



SREE NARAYANA COLLEGE, NATTIKA

(ESTD: 1967; Affiliated to University of Calicut)

NAAC Re-accredited (III Cycle) with Grade B+ (CGPA: 2.68)

www.sncollegenattika.ac.in; snnattika@gmail.com



Dr. P S Jaya
(Principal)

INTERNAL QUALITY ASSURANCE CELL

Dr. Sankaran K K
(IQAC Coordinator)

CRITERIA 5

5.1.3 - Capacity building and skills enhancement initiatives taken by the institution




PRINCIPAL
Principal
(Full Additional Charge)
Sree Narayana College
Nattika

COMPUTING SKILLS

ONE-DAY WORKSHOP ON GATEWAY TO PROJECT PREPARATION

Date: 4th October 2023

Objective: To create awareness on project preparation

Outcome: The students learned the steps to be followed while doing their project

Number of students participated:84

Report:

The resource person gave an awareness on project preparation chapter wise by substantiating each with appropriate examples. She elucidated the guidelines to be followed when designing a questionnaire and introduced the SPSS software, which facilitates data analysis. Furthermore, she explained the various types of variables and how to formulate research hypotheses. A practical demonstration on calculating descriptive statistics using SPSS, including the mean and standard deviation, was also part of the session. Furthermore, the resource person discussed statistical tests such as the Chi-square test for association, the Fisher's exact test, and the one-sample T-test. This information was valuable for students, helping them understand the various statistical tools available for their research.

Detailed report:

ONE-DAY WORKSHOP ON -GATEWAY TO PROJECT PREPARATION

On October 4th 2023, the Department of Commerce of Sree Narayana College Nattika, in association with the PG Forum, organised a one-day workshop titled "**Gateway to Project Preparation**" at Seminar Hall for final-year UG and PG students. Dr.Greeshmadas M.H., Research Consultant in Commerce, was the resource person for the program. The workshop focused on providing insight on what a project is and how each chapter in a project can be prepared.

The programme started at 9:30 a.m. with a prayer by Athira K.V. and AthisayaThilak, PG IIIrd Semester students. The welcome speech was delivered by Smt. PraveenaVijayan (Head of the Department of Commerce). Opening remarks were given by Prof.Dr.Subin M.P. (Principal of the College), who gave a presidential speech highlighting the need and importance of research in the current era. The program was felicitated by Dr.Sankaran K.K. (IQAC Coordinator).

ONE DAY WORKSHOP ON GATEWAY TO PROJECT PREPARATION

Programme Chart

Prayer :	Athira K.V & Athisaya Thilak (Third semester M.com)
Welcome speech :	Smt Praveena Vijayan HOD Department of Commerce
Presidential Address :	Prof.Dr Subin M.P Principal, Sree Narayana College Nattika
Felicitaton :	Dr.Sankaran K.K (IQAC Coordinator)
Keynote Address :	Dr.Greeshmadass M.H Research Consultant in Commerce
Vote of thanks :	Vidya A. (PG Forum Coordinator)



SREE NARAYANA COLLEGE, NATTIKA

Thiruvananthapuram District, Kerala 680566
Affiliated to University of Calicut &
Re-Accredited (Cycle II) by NAAC with B+ Grade
Fist & Rusa Funded, DBT Star status Institution

ONE DAY WORKSHOP ON GATEWAY TO PROJECT PREPARATION



Organised by
Department of Commerce in
Association with PG Forum



RESOURCE PERSON



*Dr Greeshmadass M.H
Research Consultant
in Commerce*

Date : 4th October 2023

Time : 9.30 am to 3.30 pm

Venue : New seminar hall

PRINCIPAL
Prof.Dr.SUBIN M.P

IQAC COORDINATOR
Dr.SANKARAN K.K

HOD
Smt.PRAVEENA VIJAYAN

PG FORUM COORDINATOR
Smt. VIDYA A



The keynote address was delivered by Dr. Greeshmadas M.H. The session commenced with an overview of conducting a project for the students. The instructor explained all six project chapters in detail, substantiating each with appropriate examples. She elucidated the guidelines to be followed when designing a questionnaire and introduced the SPSS software, which facilitates data analysis. Furthermore, she explained the various types of variables and how to formulate research hypotheses. A practical demonstration on calculating descriptive statistics using SPSS, including the mean and standard deviation, was also part of the session. Furthermore, the resource person discussed statistical tests such as the Chi-square test for association, the Fisher's exact test, and the one-sample T-test. This information was valuable for students, helping them understand the various statistical tools available for their research.



The class collectively gained an understanding of the general format to be followed for project preparation, and the session also guided students on effectively allocating their limited time for conducting their studies. The resource person demonstrated a strong commitment to engaging the entire class through an interactive and dynamic teaching approach, contributing to an active and lively learning experience for all students.

Finally, the session concluded with a vote of thanks by Smt. Vidya A, PG Forum Coordinator. The programme wrapped up around 3:30 p.m.

List of participants





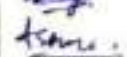






Department of Commerce

ONE DAY WORKSHOP ON GATEWAY TO PROJECT PREPARATION

SINO	NAME	Class	Signature
1.	Ajanya N P	B.com 11 th year	
2.	Hina C Mohanan	"	
3.	Gopika M.S	"	
4.	Nardha K. Samiklath	"	
5.	Saetha T.R.	"	
6.	Jayana A.D	"	
6	Aishwarya.N.S	"	
7	Anchana.P.A	"	
8	Nardana.T.S	"	
9	Deisyaj shaju	"	
10	Gyanthini. V.R	"	
11	Anakha.A	"	
12.	Athulya K.R	"	
13.	Sreemay.K.A	"	
14	M. Swathy Krishna	"	
15,	Sreenandan. C.S	"	
16	Anjana.P.V	"	
17	Diya K.S.	"	
	Aparathi.V.C	"	
18.	Sandra Antony k	17	
19	Arsha. N.A	"	
	Adithyan. N.A	"	

SINO	NAME	Class	Signature
22.	Abhiraj. A.R	B. Com III rd year	
23.	Athulkrishna. E.S	"	
24	Vishnu Ramesh	"	
25	Amarnath P.B	"	
26.	Vishal Vipin	"	
27	Abhis Krishna. P.A	"	
28	Abirans Sandeep	"	
29	Aswinbab M.S	"	
30	Anay A.M	"	
31	Aswin Pradeep	"	
32	Aayan. M.S	"	
33	Fascelm Hack	"	
33	RAJGOPAL. K.A	"	
35	Dhanub. E.G	"	
36.	Adith K.P	"	
37.	Devika T.M	"	
38.	Athira krishna M.B	"	
39.	Devika P.D	"	
40.	Rahul Ransigeth	"	
41.	Anjitha devi k.j	"	
42.	Sreelakshmi P.G	"	
43	Nandana N.K	"	
44	Jhanvi Shree P.S	"	
45	Megha. P.L	"	
46	Vaishya.N.R	"	

No	NAME	Class	Signature
47	Swathi . C.S		
48	Aiswarya Sunilkumar	Bcom III rd year	<u>Swathi</u>
49	Anushka Deepak	Bcom III rd year	<u>Anushka</u>
50	Aadhara k.s	B.com III rd year	<u>Aadhara</u>
51	Krishnapriya E.P	Bcom III rd year	<u>Krishna</u>
52	Vishnupriya K.D	M.com II nd year	<u>Vishnupriya</u>
53	Athiraja Thilak	M.com II nd year	<u>Athiraja</u>
54	Farzana	M.com II nd year	<u>Farzana</u>
55	Devika . P . B	M.com II nd year	<u>Devika</u>
56	Nithya . K . S	M.com II nd year	<u>Nithya</u>
57	Sali K.R	M.com II nd year	<u>Sali</u>
58	Aswathy . K.S	M.com II nd year	<u>Aswathy</u>
59	Anaswara . K.S	M.com II nd year	<u>Anaswara</u>
60	SAHLA . K . S	M.com II nd year	<u>Sahla</u>
61	SANDRA SHINE	M.com II nd year	<u>Sandra Shine</u>
62	ATHIRA . K . V	M.com II nd year	<u>Athira</u>
63	Salma . N . A	M.com II nd year	<u>Salma</u>
64	ARYA PADOOR ANIL	M.com II nd year	<u>Arya</u>
65	Krishnerdhu . K . U	M.com II nd year	<u>Krishnerdhu</u>
67	Aneesha Anand	M.com II nd year	<u>Aneesha</u>
68	Anjama . M . S	B.com III rd year	<u>Anjama</u>
69	Aradhya . K . R	B.com III rd year	<u>Aradhya</u>
70	Aneena V.S	B.com III rd year	<u>Aneena</u>
71	Avanthika C.S	B.com III rd year	<u>Avanthika</u>
72	Amsitha santhosh	B.com III rd year	<u>Amsitha</u>

SINO	NAME	CLASS	SIGNATURE
73	Anamika TA		
74	Anjana Gopika K.A	B.com III rd year	
75	Srine Chandran	B.com III rd year	
76	Ajay Gireesh	M.com II year	
77	Ashmi M.G	M.com II nd year	
78	Asha Ajay K.	M.com II nd year	
79	Nayana T.N	M.com II nd year	
80	Susya Nand T.V	M.com II nd year	
81	Midhuna A.J.	B.com II nd year	
82	Reshma U.S	B.com I st year	
83	SREERAG M.S	B.com I st year	
84	Aswi V U.S	B.com I st year	

WORKSHOP ON DATA ANALYSIS USING EXCEL

Date: 23rd March 2024

Objective: to provide insights on data analysis tools for final-year M.Com. students for their project completion

Outcome: Helped the students to find out the best types of tools that can be used for data analysis and interpretation for their study.

Number of students participated:21

Report:

The main highlights of the session was to create an insight into different types of data analysis, descriptive statistics, inferential statistics, and predictive statistics. He introduced some of the basics of MS Excel. He also explained various tests, like the Chi Square test, T-test, paired T-test, ANOVA, correlation, and multiple regression. He explained how to formulate hypotheses, conduct tests, and write interpretations. He also explained the calculation of mean, median, mode, standard deviation, standard error, kurtosis, skewness, etc. easily using Excel.

Detailed report:

ONE DAY WORKSHOP ON DATA ANALYSIS

On March 22nd 2024, the Department of Commerce of Sree Narayana College, Nattika, in association with PG Forum, organized a one-day workshop on “**Data Analysis using Excel.**” The program was conducted to provide insights on data analysis tools for final-year M.Com. students for their project completion.



The program began at 9:30 a.m. at the language lab with a welcome speech by Praveena Vijayan, HOD of the Department of Commerce. The felicitation was given by IQAC Coordinator, Dr.Sankaran K.K. The keynote address was delivered by Dr.Madhusoodanan Kartha N. V, Associate Professor at Sri C. Achutha Menon Government College, Kuttanellur, Thrissur..



The session started by explaining different types of data analysis, wherein he elaborated on descriptive statistics, inferential statistics, and predictive statistics. He introduced some of the basics of MS Excel. He also explained various tests, like the Chi Square test, T-test, paired T-test, ANOVA, correlation, and multiple regression. He explained how to formulate hypotheses, conduct tests, and write interpretations. He also explained the calculation of mean, median, mode, standard deviation, standard error, kurtosis, skewness, etc. easily using Excel.



He explained the concepts very well and made sure that everyone understood them. The session was very informative and interesting. Finally, the session ended by helping the students find out the best types of tools to be used for data analysis and interpretation for their study. The workshop ended at 3:30 with a vote of thanks by Vidya A, PG Forum Coordinator.

List of participants :-

ONE DAY WORKSHOP ON DATA ANALYSIS USING EXCEL

SL NO	NAME	CLASS	SIGNATURE
1	Anaswara K.S	MCOM B nd yr	
2	Sandra Shine	"	
3	Sali K.R	"	
4	Ankathy K.S	"	
5	Gayana K.S	"	
6	SATHA K.S	"	
7	Ashira K.V	"	
8	Arsha Ajay K	"	
9	Vishnu priya B	"	
10	Nithya K.S	"	
11	Krishnapriya E.P	"	
12	Devika P.B	"	
13	Arya Padma Anil	"	
14	Charamaheswari T.B	"	
15	Krishnendhu K.V	"	
16	Salma Nisha NA	"	
17	Aneesha Anand	"	
18	Nayana T.N	"	
19	Ashani M.G	"	
20	Ajay Cineesh	"	
21	Farzana	"	

CERTIFICATE COURSE

Date: Commenced on 6th January 2024

Duration:60 hours/1.5months

Objective: To acquire knowledge on Tally with GST

Outcome: Helped the students to have an in depth knowledge on Tally with GST

Number of students participated:18

Syllabus:

SYLLABUS

FOR

CERTIFICATE PROGRAM IN TALLY AND GST



The students are eligible to write NSDC examinations in the following Qualification Packs:

Sl. No	Qualifications Pack	Qualifications Pack Code
1	GST Assistant	BSC/Q8102



Course Name: CERTIFIACTE PROGRAM IN TALLY AND GST	Course Code:
	Eligibility: Plus Two / Above
Duration: 60Hrs. (2 Months)	Course Fee : Rs. 3,500/- +(GST) 03 Installment: 1.Rs.3,500 /- + GST, at the Time of Registration

CERTIFICATE PROGRAM IN TALLY AND GST

MODULE 1: MANUAL ACCOUNTING

- Accounting Principles, Accounting Assumptions, Other Accounting Basics, Journal ,Ledger, Trial Balance, Trading, P&L Accounting, Balance Sheet

MODULE 2: Accounting

- Receivables And Payables Management ,Credit Management, Maintain multiple Companies, Interest Calculation, Cheque Printing ,Budget And Controls, Income And Expenditure Statements, Reversing Journal & Optional Vouchers

Inventory

- Order Processing, Multi-Location Stock Control, Price List And Discount Management, Multiple Bill -of-material, Job Order Processing, Multiple Stock Valuation, Movement Analysis, Physical Stock Verification

Manufacturing

- Multi-Bill Of Material, Manufacturing journal, Multiple Location

1. Payroll

- Employee Category/ Group -wise Pay Sheet, Employee Profit, Group And Category, Employee Pay Structure Management, Attendance Recording And Pay Process, Pay Roll Accounting, Payroll Exception Report, Employee Profile Report

2. Tally Banking

- Auto And Manual Bank Reconciliation, Post-Dated Cheque Management, Cheque Book Management, Cheque Printing, Bank Reconciliation, Ledger Scrutiny, Inventory Management, Inventory Analysis, Accounting Receivables Analysis, Accounting Payable Analysis, TB, P&L, B/S-Analysis And Correction, Preparation Of Day Book, All Vouchers Entering, Post - Dated Cheque, Payroll, Revenue Items Receivables &payables, Cost Center, Budget,

MODULE 4: GST LAW

- GST Registration Rule, Input Tax Credit, Output Tax, GST Payment Ledger ,GST Rates, GST Invoice, GST Refund, E-Commerce, TDS, Setoff, GST Return Overview, Composition scheme, Reverse charge mechanism under GST, Late Fees And Penalty, E-way Bill Generation

MODULE 5:GST (PRACTICAL SESSION)

- Tally with GST, GST Registration, GST Return Online Filing (GOVT SITE), Cancellation Of GSTIN, GST Challan Generation, Amendment Of Core&Non Core Fields, ITC Adjustment and Setoff

MODULE 6: MICROSOFT EXCEL

- Operations And Functions,Chart& Diagrams, Conditional Formatting, Screen Short, Illustrations, Print Set Up, Duplication, Freeze And Split, Data Validation, Page Background Set Up, Header And Footer, Mail Merge

Microsoft Office Word

- Page Background Set Up, Page Set Up, Paragraph Alignment, Illustrations, Header And Footer, Diagrams And Chart, Print Set Up, Mail Merge

Report:

The Department has offered a certificate course on Tally with GST for Final year BCom students. The first half of the course was designed to give theoretical knowledge and understanding on the various concepts related with accounting using Tally and to have knowledge about GST. After the theoretical sessions practical sessions began in the Computer Lab. Students were given practical sessions on Tally accounting and GST return filing.

List of participants:

CERTIFICATE PROGRAM IN TALLY WITH GST KELTRON CAMPUS PROGRAMME 2023-24

Date of Commencement: 06.01.2023

Duration: 60 Hours/1.5 Months

Sl. No.	Examination Register Number	Name of the Student
1	SNAVBCM001	Aiswarya N S
2	SNAVBCM006	Devika P D
3	SNAVBCM009	Hima C Mohanan
4	SNAVBCM010	Nandhana N K
5	SNAVBCM014	Adith K P
6	SNAVBCM016	Amarnath P B
7	SNAVBCM018	Athul Krishna E S
8	SNAVBCM022	Vishnu Ramesh
9	SNAVBCM031	Anjitha Devi K J
10	SNAVBCM032	Archana P A
11	SNAVBCM034	Ardra N A
12	SNAVBCM040	Gayathri V R
13	SNAVBCM044	Midhuna A J
14	SNAVBCM046	Nandana T S
15	SNAVBCM059	Aryan M S
16	SNAVBCM063	EvinTharakan
17	SNAVBCM069	Surya Nanad T V
18	SNAVBCM070	Vishal Vipin

SREE NARAYANA COLLEGE, NATTIKA
(ESTD. IN 1987)
MANAGED BY THE SREE NARAYANA TRUSTS, KOLLAM
AFFILIATED TO THE UNIVERSITY OF CALICUT & RE-ACCREDITED BY NAAC WITH B+ GRADE (CYCLE III)

08/12/2023

Nattika has decided to
introduce a certificate course on 'Arduino - Based Robotics' for UG students.
The design and development of
the curriculum committee for the above mentioned course are

1. Ms. Prectha K C, Assistant Professor, Dept of physics
2. Dr. Namitha Asokan T, Assistant Professor, Dept of physics
3. Ms. Kavitha M V, Assistant Professor, Dept of physics
4. Ms. Anuradha Sasidharan, Assistant Professor, Dept of physics
5. Ms. Minu K M, Assistant professor, Dept of physics
6. Dr. Siva Nandran, Assistant Professor, Dept of physics
7. Sajeesh Krishna, Robotics & AI Consultant

- Chairperson
- Member
- Member
- Member
- Member
- Member
- External member

This has been envisaged to enrich the curriculum.

Principal
(Full Additional Charge)
Sree Narayana College
Nattika

P.O. Nattika, Thrissur, Kerala, India - 680566
Tel : 0487-2391246, 2393706
E-mail : sreenattika@gmail.com
Website : www.srncollegenattika.ac.in



Invoice Number : INV10210543

Invoice Date : 03/01/2024

Invoice and Cost Breakdown for the 30-Hour Robotics & AI Skill Training and Hands-On Workshop

Respected Sir,

We hope this message finds you well. As we prepare for the upcoming 30-hour skill training and hands-on workshop at Sree Narayana College, Nattika, conducted by Evolve Robotics LLP for 30 students, we would like to provide you with a detailed breakdown of the costs associated with the event. The total cost for the workshop amounts to Rs. 30,000.

Workshop Cost Breakdown:

1. Expert Trainers' Fees:-RS. 24000 (4*1500/day - 4 days)
2. Workshop Material and Resources: Rs.4000/-
3. Administrative and Logistics: Rs. 2000/-

Total: Rs. 30,000/-

This breakdown has been meticulously prepared to ensure transparency in our financial dealings and to provide a clear understanding of how the allocated funds will be utilised for the workshop. If you have any specific requirements or you would like further details on any particular cost category, please feel free to reach out to us. We greatly appreciate your cooperation and look forward to a successful collaboration for the upcoming workshop. Attached to this email, you will find the official invoice reflecting the aforementioned breakdown for your records as reference.

If you have any questions or require additional information, please do not hesitate to contact us. Thank you for your understanding and support.

Yours sincerely,
For Evolve Robotics LLP
Sajeesh Krishna
Robotics & AI consultant
info@evolveroboticsindia.com

Certificate Course: "Arduino Robotics for Physics Students"

Duration: 30 hours

Objective:

- Introduce physics students to robotics and microcontroller programming using Arduino.
- Develop hands-on skills in designing, building, and programming robots.
- Apply physics concepts to real-world problems.

4-Day Arduino and Robotics Certificate Course Syllabus

Course Overview:

This condensed 4-day course covers the essentials of Arduino programming, sensor integration, and robotics design. Participants will build foundational skills, leading to a final group project where they create and present a functional robotic system.

Day 1: Arduino Basics and Setup

- **Session 1:** *Introduction to Arduino and Its Components*
 - Overview of Arduino, board layout, and core components
 - Applications of Arduino in robotics and automation
 - **Session 2:** *Setting up the Arduino IDE and Basic Programming Concepts*
 - Installing and configuring the Arduino IDE
 - Introduction to programming: variables, datatypes, loops, and conditional statements
 - **Session 3:** *Hands-on Lab-Basic Programming*
 - Writing and uploading basic code (LED blinking, button control)
 - Simple exercises to solidify programming concepts
-

Day2:SensorIntegrationandMotor Control

- **Session1:***InterfacingSensors:UltrasonicandIR Sensors*
 - Introduction to ultrasonic sensors for distance measurement
 - Working with IR sensors for obstacle detection and line tracking
 - **Session2:***MotorControlUsingL298NDriver*
 - Overview of motor drivers,especiallytheL298N
 - Basics of controlling DC motors and stepper motors
 - **Session3:** *Hands-on Lab-Sensor and Motor Integration*
 - Practical exercise combining sensors and motor control
 - Build as impleset up for obstacle detection and motor response
-

Day3:RoboticNavigationandPrototyping

- **Session1:** *Robot Design and Basic Navigation Techniques*
 - Basics of robot design :chassis, wheels, and power considerations
 - Introduction to designing and assembling a basic mobile robot
 - **Session2:***Sensor-Based Obstacle Avoidance and Line Following*
 - Code and configure obstacle avoidance algorithms using ultrasonic sensors
 - Implement a line-following algorithm with IR sensors
 - **Session3:***AdvancedNavigationTechniquesandPIDControl*
 - Introduction to maze-solving algorithms using ultrasonic sensors
 - Overview of PID control for precise navigation
-

4: Communication, Project Development, and Presentation

- **Session 1:** *Introduction to Bluetooth Communication*
 - Basics of Bluetooth for remote control and monitoring
 - Set up and test Bluetooth communication with Arduino
 - **Session 2:** *Group Project: Design and Build a Robotic System*
 - Form project group and develop a project plan
 - Design, build, and test a robotic system integrating sensors and control elements
 - **Session 3:** *Final Project Development and Debugging*
 - Guidance on debugging and refining the project
 - Test and finalize the project for presentation
 - **Session 4:** *Project Presentation and Future Enhancements Discussion*
 - Group presentations showcasing each project and its functionality
 - Discuss future improvements, applications, and additional resources for learning
-

Assessment:

1. Quizzes and assignments (20%)
2. Group project (40%)
3. Final project presentation and demonstration (30%)
4. Participation and attendance (10%)

Prerequisites:

1. Basic programming knowledge (C/C++)
2. Familiarity with physics concepts

Target Audience:

1. Physics students (undergraduate/graduate)
2. Electronics and computer science students
3. Hobbyists and enthusiasts

This syllabus provides a comprehensive outline for a 30-hour workshop, covering the basics of Arduino programming, sensor integration, motor control, and robotic navigation. The workshop culminates in a group project, allowing students to apply physics concepts to real-world problems.

1.3 Curriculum enrichment

Sree Narayana College, Nattika
2022-2024 IV Semester M Sc. Zoology Student List - *Project*

SL. No	Reg. No	Name of Student	Remarks
1	SNAWMZL001	AYISHA HANNA C K	
2	SNAWMZL002	DEVIKA PRABHAKARAN	
3	SNAWMZL003	G GADHA PUSHPAKARAN	
4	SNAWMZL004	MEKHA M K	
5	SNAWMZL005	SAFWANA NASRIN V A	
6	SNAWMZL006	SANDRA M	
7	SNAWMZL007	SARIGA M	
8	SNAWMZL008	SHAFEEKHA K	
9	SNAWMZL009	SHEETHAL A	
10	SNAWMZL010	SNEHA N P	
11	SNAWMZL011	SWATHY S	
12	SNAWMZL012	RAJESH K U	

Report on Four-Day Workshop cum Add-on course - Arduino-Based Robotics at SreeNarayana College, Nattika

Organized by the Department of Physics in association with IQAC, Funded by DBT STARScheme.

Date: 13-16 January 2024

Introduction: The Department of Physics, Sree Narayana College, Nattika in association with the Internal Quality Assurance Cell (IQAC) under the aegis of Department of Biotechnology (DBT) STAR Scheme, organized a four-day workshop on Arduino-based robotics. The workshop aimed to provide students with hands-on experience in Arduino programming and robotics projects, enhancing their practical skills in the field.

Participants: A total of 30 enthusiastic students actively participated in the workshop, showcasing a strong interest in the field of robotics. The participants were from BSc Physics classes.

Training Sessions: The workshop featured three experienced trainers who conducted interactive sessions, guiding the students through Arduino programming, sensor integration, and the development of robotics projects. The trainers facilitated a dynamic learning environment, encouraging active participation and collaboration among the students.

Hands-On Learning: The workshop primarily focused on project-based, hands-on learning. Participants had the opportunity to apply theoretical concepts in the practical setting of the BSc and MSc Physics labs. This approach allowed them to gain a deeper understanding of Arduino-based robotics and fostered creativity in the implementation of their projects.

Workshop Schedule: The workshop spanned four days, with sessions held from 9am to 5pm each day. The timing allowed for an immersive learning experience and provided sufficient time for participants to engage in both theoretical discussions and practical exercises.

Certificates: Certificates of participation were awarded to all 30 students who successfully completed the workshop. These certificates acknowledge their active involvement and dedication to the learning process during the four-day event.

Feedback and Evaluation: Attendance was diligently taken throughout the workshop, ensuring accurate records of participant engagement. At the conclusion of the event feedback was collected from the students to assess the effectiveness of the workshop. Valuable insights were gathered, reflecting the positive impact of the workshop on the participants' understanding and skills in Arduino-based robotics.

Conclusion: The four-day workshop on Arduino-based robotics at Sree Narayana College, Nattika organized by the Department of Physics in association with IQAC and funded by DBT STAR Scheme, proved to be a successful and enriching experience. The active participation of 30 students, the dedication of the trainers, and the positive feedback received highlight the workshop's effectiveness in promoting practical learning and skill development in the field of robotics. The classes conducted in the MSc Physics lab provided a conducive environment for immersive and hands-on learning. The success of this workshop sets a promising precedent for future initiatives aimed at fostering innovation and practical knowledge among students.

Workshop Brochure:

Aim & Objectives

Introduction to Robotics:

Provide a basic understanding of robotics, its applications, and its role in various industries.

Fundamentals of Arduino:

Teach the participants about the Arduino microcontroller, its components, and how to program it using Arduino IDE.

Understanding Sensors and Actuators:

Familiarize participants with various sensors and actuators used in robotics.

Robotics Prototyping:

Guide participants in assembling a basic robot using an Arduino board, motors, sensors, and other components.

Programming Concepts:

Teach programming concepts relevant to robotics, such as loops, conditional statements, functions, and libraries in the context of Arduino.

Robot Control and Navigation:

Enable participants to program their robots for basic tasks like movement, obstacle avoidance, line following, etc.

Project-Based Learning: Encourage participants to work on a mini-project, applying the knowledge gained during the workshop to solve a specific problem or create a functional robot.

Collaboration and Presentation:

Foster teamwork by encouraging participants to work in groups for projects and present their creations to the workshop attendees. Inspiring Creativity and Innovation: Stimulate creativity by challenging participants to think beyond the basics.



DEPARTMENT OF PHYSICS

SREE NARAYANA COLLEGE NATTIKA THRISSUR

Govt Aided, UGC 2f, 12B category, DBT-STAR status institution,
supported by RUSA Affiliated to University of Calicut.

POSTGRADUATE DEPARTMENT OF PHYSICS SREE NARAYANA COLLEGE NATTIKA AND IQAC UNDER THE AEGIS OF DBT STAR, ORGANIZING

Four day work shop on Arduino based Robotics

Arduino
Robotics



VENUE: MSc PHYSICS LAB
DATE: 13-16 JANUARY 2024

Scan the QR code for
registration or click here



Contact Details

Coordinator: Smt. Preetha K C (Asst. Professor)

Phone: 9400950628

Attendance statement:

Department of Physics Sree Narayana College Nattika				
Name of the Programme: <u>Four day Workshop on Arduino based Robotics.</u>				
Date: <u>13-01-2024</u>				
Sl. No.	Class No	Name	Class	Signature
1	006	Nandakishor V	2 nd year	[Signature]
2	005	Abhaskar E. Nair	"	[Signature]
3	006	Abhinav Krishna T.S	"	[Signature]
4	030	Anjan Krishna N.K	"	[Signature]
5	031	Dhanash Dhanman	"	[Signature]
6	027	Navin K.R	"	[Signature]
7	025	Aravin K.U	"	[Signature]
8	705	Aya K.S	1 st year	[Signature]
9	715	Shilpa A.B	"	[Signature]
10	007	Pragyanshu Chaitan	3 rd year	[Signature]
11	014	Fathimathul Nazkiya V	3 rd year	[Signature]
12	003	Murugan T.S	3 rd year	[Signature]
13	001	Chandana Arav	3 rd year	[Signature]
14	013	Dhanu Sreejith K.S	2 nd year	[Signature]
15	012	Divyachandran Arun	2 nd year	[Signature]
16	028	Nandana P.J	3 rd year	[Signature]
17	002	Lakshmi Das P.S	3 rd year	[Signature]
18	015	Lakshmi K.S	3 rd year	[Signature]
19	011	Arshad E.D	3 rd year	[Signature]
20	010	Aswath PS	3 rd year	[Signature]
21	702	Devapriya	1 st year	[Signature]
22	706	Aradhya P.S	1 st year	[Signature]
23	707	Riya E.R	1 st year	[Signature]
24	708	Ahli C.S	1 st year	[Signature]
25	710	Subramaniam Suresh Kumar P	1 st year	[Signature]
26	701	Anurag C.P	1 st year	[Signature]
27	704	Aswathi S. Kappan	1 st year	[Signature]
28	714	Nandini V.V	1 st year	[Signature]
29	007	Srinu C.S	1 st year	[Signature]
30	703	Ananditha I.	1 st year	[Signature]

Department of Physics
Sree Narayana College Nattika

Name of the Programme: **Fourday workshop on Arduino based Robotics.**
Date: **14-01-2024**

Sl. No	Class No	Name	Class	Signature
1	026	Nandakishor V	3 rd year	
2	005	Aakash D. Nair	"	
3	027	Navneet K.J.	"	
4	013	Durachandra Anon	"	
5	028	Nandanan P.J	"	
6	007	SHANU C.S	1 st year BSC	
7	714	Ninukrishna T.V	1 st yr BSc	
8	719	Shilpa A.B	1 st yr BSc	
9	706	Arya P.S	"	
10	701	Anupama	"	
11	704	Aswathi	"	
12	705	Arya K.S	1 st yr BSc	
13	707	Riya E.R	1 st year BSc	
14	702-706	Aranya P. Divyanshu	1 st year BSc	
15	710	Mubashir Shamsuddeen	1 st year	
16	33708	Rishi P.S	1 st year	
17	703	Ananditha I.	1 st year	
18	039	Dhanush Divyanshu	1 st year	
19	030	Anjun Kishan	1 st year	
20	025	Aswin K.J	1 st year	
21	003	Mansiya TB	1 st year	
22	001	Charlana Aray	2 nd year	
23	002	Lakshmi Das	2 nd year	
24	001	Alfada E.D	2 nd year	
25	006	Navaneetha Krishna T.C	2 nd year	
26	010	Aswathi P.S	2 nd year	
27	007	Ananya Chandran	2 nd year	
28	015	Lakshmi K.S	2 nd year	
29	013	Dhanu Sreeja	2 nd year	
30	014	Fathimath Nazkiya	"	

Department of Physics
Sree Narayana College Nattika

Name of the Programme: Full day Workshop on Arduino based Robotics.
Date: 15-01-2024

Sr. No	Class No	Name	Class	Signature
1	010	Aswathy P.S	2 nd year physics	Aswathy
2	011	ATHULYA E.D	2 nd year physics	athulya
3	028	NANDANA P.J	2 nd year physics	Nandana
4	002	LAKSHMI DRS P.S	2 nd year physics	Lakshmi
5	013	DHANUSREKHA S	2 nd year physics	Dhanusrekh
6	003	Manya J	2 nd year physics	Manya
7	014	Nazkiya V.K	"	Nazkiya
8	001	Chithra Raj	"	Chithra
9		Ashique P.S	11	Ashique
10		Naveen K.E	11	Naveen
11	725	Akash K.U	11	Akash
12	705	Akash K.U	11	Akash
13	731	Dhanush Dhanush	"	Dhanush
14	706	Navaneetha Kishu T	"	Navaneetha
15	015	Lakshmi K.S	"	Lakshmi
16	726	NANDA VISHOP ^N	"	Nanda
17	707	Prayag Chandras	"	Prayag
18	730	ANJAN KISHOR R.K.	"	Anjan
19	712	Diva Chandran Ann	"	Diva
20	007	Shanu C.S	1 st year + 11	Shanu
21	703	Amanath K.	1 st year + 11	Amanath
22	714	Nimukshana T.R	"	Nimukshana
23	715	Shilpa A.B	"	Shilpa
24	706	Anya P.S	"	Anya
25	701	Anupama	"	Anupama
26	704	Asulanth	"	Asulanth
27	705	Azha K.S	"	Azha
28	707	Riya K.K	"	Riya
29	702	Deepya	"	Deepya

Department of Physics
Sree Narayana College Nattika

Name of the Programme: *Four day workshop on Arduino based Robotics.*
Date: *16-01-2024.*

Sl. No.	Class No	Name	Class	Signature
1	705	Anya K.S	1 st BSc	<i>[Signature]</i>
2	714	Nimishkeshava P.V	1 st BSc	<i>[Signature]</i>
3	708	Akshat A.S	1 st BSc	<i>[Signature]</i>
4	710	Muhammed S. Haramees P.	1 st BSc	<i>[Signature]</i>
5	015	Lakshmi K.S	III rd B.Sc	<i>[Signature]</i>
6	731	Dhanush Dharman	III rd B.Sc	<i>[Signature]</i>
7	706	Navaneeth Krishna T.S	3 rd B.Sc	<i>[Signature]</i>
8	705	Aakash R. Nair	"	<i>[Signature]</i>
9	7025	Aswath KU	"	<i>[Signature]</i>
10	712	Divachandha Anun	"	<i>[Signature]</i>
11	730	Arjun Krishna R.K.	"	<i>[Signature]</i>
12	707	Prayag Chandnan	"	<i>[Signature]</i>
13	726	NANDAKISHOR.V	"	<i>[Signature]</i>
14		Amarath N.V	"	<i>[Signature]</i>
15		Ashique .P.S	"	<i>[Signature]</i>
16	727	Naveen K.R	"	<i>[Signature]</i>
17	714	Narajya V.K	"	<i>[Signature]</i>
18	701	Chandana Ajay	"	<i>[Signature]</i>
19	713	Dhanu Saalek S	"	<i>[Signature]</i>
20	703	Manya JB	"	<i>[Signature]</i>
21	728	Nandana P.J	"	<i>[Signature]</i>
22	702	Lakshmi das P.S	"	<i>[Signature]</i>
23	011	ATHULYA.F.D	"	<i>[Signature]</i>
24	010	Aswathg. P.S	"	<i>[Signature]</i>
25	715	Shilpa AB	1 st BSc	<i>[Signature]</i>
26	702	Devapriya	1 st BSc	<i>[Signature]</i>
27	706	Anya P.S	1 st BSc	<i>[Signature]</i>
28	707	Riya C.R	"	<i>[Signature]</i>
29	701	Anupama C.P	"	<i>[Signature]</i>
30	704	Anwenth S. Kumar	"	<i>[Signature]</i>

Participants Feedback

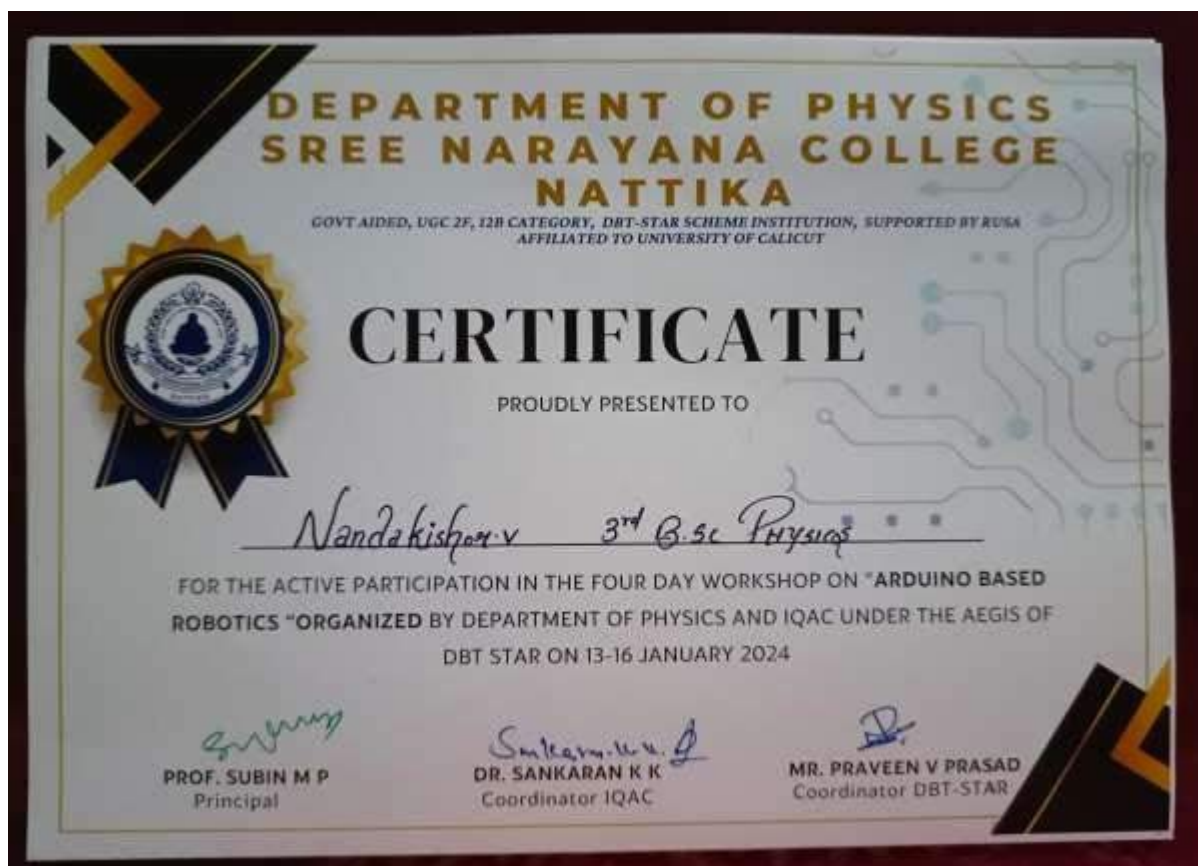
DEPARTMENT OF PHYSICS SREE NARAYANA COLLEGE NATTIKA FEEDBACK FORM - Four day workshop on Arduino based Robotics (13-16 January 2024)								
1	Heading	Description	Excellent	Very Good	Good	Fair	Poor	
2	Workshop overview	Introduction to the workshop and its objectives		✓				
3	Facilitator(s)	Assess the performance and effectiveness of the workshop facilitators		✓				
4	Content	Evaluate the relevance and quality of the workshop content			✓			
5	Delivery and Presentation	Rate the clarity and effectiveness of the facilitator's delivery and presentation style	✓					
6	Engagement	Assess how well the workshop engaged participants and encouraged interaction		✓				
7	Materials/ Resources	Evaluate the provided materials, handouts, or any additional resources			✓			
8	Organization	Review the overall organization of the workshop, including schedule and logistics			✓			
9	Learning Outcomes	Reflect on whether the workshop met its intended learning outcomes		✓				
10	Overall Satisfaction	Provide an overall rating or comment on the participant's satisfaction with the workshop	✓					
11	Suggestions if any	I want to participate in Robotics -						

based workshops in future. Please consider organizing these types of workshops in future. Thank you very much.

DEPARTMENT OF PHYSICS							
SREE NARAYANA COLLEGE NATTIKA							
FEEDBACK FORM - Four day workshop on Arduino based Robotics (13-16 January 2024)							
1	Heading	Description	Excellent	Very Good	Good	Fair	Poor
2	Workshop overview	Introduction to the workshop and its objectives		✓			
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6	Engagement	Assess how well the workshop engaged participants and encouraged interaction		✓			
7	Materials/ Resources	Evaluate the provided materials, handouts, or any additional resources		✓			
8	Organization	Review the overall organization of the workshop, including schedule and logistics	✓				
9	Learning Outcomes	Reflect on whether the workshop met its intended learning outcomes.	✓				
10	Overall Satisfaction	Provide an overall rating or comment on the participant's satisfaction with the workshop		✓			
11	Suggestions if any						

I would like to suggest that it will be really good to us. If they are ready to give us further exposure through any internship or placement programme.

Certificates of Participation



Photos



Outcome for Robotics Add-on course

- BSc students have acquired practical and theoretical knowledge in Robotics technology, which they applied to their final year projects.
- This course provided essential insights into robotics principles, programming, and hardware components, equipping students with industry-relevant skills.
- The following students have done BSc projects using the robotics techniques.

SIN o.	Admission No.	RegNo.	Name	ProjectGuide	ProjectTitle
1	43618	SNAVSPH001	CHANDANA AJAY	Dr.Namitha Asokan T	Distance Measuring Sensor
2	43806	SNAVSPH002	LAKSHMI DAS.P.S		
3	43808	SNAVSPH003	MARIYAT.B		
4	43545	SNAVSPH004	NANDANAOM		
5	43561	SNAVSPH005	AAKASHRNAIR		
6	43815	SNAVSPH016	SAGRANR	MinuKM	Smoke Detection using Arduino
7	43633	SNAVSPH017	ABHIJITHS		
8	43852	SNAVSPH019	ADWAIIDHP NAIJU		
9	43538	SNAVSPH020	AKASHPS	Amrutha Sasidharan	Alcohol Breath Analyser
10	43556	SNAVSPH021	AKSHAYC		
11	43575	SNAVSPH022	AMARDEVKS		
12	43989	SNAVSPH023	ASHIQUEPS		
13	43461	SNAVSPH024	ASWINKU	Dr.Siji Narendra nN K	Temperature and Humidity Sensor
14	43624	SNAVSPH025	DEVACHANDRA ARUN		
15	43863	SNAVSPH026	NANDAKISHOR V		
16	43744	SNAVSPH027	NAVEEN.K.R		
17	43857	SNAVSPH028	NANDANAPJ	Aiswarya Venugopal	Heat sensing water pumper
18	43554	SNAVSPH029	AMARJITHNV		
19	43858	SNAVSPH030	ARJUN KRISHNANK		
20	43830	SNAVSPH031	DHANUSH DHARMAN		
21	43853	SNAVSPH032	ROHITHNH		

SREE NARAYANA COLLEGE NATTIKA
DEPARTMENT OF ZOOLOGY
MSc. ZOOLOGY CERTIFICATE COURSE



OFFERING
Internships
Hands on Training
Academic projects

Kerala's largest
R&D Laboratory for Students
(Molecular Genetics, Biotechnology,
Microbiology, Biochemistry)

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VETA GENOMICS Pvt Ltd

Objectives

Veta Genomics's core mission is to render the opportunity to gain occasional pedagogy for students to bridge essential skills and surplus knowledge to attain their hands on experience and expertise in industry - quality, on various Life Science Domains.

We provide Certification on successful completion of the programme.

Courses Offered:

Certificate Course on Advanced Molecular Techniques on Prenatal Genetics

Certificate Course on Primer Designing and PCR Optimisation Certification Course on Molecular Applications on Forensic Science Certificate Course on Clinical Microbiology and Metagenomics

Certificate Course on Molecular Applications in Food Safety & Quality Analysis Certificate Course on Techniques used in Molecular Genetics

Certificate Course on Advanced Molecular Techniques on Prenatal Genetics

- **Introduction to Molecular Biology and Prenatal Genetics**
- **Insight to applications of Molecular Biology Techniques**
- **Nucleic acid isolation and extraction techniques**
- **Basic principle and working of PCR**
- **Types of PCR-Multiplex, RTPCR, Touchdown**
- **Introduction to DNA sequencing**
- **Bioinformatics in Molecular techniques**
- **Overview of Genetic Disorders in Prenatal stage**
- **Application of Molecular techniques in Prenatal Genetics**
- **Good laboratory Practices**
- **Identification of genetic disorder using the molecular techniques DNA Isolation, Quantification, Electrophoresis, Touch Down PCR, Deletion Identification-A case Study on Beta Thalassemia**

Certificate Course on Primer Designing and PCR Optimization

- **Introduction to Sequence Database and information retrieval**
- **Overview of the nucleic acid extraction**
- **Basic principle and working of PCR technology- Touch down PCR, RTPCR, Multiplex PCR**
- **Introduction to Primer designing and its application**
- **PCR optimization**
- **Good laboratory Practices**

Practical

- **Primer Designing & Standardization, PCR Reaction Optimization, Nucleic Acid Isolation & Quantification, Touch Down PCR, RT PCR, Electrophoresis**

Certificate Course on Molecular Applications in Forensic Science

- Introduction to Molecular Biology
- Overview of Forensic Science
- Nucleic acid isolation techniques-Any Sample Source
- RFLP,RAPD
- STR Typing
- DNA Fingerprinting
- Principle and working of PCR technology
- Application of molecular techniques in Forensic science

• Good Laboratory Practices

Practical

- Sex Identification from forensic samples using molecular techniques, DNA Isolation, Quantity Checking, PCR, Multiplex PCR,RFLP,RAPD

Certificate Course on Clinical Microbiology and Metagenomics

- Introduction to Microbiology
- Staining and Streaking techniques
- Bacterial culture and Antibiotic Sensitivity- Clinically Important Microorganisms
- Molecular Characterization of Microorganisms
- Isolation of nucleic acid
- DNA amplification using PCR technology and its working
- Overview of Meta genomics and its application in Microbiology
- Good Laboratory Practices

Practical

- Bacterial DNA Isolation, Fungal DNA Isolation, Quantitative estimation of Nucleic Acids, PCR- 16S rRNA Gene Amplification, Sequence Analysis, Bacterial Culturing & Sensitivity Studies

Certificate Course on Molecular Applications in Food Safety & Quality Analysis

- Introduction to Molecular Biology
- Importance of Food Safety and Quality Analysis
- Overview of Food pathogens
- Nucleic acid Isolation and Extraction Techniques
- Principle and Working of PCR technology
- Application of Molecular techniques in quality analysis of food products
- Good laboratory Practices

Practical

- Food Pathogens Screening by using Microbiological Techniques, Detection of *Listeria monocytogenes* from food- Nucleic Acid isolation , Nucleic acid Estimation, RT PCR

Certificate Course on Techniques used in Molecular Genetics

- Introduction to the world of Nucleic Acids
- Primer Designing & Standardization
- PCR-RTPCR, Touch Down PCR, Allele Specific PCR, Multiplex PCR
- Sanger Sequencing
- Next Generation Sequencing
- STR Typing
- DNA Micro array

Practical

- Nucleic Acid Isolation-Blood, Nucleic acid Estimation, Touch Down PCR, RT PCR, Electrophoresis



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015-CB-QMS



❖ **Syllabus: Certificate Course on Advanced Molecular Biology Technique**

(Total Hours – 30)

1. Introduction to biological databases and information retrieval (6 Hrs)
 - Biological databases :Types, features and uses, Information retrieval: Examples, Types, steps, benefits and role.
2. Introduction to Primer Designing and its application. (3 Hrs)
 - Primer and its types, Primer Designing and its application
3. Overview of the Nucleic Acid Extraction (DNA Isolation) (3 Hrs)
 - Major steps in Nucleic Acid Extraction, Basic principle of the Nucleic Acid Extraction
4. Basic Principle and working of PCR Technology- Touch Down PCR (2 Hrs)
 - Basic Principle and working of Touch Down PCR and its advantages.
5. Introduction to CRISPR CAS9 Technology (2 Hrs)
 - Mechanism and types of CRISPR CAS9 Technology.
6. Species identification using CO1 Marker (2 Hrs)
 - Usage of CO1 Marker in DNA barcoding.
7. PCR Optimization (2 Hrs)
 - Steps in PCR Optimization

PRACTICALS: (10 Hrs)

1. Primer Designing and Standardization (NCBI, ENSEMBL, PRIMER3, CCDS) (2 Hrs)
2. BLAST (2 Hrs)
3. DNA Isolation from Blood-Column Based Technology (2 Hrs)
4. PCR-Species Identification using CO1 Marker (2 Hrs)
5. Electrophoresis-Using DNA binding Dyes(Without Etbr) (2 Hrs)

SREE NARAYANA COLLEGE NATTIKA

M.Sc. ZOOLOGY CERTIFICATE COURSE PARTICIPANTS LIST

S.L.NO	Names	Adran. No	Signature
1	Adithya	45360	<i>Adithya</i>
2	Anantha	45291	<i>Anantha</i>
3	Arsha	45349	<i>Arsha</i>
4	Charchana	45308	<i>Charchana</i>
5	Jeevil J's	45380	<i>Jeevil</i>
6	Mina majeed	45384	<i>Mina</i>
7	Mirasa majeed	45382	<i>Mirasa</i>
8	Nimroy	45315	<i>Nimroy</i>
9	Rina	45313	<i>Rina</i>
10	Vandha	45077	<i>Vandha</i>
11	Sandya	45084	<i>Sandya</i>

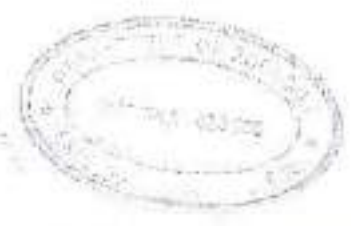
Tutor

[Signature]
27/10/2023

Dr. Remya V.K.
Assistant Professor & MOD
Post Graduate Dept. of Zoology
S.N. College, Nattika

Head of the Department

[Signature]
27/10/2023



SREE NARAYANA COLLEGE NATTIKA

M.Sc. ZOOLOGY CERTIFICATE COURSE PARTICIPANTS LIST

Sl.No	Names	Admi. No	Signature
1	Arbha	45260	<i>[Signature]</i>
2	Aravind	45261	<i>[Signature]</i>
3	Arjun	45340	<i>[Signature]</i>
4	Chandana	45308	<i>[Signature]</i>
5	Jay Liji	45280	<i>[Signature]</i>
6	Mansi rajend	45304	<i>[Signature]</i>
7	Mansi rajend	45302	<i>[Signature]</i>
8	Nimaya	45310	<i>[Signature]</i>
9	Rama	45311	<i>[Signature]</i>
10	Sandya	45312	<i>[Signature]</i>
11	Sandya	45314	<i>[Signature]</i>

Tutor:

[Signature]

Dr. Remya V.K.
Assistant Professor & HOD
Post Graduate Dept. of Zoology
S.N. College, Nattika

[Signature]

Head of the Department

Certificate



Name	feedback
Adithya	The class on molecular biology conducted by veta genomics was very informative.They provided practical as well as theory knowledge about molecular biology and it's applications. Attending the class really helped us.overall it was a great opportunity and experience.
Anakha	The Veta Genomic Molecular Biology class provided an insightful and comprehensive understanding of the intricacies of genomic molecular biology. The instructor was highly knowledgeable and adept at breaking down complex concepts into digestible components. The course content was thorough, covering essential topics such as DNA sequencing, gene expression, and genetic engineering techniques. Hands-on activities and practical demonstrations enhanced the learning experience, allowing for a deeper understanding of the material. Overall, the class exceeded my expectations and equipped me with valuable skills and knowledge in genomic molecular biology. Highly recommended for anyone interested in the field!
Ardra	It was really good and excellent. .Practical session are more informative and interactive. Then staff's are very friendly. I enjoy conversation with staff and theory session too.
Darshana	The class by veta genomics on the topic molecular biology was very informative. They provide theory class as an introduction and the practical session was also very useful Overall it was a great experience and so informative they enhance our knowledge as well
Jeewil jes	The molecular biology class organised by veta genomics institute was very informative.Practical session are more informative and interactive. Then staff's are very friendly. I enjoy conversation with staff and theory session too.
Misna majeed	Attending the molecular biology class by Veta Genomics Institute was enlightening. The instructor provided comprehensive insights into complex topics, fostering a deeper understanding of molecular mechanisms. The course structure was well-designed, with hands-on activities enhancing practical skills. Additionally, the institute's facilities and resources were conducive to learning. Overall, it was a rewarding experience that significantly enriched my knowledge in molecular biology.
Miswa majeed	The molecular biology class by Veta Genomics Institute exceeded my expectations. The instructors demonstrated a profound understanding of the subject matter and effectively communicated complex concepts in an accessible manner. The interactive nature of the sessions encouraged active participation and facilitated a deeper comprehension of molecular processes. The practical demonstrations and laboratory exercises were particularly valuable, allowing me to apply theoretical knowledge in a

	hands-on setting.
Nimmy	The class organized by Veta Genomics was very informative. The practical session was interesting because of the active interaction of instructors. Overall, the class exceeded my expectations and equipped me with valuable skills and knowledge. And it was a great opportunity.
Risna	The molecular biology class organized by Veta Genomics, Trissur was very informative and a better experience. Experiencing the new advanced tools and technologies provides a mindmapping path to advanced thoughts and careers. Their excellent services and infrastructures give a cool and calm atmosphere.
Hasna Jasmin. Km	The two day class was such an amazing interactive session for me. First day class conducted on the topic of DNA isolation. They deeply explained the Methodology and gave instructions how these instruments use. PCR reaction was conducted on the second day. We got a chance to amplify the Ant's DNA. Laterally it's an informative section

HEALTH AND HYGIENE REPORT 2023-2024

1. REPORT ON AWARENESS CLASS ON MENSTRUAL HYGIENE MANAGEMENT AND CAMP ON PCOS SCREENING ON 24 /07/2023

Title of the Programme : ‘Awareness Class on Menstrual Hygiene Management & Camp on PCOS Screening’

Brochure of the programme:

<https://drive.google.com/file/d/1RIYSSrT9ZgNhRtKLSDNep7yKP6Y10fKn/view?usp=sharing>

Report:

An awareness class on Menstrual Hygiene Management & Camp on PCOS Screening was conducted on 24/07/2022 at seminar hall of the college. The programme was organised by Women Cell & Health Club of Sree Narayana College, Nattika in association with Centre for Hygiene Research and Development & Advanced Menstrual Care Centre, Thrissur. The presidential address was given by our college principal, Dr.P.S.Jaya. Dr.Vijaya Lanje (Director,AMCC) inaugurated the programme. The other dignitaries on the dais include Mr.Promod B Nair(President,CHRD) and Smt. Smisha Jinoj (Director,Wager Group).142 girl students of our college were the beneficiaries of the programme. Resource persons for the awareness class on MHM were Mr.Jinoj K(Vice President CHRD,Founder & Director of AMCC) and Dr. Anjali(Menstrual care specialist).The students asked the queries related to menstrual irregularities,PCOD causes,sideeffects of menstrual cup etc. After the awareness class, a camp on PCOS Screening were done for the demanded students.

Participants List

https://drive.google.com/file/d/10LneMDZt3EJgi81aSciODtsFHj_Zb_VM/view?usp=sharing

Photographs

https://drive.google.com/file/d/144m-IaBiqJsx3CVmPeIjoBrO3_I4oZz9/view?usp=sharing

Feedback

Positive feedback was given by participants and many of them were satisfied with the service provided by the experts.

2.AIDS DAY AWARENESS PROGRAMME“LET COMMUNITIES LEAD” 04 /12/2023

Title of the Programme : “Let Communities Lead”

Brochure of the programme:

<https://drive.google.com/file/d/198S75xC40em7rNvyeOkeefKMi0VPzbV0/view?usp=sharing>

Report:

AIDS awareness programme entitled “Let Communities Lead” was conducted by the Health Club and Department of Zoology of Sree Narayana College, Nattika, on December 4th, 2023, on behalf of World AIDS Day at Sree Narayana Guru College of Advanced Studies, Nattika. It was an outreach programme to orient the student communities about AIDS outside our campus. The awareness programme was inaugurated by Dr.T.N. Sarasu, Principal, Sree Narayana Guru College of Advanced Studies, Nattika. The Programme aimed to aware the students about the pivotal impact of communities in shaping the responsibilities against this dreadful infection. IInd Year Post graduate students of Zoology were the Health Club Volunteers to acknowledge the students about the causes, symptoms, consequences, secondary infections of AIDS. After the orientation programme, a quiz competition based on AIDS was conducted in the SNGCAS Seminar Hall, Nattika, Neenu Sunil(3rd BBA), Adila Iqbal(3rd BBA), Jannath M.S(3rd BCom), Adarsh M.S(2nd MCom) and Gopika P.N(1st BA Political Science) were the winners. Sri.Sreeji N.S, HOD, Dept of Physical Education ,Sree Narayana College, Nattika distributed gifts to the winners.

Volunteers List

https://drive.google.com/file/d/1ayGjRIInpN5wFiac-_SjeVbsEsC5J0yCc/view?usp=sharing

Participants List

<https://drive.google.com/file/d/1425fzpyK69bwJF58qHMG4hshAMLbvoT7/view?usp=sharing>

<https://drive.google.com/file/d/1zaa-XIxs7yMeYCz8qKZ5ErR1-VGEqeso/view?usp=sharing>

Photographs

<https://drive.google.com/file/d/17AlwVXqS0Wkk1nNkrmW08TsKIsKt5oK0/view?usp=sharing>

Feedback

Positive feedback was given by students and many of them clarified their doubts regarding AIDS.

<https://drive.google.com/file/d/1425fzpyK69bwJF58qHMG4hshAMLbvoT7/view?usp=sharing>

https://drive.google.com/file/d/1YmQbSXcb_EpUCUqAXsn1QQtmW_IuMwKd/view?usp=sharing

1. PROVIDING DIALYSIS MEDICINE TO KIDNEY PATIENTS

Name of the College :SreeNarayana College, Nattika

Date and time : 22 November, 2023

Name of the activity : Providing Dialysis medicine to cancer patients

About the activity :

On 22 November 2023, under the leadership of NSS PO Dr Remya Ma'am and Dr Sreedhanya Ma'am, NSS volunteers conducted a coconut challenge. Each volunteer was made to bring selected number of coconuts for this project. The goal was to collect money from the coconut sold and arrange dialysis medicines for cancer patients. The initiative aims to alleviate financial burdens, enhance treatment adherence, and contribute to a more equitable healthcare landscape for individuals facing the challenges of cancer. The exemplary activity for the society was done under the auspices of units 51 & 135 of SreeNarayana College. This report explores the impact and implications of providing free medicines to cancer patients, highlighting the significance of improving accessibility to essential treatments. The medical officer of NatikaKudumbarogya Kendra handed over medicines to Dr.Kishor. PriyaJayaprakash (Public Health Nurse), SeenathBeebi (Junior Health Officer), FisilaBeebi, Asha worker Subhila Prasad, and nurses from pain and palliative care were also present on the day. Providing free medicines to cancer patients emerge as a compassionate and impactful initiative, addressing not only the medical aspects of cancer care but also the socio-economic challenges associated with the disease. By fostering collaboration and securing sustainable funding, this initiative has the potential to make a meaningful and lasting difference in the lives of those affected by cancer.



LIST OF PARTICIPANTS 3

SL.NO	NAME
1	Vrinda P D
2	Dhaksha R
3	Krishnapriyagopan
4	Labeed Hubaib K V

5	Naeem M
6	Aysha M A
7	Saniya A S
8	Adhya C J
9	Anamika K U
10	Nivedhya V S
11	Athul Prakash K B
12	Krishnapriya K D
13	Anandhu P S
14	Unnimaya P S
15	Sruthi K S
16	Sreya K S
17	Athul Krishna P J
18	Ajith C S
19	Sulha Ashraf
20	Nihima N B
21	Ajeesha M A
22	Nishad Babu
23	Athul Krishna P R
24	Dilshanth M S
25	Harisankar V S
26	Abishma V M
27	Thrisha Dileep
28	Karthik
29	Thejas T P
30	Bhadra K B
31	Chippi
32	Abhishek K R
33	Shivani O S
34	Dihna Baiju

35	Athul Shaju
36	Sreya T S
37	Neha K B
39	Nithya K S
39	Ayana K S
40	Hisham
41	Athira V P
42	Aghina T
43	Ananya P C
44	Jithin Biju
45	Namitha O U
46	Krishna M P
47	Aiswarya P K
48	Lakshmi K P
49	Mufeeda
50	Kavya M A
51	Chandini K C
52	Deepesh K
53	Vismaya
54	Abhinav K S
55	Abhinand Krishna
56	Abhinav C N
57	Lakshmi M
58	Aparna V P
59	Aksa Mol C
60	Anjali M R
61	Anjana M K
62	Sreya K S
63	Ayana Babu K
64	Aryananda T

65	Nandana K R
66	Aghina K S
67	Abhirami K P
68	Athulya V L
69	Sreeram Vijay
70	Mhd Sajal M C
71	Gaganasree V N
72	Saneeshma T B
73	Murshid C K
74	Bhaja Dev M S
75	Adithya K A
76	Sreerag K S
77	Adithyan T B
78	Haridev M
79	Arya K R
80	Muhammed Shameem
81	Parheev K Girish
82	Anusree K S
83	Muhammad Midhilaj Pm
84	Fida Nasrin
85	Muhammedshameem
86	Parheev K Girish
87	Anusree K S
88	Muhammad Midhilaj P M
89	Fida Nasrin
90	Muhammed Shameem

Name of the college :SreeNarayanaCollege, Nattika
Date : 06- 1 1-2023
Name of the activity :MalinyamuktaNavakerala phase 2 action
About the activity :

In connection with the project "MalinyamuktaNavakerala phase 2 action", under the leadership ofNSS volunteers of SreeNarayana College, Nattika; 7 groups were formed and they cleaned the area from an auto stand near SN college to SN Ladies Hostel, Nattika. Engagement in a community-driven environmental cleanup proved to be a transformative experience. As volunteers, we tackled littered areas, overgrown bushes and grasses, and so on. Armed with gloves and eco-friendly bags, our collective effort yielded a significant waste reduction. Sorting through recyclables and non-recyclables, we emphasized upon sustainable practices. Not only did the clean up visibly enhance the aesthetics of the area, but it also contributed to a sense of pride and responsibility within the community.

The project concluded with a commitment to ongoing efforts, emphasizing the importance of individual actions in preserving our environment. Overall, the clean up underscored the tangible positive changes achievable through collective environmental stewardship.



LIST OF PARTICIPANTS 6

SL.NO	NAME
1	Namitha A N
2	Navami K Rishnat R

3	Nandana C K
4	Hridya C S
5	Nandana Praju
6	Lamiya Latheef
7	Rahma Mansoor
8	Hina Mol
9	Anjali K K
10	Hansa P A
11	Akshaya A S
12	Rithik Pradaush
13	Anciya
14	Ayinippullydevikarajesh
15	Amaya S S
16	Arya Sree P P
17	Adhithya Dhanesh
18	Anurag T G
19	Niyala Fathima V H
20	Amaljith V S
21	Ajeesha M A
22	Nishad Babu
23	Athul Krishna P R
24	Dilshanth M S
25	Harisankar V S
26	Abishma V M
27	Thrisha Dileep
28	Karthik
29	Thejas T P
30	Bhadra K B
31	Chippi
32	Abhishek K R

33	Shivani O S
34	Dihna Baiju
35	Athul Shaju
36	Sreya T S
37	Neha K B
39	Nithya K S
39	Ayana K S
40	Hisham
41	Athira V P
42	Aghina T
43	Ananya P C
44	Jithin Biju
45	Namitha O U
46	Krishna M P
47	Aiswarya P K
48	Lakshmi K P
49	Mufeeda
50	Kavya M A
51	Chandini K C
52	Deepesh K
53	Vismaya
54	Abhinav K S
55	Abhinand Krishna
56	Abhinav C N
57	Lakshmi M
58	Aparna V P
59	Aksa Mol C
60	Anjali M R
61	Anjana M K
62	Sreya K S

63	Ayana Babu K
64	Aryananda T
65	Nandana K R
66	Aghina K S
67	Abhirami K P
68	Athulya V L
69	Sreeram Vijay
70	Maniesh C D
71	Sayanora P G
72	Bhavana T P
73	Moshmy P S
74	Vishnu Priya V A
75	Aswathy K B
76	Nandana A N
77	Unnimaya P P
78	Rekhadas C
79	Samdev T S
80	Devika Prabhu
81	Anjana P M
82	Savariya S Ashok
83	Mannya
84	Abeendas
85	Sanal Sudheer
86	Nimya Sekhar
87	Nahara Raj
88	Suhaila C S
89	Ashik M A

2. AIDS DAY

Name of the college :SreeNarayanaCollege, Nattika
Date and time : 1 December, 2023
Name of the activity : Aids Day
Venue :Seminar Hall
About the activity :

This report outlines the comprehensive world AIDS DAY program held on 1 December 2023 incorporating a seminar, dance performance, mime presentation, and quiz competition. The event aimed to commemorate those affected by the disease, raise awareness about prevention and treatment, and encourage support for ongoing efforts to eliminate HIV/AIDS.

The program commenced with an informative seminar featured by Dr.Kishor. NSS volunteer Aisha (Economics Department) gave the welcome speech. A felicitation speech was given by Dr.Sreedhanya. The seminar delved into various prevention strategies, emphasizing the importance of safe practices, regular testing, and the use of preventive measures. Discussions aimed to dispel myths and misconceptions surrounding HIV transmission. Dr.Kishor shared insights into the current state of the epidemic, including statistics. NSS volunteer Neha (Botany Department) led the AIDS prevention pledge. NSS volunteer Akshay (B.Com Department) concluded the seminar by giving a vote of thanks to the doctor, NSS PO and all the participants.

Volunteers activity contributed by crafting informative posters. These posters were strategically placed in the hall. The creative and informative posters added a visual dimension to the awareness efforts. The red ribbon is the universal symbol of awareness and support for people living with HIV. Wearing a ribbon is a great way to raise awareness on and during the run-up to world AIDS DAY.

Following the seminar, a vibrant dance performance took centre stage. The energetic performance and powerful stage presence were put forward by our volunteers.

A thought-provoking mime presentation followed the dance performance. Through silent storytelling, the volunteers depicted the experiences and challenges faced by individuals living with HIV/AIDS. Emphasizing the importance of empathy, understanding, and the need to combat discrimination. The mime contributed to breaking down stereotypes and fostering a more inclusive mindset.

To engage participants actively and reinforce educational consent, a quiz competition was organized. Covering a wide range of topics related to HIV/AIDS, the competition encouraged friendly competition among participants while enhancing their knowledge. Certificates were given to winners. First and second prizes were won by Adarsh C (Malayalam Department) and Mubashira (statistics) respectively.

The diverse elements of the program contributed to breaking down barriers, fostering empathy, and encouraging a collective commitment to addressing the challenges associated with HIV/AIDS.



LIST OF PARTICIPANTS 11

SL.NO	NAME
1	Vrinda P D
2	Dhaksha R
3	Krishnapriyagopan
4	Labeed Hubaib K V
5	Naeem M
6	Aysha M A

7	Saniya A S
8	Adhya C J
9	Anamika K U
10	Nivedhya V S
11	Athul Prakash K B
12	Krishnapriya K D
13	Anandhu P S
14	Unnimaya P S
15	Sruthi K S
16	Sreya K S
17	Athul Krishna P J
18	Ajith C S
19	Sulha Ashraf
20	Nihima N B
21	Ajeesha M A
22	Nishad Babu
23	Athul Krishna P R
24	Dilshanth M S
25	Harisankar V S
26	Abishma V M
27	Thrisha Dileep
28	Karthik
29	Thejas T P
30	Bhadra K B
31	Chippi
32	Abhishek K R
33	Shivani O S
34	Dihna Baiju
35	Athul Shaju
36	Sreya T S

37	Neha K B
39	Nithya K S
39	Ayana K S
40	Hisham
41	Athira V P
42	Aghina T
43	Ananya P C
44	Jithin Biju
45	Namitha O U
46	Krishna M P
47	Aiswarya P K
48	Lakshmi K P
49	Mufeeda
50	Kavya M A
51	Chandini K C
52	Deepesh K
53	Vismaya
54	Abhinav K S
55	Abhinand Krishna
56	Abhinav C N
57	Lakshmi M
58	Aparna V P
59	Aksa Mol C
60	Anjali M R
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62	Sreya K S
63	Ayana Babu K
64	Aryananda T
65	Nandana K R
66	Aghina K S

67	Abhirami K P
68	Athulya V L
69	Sreeram Vijay
70	Mhd Sajal M C
71	Gaganasree V N
72	Saneeshma T B
73	Murshid C K
74	Bhaja Dev M S
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81	Parheev K Girish
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83	Muhammad Midhilaj Pm
84	Fida Nasrin
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88	Muhammad Midhilaj P M
89	Fida Nasrin
90	Muhammed Shameem

HOW TO MANAGE PERFORMANCE ANXIETY

Name of the college :SreeNarayanaCollege, Nattika

Date and time : 24February, 2024

Name of the activity: How to manage performance anxiety

About the activity :

Jeevani is a comprehensive mental health project implemented by the Department of Collegiate Education, Government of Kerala, which focuses on the mental well-being of the students in the government colleges in Kerala. Jeevani intends to improve awareness and promotion of mental health among college students along with ensuring early identification of psychological issues among these students. Under Jeevani project, a seminar about managing performance anxiety was conducted by Binil Thomas (sports psychologist) on 23 Feb 2024. NSS, Jeevani and Guidance and counselling centre collaborated and arranged the seminar. Welcome speech was given by Keerthana ma'am. Dr. Subinsir, NSS programme officers (Remya ma'am and Sreedhanya ma'am) and Jeevani counsellor Sini ma'am presided over the meeting. Feedback was given by Krishna Prasad (Chemistry Department). The seminar commenced with an overview of performance anxiety, its causes, and its impact on individuals' performance in various domains, including academics, sports, and public speaking. Emphasis was placed on the importance of thorough preparation and consistent practice in reducing anxiety levels before performance events. Attendees learned effective rehearsal techniques to build confidence and competence. The seminar included interactive activities such as role-playing scenarios and mindfulness exercises to reinforce learning and promote active engagement among participants. The Jeevani counsellor will be with the students in their journey in college, sharing their joys and sorrows, helping them with their pains. Such a psychological help would definitely prove to be immense benefit to the students.



LIST OF PARTICIPANTS 14

SL.NO	NAME
1	Namitha A N
2	Navami K Rishnat R
3	Nandana C K
4	Hridya C S
5	Nandana Praju
6	Lamiya Latheef
7	Rahma Mansoor
8	Hina Mol
9	Anjali K K
10	Hansa P A
11	Abhijith E J
12	Shamna Sherin
13	Mhd Sahad
14	Unnimaya P S
15	Sruthi K S
16	Sreya K S

17	Anusree K S
18	Muhammadmidhilaj P M
19	Fida Nasrin
20	Aswin P A
21	Abdul Haadhi C H
22	Adhithyan N P
23	Aswani P
24	Neha K S
25	Amal Krishna P A
26	Shifa Kasim
27	Thrisha Dileep
28	Karthik
29	Thejas T P
30	Bhadra K B
31	Chippi
32	Abhishek K R
33	Shivani O S
34	Dihna Baiju
35	Athul Shaju
36	Sreya T S
37	Neha K B
39	Nithya K S
39	Ayana K S
40	Hisham
41	Athira V P
42	Aghina T
43	Ananya P C
44	Jithin Biju
45	Namitha O U
46	Krishna M P

47	Aiswarya P K
48	Lakshmi K P
49	Mufeeda
50	Kavya M A
51	Chandini K C
52	Deepesh K
53	Vismaya
54	Abhinav K S
55	Abhinand Krishna
56	Abhinav C N
57	Lakshmi M
58	Aparna V P
59	Aksa Mol C
60	Anjali M R
61	Anjana M K
62	Sreya K S
63	Ayana Babu K
64	Aryananda T
65	Nandana K R
66	Aghina K S
67	Abhirami K P
68	Athulya V L
69	Sreeram Vijay
70	Mhd Sajal M C
71	Gaganasree V N
72	Saneeshma T B
73	Murshid C K
74	Bhaja Dev M S
75	Adithya K A
76	Sreerag K S

77	Adithyan T B
78	Haridev M
79	Arya K R
80	Anjali V P
81	Anjana P M
82	Savariya S Ashok
83	Mannya
84	Abeendas
85	Sanal Sudheer
86	Nimya Sekhar
87	Reneesh V R
88	Krishnaveni A B
89	Adharvkrish P Univedhya Venu

AWARENESS PROGRAM ON IMPACT OF DRUG ABUSE

The NCC, NSS, Anti Narcotic cell and IQAC units of Sree Narayana college Nattika conducted An Awareness talk about the Impact of Drug Abuse on Society on 6th October 2023. The program was started at 2pm on seminar hall. Presence of NSS and NCC cadets of Sree Narayana College make to success.30 Cadets of NCC joined the program and welcome speech By Smt. Diviya K. D (Co Ordinator, Anti Narcotic Cell),principal in charge professor Dr. Subin; Dr K K Shankaran (IQAC Co Ordinator) and ANO Captain K. S Letha (NCC officer) Share the few words about program. Sir. Jithin M P (Civil excise officer) was the moderator. Finally, the thank full speech by Dr. Remya V. K (NSS program Officer. The program ended At 4pm. The debate occurs under the presence of ward member Sri Suresh Iyyani and other public Representatives. The debate section between 3 to 4 pm.

BLOOD DONATION CAMP

Ncc unit of Sree Narayana College nattika and Blood is red koottayma (BIRK) Thrissur district Committee jointly organised a blood donation campaign at Sree Narayana college Nattika on 06 December 2023. The program was conducted under the super vision of ANO Captain K.S Letha. The Programme started at 9:30 Am.61 people donated blood. Active participation and hard work of cadets marked the success of the day and the programme Ended upon 1:00pm.



'' രക്തദാനം 'മഹാദാനം''

നാട്ടിക ശ്രീ നാരായണ കോളേജിലെ
 24 [K] BN NCC തൃശ്ശൂർ യൂണിറ്റും
 ബ്ലഡ് ഇൗസ് റെഡ് കുട്ടായ്മ B I R K
 തൃശ്ശൂർ ജില്ലാ കമ്മിറ്റിയും സംയുക്തമായി
 തൃശ്ശൂർ IMA ബ്ലഡ് ബാങ്കിലേക്ക് സംഘടിപ്പിച്ച
 രക്തദാന ക്യാമ്പ് വിജയിപ്പിച്ച NCC യൂണിറ്റിലെ
 വിദ്യാർത്ഥികൾ, അവരെ പ്രാപ്തരാക്കിയ NCC
 ക്യാപ്റ്റൻ ലത മാധം
 മറ്റു അധ്യാപകർ, നാട്ടികയിലെ പൊതുസമൂഹം,
 I M A ബ്ലഡ് ബാങ്കിലെ Dr.ബാലഗോപാലൻ സാർ
 മറ്റു മെഡിക്കൽ സ്റ്റാഫുകൾക്കും
 ബ്ലഡ് ഇൗസ് റെഡ് കുട്ടായ്മ B I R K സംസ്ഥാന കമ്മിറ്റിയുടെ

നന്ദി...

BLOOD IS RED KOOTTAYMA STATE COMMITTEE
 bloodisredkoottayma@gmail.com

SREE NARAYANA COLLEGE NATTIKA



24[K] BN NCC THRISSUR



2023 ഡിസംബർ 06- രാവിലെ 9.30 മുതൽ 12.30 വരെ
ശ്രീ നാരായണ കോളേജ് നാട്ടിക NCC യൂണിറ്റ്, ബുഡ്
ഈസ് റെഡ് കുട്ടായ്മ (BIRK) തൃശ്ശൂർ ജില്ലാ
കമ്മിറ്റിയും സംയുക്തമായി IMA ബുഡ് ബാങ്കിലേക്ക്
സംഘടിപ്പിക്കുന്ന രക്തദാന ക്യാമ്പ്

രക്തദാനത്തിന് തയ്യാറുള്ളവർ വിളിക്കുക...

BIRK COORDINATORS

9061672701 KRIJITH
8891464313 SREENATH
9745073537 AZEEZ

NCC COORDINATORS

9495664488 NCC CAPTAIN LETHA
9633660460 ABHINAV
9400611693 ADWAID



2023 BIRK
CAMP NO 37



@_snc_ncc_





AIDS DAY

On behalf of AIDS Day, NCC Unit of Sree Narayana College Nattika conducted an awareness against the spread of the disease by making pluck cards on the theme "Fight virus not the patient", and Cadets delivered speeches against the negligence shown to the patients affected by aids. around 60 cadets took part in the programme which started at 11:30 Am ended upon



GPS Map Camera



Google

null, Kerala, India
C4F4+3HH, Nattika, Triprayar, Kerala
680566, India
Long 76.106488°
Lat 10.422695°
01/12/2023 12:11 PM

REPORT ON LANGUAGE AND COMMUNICATION SKILLS


Report of

Life Skill Training Programme on 07 to 10th November 2023


Career Guidance & Placement Cell and IQAC of Sree Narayana College, Nattika in association with DBT STAR (Govt. Of India), Kerala Knowledge Economy Mission (Govt. Of Kerala) and Rubicon Pune conducted four days training programme on “Workability Skills Under Life Skills” from 07/11/2023 to 10/11/2023 for first year postgraduates students of our college. 115 students were participated in the programme. Students were grouped in to two batches. Two separate seminar halls were engaged for two batches. One batch was managed by Mr. Rakesh Vijayan (HR & Operations Caletal Developers, Thrissur) and Pavithra Raharathinar (ZAP Consultancies) second batch was managed by Mr. Ricardo Jude Concesso (Life Skills Master Trainer Rubicon). Dr. Rajesh K. M., Co-ordinator of the placement cell welcomed the audience and introduced the resources persons to the audience. The following topics were covered during the four day training programme with physical mental activities – Ice breaking session, Resume building Group discussion, Interview facing skills and team building, mock interview. . Dr. Subin M.P. , Principal of S N College, Nattika, gave presidential address for the valedictory function. Dr. Sankaran K K (IQAC coordinator) gave felicitation for the programme.

Feed back: The sessions are very much interesting for the students. All the students directly interacted with resources persons through their activity during the sessions. Majority of the students suggested for continuing this programme for upcoming batches too.






**Sree Narayana
College, Nattika**
Career Guidance and Placement Cell

Affiliated to University of Calicut Re-accredited (Cycle III) by NAAC
with B+, FIST & RUSA Funded, DBT STAR Supported Institution

 **Life Skill Training
Programme**

In Association with

Date: 07/11/2023 to 10/11/2023
Venue: Seminar Hall (New)
Time : 9.30a.m. to 4.00p.m.

Topics includes
Organizational Structure, Public Speaking, Presentation Skills, E-mail Etiquette, Grooming, Group Discussion, Personal Interview, Assessment will be conducted on Group Discussion and Personal Interview

Dr. Subin M P Principal
Dr. Sankaran K K IQAC Coordinator
Dr. Rajesh K M Coordinator 9400735529
Kalyani Patil Rubicon 9503066225

Students Feedback Life Skill Programme 2023-24 (07/11/2023 to 10-11-2023)																
Email address	Name of Student	Subject of study	What sapp Number	No of days	Name of your trainer	1	2	3	4	5	6	7	8	9	10	Write a any suggestion, drawback, improvement or any other valuable informations on the programme
gopikabkartha@gmail.com	GOPIKA I	Msc Mathematics	7510803020	4	Pavithra and rakesh	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Include more activities and topics that useful to students
aryajayasankar549@gmail.com	Arya J S	M Sc Mathematics	9645173695	4	Pavithra & Rakesh	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Include more topics and activities
aswin.achu3905@gmail.com	ASWIN KM	MCom	7907501458	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	His performance is genius.....
aryasree418@gmail.com	Aryasree	Mcom	7902496381	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	It was amazing
reshmasuresh180603@gmail.com	Reshmenu Suresh	Bsc maths	9037358154	3	Pavithra and Rakesh	G	N	Y	Y	Y	Y	Y	Y	Y	Y	Nil
sreyasudheer3@gmail.com	Sreya C S	Mathematics	9633219420	4	Pavithra and Ragesh	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Nil
anuragpattat@gmail.com	Anurag P S	Mcom	9562669709	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	The section was excellent
vmabhinand72@gmail.com	VM Abhinand	Mcom	8943780209	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	It was a nice programme and had a good experience of the programme
dhanzyvinod02@gmail.com	Dhanzy v	Mathematics	6282278599	4	Pavithra	G	Y	Y	Y	Y	Y	Y	Y	Y	Y	Each day each trainer maybe good.. Because students will get more knowledge from different area,

nehapbabu001@gmail.com	Neha P B	Mcom	7736 5928 50	3	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Nothing to improve This class is very helpful in the future
anjanatch1234@gmail.com	Anjana T D	Mcom	8547 6114 66	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Nothing
dhanyapd2002@gmail.com	Dhanya p d	M. Com	6238 3878 15	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Nothing
chinnusangeetha847@gmail.com	Sangeetha T. S	Malayalam	7907 0414 56	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	No suggestion
asmaashraf6701@gmail.com	ASMA. M A	Mcom	8138 0706 08	3	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	-
vyshnacv74@gmail.com	VYSHNA C.V	MSC. PHYSICS	9207 4760 77	2	PAVITHRA	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Overall it was a good one
reshmimp4@gmail.com	Reshmimol M P	M A Malayalam	9778 2934 65	4	Reccardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Good programe.. And we improve so many mistakes.
adhithyaasalim@gmail.com	Adhithya Salim	Physics	7736 2254 89	4	Ragesh	G	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	nothing
sooryasoorya336@gmail.com	SURYA K	Msc physics	8086 2179 38	3	Pavithra	G	Y	Y	Y	N	Y	Y	Y	Y	Y	N	A	Good
sruthibasikumar@gmail.com	Sruthi.B.S	Physics	9778 3313 12	3	Pavithra	G	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Didn't meet the expectations
kpaleena8@gmail.com	ALEENA K P	Physics	7025 7161 40	3	Pavithra	G	Y	Y	Y	N	N	Y	N	Y	Y	Y	Y	The event should be free
ksathiraaathu@gmail.com	Athira K S	Physics	8547 8575 50	3	Pavithra	G	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	It is suggested that it should be given in a more useful way.like, How to prepared interviews, opportunities to research, project works etc. All were very interesting but not valuable in the way pg students were given.
krishnapriyak313@gmail.com	KRISHNA PRIYA K	Msc PHYSICS	8138 8743 44	4	pavithra	A	Y	Y	Y	N	Y	Y	N	Y	Y	Y	Y	In the section they will make many group activities and involved all participants. But programs specified in the

																		brochure are not get from the class.
kvvinaya2002@gmail.com	Vinaya. K. V	Msc. Mathematics	9645726962	4	Pavithra, Ragesh	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	No
thathunazrin@gmail.com	Nazrin	Mcom	8606081236	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	It was a nice programme,useful for future.
praseethacs53256@gmail.com	V P DEVIKA	M.com Finance	9847425501	4	Ricardo Sir	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	It a great session we get a knowledge about how we attend to a interview
ambilyuthaman6@gmail.com	Ambily. P. U	Mcom Finance	7902478004	4	Ricardo jude concesso	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	Nothing
sparsasivan2002@gmail.com	Sparsa Sivan	Physics	8848210974	4	Pavitra mam and Rakesh sir	E	N	Y	Y	Y	Y	Y	Y	Y	Y	Y	G	The program is very informative
vijishashanmughan@gmail.com	Vijisha p	M com	7736090927	4	Ricardo Jude Concesso Rubicon	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	It was an superb program, and Ricardo sir is really amazing.
sncnugcomavanyvb@gmail.com	Aavany V B	Mcom finance	7012187050	4	Ricardo jude	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	It was a useful and interesting session
thennelt@gmail.com	Thennel T R	M com	9605453545	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	Nil
krishnapriyav275@gmail.com	Krishnapriya. KV	MA.	6238837465	4	Ricardo Jude Concesso Rubicon	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	Such a nice program. And it help to develop our personal skills
athiraks819@gmail.com	ATHIRA K S	MA Malayalam	9526966358	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	It was a good program
nasrinrs111@gmail.com	Nasrin Rs	M com	7902646981	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	It was a excellent program
abhramiks723@gmail.com	ABHIRAM I K S	Mcom	7902966274	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	It was a good program
naseebaon84@gmail.com	Naseeba. O. N	M. Com	8075445401	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	Good programme.
indhukrishna256@gmail.com	INDHU KRISHNA P R	MA Malayalam	7559008979	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	It's a great program and a good experience.

arya.shaji1244@gmail.com	Arya AS	M com finance	8590674973	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	G	It is really helpfull programme.
sreeshmasree2003@gmail.com	Sreeshma K V	MA Economics	7994279294	3	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	Great session
swalihph101@gmail.com	Muhammed Swalih. P.H.	Economics	9847202629	4	Ricardo Concesso	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	G	It was really good learning experience.
mekhanajayan3@gmail.com	Mekhana c.j	MA economics	9778015623	3	Ricardo Jude concesso rubicon	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	Nothing
rifnarinashoukathali@gmail.com	Rifna.c.s	MA.Economics	9188201548	4	Richardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	It was a great session,and great presentation.
ashinac1@gmail.com	Ashina c	Ma economics	9072965237	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	Increase my self confidence
kh.hansiya@gmail.com	Hansiya K.H	M.A Economics	8606749321	4	Ricardo Jude	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	About E-mail etiquette is not discussed.
rinakrishna22@gmail.com	Rina krishna p.u	M.A Economics	9072865701	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	G	Add more teamworks
sijirajendran650@gmail.com	Siji.R	MA.Economics	7034212855	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	G	Add more task
krishnajakrishnaja703@gmail.com	Krishnaja	MA economics	9383404357	3	Ricardo	G	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	The training program was very useful sir Ricardo trained us in a very great way thankful to him for giving us such wonderful section this section will really helpful in setting our carrer goals and iam thankful to rajesh sir for arranging such a training program we accept more programs like this thanks sir
adarsh84448s@gmail.com	Adarsh.s	Ma economics	9207097570	4	Ricardo	E	Y	Y	Y	Y	Y	Y	Y	Y	Y	E	Overall Good program.

4. Was Trainer able to connect with the participants (Say Yes Or No)						
5. Did Trainer follow the topics as per the session plan? (Say Yes Or No)						
6. Did Trainer conduct activities whenever required? (Say Yes Or No)						
7. Was Trainer approachable for the students? (Say Yes Or No)						
8. Will you recommend the trainer again for the future training?(Say Yes Or No)						
9. Will you recommend the Life Skill Training program for coming batch students ?(Say Yes Or No)						
10. How would you rate the overall training delivery and the training program?(Write - Excellent, Good, Average, Poor)						

Sree Narayana College, Nattika
List of Students - Life Skill Training 2023

No	Name of Student	Mobile Number	Mail ID	Stream of Study
1	THASHREEFA K.A	9744920316	thashreefasaifu@gmail.com	Botany
2	Aiswarya A S	8129226366	2003aiswarya@gmail.com	Botany
3	JIYA C J	9037003110	jiyavishnu24@gmail.com	Botany
4	Amritha v v	9048206456	amrithavv2017@gmail.com	Botany
5	Devika V	7034209191	devika06032002@gmail.com	Botany
6	Amrutha PS	6238214806	psamrutha666@gmail.com	Botany
7	Aiswarya NG	9961809144	aiswaryan4u@gmail.com	Botany
8	SNEHA S	9895529747	ssneha8196@gmail.com	Botany
9	Anupriya P P	7994781828	ammuzanupriya@gmail.com	Botany
10	GAYATHRI A.S	8714005939	asgayathrimokeri@gmail.com	Botany
11	Adhithya R S	8606350712	adhithyars2001@gmail.com	Botany
12	NAVYA . A. S	9072187709	navyasubhash2002@gmail.com	Botany
13	SONA T SUGATHAN	9645767154	sonasugathan452@gmail.com	Chemistry
14	Jyothika K M	7736686399	jyothikakm2020@gmail.com	Chemistry
15	Adila mk	7510293148	mkadila984@gmail.com	Chemistry
16	HARIKRISHNAN K U THANUKRISHNA K	9048253618	hariseema2002@gmail.com	Chemistry
17	M	9496288982	thanukrishnakm@gmail.com	Chemistry
18	Lakshmi P U	8086617613	lakshmipu2002@gmail.com	Chemistry
19	KEERTHANA K P	9747670583	kp.keerthana2002@gmail.com	Chemistry
20	CHINNUMOL K	6238440608	chinnujayarajan608@gmail.com	Chemistry
21	HARITHA. C	7306104178	melurharidasan@gmail.com	Chemistry
22	Anjalikrishna M S	9947707554	anjalikrishnams94@gmail.com	Chemistry
23	FASNA P H	8943785003	fasnaph2003@gmail.com	Chemistry
24	Anupriya.K.R	8301888378	anupriyakattungal@gmail.com	Chemistry
25	Aiswarya A R	7736407411	aiswaryaar2017@gmail.com	Chemistry
26	Megha V M	8593887848	meghamanilal687@gmail.com	Chemistry
27	Devika p.s	9188725237	devikaps244@gmail.com	Chemistry
28	Ambily. P. U	7902478004	ambilyuthaman6@gmail.com	Commerce
29	ASMA. M. A	8138070608	asmaashraf6701@gmail.com	Commerce
30	ASWIN KM	7907501458	aswin.achu7054@gmail.com	Commerce
31	VM Abhinand	8943780209	vmabhinand72@gmail.com	Commerce

32	Neha P B	7736592850	nehapbabu001@gmail.com	Commerce
33	Arya P S	9946899831	aryaps182002@gmail.com	Commerce
34	Vismaya	08606503073	vismayakv808@gmail.com	Commerce
35	Sreethu.N P	8590942454	sreethudevadasan@gmail.com	Commerce
36	Keerthana K	7012671956	keerthanadinesh03@gmail.com	Commerce
37	Anjana T D	8547611466	anjanatch1234@gmail.com	Commerce
38	Aryasree	07902496381	aryasree418@gmail.com	Commerce
39	ANURAG P S	9562669709	anuragpattat@gmail.com	Commerce
40	V P DEVIKA NOWRIN	9847425501	praseethacs53256@gmail.com	Commerce
41	YOUSAFALI	9946003853	nowrinyousafali@gmail.com	Commerce
42	ROSHINI.K	9605071695	roshini02kalapra@gmail.com	Commerce
43	Aavany V B	7012187050	sncnugcomaavanyvb@gmail.com	Commerce
44	Amritha p.s	9061569716	harirocks44444@gmail.com	Commerce
45	Akshaya preman	7902460889	akshayapremanpnc@gmail.com	Commerce
46	Dhanya p d	6238387815	dhanyapd2002@gmail. Com	Commerce
47	Arya As	8590674973	arya.shaji1244@gmail.com	Commerce
48	Thennel T R	9605453545	thennelt@gmail.com	Commerce
49	Vijisha p	7736090927	vijishashanmughan@gmail.com	Commerce
50	ABHIRAMI K S	7902966274	abhiramiks723@gmail.com	Commerce
51	Nazrin	9846701236	thathunazrin@gmail.com	Commerce
52	Naseeba. O. N	8075445401	naseebaon84@gmail.com	Commerce
53	NASRIN RS	7902646981	nasrins111@gmail.com	Commerce
54	SUBALAKSHMI KS	9778370547	subhalakshmiks362@gmail.com	Economics
55	Rishika K J	9778201250	rishikakj207@gmail.com	Economics
56	Siji.R	7034212855	sijirajendran650@gmail.com	Economics
57	Adarsh.s	9207097570	adarsh84448s@gmail.com	Economics
58	MEKHANA C J	9778015623	mekhanajayan3@gmail.com	Economics
59	Rina Krishna pu	9072865701	rinakrishna22@gmail.com	Economics
60	Sneha j	8891565120	snehajayaprakash103@gmail.com	Economics
61	Nithya Aniyan	7025627689	nithyaani2003@gmail.com	Economics
62	Agneya K .P	9037360223	sncnugecoagneyakp@gmail.com	Economics
63	Ashina c	9072965237	ashinac1@	Economics
64	Rifna c.s	9188201548	rifnarinashoukathali@gmail.com	Economics
65	HANSIYA K.H Muhammed Swalih P.H.	8606749321	kh.hansiya@gmail.com	Economics
66	Akshaya O	9847202629	swalihph101@gmail.com	Economics
67	Sangeetha T. S	9778374950	akshayaoniyana@gmail.com	Malayalam
68	Sangeetha T. S	7907041456	Sangeetha chinnu	Malayalam
69	Aditya K. M	8589874977	Adithyamohanana626@gmail.com	Malayalam
70	ATHIRA K S	9526966358	athiraks819@gmail.com	Malayalam
71	CHANDANA. P. R	7736331609	pktrajith@gmail.com	Malayalam
72	Indhu krishna P R	7559008979	indhukrishna256@gmail.com	Malayalam
73	Sooryamol. K	8089627531	sooryaponnu47@gmail.com	Malayalam
74	Aishwaryalakshmi KR	9037024556	kralaishu@gmail.com	Malayalam
75	HASEENA	6282200959	achuhazina@gmail.com	Malayalam
76	Soorya ps	9778061083	Sooryaps460@gmail.com	Malayalam
77	Meenakshi. S	9207310602	Meenakshisivadas997@gmail.com	Malayalam
78	ADHARSH C	7306491202	adharshc777@gmail.com	Malayalam
79	ANANTHU .T.S	8921235571	ananthunandhu763@gmail.com	Malayalam
80	Reshmimol. M P	9778293465	reshmimp4@gmail. Com	Malayalam
81	Krishnapriya. KV	6238837465	krishnapriyakv275@gmail.com	Malayalam
82	Vibinadas Muhammed Niyas V	7306945688	vibnacm@gmail.com	Malayalam
83	P	8590436585	muhammedniyasvp099@gmail.com	Mathematics

84	Varsha T.T	9072094160	Varshathamarassery2000@gmail.com	Mathematics
85	Reshmendu Suresh	9037358154	reshmasuresh180603@gmail.com	Mathematics
86	Dhanzy v	6282278599	dhanzyvinod02@gmail.com	Mathematics
87	Vinaya. K.V	9645726962	kvvinaya2002@gmail.com	Mathematics
88	Sreya C S	9633219420	sreyasudheer3@gmail.com	Mathematics
89	ARYA J S	9645173695	aryajayasankar549@gmail.com	Mathematics
90	Anusree P	9746879793	anusreempm99@gmail.com	Mathematics
91	GOPIKA I	7510803020	gopikabkartha@gmail.com	Mathematics
92	ATHIRA K S	8547857550	ksathiraaathu@gmail.com	Physics
93	ALEENA K P	7025716140	kpaleena8@gmail.com	Physics
94	NAVYA M S	7902384877	msnavya2002@gmail.com	Physics
95	KRISHNAPRIYA K	8593891629	krishnapriyak313@gmail.com	Physics
96	Surya k	8086217938	sooryasoorya336@gmail.com	Physics
97	Sruthi.B.S	9778331312	sruthibasikumar@gmail.com	Physics
98	Shanu C S	9847660956	Csshanu7@gmail.com	Physics
99	Anne Mary David	9778327508	annemarydavid771@gmail.com	Physics
100	Sparsa Sivan	8848210974	sparsasivan2002@gmail.com	Physics
101	Lakshmi Nandha T. J	6238452412	tjlakshmi2002@gmail.com	Physics
102	Anjali Sekhar T	8547378698	anjalisekhar35@gmail.com	Physics
103	Anugraha N S	8304917908	anugrahasudeeran@gmail.com	Physics
104	Anakha K A	9539604539	anakhaka123@gmail.com	Zoology
105	Sandra N S	7736993346	sandrans536@gmail.com	Zoology
106	JEEWILJES. V. W	9048945639	jeewiljes@gmail.com	Zoology
107	Varsha.V	9778177625	varshaplsa2020@gmail.com	Zoology
108	DARSHANA K M	7994064215	darshanakm23@gmail.com	Zoology
109	Hasna Jasmin	7994494501	hasnajasmin790@gamil.com	Zoology
110	Miswa Majeed	9567061295	miswamajeed@gmail.com	Zoology
111	Nimmy O S	9946606324	nimmysahadevan30@gmail.com	Zoology
112	Ardra v Sankar	9544677710	ardravsankar2002@gmail.com	Zoology
113	LALJITH T	7591941040	laljithtirur01@gmail.com	Zoology
114	Adithya vk	8086411355	adithyavk2003@gmail.com	Zoology
115	Misna majeed	9567070095	misnamajeed29@gmail.com	Zoology

Report of awareness class on “Skill development program”

Career Guidance & Placement Cell and IQAC of Sree Narayana College, Nattika conducted an awareness class on Skill development in association with Avodha Education. Avodha education is one of the leading educational institutes in skill development. The officials from Avodha meet final year students of each department separately on 17/08/2023. They provide informations about the demands of additional skill required for the better job in future. Also provides information of various skill oriented programmed offered by the institutions and their job opportunities.

Following students informed their interest to follow Avodha

Aswin KU, Dhanush Dharman, Abhijith T S, Neha I N, Arjun Krishna N K, Navaneeth Krishna T S, Akshay C, Nandana P J, Nandakishor V



Tripayar, Kerala, India
C4F4+3HH, Nattika, Tripayar, Kerala 680566, India
Lat 10.423114°
Long 76.10627°
17/08/23 01:46 PM GMT +05:30

Google

GPS Map Camera

REPORT OF PHYSICAL FITNESS 2023-2024

OPEN COURSE

Department of Physical education completed open course classes for Fifth semester UG students. 53 students from various departments who selected Physical activity, health and wellness, a course offered by the department for the academic year 2023-24.

COACHING CAMP

Department of Physical education has conducted selection trials for various college teams including athletics, football, cricket, badminton and kabaddi.

Department of Physical Education has conducted coaching camp for various college teams.

National Sports Day

Department of Physical Education conducted two different programmes in connection with National Sports Day 2023. Department has conducted a friendly football match between Sree Narayana College, Nattika and SNGCAS, Nattika on 22nd August 2023. Dr. Jaya P.S. , Principal In Charge inaugurate the match. Sree Narayana College, Nattika won the match.



Sree Narayana College Nattika



Department of Physical Education

NATIONAL SPORTS DAY 2023

Friendly Football Match

Sree Narayana College, Nattika

Vs

Sree Narayana Guru College of Advanced Studies, Nattika

22-08-2023

10.00 am

Venue: College ground





Inter Department **Tug of War** competition was conducted on 22nd August in the college campus. Competition for both boys and girls were conducted. Department of Physics won in Men section and Department of Economics won in women section.





GPS Map Camera



Triprayar, Kerala, India
C4F4+6MX, Nattika, Triprayar, Kerala
680566, India
Lat 10.42302°
Long 76.106442°
22/08/23 01:58 PM GMT +05:30



GPS Map Camera



Triprayar, Kerala, India
C4F4+6MX, Nattika, Triprayar, Kerala
680566, India
Lat 10.423019°
Long 76.10644°
22/08/23 01:58 PM GMT +05:30

Inter Collegiate Friendly Matches.

Department of Physical conducted inter collegiate friendly matches in Football, Kabaddi and Cricket against reputed colleges.







Valappad Educational Sub District Kabaddi Championship

Valappad Educational Sub District Kabaddi Championship 2023-24 was held at Sree Narayana College, Nattika on 6th November 2023. Prof. Subin M.P., Principal in Charge inaugurated the event.





Calicut University Inter Collegiate Competitions 2023-24

Calicut University D Zone Cricket Championship 2023-24

College **Cricket** team consisting of 16 students participated in the Calicut university D zone Cricket Championship 2023-24 held at Sree Kerala Varma College, Thrissur



College Cricket Team 2023-24

List of students participated in the Calicut University D zone Cricket championship 2023-24

Sl. No	Name of the student	Class	Admission number
1	SREYAS K S	2 ND BA ECONOMICS	44427
2	PARTHEEV K GIRISH	1 ST B.Sc. ZOOLOGY	45234
3	DEVARAG M P	2 ND B.Sc BOTANY	44464
4	SHANU C.S.	1 ST M.Sc. PHYSICS	45102
5	AKSHAY ANAND M A	3 RD B.A ECONOMICS	43907
6	ABHINAV K P	3 RD B.Sc. CHEMISTRY	43731
7	ARJUN K	3 rd B.Sc. ZOOLOGY	44011
8	NANDAKISHORV	3 rd B.Sc. PHYSICS	43863
9	PRAYAG CHANDRAN	3rd B.Sc. PHYSICS	43466
10	ADITHYAN T B	2 nd BA MALAYALAM	44301
11	ASWIN K M	1 ST M.Com	45071
12	AKHIL RENJAN	1 ST BSc BOTANY	45210
13	ANAND DEV K S	2 ND BA MALAYALAM	44730
14	ABHIL E S	2 ND BA MALAYALAM	44709
15	DHANUSH DHARMAN	3 RD B.Sc. PHYSICS	43830
16	THEJAS T P	2 ND BSc ZOOLOGY	44609

Calicut University D Zone Football Championship 2023-24

College **Football** team consisting of 20 students participated in the Calicut university D zone football Championship 2023-24 held at Sree Kerala Varma College, thrissur



College Football Team 2023-24

List of students participated in the Calicut University D zone Football championship 2023-24

<i>Sl. No</i>	<i>Name of the student</i>	<i>Class</i>	<i>Admission number</i>
1	ANAND DEV K S	2 ND BA MAL	44730
2	ASHIK M JAYAN	2 ND BSc ZOO	44638
3	ARJUN SINGH M B	2 ND BCom	44657
4	MOHAMMED HUNAISE	2 ND BA ECO	44565
5	RITHIK PRADAUSH	1 ST BCom	44892
6	ANANDHU A S	1 ST BCom	44973
7	ASHIN KRISHNA V S	1 ST BCom	45320
8	ABHINAV SALIN	1 ST BCom	44885
9	RENEESH V R	1 ST BA MAL	45260
10	ABHINAV K S	2 nd B.VOC FT	8
11	ABDUL FAIZ K S	2 ST M.Sc. STATI (IP)	44656
12	MOHAMMED HISHAM A S	2 ND B.Com	44311
13	ABHINANDH KRISHNA K S	2 ND B.Sc. MATHS	44381
14	MOHAMMED RAVOOF K A	2 ND BA ECO	44364
15	N.S.CASTRO	2 ND M.Sc. BOTANY	44377
16	SANAJ K S	3 RD B.Com	43722
17	SANJAYKRISHNA	1 ST BSc ZOO	45143
18	MUHAMMED SAJAL M C	2 ND BSc ZOO	44592
19	JITHIN BIJU A	2 ND BSc BOT	44680
20	AMAL KRISHNA M S	1 ST BCom	45053

Calicut University D Zone Kabaddi Championship 2023-24

College **Kabaddi** team consisting of 12 students secured second place in the Calicut university D zone Kabaddi Championship 2023-24 organized by Sree Narayana College, Nattika on 17-10-2023.



College Kabaddi Team 2023-24 (Calicut University D Zone Runner Up)





മംഗളം

ഡി സോൺ കബഡി ചാമ്പ്യൻഷിപ്പ്

ആപ്രതാർ: കാലിക്കറ്റ് സർവകലാശാല ഡി സോൺ കബഡി ചാമ്പ്യൻഷിപ്പിന് നാട്ടിക ശ്രീനാരായണ കോളേജിന്റെ ആതിഥേയത്വത്തിൽ ആപ്രതാർ ടി.എസ്.ജി.എ. ഇൻഡോർ സ്റ്റേഡിയത്തിൽ പ്രിൻസിപ്പൽ പ്രൊഫ. എം.പി. സുമിനിൽ ഉദ്ഘാടനം ചെയ്തു. കാലിക്കറ്റ് സർവകലാശാല കായിക അധ്യാപക സംഘടന പ്രസിഡന്റ് ഡോ. ഹരിദയാൽ, ദിവാസ് ആലക്കൽ, എൻ.എസ്. ശ്രീജി, അനന്തകൃഷ്ണൻ എന്നിവർ പ്രസംഗിച്ചു. 10 കോളേജുകളാണ് മത്സരിക്കുന്നത്.

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• കാലിക്കറ്റ് സർവകലാശാല ഡി സോൺ കബഡി ചാമ്പ്യൻഷിപ്പിന്റെ

ഡി സോൺ കബഡി: സഹ്യദയ ചാമ്പ്യൻമാർ, എസ്.എൻ. നാട്ടികയ്ക്ക് രണ്ടാം സ്ഥാനം

തൃശ്ശൂർ കാലിക്കറ്റ് സർവകലാശാലയിലെ ഡി സോൺ കബഡി ടീമിന് രണ്ടാം സ്ഥാനം കൈമാറ്റം ചെയ്തുകൊടുത്തു. ഏകദേശം 10 കോളേജുകൾ പങ്കെടുത്ത ടൂർണ്ണമെന്റിൽ ഡി സോൺ കബഡി ടീമിന് രണ്ടാം സ്ഥാനം കൈമാറ്റം ചെയ്തുകൊടുത്തു. ഏകദേശം 10 കോളേജുകൾ പങ്കെടുത്ത ടൂർണ്ണമെന്റിൽ ഡി സോൺ കബഡി ടീമിന് രണ്ടാം സ്ഥാനം കൈമാറ്റം ചെയ്തുകൊടുത്തു.



കാലിക്കറ്റ് സർവകലാശാല ഡി സോൺ കബഡി ടീമിന്റെ വിജയം

രണ്ടാം സ്ഥാനം കൈമാറ്റം ചെയ്ത ഡി സോൺ കബഡി ടീമിന്റെ വിജയം

മിംഗളം



കാലിക്കറ്റ് സർവകലാശാല ഡി സോൺ കബഡി ടീമിന്റെ വിജയം

സുപ്രഭാതം



കാലിക്കറ്റ് സർവകലാശാല ഡി സോൺ കബഡി ടീമിന്റെ വിജയം

ഡി സോൺ കബഡി ചാമ്പ്യൻഷിപ്പിന് തുടക്കം

തൃശ്ശൂർ കാലിക്കറ്റ് സർവകലാശാലയിൽ ഡി സോൺ കബഡി ചാമ്പ്യൻഷിപ്പിന് തുടക്കം. ഏകദേശം 10 കോളേജുകൾ പങ്കെടുത്ത ടൂർണ്ണമെന്റിൽ ഡി സോൺ കബഡി ടീമിന് രണ്ടാം സ്ഥാനം കൈമാറ്റം ചെയ്തുകൊടുത്തു.

കാലിക്കറ്റ് സർവകലാശാല ഡി സോൺ കബഡി മത്സരം

ബന്ധം

കാലിക്കറ്റ് സർവകലാശാല ഡി സോൺ കബഡി മത്സരത്തിൽ സംയുക്ത കോളേജ് കലാകരകൾ, ഈ നാട്യമത്സരം കോളേജ് നാട്യം, ഈ കോളേജ് നാട്യം കോളേജ് എൻ കോളേജ് നാട്യം അംഗങ്ങൾ മത്സരം നടത്തി. നാട്യം എൻ കോളേജ് നാട്യം മത്സരം നടന്നു. സംയുക്ത കലാകരകൾ മത്സരം നടത്തി. നാട്യം എൻ കോളേജ് നാട്യം മത്സരം നടന്നു.

ഈ നാട്യമത്സരം കോളേജ് കലാകരകൾ നാട്യം മത്സരം നടത്തി. നാട്യം എൻ കോളേജ് നാട്യം മത്സരം നടന്നു. സംയുക്ത കലാകരകൾ മത്സരം നടത്തി. നാട്യം എൻ കോളേജ് നാട്യം മത്സരം നടന്നു.



നാട്യം എൻ കോളേജ് നാട്യം മത്സരം നടന്നു.

Calicut University Inter Zone Kabaddi Championship 2023-24

College **Kabaddi** team secured third position in the Calicut university Inter zone Kabaddi Championship 2023-24 held at MES Mampad College on 26th and 27th October 2023



College Kabaddi Team 2023-24 (Calicut University Inter Zone Third)

List of students participated in the Calicut University Inter Zone Kabaddi championships 2023-24

Sl. No	Name of the Student	Class	Admission Number
1	MOHAMED SAHAD	2 ND BSc. ZOO	44386
2	JAGANATHAN A M	2 ND BA ECO	44339
3	MOHAMED ANAS U A	1 ST BSc. BOT	44907
4	SARATH T.S.	1 ST M.A. MAL	45371
5	ABUTHAHIR P H	2 nd BA ECO	44409
6	LABEED HUBAIB K V	1 ST BA ECO	44904
7	MUHAMMED HAFEES C K	1 ST BA MAL	44919
8	MOHAMMED IJAS K.I.	N+1 B.Sc. BOT	42729
9	SHIHAB P.S.	N+1 B.A. ECO	42735
10	ALSHIN SAJEEV S	1 ST BSc BOT	45357
11	MOHAMED HIJAS P.B.	N+1 B.A. MAL	42740
12	RASHID BIN UMMAR	1 ST BA ECO	45282

Sarath T S of first year MA Malayalam got selection to the Calicut University Kabaddi team which participated in the South Zone Inter University Kabaddi Championship 2023-24 held at JNTU Kakinada.



Sarath T S

Calicut University D zone Badminton Championship 2023-24

College **Badminton** team consisting of 6 students reached semi final of Calicut university D zone Badminton Championship 2023-24 held at Christ College, Irinjalakuda on 8th and 9th November 2023. Muhammed Ahdhal C A of Third year B.Sc. Mathematics won third place in men's individual championship.



Muhammed Ahdhal C A

Calicut University Inter zone Badminton Championship 2023-24

College **Badminton** team consisting of 6 students participated in the Calicut university Inter zone Badminton Championship 2023-24 organized by St. Joseph's College, Devagiri from 01-12-2023 to 03-12-2023.



College Badminton Team

List of students participated in the Calicut University D Zone and Inter Zone Badminton Championships 2022-23

<i>Sl. No</i>	<i>Name of the Student</i>	<i>Class</i>	<i>Admission Number</i>
1	MIDHUN N M	2 nd B.Com	44337
2	HARISANKAR V S	2 nd B.Com	44296
3	MUHAMMED AHDHAL C A	3 rd B.Sc. MAT	43585
4	ANAY A.M.	3 rd B.Com	43605
5	RIZVIN MOHAMMED RAFAEEK	2 nd B.Com	44295
6	MUHAMMED SAJAL M C	2 ND BSc ZOO	44592

Calicut University Chess (Men and Women) Championship 2023-24

N.S.Castro of second year M.Sc. Botany and Shilpa A Bof first year B.Sc. Physics participated in the Calicut University Inter Zone Chess (Men and Women) Championship held Al Shifa College of Arts and Science, Kizhattur from 1st to 3rd December 2023.

Calicut university wrestling (Men) championship

Shansil K.S. of B.Sc. Zoology won bronze medal in Calicut University Wrestling championship 2023-24 held at MES Kalladi College, on 07-11-2023



Shansil K.S.

Calicut University Athletics (Men aand Women)Championship

College athletic team consisting 4 athletes participated in the Calicut University Athletics Championship 2023-24 held at Calicut University Campus on 6th and 7th December 2023.

Calicut University Karate championship

Abhishek Krishna A of second year B.Sc. Physics, and Jishma P.M. of third year BA Malayalam participated in the Calicut University Karate(Men and Women)Championship 2023-24 held at Sahrdaya College of Advanced Studies, Kodakara on 6th and 7th January 2024.

Calicut University Kick boxing championship

P S Salmanul Faris of Second year B.Com and Akhilesh Nath K R of first year BA Economics participated in the Calicut University Kick Boxing championship 2023-24 held at MES Kalladi College, on 23rd and 24th February 2024.

Other Competitions

P S Salmanul Faris of Second year BCom participated in TSKO 2nd National Level Karate Championship 2023 at Kodaikanal on 7th May 2023 and won first prize in Kumite event and third prize in Kata event.

P S Salmanul Faris participated in 6th Kerala Amateur State Kick Boxing Championship 2023 held at Calicut on 7th and 8th October 2023 and won Bronze medal.

Adharsh C of first year MA Malayalam represented Kerala and participated in the National Lagori Championship held at Haryana from 8th September to 10th September 2023.

Adharsh C of first year MA Malayalam won 2nd position in Triple Jump Men Category in Thrissur District Senior Athletics Championship held at Sree Krishna College, Guruvayur on 17th September 2023.

College football team participated in 62nd South Indian Inter Collegiate Football Tournament for Sree KandamkulathyLonappan& Sree T L Thomas memorial Trophies 2023-24 conducted by Christ College, Irinjalakuda on 22-01-2024

Annual Games and Athletics Championship 2023-24

Department of Physical Education in association with College union conducted Cricket, football and Chess competitions for students in connection with Annual Games and Athletics Championship 2023-24 from 5th February to 7th February 2024.

Results

Cricket

1. Economics, Physics and Mathematics
2. 2. Commerce and Statistics

Football

1. Malayalam and Physics
2. Commerce and Statistics

Chess (Men)

1. Anirudh (2nd year M.Sc. Statistics IP)

Chess (Women)

1. Arya (1st year BA Malayalam)


Annual athletics championship of Sree Narayana College, Nattika was held on 7th February 2024 at College ground. Prof. Subin M P , Principal inaugurated the event. Students from all the departments participated in the competitions. Adarsh K P of 1st year BA Economics and Angel P Thomas of 2nd year BSc Physics became individual champions in men and women section respectively.










 **GPS Map Camera**



Thrissur, Kerala, India
E Tippusultan Rd, Nattika, Kerala 680566, Nattika, Kerala 680566, India
Lat 10.425393°
Long 76.106173°
06/02/24 03:36 PM GMT +05:30



 **GPS Map Camera**



Thrissur, Kerala, India
E Tippusultan Rd, Nattika, Kerala 680566, Nattika, Kerala 680566, India
Lat 10.425405°
Long 76.106144°
06/02/24 02:50 PM GMT +05:30



Inter Collegiate Competitions Organized

Calicut University D Zone Kabaddi Championship 2023-24

Sree Narayana College, Nattika organized Calicut University D Zone Kabaddi Championship on 17-10-2023 at TSGA Indoor Stadium. Prof. Subin M P., Principal inaugurated the event. Sahrdaya College of Advanced Studies, Kodakara won the championship. Sree Narayana College, Nattika won second prize. Sri. K.C Prasad, Thalikkulam Block Panchayath President distributed the prizes.







Sahrdaya College of Advanced Studies, Kodakara (Calicut University D Zone Kabaddi Winners)

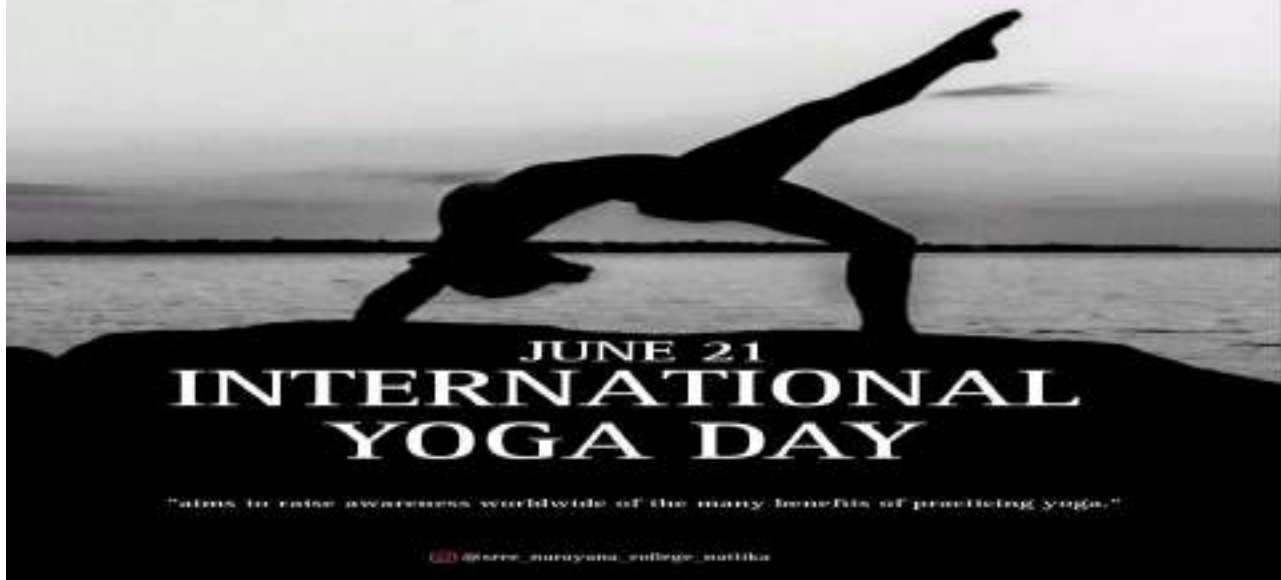


Sree Narayana College, Nattika(Calicut University D Zone Kabaddi Runner up)

YOGA DAY REPORT

The NCC cadets of Sree Narayana College Nattika celebrated International Yoga Day on 21 June 2023. It was initiated by the present Prime Minister of India Mr. Narendra Modi. He Celebrated Yoga Day for the first time on 21 June 2015 following its inception in the united nations general assembly. ThevProgram was conducted in our open auditorium. The programme was Inaugurated by ANO Cpt K.S. Letha by 10 AM. There were 85 number of Cadets present on that day. These cadets perform various type of asanas . Cadets Gave a speech on the importance of yoga. Cadets performed immensely also Spreading awareness of yoga day. Quiz competition and drawing competition Were conducted as part of yo ga day. Prizes were also given to the winners. The Cadets participated in the program with complete commitment.

SREE NARAYANA COLLEGE NATTIKA
24[K] BN NCC THRISSUR





Report on Skill Workshop: ChemDraw Software

Date: August 21, 2023

Organized by: Department of Chemistry

Resource Person: Dr. Anabha E R, Head of the Department of Chemistry

On August 21, 2023, the Department of Chemistry conducted a comprehensive soft skills workshop focused on the ChemDraw software, specifically tailored for postgraduate students. The workshop aimed to enhance students' proficiency in chemical drawing and visualization, essential skills for their academic and professional development.

Dr. Anabha E R, our esteemed faculty member with extensive expertise in organic chemistry, led the session. Her knowledge and experience in the field made her an ideal resource person for this workshop.

Workshop Content

- **Introduction to ChemDraw:** Dr. Anabha provided an overview of the software, highlighting its significance in modern chemistry.
- **Hands-on Training:** Students engaged in practical exercises, learning how to draw chemical structures, reaction mechanisms, and molecular representations.
- **Advanced Features:** The session covered advanced functionalities, such as creating 3D models and generating molecular properties.
- **Q&A Session:** Participants had the opportunity to ask questions and clarify doubts, fostering an interactive learning environment.

The workshop received positive feedback from attendees, who appreciated the practical approach and the expertise of Dr. Anabha. Many students expressed enthusiasm about applying their new skills in their research projects and coursework.



