

#### 1. YOGA DAY CELEBRATIONS ON 21.06.2020

The Outbreak of COVID 19 Pandemic withheld the students from coming to campus since March 24,2020.Even then the NCC cadets of SSUS NCC unit in collaboration with 22 Kerala Battalion NCC Eloor, observed International Yoga Day on 21.06.2020 through online mode.The cadets performed Yoga in their houses and the same was uploaded in the University youtube. 27 cadets participated in the Yoga Day celebrations. The celebration inspired the University Community to perform Yoga understanding its merit, both physically and mentally.

Youtube link: https://youtube.com/shorts/hFTa5Swxn78?feature=share

#### 2. Tree Plantation



NCC cadet planting saplings on 24.07.2020

As a part of Environment Day observation and the necessity of tree plantation.the NCC cadets planted saplings in their courtyards on 24.07.2020. The Pandemic restricted the cadets from coming to campus and perform the activities. 25 cadets planted saplings in their home gardens. The cadets uploaded their performances in their social media, in tune with the direction from NCC. The links provided below. Based on the theme, online quiz competition was held. The competition was extended to the entire student community. More than 600 students participated in the programme. The winners were awarded prizes and the participants were distributed e certificates. <u>https://www.facebook.com/100012078931335/posts/9367364634056</u> 43/?flite=scwspnss&extid=TVrBeGZXBQhMIBee

https://m.facebook.com/story.php?story\_fbid=2571840206430469&id=10000813 5440146&sfnsn=wiwspwa&extid=d9V7oFUSY9BsBhld

https://www.instagram.com/p/CC76G5cjaUD/?igshid=1tbam8g6xe95I

https://twitter.com/Praveen71465349/status/1285791022702718977?s=19

https://twitter.com/SGTghost15/status/1285198229018013698?s=08

3. Independence Day Celebration



The cadets exhibiting posters on Independence Day

The NCC cadets of SSUS unit in collaboration with 22Kerala Battalion NCC Eloor celebrated the Independence Day on 15.08.2020 through online platform. As a part of celebration, the cadets participated in video & Poster making competitions. The cadets exhibited posters based on the relevance of this day. 27 cadets participated in the celebration.

#### 4. Fit India Freedom Run

# FIT INDIA FREEDOM RUN



# SSUS KALADY NCC UNIT 22 (K) BN NCC ELOOR



The cadets performing Yoga and exercises during "Fit India Freedom Run"

As a part of Independence Day celebration, the cadets participated in "**Fit India Freedom Run**" through online platform from 25.08.2020 to 02.10.2020. Everyday from 25.08.2020 to 02.10.2020, the cadets performed physical activities which mainly included Yoga and other exercises which made them physically and mentally fit. The Pandemic never reverted their inspiration but moulded them stronger and stronger day by day. 27 cadets participated in this 40 days extended programme with enthusiasm and team spirit.

#### 5. World Ozone Day



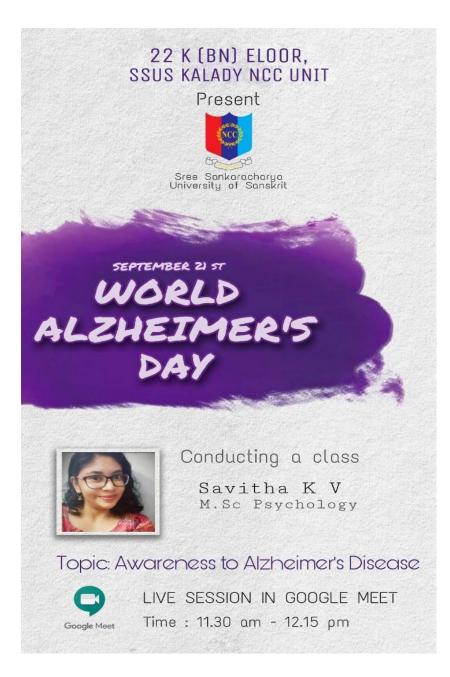
The cadets exhibiting posters on 16.09.2020, World Ozone Day

The cadets in association with 22 kerala battalion NCC Eloor observed the World Ozone Day on 16.09.2020 imbibing the importance of Ozone layer. 27 cadets joined the observance through online mode and participated in poster making competition. Discussions were held on this theme and the entire cadets joined the programme.

https://www.facebook.com/100017157633481/posts/712982875950294/?flite=scwsp nss&extid=WugxKdvdT7K6BbWV

https://www.instagram.com/p/CEMDfHonjmdtAMhcKcjCzLhQAG1P12gJprzcXs0/?igs hid=16qowni3hzrq

6. World Alzheimers Day



The SSUS NCC unit in collaboration with 22 Kerala Battalion NCC Eloor conducted webinar on 21.09.2020 observing "World Alzheimers Day". Smt savitha. K V, M.sc Psychology student of the University held class on the topic" Awareness to Alzheimer's Disease" during the webina. The class was very interesting to know about the topic which was least heard by the cadets. 26 cadets participated in the webinar.

7. World Rose Day



## SSUS Kalady NCC Unit 22(k)BN Eloor



Cadets holding roses in their hands in support of the cancer patients

8.

The NCC cadets observed a very special day for the well being of cancer patients through "World Rose Day" on 22.09.2020. 27 cadets holding roses in their hand, stood with mental support to the patients and for their well being. The day was observed with a calm atmosphere and the cadets took pledge to support the cancer patients to overcome their critical situations.

#### International Day of Sign Language 22 K (BN) ELOOR. SSUS KALADY NCC UNIT **\*SIGN LANGUAGE ARE FOR EVERYONE!**\* 23/09/2020 O N A L NTE R T N A E N U G L G

The SSUS cadets observed the International Day of Sign Language on 23.09.2020. The cadets through google meet discussed the importance of this day and expressed their thoughts through sign language. It was very interesting to the cadets who were

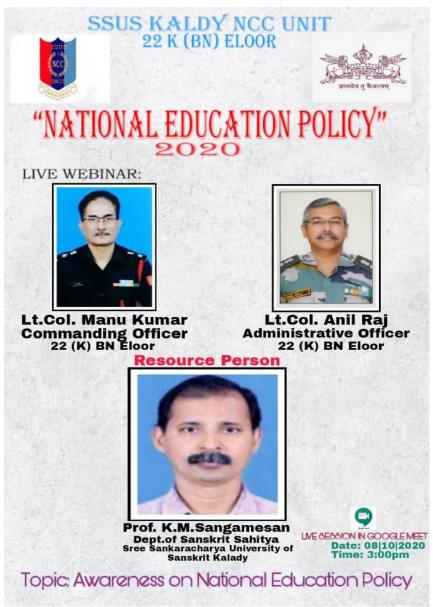
listening to this new world of action with fingures.27 cadets participated in the programme.

#### 9. World Translation Day



The NCC cadets in collaboration with 22 kerala Battalion NCC Eloor celebrated the World Translation Day on 30.09.2020 knowing the significant role of translators in diplomatic engagements which helps to prevent border disputes and foster peace. The cadets celebrated this day by making video and posters relevant to this day. 27 cadets participated in this online programme.

#### 10. Webinar on "National education Policy"



The SSUS NCC in association with Kerala Battalion NCCEloor conducted weninar on "National Education Policy, 2020" on 08.10.2020. The webinar was inaugurated by Lt.Col. Manu Kumar, Commanding Officer from 22 (K0 BN Eloor and session was chaired by Lt.Col. Anil raj, Administrative Officer from 22(K) Bn Eloor. The resource person was Dr K M Sangamesan, Associate Professor from the Department of sanskrit sahitya, SSUS. The webinar discussed the pros and cons on this topic.147 number of participants attended this webinar.

https://www.youtube.com/watch?v=\_FOpo3P2QCQ&t=1367s

#### 11. Indian Airforce Day

The SSUS NCC unit observed the Indian Airforce Day on 08.10.2020 giving due respect to this defence system. 27 cadets participated in this day of observance through online platform. A video showing the importance of Airforce and its history was exhibited during the programme. The video inspired the majority to join in Airforce and serve the nation.

#### 12. World Mental Health Day

The SSUs cadets observed the World Health Day on 10.10.2020 with a presentation of video based on the importance of the day. This year's campaign focussed on increasing investment on mental health. This year during the midst of the spread of pandemic the theme has much relevance insisting the world to invest on mental health. 27 cadets participated in the online programme.

#### 13. Webinar -National Education Policy 2020 & its Impact on NCC



The SSUS NCC unit in collaboration with 22 K Battalion NCC Eloor conducted webinar on the topic" National Education Policy 2020 & it's impact on NCC' on 16.10.2020. The resource person was Col H Padmanabhan(Retd.) who discussed the impact of NEP 2020 on NCC. 123 students participated in the google meet and the students was given awareness about the topic under discussion

#### 14. Webinar- Communication in Personality Development



## COMMUNICATION IN PERSONALITY DEVELOPMENT

22 nd October 2020

Thursday, 3 pm

### https://meet.google.com/mdd-wput-jya

The SSUS NCC unit in collaboration with 22 K Battalion NCC Eloor conducted webinar on the topic" Communication in Personality Development" on 22.10.2020 with 128 participants. The resource person was Dr Lose Antony, processor, Department of social work, SSUS who gave an excellent talk on the relevant topic. He shared his views that personality development helps everyone in effective communication, expressing our thoughts in the best possible way to get our point across the intended audience.

https://www.youtube.com/watch?v=DOPB4r8OP6U&t=2587s

15. Webinar-Physical fitness during Covid Pandemic

## SREE SANKARACHARYA UNIVERSITY OF SANSKRIT, KALADY



**22 KERALA BATTALION NCC** 

ጽ





# PHYSICAL FITNSS DURING COVID PANDEMIC



## Lt. SHUKKOOR ILLATH

HOD, Dept. of Physical Education Govt. College Tirur

30/10/2020

### http://meet.google.com/mdd-wput-jya <sup>2 pm</sup>

The SSUS NCC unit in collaboration with 22 K Battalion NCC Eloor conducted webinar on the topic "Physical fitness during Covid Pandemic" on 30.10.2020 .The topic was discussed by Lt Shukkoor Illath, HoD, Department of Physical Education, Government college, Tirur. 122 students participated in the webinar and the topic was relevant in the present scenario.He reminded that regular physical activity benefits both the body and mind and gave tips to maintain physical fitness during quarantine and lockdown as well.

https://www.youtube.com/watch?v=8CxE\_V\_k4f0

16. Webinar- Leadership Traits



The SSUS NCC unit in collaboration with 22 K Battalion NCC Eloor conducted the webinar on " Leadership Traits" on 07.11.2020. Lt Nithin Thomas, Head, Department of Economics from Bharat Matha College delivered lecture on this topic. He discussed about various qualities to be promoted so as to become a good leader among the society. Self control, Courage, Endurance, Positive Attitude, Alertness, Comradeship, etc were some among them discussed. 401 students attended the webinar.

https://www.youtube.com/watch?v=cNdDTi885al&t=2159s



17.

The SSUS NCC unit in collaboration with 22 K Battalion NCC Eloor conducted webinar series -6 on the topic "NCC Camps & Training " on 14.11.2020. Sri Anil Kumar, NCC Liaison Officer, Government of Kerala gave an inspiring talk on the topic and shared his experience in this field. 268 students participated in the webinar and was motivated.

https://www.youtube.com/watch?v=xM2LA8\_01uo&t=2322s
18. Webinar- Health & Hygiene



The SSUS NCC unit in collaboration with 22 K Battalion NCC Eloor conducted webinar series -7 on the topic "Health and Hygiene" on 20.11.2020. Maj Dr Narayanan Kutty (Retd) discussed the topic with 107 participants who attended the webinar. The topic had importance in the present scenario where health and hygiene are mandatory for the wellbeing of the nation.

19. National Webinar- NCC : Nurturing tomorrow's leaders

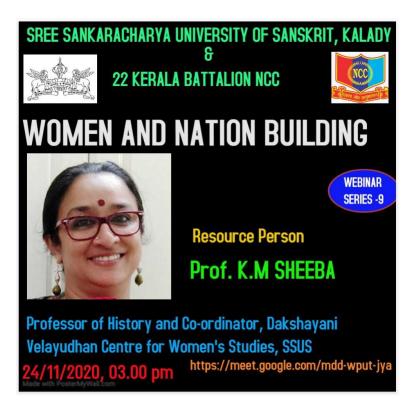


On 22.11.2020, the SSUS NCC unit conducted National webinar on "NCC: Nurturing tomorrow's leaders" with the participation of 162 students through online platform. Col P Rajnarayan, Training Officer, Maharashtra led the webinar informing that NCC of India is the largest uniformed youth organisation in the world grooming leaders for tomorrow. Col P Rajnarayan discussed about the essential qualities and skills to be practised so as to become a good leader. The audience was motivated by the inspirational speech.

#### 20. NCC Day

The SSUS NCC unit in collaboration with 22 K battalion NCC Eloor celebrated its foundation day on 22.11.2020. The online function marked homage to our national warriors who sacrificed their lives for the nation. Quiz competition based on the theme "NCC" was held on that day. 501 students from the University participated in the programme. Winners of the quiz competition were distributed e certificates. The NCC cadets exhibited posters during the programme

#### 21. Webinar- Women & Nation building



The SSUS NCC unit in collaboration with 22 K battalion NCC Eloor conducted its webinar series -9 on the topic "Women and nation building" with 111 participants on 24.11.2020 through google platform. Dr Sheeba K M, Professor, Department of History and Coordinator, Dakshayani Velayudhan Centre for Women's Studies, SSUS was the resource person during this occasion. Dr Sheeba reminded that Women are the prime care takers of families around the world hence it is necessary to promote women as full and equal partners of men in development and nation building.

#### 22. Webinar-Conservation of Environment



The SSUS NCC unit in collaboration with 22 K battalion NCC Eloor conducted its webinar series -10 on the topic "Conservation of Environment" with 248 participants on 25.11.2020 through google platform. Lt Col Anilraj, Administrative Officer from 22 Kerala Battalion presented the topic. In order to protect wildlife and promote bio diversity the environment should be conserved prima facie. He explained the ways to protect the environment and the role of mankind in doing so.

https://www.youtube.com/watch?v=e9PQBIJtMpk&t=726s

23. Constitution Day



The Constitution Day was celebrated on 26.11.2020 by the SSUS NCC cadets commemorating the formal adoption of Indian Constitution by the constituent assembly. The cadets displayed the slogans inscribed in the Indian Constitution and took pledge which was read by Lt Lisha C R, Photos and videos reminding the importance of Indian Constitution were exhibited during the google meet.27 cadets participated in the programme.

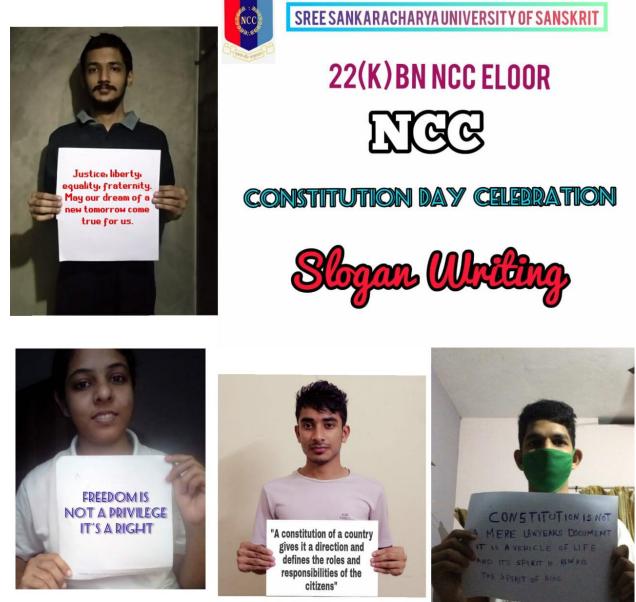
https://www.youtube.com/watch?v=T-AXyb\_oj14

#### 24. Remembrance of B R Ambedker

The SSUS NCC unit conducted a poster exhibition programme on 27.11.2020, through online platform commemorating the memory of Dr B R Ambedkar, who drafted the Indian Constitution. Various posters based on his memory were displayed by the 27 cadets. The cadets shared the contributions of Dr B R Ambedkar

which includes the Dalit Buddhist movement and the campaign against social discrimination towards the untouchables.

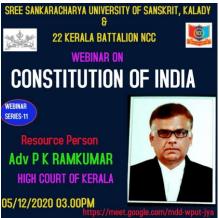
25. Slogan Writing-27.11.2020-26



#### 26. World Aids Day

The SSUS NCC unit considered the World Aids Day as an opportunity to unite with the pople who fight against HIV, to support people who live with HIV and to commemorate those who died with HIV on 01.12.2020 through online platform. 25 cadets participated in the programme in which the video displaying the awareness about HIV epidemic was exhibited. The theme of world Aids Day,2020-"Ending the HIV/AIDS epidemic: Resilience and Impact was discussed during the programme.

https://www.youtube.com/watch?v=ladoeBZ2\_is



On 05.12.2020, the SSUS NCC cadets in association with 22 Kerala Battalion NCC Eloor observed the constitution Day by conducting webinar on "Constitution of India" through online platform. Adv P K Ramkumar of Hon'ble High Court of Kerala gave an excellent talk on the above topic .The importance of Indian Constitution and its necessity was discussed in the webinar. Based on the constitution of India, a quiz competition was held in which 84 students participated. The participants were issued e certificates after the competition.

#### 28. Swacchatha Pakhwada



The SSUS NCC unit observed Swacchatha Pakhwada from 05.12.2020 to 15.12.2020 with the assistance of 30 students. The observation was inaugurated by Maj K S Narayanan, NCC Officer, who delivered key note address on the topic" What can I do to clean my city". As Gandhiji said " Sanitation is more important than Independence", Maj K S Narayanan narrating these words requested the cadets to form good hygiene habits and help to improve those of countrymen as well.



#### UNITY AND DISCIPLINE

#### एकता और अनुशासन

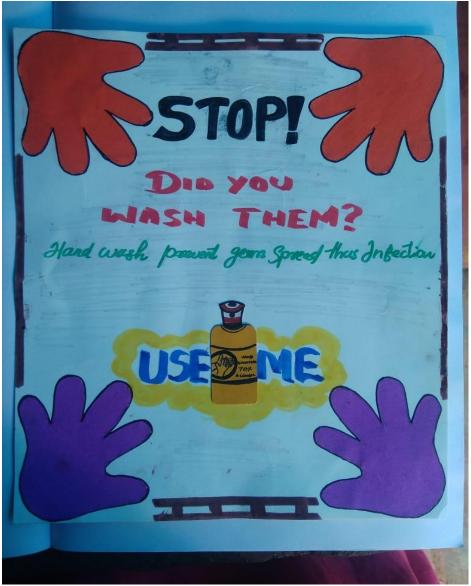
7th December being Armed Forces Flag Day, the NCC unit in association with 22 Kerala Battalion NCC Eloor observed the day with due respect and honour. The soldiers, sailors and Air men were commemorated during this occasion.Lt Lisha requested the cadets to preserve the traditions, history and pride and respect that are due the nations glory.And also to spread the motive of this day to their fellow beings. 27 cadets participated in this commemorative Day.

#### 30. Anti - Corruption Day



The cadets of NCC unit, SSUS observed the Anti- Corruption Day on 09.12.2020 by presenting posters with slogans relevant to the day. 25 cadets presented posters through online platform. The meeting discussed about the preventive and reactive measures to be adopted while noticing corruption anywhere at anytime.

31. Hand Wash Day



Hand Wash Day was observed by the SSUS NCC unit on 09.12.2020 reminding everyone that washing hands with soap and water is the cheapest way to be hygiene, thus avoid from getting sick and spreading germs to others. In this present scenario, hand washing with soap and water have much relevance and the society should be promoted hand hygiene process, said Lt Lisha to the 26 cadets who attended the programme. The cadets exhibited posters reminding that hand washing prevent germ spread and thus infection. Lt Lisha gave a description how to make home made hand wash in the cheapest way possible.

32. Webinar-NCC: Road to Defence Forces



The SSUS NCC unit in association with 22 Kerala Battalion NCC Eloor conducted webinar series -12 on "NCC: Road to Defence Forces" on 11.12.2020 through google meet. Gentleman Cadet Jairam Kaladharan was the resource person narrated the importance of NCC in moulding the youngsters as a responsible patriotic citizen. He also reminded the cadets that in every regular course of Indian Military Academy, certain seats are reserved for 'C' certified NCC cadets. The students were motivated to be involved in NCC activities.244 students participated in the webinar series.

#### 33. International Mountain Day



Mountains play an important role in providing food and water to millions of people. Considering the significant role played by mountains, the SSUS NCC unit observed the International Mountain Day on 11.12.2020 with the participation of 27 cadets from the University.Posters highlighting the importance of mountains were displayed through online platform.Lt Lisha discussed the importance of mountains in supporting biodiversity which provides unique habitation and being one of the major source of freshwater.

#### 34. Webinar-Plastic Waste Management



The SSUS NCC unit in association with 22 Kerala Battalion NCC Eloor conducted webinar on "Plastic Waste Management" on 13.12.2020. Miss Neena P Alias, former NCC cadet and Alumni of the University was the resource person who addressed the students with the introduction of waste management system followed in India. It was surprising to know that only one fourth of the solid waste is recycled due to the improper system prevailing in our country. The use of reusable items and recycling of wastes can manage the plastic waste to a major extent, said Miss Neena. 32 students attended the programme. More than 50 viewers watched this program on Youtube.

https://www.youtube.com/watch?v=QPLI Ljh2Y8

35. Energy Conservation Day



# Sree Sankaracharya University of Sanskrit

## 22(K)BN NCC ELOOR ENERGY CONSERVATION DAY

















The SSUS NCC Unit observed the Energy Conservation Dayon 14.12.2020 making aware about climate changes and global warming among the students of the University. Posters and slogan writing were promoted among cadets to exhibit efforts towards energy saving resources. 25 cadets displayed posters and slogan writings during the observance of the day.Lt Lisha discussed the theme : Conserve Energy-Save the future" among the students.



https://www.youtube.com/watch?v=JfE1b2-XuIQ&t=7s

#### 36. International Migrants Day

The NCC unit of SSUS observed the International Migrants Day on 18.12.2020 recognizing the contributions made by millions of migrants to the economies of their host as well as to make aware of the issues and challenges faced by migrants. 27 cadets exhibited posters and slogan writings during the programme and a video displaying the struggles faced by migrants especially during the COVID-19 pandemic was shown. The video focussed on how the issues of migrants were ignored and the need for humanitarian acceptance globally.



https://www.youtube.com/watch?v=Ybh-B-JMJhQ&t=10s

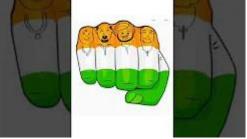
37. Webinar-NCC and Armed Forces



The SSUS NCC unit in association with 22 Kerala Battalion NCC Eloor conducted webinar series 13 on the topic "NCC and Armed Forces" on 19.12.2020 . Capt Dr Sushan P K, NCC Officer, BPC College, Piravom addressed the students of the University He narrated how NCC provides exposure to a wide range of activities with emphasis on Social Service, Discipline, Adventure training, etc. Even though NCC is not a line of defence, the cadets are give basic military training in small arms and parades. 117 students attended the programme.

https://www.youtube.com/watch?v=FLYopZbkYQ4

38. International Solidarity Day-20.12.2020-video-26



https://www.youtube.com/watch?v=oj93lgM4pM8&t=3s

https://youtu.be/ladoeBZ2\_is

40. National Farmers Day-23.12.2020-27



41. Webinar- NCC and Personality Development



The SSUS NCC unit in association with 22 Kerala Battalion NCC Eloor conducted webinar series 14 on the topic" NCC & Personality Development" on 24.12.2020. Dr S Sampath Kumar, Ex- ANO, Sree Sankara College, Mattoor was the resource person who delivered lecture on this topic. Dr Sampath told that the activities of NCC not only provide motivation for positive attitude but also important in building character and personality development. The training enhances the awareness level of

cadets for being responsible human beings. 568 students participated in the online programme.

https://www.youtube.com/watch?v=e03BYs5DVPI&t=6s

https://www.youtube.com/watch?v=ljE0bQEF-4o&t=290s

#### 42. Webinar- Map Reading



The SSUS NCC unit in association with 22 Kerala Battalion NCC Eloor conducted webinar series 15 on the topic" Map Reading" on 09.01.2021.Capt V Sreenivasan from the Kerala Battalion narrated the map reading skills and introduced the compass, which is the preliminary equipment for map reading.The different types of maps and map symbols were visualised during the google meet.100 number of cadets attended the programme and more than 700 viewers in Youtube media. https://www.youtube.com/watch?v=qp252qFzQk8&t=2283s

#### 43. Army Day Celebrations

The SSUS NCC unit in association with 22 Kerala Battalion NCC Eloor observed the Army Day Celebrations by conducting webinar series 16 on the topic" My experience as an Army Man" on 15.01.2021. Sub Mal Josey Thankachan(Retd.) shared his experiences with the cadets and illuminated them. The experiences were so patriotic that the cadets paid homage to the valiant soldiers who sacrificed their lives to protect our country and its citizens 35 cadets attended the programme.



#### https://www.youtube.com/watch?v=h0JTzkIX8gM&t=10s

#### 44. Observation of the national hero Subash Chandrabose

The SSUS NCC cadets observed the national hero Subash chandrabose in his birth anniversary day on 23.01.2021. They created a video about him and his words in Youtube."To honour and remember Netaji's indomitable spirit and selfless service to the nation. The GoI has decided to dedicate his birthday (January 23) every year as Parakram Diwas to inspire people of this country, especially the youth, to act with fortitude in the face of adversity as Netaji did, and to infuse in them a spirit of patriotic fervour."



#### 45. National Tourism Day

The SSUS NCC cadets observed National Tourism Day on 25.01.2021 so as to nurture the awareness of the importance of tourism and demonstrate its cultural, <u>social</u>, economic and political values across the nation.



https://www.youtube.com/watch?v=cWm-SQHL6bs

#### 46. Republic Day

The SSUS NCC unit in association with 22 Kerala Battalion NCC Eloor celebrated the Republic Day on 26.01.2021 through online mode. The cadets paid homage to the soldiers who laid lives for our country. National anthem was sung by the cadets.



https://www.youtube.com/watch?v=gB82MoDMpWA&t=8s

#### 47. Marty's Day

The death anniversary of our father of nation, Mahatma Gandhi- Marty's Day was observed on 30.01.2021 google meet.



#### https://www.youtube.com/watch?v=gwsb6h\_W5N8

#### 48. Pulwama Attack

The 2nd year of remembrance of Pulwama attack was observed by the SSUS NCC unit on 14.02.2021 by paying homage to the 40 armed personnel who laid their lives during the attack.



https://www.youtube.com/watch?v=pkKkb9oxltM

#### 49. Anti Tobacco Day

The SSUS NCC unit in association with 22 Kerala Battalion NCC Eloor observed the Anti Tobacco Day on 31.05.2021 with the motive to promote awareness about the tobacco epidemic and its consequences. The theme "Quit Tobacco to be a winner" was highlighted during the online meet. Nicotine replacement Therapy was discussed during the meet.



https://www.youtube.com/watch?v=\_Haoaxz4amg