



# **SREE NARAYANA COLLEGE CHEMPAZHANTHY**

Chempazhanthy P O, Thiruvananthapuram District, Kerala- 695587

Contact numbers: 0471-2592077, 9946461575

Website: [www.sncollegechempazhanty.ac.in](http://www.sncollegechempazhanty.ac.in)

Email: [snc.org@gmail.com](mailto:snc.org@gmail.com)

## **THIRD CYCLE NAAC ACCREDITATION 2022**

### **CRITERION 1**

**1.2.2.:Q3: Summary Report of Each Add on/Certificate program  
by Teacher coordinator**

*Submitted to*



**THE NATIONAL ASSESSMENT AND  
ACCREDITATION COUNCIL**



**SREE NARAYANA COLLEGE CHEMPAZHANTHY**  
**POST GRADUATE DIPLOMA COURSE IN ANALYSIS OF SOIL AND WATER: 2020-21**  
**OFFERED BY THE DEPARTMENT OF CHEMISTRY**  
**Summary Report**

A Post Graduate Diploma Certificate course in Analysis of Soil and Water - PGDASW for one year was offered by the Department of Chemistry as per sanction given by UGC-NSQF for the academic year 2020-2021. A Board of studies was constituted with following members- Dr. Anoop K. Krishnan, Scientist D, NCESS, Akkulam, Trivandrum and Ms. Hazeena M., Senior Scientist, CEPCI, Kollam (external members) and Dr. Suja S (Head. Dept. of Chemistry), Dr. Sivakala S. (Course Coordinator), Dr. Ambiliraj D B (Nodal Officer UGC NSQF Courses) and Dr. R. Biju (Treasurer) Department of Chemistry Sree Narayana College, Chempazhantny as internal members for approving the curriculum of the course which was already been approved by Agricultural Skill Sector Council, Govt. of India. A total of 19 graduate students belonging to science backgrounds were admitted for the course. The theory classes were conducted in online and offline mode with external subject experts following a scheduled time table from 1/12/2020 to 15/12/2021. As per the MOU signed with CEPC1-Cashew export Promotion Council, Kollam, the students got training in the center for one month in Soil and Water analysis techniques. The students got hands-on training in soil collection and sampling in NCESS, Akkulam and Soil testing Laboratory, Parottukonam, Trivandrum. The Theory course was successfully completed by November 2021 and the Final Assessment based on practicals and hands on training was conducted by Skill Sector Council on 20-12-2021 by the Assessor Mrs. Reshma from the ASCI. The Final examination of the course was conducted from 13-01-2022 to 17-01-2022. Out of the total 100 marks, written exams out of 80 marks were given for the six theory papers and viva voce to assess subject knowledge was held during the afternoon session of the same day. Students were issued the course certificates from the Skill Sector council. Certificate distribution was conducted on 23/3/2022. Analysis of feedback collected from students during certificate distribution at the department revealed that they have found the course as productive and have acquired knowledge in the topic as the outcome of the course.

  
Dr Sivakala S

Course Co-Ordinator



UGC-NSQF Post graduate diploma Course Department of Chemistry: 2020-21



**Principal**  
**Sree Narayana College**  
**Chempazhantny**



# **SREE NARAYANA COLLEGE CHEMPAZHANTHY**

## **SUMMARY OF CERTIFICATE COURSE IN 2020-21**

### **CERTIFICATE COURSE IN COUNSELLING AND GUIDANCE FOR GERIATRIC CARE**

#### **Skill Development Programme under UGC-NSQF**

Certificate course in "Counselling and Guidance for Geriatric Care" offered by the Department of Sociology in association with the Centre for Gerontological Studies for the Academic year 2020-21 began with 19 students from various disciplines. The basic qualification for admission to this course is passed at the higher secondary level. The classes began on 04/1/2021. Due to covid restrictions, the theory classes were held in online mode. The course contains four theory papers and one practical exam, project and internship. There is mainly four theory paper such as Introduction to Gerontology and Geriatrics, Ageing: Perspectives, Programmes and Policies, Geriatric Mental Health and Care and Geriatric Counselling and Guidance.

Each theory paper has 100 marks. Out of 100 marks, 80 marks are for their exam and 20 marks are for internal. And also, practical examinations and Viva were conducted by the teachers specialized in this area. The examination was conducted from 22/9/2021 to 27/9/2021 in our Department. Results were published on 2/11/2021 and all students passed the examinations. Analysis of the feedback collected from students during certificate distribution in our college revealed that they have found the course very useful and have acquired counselling skills essential for a treat old age people within their families and in the society. Through the course, they clearly understood the problems and treatment strategies for the elderly. The positive impact of the course is personal and professional growth among the students.

Aiswarya A S



Course Coordinator

Certificate course in "Counselling and Guidance for Geriatric Care" 2020-21

Dept of Sociology



**Principal**  
**Sree Narayana College**  
**Chempazhantny**




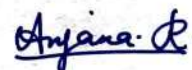
SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN YOGA AND STRESS MANAGEMENT: 2020-21  
OFFERED BY THE DEPARTMENT OF PSYCHOLOGY

**Summary Report**

Add On Course in "Yoga and Stress Management" offered by the Department of Psychology for the Academic year 2020-21 began in online mode with 24 under graduate students of 3<sup>rd</sup> year who were selected from departments namely Sociology, Commerce, Economics, Geology, Physics and Mathematics on the basis of merit. The classes began on 02/08/2020 and topics such as History and Importance of Yoga in Modern Life, Theoretical Aspects of Yoga, Causes and symptoms of Stress, Coping with stress, relaxation, life style management, Therapeutic aspects of Yoga, Life style management and Pranayama/Breathing Exercises were covered in 36 theory and practical class hours. Classes were held outside regular working hours of the College preferably from 6:30 pm to 7:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher. Classes ended on 11/11/2020 followed by examinations conducted on 28/11/2020. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and Practical session to assess subject knowledge was held during the afternoon session of the same day. Results were published on 14/12/2020 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as fruitful and has acquired Yoga skills essential for managing stress in personal and professional life as the outcome of the course.



  
Principal  
Sree Narayana College  
Chempazhantny



Dr Anjana R

Course Co-Ordinator

Add On Course in Yoga and Stress Management: 2020-21  
Department of Psychology



SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN YOGA AND STRESS MANAGEMENT: 2019-20  
OFFERED BY THE DEPARTMENT OF PSYCHOLOGY

**Summary Report**

Add On Course in "Yoga and Stress Management" offered by the Department of Psychology for the Academic year 2019-20 began with 23 under graduate students of 3<sup>rd</sup> year who were selected from departments namely Sociology, Chemistry, Commerce, Economics, Geology, History and Political Science on the basis of merit. The classes began on 05/08/2019 and topics such as History and Importance of Yoga in Modern Life, Theoretical Aspects of Yoga, Causes and symptoms of Stress, Coping with stress, relaxation, life style management, Therapeutic aspects of Yoga, Life style management and Pranayama/Breathing Exercises were covered in 36 theory and practical class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 18/10/2019 followed by examinations conducted on 26/10/2019. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and Practical session to assess subject knowledge was held during the afternoon session of the same day. Results were published on 07/11/2019 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as fruitful and has acquired Yoga skills essential for managing stress in personal and professional life as the outcome of the course.



Principal  
Sree Narayana College  
Chempazhant



Dr Anjana R

Course Co-Ordinator

Add On Course in Yoga and Stress Management: 2019-20  
Department of Psychology





SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN YOGA AND STRESS MANAGEMENT: 2018-19  
OFFERED BY THE DEPARTMENT OF PSYCHOLOGY

**Summary Report**

Add On Course in “Yoga and Stress Management” offered by the Department of Psychology for the Academic year 2018-19 began with 20 under graduate students of 3<sup>rd</sup> year who were selected from departments namely Sociology, Chemistry, Mathematics, Commerce, Economics and Physics on the basis of merit. The classes began on 01/08/2018 and topics such as History and Importance of Yoga in Modern Life, Theoretical Aspects of Yoga, Causes and symptoms of Stress, Coping with stress, relaxation, life style management, Therapeutic aspects of Yoga, Life style management and Pranayama/Breathing Exercises were covered in 35 theory and practical class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 12/11/2018 followed by examinations conducted on 24/11/2018. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and Practical session to assess subject knowledge was held during the afternoon session of the same day. Results were published on 06/12/2018 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as fruitful and has acquired Yoga skills essential for managing stress in personal and professional life as the outcome of the course.



  
Principal  
Sree Narayana College  
Chempazhantny

  
Dr Anjana R

Course Co-Ordinator

Add On Course in Yoga and Stress Management: 2018-19  
Department of Psychology



SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN YOGA AND STRESS MANAGEMENT: 2017-18  
OFFERED BY THE DEPARTMENT OF PSYCHOLOGY

**Summary Report**

Add On Course in “Yoga and Stress Management” offered by the Department of Psychology for the Academic year 2017-18 began with 19 under graduate students of 3<sup>rd</sup> year who were selected from departments namely Sociology, Geology, Chemistry, Mathematics, Commerce, History and Physics on the basis of merit. The classes began on 07/08/2017 and topics such as History and Importance of Yoga in Modern Life, Theoretical Aspects of Yoga, Causes and symptoms of Stress, Coping with stress, relaxation, life style management, Therapeutic aspects of Yoga, Life style management and Pranayama/Breathing Exercises were covered in 35 theory and practical class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 30/10/2017 followed by examinations conducted on 11/11/2017. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and Practical session to assess subject knowledge was held during the afternoon session of the same day. Results were published on 28/11/2017 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as fruitful and has acquired Yoga skills essential for managing stress in personal and professional life as the outcome of the course.

Anjana.R.

Dr Anjana R

Course Co-Ordinator

Principal  
Add On Course in Yoga and Stress Management: 2017-18  
Sree Narayana College  
Chempazhantny

Department of Psychology





SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN YOGA AND STRESS MANAGEMENT: 2016-17  
OFFERED BY THE DEPARTMENT OF PSYCHOLOGY

**Summary Report**

Add On Course in "Yoga and Stress Management" offered by the Department of Psychology for the Academic year 2016-17 began with 20 under graduate students of 3<sup>rd</sup> year who were selected from departments namely Sociology, Geology, English, Chemistry, Mathematics, Political Science and Physics on the basis of merit. The classes began on 08/08/2016 and topics such as History and Importance of Yoga in Modern Life, Theoretical Aspects of Yoga, Causes and symptoms of Stress, Coping with stress, relaxation, life style management, Therapeutic aspects of Yoga, Life style management and Pranayama/Breathing Exercises were covered in 34 theory and practical class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 28/10/2016 followed by examinations conducted on 05/11/2016. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and Practical session to assess subject knowledge was held during the afternoon session of the same day. Results were published on 15/11/2016 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as fruitful and has acquired Yoga skills essential for managing stress in personal and professional life as the outcome of the course.



  
**Principal**  
**Sree Narayana College**  
**Chempazhantny**



Dr Anjana R

Course Co-Ordinator

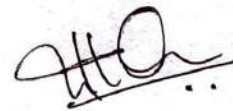
Add On Course in Yoga and Stress Management: 2016-17  
Department of Psychology



SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN LIFE SKILL: 2020-21  
OFFERED BY THE DEPARTMENT OF SOCIOLOGY

**Summary Report**

Add On Course in 'Life Skill' offered by the Department of Sociology for the Academic year 2020-21 began in online mode with 12 under graduate students of 3<sup>rd</sup> year who were selected from departments other than Sociology namely History, Physics, Chemistry, Mathematics and Psychology on the basis of merit. The classes began on 02/08/2020 and topics such as LifeSkills and its importance Implementation Models. Essentials of life skills, Work Management, Professional Skills, Ethical and Moral values, Leadership skills – Learning skills for personality development, Personality disorders and its types. Conflict resolution etc. were covered in 36 class hours. Classes were held in online platforms preferably from 6:30 pm to 7:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher. Classes ended on 8/11/2020 followed by examinations conducted in offline mode on 28/11/2020. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and viva voce to assess subject knowledge was held during the afternoon session of the same day. Results were published on 10/12/2020 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as fruitful though conducted in online mode and has acquired life skills essential for personal and professional growth and development as the outcome of the course.



Dr. Uthara Soman

Course Co-Ordinator

Add On Course in Life Skill: 2020-21

Department of Sociology



Principal  
Sree Narayana College  
Chempazhantny



SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN LIFE SKILL: 2019-20  
OFFERED BY THE DEPARTMENT OF SOCIOLOGY

**Summary Report**

Add On Course in 'Life Skill' offered by the Department of Sociology for the Academic year 2019-20 began with 18 under graduate students of 3<sup>rd</sup> year who were selected from departments other than Sociology namely History, Physics, Economics, Commerce and Psychology on the basis of merit. The classes began on 05/08/2019 and topics such as LifeSkills and its importance Implementation Models. Essentials of life skills, Work Management, Professional Skills, Ethical and Moral values, Leadership skills – Learning skills for personality development, Personality disorders and its types. Conflict resolution etc. were covered in 36 class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 16/11/2019 followed by examinations conducted on 23/11/2019. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and viva voce to assess subject knowledge was held during the afternoon session of the same day. Results were published on 06/12/2019 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as fruitful and has acquired life skills essential for personal and professional growth and development as the outcome of the course.



Dr. Uthara Soman

Course Co-Ordinator

Add On Course in Life Skill: 2019-20

Department of Sociology



Principal  
Sree Narayana College  
Chempazhanthy



SREE NARAYANA COLLEGE CHEMPAZHANTHY

ADD ON COURSE IN LIFE SKILL: 2018-19

OFFERED BY THE DEPARTMENT OF SOCIOLOGY

Summary Report

Add On Course in 'Life Skill' offered by the Department of Sociology for the Academic year 2018-19 began with 21 under graduate students of 3<sup>rd</sup> year who were selected from departments other than Sociology namely History, Geology, Economics, Commerce and Psychology on the basis of merit. The classes began on 01/08/2018 and topics such as Life Skills and its importance Implementation Models. Essentials of life skills, Work Management, Professional Skills, Ethical and Moral values, Leadership skills – Learning skills for personality development, Personality disorders and its types. Conflict resolution etc. were covered in 36 class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 20/11/2018 followed by examinations conducted on 01/12/2018. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and viva voce to assess subject knowledge was held during the afternoon session of the same day. Results were published on 31/12/2018 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as fruitful and has acquired life skills essential for personal and professional growth and development as the outcome of the course.



Dr. Uthara Soman

Course Co-Ordinator

Add On Course in Life Skill: 2018-19

Department of Sociology



Principal  
Sree Narayana College  
Chempazhanthy



SREE NARAYANA COLLEGE CHEMPAZHANTHY

ADD ON COURSE IN LIFE SKILL: 2017-18

OFFERED BY THE DEPARTMENT OF SOCIOLOGY

**Summary Report**

Add On Course in 'Life Skill' offered by the Department of Sociology for the Academic year 2017-18 began with 20 under graduate students of 3<sup>rd</sup> year who were selected from departments other than Sociology namely History, Commerce, Geology, Economics, Chemistry, Mathematics and Psychology on the basis of merit. The classes began on 07/08/2017 and topics such as Life Skills and its importance Implementation Models. Essentials of life skills, Work Management, Professional Skills, Ethical and Moral values, Leadership skills – Learning skills for personality development, Personality disorders and its types. Conflict resolution etc. were covered in 34 class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 30/09/2017 followed by examinations conducted on 14/10/2017. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and viva voce to assess subject knowledge was held during the afternoon session of the same day. Results were published on 02/11/2017 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as productive and has acquired life skills essential for personal and professional development as the outcome of the course.



Dr. Uthara Soman

Course Co-Ordinator

Add On Course in Life Skill: 2017-18

Department of Sociology



Principal  
Sree Narayana College  
Chempazhanty



SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN LIFE SKILL: 2016-17  
OFFERED BY THE DEPARTMENT OF SOCIOLOGY

**Summary Report**

Add On Course in 'Life Skill' offered by the Department of Sociology for the Academic year 2016-17 began with 25 under graduate students of 3<sup>rd</sup> year who were selected from departments other than Sociology namely Political Science, Geology, Economics, Physics, Chemistry, Mathematics and Psychology on the basis of merit. The classes began on 08/08/2016 and topics such as Life Skills and its importance Implementation Models. Essentials of life skills, Work Management, Professional Skills, Ethical and Moral values, Leadership skills – Learning skills for personality development, Personality disorders and its types. Conflict resolution etc. were covered in 35 class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 28/10/2016 followed by examinations conducted on 12/11/2016. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and viva voce to assess subject knowledge was held during the afternoon session of the same day. Results were published on 28/11/2016 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as fruitful and has acquired life skills essential for personal and professional growth and development as the outcome of the course.



Dr. Uthara Soman

Course Co-Ordinator

Add On Course in Life Skill: 2016-17

Department of Sociology



Principal  
Sree Narayana College  
Chempazhanty



SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN HEALTH AND FITNESS: 2020-21  
OFFERED BY THE DEPARTMENT OF PHYSICAL EDUCATION

**Summary Report**

Add On Course in 'Health and Fitness' offered by the Department of Physical Education for the Academic year 2020-21 began in online mode with 16 under graduate students of 3<sup>rd</sup> year who were selected from departments namely Sociology, History, Psychology and Chemistry on the basis of merit. The classes began on 02/08/2020 and topics such as Concepts of Health and its importance, Factors Affecting Health, Methods to improve Health, Effects of Exercises on the systems of the body, Fitness and Wellness, Nutrition and First Aid were covered in 36 class hours. Classes were held outside regular working hours of the College preferably from 7:30 pm to 8:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 08/11/2020 followed by examinations conducted in offline mode on 28/11/2020. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and viva voce to assess subject knowledge was held during the afternoon session of the same day. Results were published on 08/12/2020 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as satisfying and has acquired health and fitness skills essential for personal and professional growth and development as the outcome of the course.



**Principal**  
**Sree Narayana College**  
**Chempazhantny**

**Dr. S.S. Biju**

**Course Co-Ordinator**

**Add On Course in Health and Fitness: 2020-21**  
**Department of Physical Education**



SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN HEALTH AND FITNESS: 2019-20  
OFFERED BY THE DEPARTMENT OF PHYSICAL EDUCATION

Summary Report

Add On Course in 'Health and Fitness' offered by the Department of Physical Education for the Academic year 2019-20 began with 24 under graduate students of 3<sup>rd</sup> year who were selected from departments namely Sociology, History, Economics, Commerce, Mathematics, Psychology and Chemistry on the basis of merit. The classes began on 05/08/2019 and topics such as Concepts of Health and its importance, Factors Affecting Health, Methods to improve Health, Effects of Exercises on the systems of the body, Fitness and Wellness, Nutrition and First Aid were covered in 35 class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 05/11/2019 followed by examinations conducted on 23/11/2019. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and viva voce to assess subject knowledge was held during the afternoon session of the same day. Results were published on 04/12/2019 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as rewarding and has acquired health and fitness skills essential for personal and professional growth and development as the outcome of the course.



Dr. S.S. Biju

Course Co-Ordinator



Principal  
Sree Narayana College  
Chempazhantny

Add On Course in Health and Fitness: 2019-20  
Department of Physical Education



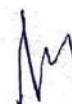
SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN HEALTH AND FITNESS: 2018-19  
OFFERED BY THE DEPARTMENT OF PHYSICAL EDUCATION

**Summary Report**

Add On Course in 'Health and Fitness' offered by the Department of Physical Education for the Academic year 2018-19 began with 18 under graduate students of 3<sup>rd</sup> year who were selected from departments namely Sociology, Geology, Economics, Commerce, Mathematics, Physics and Chemistry on the basis of merit. The classes began on 01/08/2018 and topics such as Concepts of Health and its importance, Factors Affecting Health, Methods to improve Health, Effects of Exercises on the systems of the body, Fitness and Wellness, Nutrition and First Aid were covered in 34 class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 12/11/2018 followed by examinations conducted on 01/12/2018. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and viva voce to assess subject knowledge was held during the afternoon session of the same day. Results were published on 31/12/2018 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as rewarding and has acquired health and fitness skills essential for personal and professional growth and development as the outcome of the course.



  
Principal  
Sree Narayana College  
Chempazhantny



Dr. S.S. Biju

Course Co-Ordinator

Add On Course in Health and Fitness: 2018-19  
Department of Physical Education



SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN HEALTH AND FITNESS: 2017-18  
OFFERED BY THE DEPARTMENT OF PHYSICAL EDUCATION

**Summary Report**

Add On Course in 'Health and Fitness' offered by the Department of Physical Education for the Academic year 2017-18 began with 18 under graduate students of 3<sup>rd</sup> year who were selected from departments namely History, Sociology, Geology, Economics, Commerce, Mathematics and Psychology on the basis of merit. The classes began on 07/08/2017 and topics such as Concepts of Health and its importance, Factors Affecting Health, Methods to improve Health, Effects of Exercises on the systems of the body, Fitness and Wellness, Nutrition and First Aid were covered in 35 class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 31/10/2017 followed by examinations conducted on 11/11/2017. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and viva voce to assess subject knowledge was held during the afternoon session of the same day. Results were published on 24/11/2017 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as rewarding and has acquired health and fitness skills essential for personal and professional growth and development as the outcome of the course.



  
**Principal**  
**Sree Narayana College**  
**Chempazhantny**



Dr. S.S. Biju

Course Co-Ordinator

Add On Course in Health and Fitness: 2017-18  
Department of Physical Education



SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN HEALTH AND FITNESS: 2016-17  
OFFERED BY THE DEPARTMENT OF PHYSICAL EDUCATION

**Summary Report**

Add On Course in 'Health and Fitness' offered by the Department of Physical Education for the Academic year 2016-17 began with 20 under graduate students of 3<sup>rd</sup> year who were selected from departments namely History, Sociology, Geology, Economics, Commerce, Chemistry, Mathematics and Psychology on the basis of merit. The classes began on 08/08/2016 and topics such as Concepts of Health and its importance, Factors Affecting Health, Methods to improve Health, Effects of Exercises on the systems of the body, Fitness and Wellness, Nutrition and First Aid were covered in 34 class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 26/10/2016 followed by examinations conducted on 05/11/2016. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and viva voce to assess subject knowledge was held during the afternoon session of the same day. Results were published on 17/11/2016 and all the students passed the examinations. Analysis of feedback collected from students during certificate distribution at the department revealed that they have found the course as fruitful and has acquired health and fitness skills essential for personal and professional growth and development as the outcome of the course.



  
Principal  
Sree Narayana College  
Chempazhantny

  
Dr. S.S. Biju

Course Co-Ordinator

Add On Course in Health and Fitness: 2016-17

Department of Physical Education



SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN HUMAN RIGHTS:2019-20  
OFFERED BY THE DEPARTMENT OF POLITICAL SCIENCE

Summary Report

Add On Course in "Human Rights" offered by the Department of Political Science for the Academic year 2019-20 began with 18 under graduate students of 3<sup>rd</sup> year who were selected from departments namely Sociology, History, and Economics on the basis of merit. The classes began on 05/08/2019 and topics such as Concept of Human Rights, Human Values, Value Education Towards Personal Development, Impact of Global Development on Ethics and Values, Modern Challenges of Adolescent Emotions and behaviour were covered in 36 class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 08/10/2019 followed by examinations conducted on 19/10/2019. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and Practical session to assess subject knowledge was held during the afternoon session of the same day. Results were published on 04/11/2019 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as fruitful and has acquired knowledge about human rights essential in personal and professional life as the outcome of the course.



Principal Add On Course in Human Rights:2019-20  
Sree Narayana College  
Chempazhanty

Sri. Abhilash T  
Course Co-Ordinator

Department of Political Science



SREE NARAYANA COLLEGE CHEMPAZHANTHY

ADD ON COURSE IN HUMAN RIGHTS:2018-19

OFFERED BY THE DEPARTMENT OF POLITICAL SCIENCE

Summary Report

Add On Course in "Human Rights" offered by the Department of Political Science for the Academic year 2018-19 began with 25 under graduate students of 3<sup>rd</sup> year who were selected from departments namely Sociology, History, Economics and Psychology on the basis of merit. The classes began on 01/08/2018 and topics such as Concept of Human Rights, Human Values, Value Education Towards Personal Development, Impact of Global Development on Ethics and Values, Modern Challenges of Adolescent Emotions and behaviour were covered in 35 class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 12/11/2018 followed by examinations conducted on 01/12/2018. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and Practical session to assess subject knowledge was held during the afternoon session of the same day. Results were published on 31/12/2018 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as fruitful and has acquired knowledge about human rights essential in personal and professional life as the outcome of the course.



  
Principal  
Sree Narayana College  
Chempazhantny



Sri. Abhilash T

Course Co-Ordinator

Add On Course in Human Rights:2018-19

Department of Political Science



SREE NARAYANA COLLEGE CHEMPAZHANTHY  
ADD ON COURSE IN DISASTER MANAGEMENT: 2020-21  
OFFERED BY THE DEPARTMENT OF GEOLOGY

**Summary Report**

Add On Course in 'Disaster Management' offered by the Department of Geology for the Academic year 2020-21 began in online mode with eight under graduate students of 3<sup>rd</sup> year who were selected from departments of Sociology, Commerce and Psychology on the basis of merit. The classes began on 02/08/2020 and topics such as Concept of Disaster management, Disaster Management Acta and Agencies, Manmade and environmental disasters, Biological and Public Health Emergencies, Concepts and Causes of Climate change and Disaster Risk Management were covered in 36 class hours. Classes were held in online platforms preferably from 6:30 pm to 7:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher. Classes ended on 11/11/2020 followed by examinations conducted in offline mode on 28/11/2020. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and viva voce to assess subject knowledge was held during the afternoon session of the same day. Results were published on 10/12/2020 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as productive though conducted in online mode and has acquired knowledge in disaster management necessary for mitigating emergency situations as the outcome of the course.



  
**Principal**  
**Sree Narayana College**  
**Chempazhanthi**

  
**Dr Saji S**

Course Co-Ordinator

Add On Course in Disaster management: 2020-21  
Department of Geology



SREE NARAYANA COLLEGE CHEMPAZHANTHY

ADD ON COURSE IN LIFE SKILL: 2016-17

OFFERED BY THE DEPARTMENT OF SOCIOLOGY

Summary Report

Add On Course in 'Life Skill' offered by the Department of Sociology for the Academic year 2016-17 began with 25 under graduate students of 3<sup>rd</sup> year who were selected from departments other than Sociology namely Political Science, Geology, Economics, Physics, Chemistry, Mathematics and Psychology on the basis of merit. The classes began on 08/08/2016 and topics such as Life Skills and its importance Implementation Models. Essentials of life skills, Work Management, Professional Skills, Ethical and Moral values, Leadership skills – Learning skills for personality development, Personality disorders and its types. Conflict resolution etc. were covered in 35 class hours. Classes were held outside regular working hours of the College preferably from 3:30 pm to 4:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher seeking special permission from the Principal. Classes ended on 28/10/2016 followed by examinations conducted on 12/11/2016. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and viva voce to assess subject knowledge was held during the afternoon session of the same day. Results were published on 28/11/2016 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as fruitful and has acquired life skills essential for personal and professional growth and development as the outcome of the course.



Dr. Uthara Soman

Course Co-Ordinator

Add On Course in Life Skill: 2016-17

Department of Sociology

  
**Principal**  
**Sree Narayana College**  
**Chempazhantny**



SREE NARAYANA COLLEGE CHEMPAZHANTHY

ADD ON COURSE IN ASTRONOMY: 2020-21

OFFERED BY THE DEPARTMENT OF PHYSICS

Summary Report

Add On Course in 'Astronomy' offered by the Department of Physics for the Academic year 2020-21 began in online mode with thirteen under graduate students of 3<sup>rd</sup> year who were selected from departments of Mathematics and Chemistry on the basis of merit. The classes began on 02/08/2020 and topics such as History of Astronomy, Sky watching, solar system, Internal structure, Atmospheres and Magnetic fields of Planets, Stellar evolution and Earth's atmosphere were covered in 36 class hours. Classes were held in online platforms preferably from 7:30 pm to 8:30 pm and rarely during holidays as per the convenience of students and course co-ordinator/teacher. Classes ended on 08/11/2020 followed by examinations conducted in offline mode on 28/11/2020. Out of the total 100 marks, written exams out of 80 marks were given during forenoon session and viva voce to assess subject knowledge was held during the afternoon session of the same day. Results were published on 08/12/2020 and all the students passed the examinations. Analysis of feedbacks collected from students during certificate distribution at the department revealed that they have found the course as fruitful though conducted in online mode and has acquired knowledge in Astronomy necessary for understanding stellar constellations, planets and atmosphere as the outcome of the course.



Dr Manu K B

Course Co-Ordinator

Add On Course in Astronomy: 2020-21

Department of Physics





Principal  
Sree Narayana College  
Chempazhantny