



ESSENTIA

The essence, culture & ethos
of
Sree Narayana College for Women, Kollam



EDUCATION IS NOT THE FILLING OF A PAIL
BUT THE LIGHTING OF A FIRE

-W B YEATS

SREE NARAYANA COLLEGE FOR WOMEN KOLLAM

NEWSLETTER 2021-22 VOL I



EDITORIAL

Education has changed dramatically in the last year, with the distinctive rise of e-learning, whereby teaching is undertaken remotely and on digital platforms. A key lesson learned during the pandemic is the important role teachers and the institution play in ensuring that learning is continued.

Since the full-scale reopening of colleges in Kerala on October 18, comprehensive measures have been taken to ensure that students will be able to continue their education in a safe and healthy environment, and make up for knowledge and skills that may have been lost. The college is preparing enthusiastically for the NAAC reaccréditation scheduled in January 2022.

It makes me immensely proud that the institution has stood firmly by its vision and mission and worked towards clear achievements. I take this opportunity to reiterate our goals as a higher education institution: to enhance creativity, innovation, knowledge and community engagement through teaching and research, to provide the best possible learning experience for all qualified learners in an affordable and financially sustainable way, ensuring high quality, and globally competitive outcomes for students. As we continue to encourage positive changes in attitudes, let us all keep the words and thoughts of our patron saint-reformer Sree Narayana Guru close to our hearts.

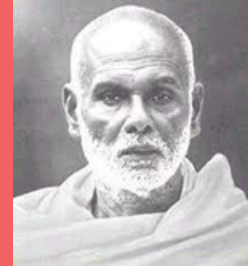
DR. NISHA J THARAYIL
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MANAGING EDITOR
DR. NISHA J THARAYIL
PRINCIPAL

STAFF EDITOR
REMYA CR
DEPARTMENT OF ENGLISH



Our Guiding Spirit
SREE NARAYANA GURU

INCLUDED IN THIS ISSUE

Igniting Young Minds

We Care

Cadets' Feats

Events & Celebrations

Awards & Accolades

Scholastic Distinction

SNCW in News

IGNITING YOUNG MINDS

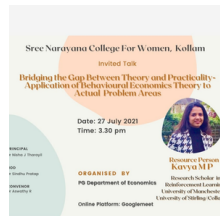
SEMINARS & WEBINARS

The department of Botany in association with the Biodiversity Club conducted a webinar on the topic Thumps Up for Tiger on the occasion of International Tiger Day on 29-07-2021. The resource person was Vishnu Omanakuttan, Conservation Biologist, Wayanad Wildlife Sanctuary

Our college regularly conducts seminars and workshops to give the students a chance to interact with experts from the specific field. Discussing about the relevant topics of the particular subject, students tend to learn about the latest information and new skills related to the concerned subject.



As part of Global Movement to Speak Up for Nature the Dept of Botany and the WWF India jointly organized a webinar on 27 March 2021. The theme of the webinar is Climate Change to Save Earth. There will also be a Quiz based on the topic.



Department of Economics conducted Invited talks on:
 24 July 2021- Multiple Regression Analysis by Dr. Reshmi C Panicker, Assistant Professor, University College, Thiruvananthapuram
 27 July 2021- Bridging the gap between theory and practicality- Application of Behavioural Economics theory to Actual Practice Areas by Kavya MP, Research Scholar in Reinforcement Learning, University of Manchester and University of Stirling, UK



Department of Botany conducted a Webinar on the Awareness of Medicinal Importance of Karkidaka Kanji and Siddha System. Keynote Speaker - Dr. Aswathy S Thampan, Siddha Medical Practitioner Programme Coordinator and Biodiversity Club. Coordinator- Archana P J

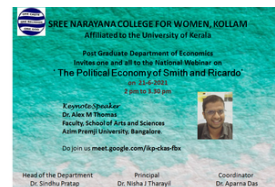
Two-day Workshop on Fabric Painting Techniques organized on 11th and 12th November 2021 by the PG Department of Home Science in association with Institution Innovation Council (IIC) Resource Person- Ms. Rekha Anilkumar, Fevicryl Instructor.



A Webinar on Achieving the Zero Malaria Target was conducted by the Department of Zoology in association with the District Medical Office on 7 June 2021. Dr. Sandhya R, DMO, Kollam, delivered the Keynote Address.



Department of Hindi conducted a National Webinar and Quiz as part of 141st Premchand Jayanti. Topic - Writings of Premchand in Today's Context



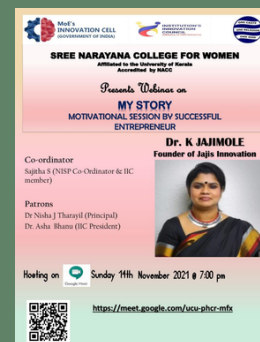
The Department of Economics organised a National Webinar on The Political Economy of Smith and Ricardo on 21st June 2021. Dr Alex M Thomas, Faculty, Azim Premji University, Bangalore was the key speaker.

Sree Narayana College for Women, Kollam Institution Partner 'ASAP, KSHEC and Career Guidance Cell of the College organized an awareness class on certificate courses after degree specifically for B.com final year students on 29 Oct. 2021



The college established a committee for fostering innovation and entrepreneurship among faculty and students, as per the National Innovation and Start-up Policy (NISIP) implemented by the Ministry of Education, Government of India. The Chairman of the committee is Dr. Nisha J Tharayil, Principal, and Ms. Sajitha S is the coordinator.

Motivational Session by our distinguished alumnus and successful entrepreneur Dr. K Jajimole (Founder of Jaji's Innovation) was held on 14 November 2021



WE CARE

ACTIVITIES OF NSS - I

ഒക്ടോബർ-15 അന്താരാഷ്ട്ര ഡൈറ്റ് കെയർ ദിനമാണെന്നോടനുബന്ധിച്ച് കേരള ഹെൽത്ത് ഓഫീസിന്റെ അധ്യക്ഷതയിൽ ഹോസ്പിറ്റൽ കോളേജ് ഹോസ്പിറ്റൽ കോളേജ് സിന്റേഴ്സ് സെന്ററിലായി പരിശോധനകൾ നടത്തിയുടനീളം സെന്ററിലായി പരിശോധനകൾ നടത്തിയുടനീളം സെന്ററിലായി പരിശോധനകൾ നടത്തിയുടനീളം

പുണ്യാർ ആശുപത്രിയിൽ പരിശോധനകൾ നടത്തിയുടനീളം സെന്ററിലായി പരിശോധനകൾ നടത്തിയുടനീളം സെന്ററിലായി പരിശോധനകൾ നടത്തിയുടനീളം

സംഗമം പ്രസിഡൻ്റ്: ടി. ജി. ജി. ജി.

സെക്രട്ടറി: ടി. ജി. ജി. ജി.

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Webinar on Apps Aiding Blind Travellers was organized in association with Kerala Federation of the Blind Teachers Forum. The speaker introduced apps helpful to blind travellers.

വനിതാ ശിശു വികസന വകുപ്പ്
കൊല്ലം അതിരൂപത, സി.ഡി.എസ്.

അനീമിയ ക്യാമ്പയിൻ
കൊല്ലം അതിരൂപത, സി.ഡി.എസ്.

Resource person: **Ms.Soumya T. B**
Chief Dietician
Dr.K. M. Cheriyan (Institute of Medical science Kallisseri, Chengannur, Alappuzha)

Moderator: **Ms.Sulajju S**
ICDS Supervisor

Presence: **Smt. Susan Mary** (CDO Kollam Urban 1, ICDS) and **Ms. Dhanash** (NSS programme officers)

Webinar on Anaemia Campaign in collaboration with the Department of Women and Child Development to conduct an anaemia campaign on 21st June 2021

Webinar organized on Reinventing the Career at the Time of Corona Virus in association with Seshans IAS academy on 18 August 2021. Resource Person- Sri. Kuruvila Samuel

LIVE WEBINAR

WHAT AFTER COLLEGE ? IAS or KAS: REINVENTING YOUR CAREER AT THE TIME OF CORONA VIRUS

By **SUNIL GEORGE IP & TAPS** (PROFESSORIAL SERVICES)

18th AUGUST 2021 (WEDNESDAY) - 7 PM - 8.30 PM

FOR FREE REGISTRATION
CALL: +91 9495391622, +91 9349812622
WHATSAPP: +91 83019 55622
EMAIL: seshansias@gmail.com



On 18 August 2021, the students and teachers participated in the First Harvest from the Village (at Kottankara Panchayat) adopted by the college.

Our Principal, along with NSS volunteers, distributed kits worth 1000 to families of disabled persons in our adopted village at Kottankara on 20 August 2021 as part of Onam

The motto of the NSS is "NOT ME BUT YOU", which expresses the essence of democratic living and upholds the need to appreciate the other person's point of view and to show consideration for fellow human beings. It attempts to establish meaningful linkages between "Campus and Village" and "Knowledge and Action".



Our NSS volunteers Ms. Aswitha from Dept of History, Ms Aswathy from Dept of Malayalam, Ms Athira Venu from Dept of Geography and Ms Anjana S Babu from Dept of Economics attended 2 day residential camp conducted by YMCA on 27 and 28th November.



District Level Inauguration of Anti Dowry Campaign: Eradicating the Inherited Stigma from our Society association with District Legal Services Authority, Kollam, on 17th July 2021 by Sr. KV Jayakumar, Chairman DLSA & Honorable Principal District and Sessions Judge, Kollam



Fit India Run programme was conducted on 10 July 2021 to create awareness on health and fitness among youngsters.



NSS volunteers sent out an environment friendly message to the public that daily cycling stimulates the mind to have good thoughts and good health. The event was organized as part of NSS Week celebrations and Save Energy Save Environment campaign.



The Clean Astamudi Campaign was organized in association with Kollam Corporation. The event commenced with a Flash mob and flag off by Honourable Mayor Prasanna Earnest on 1 October 2021.



WE CARE

ACTIVITIES OF NSS - II



NSS Unit visited Pattathanam Govt. SNDP UP school and conducted programmes for class I and distributed prizes for kids on 1 Nov. 2021 as part of Praveshanolsavam

National Unity Day 2021 was celebrated on Sardar Vallabhai Patel's 146th Birth Anniversary Celebrations on 31 Oct. 2021.

Sree Narayana College for Women, Kollam
National Service Scheme
KL 7-013 A&B

Rashtriya Ekta Diwas
Sardar Vallabhai Patel 146th Birth Anniversary
National Unity Day
31.10.2021

Representation by
Sivaranjini S R
NSS Volunteer




A Gender Sensitization Training Programme was organized in our college by the NSS Unit in asso with the Women and Child Development Department on 17 August 2021

Gender Sensitization Training Programme
(Gender Relation, Gender & Law)
for students of
Sree Narayana College for Women, Kollam

August 17, 2021 @ 10:30 AM

Government of Kerala, Women & Child Development Department
in association with National Service Scheme

Introduction
Sri. P. Ananthakrishnan
Women Welfare Officer
District Level Centre for Women, Kollam

Inauguration
Smt. Sreeleetha R S
Women Protection Officer, Kollam
Women & Child Development Department

Presidential Address
Sri. TM Shihab
Dr. Nisha J Theerayil
Principal
SN College for Women, Kollam

Resource Person
Gender Consultant

Women & Child Development Department, Kollam | District Level Centre for Women, Kollam

World Environment Day

Plant a tree and add a new friend



The NSS unit of the college celebrated World Environment Day on June 5, 2021

SREE NARAYANA COLLEGE FOR WOMEN, KOLLAM
National Service Scheme
UNIT KL 7-013A&B

Organizing a NATIONAL SEMINAR ON
"COVID Vaccines - An Injection of Hope"
18th July 2021, Sunday at 9.00 - 4.00pm

Dr. Praveen Pradeep
Epidemiologist, All India Institute of Medical Sciences, New Delhi

Dr. S. S. Srinivasan
Dean, Department of Biology, Sree Narayana College for Women, Kollam

Dr. G. S. Srinivasan
NSS District Coordinator & Assistant Professor, Govt. B&H College, Chennai

Visit us @
<https://meet.google.com/eev-afu-mzcm>

NSS unit of the college organised a National Seminar on Covid Vaccines- An injection of hope on 18th July 2021. The key speaker was Dr. Praveen Pradeep, Epidemiologist, All India Institute of Medical Sciences, New Delhi.




Quiz, elocution and Drawing competitions were organized as part of Hiroshima Day on 6 August 2021.



SREE NARAYANA COLLEGE FOR WOMEN, KOLLAM
KL 7013 A& B Nss unit

Remembrance Of



HIROSHIMA DAY

Sree Narayana College for Women, Kollam
National Service Unit KL-07 13 A&B

20/06/2021 Time: 9:30 am

Yoga Day

TOPIC: **Sahaja yoga**

Welcome Address: Amritha B. NSS VOLUNTEER

Resource person
Mr. Suresh K
Sahaja yoga
District Coordinator

Vote of Thanks **Darshana Krishnan**
NSS VOLUNTEER

Mr. Pradeep S. and Ms. Devipriya D. NSS programme officers

The International Yoga Day was celebrated by the NSS unit of the college by conducting a webinar on Sahaja Yoga

NSS Unit and Malayalam Department celebrated the Reading week by organising webinars and reading workshops on 19 June 2021

Sree Narayana College for Women, Kollam
National Service Scheme
KL 7 013 A&B

വായനാദിനം
ജൂൺ 19

കഥാ പരിപാഠം
പെൺബുദ്ധി
കെ. സത്യലി അമ്മ

അവരണം: അഞ്ജന ഏസ്. ബാബു
എൻ. എസ്. എസ്. അനന്തരത്ന




● CADETS' FEATS ●
● ACTIVITIES OF NCC ●



Independence Day Celebrations- 15 August 2021



Gandhi Jayanthi 2021



As part of the 73rd Raising Day of the NCC, the cadets participated in the Fit India Run and Kollam Beach Cleaning Drive on 28 November 2021



The NCC aims at developing character, comradeship, discipline, a secular outlook, the spirit of adventure and ideals of selfless service amongst young citizens. An efficient unit of 3(K) Girls BN NCC, Senior Wing is working at Sree Narayana College for Women, Kollam with 160 cadets.

EVENTS & CELEBRATIONS

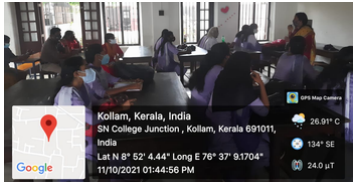


Constitution Day

Various activities and competitions on the theme of the Constitution of India were organised for students to mark the 72nd anniversary of the Constitution of India on 26 November 2021

Vidhyarambham

Our Principal and teachers initiate kids into the world of learning as part of Vidhyarambham on Vijayadashami Day at Sarada Mutt on 15 October 2021. The event was organized by Kerala Kaumudi in asso. with Sarada Mutt and SNDP Yogam Kollam Union.



International Day of Girl Child 2021

The Ministry of Women and Child Development and Sakhi One-Stop Centre Kollam Kerala in asso. with Department of Botany and Biodiversity Club of SNCW Kollam organized an Awareness Class on 11 October 2021.



Sree Narayana Guru Samadhi 2021

Our college observed Sree Narayana Guru Samadhi on 21 August 2021. Our music students rendered bhajans in praise of our great Guru. The management and staff of our college paid their homage.



As more people get vaccinated, gatherings are becoming safer. But considering the need to still take precautions, the college had come up with ways to conduct events and celebrate important dates while ensuring the safety of students and staff.



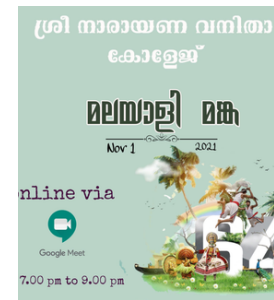
Gandhi Jayanti 2021 - Cleaning Campaign



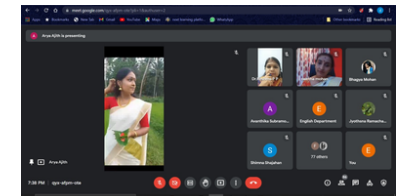
Onam Celebrations 2021



Independence Day 2021



Malayali Manga Contest conducted on 01 November 2021



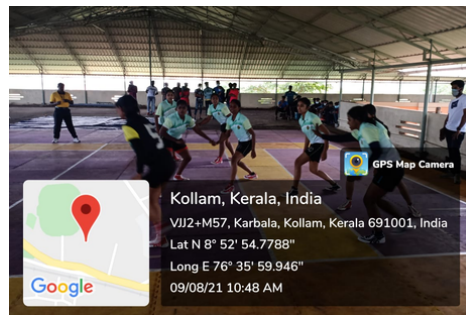
AWARDS & ACCOLADES

Rewards and recognition celebrate student achievement and positive student behaviour. They are a form of extrinsic motivation for students, encouraging them to participate cooperatively in academic and social learning experiences

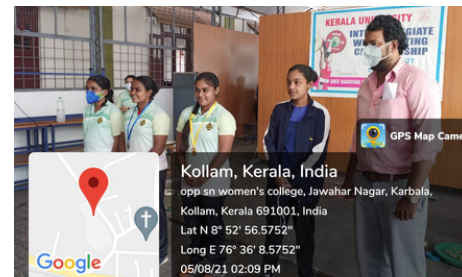


Our college team won the Kerala University Weightlifting Championship in the Women's category with a total of 28 points.

Our college team became the First Runners Up in the Kerala University Inter University Roll Ball Championship on 14 August 2021



Our college team emerged winners in the Kerala University Kabaddi Women's Championship held on 9th August 2021



Kerala State Boxing Senior Women Championship Gold medal winner ELIZABETH SINU



Amruthapriya O C of III BSc Botany of our college secured Third Prize for Kerala State Powerlifting Championship 43 weight category

Ms Bhagya Mohan, 3rd DC English student of our college has been selected for the Best NSS Volunteer Award 2020-21, University of Kerala

Sree Narayana College for Women, Kollam
National Service Scheme
KL 7 013 A 6B
University of Kerala
Best Volunteer Award 2020-21
Ms. Bhagya Mohan
Proud moment

NSS Unit
Programme Officers and Volunteers

SCHOLASTIC DISTINCTION



Seven Day Online Faculty Development Programme on DIGITAL CONTENT MANAGEMENT ON E-LEARNING was organized by the college in academic collaboration with the Kerala State Higher Education Council from 13-19 June 2021



Nissy A Bovas
B.Sc Biochemistry
and Industrial
Microbiology- II rank



Nayanakumari
M.Sc Physics
V rank



Sri Parvathy
B.Sc Geography
I rank



Tilsa S Lucas
M.Sc Home Science
Family Resource-
III rank



Liji Raj
B. Sc Home Science
IV rank



Meera Krishna RL
B.Sc Geography
V rank



Sreelekshmi R
BA Malayalam
V rank



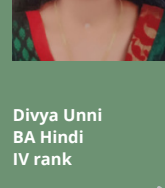
Saikrishna MS
BA Hindi
II rank



Binusree B
BA Hindi
VII rank



Anusha RS
BA English
IV rank



Divya Unni
BA Hindi
IV rank



Karthika MR
BA Hindi
X rank



Anjali MJ
BA Music
IV rank



Amalendu
BA Music
VII rank



Amrutha Krishnan
BA Music
VIII rank

Ph.D. HOLDERS



DR. REMYA AS
DEPARTMENT OF BIOCHEMISTRY
& INDUSTRIAL MICROBIOLOGY
PHD AWARDED ON
28.10.2021



Dr. PRABHAJYOTHI
DEPARTMENT OF PHYSICS
PHD AWARDED ON 17.08.2021

Every academic year, SNCW is made proud by its meritorious students and faculty who make their mark in the academic realm. The administrators and the faculty put in uncompromising efforts to achieve and maintain the academic excellence the institution aims at.

