



# SREE NARAYANA TRAINING COLLEGE

Nedunganda P.O., Varkala, Thiruvananthapuram, Kerala. Pin.695307

[Affiliated to University of Kerala, Recognised by NCTE,

Re-Accredited by NAAC with Grade B, Recognised by UGC under 2(f) & 12(B)]

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# SPANDANAM

## Natural Science Association News Letter

### March 2023

## OBSERVANCE OF GLOBAL HANDWASH DAY 2022



In association with the Kerala Suchitwa Mission Natural Science Club of Sree Narayana Training College, Nedunganda organised an awareness class on October 14, 2022, as part of observing global handwashing week. The purpose of a week-long global handwashing programme starting on October 15 every year was to raise awareness about the importance of personal hygiene.

On October 14, 2022, at 9.30 am, Dr.Sangeeta N.R., psychology department professor, gave an introductory lecture to the awareness program. Student Representative Ms.Aiswarya B.S. (Natural Science) led the awareness talk. Natural Science Department professor Dr. Dhanya B. Chandran gave a vote of thanks for the function. The programme lasted for half an hour and ended at 10 a.m.

## News Highlights:

- Observance of Global Handwash Day
- Conscientization about lifestyle diseases
- Expo Naturale 2022
- Fun Session on aerobic dance

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**AWARENESS CLASS ON IMPORTANCE OF HANDWASHING IN MAINTAINING PERSONAL HYGIENE**

In association with Govt of Kerala - Suchitwa Mission

**PROGRAMME SCHEDULE:**

Prayer : choir group  
welcome: Dr.sangeetha N R, Coordinator IQAC  
Presidential address: Dr Sheeba P, Principal SNTC Nedunganda  
Awareness talk :Miss Aiswarya B S  
Vote of thanks :Dr.Dhanya B Chandran, Assl.Professor  
National Anthem

**Global Handwashing Day 2022**  
15th October

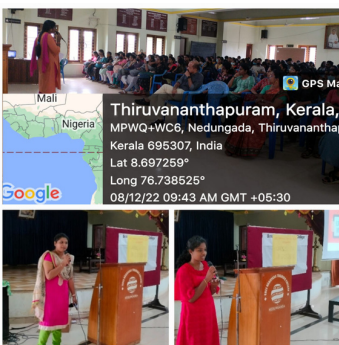
Time : 9.30 am  
Date:14/10/2022  
Venue: College Auditorium

organised by  
Natural science club

# CONSCIENTIZATION ON LIFESTYLE DISEASES



## AWARENESS TALK BY MRS.DHANYA G.K.

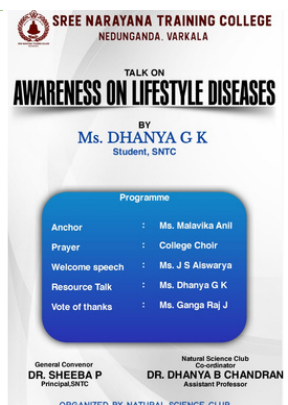


On 8th December 2022 Natural Science Association organized a talk on the topic Awareness on Lifestyle diseases at Sree Narayana Training College, Nedunganda. The programme was compared by Ms. Malavika Anil of Natural Science Department. After a welcome address by Mrs. J. S. Aiswarya, Mrs. Dhanya G. K. (a student representative of the Natural Science Department) led an awareness class on lifestyle diseases.

## READ MORE



The talk included lifestyle diseases such as Atherosclerosis, Cardiovascular diseases, Obesity, Type 2 Diabetes, PCOD etc. The talk delivered by Mrs. Dhanya G.K. effectively carried out its intention to educate about lifestyle modification and the maintenance of inner balance. The programme ended with a vote of thanks from Ms. Ganga Raj.



# EXPO NATURALE 2022

➤➤➤ On December 21, 2022, the natural science department organised an exhibition as part of the B. Ed. curriculum. The exhibition was named "EXPO NATURALE 2022." The honourable principal, Dr. Sheeba P, was the chief guest of the programme. The programme started with prayer at 9.30 a.m. The exhibition was open to all students and teachers. All faculty members and students of SNTC visited the exhibition. Different types of models related to different branches of biology, like animal specimens, medicinal plants, a model of the human skeleton, apparatuses, and anatomical diagrams, were presented, and student representatives of the Natural Science Association explained all sorts of details about the exhibits.

## GLIMPSES:

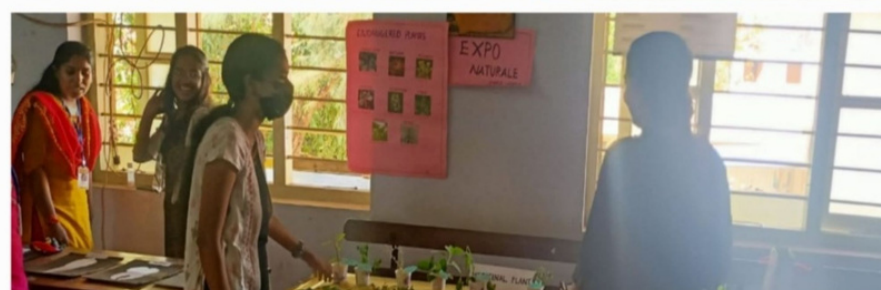
Precious, academically valuable specimens have been collected for education and are stored and displayed in the specimen exhibition room. The exhibition room showcases specimens related to education in diverse disciplines, such as anatomy, pathology, wildlife zoology, aquatic biology and parasitology.

Exhibition specimens included detailed anatomical drawings, as well as the skeletal specimens, immersion specimens in glass bottles and plastinated specimens with natural textures.

## ➤➤➤ MAIN ATTRACTIONS:

At the entrance to the exhibition room, viewers were greeted by a diagram showing unity in diversity, which is displayed as part of genetic diversity. On the wall nearby, detailed anatomical drawings are displayed. The main attraction of the exhibition was exhibiting nearby rare medicinal species and explaining their use and the important phytoconstituents present in them. The medicinal plants exhibition was conducted with the intention of creating awareness among the viewers about the utilisation and importance of medicinal plants growing in this biosphere and elsewhere. A chart on endangered plant species, consisting of extensive information, has also been exhibited. It gives extensive information about medicinal plants along with natural remedies.

Thus the exhibition provides practical education, that is, understanding real species through naked-eye observation, and is an excellent teaching aid, which is still very relevant in research and education. They are not merely show-and-tell opportunities.



# AQUARIUM RENOVATION

## »»» As part of living corner preparation prescribed in B.Ed.curriculum

On January 11, 2023, the Natural Science Association renovated three sets of aquarium inside the natural science class room of Sree Narayana Training College, Nedunganda. Dr. Dhanya B. Chandran, assistant professor of the natural science department, and the club coordinator was the inspiration and instructor for the entire project. All students of the natural science department participated in the programme. Ms.Malavika and Ms. Varsha were student coordinators.

## »»» READ MORE

As per the students' reports, after properly acclimating the fish, they released them into the aquarium. "You should wait for four weeks and test for ammonia and nitrite." "When the levels return to zero, you can add the rest of your fish to the aquarium," they added. There were goldfish and carps in one tank and different types of molly in the second. They kept a separate glass bowl for a fighter fish because of adaptation reasons.

## INTERESTING FACTS:

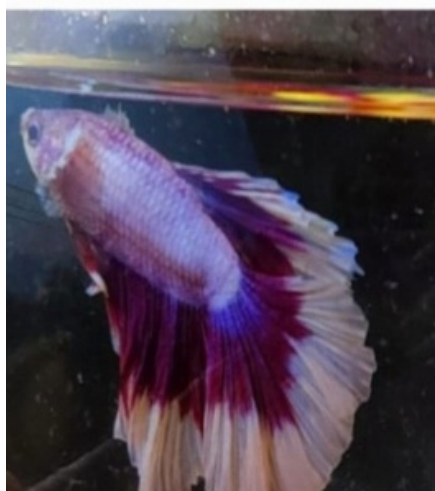
Aquariums are beautiful to look at and can be a focal point in any room, but they provide so many additional benefits to everyday life that it's hard to imagine a reason not to have one. In our busy, chaotic lives we all need ways to relax, re-focus and recharge our batteries. For kids, they can be educational and teach responsibility, and studies show that viewing an aquarium can be therapeutic as it lowers blood pressure, reduces stress and has a calming effect on people. According to the research of having an aquarium is many health benefits like reduce stress, blood pressure and heart rate

## »»» VISION OF THE PROGRAMME:

The renovation was done with the financial support and supervision of college authorities. It has a vision of teaching a child lessons in the fields of biology, zoology, chemistry, and environmental science. Through aquarium preparation, pupils also learn responsibility and respect for nature and living creatures, and how their actions directly impact the outcome of a situation. A child who learns compassion for the fish under his or her care is more likely to grow up to be a conscientious adult who is more aware of their actions and how they affect the world.



Setting of fish tank



Acclimatization process



# MAINTENANCE OF MEDICAL GARDEN



Natural science association members working on their medicinal garden preparation



As part of its subject association activity, the Natural Science Department of Sree Narayana Training College, Nedunganda, has chosen to maintain the college medicinal garden. The medicinal plants were planted on the college premises on January 20, 2023. The medicinal garden was renovated under the guidance of Dr. Dhanya B. Chandran, assistant professor of the natural science department. The members of the Natural Science Association planted the plants in earthen pots in order to enhance an eco-friendly campus.

## READ MORE <<<

Atalodakam (*Justicia adhatoda*), Njavara (*Coleus amboinicus*), Aloe Vera, Tulsi (*Ocimum sanctum*), Karinochi (*Vitex negundo*), Shavamnari (*Catharanthus roses*), Mukkutti Donkey Ears (*Kalanchoe gastonis-bonnierii*), Black pepper (*Piper nigrum*), Ayapana (*Ayapana triplinervis*), etc. were the medicinal plants added to the garden.

The medicinal garden serves as a repository of medicinal plants, where the pupils can come and learn about the identification, cultivation, harvesting, and propagation of commercially important life-saving crops that can be grown in limited space and that are adaptable to our climate.



# AEROBICS: A FUN WAY TO GET FIT:

## A SESSION ON AEROBIC DANCE



On January 20, 2023, the department of physical education, in collaboration with the Natural Sciences Association of Sree Narayana Training College, Nedunganda, arranged a session on aerobic dance titled "Aerobics: A Fun Way to Get Fit" in the college auditorium at 10 a.m. The session was carried out by Dr. Geetha S. HOD & Assistant Professor, NSS College for Women, Neeramankara.

The programme was anchored by Ms. Varsha M.S. And Mr. Krishnaparasad gave the welcome speech. Dr. Biju Sukumar, assistant professor of physical education, introduced the resource person. After the presidential address of Dr. Sheeba P. Principal of SNTC, the session of aerobics has started. The session included warm-up exercises, aerobic dances, breathing exercises, a cool-down phase, etc. The main aim of the session was to get rid of all tension and create healthy, productive minds among students. The programme ended at 1 p.m. with a vote of thanks by Ms. Pooja Sudhan, Union Chairman of SNTC.



**SREE NARAYANA TRAINING COLLEGE**  
NEDUNGANDA, VARKALA

**SESSION ON AEROBIC DANCE**

**AEROBICS: A FUN WAY TO GET FIT**

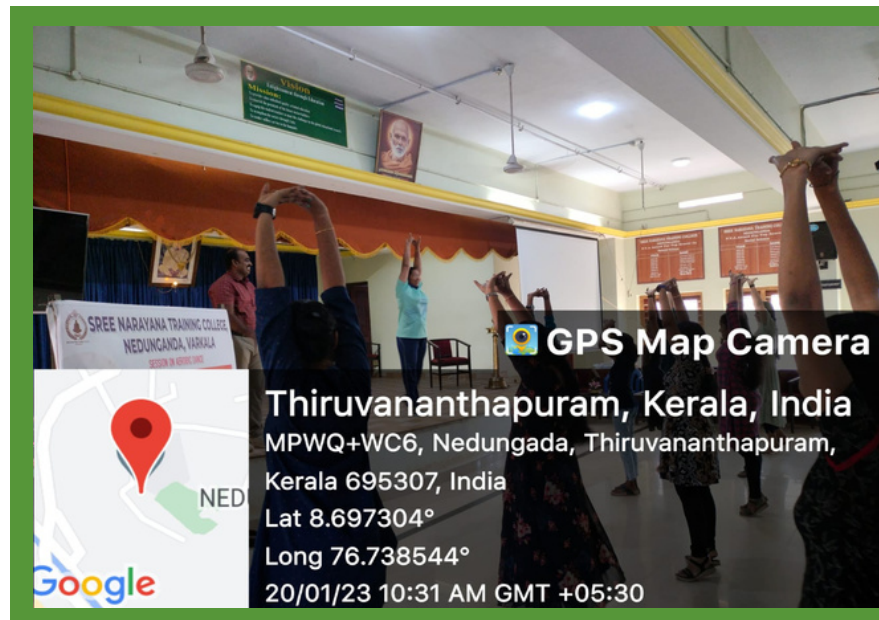
**20th January 2023 @10 am**

**Anchor** : Ms. Varsha M.S.  
**Welcome Speech** : Mr. Krishna Prasad  
**Introducing the Resource Person** : Dr. Biju Sukumar  
Asst. Professor in Physical Education  
**Presidential Address:** Dr. Sheeba P. (Principal)  
**Session on Aerobic Dance** : Dr. Geetha S. HOD & Asst. Professor N.S.S College for women Neeramankara  
**Vote of Thanks. Reporting.** : Ms. Pooja Sudhan : Ms. Ganga Raj J.

**Convenor**  
Dr. Sheeba P. Principal

**Co-ordinators**  
Dr. Biju Sukumar Asst. Professor in Physical Education & Dr. Dhanya B. Chandran Asst. Professor

**Organised By**  
Dept. of Physical Education in collaboration with Natural Science Association



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