

SREE NARAYANA COLLEGE KOLLAM



Established in 1948
(Affiliated to the University of Kerala)
(ACCREDITED BY NAAC GRADE A)
(ATAL 'A' BAND INSTITUTION)



3(K) NAVAL NCC SUBUNIT(SD/SW)
GOLDEN JUBILEE SOUVENIR
2020



NATIONAL ANTHEM

Jana Gana Mana Adhinayaka, Jaya He

Bharata Bhagya Vidhata

Punjab Sindhu Gujarata Maratha

Dravida Utkala Banga

Vindhya Himachala Yamuna Ganga

Uchchhala Jaladhi Taranga

Tava Shubha Name Jage

Tava Shubha Ashisha Mage

Gahe Tava Jaya Gaatha

Jana Gana Mangaladayaka Jaya He

Bharata Bhaagya Vidhata

Jaya He ! Jaya He ! Jaya He !

Jaya, Jaya, Jaya, Jaya He !



Brig. DAB UDAYAKUMAR
Group Commander
NCC Group Headquarters, Kollam



CAPT (IN) MANOJ ANAND
Commanding Officer
3(K) Naval Unit NCC, Kollam



Dr. R. SUNILKUMAR
Principal
Sree Narayana College, Kollam



SREE NARAYANA 3 (K) NAVAL NCC SUB SUCCESSION	
Sl No	Name
1.	Lt.Cdr. Dr. K SUDHA
2.	CTO. SURYADAS S.
3.	CTO. RAVEENDRAN
4.	Lt.Cdr. Dr. K. SUDHA
5.	SLT. G. SURESH
6.	CTO. Dr. K. SREEVA
7.	Lt. Dr. K. MONACHA
8.	SLt. Dr. LAIJU S.

SLt. Dr. LAIJU S
Associate NCC Officer
Sree Narayana College, Kollam

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A NOTE OF THANKS...

The Golden Jubilee Souvenir is the fruition of corroborative efforts & contributions put forth by our predecessors all the way back from the year 1969. It is nearly impossible to list out and thank each and every helping hand that lend a steadfast support to our endeavour, but we would like to extend our utmost gratitude to those who deserve special mention.

Firstly, I would like to extend our heartfelt gratitude to our respected Principal, Dr. R. Sunil Kumar for his constant supportive vigor and encouragement.

Our former Group Commander of NCC Kollam Group, Brig. Ajeet Rana FTE deserves special mention for his support and encouragement throughout this endeavour.

Naval NCC Subunit of Sree Narayana College, Kollam, is one of the subunits of 3 (K) Naval NCC Unit, Thevally, Kollam. We are forever indebted to our Commanding Officer Capt. Manoj Anand & former Commanding Officer Capt. B. A. Nair and the rest of our superiors for guiding us on our journey.

We are also thankful to our Alumni members for they have helped us to make the best of every opportunity and to be the best versions of ourselves. We take utmost pride in making a special mention on the executive members of the Alumini who drafted priceless efforts towards this year's celebrations.

It would have been indeed futile without the valuable support and creative contributions made by our Ex-Cadets towards this souvenir.

Our sincere regards to the present cadets for their much commendable creative contributions.

Our utmost gratitude to the editorial committee for editing our Golden Jubilee Souvenir.

In the accomplishment of 50 successful and exhilarating years and this being the 51st year we thank all the group commanders we have had, all the commanding officers & PI staffs of our Unit, all the ANOs, caretakers & the cadets who have been associated to our college. Without all of your dedication and hard work we would've never pulled off such a feat. It is because of you that we have this legacy to cherish and it is your achievement that makes us want to sail ahead in this ocean of opportunities.

SLt. Dr. LAIJU S
Associate NCC Officer

Editorial Desk...

ADVISORY PANEL



Dr. R. SUNILKUMAR
Principal
Sree Narayana College
Kollam



CAPT (IN) MANOJ ANAND
Commanding Officer
3(K) Naval Unit NCC
Kollam

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Alumni
Executive Member



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Alumni
Executive Member



**Umarani
Lobby Panickar**
PO Cadet

Golden Jubilee Souvenir chronicles the activities of the Naval NCC Subunit of Sree Narayana College, Kollam and its Cadets over the past fifty years. A sense of gratefulness permeates every member of the NCC family as we look back with gratitude at our predecessors. It was on 01 September 1969 that the Naval NCC Subunit started functioning in the campus with an authorized strength of 50 cadets. It is with great pleasure that we present this Souvenir to a wide spectrum of readers to enlighten them about the various events and important activities that took place during the last 50 years. Striking pictures and floods of memories gushing from the pages will make the issue all the more enticing. All efforts have been made to include topics of general interest. Current cadets and distinguished alumni around the world have penned down stories, articles, paintings, drawings, stories, and poems in the souvenir. It is our wish that those who read this souvenir may be touched by its mark of simplicity, readability, and significance given to experiences.



Message

It gives me immense pleasure in congratulating 3 Kerala Naval Unit NCC of Sree Narayana College, Kollam on attaining the legacy of 50 years of distinguished service in moulding young students into responsible cadets. The Unit had shown exemplary courage in enabling the cadets to evolve whole heartedly and attain successful careers in various walks of life. Further more, it is indeed a remarkable matter of fact to mention that many of the cadets have proved themselves as responsible citizens, by entering the Forces to serve our Nation.

I also convey my heartfelt appreciation to the college for commemorating the Golden Jubilee year of NCC Unit and the conduct of various activities to commemorate the past glorious years as part of the Golden Jubilee year celebrations.

Many cadets of the college actively participated in all NCC activities and have emerged at the forefront in earning laurels for the Kollam Group in various Directorate and National level NCC competitions. I am elated at the performance of the Unit and hope the fraternity will continue to grow to greater heights in the years to come.

A handwritten signature in purple ink, appearing to read 'DAB Udayakumar', with a horizontal line underneath.

Brig. DAB UDAYAKUMAR
Group Commander
NCC Group Headquarters
Kollam



Message

I consider it an honour and privilege to pen down this message congratulating 3 Ker Naval Unit NCC Sree Narayana College, Kollam, on crossing the milestone of 50 years of distinguished service in moulding generations of cadets enabling and dedicating them to the service of the Nation as responsible citizens to contribute to the process of nation building.

Over the years Naval Unit NCC Cadets of the college have brought laurels, medals and awards in national and state level NCC activities and competitions. The cadets from the college have also contributed and participated regularly towards all social awareness causes and activities.

Naval NCC Unit under the able guidance and eagle eye of the Associate NCC Officers has ensured a pioneering zeal in instilling the virtues of courage, discipline, leadership and the overall development of the cadets.

I wish that the symbiotic relation of 3 Kerala Naval Unit NCC with the college continues to grow from unity to steadfast strength. I congratulate SLt, Dr. Laiju S, ANO Sree Narayana College NCC sub-unit for commemorating the Golden Jubilee of NCC in the College and conducting various activities in the past year under the aegis of the Golden Jubilee Year. I wish that the College NCC Division continues with it's legacy of achievements and scales newer heights. I also take this occasion to proffer my best wishes to the Principal, management, staff and students of Sree Narayana College, Kollam.

Capt (IN) MANOJ ANAND
Commanding Officer
3(K) Naval Unit NCC
Kollam



Message

It gives me immense pleasure in sending this message for the souvenir being published on the occasion of Golden Jubilee Celebrations of Naval NCC Subunit of Sree Narayana College, Kollam, one of the prestigious higher educational institution in Kerala. The Naval NCC activities of Sree Narayana College, Kollam commenced on 01 September 1969 and the unit has a distinguished legacy of 50 years in the field of moulding students to responsible citizens of the Nation keeping in line with guiding principles of National Cadets Corps. Cadets of Naval NCC unit of this college had participated in various National level camps and competitions and brought laurels to the NCC Directorate.

National Cadet Corps is the largest youth organization in the country and has been rendering yeoman services in instilling qualities of courage, comradeship, discipline and leadership qualities among youth. NCC plays a major role in developing overall personality of an individual by inculcating high moral values in young minds in order to build a strong Nation. The Organization has also been working in the social sector and playing a pivotal role in successfully carrying out various programmes.

I wish Naval NCC Unit of Sree Narayana College, Kollam all success in their future endeavors.

Capt. (IN) B A NAIR, NM25
Ex Commanding Officer
3(K) Naval Unit NCC



Message

It is with utmost pleasure, I came to know that the Naval NCC Subunit of Sree Narayana College, Kollam has completed 50 years of its golden service. The Naval NCC Subunit in the college has been instrumental enough in moulding and propagating the value of discipline in the institution. Further more, the Unit had put forth extraordinary efforts in propagating the nationalistic ideals, such as democracy and secularism, to the concious thoughts of the cadets.

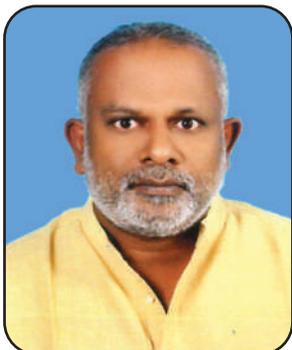
Youth, irrespective of their gender must undergo similar training programmes to boost their health and confidence. Through training activities, the younger generation will also get thoughtful awareness about the needs of safeguarding the country from external intruders, thus safeguarding the interest of the nation.

I am very much sure that the The Naval NCC Subunit of Sree Narayana College, Kollam will continue its successful journey for the coming years too. I wish all success for the Unit in their Golden Jubilee Celebrations and for their forward journey.

A handwritten signature in black ink, appearing to read 'Vellappally Natesan', with a stylized flourish at the end.

VELLAPPALLY NATESAN

Manager
Sree Narayana Colleges



Message

It gives me immense pleasure to express my token of appreciation on the occasion of the Golden Jubilee Celebration of the Naval NCC Subunit of our college. Ever since its inception on 01 September 1969, the Unit has been instrumental in grooming the youth of the nation by instilling in them nationalistic fervour of secularism, national integration, selfless service and patriotic values. The quality oriented dynamic training imparted by the Unit has successfully augmented and prepared the young and inexperienced cadets to deal successfully with the practical issues of everyday life. Moreover, it is commendable a fact to mention that the cadets had outgrown into responsible citizens of our country, with many of them enrolled into Armed Forces. I wish you all the success from the bottom of my heart.

Dr. R. SUNILKUMAR
Principal

INTRODUCTION TO NCC

The NCC was created as University Corps under the Indian Defense Act, 1917 with the objective to train students for the Army. In 1920, when the Indian Territorial Act was passed, the "University Corps" was replaced by the "University Training Corps" (UTC). In 1942, the UTC was renamed as the "University Officers Training Corps" (UOTC). In September 1946, under the chairmanship of Kunzru, a committee was set up for establishment of a nation-wide youth organization. The Government of India accepted the recommendations of the committee and prepared a bill. It was passed by the Parliament and 'The National Cadet Corps (NCC)' came into existence on 15 July 1948 under Nation Cadets Corps Act (No. XXXI of 1948).

To widen the scope of NCC Training, the Army NCC unit in Girls Division was introduced in 1949. Air force and Naval NCC Units followed soon in 1950 and 1952 respectively. This voluntary youth organization, which started with 20,000 cadets, is today probably the largest uniformed youth organization in the world with 13 lakh cadets (boys and girls). The NCC Head quarter is in New Delhi headed by a Director General with the rank of Lieutenant General. He is assisted by two Additional Director Generals (A and B) of two-star rank (Major-General, Rear-Admiral or Air Vice-Marshal). Control and co-ordination are exercised through 17 State Directorates with each headed by an Additional Director General or Deputy Director General of the rank of Major General or Brigadier or equivalent ranks of the Navy and Air Force. At present, there are 96 NCC Group HQs and 800 units located throughout the country providing NCC coverage to 633 districts. There are two training establishments namely Officers Training Academy, Kamptee (Nagpur, Maharashtra) for male officers and Officers Training Academy, Gwalior for women.

NCC is a tri - service organization and consists of Army, Navy and Airforce which trains lakh of students under its fold. Students who have undergone NCC training have self-discipline, leadership qualities and good value systems. It has played an important role in the all-round development of the youth of our country and in grooming future leaders in all fields. The contribution of the National Cadet Corps in the process of nation building and national integration has been commendable and worth imitating.

The National Cadet Corps is a vibrant organization with pool of well-motivated and distinguished boys and girls. The well-designed curriculum of National Cadet Corps, consisting of myriad training, adventure, cultural and social activities is of immense value to the young generation, enabling them to take on the challenges of the modern world. NCC Cadets can also join Defense services.

VISION

Empower volunteer youth to become potential leaders and responsible citizens of the country.

MISSION

To develop leadership and character qualities, mould discipline and nurture social integration and cohesion through multi-faceted programs conducted in a military environment.

NCC Motto

Unity & Discipline

Cardinals of NCC

- » Obey with a smile
- » Be Punctual
- » Work hard without Fuss
- » Make no excuses and tell no lies

AIMS AND OBJECTIVE OF NCC

Aims

- » To develop the qualities such as character, comradeship, discipline, secular outlook, spirit of adventure and ideals of selfless service amongst the young citizens.
- » To create a human resource of organized, trained and motivated youth to provide leadership in all walks of life and be always available for the service of the nation regardless of which career they choose. To provide a suitable environment to motivate the youth to take up a career in the Armed Forces.
- » To provide a suitable environment to motivate the youth to take up a career in the Armed Forces.

Objectives of NCC

- » Reach out to the maximum youth through various institutions.
- » Make NCC as an important part of the society.
- » Teach positive thinking and attitude to youth.
- » Become a main source of national integration by making NCC as one of the greatest and strong united forces of our nation irrespective of any caste, Creed, Religion or region.

- » Mould the youth of the country into a united secular and disciplined citizens of the nation.
- » provide an ideal platform for the youth to showcase their ability in nation building.
- » Instill the spirit of secularism and united India by organizing National Integration Camps all over the country.
- » Reach out to the youth of friendly foreign countries through Youth Exchange Programs.

To Achieve the Aims and Objectives the following training were imparted among cadets.

Facets of Training

Institutional Training: Institutional Training is conducted at the college level. This is the mainstay of NCC training and is conducted by Associate NCC officers and Armed Forces personnel drawn from the Navy (under deputation in the NCC).

Camp Training: The aim of this training is to expose the cadets to a regimented way of life. In addition to Annual Training camps, cadets are also send to national level camps like the Special National Integration camps, Ek Bharat Sreshtha Bharat (EBSB) Camps and Leaderships Camps etc. where they meet and interact with cadets from all States and Union Territories.

Attachment Training: Formal training organized by attachment with Army/Navy/Airforce Units or with officer training academies like Indian Military Academy (IMA) and Officers Training Academy (OTA).

Social Service & Community Development: Participating in campaigns, like Disaster Management, Adult Literacy Promotion, Anti-Polio Drive, Rural Development Trial Project, AIDS Awareness, Tree plantation and Anti-Drug programme etc. aim to inculcate in cadets the moral and social obligations to fellow citizens and to 'Nation Building'.

Youth Exchange Programme: Selected cadets are given an opportunity to visit foreign countries as their State Guests and as the 'Brand Ambassadors' of our nation.

Adventure Based Learning: The cadets are also exposed to a number of adventure activities that enable them to improve their life and leadership skills. Mountain Treks & Expeditions, Parasailing and Jumping, Sailing Expeditions and Micro lite flying are some of the events conducted regularly by the NCC.

Sports: NCC teams regularly excel in National level events like Subroto Cup Football, Nehru Cup Hockey, and National Shooting Championships.

Personality Development: The revised training philosophy of the NCC specifically aims to add value to the cadets' life skills and enable them to excel in all walks of life.



TRAINING OPPORTUNITES OF NAVAL NCC CADETS

Institutional Training	
➤ Drill	➤ Firing
➤ Physical Training	➤ Swimming
➤ Seamanship	➤ Awareness Classes
➤ Boat pulling	➤ Ship modeling
➤ Sailing	➤ Semaphore
➤ B/C Certificate Examinations	➤ Ship Visit
Community Development/Social Service	
➤ Blood Donation	➤ Swatchh Bharat Activities
➤ Visit to Old Age Homes	➤ Visit to Orphanages
➤ Tree Plantation	➤ Disaster Management
➤ Awareness Campaign	
Adventure Training	
➤ Trekking	➤ Cycling Expedition
➤ Mountaineering	➤ Para Sailing
➤ Rock Climbing	➤ Scuba Diving
Youth Exchange Program	
➤ Visit to Russia, Nepal/Bhutan, Singapore, United Kingdom, Bangladesh, Yangon, Sri Lanka, Vietnam, Foreign Naval Cruise, Foreign Coast Guard, and Cruise.	
Career Counseling	
➤ SSB Coaching	➤ Personality Development Capsule
➤ Group Discussions	➤ Communicative English Classes
NCC Camps	
➤ Republic Day Camp	➤ Nau Sainik Camp/AIYR
➤ National Integration Camps: EBSB	➤ Moulankar Shooting
➤ Leadership Camps: BLC/ALC Camp	➤ National Games/Sports
➤ State Level Camps: IGC/RD IGC	➤ Group Level Camps: CATC, Pre - IGC
➤ Unit Level Camps: ATC	





Drill



Firing



Semaphore



Seamanship



Ship Modeling



DK Whaler Rigging



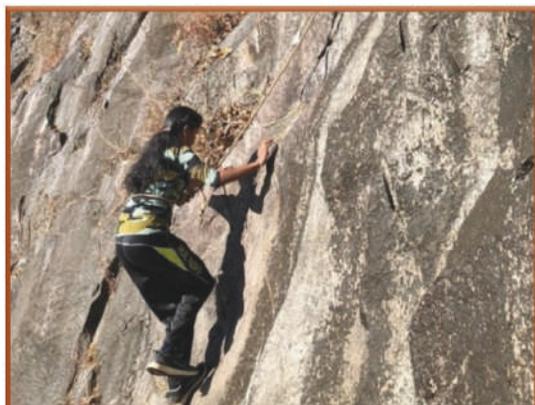
Ship Visit



Social Service Activities



Trekking



Mountaineering





Swimming



Scuba Diving



Boat Pulling



Sailing



Cycling Expedition



Sports & Games



Social Service Activities: Plantation of Tree Saplings & Blood Donation



Group Discussion



Physical Training



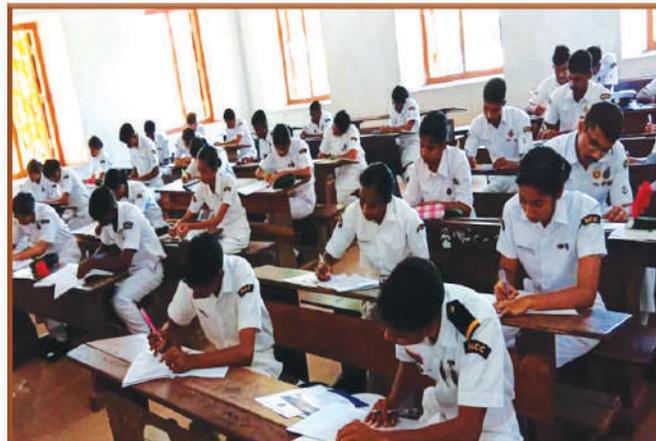
Cultural Programs



Awareness Classes



B Certificate Exam



C Certificate Exam



HISTORY OF NAVAL NCC SUBUNIT SREE NARAYANA COLLEGE, KOLLAM

The Naval NCC Subunit of Sree Narayana College was sanctioned by the National Cadet Corps Directorate of Kerala and Lakshwadeep, on 01 September 1969. The Naval wing is attached to 3(K) Naval Unit NCC which comes under the control of Kollam Group Head Quarters. Lt. MV Bhaskaran was the then Commanding Officer of the Naval Unit. Dr. K. Sudhakaran, Lecturer in Commerce, took charge as Naval wing NCC Officer of our College on 01 September 1969. He was later commissioned as an ANO. The maximum strength allotted to our subunit is 50. Throughout the year, cadets participate in various NCC activities and camps both inside and outside of Kerala. Many ex-cadets now hold high positions and a good number have entered the defense service.

NCC Navy Wing of our College trains cadets primarily in drill, seamanship, navigation and direction, weapon utilization, communication, boat-pulling, sailing, ship-modeling, and first aid administration. Adventure activities are organized to develop courage, leadership skills, spirit of adventure, sportsmanship, camaraderie, teamwork and self confidence among the cadets. Our NCC Navy cadets participate in a large number of adventure activities like sailing expedition, trekking, scuba diving, etc. every year.

Our subunit has been in the forefront in rendering assistance to the needy during natural calamities as the cadets of our college are conscious of and sensitive to the needs and problems of their countrymen. Actively involved in extension activities like organizing blood-donation camps, visiting orphanages, old age homes, anti-drug campaign etc., the unit has contributed a lot to society. The extension activities are indeed fully geared towards the upliftment of the community .

SUCCESSION LIST OF NCC OFFICERS

Sl. No.	Name	Department	Period
1.	Lt. Cdr. Dr. K. Sudhakaran	Commerce	1969–1978
2.	CTO. Suryadas S.	Physics	1978–1979
3.	CTO. Raveendran T.N.	Physics	1979–1980
4.	Lt.Cdr. Dr. K. Sudhakaran	Commerce	1980–1984
5.	SLt. G. Suresh	Commerce	1984–1993
6.	CTO. Dr. K. Sreevalsan	Chemistry	1993–1994
7.	Lt. Dr. K. Monachan	Commerce	1994–2010
8.	SLt. Dr. Laiju S.	Psychology	2010–till date

NAVAL NCC OFFICERS



Lt. Cdr. Dr. K. Sudhakaran
(1969–78) (1980–84)
Department of Commerce



CTO. Suryadas S.
(1978–1979)
Department of Physics



CTO. Raveendran T.N.
(1979–1980)
Department of Physics



SLt. G. Suresh
(1984–1993)
Department of Commerce



CTO. Dr. K. Sreevalsan
(1993–1994)
Department of Chemistry



Lt. Dr. K. Monachan
(1994–2010)
Department of Commerce



SLt. Dr. Laiju S. (2010–till date)
Department of Psychology

ALUMNI ASSOCIATION

The Alumni of the unit is actively involved in organising get togethers, thus creating an apt platform for ruminations on the past, reflections on the present and serving to link the past and present to propel itself into an ever glorious future. To add the collaborative efforts towards the conduct of the Golden Jubilee Celebration of our subunit, Naval Unit NCC, Sree Narayana College, Kollam formed an Alumni Association of Ex Naval NCC Cadets of our college on 10 May 2019. During the meeting, the following members were elected as office bearers of Alumni. The aim of the formation of Alumni was:

The main objectives of the Alumni are:

- ◆ To create harmony and unity among ex cadets, and ANO's.
- ◆ To address the newly emerging social issues.
- ◆ To encourage and promote our cadets for their overall development.
- ◆ To form a social club with a mindset for the progress and betterment of country.

EXECUTIVE COMMITTEE

3(K) NAVAL UNIT NCC, SREE NARAYANA COLLEGE, KOLLAM ALUMNI ASSOCIATION

OFFICE BEARERS OF NAVAL NCC ALUMNI ASSOCIATION 2019



Mohammed Haris
President



Rahul R
Vice President



Sanoop S Nair
Secretary



Anjali Murali
Joint Secretary



SLt. Dr. Laiju S.
ANO & Treasurer

EXECUTIVE MEMBERS



Malik Mohammed



Adv. N. Madhu



Sreekumar LS



Bobby C Bhanu



Sandeep
Sudhakaran



Saju K Mohan



Syamjith S



Anoop D Raj



Gouthu Sidharth



Arun Kumar H



Ajith Mohanan

GOLDEN JUBILEE CELEBRATIONS AND ALUMNI MEET

The Naval NCC Subunit of Sree Narayana College, Kollam crowned the 50th year of its inception on 01 September 2019. The fact that the Subunit had evolved and emerged victorious over the past 50 years, had indeed imparted an immense feeling of joy, a spirit of unity and a sense of gratefulness to the NCC Family. Fifty years is a landmark that makes us look back with gratitude at the path trodden by our forerunners.

The Golden Jubilee Celebration and Alumni Meet witnessed untiring enthusiasm. On 01 September 2019, Brig. Ajeet Rana FTE, the Group Commander of NCC Group Head Quarter, Kollam inaugurated the Golden Jubilee Celebrations and Alumni Meet. The splendid inaugural ceremony was blessed with the presence of our Commanding Officer Capt. BA Nair, Former Commanding Officers, the Ex ANOs, PI Staffs, Ex Cadets, Present Staff members of unit, ANOs of various institutions, etc. To commemorate this very special occasion, the unit organized the following events.

- ✿ As a tribute to the glorious past of this institution, Ex ANOs of the institutions were honored.
- ✿ Honored senior most Ex Cadets (from 1969 to 1972 Batches).
- ✿ Conducted Talent Hunt Event for present Cadets.
- ✿ Distributed Lt. Cdr. Dr. K Sudhakaran Memorial Best Cadet Award.
- ✿ Shared golden memories of Ex Cadets through video presentation of photographs.
- ✿ Distributed Golden Jubilee Medal to all Alumni members participated.
- ✿ Financial assistance given to a student of our college who needs financial support.
- ✿ Planted tree saplings in the campus premise.
- ✿ Visited 3(K) Naval NCC Unit.

**SREE NARAYANA COLLEGE
KOLLAM**



**3(K) NAVAL NCC SUB UNIT
GOLDEN JUBILEE
CELEBRATIONS &
ALUMNI MEET**

SUNDAY 01 SEPTEMBER 2019
Time: 9.00 AM • Venue: G2 SEMINAR HALL



**3(K) NAVAL NCC SUB UNIT
GOLDEN JUBILEE
CELEBRATIONS &
ALUMNI MEET**

Dear friends,

We are glad to inform you that 3(K) Naval NCC Subunit, Sree Narayana College, Kollam has completed five long decades of contributing extremely competent and responsible citizens in different walks of life. On this glorious occasion, we celebrate our Unit's Golden Jubilee and organize an Alumni Meet at 9.00 AM on Sunday 01 September 2019.

Brig. Ajeet Rana FTE, Group Commander, NCC Group Head Quarters, Kollam has consented to inaugurate the function. It is our immense pleasure and privilege to invite you to the Golden Jubilee Celebration and Alumni Meet. We request your esteemed presence and spirited cooperation for making the event a grand success.

Thanking you

MOHAMMED HARIS **Sub.Lt. Dr. LAJU S** **Dr.R.SUNIL KUMAR**
Ex SCC & President, Alumni ANO Principal



Programme

9.00 AM	: Flag Hoisting
9.15	: Registration
10.00 AM	: NCC Cadets
Prayer	: NCC Cadets
Welcome Speech	: Sub. Lt. Dr. Laiju S , NCC Officer
Presidential Address	: Dr. R. Sunil Kumar , Principal
Inaugural Address	: Brig. AJEET RANA FTE Group Commander NCC Group Head Quarters, Kollam
Talent Hunt	: Extempore

Guest of Honor
Honoring EX ANOs
Honoring Senior Most Ex Cdt's

Distribution of Mementos, Cash Awards and Certificates

Felicitation	: Capt. BA Nair Commanding Officer, 3(K) NU NCC
	: K.C. Sathyaseelan Ex Cdt. Capt.
	: Dr. T.N.Raveendran Ex NCC Officer
Vote of thanks	: Gauri Sankar S Cadet Captain

NCC Song
National Anthem



ALUMNI MEET 2019

11.30 AM	: Welcome Speech	: Mohammed Haris , Ex SCC & President, Alumni
	: Introduction to Alumni Meet	: Malik Mohammed Ex Cdt. Capt.
	: Sharing of memories, views, and suggestions	: Alumni Members
	: Vote of thanks	: Adv. N. Madhu , Ex SCC

Lunch Break

Interaction between Alumni and Present Cadets
Planting of Tree Saplings in the campus
Unit Visit

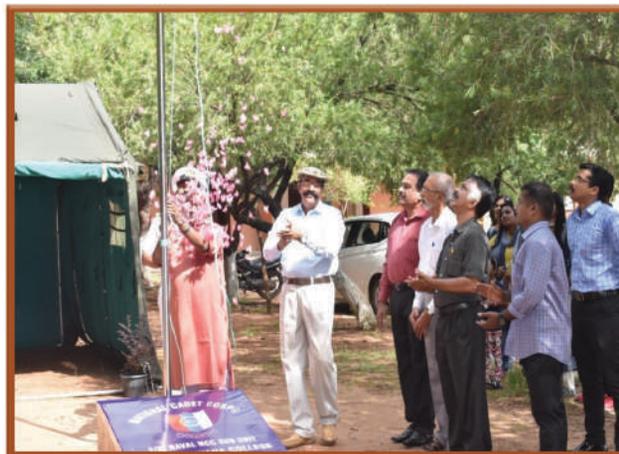
ORGANIZING COMMITTEE

- **Sub.Lt. Dr. S. Laiju** NCC Officer
- **Mohammed Haris** Ex SCC & President, Alumni
- Alumni Executive Committee Members
- NCC Cadets

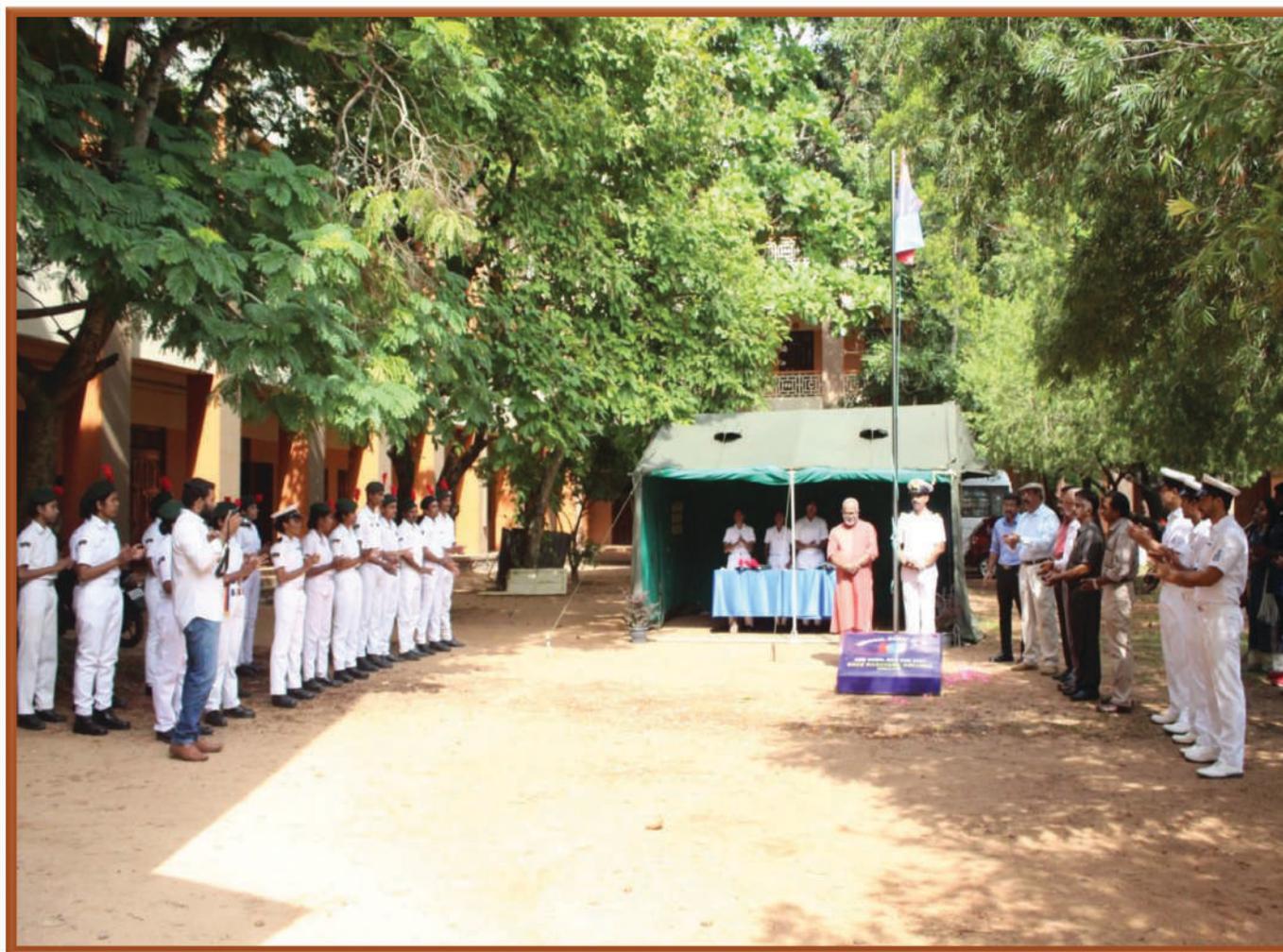




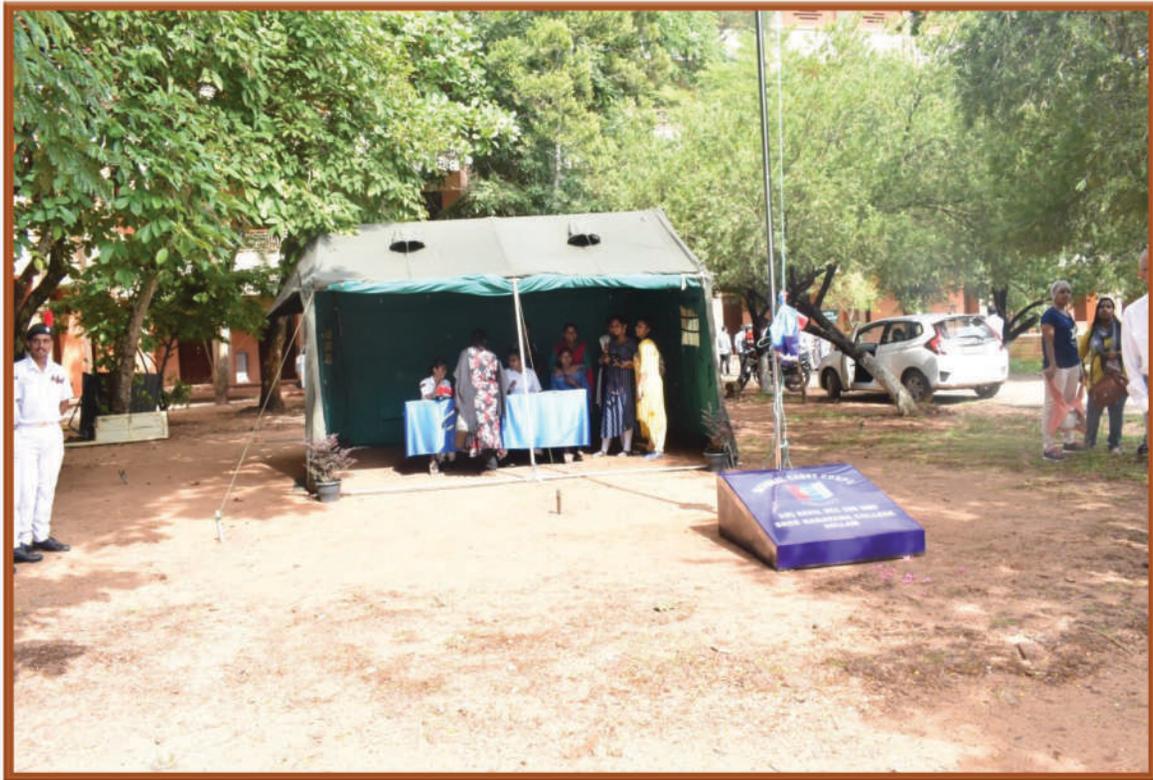
FLAG HOISTING



Golden Jubilee Celebration:
Flag hoisting by Dr. R. Sunilkumar, College Principal



REGISTRATION



GUARD OF HONOR



Brig. Ajeet Rana, FTE Group Commander, NCC Group Headquarters, Kollam receiving Guard of Honor from SCC Gauri Sankar S.

INAUGURAL FUNCTION





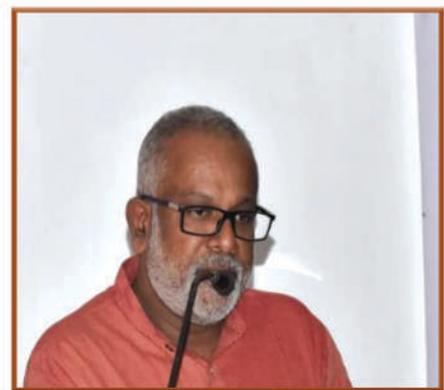
Brig. Ajeet Rana FTE, Group Commander, NCC Group Headquarters, Kollam inaugurating the Golden Jubilee Celebration





**Capt. B.A. Nair, Commanding Officer,
3(K) NU NCC, Kollam Lightening the Lamp**









HONORING MOMENTS



Honoring Ex NCC Officer SLt. G. Suresh



Honoring Ex NCC Officer CTO Prof. T.N. Raveendran





Ex. SCC Hariharan T.K.



Ex. SCC Anzar A.



Ex. SCC Sathyaseelan K.C.



Ex. SCC Malik Mohammed



Ex. CC Rajagopal R.

Hariharan TK (1974 RD Cadet), Anzar A (1971 RD Cadet), Sathyaseelan K.C. (First Batch Cadet), Malik Mohammed (1970 RD Cadet), Rajagopal R. (Cadet Captain 1972), Receiving Memento From Brig. Ajeet Rana FTE, Group Commander, NCC Group Headquarters, Kollam



Brig. Ajeet Rana FTE, Group Commander, NCC Group Headquarters, Kollam receiving the Golden Jubilee Memento from Dr. R. Sunilkumar, Principal



Capt. BA Nair, Commanding Officer, 3(K) Naval Unit NCC, Kollam receiving the Golden Jubilee Memento from Dr. R. Sunilkumar, Principal



Alumni Members



Present Cadets

PRIZE DISTRIBUTION TO CADETS





TALENT HUNT



GOLDEN JUBILEE MEDAL DISTRIBUTION



















ALUMNI MEET









GOLDEN JUBILEE FEAST



TREE SAPLING PLANTATION



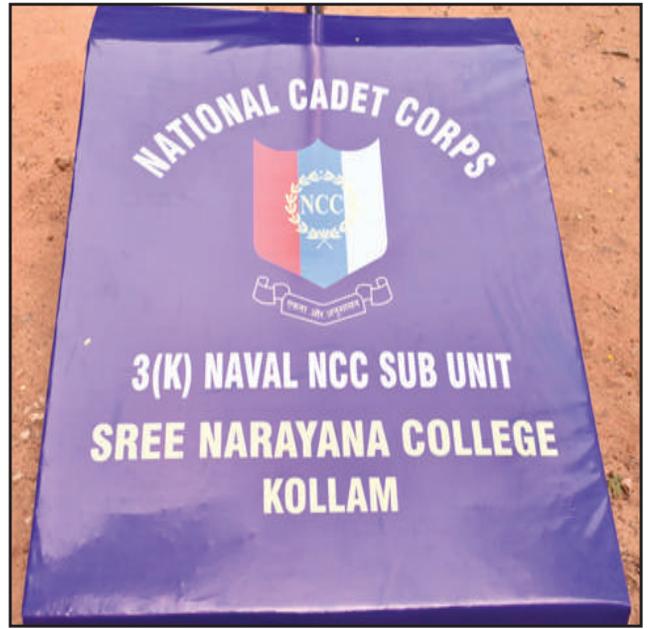
VISIT TO 3 (K) NAVAL UNIT NCC







GOLDEN JUBILEE CURTAIN RAISER









Former Commanding Officer Cdr. L. Robin Netto with
SLt. Dr. Laiju S., ANO, Capt. BA Nair, Commanding Officer 3(K) NU NCC,
Brig. Ajeet Rana FTE Group Commander, NCC Group Headquarters, Kollam







GOLDEN JUBILEE CELEBRATION ACTIVITIES ORGANIZED BY THE UNIT

In the light of the Golden Jubilee Celebration year, the unit witnessed teaming participation for the conduct of various programs from 01 September 2019 to 31 August 2020. A brief report of the activities are presented below.

Mega Swachhta Pakwada: 17 September to 2 October 2019

Swachhta Bharat Abhiyan (SBA) or Clean India Mission was a Nation-wide Campaign from 2014 to 2019 to clean up the streets, roads and infrastructure of cities, towns, and rural areas.

Swachhta hi Seva is a Massive Nationwide Awareness and Mobilization Campaign on Swachhta. The Swachhta hi Seva 2019 is being organized from 17 September to 02 October, 2019. The theme of Swachhta hi Seva 2019 was 'plastic waste awareness and management'.

Naval Cadets of SN College participated in the Nationwide Sanitation Campaign "Swachhta Hi Seva" which includes cleaning of the college premises, recreational and public places in the corporation area and conduct of awareness programmes among cadets.



On 28 September 2019, the cadets cleansed off the Kollam City Beach by hand picking the plastic litter strewn across.



Beach Cleaning Program

Mega Swatchhta Pakwada: 30 September 2019

Cleaning Activities were conducted in the college premises as part of Mega Swatchhta Pakwada on 30 September 2019. The mission helped in creating an awareness on plastic dumpage and reduction of plastic usage.



Mega Swatchhta Pakwada: Campus Cleaning Program



Mega Swatchhta Pakwada: 02 October 2019

Cadets embarked on a mission of the up keep of the statue of **Sri. R. Sankar**, the former Chief Minister of Kerala and the college Founder. The statue and the surrounding garden was wiped and cleaned to give an added charm.

Gandhi Jayanthi Celebration: 02 October 2019

Naval NCC Cadets of SN College, Kollam actively participated in the Asramam Maidanam cleaning in association with Kollam Corporation as part of 150 birth year of Mahatma Gandhi on 02 October 2019. Being one of the few open scapes left for recreational purposes in the city, the cleaning drive helped built enviornmental consciences.



Cadets involved in Asramam Ground Cleaning

Mega Swatchta Awareness Program: 02 October 2019

As part of the closing day program of Swatchchta hi Sewa, we organized a Seminar on Air Pollution: Origin, Impacts and Control. Dr. Praveen Prakash, Assistant Professor in Chemistry, SN College, Kollam was the resource person.





SLt. Dr. Laiju S., ANO donating Blood

**Blood Donation Drive:
14 October 2019**

Blood donation is an altruistic social service beneficial for other people and society. Naval NCC unit of our college organized a blood donation program in association with IMA, Kollam on 14 October 2019. The goals of Blood Donation Program were to create awareness among cadets that individuals can save lives and improve the health of others by donating blood.



Cadets Donating Blood

**Observance of Vigilance Awareness Week:
29 October to 02 November 2019**

Corruption can be defined as a dishonest or unethical conduct by a person entrusted with a position of authority, either to obtain benefits to oneself or to some other person. The Vigilance Awareness Week was observed from 29 October to 02 November, 2019 with the theme "Integrity - A way of life". Naval unit NCC of SN College observed vigilance awareness week by taking Pledge on 01 November 2019.



Cadets taking pledge as part of observance of Vigilance Awareness Week

NCC Day Celebration: 23 November 2019

National Cadets Corps (NCC) day is celebrated every year on the fourth Sunday in the month of November. The NCC in India was formed by the National Cadet Corps Act of 1948 on 15th July 1948. The first Prime Minister of India, Pandit Jawahar Lal Nehru presided over the function of raising the first NCC Unit at Delhi on the last Sunday of Nov 1948. The motto for the NCC is "Unity and Discipline". As part of NCC Day celebration, Naval Unit NCC of our college, conducted a Campus Cleaning Activity held on 23 Nov 2019.



Campus Cleaning Activity





Beach Cleaning Programme

**Swatchhta Pakwada:
07 December 2019**

'Plogging' is a combination word formed from 'jogging' and 'plocka upp', which is Swedish for 'pick up'. It refers to an emerging international trend, in which someone picks up trash while jogging or brisk walking as a way

of cleaning up litter while also taking care of fitness. The trend was started in Sweden by Erik Ahlstrom in 2016. During his commute to work, Ahlstrom would frequently come across litter that would remain on the streets for weeks without anyone picking it up. This prompted him to pick up the trash during his commute and dispose of it. Eventually, he included the clean-up in his daily running and exercise routine.



Plogging

Naval NCC Unit of Sree Narayana College, Kollam organized a Cleaning and Awareness Program as part of Swatchatha Pakwada on 07 December 2019 at Kollam Beach and Mahatma Gandhi Park. 42 cadets participated in the Program. Once the Cleaning program was completed, an Awareness Rally from Kollam Beach to College Campus was organized.



Beach Cleaning Programme

Mega Swatchhta Pakhwada - Awareness Rally: 07 December 2019

An awareness Rally was organized in connection with Mega Swatchhta Pakhwada on 07 December from Kollam Beach to SN College Campus on 07 December 2019.



Mega Swatchhta Pakhwada Awareness Rally

Swatchhta Pakwada: 14 December 2019

Swatchhta Pakwada, a National Cleanliness Program from 01-15 December 2019 was observed by the NCC Unit. Plastic Waste from the college campus and the neighbouring institutional area was organised by the collective efforts of the Cadets.



Plastic Waste Collection & Management Program conducted in the college campus

Republic Day Celebration: 26 January 2020

Republic Day has been celebrated every year in India on January 26, since 1950 to honour the date on which the Constitution of India came into effect. Republic day is celebrated every year by the unit with great enthusiasm. Republic Day 2020 was a very proud moment to our institution. Our cadets participated in the Republic Parade at Lal Bahadur Stadium. Four cadets of our subunit attended Republic Day Parade at Delhi. SCC Gauri Sankar, final year BA English student was selected as the second-Best Naval Cadet in the RDC 2020 and received Commendation Card of DG NCC for the year 2020. Other cadets participated in the RDC at Delhi are Roopesh R, II BA Sanskrit, Anandhu P, II BSc Physics with Computer Application and Kavya Mohan, I BSc Zoology.





SCC Gauri Sankar S
Second Best Naval Cadet in
RDC 2020
Received DG NCC
Commendation Card 2020 for
her outstanding performance



RD 2020 Contingent at Lal Bhagadur Stadium, Kollam



POC Umarani Lobby Panickar
attended
YEP 2020 selection camp
at Delhi



LCdt. Kavya Mohan



NCI Anandu P



SREE NARAYANA COLLEGE, KOLLAM
3(K) NAVAL UNIT NCC KOLLAM

Congratulations



			
SCC. GAURI SANKAR S. BEST CADET	LCdt. KAVYA MOHAN ALL INDIA RAJPATH	NC 1. ROOPESH R. ALL INDIA GUARD	NC 1. ANANDU P. ALL INDIA RAJPATH

**SELECTED FOR
REPUBLIC DAY PARADE - 2020**



RDC 2020 Guard Team

Anti Drug Awareness Programme: 29 January 2020

An Anti Drug Awareness Campaign Program was jointly organized by Anti Drug Awareness Cell and 3(K) Naval NCC Subunit of SN College, Kollam on 29 January 2020. Dr. R. Sunilkumar, Principal, inaugurated the program. Sri. Chirakkal Madhu, Excise Inspector. Kanchangadu station delivered the keynote address. The talk was informative enough in narrating the efforts of drug abuse.



Anti Drug Awareness Programme - Field Visit: 02 February 2020

Cadets of Sree Narayana College in association with Excise Department, Government of Kerala organized a door to door Anti Drug Awareness Campaign on 02 February 2020. The program was inaugurated by Sri. M. Noushad, MLA, Eravipuram Constituency. Cadets distributed anti drug awareness leaflets to more than hundred house holds.



Cadets distributing Anti Drug Awareness leaflets

National Women Hockey Inauguration: 02 February 2020

Naval NCC cadets of SN College, Kollam volunteered in the Inaugural Ceremony of National Women Hockey Championship held at Hockey Stadium, Kollam. Dr. Narinder Dhruv Batra, President of International Hockey Federation and Indian Olympic Association and the Member of International Olympic Committee was the Chief Guest.



Seminar on Life Skill Training: 02 February 2020

3(K) Naval NCC Sub unit of Sree Narayana College, Kollam organized a Training Program on Life Skills in association with Department of Psychology Sree Narayana College, Kollam on 13.02.2020. Smt. Adila Hassan, Peace Educator, Himachal Pradesh was the resource Person. The seminar proved to be visionary enough in providing essential Life Skills.



B & C Certificate Exams: 16, 22 and 23 February 2020

The B Certificate Examination 2020 was scheduled on 16 February 2020. Sixteen Cadets from SN College appeared for B Certificate Exam 2020 on 16 February 2020. Sixteen Cadets from SN College appeared for B Certificate Exam 2020 on 16 February 2020. The C Certificate Examination 2020 was scheduled on 22 and 23 February 2020. 21 Cadets of SN College appeared for C Certificate Exam 2020.



B & C Certificate Exam Preparation



Cadets with ANO SLt. Dr. Laiju S & SCC Gauri Sankar S. after B Certificate Exam 2020



Cadets with SLt. Sunil A , ANO FMN College, Kollam & PI Staffs of 3 (K) NAVAL UNIT NCC after C Certificate Exam 2020

Visit to SOS Village & Golden Jubilee Year Picnic: 04th & 05th March 2020

SOS (Societas Socialis) Children’s Villages of India is an independent and non-profit organization working towards holistic development of parentless children, women and children belonging to vulnerable families. Striving to achieve their vision where every child grows up in a family with love, respect & security, the organization bases its work on the four pillars of the mother, brothers and sisters, the house and the village. Providing a home-like environment and long-term support to every child up to the age of 24, the members of this organization are committed to the welfare of parentless and abandoned children and to the strengthening of families and communities as a preventive measure in the fight against abandonment and social neglect. The SOS Children’s Village in Cochin established in 1990 presently, nurtures over 150 children, who are looked after by loving SOS Mothers. SOS village relies on contributions from governments and private donors.

As part of the Golden Jubilee Celebration, we organized a Two Day Tour Program on 04 & 05 March 2020 to Kochi. We visited Fort Kochi and SOS Village on 04 March 2020 and sponsored a Child’s Educational expenses for one year. On the second day the cadets enjoyed their time sightseeing in Wonderla and Lulumal.



Fort Kochi



SOS Village, Aluva



Cadets with SOS Family



Secretary SOS Village, receiving donation from SLt. Dr. Laiju S



SOS Village



Wonderla



Anti COVID Activities

Corona Virus Disease (COVID-19) is an infectious disease caused by a newly discovered corona virus (SARS COV-2) which has adversely affected the entire world. To combat COVID 19, Health Department, Government of Kerala launched the mass campaign called "Break the Chain". Naval NCC Subunit of Sree Narayana College, Kollam associated with this campaign. The campaign aims to sensitize the public about the importance of public and personal hygiene to prevent the spread of the corona virus.

We have organized the following activities to fight against COVID 19.

- Produced and distributed hand sanitizers on 20 March 2019 in association with the Department of Chemistry. The distribution of hand sanitizers was inaugurated by Capt. Manoj Anand, Commanding Officer, 3(K) Naval Unit NCC, Thevally, Kollam.
- Supplied sanitizers to Government Victoria Hospital, Kollam on 23 March 2020.
- Supplied hand sanitizers to Railway Mail Service (RMS) Kollam Division.
- Supplied sanitizers to Railway Health Centre on 30 March, 2020.
- Displayed Awareness Banners in the Campus.
- Provided hand sanitizers to students and cadets appearing for university examinations.
- Supported "Janta Curfew" on 22 March 2020 and follow the directions given by Government of India to control the spread of Corona Virus. We made a video clip and uploaded in the face book page of Naval NCC SN Colege, Kollam
- Produced a small Video Clip for creating COVID 19 awareness messages and uploaded the same in the face book page of Naval NCC SN Colege, Kollam. The Video presentation was done by our POC. Avani Akash.
- Gave online counseling services to relatives of COVID-19 patients and public in association with District Child Protection Unit, Kollam.
- Cadets and ANO completed online courses on COVID 19 conducted by Government of India.
- ANO and Cadets registered as volunteers for Ex NCC Yogdan to fight against COVID-19 and served as volunteers in Kollam & Sakthikulangara Harbour.
- Provided material support for online learning to the students of our college.



Preparing hand sanitizers in the Chemistry Lab of SN College, Kollam



Capt. Manoj Anand, Commanding Officer, 3(K) Naval Unit NCC inaugurating the Distribution of Hand Sanitizer by receiving hand sanitizers from SLt. Dr. Laiju, ANO



QR Code for Video Presentation on Anti COVID 19 Activities



Distributing hand sanitizers to staff of 3(K) Naval Unit NCC



Distributing hand sanitizers to students appearing for University Examination



Smt. Manu Prabha, SRO, RMS Kollam Division receiving hand sanitizers from SLt. Dr. Laiju S., ANO



Dr. Anu J Prakash, RMO Victoria Hospital, Kollam receiving hand sanitizers from SLt. Dr. Laiju S., ANO



Displaying COVID-19 Awareness Banner in front of the College Gate

Anti COVID activities at Kollam and Sakthikulangara Harbor from 19 to 27 May 2020





Anti Covid Activities at College Campus from 02 June to 10 June 2020

Cadets were detailed for crowd control, thermal scanning and providing hand sanitizers to students appearing for the UG Examinations.





World No Tobacco Day (WNTD) 31 October 2020

World No Tobacco Day is celebrated around the world every year on 31 May. The Member States of the World Health Organization created World No Tobacco Day in 1987 to draw global attention to the tobacco epidemic and the preventable death and disease it causes. The theme of WNTD 2020 is "Protecting youth from industry manipulation and preventing them from tobacco and nicotine use".

To celebrate this day, Naval NCC Subunit of Sree Narayana College, Kollam conducted pledge taking by cadets, Posture making and Essay Writing Competitions. Since social gathering was restricted, due to COVID 19 Pandemic, cadets ensured online participation in all the activities by staying at home.





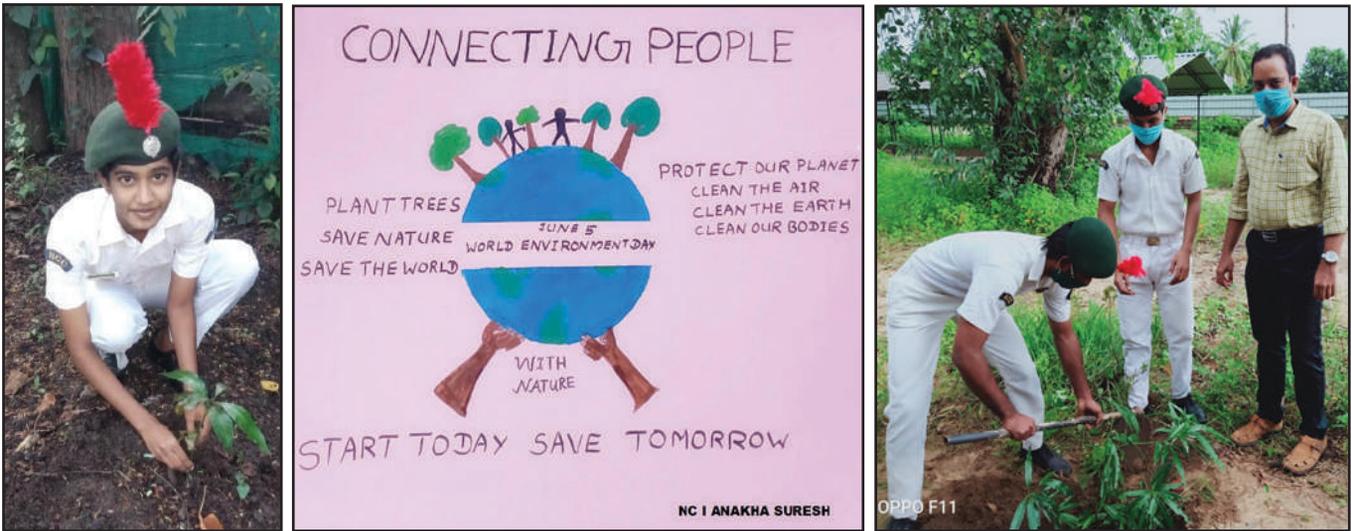
**World Environment Day Celebration:
05 June 2020**

World Environment Day (WED) is celebrated on 5 June every year, and is the United Nations' prime means for encouraging awareness and action for the protection of environment. First held in 1974, it has been a flagship campaign for raising awareness on environmental issues emerging from marine pollution, human overpopulation, and global warming, to sustainable consumption and wildlife crime. The theme for World Environment Day 2020 is, 'Time for

Nature,' with a focus on its role in providing the essential infrastructure that supports life on earth and human development.

The World Environment Day was celebrated by Naval NCC Subunit of Sree Narayana College, Kollam on 5 June 2020. Cadets planted tree saplings in the college campus as well as in their home premises. The saplings planted in the previous year in connection with the World Environment Day, was given an upkeep and their growth was taken note of. In addition, a posture making competition was also conducted for our cadets.





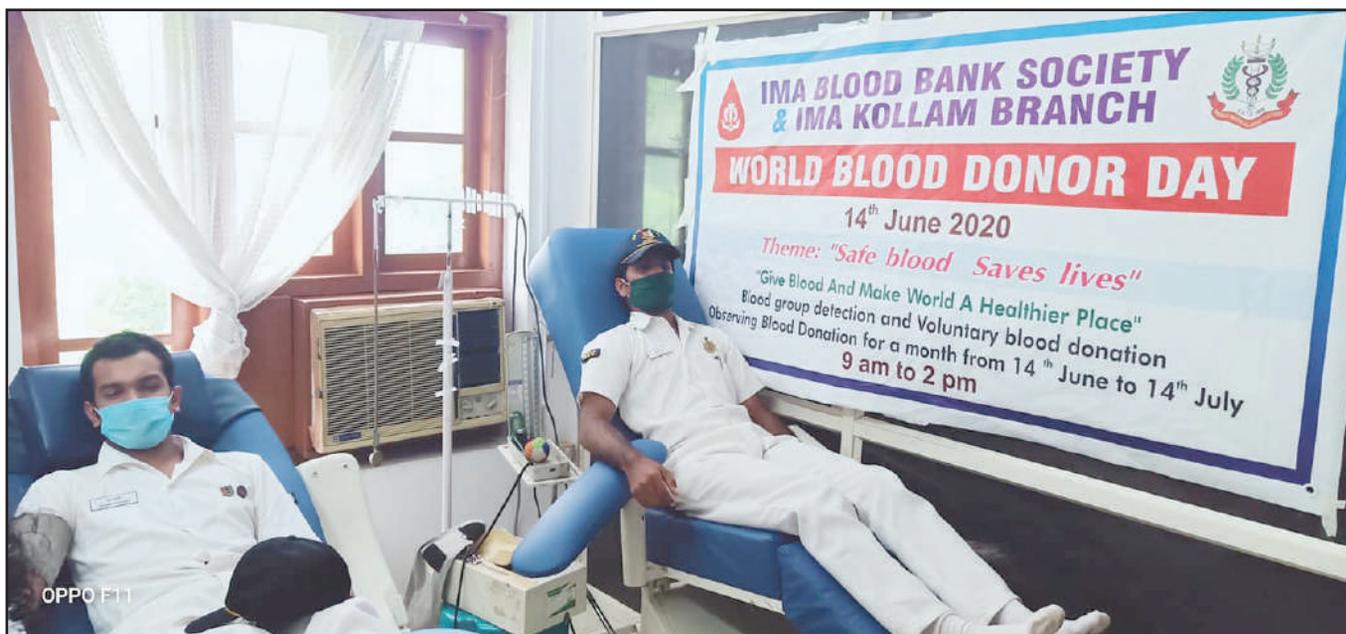
Support for Online Learning

Naval NCC Subunit of Sree Narayana College, Kollam sponsored a television for online learning to a financially backward and physically challenged student.



World Blood Donors Day : 14 June 2020

World Blood Donor Day is celebrated on the birthday of Karl Landsteiner, who discovered various blood groups. Every year, on 14 June, countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank blood donors for their life-saving gifts of blood. The theme for the World Blood Donor Day 2020 is 'Safe Blood Saves Lives' which would be promoted with the slogan 'Give blood and make the world a healthier place.'



Naval NCC Cadets of Sree Narayana College, Kollam donated blood in Indian Medical Association, Kollam Branch

Support for Online Learning during COVID 19 Pandemic

As part of the second phase of the "Support for Online Learning during COVID 19 Pandemic" program, Naval NCC Unit of Sree Narayana College, Kollam started a smartphone collection drive. The Unit collected 5 smart phones and distributed to students of our college. Students with good academic records but facing a back lag due to financial difficulties were handed with mobile phones, so as to equip them for the online classes. College Principal Dr. R. Sunilkumar Inaugurated the program.

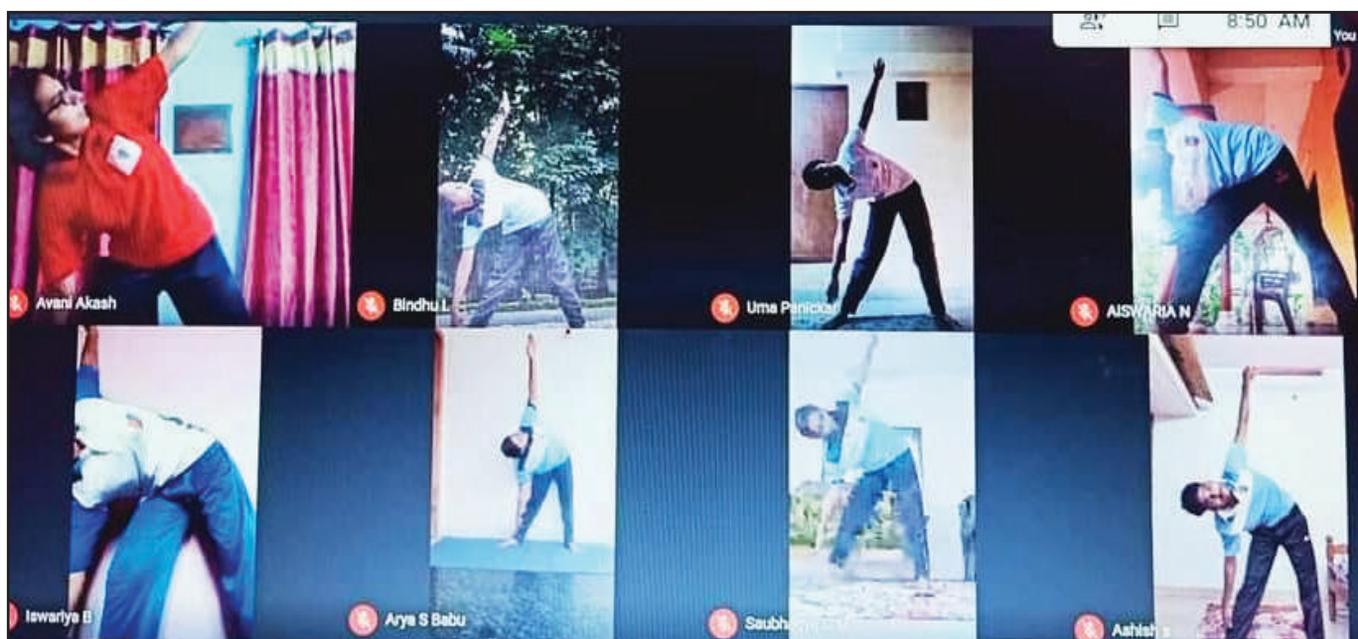




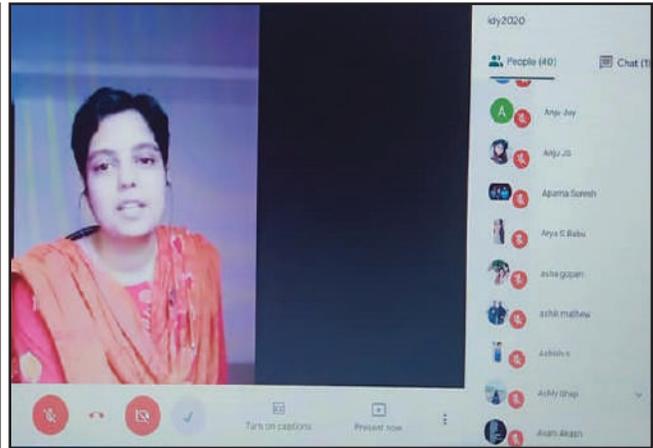
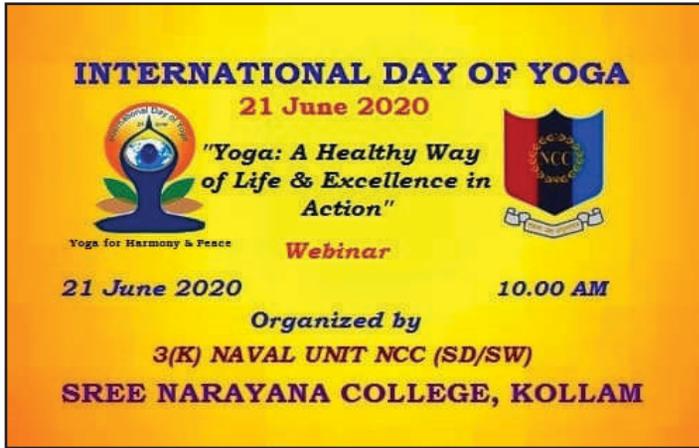
International Day of Yoga (IDY) 2020

International Day of Yoga is celebrated every year on 21 June since 2015. While the social distancing measures adopted by countries to fight the COVID-19 pandemic have shut down yoga studios and other communal spaces, yoga practitioners have turned to home practice and online yoga resources. The theme for IDY 2020 is “Yoga for Health - Yoga at Home.”

Naval NCC Subunit of Sree Narayana College Kollam celebrated International Day of Yoga 2020 by organizing a Webinar and Yoga practice in virtual platform. Naval cadets of our college participated in online yoga practice through google meet. After the yoga practice in virtual platform, Unit organized a webinar on “Yoga: A Healthy Way of Life and Excellence in Action”. Smt. Honey Thattil, Yoga Trainer and Principal Counselor, Family Court, Thirur, Malappuram was the Resource Person.



Yoga practice in virtual platform: Naval NCC Cadets participated in online yoga practice through google meet



Webinar on Yoga: A Healthy Way of Life and Excellence in action. Resource Person Smt. Honey Thattil, Yoga Trainer and Principal Counselor, Family Court, Thirur, Malappuram

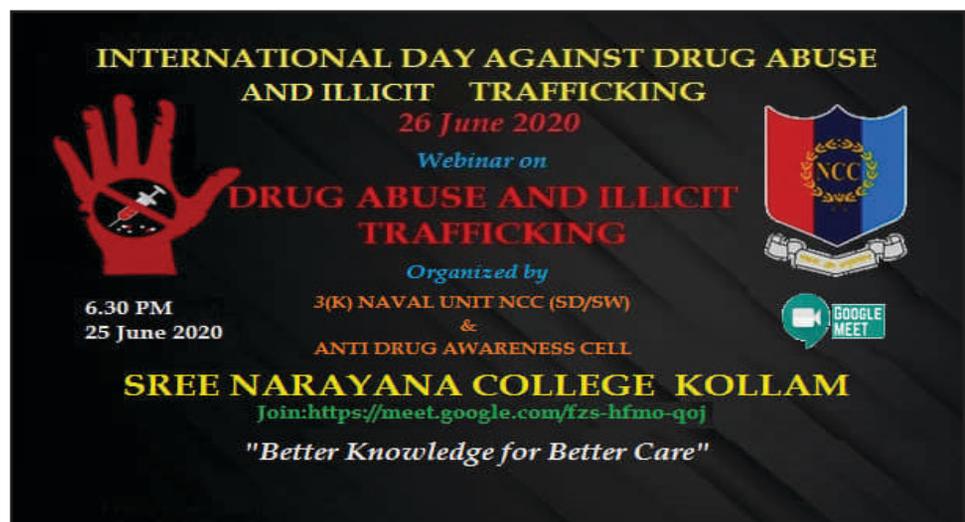
International Day Against Drug Abuse and Illicit Trafficking:



The International Day Against Drug Abuse and Illicit Trafficking, also known as 'World Drug Day', is celebrated annually on June 26 since 1989. The theme of World Drug Day 2020 is "Better Knowledge for Better Care" which emphasizes the need to improve the understanding of the world drug problem and how in turn, better knowledge will foster greater international cooperation for countering its impact on health.

As part of the celebration of The

International Day Against Drug Abuse and Illicit Trafficking, Naval Unit NCC and Anti Drug Awareness Cell of the College jointly organized a webinar on the topic " Drug Abuse and Illicit Trafficking " at 6.30 pm on 25 June 2020. Sri Vijilal PL, Preventive Officer, Excise Department, Karu nagapally circle was the resource Person.

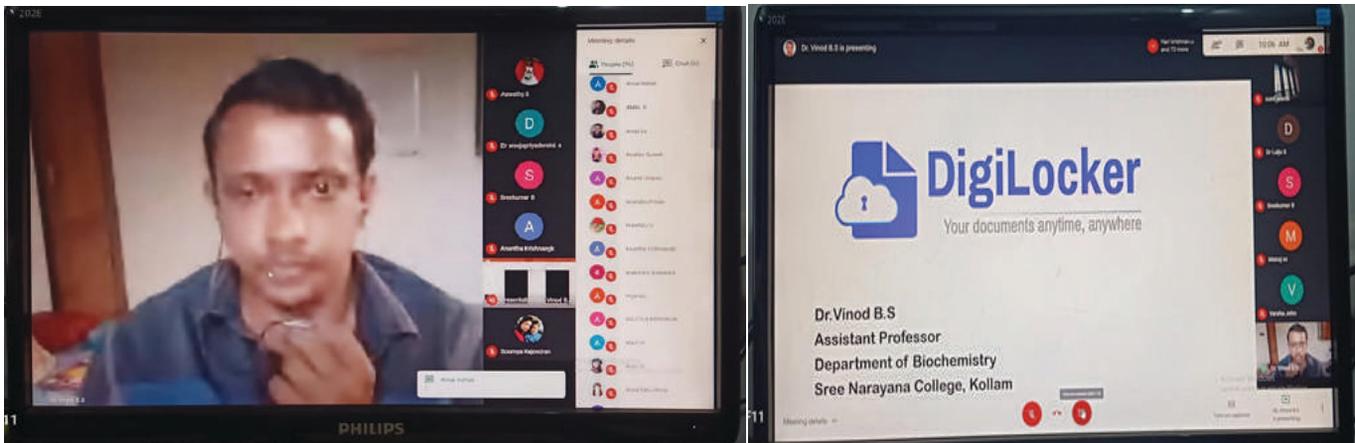


**Naval NCC Cadets of SN College on Anti Covid Duty during
SSLC and Plus Two Examinations at SMHSS Kottara
from 27 to 30 May 2020**



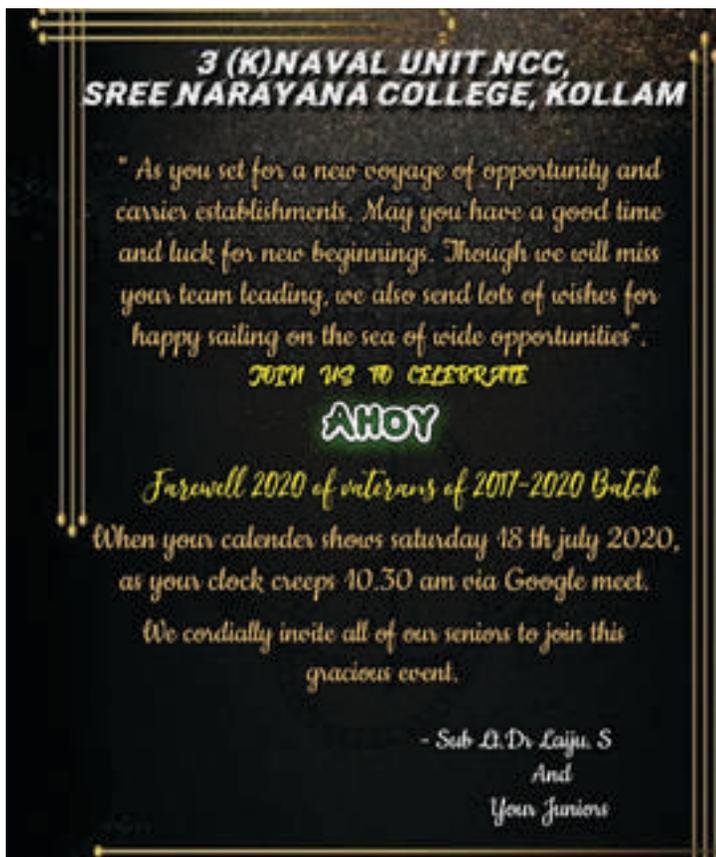
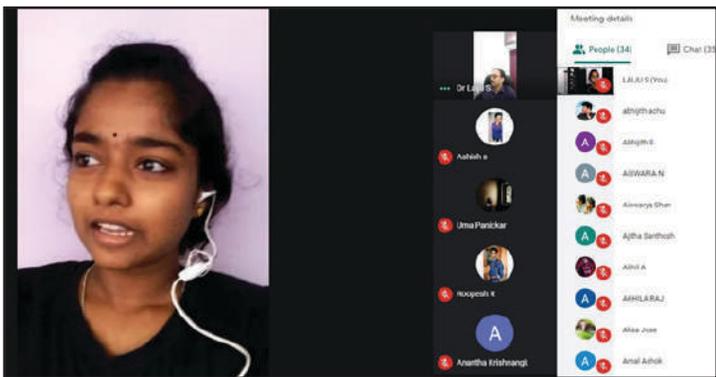
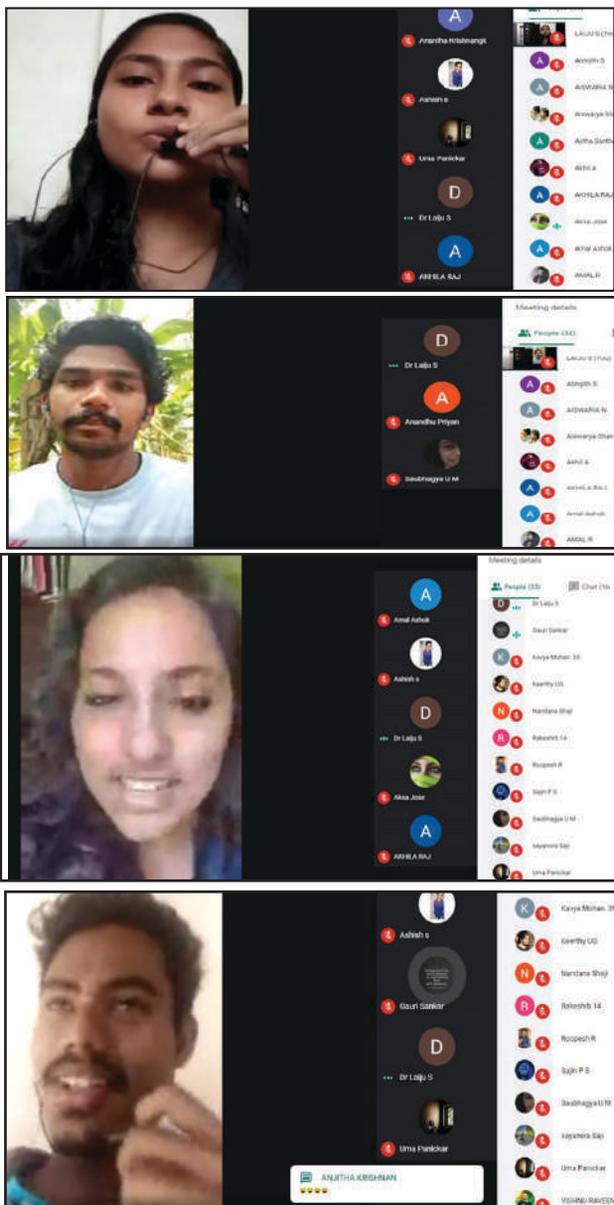
**International Day against Drug Abuse and Illicit Trafficking:
Organized a Posture Competition in association with Anti Drug Awareness Cell**





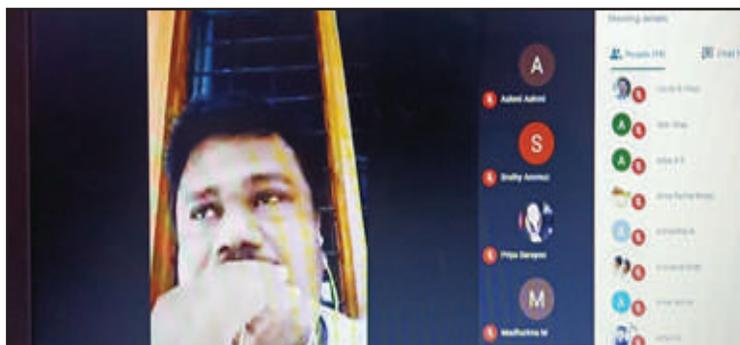
Farewell Meeting of Cadets

Organized a Farewell Function to 2020 rollout cadets on 18 July 2020.



SSB Orientation Program (19 July 2020)

Dr.R. Sunilkumar, College Principal inaugurated the program. Sri. Anoop SR, Faculty member, Kerala Civil Service Academy, Ex. Naval NCC Cadet and our alumni member delivered a talk on SSB Orientation.



Kargil Vijay Divas Celebration 2020

Kargil Vijay Diwas, named after the successful Operation Vijay, is celebrated in India on 26 July. On this date in 1999, India successfully took command of the high outposts which had been lost to Pakistan. The Kargil war was fought for more than 60 days, ended on 26 July and resulted in loss of life on both the sides. The war ended with India regaining control of all the previously held territory, hence re-establishing the status quo ante bellum. Kargil Vijay Diwas is celebrated on 26 July every year in honour of the Kargil War’s Heroes.

On the occasion of Kargil Vijay Divas Celebration, Naval NCC Unit of Sree Narayana College Kollam organized a webinar in association with Department of History on 26 July 2020. Dr. R. Sunil Kumar, College Principal inaugurated the program. Sri. Rishi, Asst. Professor in History delivered a talk on the topic “The Kargil War: Some Reflections.



Ek Bharat Sreshtha Bharat (EBSB)

Naval NCC Unit of Sree Narayana College in association with EBSB Club organized a Webinar on Rajasthan Culture. Smt. Sreedevi Varma, Writer, was the resource person. Dr. R. Sunilkumar, College Principal Inaugurated the Program. The program was really a virtual trip to Rajasthan.



Tree Plantation Pakhwada 2020

3(K)Naval Unit NCC, Sree Narayana College Kollam organized Tree Plantation Pakhwada in July 2020. A total of 50 tree saplings were planted in college premises and cadets home premises.



Hiroshima Remembrance Day: 06 August 2020

3(K) Naval Unit NCC in association with Department of History, Sree Narayana College, Kollam organized a National Webinar on HIROSHIMA DAY: A HISTORICAL NARRATIVE on 06 August, 2020. DR.K. Ashok, Asst. Professor, Madras Christian College, Chennai was the resource person. In addition, a digital posture competition was also organized based on the theme GLOBAL PEACE.



HIROSIMHA REMEMBERED

Dr. K.ASHOK
ASST. PROFESSOR
MADRAS CHRISTIAN COLLEGE
CHENNAI
ashok@mcc.edu.in

(114) 8

Ashok K

Ashok K NEW

Rishy N

Also in the meeting (110)

SREE NARAYANA COLLEGE KOLLAM
Affiliated to University of Kerala
NAAC 'A' grade accredited with 'A' grade

**DIGITAL
POSTER-MAKING
COMPETITION**

THEME : GLOBAL PEACE

All original entries may be submitted in PDF or JPEG format on or before 10th August, 2020 to drlaiju@gmail.com or rishynirmal89@gmail.com

ORGANIZED BY
DEPARTMENT OF HISTORY &
3(K) NAVAL UNIT NCC

Ashok K is presenting

U.S Justification Vs Reality

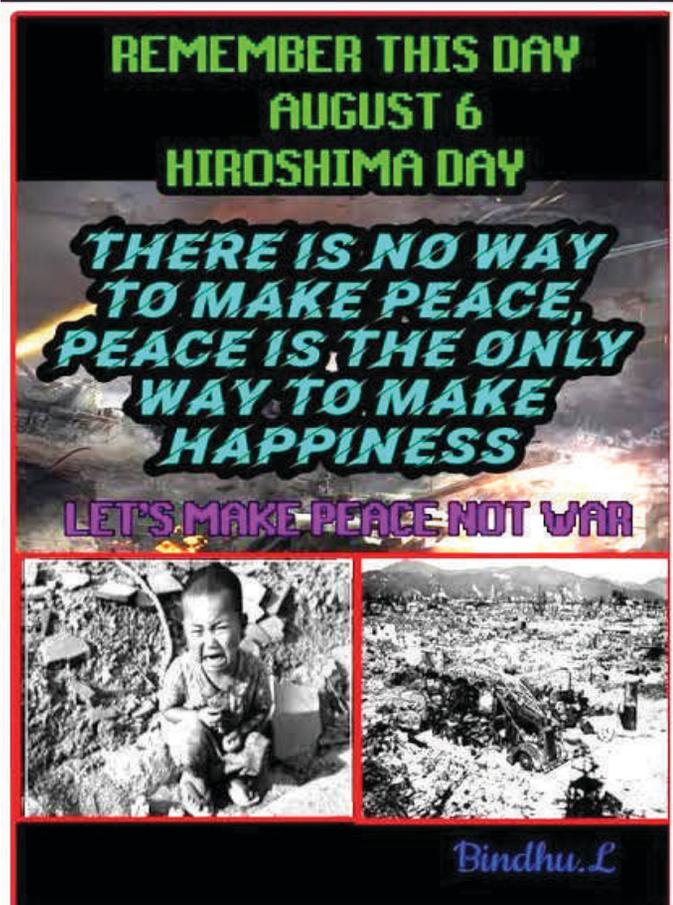
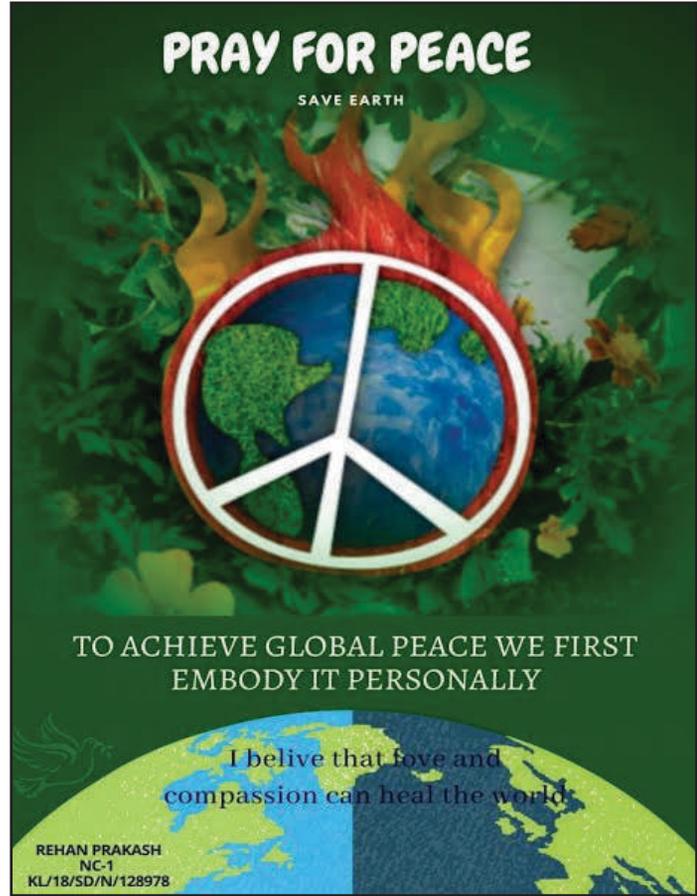
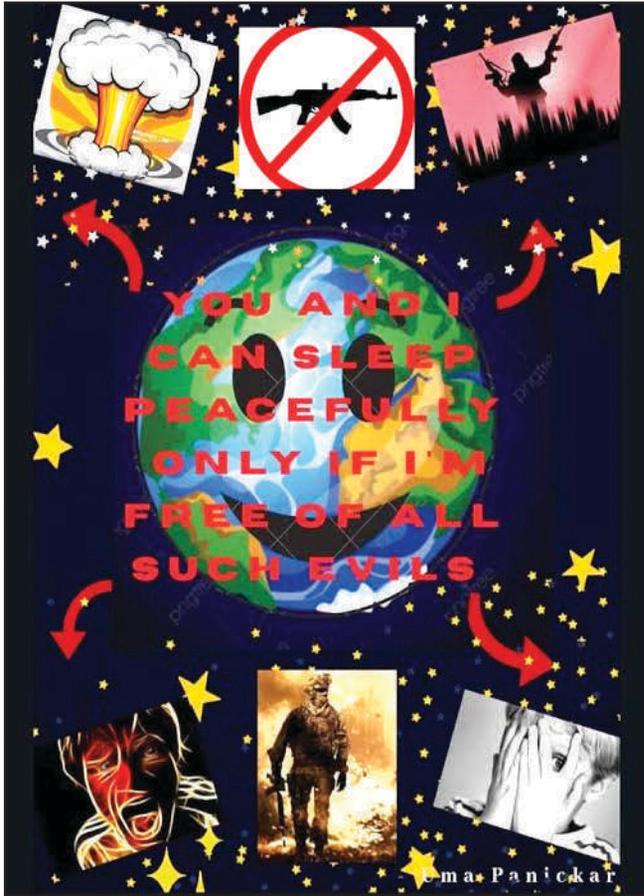
Justification	Reality
<input type="checkbox"/> Pearl Harbour Incident	<input type="checkbox"/> 2 Billion investment
<input type="checkbox"/> To a Reply for Japan's action at Nanking	<input type="checkbox"/> To stop USSR's entry in the Pacific Region
<input type="checkbox"/> To end the WWII	<input type="checkbox"/> Reconstruction of Post war Japan
<input type="checkbox"/> Bombing saved 100's & 1000's of Japanese & American Lives	

aswini R's has left the meeting

Meeting details

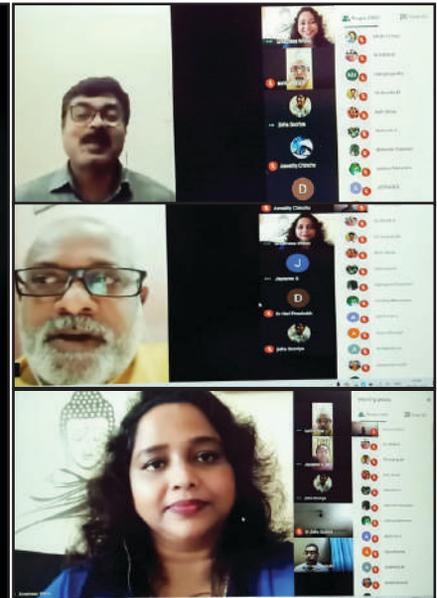
People (116) Chat

- LAJU S (You)
- 01 Akhil VS
- Abdu Saleem
- abhijith achu
- Abhirami Kumar
- Abhishek Abraham Mathew...
- ASWARIA N
- Aswarya Shan
- Aswarya VR
- Akhil Anuradhan
- Akshaya Sajeev



Webinar: Mental Health in the Time of COVID-19

Naval Unit NCC, in association with Internal Quality Assurance Cell (IQAC), Counseling Cell and Health Club of Sree Narayana College, organized a National Webinar on MENTAL HEALTH IN THE TIME OF COVID -19. Dr. Vidhu Vasudev, Counseling Psychologist and Clinical Hypnotherapist, Rejuvani Wellnes Mindcare, Mumbai was the Resource Person. Dr. R. Sunil Kumar, College Principal Inaugurated the Webinar.



Independence Day 2020

Independence Day marks the end of British rule in 1947 and the establishment of a free and independent Indian Nation. It also marks the anniversary of the partition of the subcontinent into two countries, India and Pakistan, which occurred at midnight on August 14–15, 1947. Independence day is celebrated every year by the unit with great enthusiasm. Every year, our cadets participated in the Independence Day Parade organized at Lal Bahadur Stadium. Due to COVID 19 pandemic, we celebrated independence day in our college.



Fit India Campaign : 15 August to 14 September 2020

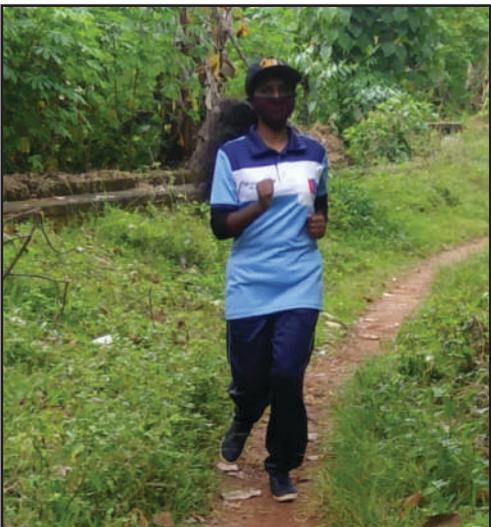
Fit India Movement is a Nationwide movement in India to encourage people to be healthy and fit by including physical activities and sports in their daily routines. The motto of Fit India Movement is 'to make a healthy generation'. It was launched by Prime Minister of India on 29 August 2019 on our National Sports Day. The campaign have a fitness pledge viz., "*I promise to myself that I will devote time for physical activity every day and I will encourage my family members and neighbors to be physically fit and make India a fit Nation*".

Activities Conducted

- **The Fit India Run** (From 15 August to 14 September 2020): was organised comprising of the ANO, six Cadets, two Ex. cadets and 20 students of the college.
- **The Fit India Cycling:** was organised with the participation of (8 SD and 6 SW)
- **The Fit India Dancing:** was organised with five SW cadets showcasing dance performance
- **The Fit India Webinar:** Unit organised two webinars on the topics, 'Fitness for a Better Life' and 'Fitness Strategies for Holistic Wellbeing'.
- **Fit India Pranayama:** 10 Cadets practiced Pranayama
- **Fit India Posture Making:** 11 Cadets participated in the posture making in connection with Fit India Campaign.

FIT INDIA RUN





FIT INDIA CYCLING



FIT INDIA PRANAYAMA



FIT INDIA DANCE





Never too late and you're never too old to become better.

Exercise is king. Nutrition is queen. Put them together and you've got a kingdom.

SAYANORA SAJI

Be Fit



HUM FIT TOH INDIA FIT

Beat The Rest

Sreelal M G

FIT INDIA

Take Care Of Your BODY



It is the only place You have to LIVE

RAKESH B B

FIT INDIA



Make fitness your favourite habit!

Amal VS

FIT INDIA

Make fitness your favourite habit.



DISCOVER THE NEW YOU

FIT INDIA

Fitness is not about better than someone else, it is about better than you used to be..



Aiswarya.S

FITNESS ISN'T A SEASONAL HOBBY



FITNESS IS A LIFESTYLE

CREATE HEALTHY HABITS
MAKE YOUR MIND POWERFUL

Sajin P S

FIT INDIA

Bindhu.L

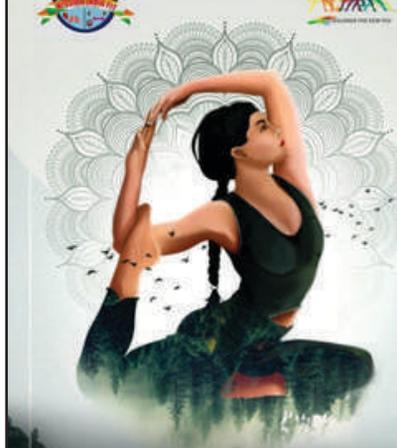
A Healthy OUTSIDE starts from INSIDE



Be the best version of you

#fit environment
#fit mind
#fit body

FIT INDIA



FIT IS NOT A DESTINATION

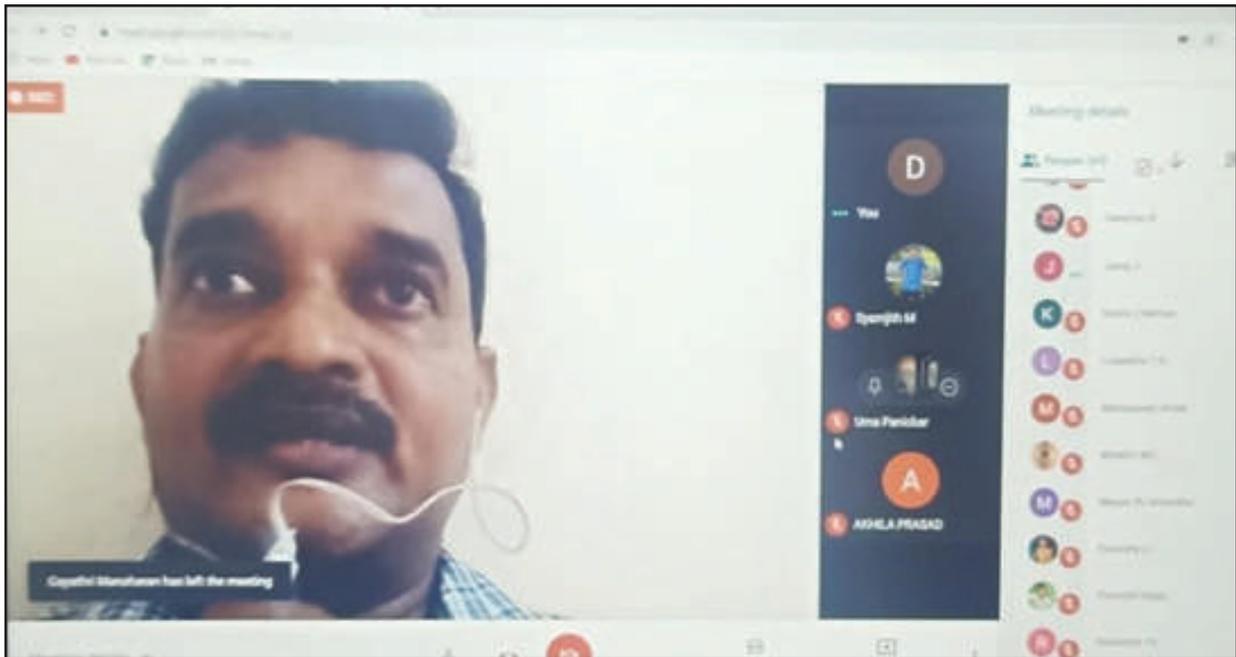
IT IS A WAY OF LIFE

IF THE BODY IS FIT, THE MIND IS A HIT

ARYA S BABU

FIT INDIA WEBINAR

3(K) Naval NCC subunit of Sree Narayana College, Kollam in association with Health Club organized a webinar on FITNESS: FOR BETTER LIFE. Dr. R. Sunilkumar, College Principal inaugurated the webinar. Prof. Jairaj J. Asst. Professor in Physical Education, Government College, Attingal and Syndicate Member, University of Kerala delivered the Keynote Address.







15 August to 14 September 2020

Webinar on
FITNESS: FOR A BETTER LIFE

Date: 10 September 2020 Time: 10.00 AM
 Platform: Goolge Meet

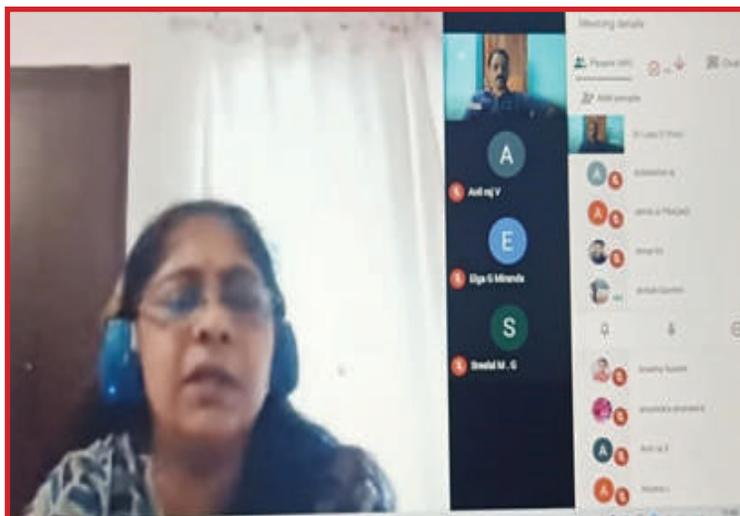
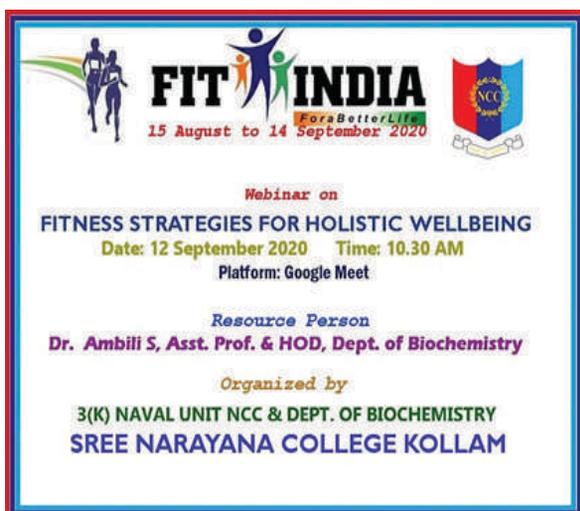
Resource Person
Sri. JAIRAJ J, Asst. Prof., Dept. of Physical Education
 Govt. College, Attingal & Syndicate Member, University of Kerala

Organized by
3(K) NAVAL UNIT NCC & HEALTH CLUB
SREE NARAYANA COLLEGE KOLLAM

FIT INDIA WEBINAR

FIT INIDA Webinar II

3(K) Naval NCC subunit of Sree Narayana College, Kollam in association with Department of Biochemistry organized a webinar on 'Fitness Strategies for Holistic Wellbeing'. Dr. R. Sunilkumar, College Principal inaugurated the webinar. Dr. Ambili S., Asst. Professor in Biochemistry of our college delivered the Keynote Address.



Cadet Enrichment Training Program : 15.08.2020 to 15.09.200



As part of the training program of NCC Cadets, 3(K)Naval NCC Subunit of Sree Narayana College, Kollam organized an Enrichment Training Program of 50 hours duration for our Cadets. The training program started on 15 August 2020. The main events of the program include: Goal Setting, Communication skills Training, Training on Group Discussion, Interview Skills, Resume Preparation, Leadership Training, Life Skills Training, Assertiveness Training, Personality Development Training, Self Esteem, Career Guidance and Study habits.

OUTSTANDING ACHIEVEMENTS OF PRESENT CADETS



SCC Gauri Sankar S

- Represented the Kerala and Lakshadweep NCC Directorate in the Republic Day Camp 2020 at New Delhi from 01 to 29 January 2020.
- Won the Second Position in Best Cadet Naval Wing Category in 2020 RDC
- Received DG NCC Commendation Card 2020 for her outstanding performance.
- Selected as Senior Cadet Captain of 3(K) Naval Unit NCC, Thevally, Kollam. She is the first SW Cadet of 3(K) Naval Unit who has been promoted to Senior Cadet Captain.
- Received Chief Ministers Scholarship for NCC Cadets in 2019
- Awarded second best cadet award 2019 instituted by Cadet Welfare Society
- Received Best Cadet Award instituted by Ex Naval NCC Cadets Alumni Association of Sree Narayana College, Kollam.



POC Kavya Mohan

Represented Kerala and Lakshadweep NCC Directorate in the Republic Day Camp 2020 at New Delhi from 01 to 29 January 2020. She was selected for All India Rajpat Rally

LCdt. Vishnu Raveendran

Represented Kerala and Lakshadweep NCC Directorate in the All India Nau Sainik Camp-2019 held at Naval Base, Visakhapattanam from 14 to 22 October 2019.



LCdt Roopesh R

Represented Kerala and Lakshadweep NCC Directorate in the Republic Day Camp 2020 at New Delhi from 01 to 29 January 2020. He was selected for All India Guard.

POC Ananthakrishnan GK

Represented Kerala and Lakshadweep NCC Directorate in the All India Nau Sainik Camp-2019 held at Naval Base, Visakhapattanam from 14 to 22 October 2019.



NC I Anadhu P

Represented Kerala and Lakshadweep NCC Directorate in the Republic Day Camp 2020 at New Delhi from 01 to 29 January 2020. He was selected for All India Rajpath Rally.

POC Avani Akash

Represented Kerala and Lakshadweep NCC Directorate in the All India Yachting Regatta-2019 held at Naval Base, Chilka from 11 to 18 November 2019.



POC Umarani Lobby Panickar

- Attended YEP Selection Camp at Delhi from 01 to 05 January 2020
- Represented Kerala and Lakshadweep NCC Directorate in the All India Nau Sainik Camp -2019 held at Naval Base, Visakhapattanam from 14 to 22 October 2019.

CADETS ARTICLES

ABROGATION OF ARTICLE 370

POC UMARANI LOBBY PANICKAR
KL/18/SW/N/128997

When India got independence, integration of princely states was a major challenge to the then Government of India. The first Home Minister of India, Sardar Vallabhai Patel also known as “Bismarck of India” and “Iron man of India” took the challenge of amalgamating 562 independent states. He did face difficulty in integration of Junagadh, Hyderabad and Kashmir. Where Junagadh wanted to join Pakistan and the remaining two desired sovereignty. Patel used his clever mind and tactics to integrate Junagadh and Hyderabad but it wasn't same for Kashmir. King of Kashmir Raja Hari Singh neither wanted to be a part of India nor Pakistan. Soon after India got independence, Pakistan as a new Islamic state was created and Jammu and Kashmir signed a Standstill Agreement with Pakistan. But later when Pakistan started intruding in Jammu and Kashmir, the Maharaja of Jammu and Kashmir, Raja Hari Singh signed Instrument of Accession Bill with India and asked for help. Indian government and forces did help the state of Jammu and Kashmir from that attack but in return they asked them to join the Indian Territory. Now Jammu and Kashmir became a part of Indian Territory but unlike other Indian states, she had a Constitution of her own which gave that state a special status, privilege and autonomy. The Constitution of Jammu and Kashmir had some similarities to that of Indian Constitution. Eg. they had preamble, DPSP, etc. in common. They were not completely bound to obey the Indian Constitution like other states and could create laws within their state for permanent residents. The Constitution of Jammu and Kashmir was adopted and came into existence on 26th January 1956. This state owned her powers and autonomy. It had a separate flag, separate anthem/state song, separate constitution, Kashmiris had dual citizenship, etc.

Now under part 21 of the Constitution of India, “Temporary, Transitional & Special provisions”, the state of Jammu and Kashmir has been accorded special status under article 370. Article 35A was incorporated in the Indian Constitution through constitutional amendment even before the constitution of Jammu and Kashmir came into existence. This article grants special privileges and rights to the permanent residents but denies right to several others who too have genuine claims. It debars non residents of Jammu and Kashmir from buying land or property, getting a government job or voting in Assembly elections in Jammu and Kashmir. These articles exempted Jammu and Kashmir from the Indian Constitution. It allowed the state of Jammu and Kashmir to make its own laws in all matters except finance, defence, foreign affairs and communication. It also allowed them to establish separate constitution, flag, denied property rights in the region to the outsiders.

On 5th August, 2019 under NDA government both houses of Parliament adopted the resolution for scrapping of this particular article and also received President's constitutional order. Soon after which chaos started in Jammu and Kashmir, especially in Kashmir as many were opposing the fact of now being permanent citizens of India because some of them wanted independent Kashmir and some wanted to be a part of Pakistan. Since Instrument of Accession was signed between Raja Hari Singh and Indian government, the state of Jammu and Kashmir eventually became a part of India. Now the Indian Constitutional laws will be equally applicable on the citizens of Jammu and Kashmir, Fundamental Duties and DPSP will be applicable on the state, Article 360(financial emergency) will be applicable, minorities ie Hindus and Sikhs will get 16% reservation, RTI and right to education will be applicable, duration of legislative assembly will be of 5years and not 6years, Article 35A will be nullified, any women from Jammu and Kashmir still retain her rights and citizenship even after marrying outside the state.

Abrogation of Article 370 was also an ideology of BJP Government. Thus this was expected for national interest. Following are downside of scrapping article 370 - Kashmiri citizens can no longer hold dual citizenship. The method used to revoke article 370 has further strained the delicate relationship between India and Pakistan. It has instilled fear and insecurity among some sections. People fear that the same can happen in their respective states and people will have no say in it. It was due to these reasons many people all over India including leaders from opposition, influencers and leaders and members from international forum condemned this act of the Government of India. Also Pakistan tried several times to take China into confidence and take her support to criticize and suppress this move of Indian government at United Nations.

Some perks of abrogation of article 370 are, finally it is One Nation, One Constitution. This helps build feeling of nationalism and unity. It will also open doors for private sectors to invest in the state which will eventually boost the economy, there will be other scope of opportunities than tourism, centre will be able to provide better medical assistant to the people of this state and authorities are in better position to curb terrorism. It wasn't an easy job for the government because many militants in Jammu and Kashmir and anti nationals were funded and equipped to create havoc. So to avoid this, GOI had to declare emergency in the state for a prolonged period with cut in internet facility. Also several leaders from the state were under house arrest so that they don't stimulate people to create havoc. Some of the prominent leaders were Mehabooba Mufti, Omar Abdulla, Farook Abdulla, etc. This measure was also called "draconian law" by many and people challenged the existence of democracy in this nation.

All the above said problems, retaliation, criticism, hate, support, applause, etc went on for months. There were two significant groups. One with the government and another against. But now everything's back to normal. Jammu and Kashmir and Ladhak are two different union territories. Where people can move to these UT's and purchase property, trade, marry, etc. Also communication, internet and all other facilities are provided like earlier. Thus abrogation of Article 370 is a victory for Union of India.

Jai Hind !



DIGITAL INDIA

NCI SREELAL MG
KL/19/SD/N/128956

Digital India is a campaign to ensure the Government services are available to all the citizens of this country electronically through increasing internet connectivity and improved online infrastructure or by making the citizen of this country empowered (digitally) in the field of technology. This campaign was launched on 1 July 2015 by the Prime Minister Narendra Modi with a motto of "Power to Empower". It holds an important aspect to the other key schemes of India, such as Make in India, Industrial Corridor, Dedicated Freight Corridor, Sagarmala, Bharatmala, UDAN-RCS, Digital India, BharatNet and UMANG. The main aim of this initiative is to connect rural areas with high speed internet connectivity and increase digital literacy. This campaign comes under the ministry of electronics and IT and led by Ravi Shankar Prasad and DP Chaudhary.

Digital India aims at delivering government services digitally. Digital India can envisage universal digital literacy and thereby digital India puts forward a secure and stable digital infrastructure comparatively in rural area. Mobile applications and cloud computing are considered as catalysts for rapid growth of a nation's economy, this has laid path for wider acceptance and applause for digital India. Digital technologies has readily increased and had widespread impact over economy as well as digital revolution. But in India governmental support has only been extended indirectly through governmental establishments. Digital India has given a transparent medium of exercising and exploring the extent of digital technologies even to the digitally illiterate. The objective of this campaign is to come out with ideas and practical solutions for creating opportunity for all the citizens to harness modern technology and transforming our nation. Each and every citizen must be empowered enough to have an access to digital knowledge, information and services. This programme includes growth in areas of products, manufacturing, job opportunity, electronic services. Digital India targets digital infrastructure as a utility to every citizen.

Bharat broadband networks limited (BBNL) which is executing the Bharat Net Scheme will also be responsible for the Digital India project. Apart from universal access to mobile connectivity, manufacturing and delivery of services of electronics to the rural areas digital India brings E-governance, E-shopping, digital locker, e-health, e-education, etc. along with government has an idea of launching Bonet cleaning centers as a part of digital India. For tax payment, bill payment, AADHAR, PAN, EPFO, digital India has aimed at bringing UMANG (Unified Mobile Application for New-age Governance) application.

This campaign has gained from various other countries like South Korea, Vietnam, US, the UK, Japan etc. Top CEOs from other countries and India have given a word to invest 224.5 lakh crore towards the programme. Digital India brings a platform which is a global one which can pave the way for huge startups and thereby India in future can make an immense leap in cyber space.



SWATCH BHARAT CAMAPAIGN

POC AVANI AKASH
KL/18/SW/N/128992

Swatch Bharat Abhiyan is one of the most popular missions in the history of India. This campaign was introduced by the Prime Minister, Narendra Modi and was launched on 2nd October 2014 to honor Mahatma Gandhi's vision of a clean city, state and country. The major objective of the Swatch Bharat Abhiyan was to spread the awareness of cleanliness and the importance of it. Moreover, it vouched for basic sanitation facilities (solid and liquid waste disposal systems), village cleanliness and safe and adequate drinking water supply to each and every person.

The Swatch Bharat Abhiyan cleanliness programme was started with the slogan "one step towards cleanliness". Many planned initiatives were done by the Government. The Government appointed CPWD with the responsibility of disposal of waste from Government offices. The Ministry of Railway planned to have the facility of cleaning on demand, clean bed-rolls from automatic laundries, bio-toilets, and dust bins in all non-AC coaches. The Centre will use its Digital India project in conjunction with the Swatch Bharat Abhiyan to have solar-powered dustbins, which send alerts to sanitation crew one they are full. The Swatch Bharat Swatch Vidyalaya Campaign was launched by the Minister of Human Resource Development, Government of India by participating in the cleanliness drive along with the school teachers and students. Evaluation of campaign done as per an independent survey released by Quality Council of India in August 2017, overall national rural "household access to toilet" coverage increased to 62.5% and usage of toilets to 90.3% with Haryana top in the national ranking with 99% of households in rural areas covered and usage of toilets 100%. World Health Organization (WHO) has in its report stated that at least 18,000 diarrheal deaths were averted in rural India since the launch of the Swatch Bharat Mission. According to a survey carried out in 2018 and published in 2019 by National Statistical Office (NSO), 71% of rural households had access to toilets as of 2018. Though this was at odds with the Indian government's claim in 2019 that 95% of rural households had access to toilets, NSO's numbers still indicated a significant improvement over the situation during the previous survey period in 2012, when only 40% rural households had access to toilets.

According to the survey among top 50 clean cities:

- Gujarat has a maximum of 12 cities
- Madhya Pradesh with 11 cities
- 8 in Andhra Pradesh
- Telangana and Tamil Nadu account for 4 cities each
- Maharashtra with 3 cities

As a conclusion to this, I would like to highlight some points:

- Sanitation needs to be seen as life cycle issue and hence providing sanitation facilities at work, education and other public spaces are important.
- This requires investing in the right place at the right time and in the most appropriate manner.
- The Swatch Bharat Abhiyan should not become yet another government scheme that makes the right noises initially only to die a quiet death once the spotlight moves away.
- Swachh Bharat Abhiyan is definitely with great goals and objectives, the issue associated with finance, implementation and awareness needs to be tackled in the right manner, every citizen of India should involve themselves and inculcate the behavioral changes to the literates and illiterates towards cleanliness respectively.



NC I SAUBHAGYA UM
KI/19/SW/128964

DIGITAL INDIA: A VISION FOR BETTER INDIA

Digital India was launched by Narendra Modi, the Prime Minister of India on 1 July 2015 with the objective of providing rural areas with high speed internet networks and thereby improving digital literacy. Digital India programme mainly focused on inclusive growth in areas of electronic services, and manufacturing. Major thrust areas included Digital Infrastructure as a Utility to Every Citizen; Governance and Services on Demand; and Digital Empowerment of Citizens. Some of the facilities provided through this initiative were Bharat Net, Digi Locker, E-education, E-health, E-sign, E-shopping and National Scholarship Portal. As part of Digital India, Indian government also commenced Botnet Cleaning and Malware Analysis Centers. "Power to Empower" was declared as the official motto and the key people were Ravi Shankar Prasad and SS Ahluwalia.

Digital technologies have permeated into more and more aspects of our private and public life spaces. A lot of us increasingly depend on them to order groceries, book a taxi ride or train and flight tickets, file tax returns and apply for a passport. The entire basket of Information and Communication Technologies (ICTs) - laptops, tablets, smart phones, broadband and WiFi connectivity seem to represent a new wave of general purpose technologies, similar to what electricity was in the early 20th century and steam engines were in the early 19th century. India, home to the second largest population in the world has witnessed tremendous economic growth since the past few years but in terms of the usage of digital technologies the market still remains largely untapped. All this leads up to the not so unsurprising optimism and euphoria that engulfs our current set of policy makers and large global corporate that sell and often control, important components of these digital technologies.

The Indian story of the past couple of decades seems to have its own set of blemishes. There are many within the country and outside, who are growing increasingly impatient with the reality that we are not anywhere close to global benchmarks when it comes to the state of our basic physical infrastructure roads, water and electricity and also those related to sanitation, public health and primary education. The frustration manifests more amongst those who see themselves connected or have a potential to connect to important global networks and supply chains such as software and financial services; commodity trading, bargaining vis – a- vis other constituents of these networks.

There is another set of people who are equally concerned with the state of basic infrastructure but they may look at the solution more from its utility. In addressing the inequities, some of them they look with respect to deep seated exploitative relations and institutions in our society. The former group would see government of India's flagship Digital India programme as an opportunity to include digital infrastructure in the same category of public goods such as roads, electricity, etc and hence, push for laying more broadband labels, creating more WiFi hot spots and freeing up more spectrum for commercial data exchange.

Framers of development policies worldwide and in India have realized that an explicit recognition of the pathways through which the poor and marginalized contribute and benefit in the economic growth process is important. The entire human development discourse derives from such an understanding. More recently, it has also played a key role in informing the newly formulated Sustainable Development Goals (SDGS) that were adopted by the United Nations General Assembly

during the SDG Summit in New York on September 25, 2015. The event was attended by over 150 heads of states, including the Indian Prime Minister, though the relevance of it was overshadowed by his visits to corporate headquarters in California.

While one cannot deny the importance of digital infrastructure, such as the ones mentioned above, in the present age, it is equally important to understand that they may not be of much help in addressing governance and development concerns unless they are integrated into a wide reforms agenda, which could often involve not so popular, structural and institutional change. One such could be the long call for real and effective devolution of functions, finances and functionaries to local government bodies, which has in most instances, continued as a mere lip-service even after constitutional amendments of the early 1990s.

The programme has been favored by multiple countries including the US, Japan, South Korea, the UK, Canada, Australia, Malaysia, Singapore, Uzbekistan and Vietnam. At the launch ceremony of Digital India Week by Prime Minister Narendra Modi in Delhi on 11 July 2015, top CEOs from India and abroad committed to invest Rs. 224.5 lakh crore towards this initiative. The CEOs said the investments would be utilized towards making smart phones and internet devices at an affordable price in India which would help generate jobs in India as well as reduce the cost of importing them from abroad.

Leaders from Silicon Valley, San Jose, California expressed their support for digital India during PM Narendra Modi's visit in September 2015. Facebook's CEO, Mark Zuckerberg, changed his profile picture in support of digital India and started a chain on Facebook and promised to work on WiFi hotspots in rural areas of India. Google committed to provide broad band connectivity on 500 railway stations in India. Microsoft agreed to provide broadband connectivity to five hundred thousand villages in India and make India its cloud hub through Indian data centers. Qualcomm announced an investment of US dollar 150 million in Indian startups. Oracle plans to invest in 20 states and will work on payments and smart city initiatives. However, back in India, cyber experts expressed their concern over internet.org and viewed the Prime Minister's bonhomie with Zuckerberg as the government's direct approval of the controversial initiative. Prime Minister Narendra Modi's chemistry with Facebook CEO Mark Zuckerberg may have been greeted enthusiastically in Silicon Valley but back home several social media enthusiasts and cyber activists were disappointed. Later the Prime Minister's office clarified that Net neutrality will be maintained at all costs and vetoed the basic Internet plans. Digital India has also been influential in promoting the interests of the Indian railways.

Several academic scholars have critiqued ICTs in development. Some take issue with technological determinism, the notion that ICTs are a sure fire antidote to the world's problems. Instead governments must adjust solutions to the specific political and social context of their nation. Others note that technology amplifies underlying institutional forces, so technology must be accompanied by significant changes in policy and institutions in order to have meaningful impact.

It is being thought that there needs to be more research on the actual worth of these multimillion dollar government and ICT for developmental project. For the most part, the technological revolution in India has benefited the already privileged sectors of Indians. It is also difficult to scale up initiatives to affect all Indians and fundamental attitudinal and institutional change is still an issue. While much ICT research has been conducted in Kerala, Andhra Pradesh, and Gujarat, poorer states such as Bihar and Orissa are rarely mentioned.

Digital India as a programme has been considered by some as a continuation of the long history of bias towards RIL. Reliance Jio has cited the Digital India initiative numerous times for its own marketing purpose. Internet subscribers had increased to 500 million in India as of April 2017. On 28 December 2015, Panchkula district of Haryana was awarded for being the best as well as the top performing district in the state under the Digital India Campaign. India is now adding approximately 10 million daily active internet users monthly, which is the highest rate of addition to the internet community anywhere in the world.



AYUSHMAN BHARAT

POC UMARANI LOBBY PANICKAR

KL/18/SW/N/128997

Ayushman Bharat Pradhan Mantri Jan Arogya Yojna was introduced by the NDA Government in Budget 2018. Ayushman Bharat is a part of National Health Protection Mission. This scheme was introduced in states and was well accepted and applauded. Many Indians called this scheme 'Modi Care', 'Namoo Care etc. Since there is no health scheme as big as this one in the world, even the World Health Organization had to declare it a 'Game Changer', not only in the politics of the nation, but also for the World Health Standards. Ayushman Bharat is basically a health Bima and not life Bima. Here, every family under this scheme gets a benefit cover of 5 lakh per year. This Bima works differently from others - here the beneficiary need not pay a single penny as that would be done by the central and state government with an expense ratio of 60:40 where 60% is paid by the central government. The central government plans to provide the benefits of this scheme to 10 crore families which can aim up to approximately 50 core people. These people are selected by Socio Economic Castes Census (SECC) and usually belong to poor, tribal, helpless families. The main agenda of the Government of India is to help these helpless groups from falling below poverty line because of the expensive health care services. This is one of the major reasons for huge populations to be under poverty line, as many a times, they sell their assets; break their savings only to meet their medical expenses.

Some perks of this scheme are that it will cover all kind of secondary care and almost all of tertiary care required for the patient. This scheme also integrates Ayush treatments and services, and also aims at providing free and cheap drugs to the people. "Jan Aushodi Stores", basically sells generic medicines at comparatively less rate than other drug sellers. Moreover, this scheme covers pre and post hospitalization expenses, provides a defined transport allowance per hospitalization and is also portable in nature. By portable it means the scheme is portable across the country, i.e., it provides treatment not only via government hospitals but also some private empanelled hospitals across country. Many people have benefitted through it but there are also some loopholes attached to the scheme.

One of the major drawbacks is that not all states have accepted the scheme for implementation in their states. States like West Bengal, Kerala, Orissa, Punjab, and Delhi have raised questions related to reliability of the scheme. State like Punjab are not willing to Pay 40% of the expense for health Bima and want to continue their regional health scheme. But others are challenging Central Government and NITI Ayog on their mathematics and credentials. Next challenge associated with implementation of this scheme is that the doctors from private hospitals are denying the treatment under this scheme as it would lead to massive financial loss. Still, this is an amazing initiative taken by the Government of India to provide equanimity amongst all the citizens.



POC AMAL ASHOK
KL/17/SD/N/128969

MAKE IN INDIA

The India Government launched the Make in India policy on 25 September 2014. The main objective of the campaign was to boost the domestic manufacturing sector, attract foreign investors to invest into the Indian economy with an intention of revolving manufacturing business and reduce the dependency on imports. Besides it set various targets which were meant to change the entire economy of the country positively. This initiative utilized the talent, skill, discipline and determinism of youths of India. India will be the youngest nation with 65% of its population below 35 years of age. This initiative will reduce unemployment by bringing development and growth. It will target 25 sectors of the economy like automobile, mining, electronics, etc. It will provide employment to more than 10 million people. Manufacturing currently contributes just over 15% to the national GDP. The aim of this campaign is to grow this to a 25% contribution as seen with other developing nations of Asia.

The Prime Minister called for all those associated with campaign especially, the entrepreneurs and the corporate to discharge their duties as Indian nationals by first developing India for investors and to endow the country with foreign direct investments. He stressed on poverty alleviation that would inevitably accompany the success of this campaign. The logo for the Make in India campaign is an elegant lion inspired by the Ashoka Chakra and designed to represent India's success in all spheres. The campaign was dedicated to the eminent patriot, philosopher and political personality, Pandit Deendayal Upadhyaya who was born on the same date in 1916.

India is a country rich in natural resources. Labor is aplenty and skilled labour is easily available given the high rates of unemployment among the educated class of the country with Asia developing as the outsourcing hub of the world. India is soon becoming the preferred manufacturing destination of most investors across the globe. China is a major rival to India when it comes to outsourcing, manufacturing and service business. India's ailing infrastructure scenario and defunct Logistics facilities make it difficult for the country to achieve an elite status as a manufacturing hub.

In fact, many criticisms have been levelled against the incumbent government. Several people felt that the labour and policy reforms much needed for the success of the Make in India campaign have not yet been implemented. Layoffs in companies such as Nokia India cast long shadows over the campaign. A number of technology based companies dissatisfied by the campaign launch decide to get their products manufactured by China.



NCI SREELAL MG
KL/19/SD/N/128956

IMPACT OF MEDIA ON SOCIETY

Media are such an integral part of our lives; they generate a great deal of popular interest and debate. It has the power of influencing the viewers' thinking and making them think of things or situations which might not even be true. Now, mass media has grown so much that people have a wide range of options, they may select what best fits their preferences and situations. Mass media not only includes the electronic media but it also includes the print media. Newspaper, magazines, brochures, pamphlets, books, various media channels, social websites like Face book and Twitter are all means of communication. Access to things and information has now become very easy for the public. There is a direct effect of media on the audience. Media is known to be the most powerful means of communication. Electronic Media, Internet and Print Media are all the subsets of Mass Media. Newspapers, bulletins, brochures and magazines come under Print Media, whereas Electronic Media consists of radio, television and other forms of communication. Without doubt, Internet is the fastest known way of communicating with millions of people across the globe. Nonetheless, the effects of mass media on society can be positive as well as negative. The positive effects are surely celebrated by one and all but the negative effects need to be appropriately reviewed and steps taken to reduce its impact.

Media plays a very important role in shaping the traits of people. It can be observed that citizens have become more sensible and skilled to shoulder the responsibility of the nation and the society because of the media. Media affect our modern life in almost every way. With an easy flip of the TV channel or with a turn of a magazine page there at our disposal a huge collection of potential identity replicas. In contemporary society, identities are constantly changing and adjusting to novel socio- cultural experiences. Media can contribute a lot for the betterment of society, it can make people change their opinions, help them indulge in productive endeavours, impart correct knowledge on diverse social problems affecting people and can even shape the way the world thinks. Media knows about everything happening around the world, and closely monitors the happenings in all the aspects. It is now considered as one of the major pillars of a society, without which a society is incomplete.

Pakistan is a third world country at its developing stage where it needs to portray an image in front of the globe. Pakistani media pays attention to some issues but neglects and ignores some others. People will get to know about those happenings and issues which are emphasized by the media and review priorities accordingly. News media organizations are not just passive transmitters of information repeating the words of official sources or conveying exactly the events in a way as they happened. Through their daily selection and presentation of the news, editors and reporters focus attention of the public's perceptions about the most important issues of the day. In fact, our pictures of the world are shaped and reproduced by the way journalists frame their news stories. The medium of television is something viewers watch mainly in passive way and so the news channels have a great responsibility to tell the truth and show it to the world.

Terrorist attacks have damaged the country to a great degree, thus, weakening its image. There are many issues which should not be shown on the television by the media because they might damage the entity of the people or it might harm them psychologically. Media should know what they are showing and it should not leak every secret out. Security is the first and the foremost assurance which needs to be provided to the people. There are many sensitive issues which need to stay underground or are not to be leaked. Media should not always criticize the government; it should analyze it but not always provide bad remarks. It should show the reality and tell facts and figures and talk logically, but then again national interest of the country, which includes sensitive issues, should be kept a secret and the media should handle such scenarios very carefully. Media can play the role of a force multiplier for security issues. Media and security together are two concepts which can be linked from both ends. Both are different but important constituents for the proper functioning of a country. There are four keys tools which the media demands for – they are freedom, total access to information, lack of censorship and transmission of information at the right moment.



A JOURNEY OF A LIFETIME

SCC GAURI SANKAR S

KL/17/SW/N/128981

Senior Cadet Captain

Two things that come to one's mind when one thinks of the Indian Navy is: firstly, the motto "Sham No Varunah" and the other as an ocean of opportunities. Never in my wildest dreams did I ever think that the Naval NCC would literally open a plethora of opportunities in my life. I am Gauri Sankar, Senior Cadet Captain of the batch 2017-20, an ex-cadet of Sree Narayana College, Kollam under (3) Kerala Naval Unit NCC Thevally. I believe that once you are a cadet, a part of it will always remain within you. Hence, the saying, "once a cadet, always a cadet" rings true in my case.

I joined the NCC in 8th grade at Sree Narayana Public School, Thattamala under 7 (K) Battalion, Kollam. As a Junior Wing (JW) cadet, I got ample time to converse with seniors and it was through them that I learnt the ethics and values which makes one a good cadet and moreover a better social being. Later, after my matriculation, my sole aim was to find a good school with a good NCC unit. That took me to Sree Narayana Trust's Higher Secondary School, Chathannoor where I joined the 3 (K) Girls Battalion as a Senior Wing (SW) Cadet. I will never say that NCC is a bed of roses because all cadets have to go through their fair share of struggles and heartaches to reach their destination. But I can assure you that with time all these bittersweet memories and experiences will shape and prepare us to face life's setbacks and innumerable challenges with a smile.

I have been rejected multiple times on account of different reasons. I thought my NCC life was just a disaster. But, my guardian angel, ANO Lt. Reeja ma'am, taught me to see the silver lining in every storm cloud and to discover my true potential. She made me realize that the journey is more important than the end. I owe my deepest gratitude to all the people I've met in different camps. I worked hard on myself, identified my weak points and overcame it. This gave me the strength and ability to feel the sweetness of success when the time came and yet not get carried away by it. And that right there was my silver lining.

Looking back, two of the greatest achievement I've attained were: firstly, being promoted to the rank of Senior Cadet Captain and secondly, winning the silver medal in the All India Best Cadet Competition in Republic Day Camp 2020 at New Delhi. Yes, finally that dream of mine to attend RDC came true. Being promoted to the rank of Senior Cadet Captain did give me a little sense of accomplishment because I was the second girl cadet of our NCC unit to have ever achieved this. And with RDC 2020, I couldn't have dreamt for a better camp with which I could officially bid adieu to the 7-year long relationship with this organization. And the fact that RDC 2020 was my 25th camp till date was the icing on the cake.

What does it take to be a Best Cadet? Obviously, there is no straight answer to that. Our perceptions are subjected to our experiences. Be it any camp, Best Cadet Competition is the most difficult event because you literally need to be good at everything. In my case, I was a "Jack of all trades and master of none" kind of person. I joined SN College with the sole aim of joining NCC and hopefully

attending RDC. It is mandatory for all cadets to attend the Annual training camp. I never thought that an ATC would change the plans I had in my head and surprisingly boost the level of confidence and self-respect I had in me. Being a practical person, my plans were to participate in RDC in my second year and even if I didn't reach Delhi like my last try, I could try in the third year. But during the whole ATC, everyone just talked about the All India Nau Sainik Camp (AINSC), which was exclusively for navel cadets from across India. I decided to try for NSC with the motivation and advice from my seniors, PI staffs and ANO. Winning the gold medal in Best Cadet Competition during that ATC was something I didn't expect and that, I think, gave me the confidence and push required to represent my directorate in the Best Cadet Competition for NSC. And finally, NSC 2018 at Karwar, Karnataka became my first ever national level camp. Our team came 7th in the competition. I didn't win any medal, but I came back with friends from different parts of the country and a team of 40 which became a long-extended family in no time. Even today, almost 2 years after NSC, we know we are there for each other because our friendship was our most treasured take away from that memorable and beloved camp.

Being a third-year degree student, deciding to participate for the RDC was a risk. The chances of reaching Delhi without getting rejected was, to be honest, very slim and being a third-year student that meant very high chances of losing an entire semester if you reach Delhi or get eliminated during the last few preparatory camps. I wanted to be a ship modeler rather than a BC. But my Commanding Officer Capt. B.A. Nair sir and ANO Sub. Lt. Laiju sir insisted that I should participate as BC. When I look back today, I realize that if it wasn't for them, RDC would still remain just another unaccomplished dream. The exposure from NSC and other camps I've done so far helped me during the RDC. The RDC is a real-life test of mental strength and endurance- to see if you thrive under pressure (be it in the drill team, the cultural team or the best cadet competition). Best cadets have to be a part of cultural events. They have to prepare for various activities such as the written exams, firing, individual drills and squat drill test, group discussions and interviews. Apart from these, a few of the selected best cadets also took part in flag area competitions, motivation hall briefing and line area briefing.

Indeed, RDC cadets are the best examples of the saying, "when going gets tough, the tough gets going." Looking back, my RDC journey feels absolutely surreal! We were trained by a group of wonderful people who were Lt. Commanders, Colonels and Brigadiers. I still remember my last interview at the office of Maj. Gen. B G Gilganchi, our former Additional Director General of NCC Directorate (Kerala and Lakshadweep) at NCC HQ Thiruvananthapuram feeling overwhelmed and having goosebumps. At Delhi, I met a lot of officers and faced a panel of Brigadiers and Rear Admirals. Being interviewed by DG NCC, Lt Gen Rajeev Chopra (winner of Param Vishisht Seva Medal, Ati Vishisht Seva Medal) himself, boosted my desire to be an officer in the armed forces.

Paulo Coelho rightly said "People never learn anything by being told, they have to find out for themselves." Therefore, it would be right to say that there are so many things you learn from all these camps and journeys you embark as a cadet (many from the mistakes, and some from how things could've been done differently and well of course from all the right things done at the right time). If we want something, we must go for it. Isn't it better to take a leap of faith instead of regretting over the chances we didn't take? And I guess in the end, it's all about making peace with success and failure, with decisions and their outcomes. No matter where life takes me, a part of me will for sure yearn to be a cadet yet again.

Once a cadet, always a cadet.

Jai Hind



THE LEGEND: KALPANA CHAWLA

LCdt. Bhamini Krishnaveni AG
KL/18/SW/N/128993

Kalpana Chawla was a renowned Indo- American astronaut and space shuttle mission specialist. Not only did she achieve her dreams, but also led her life with the highest sense of values and purpose in every respect. The space shuttle Columbia, while returning to Earth, disintegrated in air on February 1, 2003 about 16 minutes before it was scheduled to touch down, killing all seven crew members. Kalpana or KC to her friends was admired greatly for her extraordinary kindness and continuous striving for perfection.

She was born in Karnal Haryana on July 1, 1961. Kalpana is a Sanskrit name which means 'Idea or Imagination'. Her father Banarsi Lal Chawla, a leading industrialist of Karnal owned a tire factory and her mother Sanyogita Chawla was a homemaker. Refugees from Pakistan who settled in Karnal after partition in 1947, her parents had seen great hardships and were in dire straits during partition but struggled hard to pull themselves up. However, they were able to provide good education to Kalpana and her two siblings. Her elder sister Sunitha Chawla and her sister in law, Anjali Chawla are ardent bird watchers in Delhi. Her brother Sanjay is a business man. Kalpana got married to Jean Pierre Harrison, a flying instructor, in 1983 and became a nationalized United States citizen in 1990. She completed her schooling from Tagore Bal Niketan School, and pre-university and pre-engineering from Dayal Singh College, Karnal. Kalpana took part in almost everything, from athletics to dance to science modeling. She studied aeronautical engineering at Punjab Engineering College in Chandigarh, India in 1982. She happened to be the only girl in the aeronautic branch where she earned her Bachelor of Science degree. Then she moved to United States to go to graduate school at the University of Texas, Arlington, where she received a Master's Degree in aerospace engineering in 1984. Chawla earned a second Master of Degree Science in Mechanical Engineering in 1986. Then she moved to Boulder, Colo to pursue a doctorate in aerospace engineering which received in 1988. Later that same year she began working for NASA Aero Research Centre. Chawla had a certificated flight instructors rating for flying airplanes, seaplanes and gliders. Also, she held a FCC issued technical class Amateur Radio License with the call sign KDSEDD. Her interest in flying was inspired by JRD Tata, a pioneering Indian pilot and industrialist.

Kalpana Chawla was the mission specialist and prime robotic aero operator on space shuttle mission STS-87. This mission from 19/11/1997 to 05/12/1997 lasted 15 days 16 hours and 34 minutes. STS – 87 was the fourth US Microgravity Payload Flight and focused on experiments designed to study how the weightless environment of space affects various physical processes and on observations of the sun's aster atmospheric layers. Two members of the crew performed an EVA (Space walk) which featured the manual capture of Spartan Satellite in addition to testing EVA facts and procedures for future space station assembly.

Kalpana Chawla and her six STS – 107 crew mates perished on Feb 1, 2003 over Texas as Columbia was re-entering Earth's atmosphere enroute to a landing at Kennedy Space Centre. Her life serves to encourage young people to follow in her footsteps. When the shuttle blew apart just 16 minutes away from landing, Chawla took her place in history, and let many behind to praise her spirit and her ambition. She once described her first trip in space by saying that – "In the pre-sleep period, when you are looking out the window, you are floating. The Nile River looks like a life line in the Sahara." She concluded by remarking that, "Earth is very beautiful, I wish everyone could see it".



OBSTACLE IS MY PATH

POC AVANI AKASH
KL/18/SW/N/128992

My sports life started when I was in Second Grade. A jovial kid by temperament, I always rushed past my friends to get the side seat in the school bus. I used to get small beatings from Ajith Sir for breaking the line and running. Quite unexpectedly, Sir put my name for 50 meter race on sports day and I was able to reach first position. After that Sir called my father and asked him to buy me a new pair of small spike shoes. From then on for the next 11 years with God's grace and Sir's training, I received many medals and trophies but a Gold medal in State Meet remained as a dream.

During my 12th grade, Ajith Sir informed me that he had registered my name for three events. Unlike the previous years, this year was pretty hectic. As a Bio-maths student about to appear for CBSE Boards, I had already set my priorities straight but I also knew that it was my last chance to attain the ultimate first prize. I talked with my parents they were like, "If you can handle everything properly, then go". Finally, I decided to go. One Wednesday, while I was practicing Javelin, my shoes slipped and I fell down, resulting in a ruptured ligament. I was devastated, cursing myself on my unlucky fate. My dad took me to a hospital and the doctor plastered my leg for 3 weeks. But, the very next day I went to school as mid-term exams were fast approaching. I went to school and the condition of my leg worsened, it gifted me many sleepless nights of pain.

My dad, my best supporter took me to an Ayurveda doctor, and told him about my upcoming State meet and how passionate I was for that. Dr. Biju removed my plaster and started treatment. He applied kizhi on my badly inflamed legs. The pangs and agony I underwent cannot be described in words; I still shudder at the mere recollection of those days. During that time, midterm exams were going on. Mornings, I attended the exams without fail and afternoon painful treatment followed. Though my legs were still bandaged, I could walk. There were only two days left for the State Meet. My dad took me to a school ground nearby my home. He encouraged me even though he knew that the road to recovery would be painfully hard but it was not impossible. I practiced some throws in Javelin too. That was all about practice.

Finally, I went to Pala to participate in the State Meet, the first event was 100 meter, it was very difficult to run, I failed in my favorite event. After sometime, first call for Javelin throw was announced. I went. I was struggling hard to walk with my swollen legs. Competition started and I did my first throw, it was a foul. Then, I did my second throw; it was average, I reminded myself that it was my last chance, it's now or never. From the pavilion, I could hear the voice of Ajith Sir and my school mates shouting "Avani... Avani...." I gained some confidence, and did my best. Yes, I gained Gold Medal in State Meet. I achieved my dream. That was the moment I cried out of happiness. At that moment I realized that I was not unlucky, rather I was lucky. Even though, fate was trying to defeat me, I could defeat fate.

I realized that if you dare to dream and work hard for something sincerely, soon enough you will be able to enjoy the fruits of your hard earned labor.



A CREEPY NIGHT

Soon after my dinner, I rushed to grab my toothbrush to brush my teeth and tuck myself to bed. My eyes were sore after completion of all tasks for that day. I rushed to switch off the lights and crawled to lie down like a dead fish. It took couple of minutes for me to get into deep sleep. I guess it was past 2am and I could feel someone's arms on my leg. I wanted to scream but I muster up courage and decided to deal with this by myself. After all I'm no more a child to always have people around me. Thus I neither moved an inch nor made any sound. I was wondering how to deal with this issue and the next moment I could feel its filthy limbs moving around my thighs. That was spine chilling. Yes, I rushed to get my cricket bat in that dark room and I was sure that he's still on my bed. So I swayed my bat at him and could hear the sound of his body getting smashed. I simply didn't bother about my white blanket. All I wanted was him to be dead. By now I was sure he would be on my bed injured. Without losing my stance I switched on the lights. There he was with a deformed head on my bed. Without any sorrow I continued to disfigure him. His arms got separated from the body. I made sure his face got pasty so that his eyes don't dare to look at me. As I was deforming him, my mom barged into my room and saw the mess I've created. For which she said, "Don't you have to sleep? Tomorrow's a big day at your college. Get rid of this mess and tomorrow itself clean your blanket and sheet. Night!" and smacked the door. Wait.... What did I just do? I killed a cockroach you fool!

PO Cadet UMARANI LOBBY PANICKAR
KL/18/SW/N/128997



ഓർമ്മകൾ

LCdt. Bhamini Krishnaveni AG
KL/18/SW/N/128993

മനമാരുതൻ നിദ്രയെ തഴുകുന്ന രാവിൽ
ചിന്തയാൽ മുഴുകിയ മനസ്സിന്റെ ഉള്ളിടം
ചഞ്ചലപ്പെട്ടൊരാർദ്രമാം നിമിഷം
അറിയുന്നു പ്രിയസഖി എല്ലാം ഓർമ്മകൾ!
അന്നു നീ നൽകിയ പുഞ്ചിരിയും
അനുഭൂതികൊണ്ടൊരൻ ഉള്ളിടവും
അന്നുനിൻ കണ്ണുനീർത്തുള്ളികൾ കണ്ടതും
നീറിപ്പിടഞ്ഞൊരൻ നെഞ്ചകവും
അറിയുന്നു പ്രിയസഖി എല്ലാം ഓർമ്മകൾ
പ്രണയത്തിൻ താഴെ ഒന്നിച്ചു കയറുമ്പോൾ

കലഹിച്ചു പലതിനും പലവട്ടം നമ്മൾ
എന്നിട്ടും ഇന്നെന്റെ നിദ്രയിലെപ്പോഴും
നിറയുന്നു പ്രിയസഖി നിന്മുഖം .
ചെന്തളിർ പോലുള്ള നിന്റെയാകണ്ണുകൾ
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അക്കാലത്തു നിന്നാലും ഉയരത്തിലായാലും
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ഓർമ്മകൾ തന്നൊരാശക്തിയിൽ
പുളക്കുവാനുള്ളൊരൻ യാത്രയ്ക്ക്
അനുഗ്രഹീതം ഈ നിമിഷം.



NC I. Bindhu L
KL/19/SW/N/128963

നിലവിളി

ഇരുട്ട്, ചുറ്റും ഒരു നൂറുണ്ടു വെട്ടം പോലുമില്ല. ഒരു കുഞ്ഞു മിന്നാമിനുങ്ങിനെപ്പോലും കാണുന്നില്ലല്ലോ, പുല്ലിന്റെ നനവോ, തവളയുടെ കരച്ചിലോ പോലും കേൾക്കുന്നില്ലല്ലോ. താനിത് എവിടെയാ വന്നുപെട്ടിരിക്കുന്നതെന്നു ഒരു നിശ്ചയവുമില്ല. ഇനി നേരം വെളുക്കാതെ രക്ഷപെടാനുമാവില്ല. ഇന്നത്തെ രാത്രിയ്ക്കു ശേഷമേ തനിക്ക് തന്റെ കൂട്ടുകാരെയും ഉറ്റവരെയും കാണാനാകൂ. ശബ്ദങ്ങൾ പോലുമില്ലാത്ത ഈ ഇരുട്ട് ഭയപ്പെടുത്തുന്നതാണ്. ഒപ്പം ആശ്വാസം പകരുന്ന ആലോചനകൾക്കും ഭയങ്ങൾക്കും ഒടുവിൽ മയക്കം അവനെ പതുക്കെ തലോടി. എപ്പോഴോ നേരം പുലർന്നു. അപ്പോഴും ഉറക്കം അവനിൽ നിന്നു വിട്ടുമാറിയിട്ടുണ്ടായിരുന്നില്ല 'അയ്യോ പാമ്പ്...'ആരോ നിലവിളിച്ചു. നന്നുത്ത ആ പ്രഭാതത്തിന്റെ നിശബ്ദതയെ കീറിമുറിച്ചുകൊണ്ട് ആ നിലവിളി എങ്ങും പടർന്നു. ചുറ്റുമുള്ള ബഹളങ്ങളും പരിഭ്രമങ്ങളും ഭയം കലർന്ന ശബ്ദങ്ങളും കേട്ടുകൊണ്ട് അവൻ ഞെട്ടിയുണണർന്നു. ശബ്ദങ്ങളും മനുഷ്യന്റെ മണവും ഞെട്ടലോടെ തിരിച്ചറിഞ്ഞ അവൻ രക്ഷപെടാനുള്ള വഴികൾ പരതി. അതുപക്ഷേ കൂടുതൽ ആപത്തിലേക്കുള്ള വഴി വെട്ടി 'ഒരു കമ്പിങ്ങെടുത്തോണ്ടുവാടാ' ചുറ്റുമുള്ള ഈ കാട് ഇത്രനാളായിട്ടും മാനേജ്മെന്റിന് വെട്ടിക്കളയാൻ സമ്മതം കിട്ടിയില്ലേ ആരൊക്കെയോ പരസ്പരം സംസാരിച്ചുകൊണ്ടിരുന്നു. അവന് ചുറ്റും ഇരുട്ട് നിറഞ്ഞ പോലെ തോന്നി. ഇവിടെ വന്നു കയറിയ നിമിഷത്തെ അവൻ ശപിച്ചു. തന്റെ അന്ത്യവിധിയെക്കുറിച്ചോർത്ത് അവൻ ദുഃഖിതനായി. അപ്പോഴും പ്രതീക്ഷയുടെ അണയാത്ത തിരി അവനിലുണ്ടായിരുന്നു. രക്ഷപെടാൻ അവൻ വഴികൾ തേടി വീണ്ടും. പക്ഷേ നിഷ്പലം. മനുഷ്യന്റെ മനുഷ്യത്വം തന്നെ ക്ഷമിക്കുമെന്നവൻ ഒരു മാത്ര വിചാരിച്ചു. തന്റെ ദൈവതുല്യമായ സ്ഥാനമോർത്തവൻ സ്വയം നിന്ദിച്ചു. നിന്നെ ആരാധിക്കുന്ന കരങ്ങളാൽ നിന്റെ അന്ത്യവും കുറിക്കപ്പെടുന്നു, എത്ര ക്രൂരമായ സത്യം. ആദ്യത്തെ അടി വീണു. അവനൊന്നു പുളഞ്ഞു. വേദന ശരീരത്തിന്റെ സകല അവയവങ്ങളിലേക്കും പടർന്നു. മരണമിങ്ങനെയാണോ? വേദനയുണ്ടെങ്കിലും മനസ്സ് മുഴുവൻ നിസ്സഹായത തളം കെട്ടി നിൽക്കുന്നു. ഇനി ഒന്നും പ്രതീക്ഷിക്കാനില്ലാത്ത അവസ്ഥ. ഈ നിമിഷങ്ങൾ ജീവിതത്തിലെ മനോഹരമായ നിമിഷങ്ങളായി തോന്നുന്നു. ഒന്നിനെ പറ്റിയും പരാതികളില്ലാതെ, ഭയങ്ങളില്ലാതെ പ്രതീക്ഷകളോ മോഹങ്ങളോ ഇല്ലാത്ത അവസ്ഥ. ഡാ അനക്കമില്ലാതെ തീർന്നെന്നാ തോന്നുന്നത്, എന്താ ഇനി ഇതിനെ എന്നാ ചെയ്യുക. ഒരാൾ അവനെ വടിയിൽ കുത്തിയെടുത്തു. അവനോ; അപ്പോഴും ഹൃദയത്തിന്റെ സ്പന്ദനം നിലച്ചിരുന്നില്ല. മങ്ങിയ ബോധത്തിലും തന്നെ എങ്ങോട്ടോ കൊണ്ട് പോകുന്നു എന്ന് അവൻ തിരിച്ചറിഞ്ഞു. അയ്യോ, അമ്മേ. അവന്റെ ഹൃദയ ദേഹമായ നിലവിളി, പക്ഷെ അത് പുറത്തു വന്നില്ല. തീയിൽ അവന്റെ ദേഹം ചുട്ടുപൊള്ളാൻ തുടങ്ങി. പക്ഷേ മനസ്സിന്റെ തീയ്ക്കു അതിലും ചുട്ടുണ്ടായിരുന്നു. അവസാനമായി അവൻ ഒന്ന് ഞെരുങ്ങി. കൂട്ടത്തിൽ നിന്നൊരു വ്യഭയയുടെ ശബ്ദം. 'ടാ പാമ്പിനെ കൊന്നാൽ ദോഷമാണ് കേട്ടോ' അവൻ ആശ്വാസത്തോടെ കണ്ണടച്ചു.

EX. CADETS ARTICLES



Hariharan TK
 Ex Cadet Captain (1972)
 Sree Narayana College, Kollam

SWEET MEMORIES OF RDC 1974

In September 1973, an Annual Training Camp was conducted at SNC Kollam and I was lucky that I could attend the camp conducted by 5 Kerala Naval unit as Cadet Captain representing SNC Kollam. The camp ended on 9th October 1973 and I was selected as the best cadet and got selected to RDC in 1974 from Quilon Group. My dream turned to reality. I think Sri. Earnest from FMNC was also selected. He is no longer alive. We were 7 Naval wing cadets from Kerala/Quilon selected to attend the RDC. We started our journey to Delhi in train in the last week of December or first week of January. All cadets, Naval wing, Airwing and Army wing throughout Kerala travelled in a Single reserved compartment including girls. I think we were more than 70 cadets. It was really a rich experience travelling with so many. It nearly took 3 to 4 days to reach the Capital city.

During the travel we passed so many cities and forests (Champal forest in MP). At Nagpur, the train became very slow and at that time people from nearby areas brought buckets of oranges for one or two rupees. They stole from the forests and orange farms. We also bought some oranges from them since it was very cheap. We had also similar experience in some stations too. They offered tea in small mud pots which were not seen in Kerala. I had a great time with friends from all over Kerala. We were provided 3-4 Woollen blankets and a woollen long pant, tie, woollen coat since it was very cold there. We were having one NCC KIT and our own other bag of personal things. At last we reached Delhi with full and we were all shifted to Garrisons Parade ground in various trucks. There were so many tarpaulin tents for our stay. One tent occupied two persons with two cots.

The climate of Delhi was intolerable because of severe cold and cold wind. We had to use 4 woollen blankets two over the cots and two to cover our body over our own bedsheets to escape from cold. Even then, every morning, we made small fire outside the tents and warmed ourselves before parade. Daily, we had parade and other activities up to noon. Even at 12pm in the afternoon, cold air blew ferociously and we were shivering in the sunlight.

Our trainer was a Subaidar Major a Malayalee, was very strict and humble. North Indian food awaited us and we had to adjust with that. There was also a canteen but we were short of cash every time. Evening, we used to get liquor also in mess and for one peg of rum I think we had to pay one or one and a half rupee. There were also different kinds of entertainments in the evening in a big tent. Each state could present their own events at the stage. We also participated in some events.

Training was somewhat tough and in one contingent there were 72 cadets from all over India in Senior division Naval wing. Since I had good commanding voice, I was selected as one among four leaders of the Indian Contingent of Senior Division Naval wing. I escaped thereby from carrying Rifle on the Republic Day parade. At last, the historic moment was nearing and on 26th January 1974 morning we were ready to Salute our President in our ceremonial uniform starting from Rajapath. There were 4 leaders commanding the contingent. I was in the middle, one at left and other at right and the main leader was in front of me like a triangle. We did not have rifle. After giving honourable Salute to the Rashtrapathi, we have to walk 13 Kms up to the Red Fort. While we were nearing Red fort, women were showering us with flowers from either side of the road and we were literally marching on various kinds of flowers. This was my unforgettable experience in my life and I thought that I was an Indian Soldier. At the end of the parade at Red fort, we visited the Fort and purchased some things from shops inside the fort. Then we were transferred to our tents.

Till 31st of January we were there. One day, we were very lucky that we were called by Rashtrapathi and we visited the Rashtrapathi Bhavan. It was very nice and beautiful to see the inside parts of Rashtrapathi Bhavan and there were small drinking glasses which was very beautiful. The next day, we took a local sight-seeing tour. On 29th January, there was Beating the Retreat, the end of RDC. It took 4 hours to reach Agra. We had breakfast and visited nearby places i.e. Fatehpur Sikhri, Agra Fort and other places and did some shopping there. Finally, got the chance to visit Taj Mahal. It was very beautiful, a tourist paradise. I am speaking about the Mahal 46 years back. I don't know the current position of Taj Mahal. After visiting Agra, we reached Delhi by midnight.

The next day, we prepared for our return journey. I don't remember the date we started but reached Kollam on 2nd February. I think I missed some events because I cannot recollect. With this brief, I sum up and wish all success for the Souvenir to be published by Alumni SNC. I ardently hope that all students get an opportunity to attend RDC, pass C certificate exam and appear before SSBA/ NDA to join Armed forces which I didn't get a chance.

Jai Hind





Dr. A Sharad Kumar

Senior Cadet Captain – 1993
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AN NCC CADET'S LOG

"Are you sure you want to Join NCC?", this was the first comment from Sub Lt. G. Suresh, the Naval NCC officer of Sree Narayana College, Kollam, when I handed over the application form, back in the 1990s. His concern was whether I would be able to dedicate time for NCC as I had opted Second group for my Pre- Degree (equivalent to Plus One). But greatly impressed by my physique, he selected me. Moreover, I also showed him the credentials from my school scout days. Looking back, I can readily say that I cannot separate NCC from my life. The days I had spent there was a learning curve for me as it opened new vistas. Seniors were ever- helpful and informed us (the young cadets) of the enormous opportunities awaiting us. The weekend parade of the naval unit was somewhat easy compared to the army wing. Parotta and egg curry after the parade practice made it all the more worthy. Being a part of the boat pulling team from college, we had practice sessions near the Thevally unit office in a 27feet whaler boat. There, I learnt the basics for teamwork and it helped me thrive in spite of the challenges I faced later in life. The boat- voyage from Kollam to Kochi and back exploring Kerala's natural beauty is one of the best you can have in life. You see a different life and go through a different level of training on survival and adapting to a different life style, that too in a group with limited resources.

Slowly, I started to realize there was more to NCC than just few parades and camps. In fact, I gained much from National level camps, here I got an opportunity to interact with cadets from different states, learn their culture, language and last but not least make long- lasting friends with whom I am still in touch and regularly meet. Nau Sainik Camp in Vizag Naval base, Attachment Camp and Advanced Leadership Camp in Kochi provided me with many critical insights. These camps prepared us for the ultimate RD Camp and the YEP. Preparations were not all easy. I was physically and mentally drained after all those cross country runs, classes, exams, daily rifle parades, firing practices, and obstacle courses but the hard work paid off. Here, I was not alone; I was part of a coterie of cadets - all trying hard to overcome self- imposed limitations. Moreover, we learnt to celebrate others' victories, even when we couldn't make it. I boarded the train to Delhi for the Republic Day Camp of 1993 with anxiety but to my surprise, I could effortlessly converse and mingle with thousands of cadets from different states, actively indulge in cultural activities, and confidently participate in parades.

Multicultural experiences help you most when you get out of college and start facing the real world. Language skills which you pick up along the way will be an additional bonus. Being part of the National Guard of Honor team for NCC can be stated as one of the most cherished moments of my life. The sense of accomplishment attached to those small events and the joy behind them can't be explained in few words. RD camp is designed in such a way that after the PM rally on 27th, we get few days off, before we all depart to the individual states. The daily tours arranged in Delhi, Agra, etc will undoubtedly awaken the traveller and the explorer in you.

“You are short listed for the YEP selection camp and please apply for passport” – is still today one of the best messages I have got in my life. But even then, there was an uncertainty looming large as the final selection will happen only in the pre YEP camp where out of 25, only 21 will be selected. When we boarded our flight to Canada in July 1993, it was very much similar to the moment like boarding the train to Delhi for the RD. The amount of knowledge and wisdom we gained during those YEP days made us wiser and we started thinking of ourselves as global citizens. Outlook towards life and every deed changed accordingly. We started putting others above ourselves and found more ways to give back to society.

Last year, when I was watching the RD parade in Janpath, I was reliving those moments, with the same group of people who was there with me 27 years back. Let’s “live” every moment in life and do not just let it pass through. If you find the camp life hard, just take it as a training ground for the real life. Now, when I interview youngsters for recruitment and see some NCC achievements in their resume, I know their capacity to survive and perform. NCC life will mould your life unknowingly and will also help you find out what you really want to do with life. I have NCC friends who are employed in a wide array of jobs- defense, aviation, social service, business, teaching, politics, research, medical field, engineering, law, etc – they are all excelling in their own ways. I am sure they all will join me in stating that NCC is not just for cadetship of few years, but it is a way of life.

CORE VALUES TO BE INCULCATED AMONG NCC CADETS

- A sense of patriotic pride and commitment to encourage cadets to contribute to national development.
- Respect for diversity, religion, language, culture, ethnicity, life style and habitat to instil a sense of national unity and cohesion.
- An abiding commitment to learn and adhere by the norms and values enshrined in the Indian Constitution.
- An understanding of the importance of a just and impartial exercise of authority.
- A desire to contribute effectively (community) development and other social programmes.
- A healthy life style free of substance abuse and other unhealthy practice
- Sensitivity to the need of poor and socially disadvantaged fellow citizens.
- A desire to foster habits of restraint and self-awareness.
- An understanding of the values of honesty, truthfulness, self-sacrifice, perseverance and hard work.
- An enduring respect for knowledge, wisdom and the power of ideas.

ഓർമ്മയിൽ ഞാനും എന്റെ എൻ സി സി ദിനങ്ങളും



Monisha S
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Sree Narayana College, Kollam

ജീവിതത്തിലെ പത്തൊമ്പതു വർഷം പിന്നിട്ടാണ് കോളേജിന്റെ പടികടന്നു സന്തോഷത്തിന്റെ നാളുകളിലേക്കുള്ള എന്റെ കാൽ വയ്പ്പ്. എൻ സി സി യിൽ ചേരണം എന്നത് പോലീസ് ആകാനുള്ള ആദ്യത്തെ പടിയായി കണ്ടാണ് പേര് ചേർക്കാൻ തീരുമാനിച്ചത്. തികച്ചും വ്യത്യസ്തമായ രണ്ടു വർഷങ്ങൾ അല്ല മൂന്നു വർഷങ്ങൾ. അതേ രണ്ടു വർഷമേ പറ്റുള്ളൂ എന്നത് എനിക്കൊരു നിയോഗം പോലെ മൂന്നു വർഷമായി കിട്ടി. അതൊരു രഹസ്യമല്ല, പച്ചയായ സത്യം. ആർമിയിൽ ഒരു വർഷം കേന്ദ്രമായി പിന്നിട്ട് എന്നെ തടിയുടെയും ശക്തിയുടെയും പേര് പറഞ്ഞു ബോട്ട് പുളിയിനായി ആളെ വേണം എന്ന് കേട്ടപ്പോടെ കുറച്ചു നാളത്തേക്ക് കടം കൊടുത്തതാ; പക്ഷെ പിന്നീടൊരു തിരിച്ചു പോക്കുണ്ടായില്ല എന്നതാണ് സത്യം. അല്ലെങ്കിലും എന്നെപ്പോലെയുള്ള പെൺകുട്ടികൾക്ക് നേവി തന്നെയാ സുപ്പർ. കുറെ കാര്യങ്ങൾ ചെയ്യാൻ ഉണ്ടെന്നേ ഹൊ ! എന്തൊരു സുഖമുള്ള ഓർമകളാ അതൊക്കെ...

ജീവിതത്തിൽ അന്നുവരെ ദുഃഖങ്ങളുടെ കൊടുമുടി കണ്ട എനിക്ക് വല്ലപ്പോഴും ആണെങ്കിലും ക്യാമ്പുകൾ വലിയ ആശ്വാസമായിരുന്നു. അതിലുപരി സന്തോഷത്തിന്റെയും സംതൃപ്തിയുടെയും കാലമായിരുന്നു. ശിക്ഷാനടപടികൾ ഒക്കെ കിട്ടാനുണ്ടെങ്കിലും അവിടുണെന്നിരിക്കു കിട്ടിയതെല്ലാം വിലമതിക്കാനാകാത്തതാണ്. അങ്ങേയറ്റം ഉച്ചക്ക് കിട്ടിയ ബിരിയാണിപ്പൊതി മുതൽ എന്റെ എല്ലാമായ മാഷോളം ദുരമുണ്ട്. അവിടുന്ന് കിട്ടിയ നീന്തൽ പരിശീലനം എന്നെ ജോലിക്കായി ദുബായ് വരെ എത്തിച്ചു. ജീവിതത്തിന്റെ കഷ്ടപ്പാട് എന്തെന്നറിയാതെ വളർത്തിയ അച്ഛന്റെയും അമ്മയുടെയും റോൾ ഒരേ സമയം വഹിച്ച എന്റെ സുബുവിന് (അമ്മയാണ് കേട്ടോ, സുദ്ര എന്ന സുബു സ്നേഹം കൂടുമ്പോൾ മാത്രം ഞാൻ വിളിക്കുന്നതാ) സ്വപ്നം കാണാൻ പറ്റാത്തൊരു ദുബായ് യാത്ര സമ്മാനിക്കാനും എന്റെ മുഖത്തെ തെട്ടൽ ആസ്വദിക്കാനും പറ്റി എന്നത് എന്റെ ജീവിതത്തിലെ ഏറ്റവും വലിയ സന്തോഷങ്ങളിൽ പ്രധാനമാണ്. എല്ലാം ഞാനിന്നും അതിശയത്തോടെ ഓർക്കുന്ന ജീവിത സത്യങ്ങളാണെന്നു സാരം.

എന്റെ ഇരുപത്തൊന്നാം പിറന്നാൾ ദിവസം (13.09.2008) ഞാനെന്നൊരു കപ്പലിലായിരുന്നു ഫുൾ ഡേ യാത്ര ചെയ്തത്. ഇരുപതു പിറന്നാൾ കഴിഞ്ഞതറിയാതെ എനിക്കൊരു കേക്കും ചുറ്റിനും ഹാപ്പി ബർത്ത്ഡേ ഗാനവും രാത്രിയിൽ എന്നെ തെട്ടിച്ചു കളഞ്ഞു. അത് കഴിഞ്ഞും അത്രയും നല്ലൊരു ബർത്ത്ഡേ ജീവിതത്തിലിന്നുവരെ ഇല്ല എന്നതാണ് സത്യം. അവിടുന്ന് കിട്ടിയ എന്റെ സുഹൃത്തുക്കൾ എന്നും ഒരു പ്രത്യേകത നിറഞ്ഞതാണ്. ഇന്ന് തിരിഞ്ഞു നോക്കുമ്പോൾ കൂടെ ഉണ്ടായിരുന്ന പ്രിയ സഹോദരൻ പ്രമോദ് ജീവിതത്തോട് വിടപറഞ്ഞത് ഒരു നിമിഷം എന്നും നിശ്ചലയാക്കാറുണ്ട്. പിന്നെ സുഹൃത്തുക്കളെപ്പോലെയുള്ള പരിശീലകർ. അതിൽ എനിക്കെന്നും പ്രിയപ്പെട്ട ആളാണ് ബിജു സാർ. ഒരിക്കൽപ്പോലും സാർ ഞങ്ങളോട് ദേഷ്യപ്പെടുന്നത് ഞാൻ കണ്ടിട്ടില്ല. ബഹുമാനം കലർന്നൊരു സ്നേഹവും കടപ്പാടും ഞാനദ്ദേഹത്തോടു സൂക്ഷിച്ചു വയ്ക്കുന്നു.

ഓരോ രാത്രിയുടെ അലാറും വിളിയിൽ ആരെയോ പഴിച്ചുകൊണ്ടു ഞാനും അതിരാവിലെ എഴുന്നേൽക്കുമായിരുന്നു. എല്ലാ ക്യാമ്പുകളിലും പിന്നെ പ്രഭാത കൃത്യങ്ങൾക്കുള്ള ഉന്തും തള്ളും തുടർന്നുള്ള വ്യായാമങ്ങൾ ഇന്നും കൈവിടാതെ കൂടെയുള്ളതിലൊന്നും ഏറെ ഇഷ്ടത്തോടെ ചെയ്തതിലൊന്നും അത് തന്നെ ആയിരുന്നു. ചെറിയ വലിയ ശിക്ഷകൾ, അമ്മയുടെ പേരിന്റെ സ്പെല്ലിങ് തിരുത്താൻ താമസിച്ചതിനും കിട്ടി അതിരാവിലെ പോസ്റ്റ് ആയി നിൽക്കാനുള്ള ശിക്ഷ. പിന്നെ രാവിലെയുള്ള നീന്തൽ പരിശീലനം കായലിലെ വെള്ളമായതുകൊണ്ടാണോ എന്നറിയില്ല അളവറിയാതെ കുറെ പോയിട്ടുണ്ട് എന്റെ വയറിലും. ശത്രുക്കളെ ടാർഗെറ്റിൽ കണ്ടുള്ള വെടിവെപ്പിൽ സത്യത്തിൽ അവന്റെയൊക്കെ ഹൃദയത്തിൽ തൊടാതെപോയ എത്രയോ ഉണ്ടകളുണ്ടായിരുന്നു .

ലെഫ്റ്റ് റൈറ്റ് ലെഫ്റ്റ് റൈറ്റ് ഇന്നും എന്റെ കാതുകളെ കുളിരണിയിക്കുന്ന ശബ്ദം. ആദ്യം സൂചിപ്പിച്ച പോലീസിലേക്കുള്ള ആദ്യ പടിയൽ തന്നെയാണ് ഇന്നും ഞാൻ നിൽക്കുന്നത്. അത് തിരുത്താനുള്ള തീവ്രപരിശ്രമത്തിലാണ് ഞാൻ എന്നുകൂടി നിങ്ങളെ ഓർമ്മിപ്പിക്കട്ടെ.



ബോട്ടിൽ ഞാൻ മെയിൻ പുള്ളൂർ, ആയിരുന്നു. കൂട്ടത്തിൽ വലിയ പെൺകുട്ടി ഞാൻ ആയിരുന്നു എന്ന് വേണം അതിലൂടെ മനസ്സിലാക്കാൻ തൊണ്ട മുറിയും വരെ ഉച്ചത്തിൽ വിളിക്കുമായിരുന്നു. ഞാൻ ആസ്വദിച്ച നിമിഷങ്ങൾ ആയിരുന്നു അതൊക്കെ കൊടി കൊണ്ടുള്ള ദാഷ വളരെ കഷ്ടപ്പെട്ട് പഠിച്ചപ്പോൾ അതാ വരുന്നു പരീക്ഷാ ദിനങ്ങൾ. അപ്പോൾ ഇതിലും ദേദം പത്താം ക്ലാസ് ആണെന്ന് തോന്നാതിരുന്നില്ല. ഇന്നും പരീക്ഷകളും കമാൻഡുകളും ശിക്ഷണങ്ങളും അവിടെ നടക്കുന്നുണ്ടാകാം. പക്ഷെ എന്റെ ഓർമ്മയിലെന്നും മധുരാനുഭൂതി നൽകുന്ന കാലം അത് എൻ സി സി ജീവിതം തന്നെയാണെന്ന് ഇന്നും ഏതുരക്കത്തിൽ ചോദിച്ചാലും ഞാൻ പറയും. എനിക്കു എൻ സി സി യിൽ ചേരണം രാജ്യം കാക്കണം യൂണിഫോം സർവീസ് വേണം എന്നൊക്കെ. എന്തെന്നാൽ അവിടുത്തെ അനുഭവങ്ങൾ എന്റെ രക്തത്തിൽ അറിഞ്ഞതാണ് എന്നെ നല്ലൊരു ഇന്ത്യൻ ആക്കിയത്. എൻ സി സി തന്നെ എനിക്കൊരു മകളാണ്. അവൾ നാളെയു ടെ വാഗ്ദാനമാണ്. എന്റെ സ്വപ്നങ്ങൾക്ക് ജീവൻ നൽകുന്ന നാളെയുടെ എൻ സി സി കേഡറ്റ്.

Jai Hind

മഹാമാരി

പത്തൊൻപത്തിൻ അന്ത്യ യാത്രയിൽ രാജ്യത്തിന്
ജീവിതമൊന്നു മാറ്റാൻ
ഞെട്ടലായ് ദേഹം വിറപ്പിച്ച
ആ മഹാമാരിയെ ഇല്ലാതെയാക്കാൻ
അതിജീവനത്തിന്റെ നാളിതിൽ നമ്മൾക്ക്
കൂട്ടായി വന്നതോ മാറ്റം
ഒന്നായ് നിന്നുകൊണ്ടങ്ങിങ്ങു മുട്ടാതെ
തട്ടാതെ മുന്നോട്ട് നീങ്ങാൻ
കൈകൾ കഴുകണമെന്നുള്ളൊരാശരീരി
എങ്ങും മുഴങ്ങിയ നേരം
അന്വേഷണത്തിന്റെ പാതയിൽ മുന്നിലായ്
ഡെറ്റോളും സോഷ്യം സ്പിരിറ്റും
ജീവിതത്തിൽ മുഖ്യ ഭാവമായ് മാറി
വൃത്തിയെന്നൊരു വാക്ക്
ഇതുവരെ കാണാത്തൊരുരക്കലും തേ
ക്കലും
കഴുകലും കണ്ടിതാ നമ്മൾ
ജീവിതം നമ്മളെന്തെന്നും
ആരെന്നും ഓർക്കുവാൻ തന്നൊരു മാറ്റം
ഓർക്കാം മനുഷ്യാ നീ ചെയ്തനീതികൾ
എന്നെന്നെക്കുമായ് മറക്കാം.
ഒരു പാതയോളം വിലയില്ല നിന്റെയാ
ഞാനെന്ന ഞാനെന്ന ഞാനെന്ന ഭാവം

Monisha S
Ex. Cadet – 2007
Sree Narayana College,
Kollam



CADETS CANVAS

RESPECT THEM
When we are safe at home, they are working to save lives. Respect them and let's pray for 'Real Angels on earth'.

NC1 - Aaswarya.S
 KL/18/SW/N/128965

STOP !! COVID-19

SOCIAL DISTANCING
 Protect yourself and help prevent spreading the virus to others.

POSITIVE IMPACTS

STOP COVID-19

THE CORONAVIRUS PANDEMIC'S IMPACT ON THE ENVIRONMENT

- CARBON EMISSIONS
- WASTE
- WILDLIFE & HABITAT
- ENERGY

Rehan Prakash
 KL/18/SD/N/128978

FIT INDIA Rehan Prakash

Get In. Get Fit. Get on with Life.

#fit body
 #fit mind
 #fit environment

FITNESS IS NOT ABOUT BEING BETTER THAN SOMEONE ELSE...IT'S ABOUT BEING BETTER THAN YOU USED TO BE...

SELF-RELIANT INDIA AATMA-NIRBHAR BHARAT

Everyone wants to be strong and self sufficient

Rehan Prakash

EX CADETS CANVAS



SAJU K MOHAN

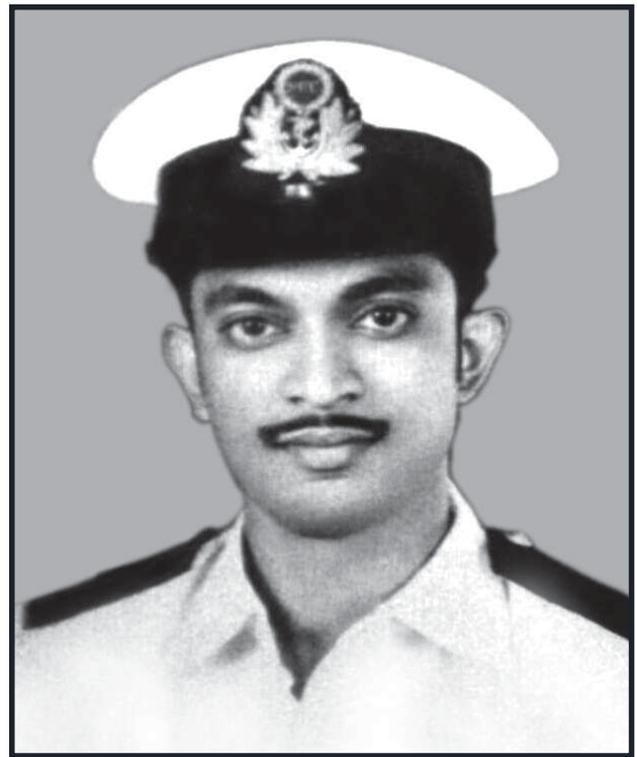


SYAMJITH M

MEMORIES (1969-1979)



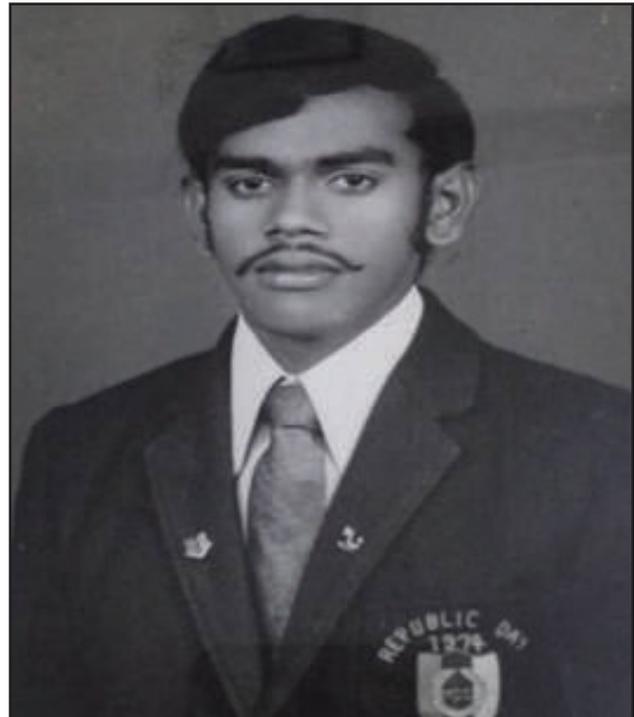
Lt. Cdr. Dr. K. Sudhakaran
ANO (1969-78) (1980-84)



Ex SCC Malik Mohammed
(Attended RDC - 1970)

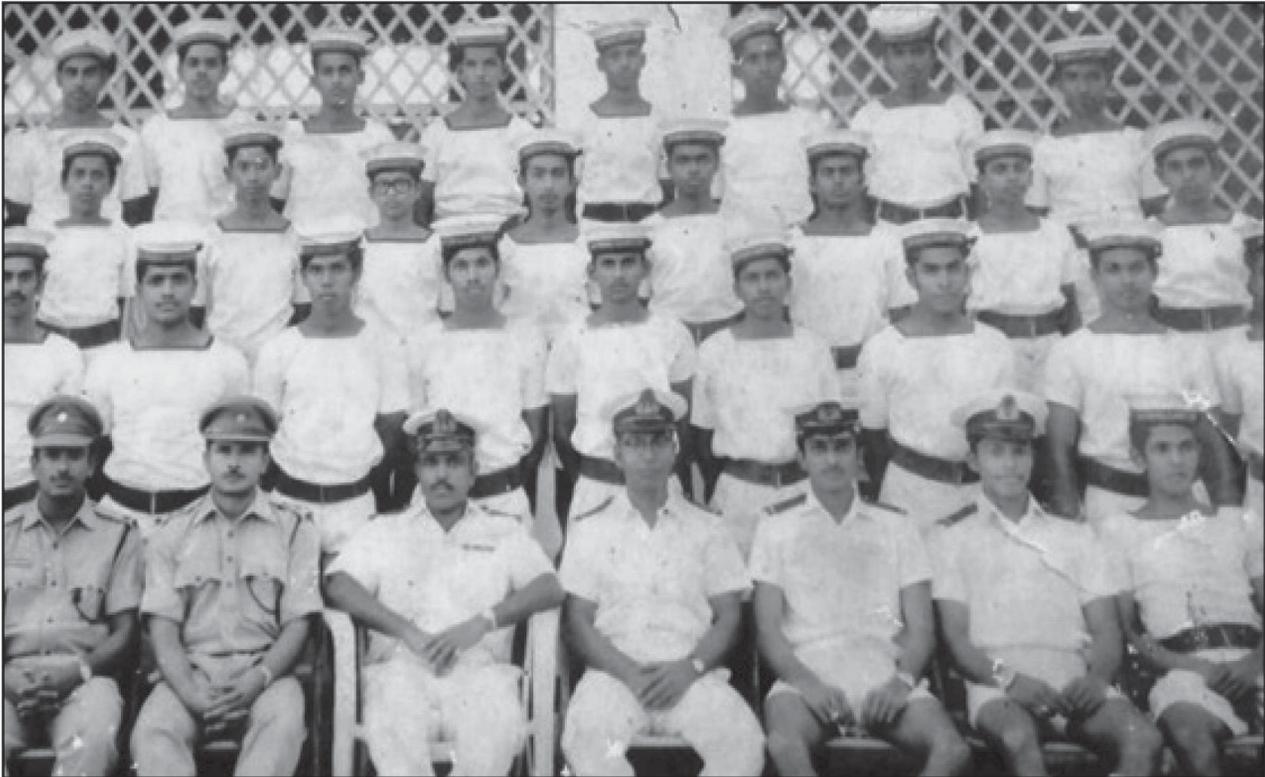


Ex SCC Anzar A
(Attended RDC - 1971)

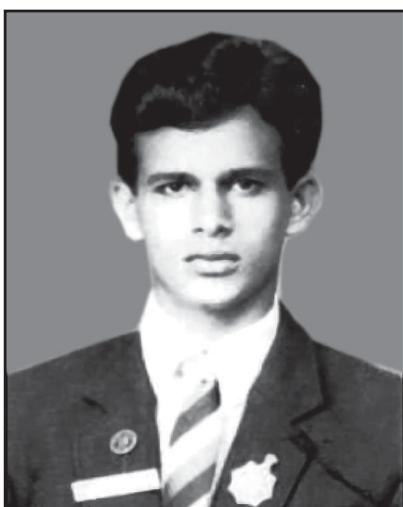


Ex Cdt T.K. Hariharan
(Attended RDC - 1974)





MEMORIES OF (1980-1989)



**CC K. R. Satya Narayan
attended RDC 1989**



MEMORIES (1990-1999)



Ex SCC Sharad Kumar
Attended RDC & YEP 1993



K. R. Narayanan, Former Vice President of India
receiving Guard of Honor during RDC 1993
(Ex. Cdt Sharad Kumar fourth from left to right)

YEP Contingent of Kerala and Lakshadweep 1993



Ex SCC Sharad Kumar with RDC 1993 Contingent of Kerala and Lakshadweep



YEP 1993 Contingent: Ex SCC Sharad Kumar with Kanasiya Prince Rupert



Indo-Canada YEP Contingent: 1993: Ex SCC Sharad Kumar with Kanasiya Prince Rupert

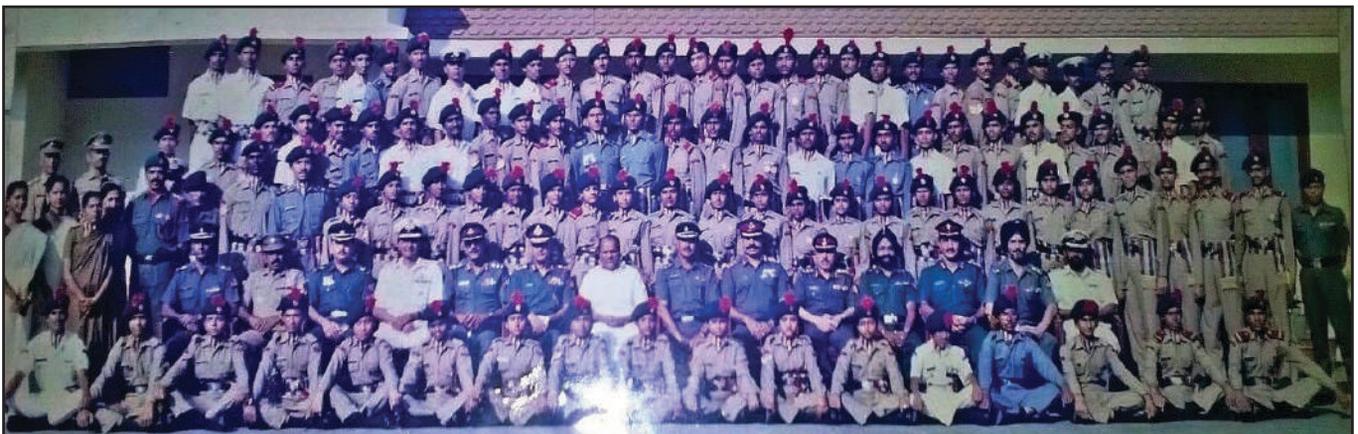




Ex. Cdt Sharad Kumar with DG NCC in 1993



Ex. SCC Biju Balakrishnan Attended RDC 1994



Ex. Cdt. Abhilash Soman with the then Chief Minister AK Antony (K&L RDC contingent 1996)



MEMORIES (2000 - 2009)



Annual Inspection Day 2007





SCC Mohammed Haris
Attended RDC 2006

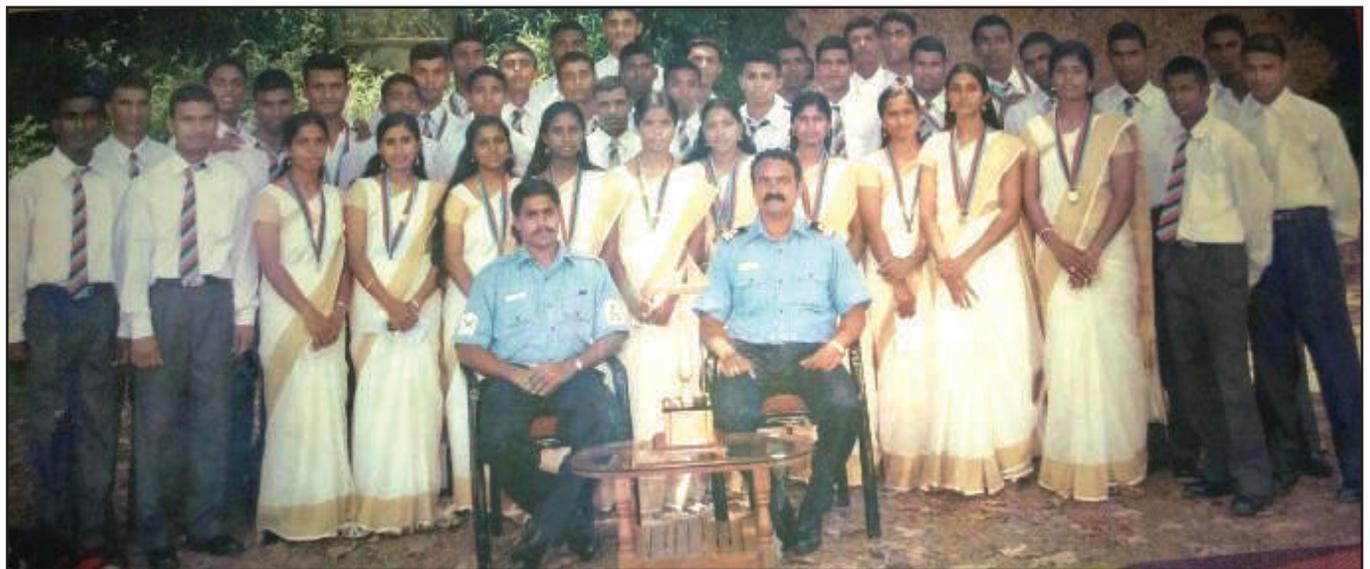


RDC 2006



RDC 2006







IGC 2009 Winners



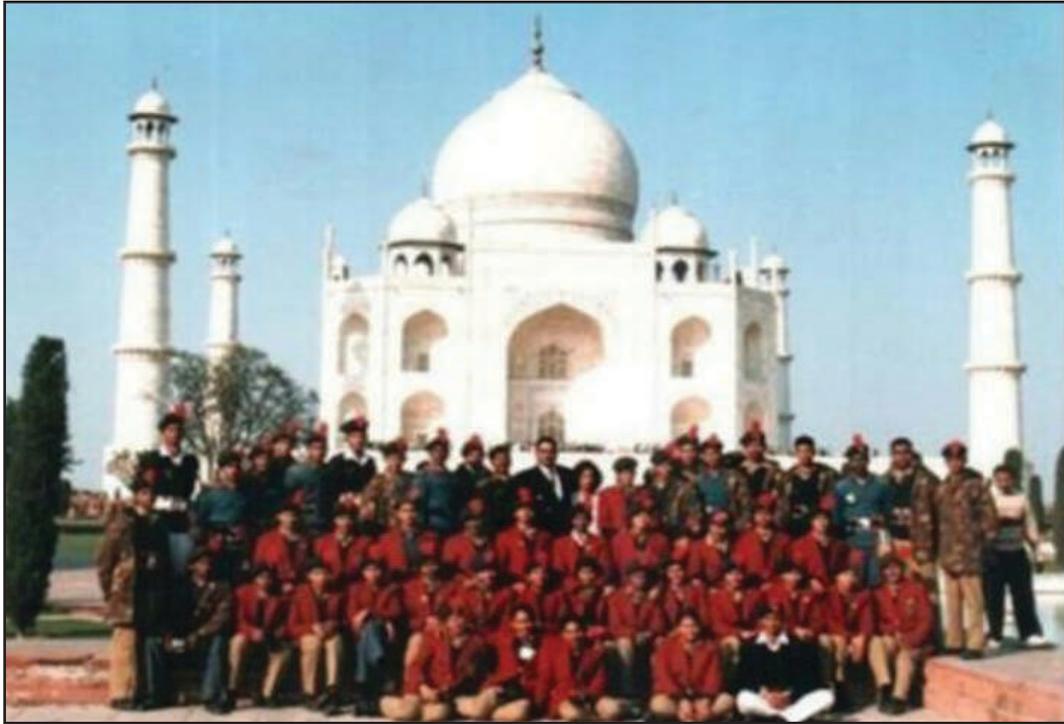


AINSC 2010 Ship Modeling





MEMORIES (2009-2020)



K&L RD Contingent 2011



POC Sruthi M.S : Attended RDC 2011
(Sitting first from left to right)



LCdt Sravan Prakash: Attended RDC 2013



RDC 2013





AINSC 2013 Drill Competition: Platoon Commander CC Krishnasagar, SN College, Kollam



AINSC 2013: III Position in SW Boat Pulling Competition



AINSC 2013: Tent Pitching Competition



AINSC 2013: Line Area Competition



AINSC 2013 : 3(K) Naval Cadets with ANO
SLt. Dr. Laiju S, PI Staff Skanda Das and GCI Suma Babu

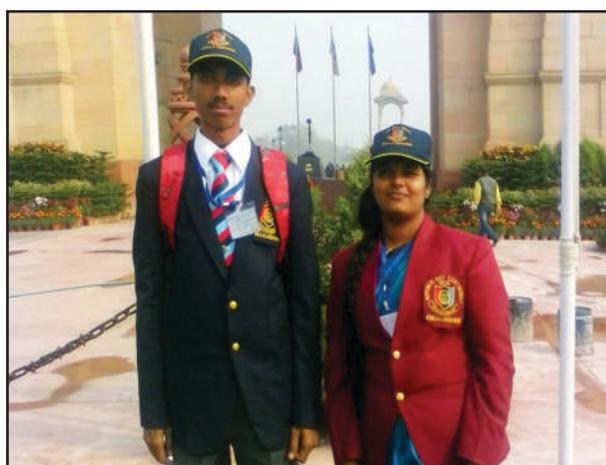




AINSC 2013 Contingent: Kerala and Lakshadweep Directorate



AINSC 2013 Contingent ANOs



RDC 2015

Two cadets of our subunit attended Republic Day Camp 2015 at Delhi. SCC Anandu S, first year BSc Botany participated in the Guard of Honor Event and LCdt Vishnupriya VD, First BA Hindi participated in the Ship Modeling Event.



RDC 2015



AINSC 2015 Contingents: Kerala and Lakshadweep Directorate



AINSC 2015: Receiving Trophy for Seamanship Competition





AINSC 2015: Receiving Trophy for Health and Hygiene Competition



AINSC 2015: Cdt Subisha (II B.A. English) is receiving Gold Medal for Health and Hygiene Competition



International Yoga Day Celebration at Kollam Beach: 21 June 2015



Unarvu 2015: Cadets participating in Anti-drug Rally



International Day of Yoga: 21 June 2016



IGC 2016 Overall Championship Team



IGC 2016: SN College Team



IGC 2016: LCdt. Nithin V., II B.Sc. Chemistry receiving Gold Medal from ADG, Maj. General R.S. Malave



Day at Sea: PO Cdt Reshma Nath R during AINSC 2016





AINSC 2016: Day at Sea



Participants of NCC Day Run 2016

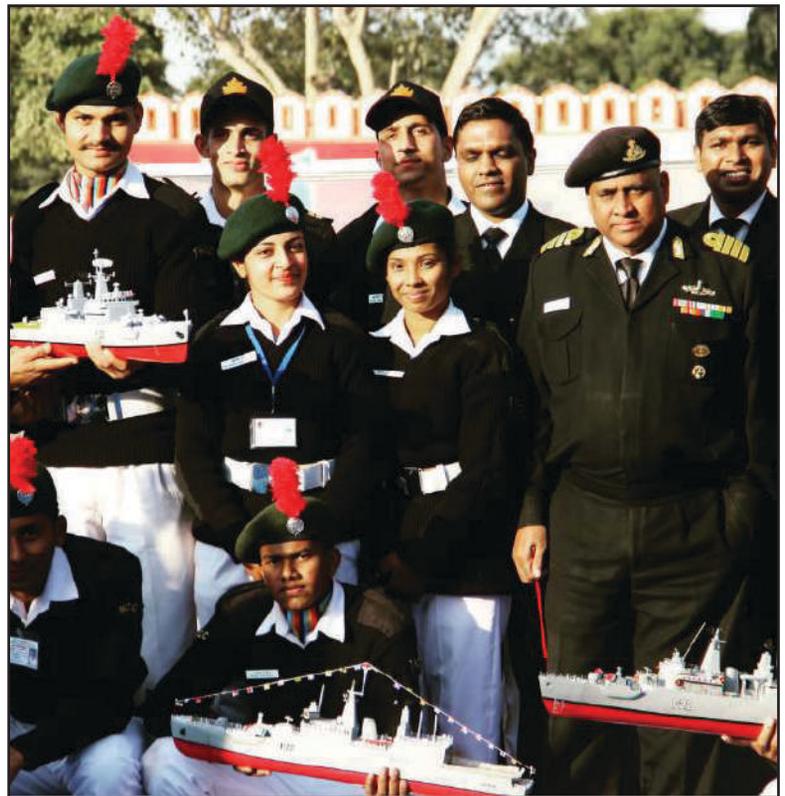


NAAC Peer Team Visit: 07 November 2016





Independence Day Parade Contingent at Lal Bahadur Stadium 2016



CC Subisha BS, III BA English attended RDC 2017



Cadets after C Certificate Exam 2017



IGC Team 2017

NCC DAY RUN 2017



RD Parade 2018 at Lal Bahadur Stadium



Tug of war: ATC 2018



Receiving Trophy for I Position in Drill Competition in ATC 2018 from the Manager, SMHSS Kottara



ATC 2018: Cadets of Sree Narayana College, Kollam





Annual Training Camp 2018 at SMHSSS, Kottara



Scuba Diving Camp: CC Abhijith S.



Scuba Diving Camp:
CC Abhijith S. Receiving Certificate



World Environment Day Celebration: Tree Sapling Plantation Drive (05 June 2018)





Plastic Waste Collection and Auditing (05 June 2018)



Participants of International Yoga Day Celebration 2018



Cadets attending International Yoga Day Celebration 2018 at Kollam Beach





Beach Cleaning Program



Swatch Bharat Activities in the Campus





Brig. Ajeet Rana, Group Commander NCC group Headquarters Kollam receiving Guard of Honor

Flood Relief Activities



Flood Relief Activities: Naval Team ready to Relief Camp at Munro Island



Flood Relief Activities: Providing Materials to Munrothuruthu Relief Camps



Flood Relief Activity at Alappuzha



Flood relief Activity at Alappuzha





Kollam Corporation Cremation Centre Cleaning Drive: 08 August 2018



NSC Launching Camp 2018





Cycling Expedition



III Year Cadets after C Exam 2019



ATC 2019 Team of SN College with our Commanding Officer Capt. B. A. Nair and other NCC Staffs of 3(K) Naval Unit



Dr. R. Sunilkumar, College Principal inaugurating the Send off function of 2019 rollout cadets





3(K) NAVAL UNIT NCC
INTERNATIONAL DAY OF YOGA
21 JUNE 2019



SREE NARAYANA COLLEGE, KOLLAM







Republic Day Parade 2019 Contingent at Lal Bahadur Stadium



Alumni Executive Members



Send off Day of Capt. B.A. Nair, Commanding Officer



IGC Team 2019





PRCN MEMORIES



PRCN 2013 Batch



Passing out Parade of SLt. Dr. Laiju S., ANO on 26 October 2013





NATIONAL CADET CORPS OFFICERS TRAINING ACADEMY, KAMPTEE

COURSE : PRCN (NAVY &AF)-10 PERIOD : 10 JUN TO 29 JUN 2013 AT RP COY



SITTING (L TO R) : OFFR CADET S JAYA KUMAR, OFFR CADET RAKESH GAUD, HI TEJ BDR THAPA (BASIC - II) HI NITESH KUMAR,
 OFFR CADET MUNDHE SHASHIKANT V (COURSE SR), COL RAVINDRA KOTHARI (COURSE OIC & S' COY CDR), OFFR CADET M NAGESH,
 OFFR CADET HARIOM SINGH RANAWAT, HI VIKETO SUM (BASIC-I), HI L HAOKIP.
 STANDING (L TO R) : OFFR CADET SANJEEV KUMAR, OFFR CADET (DR) S LAJU, OFFR CADET VISHAL S MISHRA, OFFR CADET GURJANT SINGH, OFFR CADET NAGARAJ,
 OFFR CADET AJIT KUMAR BHABOR, OFFR CADET VISHWANATH KAMAGOL, OFFR CADET ANIL KUMAR SHARMA.
 STANDING (L TO R) : OFFR CADET S HENRY KISHORE, OFFR CADET (DR) PAWAN KUMAR SHARMA, OFFR CADET S STALIN KUMAR, OFFR CADET B BARAN KUMAR,
 OFFR CADET MUKESH KUMAR VARMA, OFFR CADET SURESH KUMAR DUGGAL.





MEMORIES OF REFRESHER COURSE 2018





LIST OF NAVAL CADETS ATTENDED REPUBLIC DAY PARADE AT DELHI

Sl. No.	Name of Cadet	Year	Class
1.	SCC Gauri Sankar S	2020	BA English
2.	LCdt. Kavya Mohan	2020	BSc Zoology
3.	NC I Roopesh R	2020	BA Sanskrit
4.	NC I Anandu P	2020	BSc PCA
5.	CC Subisha BS	2017	BA English
6.	LCdt. Vishnu Priya VD	2015	BA Hindi
7.	SCC Anandhu S	2015	BSc Botany
8.	LCdt Sravan Prakash	2013	Plus Two(Open Quota)
9.	POC Sruthy MS	2011	BA English
10.	SCC Mohammed Haris	2006	B.Tech (Open Quota)
11.	LCdt Sumesh Sasidharan	2000	B Com
12.	CC Surya R	1999	BA Music
13.	CC Abhilash Soman	1996	Pre Degree
14.	CC Biju Balakrishnan	1994	BA History
15.	CC Sharad Kumar	1993	BSc. Physics
16.	LCdt. Sreekumar S	1990	Pre Degree
17.	CC KR Sathya Narayan	1989	Pre Degree
18.	CC Shinu SM	1986	B.Com
19.	CC TK Hariharan	1974	B.Com
20.	SCC Anzar A	1971	BSc Chemistry
21.	CC Malik Mohammed	1970	BA Economics

OUR CONTRIBUTIONS TO ARMED FORCES AND NCC



Maj. Viji I.V.
WTLO (NCC), 2001 Enrolled Cadet



Cdr. S. Ganesh Pillai
2001 Enrolled Cadet



Cdr. Krishnadas
2001 Enrolled Cadet



K. R. Satya Narayan
Junior Warrant Officer (Rtd)
1987 Enrolled Cadet



Sreejith S.L.
Havildar
1998 Enrolled Cadet



A. Anzar
Sub Inspector BSF (Rtd)
1970 Enrolled Cadet



Prajith P.
EAP 4
2009 Enrolled Cadet



Binoj Krishnan
Havildar
2010 Enrolled Cadet



Arun Krishnan
RST
2013 Enrolled Cadet



Anandu S
OFC
2014 Enrolled Cadet



Akhil Raj D
Naik
2009 Enrolled Cadet



Shibin
Signal Man
2015 Enrolled Cadet



Aanand S
MED 1
2017 Enrolled Cadet



Pranav Krishnan
Soldier (GD)
2019 Enrolled Cadet



Dethathray R
Sea Man II
2019 Enrolled Cadet



NCC IN PRINT MEDIA

മാതൃഭൂമി ജന്മഭൂമി കേരള കാമുദി മലയാള മനോരമ



Mathrubhomi 17.09.2018



Kerala Kaumudi 18.07.2019

Kerala Kaumudi 30.01.2020



Malayaa Manorama (30.08.2019)



Mathrubhoomi Daily 18.07.2019

റിപ്പബ്ലിക് ദിന പരേഡിലേക്ക് എസ്.എൻ കോളജിലെ എൻ.സി.സി കാഡറ്റുകൾ



കോളിംഗ്: റിപ്പബ്ലിക് ദിന പരേഡിൽ കൊല്ലത്തിന്റെ അഭിമാനമായി ശ്രീനാരായണ കോളജിൽ നിന്ന് നേവൽ കാഡറ്റുകളായ നാൽപ്പത്തി രണ്ട് സഹോദരങ്ങൾ കോളജിലെ ഡയറക്ടർമാരുടെ നേതൃത്വത്തിൽ പങ്കെടുത്തു. എസ്. ഗൗതമേഷ്, കാവ്യ മോഹൻ, ആർ. തുറേഷ്, പി. അനന്തു.

എസ്. ഗൗതമേഷ്, കാവ്യ മോഹൻ, ആർ. തുറേഷ്, പി. അനന്തു.

റിപ്പബ്ലിക് ദിന പരേഡിൽ പങ്കെടുത്ത ഡയറക്ടർമാർ എസ്. ഗൗതമേഷ്, കാവ്യ മോഹൻ, ആർ. തുറേഷ്, പി. അനന്തു.

Janmabhoomi 07.01.2020



റിപ്പബ്ലിക് ദിന പരേഡിൽ പങ്കെടുത്ത എൻ.സി.സി കാഡറ്റുകൾ: എസ്. ഗൗതമേഷ് (ബി.എ ഇ.എസ്), കാവ്യ മോഹൻ (ബി.എസ്.സി സുവർണ്ണ), ആർ. തുറേഷ് (ബി.എ സെൻ്റർ), പി. അനന്തു (ബി.എസ്.സി ഫിസിക്കൽ ഫിറ്റ്നസ്സ്) എന്നിവർ.

Malayala Manorama 18.01.2020

റിപ്പബ്ലിക് ദിന പരേഡിൽ പങ്കെടുക്കാൻ അനന്തുവും



പുതുച്ചേരി ജില്ലയിലെ റിപ്പബ്ലിക് ദിന പരേഡിൽ പങ്കെടുക്കാൻ അനന്തുവും. കഴിഞ്ഞ 28ന് ന്യൂഡൽ ഹിൽസിലെ എസ്. പി. അനന്തു ഇപ്പോൾ റിപ്പബ്ലിക് ദിന പരേഡിൽ പങ്കെടുക്കാൻ തയ്യാറെടുക്കുന്നു. എസ്. പി. അനന്തു ഇപ്പോൾ റിപ്പബ്ലിക് ദിന പരേഡിൽ പങ്കെടുക്കാൻ തയ്യാറെടുക്കുന്നു. എസ്. പി. അനന്തു ഇപ്പോൾ റിപ്പബ്ലിക് ദിന പരേഡിൽ പങ്കെടുക്കാൻ തയ്യാറെടുക്കുന്നു.

21.01.2020 Mathrubhoomi

കൊല്ലത്തിന് അഭിമാനമായി എസ്.എൻ കോളജിലെ നേവൽ എൻസിസി കേഡറ്റുകൾ റിപ്പബ്ലിക് ദിന പരേഡിലേക്ക്



റിപ്പബ്ലിക് ദിന പരേഡിൽ പങ്കെടുത്ത എൻ.സി.സി കാഡറ്റുകൾ: എസ്. ഗൗതമേഷ്, കാവ്യ മോഹൻ, ആർ. തുറേഷ്, പി. അനന്തു.

09.01.2020 Janmabhoomi



എസ്.എൻ കോളജിലെ നേവൽ എൻ.സി.സി യൂണിറ്റും കെമിസ്ട്രി ഡിപ്പാർട്ട്മെന്റും ചേർന്ന് നിർമ്മിച്ച ഹാൻഡ് സാനിറ്റൈസറുകൾ കൊല്ലം ഗവ. വികസന യൂണിറ്റിലെ ആർ.എം.ഒ ഡോ. അരുൺ പ്രകാശിന് നേവൽ എൻ.സി.സി ഓഫീസർ ഡോ. ലൈജ കൈമാറുന്നു.

Kerala Kaumudi 26.03.2020

വെബിനാർ നടത്തി

കൊല്ലം • എസ്.എൻ കോളജ് നേവൽ എൻസിസി യൂണിറ്റിന്റെയും ആന്റിഡ്രഗ് അന്വേഷണ സെല്ലിന്റെയും നേതൃത്വത്തിൽ ലഹരി വിരുദ്ധ ദിനാചരണത്തിന്റെ ഭാഗമായി ബോധവൽക്കരണ വെബിനാറും പോസ്റ്റർ രചന മത്സരവും സംഘടിപ്പിച്ചു. കോളജ് പ്രിൻസിപ്പൽ ഡോ.ആർ.സുനിൽ കുമാർ ഉദ്ഘാടനം ചെയ്തു. കരുനാഗപ്പള്ളി എക്സൈസ് പ്രിവന്റിവ് ഓഫീസർ പി.എൽ.വിജിലാൽ ക്ലാസ് നയിച്ചു. നേവൽ എൻസിസി ഓഫീസർ സബ് ലെഫ്റ്റ്.ഡോ.എസ്.ലൈജ, ആന്റി ഡ്രഗ് അന്വേഷണ സെൽ കോ-ഓർഡിനേറ്റർ ഡോ.പി.എസ്.പ്രീത എന്നിവർ പ്രസംഗിച്ചു.



എസ്.എൻ കോളേജിൽ ലഹരി വിരുദ്ധ സെമിനാർ

കൊല്ലം എസ്.എൻ കോളേജിൽ സമാഹരിച്ച ലഹരി വിരുദ്ധ സെമിനാർ ഉദ്ഘാടനം ചെയ്യുന്ന എൻ.സി.സി യൂണിറ്റ് സംഘടിപ്പിച്ച 'സഷോർട്ട് ഫോർ ഓൺ ലൈൻ ലേണിംഗ്' പരിപാടിയുടെ ഭാഗമായി നിർമ്മന കുടുംബത്തിന് ടി.വി നൽകി. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ആർ. സുനിൽകുമാർ, നേവൽ എൻ.സി.സി ഓഫീസർ സബ്ലൈറ്റ്. ഡോ. ലൈജ, നേവൽ എൻ.സി.സി കേഡറ്റുകൾ, ചാത്തന്നൂർ ലൈഫ് സർകിൾ കൗൺസിലിംഗ് സെന്റർ ഡയറക്ടർ ജോൺസ് കെ. ലൂക്കോസ് എന്നിവർ നേതൃത്വം നൽകി.

Kerala Kaumudi 29.01.2020

സഷോർട്ട് ഫോർ ഓൺലൈൻ ലേണിംഗ്

കൊല്ലം: ശ്രീനാരായണ കോളേജിലെ 3 കേരള നേവൽ എൻ.സി.സി യൂണിറ്റ് സംഘടിപ്പിച്ച 'സഷോർട്ട് ഫോർ ഓൺലൈൻ ലേണിംഗ്' പരിപാടിയുടെ ഭാഗമായി നിർമ്മന കുടുംബത്തിന് ടി.വി നൽകി. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ആർ. സുനിൽകുമാർ, നേവൽ എൻ.സി.സി ഓഫീസർ സബ്ലൈറ്റ്. ഡോ. ലൈജ, നേവൽ എൻ.സി.സി കേഡറ്റുകൾ, ചാത്തന്നൂർ ലൈഫ് സർകിൾ കൗൺസിലിംഗ് സെന്റർ ഡയറക്ടർ ജോൺസ് കെ. ലൂക്കോസ് എന്നിവർ നേതൃത്വം നൽകി.

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എസ്.എൻ കോളേജിൽ വെബിനാർ

കൊല്ലം: അന്താരാഷ്ട്ര ലഹരി വിരുദ്ധ ദിനാചരണത്തിന്റെ ഭാഗമായി കൊല്ലം ശ്രീനാരായണ കോളേജിലെ നേവൽ എൻ.സി.സി യൂണിറ്റും ആന്റി ഡ്രഗ് അവേർനെസ്സെല്ലും സംയുക്തമായി ബോധവൽക്കരണ വെബിനാറും പോസ്റ്റർ മത്സരവും സംഘടിപ്പിച്ചു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ആർ. സുനിൽകുമാർ വെബിനാർ ഉദ്ഘാടനം ചെയ്തു. കൊല്ലം കരുനാഗപ്പള്ളി എക്സൈസസ് സർക്കിൾ ഓഫീസിലെ പ്രിവന്റിവ് ഓഫീസർ പി.എൽ. വിജിലാൽ ബോധവൽക്കരണ ക്ലാസെടുത്തു. നേവൽ എൻ.സി.സി ഓഫീസർ സബ്ലൈറ്റ്. ഡോ. എസ്.ലൈജ സ്വാഗതവും ആന്റി ഡ്രഗ് അവേർനെസ്സെൽ കോഓർഡിനേറ്റർ ഡോ. പി. എസ്. പ്രീതനദിയും പറഞ്ഞു.



കേരള- ലക്ഷദ്വീപ് ഡയറക്ടറേറ്റിനെ പ്രതിനിധീകരിച്ച് ആൾ ഇന്ത്യ ബെസ്റ്റ് കേഡറ്റ് മത്സരത്തിൽ സിൽവർ മെഡൽ നേടിയ കൊല്ലം എസ്.എൻ കോളേജ് വിദ്യാർത്ഥിനിയും ചാത്തന്നൂർ സ്വദേശിയുമായ ഗൗരി ശങ്കറിനെ ബി.ജെ.പി ജില്ലാ പ്രസിഡന്റ് ബി.ബി. ഗോപകുമാർ അനുമോദിക്കുന്നു. ചാത്തന്നൂർ മണ്ഡലം പ്രസിഡന്റ് എസ്. പ്രശാന്ത് സമീപം

ഓൺലൈൻ പഠനം സൗകര്യം

കൊല്ലം: ഓൺലൈൻ പഠന സൗകര്യമില്ലാത്ത വിദ്യാർത്ഥികൾക്കായി കൊല്ലം ശ്രീനാരായണ കോളേജിലെ 3 കേരള നേവൽ എൻ.സി.സി യൂണിറ്റ് സംഘടിപ്പിച്ച 'സഷോർട്ട് ഫോർ ഓൺലൈൻ ലേണിംഗ്' പരിപാടിയുടെ രണ്ടാംഘട്ടത്തിൽ നിർമ്മന വിദ്യാർത്ഥികൾക്ക് സ്മാർട്ട് ഫോണുകൾ വിതരണം ചെയ്തു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ആർ. സുനിൽകുമാർ ഉദ്ഘാടനം നിർവഹിച്ചു. നേവൽ എൻ.സി.സി ഓഫീസർ സബ്ലൈറ്റ്. ഡോ. ലൈജ നേതൃത്വം നൽകി.

സഷോർട്ട് ഫോർ ഓൺലൈൻ ലേണിംഗ്

കൊല്ലം: ശ്രീനാരായണ കോളേജിലെ 3 കേരള നേവൽ എൻ.സി.സി യൂണിറ്റ് സംഘടിപ്പിച്ച 'സഷോർട്ട് ഫോർ ഓൺലൈൻ ലേണിംഗ്' പരിപാടിയുടെ ഭാഗമായി നിർമ്മന കുടുംബത്തിന് ടി.വി നൽകി. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ആർ. സുനിൽകുമാർ, നേവൽ എൻ.സി.സി ഓഫീസർ സബ്ലൈറ്റ്. ഡോ. ലൈജ, നേവൽ എൻ.സി.സി കേഡറ്റുകൾ, ചാത്തന്നൂർ ലൈഫ് സർകിൾ കൗൺസിലിംഗ് സെന്റർ ഡയറക്ടർ ജോൺസ് കെ. ലൂക്കോസ് എന്നിവർ നേതൃത്വം നൽകി.

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എസ്.എൻ കോളേജിൽ വെബിനാർ

കൊല്ലം: അന്താരാഷ്ട്ര ലഹരി വിരുദ്ധ ദിനാചരണത്തിന്റെ ഭാഗമായി കൊല്ലം ശ്രീനാരായണ കോളേജിലെ നേവൽ എൻ.സി.സി യൂണിറ്റും ആന്റി ഡ്രഗ് അവേർനെസ്സെല്ലും സംയുക്തമായി ബോധവൽക്കരണ വെബിനാറും പോസ്റ്റർ മത്സരവും സംഘടിപ്പിച്ചു. കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ആർ. സുനിൽകുമാർ വെബിനാർ ഉദ്ഘാടനം ചെയ്തു. കൊല്ലം കരുനാഗപ്പള്ളി എക്സൈസ് സർക്കിൾ ഓഫീസിലെ പ്രിവന്റിവ് ഓഫീസർ പി.എൽ. വിജിലാൽ ബോധവൽക്കരണ ക്ലാസെടുത്തു. നേവൽ എൻ.സി.സി ഓഫീസർ സബ് ലെഫ്റ്റനന്റ് ഡോ. എസ്. ലൈജു സ്വാഗതവും ആന്റി ഡ്രഗ് അവേർനെസ്സെൽ കോഓർഡിനേറ്റർ ഡോ. പി. എസ്. പ്രിയനന്ദിയും പറഞ്ഞു.

03 കേരള കാമുനി 16 സെപ്റ്റംബർ 2020

എസ്.എൻ കോളേജിൽ ഫിറ്റ് ഇന്ത്യ വെബിനാർ

കൊല്ലം: ആരോഗ്യമുള്ള സമൂഹത്തെ സൃഷ്ടിക്കുക ലക്ഷ്യമിട്ട് കേന്ദ്ര സർക്കാർ ആവിഷ്കരിച്ച 'ഫിറ്റ് ഇന്ത്യ മുവ്വൈന്റിന്റെ' ഭാഗമായി കൊല്ലം ശ്രീനാരായണ കോളേജിലെ നേവൽ എൻ.സി.സി യൂണിറ്റും ഹെൽത്ത് ക്ലബ്ബും ചേർന്ന് 'ഫിറ്റ് നസ് ഫോർ ബെറ്റർ ലൈഫ്' എന്ന വിഷയത്തിൽ വെബിനാർ സംഘടിപ്പിച്ചു.

കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ആർ. സുനിൽകുമാർ ഉദ്ഘാടനം ചെയ്തു. ആറ്റിങ്ങൽ ഗവ. കോളേജ് ഫിസിക്കൽ എഡ്യൂക്കേഷൻ വിഭാഗം അസിസ്റ്റന്റ് പ്രൊഫസറും കേരള യൂണിവേഴ്സിറ്റി സിൻഡിക്കേറ്റ് മെമ്പറുമായ ജെ. ജയരാജ് മുഖ്യപ്രഭാഷണം നടത്തി. ഐ.ക്യൂ.എ.സി കോഓർഡിനേറ്റർ ഡോ. എസ്. വി. മനോജ്, നേവൽ എൻ.സി.സി ഓഫീസർ സബ് ലെഫ്. ഡോ. എസ്. ലൈജു, ഹെൽത്ത് ക്ലബ്ബ് മെമ്പർ ശ്രീമതി തുടങ്ങിയവർ സംസാരിച്ചു.

എസ്.എൻ കോളേജിൽ ദേശീയ വെബിനാർ

കൊല്ലം: കൊല്ലം ശ്രീനാരായണ കോളേജിലെ ഐ.ക്യൂ.എ.സി, നേവൽ എൻ.സി.സി യൂണിറ്റ്, കൗൺസിലിംഗ് സെൽ, ഹെൽത്ത് ക്ലബ്ബ് എന്നിവരുടെ ആഭിമുഖ്യത്തിൽ 'കൊവിഡ് കാലഘട്ടത്തിൽ മാനസികാരോഗ്യത്തിന്റെ പ്രാധാന്യം' എന്ന വിഷയത്തിൽ ദേശീയ വെബിനാർ സംഘടിപ്പിച്ചു.

കോളേജ് പ്രിൻസിപ്പൽ ഡോ. ആർ. സുനിൽകുമാർ ഉദ്ഘാടനം ചെയ്തു. മുഞ്ചയ്ക്കൽ വെനി വെൽനെസ് മെൻഡ് കെയർ സെന്ററിലെ കൗൺസിലിംഗ് സെക്ഷനിലെ സൂപ്പർവൈസിംഗ് റ്റീച്ചർ ഐ.പി.നോരൈനാ അധ്യക്ഷനായ ഡോ. വിധു വാസുദേവ് മുഖ്യപ്രഭാഷണം നടത്തി. ഐ.ക്യൂ.എ.സി കോഓർഡിനേറ്റർ എസ്.വി. മനോജ്, നാക് കോഓർഡിനേറ്റർ ഡോ. എസ്. ജയശ്രീ, നേവൽ എൻ.സി.സി ഓഫീസർ ഡോ. എസ്. ലൈജു തുടങ്ങിയവർ സംസാരിച്ചു.

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NCC SONG

Hum Sab Bharatiye Hain, Hum Sab Bharatiye Hain

Apni Manzil Ek Hai,

Ha, Ha, Ha, Ek Hai,

Ho, Ho, Ho, Ho, Ek Hai.

Hum Sab Bharatiye Hain.

Kashmir Ki Dharti Rani Hai,

Sartaj Himalaya Hai,

Sadiyon Se Hamne Isko Apne Khoon Se Pala Hai

Desh Ki Raksha Ki Khatir Hum Samshir Utha Lenge,

Hum Samshir Utha Lenge.

Bhikre-Bhikre Tarey Hain Hum Lekin Jhilmil Ek Hai,

Ha, Ha, Ha, ha, Ek Hain

Hum Sab Bharatiye Hain.

Mandir Gurudware Bhi Hain Yahan

Aur Masjid Bhi Hai Yahan

Girja Ka Hai Ghadiyal Kahin

Mullah ki Kahin Hai Azaan

Ek Hi Apna Ram Hai, Ek hi Allah Taala Hai,

Ek Hi Allah Taala Hai, Rang Birange Deepak Hain Hum,

Ek Jagmag Ek Hai Ha, Ha, Ek Hai, Ho, Ho, Ek Hai.

Hum Sab Bharatiye Hain, Hum Sab Bharatiye Hain

