

34EBSB Day - January 2020 @ CU Kerala



Central University of Kerala celebrated the EBSB day for the month of January 2020 by conducting Himachal Pradesh and North- East Ethnic Wear Competition in their campus on 26th January 2020. This celebration depicted the culture of our EBSB paired Himachal Pradesh as well as North East states. Nearly 12 departments and 20 students participated in this competition.

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.

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.


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

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



CENTRAL UNIVERSITY OF KERALA



In connection with Ek Bharat Shreshtha Bharat day Celebration for the month of September 2020, Central University of Kerala, Kasaragod, Kerala organized an online quiz about our their paired state Himachal Pradesh. The E quiz was open to all the students of CU Kerala. The E Quiz was open on 29th September 2020 and closed on 30th September 2020. All the participants who scored 50% and above received their E- certificates. Nearly 180 students from 11 Schools and 27 departments of Central University of Kerala actively participated in the E Quiz.

Dr S Anbazhagi

Faculty incharge

EBSB Day

Central University of Kerala



CENTRAL UNIVERSITY OF KERALA

Established by the Parliament of India vide the Central University Act, 2009 (No.25 of 2009)

Tejaswini Hills, Periyar, Kasaragod, Kerala, INDIA 671 316



एक भारत श्रेष्ठ भारत

EK BHARAT SHRESHTHA BHARAT KERALA – HIMACHAL PRADESH

CUK CONTINGENT VISIT TO HIMACHAL PRADESH

A Brief Report

(Youth Exchange Programme – March 5th to 8th, 2020)



CU Kerala and CU Himachal Pradesh

Central University of Kerala student Contingent of 18 men and 32 women, accompanied by Dr. Eftthikar Ahamed B., Nodal Officer of EBSB Student Exchange Programme and Dr. Asha S., Assistant Professor of English, visited Central University of Himachal Pradesh and participated in many activities from 05.03.2020 to 8.03.2020.

The Journey Begins...

The contingent started the journey on 02.03.2020, which was flagged-off by Prof. Dr. G. Gopa Kumar, the Hon. VC from CUK Periyar Campus to Kasaragod Railway Station. Prof. Dr. K. Jaya Prasad, the PVC of CUK, along with many officials, was also present to see the Contingent off to the Himalayan State.



A Short Stop-over – New Delhi

The team had a short stop-over of 8 hours at Kerala House, New Delhi, before catching their train to Pathankott. They had an opportunity to meet some of the Members of the Parliament from Kerala there, including Shri. Rajmohan Unnithan, the MP of Kasaragod, where which a brief discussion was held.



After that, they visited places like Jantar Mantar and Connaught Place before boarding the train from Old Delhi Station at 9 PM to Pathankott.



Welcome to CUHP...

The contingent arrived at Pathankott Cantonment Railway Station in the early morning on 5th March 2020, where they were received by the EBSB Team of CUHP led by Shri. Hari Krishnan, Assistant Professor of Media Studies.

They reached the CUHP Dharmashala Campus by the noon time after having a three hour bus trip. A warm traditional Himalayan-style welcome was given by the team of Prof. Dr. Prof. (Dr.) Kuldip Chand Agnihotri, the Hon. VC of CUHP, Prof. H. R. Sharma (PVC), and Dr. B.C. Chouhan (the CUHP EBSB Nodal officer), Dr. Manpreet (EBSB Prog-in-Charge) and students along with the faculty and staff members at the Dharamshala College Auditorium. Students smeared Kumkum over the forehead and performed their traditional dancing steps.





Official Inauguration

The inaugural address was delivered by the Hon VC of CUHP. Prof. H. R. Sharma (PVC), and Dr. B.C. Chouhan (the CUHP EBSB Nodal officer) Dr. Eftthikar Ahamed (CUK EBSB Nodal Officer) felicitated the function. Various Cultural art forms were performed by the students of Himachal and Kerala after this.



Dr. Eftthikar Ahamed, the CUK team leader, handed over the gift of the Hon. VC of CUK to the Hon. VC of CUHP.



Cultural Feast

Various Art forms were performed by the students of Himachal Pradesh and Kerala highlighting their respective indigenous cultures.

Naati Dance



Thiruvathira



Vattappaattu



Theyyam



Margam Kali



Poorakkali



Oppana



Mohiniyaattom



Folk Dance



Day 2

Agriculture University Campus, Palampur

On 6th March 2020, the Contingent Visited Himachal Pradesh Agriculture University Campus at Palampur and had a first-hand knowledge about the various agricultural methods and research activities used in the HP crops and fruits.



An interactive session with the Deans of the University was another attraction.



Shobha Singh Art Gallery

The Contingent then moved to visit the nearby Shobha Singh Art Gallery, and Pottery House after the lunch.



The Tea Gardens of Palampur was the next destination, followed by an exploration of Local Market at Dharamshala.

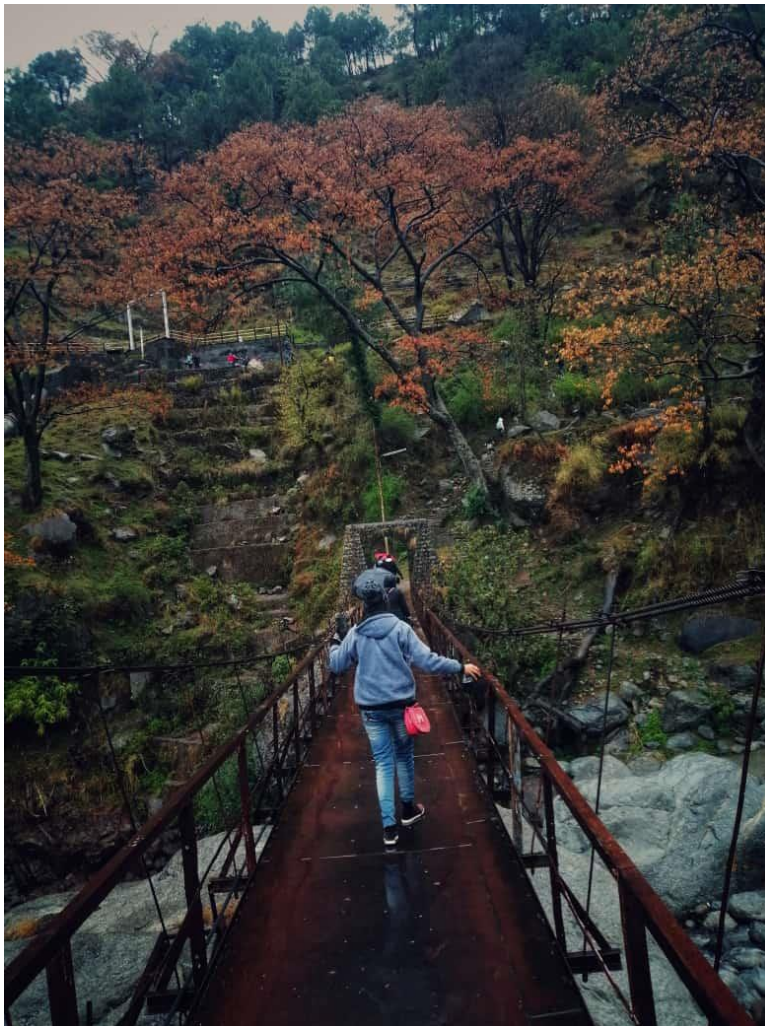


Day 3

Rural Immersion Camp

On 7th March, a Rural Immersion Camp was held at one of the mountain ranges of Dharmashala where which the students had a rare opportunity to have an interaction with the Rural Mountain Community and experience their ways of life. The students were able to understand the social, cultural and ecological aspects of the Community and taste the hospitality of the people with indigenous food and music.





The Rural Living with the Pahari Community





Garah – the Folk Song

Rendition of Garah, the traditional folk song of Himachal Pradesh with the accompaniment of the musical instruments Khanjiri and Ramana was a tremendous experience during the rural immersion programme. Gharai, the singer sang spiritual stories of various Gods.

He also performed some songs worshipping Lord Shiva during the festival called Nuala.



Mc-Leod Ganj

In the afternoon, the students visited Mc-Leod Ganj, which is known as "Little Lhasa" or "Dhasa" because of its large population of Tibetans. The Tibetan government-in-exile is headquartered in McLeod Ganj. In the evening, the team paid a visit to the Dalai Lama Temple and McLeod Ganj Market.



The team later moved to St. John in the Wilderness Church, a place of historical importance at Dharamshala.



In the Market

Roaming around in the streets and the shopping markets of Kangra Town in the evening with some purchase and market study was an unforgettable experience.



Day 4

Kangra Fort

On 8th March 2020, the team visited the historical monument, Kangra Fort, which is 20 KMs from the town of Dharmashala on the outskirts of Knagra. The students were able to gain a first-hand experience and information about the history of the Royal Rajput family of the State and the historical figures like Raja Sansar Chand II.



Farewell...

The team was well received by the inmates of the Boys' Hostel of CUHP along with Dr. B.C. Chouhan (the CUHP EBSB Nodal officer), Dr. Manpreet (EBSB Prog-in-Charge), and Prof. Dr. Roshan Lal Sharma (DSW) in the afternoon, where an Interaction with CUHP students and faculty members was arranged. After sharing the vibrant experiences, giving the feedback, and performing the combined cultural art forms, the Contingent was given a befitting farewell.





The Contingent started their return journey by moving to Pathankot at 4.30 pm by bus to catch the return train and they reached back at 3.30 am on 12.03.2010 at Kanhangad Railway Station.



In the Media



एक भारत-श्रेष्ठ भारत कार्यक्रम, केरल के छात्र पहुंचे धर्मशाला



Prepared by: Dr. Efthikar Ahamed B. (Nodal Officer, EBSB Student Exchange, CUK)

EBSB YOUTH EXCHANGE REPORT

1. **Name of the Section:** EK BHARATH SHRESHTHA BHARATH (EBSB) Youth Exchange
2. **Name of the Head of the Centre / Cell / Section:** Dr. EFTHIKAR AHAMED B.
3. **Brief summary of the activities carried out by the Centre / Cell / Section:**

CUHP Visit of Kerala

Central University of Himachal Pradesh (CUHP) Contingent of 20 men and 11 women from Himachal Pradesh visited Kerala and participated in many activities from 04.02.2020 to 8.02.2020. Central University of Kerala organized this programme in co-ordination with its counterpart in Himachal Pradesh. The contingent arrived early morning at Kanhangad on 4th February 2020 and was housed at the University hostels: Nila and Periyar, Periyar. They performed various cultural events of Himachal Pradesh in CUK Campus and visited many socio-cultural places of Kasaragod.

CUK Visit of Himachal Pradesh

Central University of Kerala student Contingent of 18 men and 32 women, accompanied by Dr. Eftthikar Ahamed B. and Dr. Asha S. visited Central University of Himachal Pradesh and participated in many activities from 05.03.2020 to 8.03.2020.

The contingent started the journey on 02.03.2020, which was flagged-off by Prof. Dr. G. Gopa Kumar, the Hon. VC from CUK Periyar Campus to Kasaragod Railway Station and arrived early morning at CUHP Dharmashala Campus on 5th March 2020. The team had a short stop-over of 8 hours at Kerala House, New Delhi, before catching the train to Pathankott.

The Contingent was given a warm traditional Himalayan-style welcome by the team of Prof. Dr. Prof. (Dr.) Kuldip Chand Agnihotri, the Hon. VC of CUHP and students along with the faculty and staff members at the Dharamshala College Auditorium. The inaugural address was delivered by the Hon VC of CUHP. Prof. H. R. Sharma (PVC), and Dr. B.C. Chouhan (the CUHP EBSB Nodal officer) Dr. Eftthikar Ahamed (CUK EBSB Youth Exchange Nodal Officer) felicitated the function. Various Cultural art forms of Kerala were performed by the students of Kerala following this.

On 6th March 2020, the Contingent Visited Himachal Pradesh Agriculture University Campus at Palampur and had a first-hand knowledge about the various agricultural methods and research activities used in the HP crops and fruits. They visited Shobha Singh

Art Gallery, and Pottery House after the lunch. The Tea Gardens of Palampur was the next destination, followed by an exploration of Local Market at Dharamshala.

On 7th March, an Interaction was with the Dharamshala Rural Mountain Community was held. The students were able to understand the social, cultural and ecological aspects of the Community. In the afternoon, the students visited Mc-Leod Ganj, a high peak in HP followed by St. John in the Wilderness Church, a place of historical importance at Dharamshala. In the evening, the team paid a visit to the Dalai Lama Temple and McLeod Ganj Market.

On 8th March 2020, the team visited the Cricket Stadium at Dharmashala and Kangra Fort. They reached the Boys' Hostel of CUHP in the afternoon where an Interaction with CUHP students was arranged. After sharing the experiences and giving the feedback, the Contingent moved to Pathankot at 4.30 pm to catch the return train. The team reached back at 3.30 am on 12.03.2010 at Kanhangad Railway Station.

Prepared by:

Dr. Efthikar Ahamed B.
(Nodal Officer, EBSB Youth Exchange)