



# S.N.M COLLEGE MALIANKARA

(Affiliated to Mahatma Gandhi University, Kottayam)

**1. Title of the program :** Covid resilience programme on 'Singing Contest' Live Programme

**2. Name of the Coordinator:** Ms. Saipriya Sudarsan

**3. Organizing Cell:** Youth Red Cross Society

**4. Date :** July 31st, 2021

**5. Number of participants:** 12

**6. Venue:** Online (Google meet)

**7. Resource Person :** Nil

**8. Objective of the Program :** Addressing the importance of resilience among the staff and students during the pandemic time by offering mental health programmes, and stress management techniques.

**9. Detailed description of the event:**

In order to make it resilient during the pandemic time the Red Cross society and the Department of Economics organised various programmes during all the weekends to make the staff and students more stress free and to enjoy during the Covid time. A live programme called Singing Contest was organised on July 31st, 2021. The competition was conducted through Google meet. The programme was anchored and monitored by Ms. Saipriya Sudarsan, Red Cross Coordinator, Assistant Professor, Department of Economics, SNM College, Maliankara. Covid-19 brings lots of stress, depression and anxiety among all the students and teachers. The programme is intended to give the message of Resilience during Covid-19 among students and teachers. Before beginning the programme we give a few points to all the participants and viewers on how to develop resilience. Through this programme we aim to inculcate more creativeness and mindfulness among students and teachers.

**10. Evaluation by Program Coordinator:** Resilience is the ability to 'bounce back'. It is adapting to hardships and setbacks in life. The programme was organised by the Red Cross Society and the Department of Economics. The competition will be conducted through Google meet on July 31st, 2021 at 4:45 pm. There were 12 registered participants in this competition. The participants have to sing 3 different songs which will be given on the spot. The programme was conducted by Ms. Saipriya Sudarsan, Red Cross Teacher Coordinator and Ameen Abdul and Abhirami Revi the student coordinators of Red Cross, SNMC.

The winners of the weekend LIVE competition- Singing Contest

First prize: Sreelakshmi Vinod- I Integrated Statistics

Second prize: Maymol- I [M.com](https://www.m.com)

Third prize: Abhirami Revi- I Bsc Mathematics

The participants list is collected through the google form.<https://forms.gle/JSoFncbgnV7VQTB68>

The programme was conducted through the Google meet link:

<https://meet.google.com/sbk-shrd-wbr>

## 11. Brochure



## 12. List of participants

Sl No	Name	Department	Mode
1	Sreelakshmi Vinod	I IP Statistics	Online
2	SARATH CS	1st year BSc maths	Online
3	Maymol	I MCom	Online
4	SARANYA NS	1 BA Malayalam	Online
5	Keerthana C G	1st year BSC PHYSICS	Online
6	Abhirami Revi-	I BSc Mathematics	Online
7	KRISHNAPRIYA PK	Ist year Bsc Mathematics	Online
8	Asapriya V B	II Bsc Maths	Online
9	Aswin cp	1st year Bcom finance and tax (self)	Online
10	Drishya Mohan	2nd year Bcom F&T (self)	Online
11	Sreejitha K S	B. Com finance&Taxation II	Online
12	Sethna Sanil	B A Economics , first year	Online