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# **2019-2020**

# **REGULAR ACTIVITY**



## IMPORTANT EVENTS

SI NO	DATE	PROGRAMME
1	5/6/2019	Observed Environment day
2	11/6/2019	Class on air pollution
3	19/6/2019	Observed Reading Day – Reading competition
4	20/6/2019	Reading Week - Spelling Bee Competition
5	21/6/2019	International Yoga Day.
6	24/6/2019	Reading Week – Essay Writing Competition
7	26/6/2019	Observed Anti-Drug Abuse Day
8	29/6/2019	Sremadan – Chalakkunnu – Sabari Road cleaning
9	2/7/2019	Reading week – Quiz Competition
10	3/7/2019	Campus cleaning and gardening
11	10/7/2019	Self Defense Training
12	11/7/2019	Career Guidance Class
13	13/7/2019	Monsoon walk at Paithalmala
14	18/7/2019	Received awareness Cycle Rally
15	1/8/2019	Freshers Day
16	4/8/2019	Volunteers volunteered Alumni Meet
17	13/8/2019	Flood relief activities
18	15/8/2019	Independence Day celebration
19	16/8/2019	Flood relief activities
19	28/8/2019	Orientation class for first year volunteers
20	30/8/2019	Oriantation class about NSS
21	5/9/2019	Teachers Day Celebration
22	18/9/2019	Eye Checkup Camp
23	20/9/2019	My Clean Campus
24	24/9/2019	NSS Day Celebration
25	2/10/2019	Gandhi Jayanthi Celebration
26	3/10/2019	Vimukthi club formation and class on anti drug abuse.
27	9/10/2019	Pre – RD Camp selecton at Payyannur College.
28	10/10/2019	NSS award distribution ceremony at Kannur University
29	19/10/2019	Palliative Home care and food kit distribution
30	20/10/2019	Award from Blood Donors Kerala
31	31/10/2019	Observed National Unity Day



32	4/11/2019	Kerala Quiz
33	5/11/2019	Class on Soft Skills
34	11/11/2019	Observed Science Day
35	12/11/2019 and 13/11/2019	'Urvaram' residential camp for programme officers at Donbosco Arts and Science College
36	14/11/2019	Childrens day celebration at Santhi Deepam School for Differently Abled.
37	16/11/2019	Campus Cleaning and organic farming
38	18/11/2019	Inauguration of Organic farming
39	20/11/2019	EK BHARAT SHRESHTA BHARATH programs
40	20/11/2019	Run for Safe Childhood
41	23/11/2019	Palliative Home care and food kit distribution
42	27/11/2019	One day workshop on 'Urvaram' for Volunteers at University
43	7/12/2019	PO attended Inauguration of the new NSS unit at Kannur University Palayad Campus.
44	16/12/2019	Formation of organizing committee for 7 days camp
45	21/12/2019 – 27/12/2019	'Urvaram' Special Camp
46	6/1/2020 to 12/1/2020	Our volunteer Ms. Aparna U attended NIC camp at Manglore
47	13/1/2020	Road Safety Kitty show.
48	16/1/2020	Inauguration of 'Jeevani - Nammude Krishi, Nammude Arogyam' project
49	18/1/2020	Fit India Walkathon
50	26/1/2020	Republic Day celebration and campus cleaning
51	27/1/2020	Cancer awareness campaign and survey
52	28/1/2020	Blood donation camp
53	17/2/2020	First harvest of Spinache
54	19/2/2020	Training on paper bag making
55	20/2/2020	Trained the students of Shanthi Deepam School to make paper bags
56	4/3/2020	Session on 'Do's and Don'ts of Mobiles phones' at Attadappa So
57	9/3/2020	International Women's Day celebrations
58		From November onwards volunteers engaged in agricultural activities in all days.
59		They practiced Yoga in every Fridays.





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## Organic Farming and Jeevani Project

The main problems found in organic farming at our campus were the soil composition and water. Since our college land is little bit rocky, the previous year farming was not so profitable. So we think about growbag farming and it became a great success.



On 16<sup>th</sup> November volunteers cleaned the campus and filled in 50 grow bags with manure and soil for organic farming. They had taken a good effort to fetch soil from a long distance. On 18<sup>th</sup> we started the first phase of organic farming. Principal Dr. K V Surendran inaugurated the same by planting Tomato saplings.



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## Inauguration of 'Jeevani - Nammude Krishi, Nammude Arogyam' project

On 16<sup>th</sup> January, Inaugurated 'Jeevani - Nammude Krishi, Nammude Arogyam' project of Kerala Agricultural Development Department. The project was inaugurated by Smt. T Premi, Corporation councilor. Guest of Honour – Smt. A Savithri, Agricultural Deputy Director, Principal Krishi Office, Kannur. A class on ' Organic Farming and Health ' was handled by Mr. K P Sadanandan, Edakkad Health Inspector.



Principal Dr. K V Surendran presided over the session. Smt. M K Padma - Krishi Assistant Director, Edakkad Block, Ms. Rajasree – Krishi Officer, Edakkad and Ms. Raji K – NSS Programme Officer addressed the gathering.



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Received 100 filled in growbags from Krishibhavan. The inauguration of planting the vegetable saplings was done by Agricultural Deputy Director Smt. A. Savithri.

### First harvest of Spinache



The first harvest of spinache, planted as part of 'Jeevani ' project was done on 17<sup>th</sup> February. Principal Dr. K V Surendran inaugurated the same and handover it to Ms. Rajasree, Krishi Officer, Edakkad.





The volunteers get familiarised in Organic farming. They just followed the weekly routines for plants as per the directions from Krishi Bhavan.

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## Palliative Care

Palliative care is specialized medical care for people living with serious illness. The main goal of palliative care at the home is to improve the quality of life for patients. Palliative Care, we believe that receiving care in the patient's own home is comforting, convenient and reduces stress. Providing emotional and spiritual support in addition to physical treatment, providing social interaction, providing guidance on navigating the healthcare system and understanding individual healthcare needs are the main aim of SIPC (Students In Palliative Care) home care.



In order to support financially backward palliative care patients, volunteers collected grains and other food items from students and

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teachers and made food kits. They visited Palliative care patients under Edakkad PHC along with NSS PO and Edakkad PHC Palliative care nurse.



Edakkad PHC along with NSS PO and Edakkad PHC Palliative care nurse. Each home visit was a new experience for the volunteers. They patiently listen to the feelings of the patient, analyse their living situation, interact with them gave an emotional support to overcome their situation. We could go on with this project on a regular basis which was inaugurated by Assistant Collector Asif K Yousaf, in 2017.



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Training the palliative patients to make products like soap powder, handwash, umbrella etc is also a part of this. Also we provide a market to sell these 'Palium' products in our college.

## My Clean Campus

Kept separate waste basket for degradable waste and plastic waste in each class. Also kept a a large waste basket with two compartments to keep the hard plastic and plastic covers segregatged. Our cleaning staffs collect and dispose degradable waste from each class in a daily manner.



Our NSS Volunteers collect, clean and segregate the plastic waste, and keep in the large waste basket in weekly manner. Thus collected, cleaned and segregated plastic waste is send to the plastic recycling cernter at Pokkammavu, Chembilod.



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Also our campus is cleaned and weeds are removed in a regular basis by the volunteers.

## World Environment Day

On 5<sup>th</sup> June Observed Environment Day by planting Saplings. Principal Dr. K V Surendran inaugurated the same by planting saplings. All the teachers, NSS Volunteers and Union Members were present. The theme of 2019 Environment day was air pollution. Also volunteers planted Jackfruit saplings and curry tree saplings at nearby houses.



## Class on Air Pollution

On 11<sup>th</sup> June conducted a class on 'Air Pollution' as part of observing Environment Week. The class was handled by Sri. T V Narayanan

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Kutty, Former District secretary of Sasthra Sahithya Parishath. Principal Dr. K V Surendran presided over the session. NSS Programme officer Ms. Raji K and Union Chairperson Ms. Akshaya P addressed the gathering. Also organized a poster making and face painting competition.



### Observed Reading Day and Reading Week

On 19<sup>th</sup> June observed Reading day by conducting reading competitions in English, Hindi and Malayalam. As Part of observing Reading Week, conducted spelling Bee competition on 20<sup>th</sup> June. On 24<sup>th</sup>, conducted an essay writing competition on the topic: ‘ Books & reading habit in the age of Internet’.



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Conducted a quiz Competition, ' The Literary World ' as part of observing reading week. Ms. Anitha Haridas, HOD, Dept. Of Computer Application was the quiz master.

### **International Yoga Day.**

On 21<sup>st</sup> June, observed International Yoga Day . Sri. Sooraj A K, Yoga Master Trainer, Art of Living inaugurated the programme. Principal Dr. K V Surendran presided over the session. Yoga demonstratin was done by Sri Sooraj A K and Ms. Shyja (Yoga Trainer, Art of Living). NSS Programme Officer Ms. Raji K and Ms. Swetha addressed the gathering. Students practiced different Yoga Asanas.



### **Observed Anti-Drug Abuse Day**

On 26<sup>th</sup> June Observed Anti Drug Abuse day. Principal Dr. K V Surendran administered an oath. Mr. Nishith Anand, Assistant Professor, Chintech handled a session on Drug Addiction. He also conducted a quiz competition about drug addiction.



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## Sremadan – Chalakkunnu – Sabari Road cleaning.

Due to weeds the Chalakkunnu – Sabari narrow road was dangerous for the pedestrians. All the students of Chinmaya school, colleges , the employees of Sabari Spinning mill and many families are using this road. Volunteers cleaned Chalakkunnu - Sabari Road by removing weeds and plastics on 29<sup>th</sup> June.



## Campus cleaning and gardening

Volunteers engaged in campus cleaning and gardening on regular basis.



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## Self Defense Training

On 10<sup>th</sup> July, a Self Defense training was organized. Women civil police officer Ms. Sreeja inaugurated the session. Civil police officers Ms. Sreeja, Ms. Preetha, and Ms. Sinija handled the self defense demonstration. Principl Dr. K V Surendran presided over the session. Ms. Anitha Haridas, Ms. Nithya K P and Programme Officer Ms. Raji K addressed the gathering.



## Career Guidance Class

On 11<sup>th</sup> July. A career guidance class was organized. The session was handled by Mr. Basheer S K, HSST – Zoology, Deenul Islam Sabha English Medium HSS Kannur. Principal Dr. K V Surendran presided over the session. Ms. Sudha K, Ms. Shanu Basanth and Ms. Divya Padmanabhan addressed the gathering.

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## Monsoon walk at Paithalmala

Organized a monsoon walk at Paithalmala on 13<sup>th</sup> July. Paithalmala or Vaithalmala is a hill station in the Kannur district. With an altitude of 4000 feet above sea level, it is the highest peak in Kannur. Paithalmala is located in the Western Ghat mountain ranges and is situated near Kerala-Karnataka border. Monsoon trekking to Paithalmala provided great delight to the volunteers as the mist blankets the hills and forest. They could indulge into the lush greenery amidst the showers throughout the day.



## Reception of Cycle Rally

Received Cycle Rally which was organized by Chinmaya Mission from Trivandrum to Kasargod as an awareness program for keeping environment clean and anti drug abuse.

## Freshers Day

On 1<sup>st</sup> August, in freshers day, volunteers organized a flash mob to welcome the first year students to NSS. They distributed sweets and greeting cards made by volunteers to all the new comers.



## Alumni Meet

In the Alumni Meet organized by our college on 4<sup>th</sup> August, our volunteers have done a dance performance and their volunteering was commendable.

## Flood Relief Activities

On 13<sup>th</sup> August, collected flood relief items such as food items, dress materials and cleaning items and hand over it to the collection center at Chinmaya Balabhavan.



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On 16<sup>th</sup> August, the collected food items, dresses and cleaning materials handed over to the collection center at Mathrubhoomi office, Nadal.



## Independence Day celebration

On 15<sup>th</sup> August, Independence day was celebrated by hoisting the flag. Principal Dr. K V Surendran gave the Independence day message.



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## Orientation class for first year volunteers

On 28<sup>th</sup> August, Conducted an orientation class for first year volunteers. The session was handled by Mr. Manoj K V, Assistant Professor, Pilathara Cooperative Arts and Science college. The orientation class helped the first year volunteers of different classes to get acquainted and make a strong bond in between them. Through many games he taught them how to become a leader and the different categories of leaders.



## Orientation class about NSS

NSS Orientation class for the first year volunteers by Programme Officer was held on 30<sup>th</sup> August. Covered the topics NSS history, Motto, Symbol, Badge, NSS Song, NSS clap, Objectives, Duties, Flagship programs, Administrative structure, NSS Work Diary preparation etc.

## Teachers Day Celebration

Volunteers observed teachers day with their beloved teachers on 5<sup>th</sup> September. Principal Dr. K V Surendran shared his experience. Volunteer Alia Naser and former volunteer leader Ms. Devika



Unnikrishnan shared their experience and talked about the importance of teachers day. They honoured their teachers by giving them greeting cards made by them and flowers. They also screened a heart touching presentation about their teachers.



## Eye Checkup Camp

On 18<sup>th</sup> September organized an eye checkup camp in association with Dr. Binu's Sunrise Hospital, Kannur.



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## NSS Day Celebration

On 24<sup>th</sup> September, being the NSS Day, Principal Dr. K V Surendran give away the NSS day Message. Former NSS volunteers shared their experience in NSS. Various leadership games were organised. Then volunteers carried out campus cleaning and gardening.



## Gandhi Jayanthi Celebration

On 2<sup>nd</sup> October, our volunteers participated in ' Gandhi Sandesa Rally' from Kannur New Bus stand to St. Michles school, organised by Excise Department, Education Department, Kannur Corporation, NSS and NCC.



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Also joined in the district level inauguration of Gandhi Jayanthi celebration held at St. Michles School. Minister Sri Ramachandran Kadannappally inaugurated the same. Sri K Sudhakaran MP inaugurated photo gallery. District Collector Sri. T V Subhash gave away Gandhi Day message. Our 62 volunteers participated.



## Vimukthi club formation and class on anti drug abuse.

Vimukthi Club formation and session on Anti Drug Abuse was conducted on 3<sup>rd</sup> October. Deputy Excise Commisioner Sri P K Suresh inaugurated Vimukthi Club. 'Vimukthi' is an anti narcotic campaign launched by Govt. Of Kerala to highlight the seriousness of the situation and to create awareness among the people, especially the youth.



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Civil Excise Officer Sri K K Sameer handled a session on Anti Drug Abuse. Ecise Preventive Officer Sri Prabhunadh presented a one act play 'Rasathanthram'. Preventve Officer Sri. Sijil Kumar handled the music play.

### **Pre – RD Camp selecton at Payyannur College.**

Pre -Rd selection camp was held at Payyannur college on 9<sup>th</sup> October. Our volunteers Ms. Jayathzoorya and Ms. Akarsha participated for the same.

### **NSS award distribution ceremony at Kannur University.**

On 10<sup>th</sup> October, NSS award distribution ceremony ( for 2017-18 and 2018-19 academic year) at Kannur University. 5 volunteers and the programme officer attended the same. A training program for the Programme Officers were also organised.

### **Award from Blood Donors Kerala**

On 20<sup>th</sup> October, our college was honoured for actively donating blood in 'Samarpanam 2019' programme held at Police Conference Hall Kannur by Blood Donors Kerala. Our Principal Dr. K V Surendran received the award from DIG Sri. Sethuraman IPS.



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## Observed National Unity Day

On 31<sup>st</sup> October observed national Unity Day. The Birthday of Sardar Vallabhai Patel is observed as National Unity Day. Principal , gave away the Unity Day message and administered the unity pledge. A speech on importance of unity was done by Ms. Devika Unnikrishnan.



## Kerala Quiz

On 4<sup>th</sup> November, as part of Kerala Piravi celebrations, conducted a Kerala Quiz by Nishith Anand, Assistant Professor, Chinmaya Institute of Technology. Total 11 teams participated. Ms Devika Unnikrishnan gave away Kerala Piravi message.



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## Class on Soft Skills

Organised a class on 'Soft Skills' on 5<sup>th</sup> November. It was handled by AWAKE CEO and Chief Mentor, Mr. Vishnu Lona Jacob. Principal Dr. K V Surendran presided over the session. Ms. Divna Satheesh, Ms. Anitha Haridas and Ms. Fida Sherin addressed the gathering.

## Observed Science Day

On 11<sup>th</sup> November, observed Science Day. Ms. Niketha Manoj made a presentation on 'Human Evolution – past- present and future' Also a science quiz was conducted by Ms. Niketha, Ms. Swetha and Ms. Archana.

## 'Urvaram' residential camp for programme officers at Donbosco Arts and Science College

On 12<sup>th</sup> and 13<sup>th</sup> of November, Programme officer attended 'Urvaram' two day residential camp for programme officers at Donbosco Arts and Science College, Angadikkadavu organized by Kannur University NSS Cell.



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## Childrens day celebration at Santhi Deepam School for Differently Abled.

On 14<sup>th</sup> November, Childrens day was celebrated with the students of Santhi Deepam School for Differently Abled. Distributed chocolates and ballons to all the students. Also gave amount for one day special meals.



## EK BHARAT SHRESHTA BHARATH

The initiative 'Ek Bharat Shreshta Bharat' was announced by Hon'ble Prime Minister on 31st October, 2015 on the occasion of the 140th birth anniversary of Sardar Vallabhbhai Patel. The 'Ek Bharath Shreshta Bharath' programme aims to actively enhance interaction between people of diverse cultures living in different states and UTs in India, with the objective of promoting greater mutual understanding amongst them. The different objectives of this programme are,

1. To celebrate the unity in diversity of our nation.
2. To promote the spirit of national integration through a deep and structured engagement all Indian states and Union Territories.
3. To show case the rich heritage and culture customs and traditions of either state.
4. To establish long-term engagement.

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As part of this program, Kerala is paired with Himachal Pradesh. So know Himachal was the task assigned to the volunteers.

As part of 'Ek Bharath, Sresht Bharath' activities, on screened the film 'Saanjh', in Pahari language. Even though Hindi is their official language, Pahari is spoken in many places.



The film is all about family values, and covers the natural beauties at Himachal Pradesh. The students also wrote the review of this film.

Aslo as part of this program, conducted a session on 'Know Himachal' and a quiz competition was organized by the BBA students.

## **Run for Safe Childhood**

On 20<sup>th</sup> November, our 43 volunteers and the PO participated in the 'Run for Safe Childhood ' organized by Childline, Excise Department , District Legal Services Authority, District Child Protection Unit and District Police, Kannur at Kannur Town. The inauguration and falg off of



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the same was done by District Judge Smt. T Indira. Sub Judge and DLSA secretary Sri. C Suresh Kumar, Excise Deputy Commisioner Sri. P K Suresh, DIG Sri Sethuraman IPS and many other addressed the the gathering. All the volunteers were given T-Shirt and cap. They covered 3.5 KM in the run.



## One day workshop on 'Urvaram' for Volunteers at University

One day workshop on 'Urvaram' for NSS Volunteers at Kannur University was held on 27<sup>th</sup> November. Vice Chancellor Prof. Gopinath Ravindran inaugurated the program by presenting saplings to our volunteers Ms. Jayathzoorya and Ms Hima Mohan. Also our volunteers distributed vegetable saplings to all the 200 participants of the workshop.



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## Formation of organizing committee for 7 days camp

On 16<sup>th</sup> December, formed the Organizing committee for the conduct of 7 days Special Camp - 'Urvaram' at Kannur University Palayad campus. Panchayath Vice President Sri Pulappadi Remeshan, Campus Director Dr. B Bindu, Programme Officers Smt. Sheena J, M G College Chendayad, Ms. Shaharbana & Ms. Prasannakumari of University Campus and Ms Raji K, Chinmaya Arts And Science College for Women, all the ward members, Hostel metron and Warden, DSU Chairman, Volunteer secretaries, ASI Dharmadam Police station, and all the party members were present. Organising committee bearers were decided and a discussion on the conduct of the camp was done. The ward members agreed to give lunch to the volunteers at their ward it self when they come for the house visit.

## NIC camp at Manglore

Our NSS volunteer Ms. Aparna U participated in the National Integration Camp held at Manglore from 6<sup>th</sup> to 12<sup>th</sup> January . She was the one among 10 students representing Kannur University.

## Road Safety Kitty show

The Road Safety Department organised Road Safety Kitty show at our campus.

## Fit India Walkathon

On 18<sup>th</sup> January, organized Fit India Walkathon at Chalakkunnu. The walkathon was flag off and leaded by Smt. T Premi, Corporation Councilor. Programme Officer Ms. Raji K administered the ' Fit India



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Pledge (Fitness Pledge). Also volunteers engaged in various agricultural activities.



## Republic Day celebration and campus cleaning

Republic day was celebrated with flag hoisting, cultural programs and campus cleaning.



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## Class on 'Safety and privacy for students in this connected world'

Organized an awareness class on 'Safety and privacy for students in this connected world'. The session was handled by Ms. Subha Varma, Secretary and Director of CORD, USA.

## Cancer awareness campaign and survey

As part of 'Cancer Controlled Corporation' project (phase II) of Kannur Corporation, NSS volunteers visited 98 houses of Kannur Corporation Division 32 and conducted Cancer awareness campaign and survey under the guidance of Smt. T Premi, Corporation Councilor on 27<sup>th</sup> January. Also distributed leaflets in all the houses.

Our 25 volunteers volunteered the inaugural function of 'Gaddika' at Kannur collectorate ground as per the direction from University.



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## Blood donation camp

On 28<sup>th</sup> January, conducted a blood donation camp in association with Chinmya Institute of Technology and Thalassery General Hospital blood bank. The camp was inaugurated by lighting the lamp by Dr. K V Surendran, Principal, Chinarts , Dr. K Muraleedharan, Principal, Chintech and Dr. Aswathy, Medical Officer, Thalassery General Hospital. 46 units of blood were donated. The Programme Officer also donated blood.



## Training on paper bag making

On 19<sup>th</sup> February, organized a training for the volunteers on paper bag making.



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Also on 20<sup>th</sup> February our students trained the students of Shanthi Deepam School for Differently Abled, to make paper bags.



## Session on 'Do's and Don'ts of Mobiles phones'

On 4<sup>th</sup> March our volunteers conducted a session on 'Do's and Don'ts of Mobiles phones' at Attadappa South UP School. They also conducted a general quiz and organized many memory games. Also distributed prizes for the winners.



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## International Women's Day celebrations

As part of observing International Women's Day, organized a session on 'General Laws for Women' on 9<sup>th</sup> March. The session was handled by Ms. Jeenabai M, Advocate, Family Court, Kannur. Principal in charge, Ms. Shanu Karun presided over the session. Ms. Anitha Haridas and Ms. Aswathi addressed the gathering. Also honoured our senior women staffs. A Quiz competition was also organized.

## Yoga Classes

Every Friday, our college organizes hobby class for all the students. The Yoga class is set aside for the NSS Volunteers.

