

“Capacity building among youngsters for ecological restoration”

CAPACITY BUILDING AMONG YOUNGSTERS FOR **ecological restoration**



THINGS DISCUSS



HOW CAN AN INCENTIVE BASED APPROACH ON ECOLOGICAL RESTORATION BE EFFECTIVELY IMPLEMENTED?



WHAT ARE THE OTHER WAYS IN WHICH WE CAN IMPROVE THE INVOLVEMENT OF YOUNG PEOPLE IN ENVIRONMENTAL CONSERVATION?



WHAT WILL BE THE SCOPE OF INTRODUCING PANCHAYATH LEVEL ECOLOGICAL RESTORATION REGISTERS FOR EFFICIENT ABSORPTION AND FUND TRANSFERS?

Register here or scan

<https://forms.gle/FbK5aGsy6h6cgp7i7>



Join the discussion on August 18, 2021, 6.00 pm

Venue: Zoom Meet

As a part of Azadi Ki Amrut Mahatosav 2021 -22, EBSB of our University in collaboration with Sustera NGO, Kerala organized a Roundtable on *“Capacity building among youngsters for ecological restoration”* during 18th August 2021. The roundtable discussed steps to generate livelihoods and use it to the benefit of the State. Nearly 70 participants attended the roundtable.



7.1.11.YOG.006

Name of the Program: Youth Day, 158'th birth anniversary of Swami Vivekananda

Place: University Campus

In association with Dean Students Welfare

Date:10/01/2021 – 11/01/2021

Number of Participants:

Registration Link :

<https://docs.google.com/forms/d/e/1FAIpQLSdWegvfNM6jZl1TOiPD6VF3BcDf4YCFN9wRTI7jnWxW1L9jMg/viewform>



CENTRAL UNIVERSITY OF KERALA

Department of Yoga Studies

In association with

Dean Students' Welfare

158th Birth Anniversary of Swami Vivekananda

Essay writing

Topic: 'Swami Vivekananda – Youth and Message to Nation'

Rules and regulation for essay writing

- Essay should be written in English.
- Those interested to participate should register prior.
- Should be handwritten by self.
- Should be written in A4 sheet.
- Essay shall not exceed 700 words (max. 2 pages)
- Should include name, e mail id, contact number and department.
- The soft copy to be forwarded before 10 p.m., 10.01.2021 to dsw@cukerala.ac.in
- Plagiarism will not be entertained.
- Criteria for scoring:
 - ⇒ Content
 - ⇒ Clarity
 - ⇒ Structure
 - ⇒ Overall impression

Elocution

Topic: 'Channelizing Youth power for Nation Building'

Rules and regulation for elocution


- Elocution will be in English.
- Those interested to participate should register before 10 a.m., 11.01.2021
- Google meet link will be sent to registered candidates, and competition will commence at 11 a.m., 11.01.2021
- Participants need to ensure proper network connection.
- Elocution will be based on self-composed content on the topic given.
- The speech should not exceed more than 5 minutes; time limit will be strictly followed.
- Points will be awarded based on the following criteria:
 - ⇒ Content ⇒ Clarity ⇒ Presentation
 - ⇒ Confidence ⇒ Oratory skills


1st prize Rs.2000

2nd prize Rs.1000

3rd prize Rs.750

Online registration form: <https://forms.gle/mgPzA7tnovxcjwid7>

 dsw@cukerala.ac.in

 8893183311



CENTRAL UNIVERSITY OF KERALA

CERTIFICATE OF ACHIEVEMENT

THIS IS PRESENTED TO

Mussammil
Mohammed

DR. K. ARUNKUMAR
Dean students' Welfare

for winning the first prize in online
elocution competition conducted on behalf
of 158th birth anniversary of Swami
Vivekananda

**DR. SUBRAMANYA
PAJLOOR**
Academic Co-ordinator
Department of Yoga

Result of online Essay writing competition

Sl No.	Name	Marks out of 40			Average
		Judge 1	Judge 2	Judge 3	
1	Abhinav Bharti	12	23	23	19.3333
2	Pdf2-No name	15	24		13.0000
3	Pdf3-No name	10	21	16	15.6667
4	Sruthy S	25	22	19	22.0000
5	Ankita Das	34	30	26	30.0000
6	Aryasree	18	21	21	20.0000
7	Pdf-7 No name	23	22	28	24.3333
8	Deepthi	22	24	23	23.0000
9	Sreelakshmi sivadasan	18	20	24	20.6667
10	Amrutha V	33	30		21.0000
11	Reni N	35	29	26	30.0000
12	Anjali	30	25	25	26.6667
13	Rishika Dileep	23	29	16	22.6667
14	Sethulakshmi	28	29	18	25.0000
15	Kiran Raj	33	22	22	25.6667
16	Abhay	35	29	28	30.6667
17	Nikitha	30	23	29	27.3333
18	Preethi Poshala	30	33	26	29.6667
19	Kanna Divya	18	22	16	18.6667
20	Mahindra Naik	31	25	29	28.3333
21	Ami Raj	28	26	26	26.6667
22	Arya Raveendran	23	37	27	29.0000
23	Jisna Johnson	36	27	29	30.6667
24	Aishwarya Vijayan	20	26	20	22.0000
25	No name	18	25	24	22.3333
26	Muhammed abdul Bari	22	25	25	24.0000
27	Shyam Sunder	25	22	20	22.3333
28	Meenakshi Saraf	23	22	21	22.0000
29	Dipti Ranjan	37	30	30	32.3333
30	Payghan Bhagyshri	20	26	22	22.6667
31	Nithin K	27	25	19	23.6667
32	Vandana Krishna	32	23	29	28.0000
33	Mayuri	25	25	23	24.3333
34	Anagha Sunil	23	23	26	24.0000
35	Manjulatha	30	22		17.3333
36	Mgiloju Navven	32	18		16.6667
37	Aishwarya	31	23		18.0000

Brief Report

Online competition conducted on behalf of 158th birth anniversary of Swami Vivekananda

Department of Yoga Studies and Dean Students' Welfare decided to conduct two competitions for our students, **essay writing** and **elocution competition**. Since students are not present on the campus, competition is on online mode only. E-mails containing registration procedures, rules, and regulations have been sent to all PG and UG students on 8th January 2021. Total 70 numbers of students registered for the essay competition and 14 students for the elocution competition. Out of 70 students registered, 37 students submitted their handwritten essays in the already given topic 'Swami Vivekananda – Youth and Message to Nation' in pdf format before the deadline, i.e., 10 p.m., 10/01/2021. And all the received files are forwarded to three judges for final evaluation. Registration for elocution closed at 10 a.m. 11/01/2021, and an online videoconferencing link has been shared to three judges and all the registered participants. Out of 14 students registered, six students delivered their speech on the already given topic 'Channelizing Youth power for Nation Building'. The program started at 11 a.m. with the welcome address delivered by Dr Subramanya Pailoor, Academic co-ordinator, Department of Yoga Studies and program winded up at 11.45 a.m. with the vote of thanks by Dr K Arunkumar, Dean Students' Welfare. Score sheet of elocution competition is received at 2 p.m. 11/01/2021, and that of essay writing received at 5 p.m., 11/01/2021. Results of essay writing and elocution competition were announced by Honourable Vice-Chancellor of the Central University of Kerala, Prof. H. Venkateshwarlu, during Commemorating Swami Vivekananda on his 158th birth anniversary, organized by ESNCLSE, Central University of Kerala.

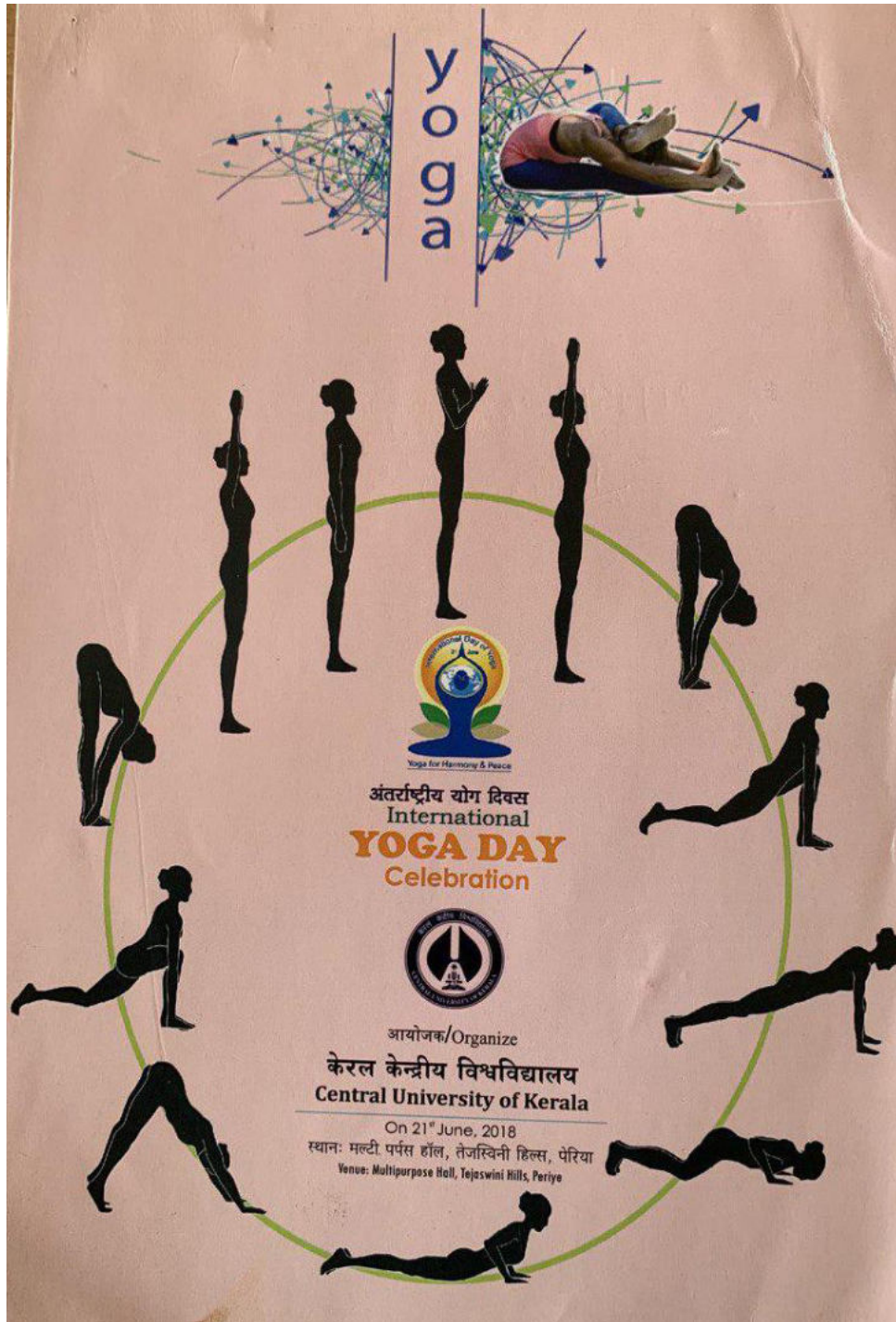
7.1.11 YOG.001

Name of the Program: International Yoga Day 2018.

Conducted at CUK Campus.

Date: 21/6/2018.

Number of participants: 500



अंतर्राष्ट्रीय योग दिवस
INTERNATIONAL YOGA DAY

JUNE 21, 2018

स्थान: मल्टी पर्पस हॉल, तेजस्विनी हिल्स, पेरिया
Venue: Multipurpose Hall, Tejaswini Hills, Periy
Time : 7:15 a.m.

PROGRAMME

University Anthem	:	
Welcome Address	:	Dr. M. Muralidharan Nambiar Chairman, Controller of Examination, Central University of Kerala
Lighting the Lamp	:	
Practice of Common Yoga Protocol (40 Min)	:	
Practice of Advance Yoga Postures:		
YOGA Dance	:	
Presidential Address	:	Prof. (Dr.) G. Gopa Kumar Hon'bel Vice Chancellor, Cental University of Kerala
International Yoga Day Message	:	Swami Muktananda Anandashram, Mavungal, Kanhangad
Felicitation	:	Dr. A. Radhakrishnan Nair Registrar, Central University of Kerala
Distribution of Certificate	:	
Vote of Thanks	:	Dr. Subramanya Pailoor Convener, Academic Co-ordinator, Yoga
National Anthem	:	
Refreshments		

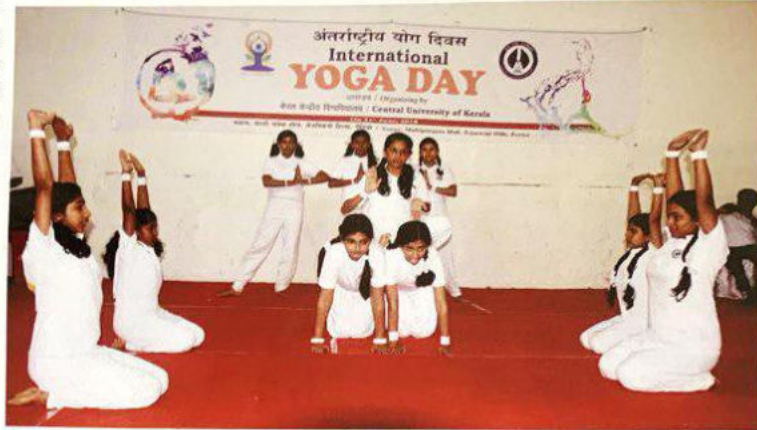




The 4th International Day of Yoga was celebrated in Central University of Kerala on 21.06.2018 with various programmes. The Yoga Day celebration was inaugurated by Prof. (Dr.) G. Gopa Kumar, Vice-Chancellor. Shri. Mukthananda Swami, Ananthashram, Kanhangad delivered the key-note address. Dr.A.Radhakrishnan Nair, Registrar and Dr.Rajendra Pilankatta, Dean, School of Medicine and Public Health felicitated the function. Dr.M.Muraleedharan Nambiar, Controller of Examinations delivered the welcome speech and Dr.Subrahmanya Pailoor, Academic Co-ordinator, Department of Yoga, CUK proposed vote of thanks.

As part of the International Yoga celebrations, the students of the Department of Yoga have given training to the students of 12 selected schools in Kasaragod district as per the directions from the Central Ayush

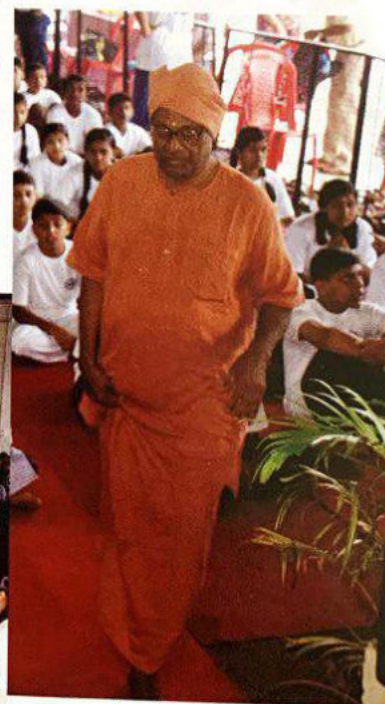
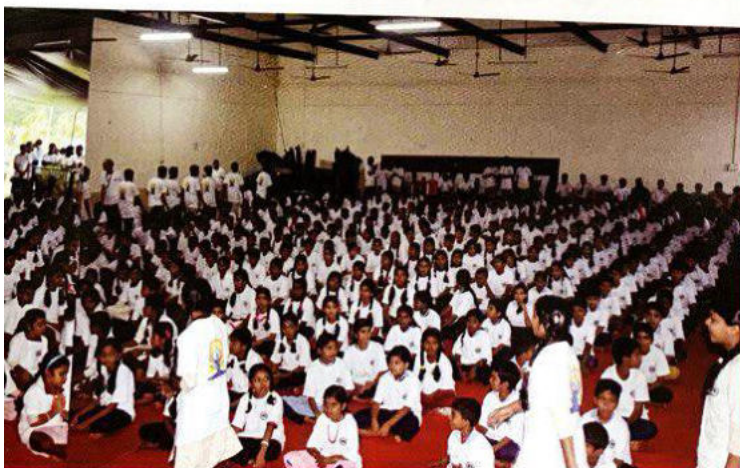
INTERNATIONAL DAY OF YOGA



Department. 600 students who participated in this training programme performed mass yoga on the Yoga Day as per the common yoga protocol. Specially trained students of the Department of Yoga, CUK performed Advance Yoga Postures followed by the Yoga Dance by school students. Certificates have been distributed to the students and teachers of the participating schools by Hon'ble Vice-chancellor in the function. The students, faculty members and non-teaching staff of the University attended the programme.

The entire event of International Yoga Day was very well received and necessitates us to conduct such events regularly to spread awareness of Indian ethos and

culture. With this program as an initiative, the Department of Yoga shall from now extend its outreach activities to organize workshops and awareness programs towards returning to nature friendly life and alternative strategies in nature for better health and harmony. All the participants left the University with a sense of satisfaction and commitment towards following Yoga based lifestyle to stay healthy.





केरल केंद्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA

(संसद के अधिनियम, वर्ष 2009 द्वारा स्थापित / Established under the Act of Parliament in 2009)

No.CUK/ACA/IDY/582/2018/

दिनांक/Date: 07/06/2018

आदेश /ORDER

1. Administrative approval is hereby accorded to Dr. Subramanya Pailoor, Academic Coordinator- Yoga for conducting programmes in connection with the celebration of 4th International Day of Yoga on 21st June 2018 at Central University of Kerala.
2. Financial sanction is given for a total amount of Rs. 2,15,000/- (Rupees Two Lakhs and Fifteen Thousand only) for the above purpose as detailed below;

Sl.No	Particulars / ब्यौरे	Amount/ रकम
1	Travel	Rs. 15,000/-
2	Travel for Chief Guest	Rs. 30,000/-
3	Accommodation for chief guest	Rs. 4,000/-
4	Food (Breakfast) for 500 participants @50)	Rs. 25,000/-
5	T-Shirts (For 500 members/Rs. 200/-)	Rs. 1,00,000/-
6	Honorarium for Chief Guest	Rs. 3,000/-
7	Local conveyance	Rs. 10,000/-
8	Mat, chairs .etc	Rs. 20,000/-
9	Publicity	Rs. 8,000/-
Total /कुल		Rs. 2,15,000/-

3. Further, approval is also accorded to draw the said amount as advance in favour of Dr. Subramanya Pailoor, Academic Coordinator- Yoga.
4. This is issued with the approval of the Vice Chancellor.

सहायक कुलसचिव/Asst. Registrar (Acad&RP Cell)

No.CUK/ACA/IDY/582/2018/ 599/E/18

दिनांक/Date: 2/06/2018

प्रतिलिपी/ Copy to:

1. Dr. Rajendra Pilankatta
2. Dr. Subramanya Pailoor
3. Section Officer (Finance) –for information and necessary action
4. Office copy

महायक कुलसचिव/Asst. Registrar (Acad&RP Cell)

तेजस्विनी हिल्स, पेरिया/ डाक. कासरगोड-671316, केरल / TEJASWINI HILLS, PERIYE (P.O.)

KASARAGOD - 671 316, KERALA, दूरभाष / Phone : 0467-2232403, 2232409,

वेबसाइट/ Website:- cukerala.ac.in, ई-मेल / E mail:- registrar@cukerala.ac.in



केरल केन्द्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA



चतुर्थ अंतर्राष्ट्रीय योग दिवस समारोह
4th International
YOGA DAY
Celebration

प्रमाणपत्र / Certificate

प्रमाणित किया जाता है कि श्रीमती/श्री/मास्टर/ सुश्री/

ने केरल केन्द्रीय विश्वविद्यालय, पेरिया, कासरगोड, केरल में दिनांक 21 जून 2018, को आयोजित चतुर्थ अंतर्राष्ट्रीय योग दिवस समारोह में भाग लिया है ।

This is to certify that Mr./Mrs./Master/Kumari/

DIVYA . R

has participated in the 4th International Yoga Day Celebration on 21st June 2018, at Central University of Kerala, Periya, Kasaragod, Kerala.

परीक्षा नियंत्रक/Controller of Examinations

अध्यक्ष/Chairman

आयोजन समिति/Organizing Committee

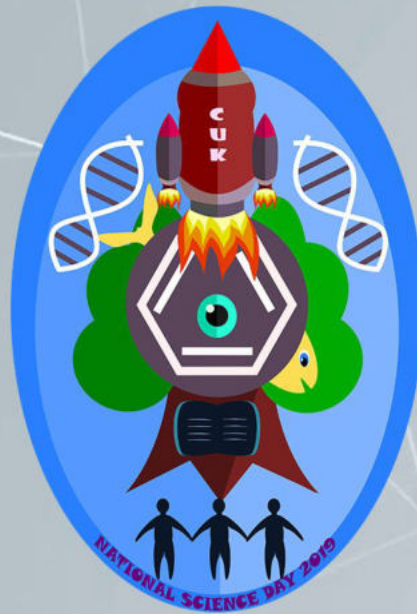
शैक्षणिक समन्वयक योग/Academic Co-ordinator-Yoga

संयोजक/Convener

आयोजन समिति/Organizing Committee

दिनांक/Date: 21.06.18

“Science for People & People for Science”



“COMMUNICATING SCIENCE FOR ALL”

National Science Day Celebration-2019
18 - 28 February 2019



CENTRAL UNIVERSITY OF KERALA
Periye, Kasaragod, Kerala-617316

Inauguration

18th February 2019, 9:30 a.m.

Venue: Conference Hall – Sabarmati Building, CUK

Introductory Remarks: **Dr. A. Sakthivel, Convener**

Welcome Address

Prof. (Dr.) M. R. Prathapchandra Kurup

Director of Research, CUK

Presidential Address

Prof. (Dr.) G. Gopa Kumar

Vice-Chancellor

Central University of Kerala

Felicitation

Dr. Radhakrishnan Nair

Registrar, CUK

Inaugural address

Prof. (Dr.) Gurmeet Singh

Vice-Chancellor, Pondicherry University

Topic: Why to be a Proud Indian!

Interactive Session

Vote of Thanks

Dr. Rajendra Pilankatta

Dean SMBS, CUK

Launching of Innovation Fest

Lecture Series

22nd February 2019 @ 2:30 p.m.

Venue: Conference Hall – Sabarmati Building

Central University of Kerala

Welcome Address

Prof. (Dr.) D. Govinda Rao

Dean SBS, CUK

Chief Guest: Dr. Ruby John Anto

Scientist-G, Rajiv Gandhi Centre for Biotechnology, Thiruvanthapuram

Topic: Exploring nature for potential anti-cancer agents

Vote of Thanks

Dr. K. Arun Kumar

Head, Department of Plant Science, CUK

Lecture Series

25th February 2019 @ 9:30 a.m.

Venue: Conference Hall – Sabarmati Building
Central University of Kerala

Welcome Address:

Dr. Swapna Nair

Head, Department of Physics, CUK

Interactive Lecture

Prof. (Dr.) Mahadevan Pillai

Vice-Chancellor, University of Kerala

Topic: Device applications of certain nanostructures

Vote of Thanks

Dr. V. Vilfred

Head, Department of Mathematics, CUK

Tea: 11:30 a.m.

Valedictory Program: 2:00 p.m.

Welcome Address

Prof. (Dr.) M. Arunachalam

Head, Department of Animal Science, CUK

Interactive Lecture

Prof. (Dr.) Achuthsankar S. Nair

Professor, Dept. of Computational Biology & Bioinformatics,
University of Kerala

Topic: Future of Science & Technology- A fantasy trip (in a driver-less car!).

Vote of Thanks

Dr. R. Rajesh

Head, Department of Computer Sciences, CUK

Programme Committee

Chairman:

Prof. (Dr.) G. Gopa Kumar
Honourable Vice Chancellor

Advisory Members:

Prof. (Dr.) Jayaprasad, K
Pro-Vice Chancellor

Deans & HOD of Science
Departments

Dr. Radhakrishnan Nair

Registrar

Convenor:

Dr. A. Sakthivel

Finance Committee

Co-ordinator:

Dr. Rajendra Pilankatta

Organising Committee:

Prof. (Dr.) K. J. Thomas

Prof. (Dr.) M. Arunachalam

Dr. Sameer Kumar. V. B

Dr. A. Manickavelu

Dr. Sudha, K

Dr. V. Vilfred

Dr. R Rajesh

Dr. K. Arun Kumar

Dr. Sandeep K

Dr. H. P. Gurushankara

Dr. Jasmine M. Shah

Dr. Divya L

Dr. T M Thasleema

Dr. Shaini

Dr. Gnanavel Soundararajan

Dr. Elezabeth Mathews

Dr. Rishiram Ramanan

Dr. E. Prasad

Dr. Sijin Kumar A V

Dr. Ranjith Kumavath

Dr. M. Bhagiyalakshmi

About the Programme

National Science Day is celebrated on 28th February of each year to commemorate the invention of the Raman Effect by the Indian physicist, Sir Chandrasekhara Venkata Raman. The National Council for Science & Technology Communication (NSCTC) announced the 1st National Science Day on 28th February 1987 by awarding the people who contribute outstandingly in the area of science and communication. Since 1987, every year National Science Day is being celebrated in all academic and research institutes. The Science Day celebration has provided a platform for young students and researchers to fix their feet and brighten their career in the science profession.

Central University of Kerala (CUK) has plan to celebrate as Science-Week program by organizing a series of events including lectures by the eminent scientists, research scholar's competition, Quiz, Logo, and theme based essay-writing competitions, etc. The National Science Day celebration will begin on 18th February 2019 followed by various programs till 28th February 2019. The eminent speakers include Prof. Gurmeet Singh, Vice Chancellor, Pondicherry University, Prof. Mahadevan Pillai, Vice-Chancellor, University of Kerala, Prof. Achuthsankar S. Nair, Professor, Department of Computational Biology and Bioinformatics, University of Kerala and Dr. Ruby John Anto, Scientist-G from Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram.

Date of Lecture Series:

18th Feb. 2019 : Prof. (Dr.) Gurmeet Singh,
VC-Pondicherry University

22nd Feb. 2019 : Dr. Ruby John Anto,
RGCB, Thiruvananthapuram

25th Feb. 2019 : Prof. (Dr.) Mahadevan Pillai
VC-University of Kerala

25th Feb. 2019 : Prof. (Dr.) Achuthasankar S Nair
Professor, University of Kerala


EBSB Day - August 2020 @ CU Kerala

LET'S SHARE THE CULTURE OF KERALA WITH HIMACHAL
EK BHARAT SHRESHTHA BHARAT

CENTRAL UNIVERSITY OF KERALA

FOLK SONG OF KERALA COMPETITION

Best 3 songs will get
Rs **1000** as Cash Prize
and uploaded in the MHRD Website



Theme
FOLK OF KERALA

- ⇨ It is an individual participation
- ⇨ The song opted must be folk only
- ⇨ The song should be recorded with video
- ⇨ The maximum time limit is 5 minutes
- ⇨ The recorded video must be sent to 9020053233 with your Name, Year of study and Department

For Entries and Enquiries contact:
9020053233, 9539846916, 8309688427

Last date of Submission
30 Aug

Judges decision will be final

Dr. S. ANBAZHAGI
Faculty in - charge EBSB Day

Central University of Kerala celebrated the EBSB day for the month of August 2020 by conducting a contest of the theme "Folk song of Kerala". This celebration depicted the culture and traditions of Kerala. The songs were judged by experts based on the theme, vocal technique and expression. The award-winning best three folk songs of Ms. Aiswarya KK , Ms. Arya Ashok and Ms. Nissy Mary Mathews are shared in the EBSB website. Nearly 22 students participated in the contest.

Dr S Anbazhagi
Faculty -In charge
EBSB Day CU Kerala

anusree anilkum... and 55 more

👤 73 🗨️ 2:12 PM You



Neha Hernanth

aiswarya k

SEMNIL T M

geethika gopakumar

DARSHANA ABRAHAM



Aneena Kora

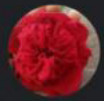
Anagha Pv

saranya sujatha

STINIYA P

Sruthi K

nasirshad vn



Ayana KK

SUNILA K M

Rajana Ramkumar

Akhil Esh

Meeting details ^



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EBSB Day - July 2020 @ CU Kerala

LET'S SHARE THE CULTURE OF KERALA WITH HIMACHAL ...

EK BHARAT SHRESHTHA BHARAT
CENTRAL UNIVERSITY OF KERALA

**CULTURAL PHOTOGRAPHY
COMPETITION**

Best 3 photos will get **₹1000 Cash prize**
and uploaded in the MHRD website



Theme
CULTURE OF KERALA

The photograph should depict the theme "Culture of Kerala".
The photograph must be WhatsApp to 9020053233 with your Name, Year of study and Department
The photograph must be original and no watermark of any kind should be on the photograph.
Images will be judged on originality, concept, composition, overall impact and artistic merit.
Photographs should not be digitally altered.
A caption must be given for the photograph.

**Last date of submission
30 JULY**

For Entries and Enquiries contact:
9020053233, 9539846916, 8309688427

Judges decision will be final

Dr. S. Anbazhagi
Faculty in-charge EBSB Day

Central University of Kerala celebrated the EBSB day for the month of July 2020 by conducting a photography contest. This celebration depicted the culture of Kerala. Several photographs depicting the culture of Kerala were submitted by the contestants, the photographs were judged by experts based on the originality, concept, composition, overall impact and well as artistic merit. Nearly 20 students participated in the online contest.

Dr S Anbazhagi
Faculty -In charge
EBSB Day CU Kerala

Theyyam is one of the well known festivals of Kerala where spirits through various dance forms depict the stories of devas. One such spirit is the Vayanattu Kulavan who was initially blinded by Lord Shiva for his selfishness. However the spirit atoned for his sins and gained the gift of divine sight from the Lord. Vayanattu Kulavan is believed to remain in the mortal world and during the festival of theyyam reveals himself, and through his divine sight looks into the hearts of people, shows them their deepest desires & fears and guides them away from selfish and evil thoughts.

Sreejith B, Department of Environmental Science, 2018-2020





Culture of Kerala-Theyyam

Our culture is not there to make us apart...it is here to make us all happy, dynamic and enthusiastic. The elite beauty of Kerala is re-narrating Purana and great stories in art forms. Theyyam is one form of it, that originates in North Kerala. It encompasses Dance, Mime and Music. Theyyam's origin was traced back to some 800 years!! The performer, Theyyakaran completely merge himself with the Rhythm and powerful dance that goes all way from giving intense expression breaking a coconut with a forehead!! It is believed to remove perils and brings fortune and prosperity. Those bizarre makeup light up the intensity.

Githin Mon , Department of Geology, 2019-2021



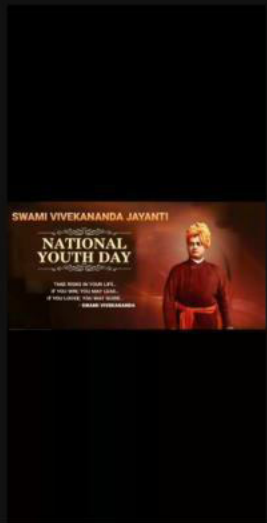
Rain Walk: "Rain walking" is one of the important cultural activities of the Vaisaka festival at the Kottiyoor Shiva Temple in Kannur district of North Malabar. The Vaishakh celebration is held yearly from Chothi Nakshatra in the long stretch of Idava to Chithira in the period of Midhuna. The ceremonies that take place during the rainy season are very special.

Akhil Ghosh KA, Research Scholar , Department of Environmental Science

A Aneena Kora is presenting

Geethanjali Vija... and 59 more

62 2:06 PM You



Meeting details ^



Turn on captions

Aneena Kora is presenting



anusree anilkum... and 55 more

👤 73 🗨️ 2:12 PM You



MALLIKARJUNAPPA T



Neha Hernanth



aiswarya k



SEMNIL T M



geethika gopakumar



DARSHANA ABRAHAM



Aneena Kora



Anagha Pv



saranya sujatha



STINIYA P



Sruthi K



nasirshad vn



Ayana KK



SUNILA K M



Rajana Ramkumar



Akhil Esh

Meeting details ^



Raise hand



Turn on captions



Present now



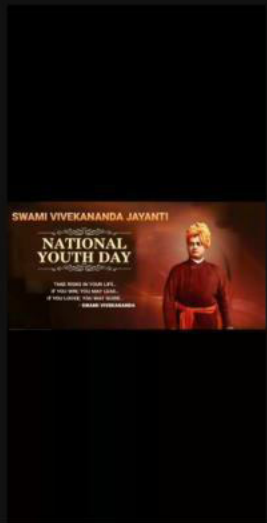
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Show all x

A Aneena Kora is presenting

Geethanjali Vija... and 59 more

62 | 2:06 PM | You



Meeting details ^

Microphone icon (red), Camera icon (white), Screen share icon (red)

Turn on captions | Aneena Kora is presenting

Discussion on ... ▶



REC



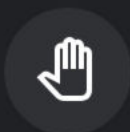
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You

M
MALLIK...

B
Bhaqyal...

A
27 others





anusree anilkum... and 55 more

👤 73 🗨️ 2:12 PM You



Neha Hernanth

aiswarya k

SEMNIL T M

geethika gopakumar

DARSHANA ABRAHAM



Aneena Kora

Anagha Pv

saranya sujatha

STINIYA P

Sruthi K

nasirshad vn



Ayana KK

SUNILA K M

Rajana Ramkumar

Akhil Esh

Meeting details ^



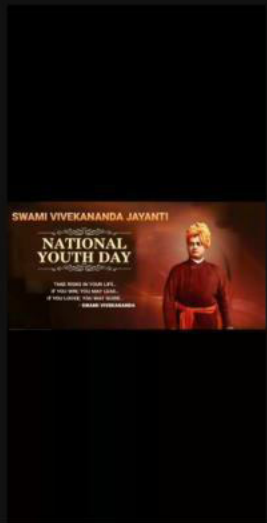
VIDEO-2020-11-26-....m... Open file

Show all x

A Aneena Kora is presenting

Geethanjali Vija... and 59 more

62 | 2:06 PM | You



Meeting details ^

Microphone icon (red) | Camera icon (white) | Screen share icon (red)

Turn on captions | Aneena Kora is presenting

7.1.1. Institution celebrates / organizes national and international commemorative days, events and festivals

Sl No	Event	Organizing Department	Date	Remarks
1	ROUND TABLE CONFERENCE on 'Health and Nutrition in the context of Women Empowerment'	Centre for women's studies	6 th March 2020	Photos attached
2	SPECIAL LECTURE on 'Women Empowerment : Emerging Trends and Challenges'		24 January 2019	
3	International women's day	Centre for Women's studies	8 th March 2019	
4	International women's day		9 th March 2020	
5	Quiz competition for PG students	Department of Chemistry	February 2020	Photos not attached
6	National Science Day	Department of Chemistry	18-28 th February 2019	
7	International Yoga Day	Department of Yoga	21/6/2018	Photos /documents attached
8	International Yoga Day		21/6/2019	
9	World Mental Health Day		10/10/2019	
10	International Yoga Day		21/6/2020	
11	World Mental Health Day		10/10/2020	
12	150 birth anniversary of Swami Vivekananda		10/1/2021-11/1/2021	
13	National Education Day		11/11/2020	
14	Yoga Darshan National Seminar		20/4/2019-21/4/2019	
15	Yoga Shashtra Sangamam		08/01/2020-10/1/2020	
16	World Diabetes Day	Department of Public Health and Community medicine	14 November - 2018	No proof
	"The Politics of Global Human Rights in India" .	Dept of Public Administration	9 th December,2016	Human Rights day
	World mother tongue Day celebrations:2017 February	Department of Malayalam		

	Programme notice,Photos attached			Proof / photos not attached
	2.Malayala bhashavaracharanam: Nov 1st – 5.			
	Programme details and photos attached			
	3.World mother tongue day celebration Feb 2018 conducted by Dept. of Malayalam, photos program details news cuttings attached			
	4.Vaayana varam: Novemeber 2018 conducted by Dept. of Malayalam CUK details attached.			
	5.Word mother tongue day celebration Feb 2019 programme attached.			
	Wetland Day – February 2	Department of Social work		Proof not attached
	World Environment Day = June 5 th	Department of Social work		
	World Ozone day – September 16	Department of Social work		
	World Tourism day – September 27	Department of Tourism		proof not attached
	Wildlife Week Celebrations – October 2 - 8			proof not attached
	World Alzheimer’s day, AIDS day, International Women’s day and Mental Health day, World Volunteer’s day, Social Work Day, Population Day, World Eye Sight Day	Department of social work		proof not attached
	Women in Science	Department of Zoology		18-28th February 2019
		Department of Zoology		28th February 2020
	IEEE DAY celebration	Dept of Computer	02 nd October 2019	Photos attached

		Science		
	Women's day celebration	Dept of Computer Science	05 th March 2020	Photos attached
	Environment Day was celebrated on June 5, 2020 as an initiative towards making the campus green. In the year 2020, the day was celebrated by the students in their respective places by planting a sapling in the places where they are living. The HOD planned the sapling on the campus. Celebration was done through Google meet where the HOD, faculty and students participated.	Department of Commerce	05 th June 2020	Photos attached
	2. The Constitution Day programme was organized on 26-11-2020 under the auspices of the Department of Commerce and International Business as part of the Constitution Day celebrations. This was held using the google meet.	Department of Commerce	26 th Nov 2020	Photos attached
	3. The 'National Youth day programme' was organized on 12 th January 2021 under the initiative of 'Department of Commerce and International Business' as part of the 'National Youth Day celebrations'. This was held using the google meet.	Department of Commerce	12 th Jan 2021	Photos attached

Patriotic Song Competition –EBSB Day August 2021

As a part of Ek Bharat Shreshtha Bharat day celebrations for the month of August 2021 Central University of Kerala conducted an online Patriotic Song competition for their students. The participants made their contributions in various regional languages of India. Cash awards were given to the winners. Nearly 20 students participated in this competition.



CENTRAL UNIVERSITY OF KERALA

**EK BHARAT SHRESHTHA BHARAT-
INDEPENDANCE DAY CELEBRATION**

Singing Competition



THEME: Patriotic Song

INSTRUCTIONS:

- *Online Mode**
- *Time limit: Max 5 mins**
- *Both audio & video should be turned on**
- *Medium: Any regional language**

Registration:

12 - 26 July 21

Event Date:

01/08/2021, 11AM

PRIZES

1st Prize: Rs 1000/-

2nd Prize: Rs 750/-

3rd Prize: Rs 500/-

**OPEN TO ALL
CUK STUDENT**

Program Coordinators

-S LEKHANA 877052255

-DIPTI YADAV 8135091704

**LIVE
PERFORMANCE**

EBSB DAY CELEBRATION FACULTY IN-CHARGE: DR. S. ANBAZHAGI

EBSB Day – February 2020 @ CU Kerala









Central University of Kerala celebrated the EBSB day for the month of February 2020 by conducting Chakra competition in their campus on 14th February 2020. Students actively participated in groups. During the celebration the students utilized the used old tiers and painted them with pictures, depicting the culture of our EBSB paired Himachal Pradesh as well as North East states. Nearly 25 students participated in the competition.

Poster Making Competition – EBSB Day Celebration July 2021

CENTRAL UNIVERSITY OF KERALA
"EK BHARAT SHRESHTHA BHARAT DAY"-JULY 2021

EDUCATE THE CHILD!
EMPOWER THE WOMEN!

POSTER MAKING COMPETITION
* Handmade original posters are accepted

* **SHARE WITH US:**
-sanbazhagi@cukerala.ac.in
-cheeku1202@gmail.com
-deeptiyadav656@gmail.com

* **SUBJECT OF MAIL: Educate the child! Empower the women!**
* **FILE NAME: Your name, Department & Academic Session**

-TOP 3 POSTERS WILL BE AWARDED WITH RS 1000/- EACH
-E-CERTIFICATES FOR ALL THE PARTICIPANTS

LAST DATE OF SUBMISSION:
31.07.2021

BEST 3 POSTERS WILL BE UPLOADED IN M&E WEBSITE

EBSB DAY CELEBRATION FACULTY IN-CHARGE: DR. S. ANBAZHAGI

As a part of Ek Bharat Shreshtha Bharat day celebrations for the month of July 2021 Central University of Kerala conducted an online poster making competition for their students. The participants made posters on the theme "*Educate the Child, Empower the Women*". Cash awards were given to the winners. Nearly 18 students participated in this event.

EBSB Day May 2021

As a part of Ek Bharat Shreshtha Bharat day celebrations Central University of Kerala organised a Plant a sapling challenge with their paired state Himachal Pradesh for the month of May 2021. Adhering to Covid protocols all the students of CUK were encouraged to share the pictures of planting to motivate each other. Nearly 50 Volunteers participated in this event

CENTRAL UNIVERSITY OF KERALA

"EK BHARAT SHRESHTHA BHARAT DAY"
CELEBRATIONS ON - MAY 2021

PLANT! CLICK! SHARE!
Join the Tree-Planting Challenge with Himachal!

Dear CUK Students,
STEPS TO PARTICIPATE

1. Plant a sapling.
2. Take a photograph with your plant.
3. Share it with us at
 - sanbaxhagi@cukerala.ac.in
 - cheeku1202@gmail.com

LAST DATE OF SUBMISSION
14 MAY 2021

PARTICIPANTS WILL BE PROVIDED WITH
E-Certificate

PHOTOGRAPHS WILL GET UPLOADED IN
MoE Website

POINTS TO REMEMBER

- Subject of mail - Plant! Click! Share!
- Name of photograph - Your name, Department & Academic session.

Dr. S. Anbaxhagi
FACULTY IN-CHARGE EBSB DAY

PLANT MORE TREES
TREES GIVES OXYGEN

CENTRAL UNIVERSITY OF KERALA



"EK BHARAT SHRESHTHA BHARAT DAY"
CELEBRATIONS ON - MAY 2021

PLANT! CLICK! SHARE!

Join the Tree-Planting Challenge with Himachal!



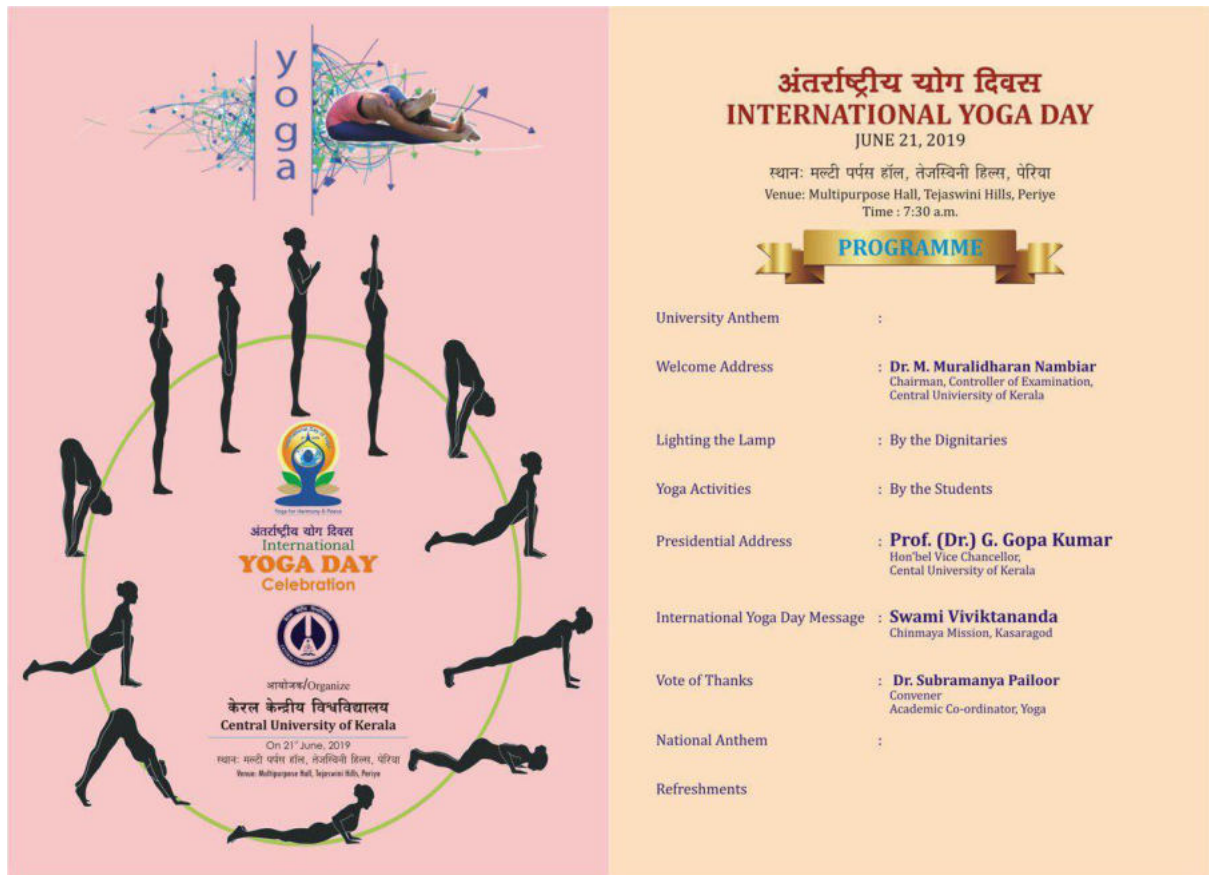
7.1.11. YOG.002

Name of the Program: International Yoga Day 2019.

Conducted at CUK Campus.

Date: 21/6/2019.

Number of participants: 500



अंतर्राष्ट्रीय योग दिवस
INTERNATIONAL YOGA DAY
JUNE 21, 2019

स्थान: मल्टी पर्पस हॉल, तेजस्विनी हिल्स, पेरिया
Venue: Multipurpose Hall, Tejaswini Hills, Periyar
Time : 7:30 a.m.

PROGRAMME

University Anthem	:
Welcome Address	: Dr. M. Muralidharan Nambiar Chairman, Controller of Examination, Central University of Kerala
Lighting the Lamp	: By the Dignitaries
Yoga Activities	: By the Students
Presidential Address	: Prof. (Dr.) G. Gopa Kumar Hon'ble Vice Chancellor, Central University of Kerala
International Yoga Day Message	: Swami Viviktananda Chinmaya Mission, Kasaragod
Vote of Thanks	: Dr. Subramanya Pailoor Convener Academic Co-ordinator, Yoga
National Anthem	:
Refreshments	:



Brief Report:



अंतर्राष्ट्रीय योग दिवस

केरल केन्द्रीय विश्वविद्यालय में पांचवां अंतर्राष्ट्रीय योग दिवस 21 जून 2019 को मनाया गया। उद्घाटन समारोह में माननीय कुलपति प्रो. (डॉ.) जी. गोप कुमार ने अध्यक्षता की। उन्होंने अपने अध्यक्षीय भाषण में, योग और आयुर्वेद किस प्रकार मनुष्य के दैनिक जीवन में महत्वपूर्ण भूमिका निभाते हैं, इस के बारे में अपना बहुमूल्य मत व्यक्त किया। चिन्मय मिशन के क्षेत्रीय प्रधान, पूज्य स्वामी विविकानंद जी समारोह में मुख्य अतिथि रहे। उन्होंने अपने संबादात्मक भाषण के दौरान अष्टांग योग की विशेषताओं और उस के अनुप्रयोग के बारे में जानकारी प्रदान की। समारोह में सम-कुलपति (डॉ.) के. जयप्रसाद, कुलसचिव, डॉ. ए. राधाकृष्णन नायर एवं परीक्षा नियंत्रक डॉ.एम. मुरलीधरन नम्ब्यार

उपस्थित थे।

डॉ. राजेन्द्र पिलांकट्टा, अधिष्ठाता, चिकित्सा एवं सामूहिक स्वास्थ्य स्कूल एवं अध्यक्ष, आयोजन समिति ने स्वागत भाषण दिया और डॉ. सुब्रह्मण्य पैलूर, शैक्षणिक समन्वयक, योग विभाग ने कृतज्ञता ज्ञापित की।

केरल केन्द्रीय विश्वविद्यालय के योग विभाग के नेतृत्व में विश्वविद्यालय के आस-पास के स्कूलों में पठनेवाले 450 विद्यार्थियों को योग प्रशिक्षण दिया था और जिन्होंने समारोह में कोमन योग प्रोटोकॉल का प्रदर्शन किया। विद्यार्थियों ने योग से जुड़े अनेक प्रकार के रंगीन सांस्कृतिक कार्यक्रम भी आयोजित किया। योग विभाग के विद्यार्थियों ने कई प्रकार के एडवेंसड योग अभ्यास का भी प्रदर्शन किया।

Nambiar, Controller of Examinations also marked their presence.

Dr. Rajendra Pilankatta, Dean, School of Medicine & Public Health & Joint Chairman of the Organizing Committee delivered the welcome speech and Dr. Subramanya Pailoor, Academic Co-ordinator of the Department of Yoga Studies proposed the vote of thanks.

The Department of Yoga, CUK has conducted Yoga training for nearly 450 students studying in various schools nearby the University. They performed Common Yoga Protocol during the function. The students also performed various cultural programmes related to Yoga during the function. Students of the Department of Yoga Studies also demonstrated various advanced yoga postures.

INTERNATIONAL DAY OF YOGA

5th International Day of Yoga was celebrated at Central University of Kerala on 21st June 2019. Hon'ble Vice Chancellor Prof. Dr. G. Gopa Kumar presided over the function. In his speech, he said how Yoga and Ayurveda play important roles in the day-to-day life of the people. Chinmaya Mission Regional Head, Poojya Swami Vivikatananda was the Chief Guest of the function. In his interactive speech he gave importance to 'Ashtanga Yoga' and its application.

Prof. (Dr.) K. Jayaprasad, Pro- Vice Chancellor, Dr. A. Radhakrishnan Nair, Registrar and Dr. M. Muralidharan





केरल केन्द्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA



पञ्चम अंतर्राष्ट्रीय योग दिवस समारोह

5th International
YOGA DAY
Celebration

प्रमाणपत्र / Certificate

प्रमाणित किया जाता है कि श्रीमती/श्री/मास्टर/ सुश्री/

ने केरल केन्द्रीय विश्वविद्यालय, पेरिया, कासरगोड, केरल में दिनांक 21 जून 2019, को आयोजित
पञ्चम अंतर्राष्ट्रीय योग दिवस समारोह में भाग लिया है ।

This is to certify that Mr./Mrs./Master/Kumari/

has participated in the 5th International Yoga Day Celebration on 21st
June 2019, at Central University of Kerala, Periya, Kasaragod, Kerala.

परीक्षा नियंत्रक/Controller of Examinations
अध्यक्ष/Chairman
आयोजन समिति/Organizing Committee

शैक्षणिक समन्वयक योग/Academic Co-ordinator-Yoga
संयोजक/Convener
आयोजन समिति/Organizing Committee

दिनांक/Date:



केरल केंद्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA

(संसद के अधिनियम, वर्ष 2009 द्वारा स्थापित / Established under the Act of Parliament in 2009)

No. CUK /ACA/IDY/753/2019 / 369 6-344

Dtd: 11.03.2020

आदेश / ORDER

1) In Continuation of the order No. CUK /ACA/IDY/753/2019 dtd 20th June 2019 revised expenditure sanction is here by accorded for an amount of Rs.1,78,773/- (Rupees one lakh seventy eight thousand seven hundred and seventy three) being the expenditure incurred for International Yoga day celebration held on 21st June 2019.

2) Further approval is also accorded to adjust the advance of Rs.2,35,500/- (Rupees two lakh thirty five thousand and five hundred) drawn by Dr. Subramanya Pailoor, Academic Co-ordinator Yoga, Department of Yoga, CUK for the above purpose in view of remittance of upsent balance amount of Rs.56727/- (Rupees fifty six thousand seven hundred and twenty seven) to the university A/C vide chalan dated 23.10.2019.

3) This is issued with the approval of competent authority.

सहायक कुलसचिव (शैक्षिक) / Asst. Registrar (Acad)

To.

DR (RPC) alongwith bills and vouchers

No. CUK /ACA/IDY/753/2019

Dtd: 06.2020

Copy to

1. Dean, SMPH
2. Dr. Subramanya Pailoor, Academic Co-ordinator Yoga, Department of Yoga
3. AR (Finance –for Information)
4. Office copy

सहायक कुलसचिव (शैक्षिक) / Asst. Registrar (Acad)

4
06/06/2020

तेजस्विनी हिल्स, पेरिया/ डाक, कासरगोड-671316, केरल / TEJASWINI HILLS, PERIYE (P.O.)

KASARAGOD - 671 316 KERALA, दूरभाष / Phone : 0467-2232403, 2232409,

वेबसाइट/ Website:- cukerala.ac.in, ई-मेल / E mail:- registrar@cukerala.ac.in



केरल केंद्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA

(संवत् के अश्विनियम, वर्ष 2009 द्वारा स्थापित / Established under the Act of Parliament in 2009)

No.CUK/ACA/IDY/753/2019 / 2207/F-1602

Dated, 20th June, 2019

आदेश / ORDER

1. Administrative approval is hereby accorded to Dr. Subramanya Pailoor, Academic Co-ordinator, Yoga for conducting programmes in connection with the celebration of International day of Yoga on 21st June, 2019 at Central University of Kerala.
2. Financial sanction is given for a total amount of Rs.2,35,500/- (Rupees Two Lakh Thirty Five Thousand & Five Hundred only) for the above purpose by debiting Recurring head of the Yoga Department Project fund as detailed below.

Sl.No	Particulars	Amount Sanctioned
1	Travel	Rs.15,000/-
2	Travel for the Chief Guest	Rs.3,000/-
3	Food(Breakfast) for 650 participants @ 50	Rs.32,500/-
4	T-shirts (for 600 members @ 200)	Rs.1,20,000/-
5	Honorarium	Rs.3,000/-
6	Local conveyance (visit to schools)	Rs.10,000/-
7	Mat (carpet)/Pandal, stage, mic, chairs etc.	Rs.40,000/-
8	Publicity -Banners, Posters etc.	Rs.5,000/-
9	Publication	Rs.5,000/-
10	Miscellaneous	Rs.2,000/-
	Total	Rs.2,35,500

3. Further, approval is also accorded to draw the said amount as advance in favour of Dr. Subramanya Pailoor, Academic Co-ordinator, Yoga subject to the final settlement.
4. This is issued with the approval of Vice Chancellor.

सहायक कुलसचिव (शैक्षिक) / Asst. Registrar (Acad)

No.CUK/ACA/IDY/753/2019

Dated, 20th June, 2019

To
DR (RPC) -To release the advance amount

प्रतिलिपि / Copy to:

1. Controller of Examinations
2. Ps to Finance Officer
3. Dr.Rajendra Pilankatta, Dean, SMPH
4. Dr. Subramanya Pailoor, Academic Co-ordinator, Yoga

तेजस्विनी हिल्स, परिये/ डाक, कासरगोड-671316, केरल / TEJASWINI HILLS, PERIYE (P.O.)

KASARAGOD - 671 316, KERALA, दूरभाष / Phone : 0467-2232103, 2232409,

वेबसाइट / Website:- cukerala.ac.in, ई-मेल / E mail:- registrar@cukerala.ac.in

7.1.11. YOG.004

Name of the Program: International Yoga Day 2020.

Conducted at CUK Campus.

Date: 21/6/2020.

Number of participants: 500

Sir / Madam,

On the eve of International Day of Yoga -2020, Dept of Yoga Studies is organising a webinar at 11:00AM - 1:00PM on 19th June, 2020 Friday.

Enclosed the brochure for your kind reference.

Please, join the link below:

Yoga Webinar

When

Fri Jun 19, 2020 11am – 1pm India Standard Time - Kolkata

Joining info

Join with Google Meet meet.google.com/bba-znkw-cbh Join by phone

+1 929-336-5621 (PIN: 164694133)

6th

INTERNATIONAL DAY OF

yoga
2020



Central University of Kerala, Kasaragod, India

Inaugural Address:



Prof. (Dr.) G. Gopa Kumar
Hon'ble Vice Chancellor,
Central University of Kerala, Kasaragod.

Webinar on the eve of International Day of Yoga - 2020
at 11:00 AM - 1:00PM on 19th June, 2020

Theme: Yoga at home, Yoga with family 'My Life My Yoga'

Eminent Speakers of the Webinar:



Padmasree Dr. H. R. Nagendra
Chancellor, S-VYASA (Deemed University),
Bangalore, India



Yogacharya Dr. Ananda Balayogi Bhavanani
Director & Professor of Yoga Therapy,
CYTER, Pondicherry



Vaidya B.R. Ramakrishna
Vice Chancellor, S-VYASA (Deemed University),
Bangalore, India; Vice-President of Ayurveda,
CCIM, Ministry of AYUSH, Govt



Dr. Padmanabhan T V
Faculty, Dept. of Yoga Studies,
Central University of Kerala;
Yoga Consultant & Psychologist



Yogacharya Dr. A. Subramanian
Founder & Director Adhyatma Yoga Academy, Bangalore, India

Link to the event: <https://meet.google.com/bba-zmkw-cbh>
Organized by:

Department of Yoga Studies, School of Medicine and Public Health, Central University of Kerala, Kasaragod, India

“6th International Day of Yoga” Celebration Report

The “6th International Day of Yoga” was celebrated befittingly as per the mandate of Ministry of AYUSH and the directive of the University Grants Commission, MHRD Government of India D.O. letter No. F 14-13/2015(CPP-II) dated 18 June 2020 focused on social distancing due to COVID-19 pandemic by the Department of Yoga Studies, functioning under School of Medicine and Public Health, Central university of Kerala using digital media platform.

The teaching, non teaching staff, students of Central University of Kerala and their families were provided on line Yoga training according to the Common Yoga Protocol circulated by the Ministry of AYUSH prior to fifteen days to 6th International Day of Yoga through our Post Graduate and Post graduate Diploma Yoga students under the supervision of Yoga faculty of Department of Yoga Studies.

We organized a webinar on the theme “Yoga at Home, Yoga with Family, “My Life My Yoga” as a part of 6th International Day of Yoga 21 Jun 2020 celebration. The webinar was also publicised in Central University Kerala web site to ensure maxim participation. The webinar was led by Dr. Subrahmanya Pailoor, Academic Coordinator, Department of Yoga studies, Central University of Kerala. Dr A Radhakrishnan Nair, Registrar, Central University of Kerala Kasaragod inaugurated the webinar. He said his own personal experience that daily yoga practice very much helped him to manage his diabetics. He also stated that the practice of Yoga on daily basis leads to a healthy body and mind. Yoga need to be taken as a way of life for leading a healthy life , and importance of Yoga practice in the present scenario to be free from COVID-19 pandemic. Dr Rajendra Pilankatta, Dean, School of Medicine and Public Health and eminent Virologist felicitated the webinar. He said to live in harmony with rules of the Nature and stressed the role of daily Yoga practice as a preventive measure to keep away from spreading corona virus.

We are blessed with the first webinar speech by the international eminent speaker Padmasree Dr H R Nagendra, Chancellor,SVYASA (Deemed University), Bangalore. He highlighted the importance of celebration of International Day of Yoga and how the Yogic practices are helpful during COVID-19 crisis as stress busters and immunity boosters. Yogacharya Dr Anandha Balayogi Bhavanani, Director and Professor of Yoga therapy, CYTER Pondicherry, was the other eminent speaker in the webinar. He talked about the concept of Salutogenesis, an approach focusing on factors that support human health and well-being, rather than on factors that cause disease through Yoga therapy and quoted

relevant sutras from Patanjala Yoga Sutra related to Yoga therapy. The next eminent speaker was Vaidya B R Ramakrishna, Vice Chancellor, SVYASA (Deemed University) Bangalore, Vice President of Ayurveda, CCIM, and Ministry of AYUSH. He emphasized the importance of Yoga particularly the role of pranayama during COVID-19 crisis and importance of celebration of International Day of Yoga. Dr Padmanabhan T V, Faculty, Department of Yoga Studies, Central University of Kerala, focused on role of Namaskaram for social distancing and Yogic diet besides other Yoga practices to fight against the spreading of corona virus which has become a big threat to human life. At last Yogacharya Dr A Subramanian, Founder and Director, Adhyatma Yoga Academy talked and demonstrated simple Yoga practices to keep oneself healthy in all respects. The webinar was concluded with vote of thanks and chanting Shanti Mantra by the Coordinator of the webinar.

The faculties and students of Department of Yoga studies were fully committed to provide online Yoga training during the International Day of Yoga celebration. Following were the important activities taken during the of International Day of Yoga celebration:

1. Proper guidelines were given to all teaching and non teaching staff and students regarding the role of Yoga during COVID-19 pandemic.
2. Yoga promotion videos explaining the benefits of yoga circulated among the students and staff.
3. The Common Yoga Protocol circulated by Ministry of AYUSH for celebration of International Day of Yoga was compiled and translated in Malayalam by Dr. Padmanabhan. T.V., our Yoga faculty in consultation with the Department of Yoga Studies, Central University of Kerala especially to facilitate the families of students and staff of Central University of Kerala to understand various of Yoga practice in their own regional language for practicing yoga effectively in their daily life. The Malayalam translation of Common Yoga Protocol is uploaded in the University portal of UGC site.
4. E-quiz competitions and Yoga demonstration competitions were conducted by the Department of Yoga Studies through digital media.
5. Conducted essay writing competition on role of yoga in fighting against the COVID-19 pandemic.
6. Circulated images, display charts on yoga postures and pranayama techniques through the social media platform to encourage more people to adopt yoga as their life style,

7. Yoga Students were directed to participate "My Life, My Yoga' video blogging contest jointly organized by the Ministry of AYUSH and the Indian Council of Cultural Relations (ICCR).
8. The Students, University Staff and their families joined in solidarity at 7.00 a.m and celebrated International Day of Yoga with great enthusiasm on 21st June 2020 by staying their homes safe according to the Common Yoga Protocol with the pledge and Shanti mantra at the end of the Yoga practice. The photos of their Yoga practice in video mode are uploaded in the University portal of UGC site.
9. The important external activities of Department of Yoga Studies, Central University of Kerala related to Celebration of International Day of Yoga include talk on importance of daily practice of Yoga against COVID-19 pandemic broadcast in All India Radio, Trivandrum, Yoga for stress management during COVID Crisis for Cancer Survivors of Malabar Cancer Centre Society, creation of video on science of 'Namaskaram" for social distancing and role of Yoga for management of fear during corona crisis.
10. The International Day of Yoga programme was concluded quoting great words on Yoga by our Prime Minister Shri Narendra Modi, "Yoga is symbol of universal aspiration for health and well being. It is health assurance in zero budget" and his flagship programme of Ayushman Bharat - Fit India, Young India, and Strong India. Stay Home Stay Safe and Stay Fit at Home.

7.1.11.YOG.007

Name of The Program: National Education on Health through Yoga

Conducted in association with National Service Scheme Unit III, CUK

Date:11/11/2020

Moulana Abul Kalam Azad
First Education Minister of Independent India

"Education is basic to the creation of an atmosphere in which human beings can meet one another on a plane of friendship and equality."

NATIONAL SERVICE SCHEME UNIT-3
CENTRAL UNIVERSITY OF KERALA
Is Organizing
NATIONAL EDUCATION DAY
On 11 NOV 2020

Meditation "Pranayama" & Class on "National Education on health through Yoga"
Dr. Subrahmanya Pailoor,
Assistant Prof., Department of Yoga,,
(Central University of Kerala)
Time: (7.00 to 7.30 am)

Comparing:- Dr. Seema Chandran
(Coordinator of the Event, NSS Programme Officer Unit-3, CUK)

Welcomes: Dr. Ranjith Kumavath
(Coordinator, NSS, CUK)

Introduction :- Dr. S. Anbazhagi
(NSS Programme Officer- Unit-2, CUK)

Meditational Class: - Dr. Subrahmanya Pailoor,
(Academic Coordinator, Department of Yoga,,

Inauguration

Prof. H. Unnikrishnan
Vice-Chancellor

Co-ordinator,
NSS, CUK

Dr. Seema Chandran
NSS Programme Officer Unit-3 &
Event Co-ordinator

Dr. S. Anbazhagi

11 November 1888 – 22 February

NATIONAL SERVICE SCHEME UNIT-3
CENTRAL UNIVERSITY OF KERALA
Is Organizing
NATIONAL EDUCATION DAY
On 11 NOV 2020

To commemorate the Birth Anniversary of
Maulana Abul Kalam Azad
A great freedom fighter, eminent educationalist and the first Education
Minister of India.

"Education is basic to the creation of an atmosphere in which human
beings can meet one another on a plane of friendship and equality."

Meditation "Pranayama"
& Class on "National Education on
health through Yoga"
Dr. Subrahmanya Pailoor,
Assistant Prof., Department of Yoga,,
(Central University of Kerala)
Time: (7.00 to 7.30 am)

Invited talk on
"National Education Policy 2020 & National Service
Scheme" By Prof.G. Haragopal
(Currently Visiting professor at Bangalore, National Law School
of India University) Former Prof. of Political Science Osmania
University Hyderabad
Time- 12.00PM-1.00 PM

Report on "NATIONAL EDUCATION OF HEALTH THROUGH YOGA"

on 11th November 2020 between 7:00AM – 7:30AM

NATIONAL SERVICE SCHEME, UNIT-3 of CENTRAL UNIVERSITY OF KERALA Kasaragod Celebrated NATIONAL EDUCATION DAY on behalf of Birth Anniversary of Maulana Abul Kalam Azad, the First Education Minister of Independent India by conducting yoga and meditation class on the topic "NATIONAL EDUCATION OF HEALTH THROUGH YOGA" on 11th November 2020 between 7:00 AM – 7:30 AM. A webinar was conducted in co-ordination with Department of Yoga Studies, Central University of Kerala. The subject expert was Mr. Chirag S Hakked, from Consult.Yoga, Coimbatore, Tamilnadu. In his talk he explained how our present scenario with COVID 19 needs a special care for our 'health'. Health education is one among National education policy. Yoga stands in the best place to maintain one's good health. Mr. Chirag in his talk explained the importance of Prana- the vital force and Pranayama in yoga practice. The mind and breath is well connected to each other. To keep our mind calm we need to control our breath and hence Pranayama is significant. During this time of pandemic, practices to calm the mind is very much needed. The resource person detailed about the principles, types and procedures to practice pranayama. There was a live practical session with demonstration and instructions of pranayama. The session was well received by all the participants. The session was for 30 mins duration. There were around 60 + participants in the session for the class.

The programme was very well coordinated by Dr. Seema Chandran NSS Unit 3 officer. Dr. Ranjith Kumavath, NSS Officer delivered the welcome address. Dr. S. Anbazhagi NSS officer introduced the resource person. Dr. Shaini P NSS Officer delivered the vote of thanks.

QUIT INDIA @ 75 & INDIA @ 70



**CENTRAL UNIVERSITY OF KERALA
PERIYE, KASARGOD**

'NEW INDIA MANTHAN'

75th Year of Quit India Movement &
70th Year of India's Independence"

FREEDOM JOURNEY

FREEDOM QUIZ

INVITED LECTURE



Organised by:
Department of Public Administration & Policy Studies

On 17th, 22nd & 28th August 2017

7.1.11.YOG.003

Name of the Program: World Mental Health Day. (Theme “suicide prevention”)

Place: University Campus

In association with Health Centre, CUK

Date:10/10/2019.

Number of Participants:100.

WORLD
MENTAL
HEALTH
DAY



Central University of Kerala

**'Department of Yoga Studies',
in association with the 'Health Centre'**

Workshop on

'World Mental Health Day'

Theme: "Suicide Prevention"

10th Oct, 2019, 10:00 AM to 1.30 PM

PROGRAMME

Inaugural Session

Time: 10.00am to 11.15 am

University Anthem	:	
Welcome Speech	:	Dr. Rajendra Pilankatta Dean School of Medicine and Public Health & Associate Professor Dept. of Bio Chemistry, CUK
Lighting the Lamp	:	By the dignitaries
Presidential Address	:	Dr. A. Radhakrishnan Nair Registrar, Central University of Kerala
Introduction of Chief Guest and Guest of honour	:	Dr. Subrahmanya Pailoor Academic Co-ordinator, Yoga, CUK & Dr. Arathy R Nair Medical Officer (F), CUK
Felicitation	:	By Dr. A. Radhakrishnan Nair Registrar, Central University of Kerala
Special address by Chief Guest and Guest of Honour	:	Dr. Amar S. Fettle State Nodal Officer, Adolescent Health Division, Trivandruam & Dr. A. C. Padmanabhan Senior Pediatrician, Kanhangad
Vote of Thanks	:	Ms. Athira Nakulan Clinical Psychologist, CUK

Business Session

11.30 am to 1.30 pm

Documentary on Mental Health

Special Lecture on "**Empowering Mental Health**"

Dr. Amar S. Fettle

State Nodal Officer, Adolescent Health Division, Trivandruam

Skit, CUK Students

Yoga Session - for Mental Health

Poster Presentation

Prize Distribution





Brief report:

The Department of Yoga Studies and the Health Centre of the Central University of Kerala jointly organised World Mental Health Day 2019. The theme for the year is “Suicide Prevention”. The programme was inaugurated by Dr.M. Muralidharan Nambiar, Controller of Examinations. Dr.Rajendra Pilankatta, Dean, School of Medicine and Public Health and Associate Professor, Department of Bio-chemistry delivered the welcome speech. Dr.Amar S Fettle, State Nodal Officer, Adolescence Health Division, Trivandrum and Dr. A.C. Padmanabhan, Senior Pediatrician, Kanthagad were the Chief Guest and the Guest of Honour respectively. Dr.Subrahmanya Pailoor, Academic Co-ordinator, Department of Yoga Studies and Dr.Arathy R Nair, Medical Officer, CUK spoke in the inaugural ceremony. Ms.Athira Nakulan, Clinical Psychologist proposed the vote of thanks.

A documentary on Mental Health was screened and a skit on Mental Health and Suicide Prevention was staged by the students of the Department of Yoga Studies. Dr.Amar S Fettle delivered a special talk on Empowering Mental Health in the programme. He also introduced the concept of peer buddies and DISHA to the students. He also gave the message “Let us open our eyes and ears and stretch our hands to the needful”

The Department of Yoga Studies conducted a yoga session explaining about the importance of Yoga in mental health. Poster making competition was conducted for the CUK students. Winners of the competitions were given prizes.



केरल केंद्रीय विश्वविद्यालय
CENTRAL UNIVERSITY OF KERALA

(संसद के अधिनियम, वर्ष 2009 द्वारा स्थापित / Established under the Act of Parliament in 2009)

No.CUK/ACA/727/2018 / 2928

Dated, 26th November, 2019

आदेश / ORDER

1. Administrative approval (Ex-post facto) is hereby accorded to Dr.Subramanya Pailoor, Academic Coordinator, Department of Yoga Studies for conducting workshop on the World Mental Health Day held on 10/10/2019 in association with the Health Centre, CUK at Department of Yoga Studies, Central University of Kerala.
2. Financial sanction (Ex-post facto) is given for a total amount of Rs.21,750/- (Rupees Twenty One Thousand Seven Hundred & Fifty only) for the above purpose.
3. This is issued with the approval of the competent authority.

सहायक कुलसचिव/Asst. Registrar (Academic)

No.CUK/ACA/727/2018 / 5203

Dated, 27th November, 2019

प्रतिलिपि / Copy to:

1. Dean, SMPH
2. Dr.Subramanya Pailoor, Academic Coordinator, Department of Yoga Studies - You are requested to furnish the bills/ vouchers for reimbursement.
3. Dr.Arathy R Nair, Medical Officer, CUK
4. SO (Project cell)
5. Office copy

सहायक कुलसचिव/Asst. Registrar (Academic)

तेजस्विनी हिल्स, पेरिया/ डाक, कासरगोड-671316, केरल / TEJASWINI HILLS, PERIYE (P.O.)

KASARAGOD - 671 316, KERALA, दूरभाष/ Phone : 0467-2232403, 2232409,

वेबसाइट/ Website:- cukerala.ac.in, ई-मेल / E mail:- registrar@cukerala.ac.in

7.1.11.YOG.005

Name of the Program: World Mental Health Day.

Place: University Campus

Program conducted In association with Health Centre, CUK

Date:10/10/2020.

Number of Participants:



10 October 2020

WORLD
MENTAL
HEALTH
DAY



Department of Yoga Studies in association
with the Health Centre
Central University of Kerala

PRESENTING WEBINAR ON

WORLD MENTAL
HEALTH DAY 2020

MENTAL HEALTH FOR ALL:
GREATER INVESTMENT
GREATER ACCESS

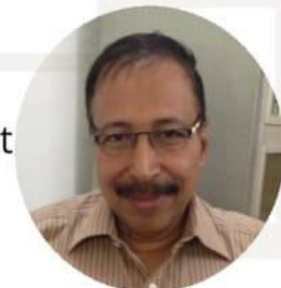
TOPIC: IMPACT OF GADGETS ON MENTAL HEALTH

🕒 TIME: 4:00 PM TO 5:30PM



Inaugural address by
Prof. H. VENKATESHWARLU
Vice chancellor
Central University of Kerala

Resource Person
Mr. K. Anilkumar
M Phil(M andSP) NIMHANS
Consultant Clinical Psychologist
Ansar Hospital, Perupilavu
Thrissur



Webinar Coordinators

Dr. Arathy R Nair

Medical Officer (F),
Health Center Incharge ,CUK

Dr. Subramanya Pailoor

Academic Coordinator
Dept. of Yoga Studies, CUK

World Mental Health Day - October 10, 2020

Report

The Department of Yoga Studies in association with the Health Centre, Central University of Kerala conducted webinar on “Impact of Gadget on Mental Health” on 10th October 2020, in concurrence to the World Mental Health Day celebration.

Honourable Vice Chancellor Prof. (Dr). H Venkateshwarlu inaugurated the webinar and addressed the participants. He said on the importance of Yoga in the pandemic to maintain mental and physical health of individual. He also spoke regarding the social responsibility of the yoga department in this pandemic. He added that more research needs to be conducted in the field of mental health. Mr K Anil Kumar, Clinical Psychologist, from Thrissur Dist. the resource person took the session on the topic, “Impact of Gadget on Mental Health”. He emphasised on the use of new media technology and relationship. Also he added on the addiction to new media technologies by youngsters.

Dr Rajendra Pilakatta, Dean School of Medicine and Public Health, Director of Research, CUK rendered the welcome speech. Dr Arathy R Nair Medical Officer, Health Centre in charge, CUK and Dr Subramanya Pailoor, Academic coordinator, Department of Yoga Studies, CUK coordinated the webinar and Dr Subramanya Pailoor gave the vote of thanks.

EBSB Day - June 2020 @ CU Kerala



LET'S SHARE THE FOOD CULTURE OF KERALA WITH HIMACHAL ...

EK BHARAT SHRESHTHA BHARAT
CENTRAL UNIVERSITY OF KERALA

SWADHU - THE TASTE

ONLINE CUISINE CONTEST

- Video of participant cooking Kerala cuisines are only accepted
- Entries can be WhatsApp to 8309688427 along with name, year of study and department
- Videos should not exceed 5 minutes
- Judgment is based on recipe, cooking and video quality
- 3 Best videos will be awarded and uploaded in MHRD website
- All participants will be rewarded e-certificate
- Basic edits on the video are only permitted
- Judges decision will be final

Dr. S. Anbazhagi
Faculty in-charge EBSB Day

Last Date
22 JUNE

For Entries and Enquiries contact: 9020053233, 9539846916, 8309688427

Central University of Kerala celebrated the EBSB day for the month of June 2020 by conducting a cookery contest via digital mode. This celebration depicted the food culture of Kerala. Several Kerala cuisines were prepared by the contestants, the videos were judged by experts based on the recipes, theme and clarity of the video.. Nearly 25 students participated in the event.

CENTRAL UNIVERSITY OF KERALA

DEPARTMENT OF ZOOLOGY

SCIENCE DAY CELEBRATIONS 2020

The Science Day Celebrations were held with great fervor and enthusiasm on 28 February, 2020 in the Department of Zoology of Central University of Kerala. The theme for Science Day this year was, “Women in Science”. The celebrations started the previous evening with the quiz competition. The competition was presided by Dr Arunachalam from Department of Zoology. The Quiz Master was Mr. Adithya Subrahmanian, Ist year MSc Zoology. After the preliminary round, six teams were selected ; of which two teams emerged victorious. The first position was bagged by Miss Remya T Radhan and Mr. Varun Jolly; research scholars and the second position by Muhammed Mahir and Haridev.K.H of Ist year MSc Zoology. The quiz was really exciting and had relevant questions from all branches of Science.

On 28 February, 2020, Powerpoint presentation competition on the topic “Women in Science”, was organized. The competition was presided and judged by Dr Arunachalam and Dr Ramachandran Kotharambath from the Department of Zoology and Dr.Muthukumar Muthuchamy from the Department of Environmental Science. The participants had informative presentations with illustrations and statistics on the history , growth and the present status of women in Science. They also presented the legends of great female scientists who surpassed the odds and taboos in the society to excel in Science. They also discussed about eliminating the gender disparity existing in the scientific world. Mr. Prashanth Ballullaya.U , research scholar , won the first prize and Miss Gopika S of Ist MSc Zoology bagged the second prize.

The next programme was a special lecture by Dr M.P Sujatha, Senior Principle Scientist, Department of Soil Science of Kerala Forest Research Institute. She talked about the various research and innovations in Soil Science. She also talked about the significance of soil in our day-to-day life. It was a very educative lecture and was attended by the faculty ,research scholars and students of Department of Zoology.

Finally, in the valedictory function , the winners of the two competitions were lauded along with cash prizes. The prizes were presented by Dr. M.P Sujatha. The day ended with the distribution of refreshments.

The Success of the Science day celebrations is attributed to the combined effort of the faculty, staff and students of the Department of Zoology. It was quite a fruitful day to add on to the events of the present academic session.

SCIENCE DAY CELEBRATION 2020, FEBRUARY 27
QUIZ COMPETITION



SCIENCE DAY CELEBRATION 2020, FEBRUARY 27
QUIZ COMPETITION



SCIENCE DAY CELEBRATION 2020, FEBRUARY 27
QUIZ COMPETITION



SCIENCE DAY CELEBRATION 2020, FEBRUARY 28



SCIENCE DAY CELEBRATION 2020, FEBRUARY 28



SCIENCE DAY CELEBRATION 2020, FEBRUARY 28





CENTRAL UNIVERSITY OF KERALA
DEPARTMENT OF ZOOLOGY

NATIONAL SCIENCE DAY

FEBRUARY 28, 2020



National Science Day is celebrated in India on February 28 to mark the discovery of Raman Effect by the great Indian Physicist Sir CV Raman. For this discovery he was awarded The Nobel Prize in Physics in 1930.

The theme for the Science Day 2020

Is

“ WOMEN IN SCIENCE “

Science Day talk by: *Dr. MP Sujatha*

28/02/2020, 11:00 am

Senior Principal Scientist

Department of Soil Science

Sustainable Forest Management Division

Kerala Forest Research Institute

EVENTS

1. Quiz Competition (Group of two members)

27/02/2020, 2:00 pm ,Room no-204.

2. Powerpoint Presentation Competition.

“ WOMEN IN SCIENCE “ - 8 minutes

28/02/2020, 9:00 am, Room no-204.



For Registration: 9400262839

**CASH
PRIZES**