MMMGLPS, Nedunganda. Wall Painting by students was done at MMMGLPS, Nedunganda
- ∅ Student Teachers of the College participated and won prizes in intercollegiate competitions held at various colleges in the State.
- ∅ Sree Narayana Training College is always at the forefront of Community supporting and Social Responsible activities. During the Pandemic period, the Staff and students of the college united together for the preparation and free supply of Cotton Masks to the Kudumbasree Self Help members and Fishermen workers of Anchuthengu Grama Panchayat.
- ∅ Sree Narayana Training College, Nedunganda distributed TV set to needy students in order to ensure and support their Online education facilities. Staff and students were joined hands for the contribution.
- ∅ During the Academic Year 2020-'21, even in the midst of Pandemic, College has organized a number of excellent Webinars and various academic deliberations through Online mode. They are as follows-

Sl. No.	Programme	Organized by	Date
1.	National Webinar on 'EDUCATION AMIDST COVID-19 PANDEMIC' by IQAC	IQAC in collaboration with Alumni Association	12-06-2020
2.	Online Debate on 'Child Labour'	IQAC in collaboration with Department of Education (General)	28-06-2020
3.	Webinar on Minor Research Project organized by IQAC	IQAC	30-06-2020
4.	Inauguration of Webinar Series IQAC 'Intelligentia Beyond Disciplines - Cross Disciplinary Collaboration in Education' National Webinar on 'Impact of COVID on Kerala Economy: Experiences & Reflections'	IQAC	17-08-2020
5.	IQAC-National Webinar on Digital Library	IQAC in collaboration with Library Department	28-08-2020
6.	IQAC-National Webinar on 'STAY STRONG & HEALTHY TO FIGHT AGAINST TODAY'S PANDEMIC'	IQAC in collaboration with Women's Study Unit	14-09-2020
7.	IQAC-National Webinar on COVID-19 & TEACHING COMMUNITY -Role of Teachers during Pre, Present & Post Crisis with special reference to Immunity, Preventive Measures & Fitness	IQAC in collaboration with Department of Physical Education	19-09-2020
8.	IQAC-International Webinar on "TIME TO SHAPE FUTURE OF THE EDUCATION"	IQAC in collaboration with Department of Physical Science	25-09-2020
9.	IQAC-National Webinar on 'Online Student Engagement And Support - Teacher Readiness For Challenges And Changes'	IQAC in collaboration with Department of English	09-10-2020
10.	IQAC-National Webinar on 'Cardiopulmonary bypass and Cardiac Surgery'	IQAC in collaboration with Health Club & Department of Physical Education	17-10- '2020
11.	IQAC-National Webinar on "National Education Policy 2020 & Paradigm Shifts in Research Scenario"	IQAC in collaboration with Department of Social Science	22-10-2020
12.	IQAC-National Webinar on "Adhyapanathile Ananthamargam"	IQAC in collaboration with Department of General Education	30-10-2020
13.	Valedictory of webinar series - IQAC - INTELLIGENTIA BEYOND DISCIPLINES- Cross Disciplinary Collaboration In Education National Webinar on 'Positive Teacher-Pupil Relationship	IQAC	10-11-2020



14.	National Webinar on Ayurveda & Immunity Boosting Measures for self-care during COVID 19 crisis	IQAC	06-05-2021
15.	National level Training Programme on Communication Skills	IQAC	19-05-2021
16.	National Webinar on Life Skills- "The Art of Mindfulness - Means to Foster Self-Empowerment	IQAC	23-05-2021
17.	National Webinar on 'Intellectual Property Rights'	IQAC in collaboration with Department of General Education	27-05-2021
18.	Valedictory of the Webinar Series -Part 2 Intelligentia Beyond Disciplines - Cross Disciplinary Collaboration in Education	IQAC	11-06-2021
19.	National webinar on the 'World day for International Justice' on the theme "Constitutional Morality and Justice".	UBA Cell & IQAC of Sree Narayana Training College in collaboration with the Department of Education (General)	17-07-2021
20.	National Webinar on 'Entrepreneurship Education- A Roadmap For Moulding Unique Human Task Force'	ED Cell in collaboration with UBA Cell & IQAC of the College	16-10-2021
21.	Web Conference Series on 'Addressing Ways of Implementation of B.Ed. Curriculum in the COVID-19 Pandemic Scenario'	Sree Narayana Training College, Nedunganda in collaboration with Board of Studies (Pass) in Education, University of Kerala & Kerala University English Teacher Educators Forum (KUETEF)	17-06-2020
22.	Webinar cum Workshop for Teacher Educators of Kerala University- 'Implementation of B.Ed. Curriculum in the COVID-19 Pandemic Scenario'	Sree Narayana Training College, Nedunganda in collaboration with Board of Studies (Pass) in Education, University of Kerala & Kerala University English Teacher Educators Forum (KUETEF)	25-06-2020 & 26-06-2020
23.	Phase III – Follow-up Discussion & Training for Student Teacher Representatives of Kerala University Affiliated Training Colleges- 'Implementation of B.Ed. Curriculum in the COVID-19 Pandemic Scenario'	Sree Narayana Training College, Nedunganda in collaboration with Board of Studies (Pass) in Education, University of Kerala & Kerala University English	09-07-2020

		Teacher Educators Forum (KUETEF)	
24.	Webinar on "Carcinogenic Chemical hazards Special emphasis to Professionals".	Department of Physical Education	16-09-2020
25.	National Webinar on "Relevance of fitness in covid19 era"	Department of Physical Education in collaboration with Health Club	15-05-2021
26.	Webinar on E-content Development	Department of Education	29-07-2020
27.	Webinar on VIRTUAL TOUR	Department of Education	11-09-2020
28.	National Webinar On Sree Narayana Guru's Perspective On Education in the Context of National Education Policy 2020	Sree Narayana Training College, Nedunganda, in Collaboration with Sree Narayana Mission for Life Excellence (SMILE) and Vidyabhyasa Vikasa Kendram, Kerala	20-09-2020
29.	National Webinar On National Education Policy 2020	Sree Narayana Training College	22-10-2020
30.	Webinar on Advances in Materials Science: From Macro to Nano Scale	Department of Physical Science	27-02-2021
31.	Webinar Series -Technoid: Dreams Come-Day 1	IT Club	13-04-2021
32.	Webinar Series -Technoid: Dreams Come-Day 2	IT Club	26-04-2021
33.	Webinar Series -Technoid: Dreams Come-Day 3	IT Club	11-05-2021
34.	Webinar Series -Technoid: Dreams Come-Day 4	IT Club	20-05-2021
35.	Webinar Series -Technoid: Dreams Come-Day 5	IT Club	26-05-2021
36.	Webinar on "BURNING Lips To Darling Life" in connection with World No Tobacco Day	College Union	31 -05-2021
37.	Webinar on 'Environmental Statutes on Solid and Plastic Waste Management'.	Department of Physical Science in collaboration with Kerala State Pollution Control Board on International Plastic Bag Free Day 2021	03-07-2021
38.	Sri. R. Sankar Memorial Talk Series- 1. 'Unto the Pinnacle of Cognition' - Talk on 'Sree Narayana Guru's concept of Temples as Paragones of Education'.	Sree Narayana Study Centre	23-06-2021
39.	Sri. R. Sankar Memorial Talk Series-2. 'Unto the Pinnacle of Cognition'- Talk	Energy Club in collaboration with Energy	25-06-2021

	on 'Energy conservation in the domestic sector'	Management Centre, Kerala	
40.	Sri. R. Sankar Memorial Talk Series- 3 'Learn to live through Metacognitive Teaching'	Sree Narayana Study Centre	07-07-2021
41.	Sri. R. Sankar Memorial Talk Series- Talk- 4 Talk on 'Shaping the Artistry of Prospective Teachers'	Sree Narayana Study Centre	14-07-2021
42.	Sri. R. Sankar Memorial National Webinar Series on Unto the Pinnacle of Cognition on the topic "Water – Known Unknowns".	Sree Narayana Study Centre	24-07-2021
43.	Valedictory Session of Sri. R. Sankar Memorial Webinar Series: Unto the Pinnacle of Cognition & College Magazine Release Chief Guest- Sri.Vellapally Natesan, Manager, SNTC & Secretary, S.N.Trusts Resource Talk on 'Educational Philosophy of Sree Narayana Guru'.	Sree Narayana Study Centre	31-07-2021
44.	National Webinar on 'HEALTH AND EDUCATION: WOMEN WIN THE RACE' in connection with World Population Day	Literary Club and the Health Club	10-07-2021
45.	Webinar in collaboration with Kerala State Literacy Mission Authority on International Literacy Day	Literary Club	08-09-2021
46.	National Webinar on World Ozone Day	College Union	15-09-2021
47.	Webinar on 'Preparing Tools to assess Learner's Performance'	College Union	22-09-2021
48.	National Webinar in connection with International Day of Peace 2021- Theme- 'Significance of Peace in Emerging Social Scenario'	College Union	29-09-2021
49.	'Rabindranath Tagore – A Prophet of Universal Humanism'	College Union	07-05-2021
50.	Webinar on Art Education	College Union	05-12-2020

#### **ACTIVITIES OF UNNAT BHARAT ABHIYAN CELL**

UBA Cell of Sree Narayana Training College has initiated to conduct many Socially Responsible Community centred activities this year also. The main highlights are

- Ms. Divyasree, first year B.Ed. student of Sree Narayana Training College has won the First Prize (Prize money of Rs. 10,000/-) for the Video making Competition for COVID-19 Awareness under Unnat Bharat Abhiyan at the RCI level and made it to the National Level Competition.

- A National Webinar on 'SREE NARAYANA GURU'S PERSPECTIVE ON EDUCATION IN THE CONTEXT OF NATIONAL EDUCATION POLICY 2020' was organized on 20/09/2020 as a collaborative venture of SREE NARAYANA TRAINING COLLEGE, SREE NARAYANA MISSION FOR LIFE EXCELLENCE (SMILE) & VIDYABHYASA VIKASA KENDRAM, KERALA.
- A Regional Level Webinar was also organized by the UBA Cell of Sree Narayana Training College on the topic, 'NATIONAL EDUCATION POLICY 2020' on 23-09-2020. The main intention of the Webinar was to propagate the ideas underlined in the report of the Policy NEP 2020 with regard to paradigm shift in Education especially School Education, Higher Education and Teacher Education.
- UBA Cell in collaboration with ED Cell & IQAC of the College organized a National Webinar on 'Entrepreneurship Education- a Roadmap for Moulding Unique Human Task Force' on 16-10-2021.
- UBA Cell & IQAC of Sree Narayana Training College in collaboration with the Department of Education (General) organized a National webinar on the 'World day for International Justice' on the theme "Constitutional Morality and Justice" on 17-07-2021.
- A felicitation Programme to Ms. Divyasree and four other students of Sree Narayana Training College was conducted on 15-08-2021 for their participation and for winning the First Prize (Prize money of Rs. 10,000/-) for the Video making Competition for COVID-19 Awareness under Unnat Bharat Abhiyan at the RCI level.
- Sree Narayana Training College has submitted Reports mentioning all activities undertaken by UBA Cell of the college to MHRD, Govt. of India. 'COVID-19 Activity Report was submitted on 4th May 2020 and Report on 'Unnati Ki Kahani Chitro Ki Jubani' on 30th July 2020; NEP activities report on September 23, 2020, as well as UBA Banner Report was submitted on 26th November 2020. UBA Annual Progress Report 2020-'21 was submitted on 07-07-2021 and UBA 5 Year Action Plan submitted on 26-07-2021.

#### **ACCREDITATION ACTIVITIES 2020-'21**

The IQAC of the college has successfully submitted Annual Quality Assurance Reports (AQAR) for five years from 2015- 2020 to NAAC and working for SSR submission at the earliest. We are eagerly expecting NAAC visit this year for our 3<sup>rd</sup> cycle of Accreditation. Three Orientation classes were organized by IQAC on NAAC-SSR preparation for the Faculty Members. Also Our College has successfully uploaded details of 2020-'21 in the All India Survey on Higher Education (AISHE) Portal of MHRD, Govt. of India on 27<sup>th</sup> January, 2022 and received Certificate.

#### **PHYSICAL AND HEALTH EDUCATION**

Activities related to sports and games and physical exercises were organised in a limited schedule. The World Yoga Day was celebrated in the offline mode in a colourful manner. Sri. Amjith S., Asst. Prof. in Physical Education, has offered dynamic leadership in this programme. The Department of Physical Education organized a number of programmes to make the student teachers active and dynamic in their studies.

The Department of Physical Education organised a webinar in collaboration with Health club, S. N. T. C, Nedunganda on 15 May 2021 on the topic 'Relevance of Fitness in COVID-19 era'. The resource person was Prof. Jairaj J., Syndicate Member, Kerala University and Head of the Department of Physical Education, Govt. College, Attingal,

Thiruvananthapuram. In reference to the topic, he pointed out the importance of fitness in our life.

The Physical Education Department, in collaboration with the Social Science Department of Sree Narayana Training College, Nedunganda, conducted a webinar in connection with the Tokyo Olympics 2020 under the title 'Pathway of Olympics' on 22<sup>nd</sup> July 2021 in Google Meet. Devi Aparna, student from Social Science Department, S. N. T. C. presented the history of Olympics. Another presentation was done by Mr. Mohammed Haris, student of Social science, on the topic 'India and Olympics', which made every Indian proud to know about the Olympic medal winners from India.

The Sports club of S. N. T. C, Nedunganda have conducted sports day celebrations in connection with National Sports Day celebrations and arranged slide presentations on the topics 'Famous Sports persons in India' and 'Achievement of India in Tokyo Olympics 2020' on 31 August 2021, in the Google Meet platform. The presentations provided a clear picture of the Indian achievements in Tokyo Olympics and also explained the challenges faced by our nation in the sports sector.

#### **ARTS CLUB REPORT**

Aagneyam, the college union of Sree Narayana Training College, Nedunganda, has given as much importance to arts under the leadership of Ms. Manasi R. T., the arts club secretary. The college holds a students' Arts festival every month in addition to the annual arts festival of the year. All the students participate in different programmes like Songs, recitation, Mappila song, group song, Bharat Natyam, Mohiniyattam, Thiruvathira, Oppana, Nadanpattu, Chithra Rajana, story writing, Storytelling Mimicry Drama etc. 80% of the 100 students from the six departments participated in various cultural activities. On the last Friday of every week, the students present cultural programmes. The cultural programmes were conducted for all the 100 students in 6 groups. Each group participated in the programme either on house basis or optional basis. During this year, due to pandemic situation (Covid 19), the annual Arts festival is postponed to March 2022.

#### **STUDY TOUR**

As the state suffered from the COVID-19 pandemic, the Government restricted all gatherings and journeys. Hence the Arts festival and excursions were postponed indefinitely. But all optional subjects organised virtual tour programme as envisaged by the university in its transition from offline to online mode.

#### **COVID-19 PANDEMIC RELATED ACTIVITIES**

Our college had an effective and efficient participation in the Kerala Governments' COVID relief activities. Timely involvement and necessary help were offered to the needy people of nearby areas by distributing different essential materials like sanitiser and mask, collected from various sources and manufactured by students and staff of the college. The college voluntarily participated in cleaning programmes also. Students voluntarily participated as COVID warriors and volunteers. Organized an Awareness Seminar on CORONA in which students gave resource talks. They developed e-contents and Videos as CORONA Awareness activities and stress relief activities. Also Teachers and Students worked on 'writing' regarding the fruitful utilization of lock down period as a part of awareness activity. The college was converted as CFLTC of Anchuthengu Grama panchayat. The college provided maximum support and assistance to the smooth functioning of the centre. All staff members served there in various roles. It was a divine and remarkable experience to the college.

### **WORKSHOP ON 'FOSTERING LIFE SKILLS'**

On 19 November 2021, a workshop on 'Fostering Life Skills' was conducted at the college auditorium by the Department of General Education of the college being organized by Dr. Smitha S., Smt. Chitra S. and Dr. Rani K. V. The Resource Person for the workshop was Dr. Sangeetha N. R. (Assistant Professor in Education, SNTC, Nedunganda).

### **PUBLIC GATHERING ON THE 25<sup>TH</sup> ANNIVERSARY CELEBRATIONS OF THE SNDP LEADERSHIP OF SRI. VELLAPPALLY NATESAN**

On 5 December 2021, a public gathering on the 25<sup>th</sup> anniversary celebrations of the SNDP leadership of Sri. Vellappally Natesan was organized at the college auditorium. The function was inaugurated by Sri. V. Sasi MLA and presided by Dr. Sheeba P. The presidential address was delivered by Dr. M. Jayaprakash, Former DCDC, University of Kerala. The felicitation was given by Dr. Pramod G. Nair (Associate Professor, SNTC) and vote of thanks was rendered by Sri. Sabu B. (LDC, SNTC). This was followed by a live telecast of the formal function from S. N. College, Cherthala, which was inaugurated by Sri. Arif Mohammed Khan (Honourable Governor of Kerala) presided by Sri. Pinarayi Vijayan (Honourable Chief Minister of Kerala).

### **SEMINAR ON DAIVADASAKAM**

On 7 December 2021, Sree Narayana Study Centre of S. N. Training College, Nedunganda organised a seminar on Daivadasakam (Ten Verses to God) in the college auditorium. The resource person was Sri. Praveen R., Associate Professor, SNTC. The objective of the seminar was to throw light to the philosophical depths of Daivadasakam, the Universal Prayer.

### **WORLD HUMAN RIGHTS DAY**

The World Human Rights Day was celebrated on 10 December 2021 in a befitting way. The programme was executed by the Human Rights Cell of the college. A Resource Talk was rendered by Dr. Pramod G. Nair (Associate Professor, SNTC) highlighting the means to find solutions for deep-rooted forms of discrimination that have affected the most vulnerable people in societies, including women and girls, indigenous peoples, people of African descent, LGBTI people, migrants and people with disabilities.

### **'ANVAYA' – RETREAT OF 2021-'23 BATCH**

On 10 December 2021 'Anvaya' – Retreat of 2021-'23 batch was conducted at the college auditorium as an ice breaking session among the freshers and seniors. The programme was convened by Sri. Praveen R., Associate Professor, SNTC, and presided by Dr. Sheeba P. The programme witnessed a blend of talents exhibited by the student teachers in a marvellous manner.

### **COMMUNITY LIVING CAMP**

As part of the B.Ed. curriculum, Sree Narayana Training College, Nedunganda conducted a Community Living Camp for the 2020-'22 batch from 14<sup>th</sup> to 18<sup>th</sup> December 2021 named NIBODHITHA, by strictly adhering to COVID protocol. Nibodhitha signifies a journey to enlightenment on the realities of life. The inauguration of the camp was done by Sri. Kannan K., Inspector of Police, Coastal Police Station, Anchuthengu, and was presided by Dr. Sheeba P. Then, there was an interactive session on 'Life Skills for the 21<sup>st</sup> century' by Dr. Shaji N. Raj (Assistant Professor, SAS SNDP Yogam College, Konni, a Career Coordinator and Motivational Trainer). Following this, there was awareness cum demonstration class conducted by Sri. Anil Kumar P. (Assistant Station Officer, Fire and Rescue Station, Varkala), Zumba session led by Ms. Arathi Mohan Manoj (Fitness and Nutrition coach), Naadanpattu session 'Gramathudippu' led by Sri. Ajith Thottakkadu, and an interaction session with Dr. Brahma

Lakshmy B. L. (Consultant Gynaecologist and Laparoscopic Surgeon, Sankars Hospital, Kollam) on the topic, 'General Gynaecological Problems and Remedies.' The other programmes included campus cleaning by the students 'Think and Breathe Clean', 'Community Connect', which involved the demonstration and distribution of lotion, washing powder and dishwash preparation was done to the parents of MMMGLPS, Nedunganda, Wall Painting by students, and cultural programmes entitled 'Flow to the Rhythm' were made. Both teachers and students celebrated the camp as a festival. Students were alert to participate in the programmes and they encouraged the talents of their colleagues. The valedictory session of the camp was inaugurated and addressed by Dr. Brahma Lakshmy B. L. Dr. Viji V. coordinated the camp.

#### **NATIONAL SCIENCE DAY 2021**

The Physical Science Department conducted a variety of programmes in connection with the National Science Day 2021, that were scheduled in six days from 22 February 2021 to 27 February 2021. On 22 February 2021, an online poster making competition was conducted. Ms. Athira Jayakumar from the Department of English and Ms. Aswany Prasannan from the Department of Malayalam bagged the first and second prizes respectively. On 23 February 2021, a paper presentation on 'PERSEVERANCE ROVER' was carried out by Ms. Darsana Prakash and Mr. Midhun M. L. On 24 February 2021, a Treasure Hunt was conducted Mathematics Team (Mr. Akash D. S., Mr. Sajin Dev S. and Ms. Thrisara S. Prasad) won the competition. In the debate conducted on 25 February 2021, Mr. Muhammed Haris from the Department of Social Science was declared as the best debater. On 26 February 2021, a Quiz Competition was conducted. Team Natural Science bagged the first position, and Team English won the second position. Also a tabloid entitled 'SCIENCE REMINISCE' (Volume 2) was released by Dr. Pramod G. Nair. As a culmination session of the one-week science day celebrations 2021, a webinar on the topic 'ADVANCES IN MATERIAL SCIENCE FROM MACRO TO NANO SCALE' was carried out by Dr. Sreekala M. S. (AvH & JSPS Fellow), Post Graduate Dept. of Chemistry, Sree Sankara College, Kalady in online platform, Google Meet. The webinar was convened by Dr. Viji V., Assistant Professor in Physical Science.

#### **OBSERVANCE OF INTERNATIONAL PLASTIC BAG FREE DAY**

The Physical Science Association of Sree Narayana Training College, Nedunganda observed the International Plastic Bag Free Day on 3 July 2021. Various competitions like intercollegiate essay writing competition on the theme 'A Day Without Plastic', intercollegiate parody song competition on theme 'Plastic-free Life' and school level Quizz Buzz programme were conducted in connection with the International Plastic Bag Free Day. As a culmination of the programmes conducted by Physical Science Association of Sree Narayana Training College, Nedunganda, in collaboration with Kerala State Pollution Control Board, has organized a webinar in connection with International Plastic Bag Free Day on 3 July 2021 in the online platform, Google Meet. The resource talk was on the topic 'ENVIRONMENTAL STATUTES ON SOLID AND PLASTIC WASTE MANAGEMENT' by Dr. Sheela A. M., Chief Environmental Engineer, Kerala State Pollution Control Board. An awareness video was created on plastic pollution for school children by the members of Physical Science Association.

#### **WEBINAR ON 'OZONE- SCIENCE AND PRESERVATION'**

On 15 September 2021, the World Ozone Day Celebrations included a Webinar on the topic 'Ozone- Science and Preservation'. The programme was coordinated by Dr. Viji V. Sri. Sarath P. S., PGT, MGM School, and former student of the college was the resource person. He focused his talk more to the area of preservation, emphasising the ways to preserve the

ozone layer, how we save our earth, importance of ozone layer and ozone depletion. The theme for the World Ozone Day 2021 is 'Montreal protocol- Keeping us, our food and vaccines cool'. After this there was a discussion session to clarify doubts.

#### **PARENT-TEACHER ASSOCIATION**

Parent Teacher Association of the College of the year 2020-'22 was very active by giving constant support in all the ventures of the college in academic, non-academic as well as infrastructural development under the leadership of Smt. Sakunthala Prasannan, the Vice President. Donation of PTA funds has enhanced the college facilities like website updating , , Audio System reconditioning, Library development including UGC-N-LIST subscription , Journals Subscription, Campus cleaning , Consolidated payment to Art & Craft Teachers, Salary to temporary staff, Daily Office expenditures, Student's welfare Activities, Cash prizes to the students for their meritorious achievements in academics etc. I express my sincere gratitude to all PTA members.

#### **ALUMNI ASSOCIATION**

As always, the year 2020-21 also witnessed programmes and functions organized by the Association amidst the prevailing pandemic.

As decided, the Alumni Day of the Year 2020 was on 11<sup>th</sup> January. The official program commenced at 10.00am on the aforesaid day. The meeting was presided over by Dr. Sheeba P, Principal, Sree Narayana Training College and President, ALUMNI. The meeting began with welcome speech followed by Commemoration message in honour of Shri. Vasanthan, Executive Member, ALUMNI by Shri. Madhuraraj, Working President, ALUMNI. The gathering also observed 2 minutes silence in respect to the departed soul.

Former Faculty Members including Dr. G Ravindran and Dr. Sarala S. and many Former Students were honoured in the function. Heads of practice teaching schools were felicitated. Dr. K. R. Sivadasan Memorial Award was presented to Smt. Sreelatha, State Information Officer and ALUMNI of the college. Nostalgic and cheerful moments of yesteryears were shared by the members during the function. Photo session and lunch followed.

Election was held in the afternoon and the following Alumni members were elected as new officials of the Alumni Association.

- President :Dr. Sheeba P.
- Working President :Shri. Madhuraraj P. G.
- Vice President :Shri. Prithviraj P.
- Secretary :Dr. Reetha Ravi H.
- Joint Secretary :Shri.C.V.Vijayan & Shri. G. Sarasangan
- Treasurer :Dr. Viji V.
- Executive Members:
  1. Prof. Girly Voise Shahid
  2. Smt. Malathy
  3. Smt. Sushama Vijayan
  4. Smt. Sathyavageeswary N.
  5. Dr. Vijayakumaran Nair
  6. Shri. Jeyakrishnan
  7. Shri. S. Suresh
  8. Shri. Sasankalal P K.

The newly elected members assumed charge on the day. Cultural programs by students and Alumni Members made the event more colourful and gracious. The gathering disbursed by 4.00 p.m. Sree Narayana Training College in collaboration with ALUMNI Association and LIONS



CLUB, Varkala organized a seminar on “Mental Health” for the students of the college. A National level Webinar was organized by Internal Quality Assurance Cell (IQAC) in collaboration with ALUMNI Association on the topic “Education amidst Covid 19 Pandemic” on 12<sup>th</sup> June 2020. As the webinar topic suggests life changed a lot during the covid period and so the number of programmes in the year was limited to two.

### **CLUB ACTIVITIES**

#### **SREE NARAYANA STUDY CENTRE**

Sree Narayana Study Centre of Sree Narayana Training College, Nedunganda, comprising the staff coordinator Dr. Reetha Ravi H., (Assistant Professor, SNTC), student coordinator Ms. Karthika S. and the club members, organized the following activities during the year 2021.

#### **TALK ON DAIVADASAKAM**

Sree Narayana Study Centre organised a programme which was a 'Talk on Daivadasakam' on 1 February 2021 for the 2020-'22 batch and on 7 December 2021 for the 2021-'23 batch. This opportunity was also taken for the inauguration of all the clubs by Dr. Sheeba P., Principal of Sree Narayana Training College, Nedunganda. Shri. Praveen R., Associate Professor in Malayalam, started his talk on 'Daivadasakam', exploring the exact meaning of 'Daivadasakam', which is a prayer penned by Sree Narayana Guru in 1914.

#### **WEBINAR SERIES 'UNTO THE PINNACLE OF COGNITION'**

Sree Narayana Study Centre started Sri. R. Sankar Memorial Webinar Series 'Unto the pinnacle of cognition' on 23 June 2021 in the online platform, Google Meet. The programme was inaugurated by Sri. Aji S.R.M. (Executive Member, S.N. Trust, Kollam). The first webinar was conducted on 23 June 2021. A resource talk on 'Sree Narayana Guru's Concept of Temples as Paradigms of Education' was conducted by Dr. Prathibha P. R. (Assistant Professor, S. N. College, Chempazhanthy). The resource person explained Guru's vision on education clearly. The second webinar was conducted on 25 June 2021, with a resource talk on the topic 'Energy conservation in the domestic sector', led by Sri. Rajeev K. R. (Energy Technologist, Energy Management Centre, Kerala). The resource person gave a clear idea regarding various awareness programmes on energy conservation, and the tips to use energy wisely. The resource talk in the third webinar on the topic 'Learn to Live through Metacognitive Teaching' was led by Dr. Rosamma Philip (Principal, Mount Tabor Training College, Pathanapuram). The resource person highlighted the need to think about thinking and to transform to positive thoughts. The last webinar in the series a resource talk on the topic 'Water – Known Unknowns', conducted by Dr. Shaji E., Head of the Department of Geology, University of Kerala, Thiruvananthapuram. He emphasized that sustainable usage of water starts from our home and made each of the listeners to be a part of the scheme in future for a better tomorrow.

#### **VISIT TO SIVAGIRI**

Teachers of Sree Narayana Training College, Nedunganda visited Sivagiri in the first week of October 2021 for the prayful blessings of Sree Narayana Guru.

#### **GANDHI CLUB**

The Gandhi Club functions in the college since 1992. The unit aims to spread the principles and philosophy of Mahatma Gandhi, the true legend and the father of our nation. Every academic year, the unit organizes a variety of programmes with a view to disseminate Gandhian values among the prospective teachers and in the community. Gandhi club of Sree Narayana Training college celebrated Gandhi Jayanti 2021 with a variety of programmes. On 02/10/2021, the Club organised 152<sup>nd</sup> Gandhi Jayanti celebrations. A talk on the Educational

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values of Gandhian thought was done by Ms. Abhina C. from Malayalam Optional. A documentary on the Life of Gandhi was also done. A bhajan was performed by Karthika S. from English Optional. All the programmes were coordinated by the Staff coordinator of the club, Smt. Chitra S., along with the whole hearted participation of the club members. Nikhitha B. of English Optional was the student coordinator of the Gandhi club.

#### **WOMEN STUDY UNIT**

The Women Study Unit of Sree Narayana Training College, organized international Women's Day 2021 with a series of programs. On 3<sup>rd</sup> 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 with 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.

#### **CAREER GUIDANCE AND PLACEMENT BUREAU**

Career Guidance and Placement Bureau of the college organized a number of activities this year too. The Club organized several inspiring and educative programmes. Club offers vocational guidance and job assurance activities. Weekly General Knowledge Programmes were highly beneficial for our students in equipping them in order to meet Competitive Examinations through opening an avenue for their vast reading. The winners were awarded with prizes every week as an encouragement.

'The Extempore Speech' organized by the Club really served as a platform for expressing their views on a general social issue and for enriching their public speaking skill. 'Seminar on Online Courses' served as a digital knowledge platform for equipping the student teachers to travel in tune with the digital era. Online Examination Orientation organized for Senior batch students helped in reducing exam anxiety and provided guidance to the students regarding the necessity of proper planning, preparing and managing time for examinations and to prepare for Online examination. Subscription of 'Thozilvartha' was very much beneficial to the students. The Inter Optional Quiz Competition conducted by the Club was highly inspiring and encouraging in order to generate enthusiasm among student teachers. The Club continuously serves as a Placement agent to our students by providing proper vocational awareness and conscientisation activities on present educational situations. During this year, out of the outgoing batch of 100 students, 75% cleared and qualified competitive examinations including NET/SET/TET. Career Guidance Bureau proposed to organize a warm felicitation function to these students after releasing the restrictions of the covid pandemic. The activities of the Club were successfully conducted under the excellent coordination of the Staff Coordinator Dr. Smitha S., Assistant Professor.

#### **LITERARY CLUB**

Literary Club of the College is mainly functioning with an objective to provide various avenues for the students to identify and polish their potential in creative literary works. The activities of the Literary Club were successfully held under the systematic leadership of Dr. Pramod G. Nair, Associate Professor in Social Science. The major programmes organized were Kaviyarangu entitled Asansmrithy and Changapuzhasmrithy along with a Nadanpattu session. All these programmes provided opportunities to our students in exploring their creative expressions and were beneficial for them in expanding the horizon of aesthetic values.

#### **ENTREPRENEURSHIP DEVELOPMENT CELL**

The Entrepreneurship Development Cell of Sree Narayana Training College, Nedunganda, constituting the staff coordinator Dr. Smitha S. (Assistant Professor, SNTC),

student coordinator Ms. Aswamy Prasannan and the club members, organized the following activities during the year 2020-'21. The Entrepreneurship Development Cell of Sree Narayana Training College, Nedunganda organized a number of activities this year too. The activities of the Club during the academic year commenced with a formal inauguration on 07-01-2020 by the Principal Dr. Sheeba P. through online mode. Activities carried out during the year 2020-'21 during the pre-pandemic time, as well as during the outbreak of the pandemic COVID-19 are given below.

#### ED Cell Registration Process completed

This year, it is our great achievement that the Entrepreneurship Development Cell of Sree Narayana Training College was registered with District Industries Centre, Thiruvananthapuram under Entrepreneurship Development Club Programme of the Department of Industries and Commerce, Government of Kerala with Register No. EDC/TVM/61/2020 dated 08/10/2020. After Registration; we have applied for the financial aid for organizing programmes on Entrepreneurship Development Activities and an amount of Rs.10,000/- was sanctioned and released by the Government. This year, during the Pandemic, the ED Cell has organized three programmes with the financial support and they are as follows:

#### Making of Cleaning Lotion using Swadeshi Products

On 25-03-2020, ED Cell has organized a Demonstration on 'Making of Cleaning Lotion using Swadeshi Products' with the financial support of Department of Industries and Commerce, Government of Kerala. Cell members prepared cleaning Lotion by using Swadeshi products and imparted training on the making to the whole students of the College. After the preparation, the Cell members initiated to distribute the same in the nearby locality educational institutions and to some houses for free of cost. Cell contributed the remaining 50 bottles of cleaning lotion to the College and thereby became self-reliant in the making of cleaning lotion. The programme enabled in triggering out the spirit of Community Service among student teachers.

#### Training Programme on 'Entrepreneurial Marketing in the Digital Age'

The Cell has organized a Training Programme on 'Entrepreneurial Marketing in the Digital Age' on 27-03-2021, with the financial support of Department of Industries and Commerce, Government of Kerala for Teacher trainees with an intention of enhancing their awareness on Digital Marketing as well as helping them to save themselves from different types of scams in the Digital World. Resource Person was Mr. Praveen Calvin, Founder, Calzol Web Consulting & Calzol Center for Research and Business Resources, International Trainer on Digital Marketing. The programme was very much helpful in making the participants aware on various ways through which they can be a successful entrepreneur. Discussed on Sales, marketing strategies, how to choose the right social media platforms, technological updates, affiliate marketing etc.

#### Workshop on production of eco-friendly materials

A training programme titled 'workshop on production of eco-friendly materials' for the making of Cloth Bag, Paper Bag and Paper Pen was organized with the financial support of Department of Industries and Commerce, Government of Kerala for Teacher trainees by the Cell on 27-03-2021. Smt. Geethakumari B., Teacher, Aiswarya Public School, Kollam and the Best Coordinator Award Winner of SEED- 2018 and STEP-2019 of Kollam District was the Resource Trainer. Student teachers were equipped enough in making environment friendly reusable carry bags and pens which inspired them to lead a healthy life style.

### Participation in BUSINESS INSIGHT PROGRAMME

On 10th April, 2021, Saturday, ED Cell members participated in BUSINESS INSIGHT PROGRAMME for Aspiring Entrepreneurs organized by B' TALKS Innovations Private Limited in association with Bisgate foundation at Hotel Hycinth, Thiruvananthapuram. We were invited to participate in the programme. As a token of appreciation for the participation, our college also received a memento. It was a rare opportunity to the students to meet with eminent and successful entrepreneurs and to familiarize with vast business possibilities.

### National Webinar on 'Entrepreneurship Education- A Roadmap For Moulding Unique Human Task Force'

ED Cell organized a National Webinar in collaboration with UBA Cell & IQAC of the College on 'Entrepreneurship Education' on 16 th October, 2021 on online platform, Google Meet. The Programme was meant to motivate and encourage the Student teachers in enhancing their entrepreneurial skills and to trigger their innovative ideas to make our college a pedagogical park. Dr. Issac Paul, Assistant Professor in Commerce Education, Government College of Teacher Education, Thycaud, Thiruvananthapuram was the Resource Person. The programme was unique in the sense that it was an eye opener for the students to think about the new beginnings in their field as the pandemic had laid waste to great swathes of industry, but it has fuelled an extraordinary surge in start-ups and thus to explore new opportunities.

### SOORYAKANTHI NATURE CLUB

A live nature club is functioning in this college for the last few years under the leadership of Sri. Praveen R., Associate Professor in Malayalam. There were 30 members in the club. Some of the important programmes conducted by the nature club were the following:

- The Nature club of Sree Narayana Training College has conducted a one-week program as a part of the world environmental day from June 6 to June 12, 2021 via Google meet. Shri. C. R. Neelakandan, an Indian environmental activist and writer, was the Resource Person.
- A Micro green challenge was conducted followed by a detailed presentation on how to grow microgreen at home.
- Intercollegiate Troll Making Competition, Intercollegiate Slide Preparation Competition and Intracollegiate Haiku competition were conducted.
- 'Sri. Hamidali Vazhakkad', an environmentalist activist and teacher inaugurated the Valedictory Session and talked about the issues faced by our Nature.

### IT CLUB

IT Club of Sree Narayana Training College, Nedunganda organised a webinar series 'Technoid : Dreams Come True' in five sessions. The webinar series started from 11 March 2021 and ended by 20 May 2021. The first session in the series was handled by Dr. Lakshmi A., Assistant Professor in Education, N.S.S. Training College, Pandalam. The session discussed topics like Kahoot, Quizizz and other evaluation tools. In the second session, the resource person was Dr. George Varghese, Assistant Professor in Education, Mount Tabor Training College, Pathanapuram. That session was meant for the explanation of blog creation, video creation and multimedia applications like Jamboard. The third session of the webinar was 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 Tabor 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. In this last webinar of the series, the resource person introduced the LMS platform

MOODLE and its applications. All the sessions were very informative and interactive. The valedictory session of the webinar series was on 9 June 2021. The valedictory address was done by Sri. K. Anvar Sadath, Chief Executive Officer, KITE. Dr. Sheeba P., Principal, SNTC delivered the keynote address. 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 throughout 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. The club conducted a poster making competition based on the theme CORONA and National Technology day was celebrated with the inauguration and invited talk by Sri. B. Aburaj, Director, SIET. The club conducted a webinar on Virtual Tour on 22/06/2021 in which Smt. Chitra S. introduced the creation and conduct of Virtual Tours. The programmes of the club were successfully coordinated by the staff coordinators Smt. Chitra S. and Dr. Dhanya B. Chandran. Mr. Dipin R. from Physical Science was the student coordinator of the club.

#### **ENERGY CLUB**

The Energy Club of Sree Narayana Training College, Nedunganda, constituting the staff coordinator Dr. Viji V. (Assistant Professor, SNTC), student coordinator Ms. Meenu M. J. and the club members, organized the following activities during the year 2021.

##### **Role Play on Energy Conservation on 26 February 2021**

The Energy Club of Sree Narayana Training College, Nedunganda has conducted a Role Play on 26 February 2021 in the college auditorium. The Role Play was based on the efficient energy conservation in houses in accordance with the guidelines published by the Energy Management Centre, Kerala. This awareness programme was given to student-teachers for its application in a wide range of contexts and to pass the message to the coming generations also. Each of the club members actively presented the ways to reduce the energy consumed by each of the electronic devices.

##### **Webinar on 'Energy Conservation in the Domestic Sector' on 25 June 2021**

As a part of Sri. R. Shankar Memorial Webinar series UNTO THE PINNACLE OF COGNITION, the Energy Club of Sree Narayana Training College, Nedunganda organised a resource talk on the topic Energy Conservation in the Domestic Sector on 25 June 2021 (Friday) at 10.30 am in the Google Meet platform. Sri. Rajeev K. R. (Energy Technologist, Energy Management Centre, Kerala) was the resource person.

##### **Community Survey on 'Energy Consumption' on 12 October 2021**

A Community Survey on Energy Consumption and Awareness on Energy Conservation was conducted for the public on 12 October 2021. The questionnaire for the survey was a Google Form, which included a personal data sheet, questions pertaining to the daily life consumption of energy in the household, and an awareness video to conscientize the people on the efficient utilisation of energy in their day-to-day lives.

#### **MOVIE CLUB**

The Movie Club of Sree Narayana training College, Nedunganda organized many activities under the co-ordinatorship of Sri. Praveen R. "Celluloid- 2021", the movie club of Sree Narayana Training College Nedunganda, was formed on 7 March 2021. The purpose of this club is mainly learning through interaction and discussion. The activities carried out by the Movie Club will encourage students to develop a different perception towards films.

The club features weekly movie discussion as well as a collaborative effort to bring out innovative ideas and perceptions on movies. Students chose a film to watch each week and

conducted a discussion on it. This sessions gave the chance to provide other students and teachers with the opportunity for meaningful engagement with film. The first discussion session titled "In to the Movies" was held on 10 march 2021. It mainly focused on the history of Indian and Malayalam cinema and the influence of movies on society. Movies are said to be a reflection of the society. It helps us come face to face with the actuality of what's happening in our society. It portrays things as they are and helps in opening our eyes to issues we may have well ignored in the past. At the same time, a view of how movies are being used as a tool for manipulating the people was also brought in to the discussion.

A review writing competition and a detailed discussion was held on the Malayalam movie "Joji" directed by Dileesh Pothan on 21 April 1997. The extent to which "Joji" is a loose adaptation of Shakespeare's Macbeth was thoroughly analysed and it give way to a broader interaction on different types of adaptations in different movies like Kaliyattam (Othello), Kannaki( Antony and Cleopatra), Iyobinte Pusthakam (King Lear),etc.

A weekly programme named "Backing the Bucket List" was conducted, where members of the club introduced their 5 most favourite movies one person per week. This gave opportunity for all to know about more good movies of different genres. Many movies were introduced to instil the interest in others to watch them and share their views.

Club organized a programme "In Memoriam" on 15 October 2021, to commemorate the important film personalities who died recently. It turned out to be an opportunity for the audience to peep into the life and filmography of those people. Irfan Khan, Sachy, Nedumudi Venu, Arjunan master, S P Balasubrahmanyam, Dilip Kumar, Suraksha Sikri etc. were remembered.

#### HEALTH CLUB

World Cancer Awareness Day was organized by Health Club under the leadership of Dr. Rani K.V., Assistant Professor by various programmes including awareness videos, pasting posters in campus etc on 4 th February 2021. On May 12, 2021, Nurse's Day, health club had prepared and presented a tributary video to nurses and send to various nursing colleges.

A National webinar was organized by Department of Physical education in collaboration with health club, SNTC, Nedunganda on 15th May 2021, on the topic "Relevance of fitness in covid19 era". The resource person was Prof. Jairaj.J, Member syndicate, Kerala University and Head of the department of physical education, Govt. College, Attingal, Thiruvananthapuram.

The health club of Sree Narayana Training college organised a fun activity of tongue twister game for the relaxation of college students. There were tongue twisters in different languages like Malayalam, Hindi and English. It was one of the most creative activity conducted by the health club of SN training college on 20 May 2021.

The health club organised a relaxation activity of virtual musical instruments for the college students on 20 May 2021 in order to release stress due to continuous exhaust experienced from indoor life. The virtual instruments include guitar, drums, bandura, flute, xylophone etc. The links of the musical instruments were provided in the official group of college. Teachers and students expressed that the activity was really useful in releasing stress during this pandemic situation. Health Club conducted various intra collegiate competitions, fun video making challenge related to smoking and one act play on 31 may 2021, World No Tobacco Day.

The health club of Sree Narayana training college, Nedunganda organized intercollegiate competitions for training colleges in connection with World cycling day and world environment day on 3rd and 5th June 2021. A video for Blood Donation Day was

organized by Health Club by 14th June 2021. On July 1, National Doctor's Day, health club had prepared and presented a tributary video to doctors. The link for the video is <https://youtu.be/EgY-erujQK4>

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. Sree Narayana Training College, Nedunganda has conducted by Department of Physical Education in collaboration with Health Club of Sree Narayana Training College, Nedunganda on 7th International Yoga Day on 21.06. 2021 by two sessions. 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 improvising Life Style and Personality Development for Teachers". The Resource talk was carried by Sri. Anup Gopalan, Chief Coach(Football) Indian School, Al Wadi Al Kabir, Muscat.

### CONCLUSION

It may be noted that we have completed an academic year which was interrupted largely due to the COVID-19 pandemic. The working pattern of the college shifted from offline platform to the online mode. The time schedule was changed and experienced much delay in starting new batches. The teaching faculty of the college have faced a series of challenges in implementing the new approach in teaching effectively. But due to their hard work and continuous effort, they became successful in facing all challenges. They have done their best for the efficient conduct of the curricular and co-curricular activities. In this connection, I like to place on record my sincere gratitude to my colleagues, both teaching and non-teaching, for their full cooperation, sincere devotion and loyalty which made my work very easy.

I express my sincere thanks to Sri. Midhun M. L., the College Union Chairman, Ms. Darsana Prakash L., the General Secretary to the College Union and other office bearers for their dedicated work to make the activities of the college a grand success, despite the pandemic. Let me express my sincere gratitude to the staff advisor Dr. Dhanya B. Chandran for their dynamic leadership and to all students of this college for their full cooperation and common will.

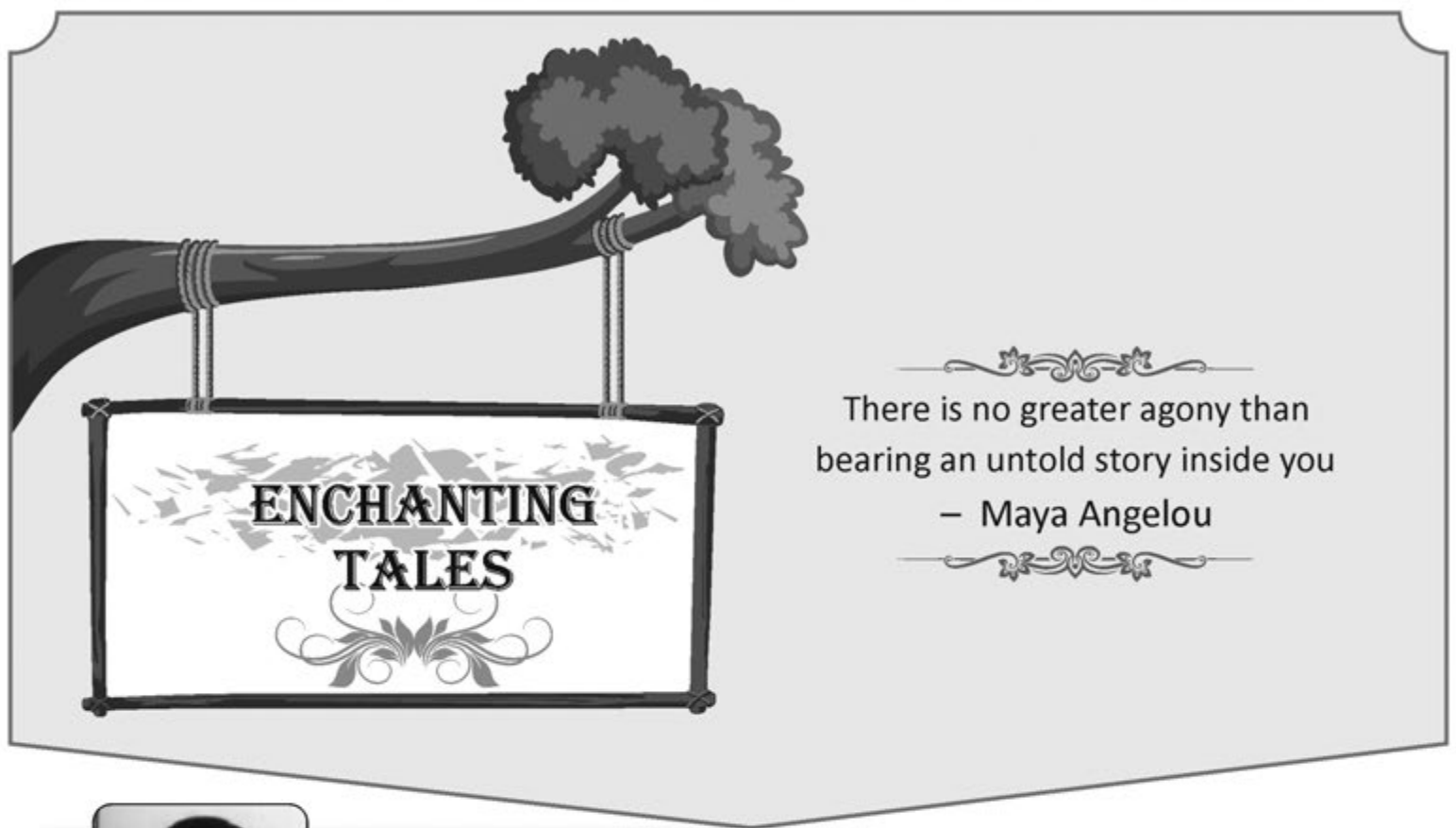
I remember with gratitude Sri. Vellappally Natesan, our honourable Manager, who always shower his blessings and moral support in times of difficulties. I take this opportunity to express my humble and heartfelt thanks to Sri. Thushar Vellappally, Assistant Secretary, S.N. Trusts and Sri. Aji S.R.M., Executive Member, S.N. Trusts, for their valuable contributions and blessings and also for serving as sources of inspiration.

I take this opportunity to congratulate the PTA Vice President Smt. Sakunthala Prasannan, Secretary Dr. Sangeetha N. R., and all other members of the PTA for their earnest efforts and commendable services.

We have before us 200 students who are among the cream of the youth of Kerala. They are the future promise for the betterment of the teaching profession, with academic distinction, positive attitude and social commitment, tolerance and perseverance. I am sure that they will come out with flying colours in the coming university examinations and in other avenues of life. Now I would like to conclude my words with the hope that the great guru, Sree Narayana Guru, who is the glowing lamp of the institution, will shower His blessings on all walks of our life. With this, now let me complete this report.

Thank you.  
Dr. Sheeba P.





There is no greater agony than  
bearing an untold story inside you  
– Maya Angelou



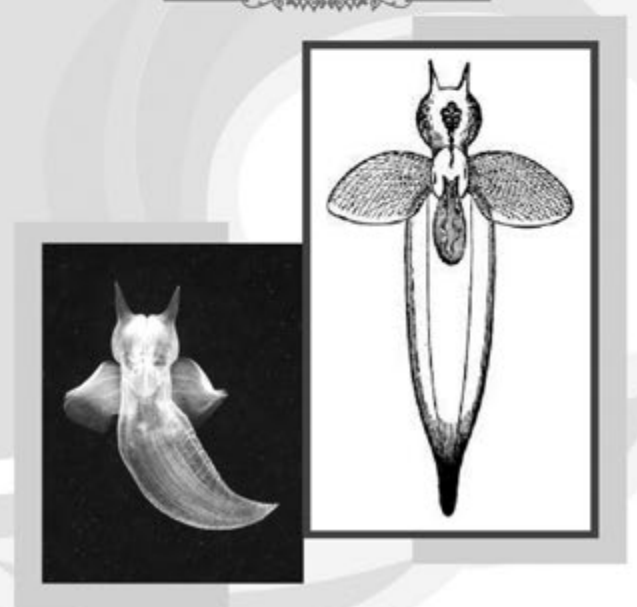
# SEA Butterflies

**W**hen her palm started sweating, she felt herself a snail again. That slow paced snail which lived unnoticed and crawled spreading the wetness of fear around. It was better to be a snail to have mindfulness in her own mysterious way. Her was the smallest fragment of world, but she saw the most in depth. When the world was hectic running, she delved into the tiny beautiful things around.

Once she met a butterfly who wished for a flap around the world. He wanted to see more, know more. She was all ears to his story of big things and he got whirled into her little world. There emerged a space of togetherness. They dreamt of a land small enough for a butterfly to fly back to the beginning. There, under the starlit sky they crawled together and

the house up on the snail became a home. That day the sky burst out crying and the earth couldn't help receiving it on the lap. Everything got drenched. Amidst the chaos a butterfly struggled flying home. He was clueless of the sight around and he felt himself an alien. He forgot how to fly. His wings trembled and he roared in pain along with the sky.

At night two fragile, spotted wings fell on the sleeping snail from nowhere. She crawled towards the sea of oblivion.



The wind kept caressing her tangled hair as she sat down with her cup of coffee at her favourite art cafe. It was her only solace in the middle of her messed up life, where she could sit back with her hues and melanges and give life to her imagination on white canvas. She was mixing shades on a palette as the voice of Bob Dylan played endlessly on a loop. Her eyes were fixed on the shades of blue just like lovers lost in each other's eyes. This place made her happy and sad all at once and that's the very reason she chooses to be here whenever she wanted colors to take over.

"All artists are sad souls.", she heard a passerby whisper.

She used to disagree to it. She hated people who jumped to conclusions saying art is for the lost and lonely. Why can't people see that there are happy artists as well, she used to say. Those were the days when her paintings were so full of color and life than being caricatures of blue. Six years have passed since then, since that vibrance was murdered by the crevices of time; so brutal it was that she was now the perfect antonym for the word color. The six years on board had made her color blind to everything but blue.

"Blue is all I feel, blue is what I am.", she said to Dhruv as he enquired why her palette embraced one colour in particular.

"Don't you feel sorry for your blue monochrome humans?", he asked.

"Nobody ever apologized for drowning me in one.", she thought but said nothing rather than smile at him.

He kept looking at her as though he understood the hidden sadness masquerading beneath her smile.

Why should I feel sorry? she finally said. People are but their own unique shades of blue, a vast sea blue ocean, an eternal midnight blue sky, a bottled-up crimson, blue acrylic.

"Interesting, he smiled.

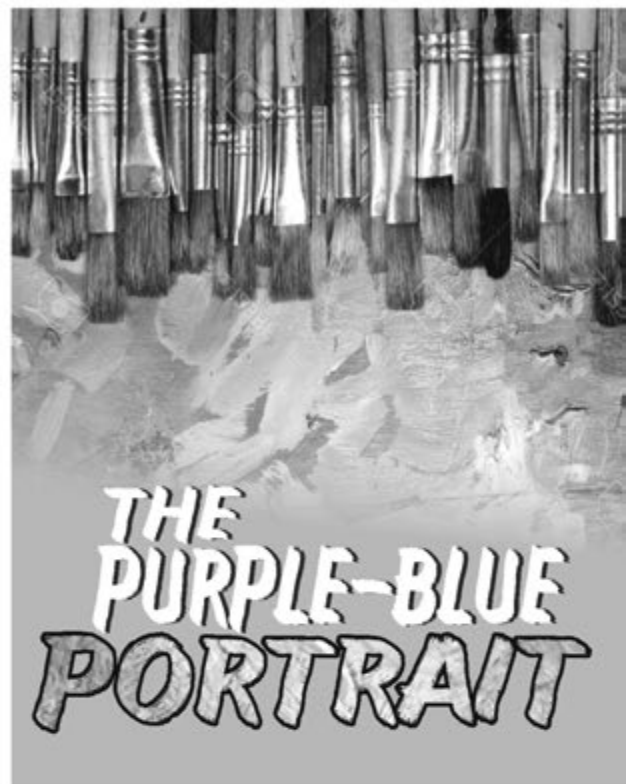
Then shall I take the privilege to be the "red" that turn your monochromes purple?", he chuckled.

She smiled thinking about his artistic knowledge of flirting with colors, almost forgetting his question.

She let it sink in for a while and then answered,

"I didn't stopped painting in colors for nothing." He smiled.

"Then what made you paint again, Thaara" he added, looking at her as the strokes of her brush unknowingly enmeshed red to the midnight muse in front of her.



Kavya D. S.  
(English)



Midhila S. R.  
(English)

# WINGS OF HOPE

The sea attack happened one year ago. The memories of the persons who had drowned in the depth of the sea is still haunting the minds. The sea is again rough. The waves are strengthening. Tactile comfort of gentle breeze is not felt. In lieu of it, stormy waves frustrate everybody in the seashore. Cloudy sky is seen pervaded everywhere. It is raining heavily. The above said factors altogether is worsening the situation. Sea walls have been built so as to protect the encroachment of the sea. But now, it is not sufficient.

The disaster management troops are deployed on the seashore. They are always alert. One volunteer announced through the loudspeaker that the inhabitants on the shore are to leave away to a safe place. It is the official information of the District Collector. Cry and hue are raised from the seashore. Some people are praying for the sea Goddess.

Tears and sorrows cannot be controlled by Mary. Alexy, her husband has not returned to the shore after fishing. He went for fishing along with friends Mathew and Varky. They were very happy when they had started the journey. Everybody in the shore whispers that there is the possibility of boat wreck. But Mary turned her face not to hear it.

Mathew's pregnant wife fainted and fell on her knees. Volunteers came there to take her in a convenient place. She got in to the vehicle reluctantly. Varky's home became a heap of debris. He completed his home construction by long years of strenuous effort. Everybody left the seashore unwillingly considering the official announcement of the District Collector. They are still awaiting the return journey to the seashore. Mary slowly walked away.





Avani V. R.  
(English)



# HUES

**T**hat empty canvas longing to be splashed with colours staring at her creator thinking where the spark of excitement in her eyes hide off. Those old paint tubes, dried palette, crumpled papers, scattered all around. Unfinished paintings with broken meanings crave for perfection. In every corner the nostalgia of murmurs, giggles, laughs and

the celebration of colours curled up into dusty nets. Deadening silence fills all over.

Her eyes lack those uneasy flutters of whirled up ideas, the delirium of creation.

She stumbles in the cramped room that smells memories. Sitting on the dusty chair she quivers in memory of those smoky kisses. From disturbance to melting into the cigar smelling violet-tinted lips,

they merged in love. She played with his fingers that smelled the unusual mix of cigars and paints. They together existed and expelled their rebellion and revolution on the canvas. But with the smoke curls he was abrupting the canvas of their life. Lighting the first and last cigar she was frenzied in his love...



# ARTS FEST



# SPORTS DAY



# COLLEGE TOUR



# VALEDICTORY OF COLLEGE UNION





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## BOTTLE DESIGNS



Avani S. K.  
(English)

# CRAFT N' CREATIONS



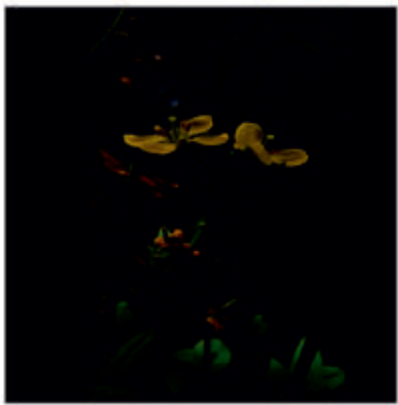
Gopika V.  
Physical Science

# SHOOT AT SIGHT

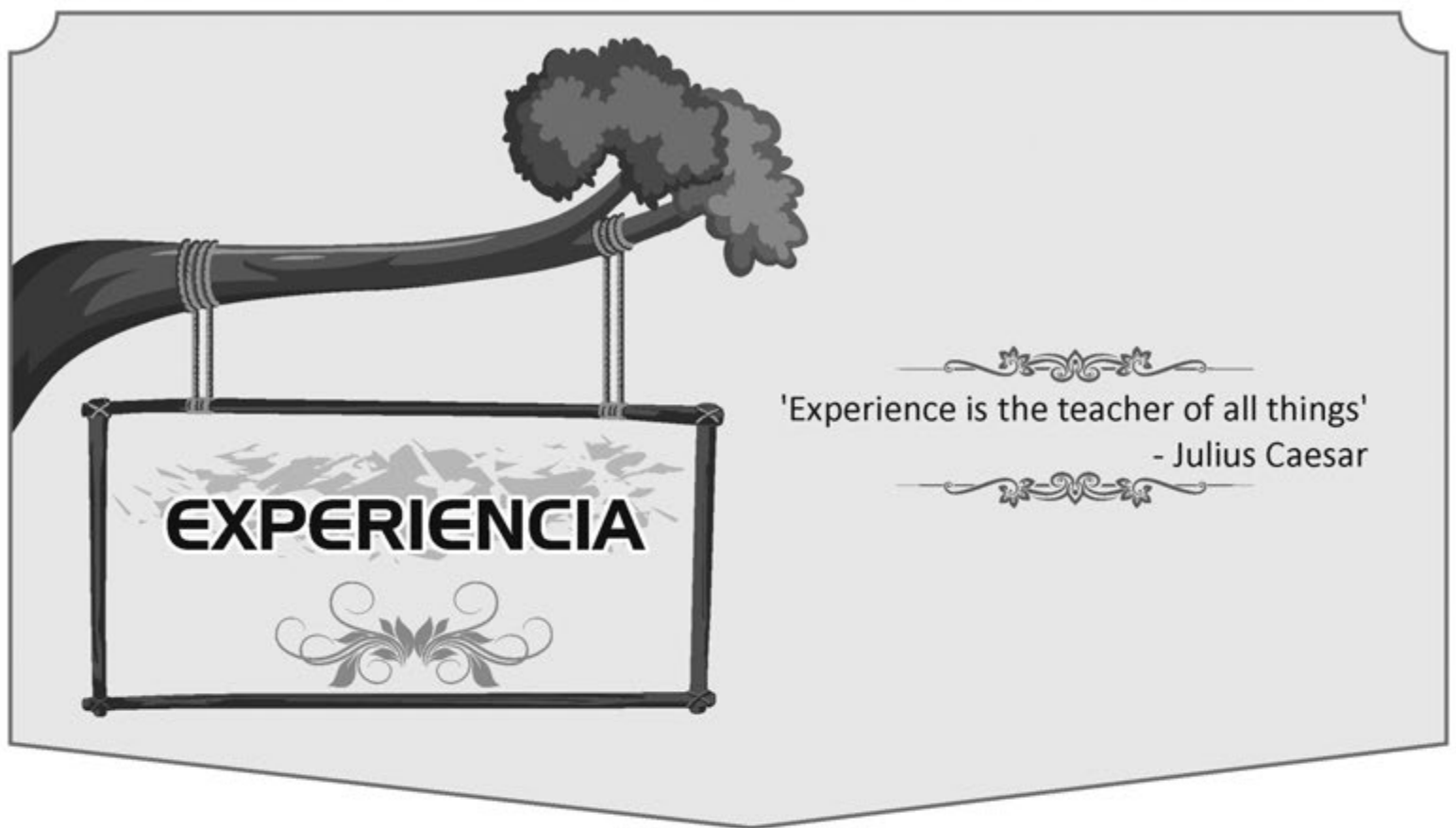


Gopika V.  
Physical Science

# SHOOT AT SIGHT



Pooja J. B.  
Physical Science



**T**he year 2019, an unforgettable chapter in my life, where I got promoted to the next level. This article is just about the most treasured memory of my life.

Do you like taking an injection shot? (Well, I surely guess, the answer is no!). So here goes my story, me and a whole lot of Injections!

After getting tested positive for pregnancy test, we (me and my husband) were in joy, to welcome our little one into this world. Things were not smooth just like how you see on the movies where the hero and heroine sing songs and have colourful events. The harsh reality is just opposite!! I had terrible nausea, unable to drink water or take food. I even rapidly lost around 6-7 kilos & I was super tired.

The first scan, when I met my little one for the first time was truly a moment of rejoice. (To be honest just a lump of flesh!) As days passed by, entering my 13th week, I had excruciating pain on my left leg. I was not able to move my leg or even walk! Took many pregnancy-safe medicines as advised by my doctor.

Nothing really worked! Every day my husband used to carry me in his arms to the washroom. One fine day he noticed the swelling on my leg. With an awkward look on his face, He told me to get ready for was a doppler scan. So once the scan done, the results were not as good as we expected. The blood on the veins of my left leg (from toe to the hips) were almost fully clotted (75%. clot) what the doctors call as DVT!! which is a life threatening deadly medical condition, especially when it comes to a carrying women, it's even more risky as affect both the foetus and the mother. My life took a topsy-turvy ride since then.

The only available medicine "Clexane Injection" twice a day! Yes, you heard it right! Injection two times a day! Initially I thought it was for 2-3 days, but No!! I had to take this double shot Injection for more than a year (which is nearly 1000 injections)

Every time I take a shot, my arms would

swell up and turn black. By the end of the whole course, both my arms where full of black, hard patches. Even though, now they faded off, the remains are still visible. (Still not a good sight to look at!)

Along with enjoying the kicks of the little one I started to treasure each and every syringe which I took for the little treasure inside me. From crying like a baby while taking the injections, Laughing hard while watching Mr. Bean animated Series, from possibly eating everything that was left at home, I transitioned from a weak woman to a strong mother! What a journey it was! Every time it I look at the bag of Syringes Which I have treasured during my pregnancy journey I feel proud of myself, how patiently and regularly I took them for little treasure!

Today I'm writing this article, sitting next to my baby, watching his mischiefs and laughs, wondering what adventures await him.



Athira Jayakumar  
(English)

I was a little more than a little girl when my aunt in a very casual conversation mentioned that my future in-laws will have a hard time with me plainly because I didn't know cooking. Her futuristic theory scared me seriously not because I saw the bluntness of the statement, but the image of marriage (which was not going to happen anytime in near future) and

## THE COOKING TALES: GLIMPSES FROM MY LIFE



**C**ooking for the hostile-like future-in-laws gave a chill down my little spine. This gradually became a childhood fear—moving away from my ‘own’ house to an unknown place amidst unknown people. (A part of senile crazy Indian marriage tradition continued even today). Anyway, it sounded like a zombie movie to me.

You will wonder how I retained this fragment of memory even after many years. Not that I had a splendid memory. I happened to hear this statement masquerading as a poor joke again and again and again. Years later, again a casual teatime. The enquiring aunt shocked with the fact that I still didn’t know cooking repeated the same old theory. See, I didn’t get afraid this time because I was in a growing stage of little reasoning. The aunt criticized my mother for not teaching us (sister included) kitchen duties. (Most of the girls are pulled from their study table to do homely chores. I got the luxury to study, solely study. Thanks to my parents).

Cooking was never my forte and I chose not to do it. And I also believed cooking cannot be the criteria for love. (I love my father who doesn’t cook. I love my sister who doesn’t cook. So this future in-laws probably will not mind my incapacity to cook. Probably not. I heard these marriage markets are gigantic hunting platforms for ‘nallakuttykal’ who are filled with qualities of servitude). There was no point in questioning back my aunt as it gets backfired with warnings, hazardous warnings like ‘you will come to know everything in future’.



Years later, as casual conversations were always part of family meetings, I got the bigger picture about how grown-ups make it really hard for children to grow up. My aunt and her future theory destroyed the peace of the little girl in me making me picturize my life in a bleak background.

**MORAL OF MY STORY** (there is no universal moral, only suggestions):

- Don’t ask a child to do things in the name of a future marriage. Marriage is just an option and the freedom to choose whether to marry or not to marry completely rests upon the individual.
- Cooking is definitely a survival skill and not a gendered activity. It requires only two hands, which everyone has got. One should learn it for living and not appeasing in-laws.
- Don’t make a child’s life difficult with your blunt statements.



# KEEP IN TOUCH

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