

NCC NAVAL WING  
7(K)NAVAL UNIT NCC  
KUFOS ,PANANGAD

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ANNUAL REPORT 2022-2023

**KUFOS**  
**7 KERALA NAVAL UNIT NCC**

**PUNEET SAGAR ABHIYAN**

KUFOS Naval NCC conducted lecture on Punnet Sagar Abhiyan on 8th January 2023 at 9.30 am in room number 122 at Kufos. The lecture class was based on the beach cleaning. 20 cadets were attended the lecture class.

**KERALA UNIVERSITY OF FISHERIES AND  
OCEAN STUDIES  
7K NU NCC ERNAKULAM**

**PUNEETSAGAR  
ABHIYAN**

**Lecture on  
Puneet Sagar Abhiyan**  
*On 8th January at 9.30 am*

DR ANOOP KK  
CTO, KUFOS  
ASSISTANT PROFESSOR DBAM FFM

CDR CIBY THOMAS P  
COMMANDING OFFICER  
7K NAVAL UNIT NCC



**WARMEST CONGRATULATIONS ON YOUR ACHIEVEMENT FOR  
SELECTING IN INDIAN FLYING BRANCH! WISHING YOU EVEN MORE  
SUCCESS IN THE FUTURE**

On February 8th, 2023, a momentous Meet and Greet session was held at the KUFOS Seminar Hall to celebrate the remarkable achievements of KUFOS' esteemed NCC cadet, Anju Pradeep. The session was titled "Don't Wait for Opportunity, Wait for It," reflecting the dedication and hard work of Anju Pradeep throughout her NCC journey. Anju Pradeep, after three years of rigorous training and honing her skills in the NCC, achieved an outstanding feat by making it to the merit list of the Air Force Selection Board examination. Her success is a testament to her unwavering commitment and perseverance. The session commenced with a heartfelt speech by ANO chiranjiv pradhan sir. He extended his warmest congratulations to Anju Pradeep on her remarkable achievement, emphasizing the significance of dedication and discipline in achieving one's goals. Chiranjiv sir highlighted the importance of nurturing such talent within KUFOS. Anju Pradeep herself took the stage, sharing insights into her journey, hard work, and training experiences. Her interactive

session was a valuable opportunity for attendees to gain a deeper understanding of the challenges she faced and the dedication required to excel in NCC and competitive examinations. The Chief Cadet Nehitha fathima CJ and the former Chief Cadet (Ex-CC) Eldho J Paul also expressed their congratulations to Anju Pradeep. They commended her dedication and exemplary performance, underscoring her as a source of inspiration for current and future NCC cadets at KUFOS. The Meet and Greet Session concluded with a heartfelt congratulations speech by the CTO DR Anoop KK Sir, who emphasized the importance of dedication and discipline in achieving remarkable goals. His words left the audience with a sense of pride in Anju Pradeep's accomplishments and a renewed commitment to their own aspirations. The Meet and Greet session was a memorable occasion that celebrated the remarkable achievement of Anju Pradeep in the NCC and her success in the Air Force Selection Board examination. It served as a source of motivation and inspiration for all cadets at KUFOS, reinforcing the values of dedication, discipline, and hard work in pursuit of one's goals. Anju Pradeep's journey exemplifies the spirit of "Don't Wait for Opportunity, Wait for It," reminding us all to chase our dreams relentlessly.





## **ENVIRONMENT DAY**

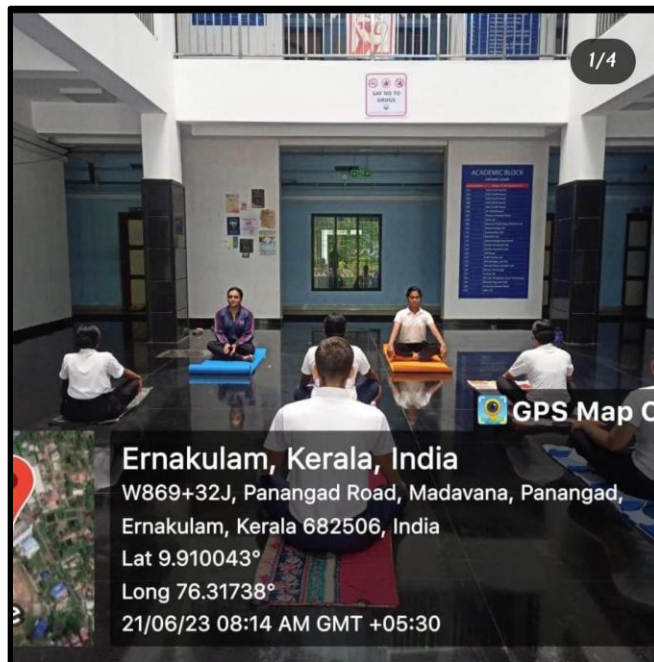
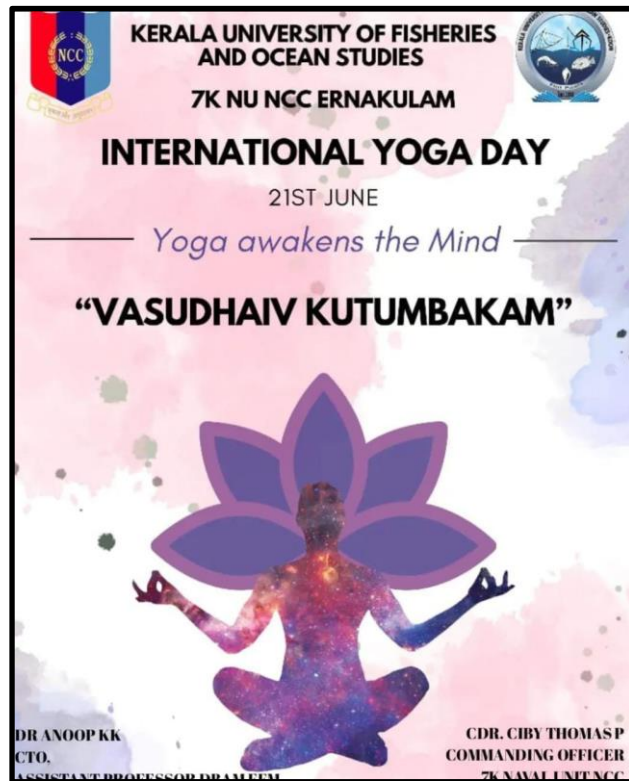
Environmental Day event organized by the NCC KUFOS UNIT on June 5th 2023 . The event aimed to raise awareness about environmental issues, promote sustainable practices, and encourage active participation in environmental conservation among cadets and the wider community. The theme for World Environment Day Under the campaign is 'Ecosystem Restoration' it is a reminder that people's action on plastic matters as the material is slowly seeping in to our oceans, soil, forest and causing irreparable damages. Our NCC KUFOS unit conducted a small hybrid sapling planting event in that day . Before the event started ,our vice chancellor Mrs M Rosalind George said her thoughts regarding the environment day. After that Mrs Rosalind George officially started the event by planting a sapling and watering it. Following that, Mrs Rosalind George planted saplings along with the cadets and watered it which was applauded by all cadets. Thus the event came to an end by keeping a promise in mind which is to take the initiative of saving the environment.



## **INTERNATIONAL YOGA DAY**

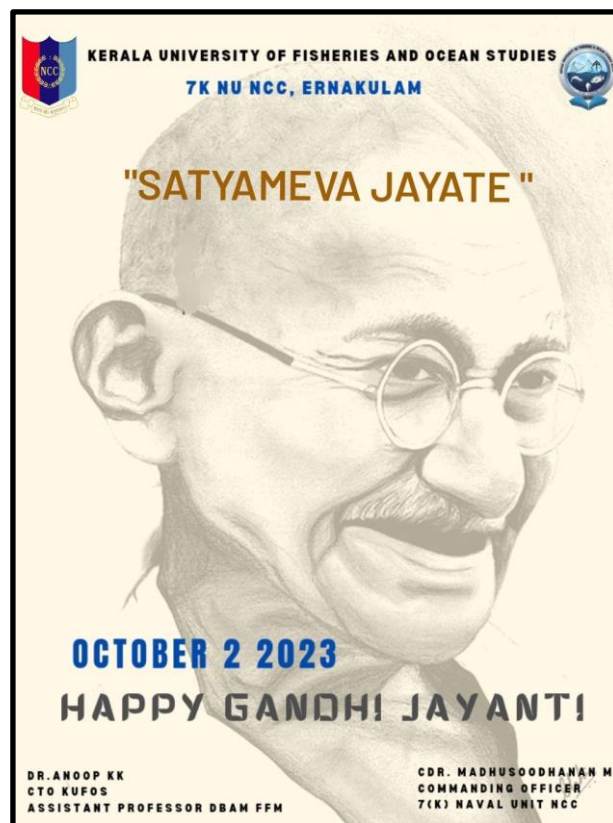
International Day of Yoga is observed on June 21 every year. This day celebrates the ancient physical, mental and spiritual practice of yoga. 'Yoga for Vasudhaiva Kutumbakam' or 'Yoga for the Welfare of All as One World-One Family,' is the theme for the International

Yoga Day 2023. NCC Kufos 7 Kerala Naval Unit conducted a Yoga class in front of the Academic block at 7.30 hours. 15 cadets attended as a part of the Yoga day.

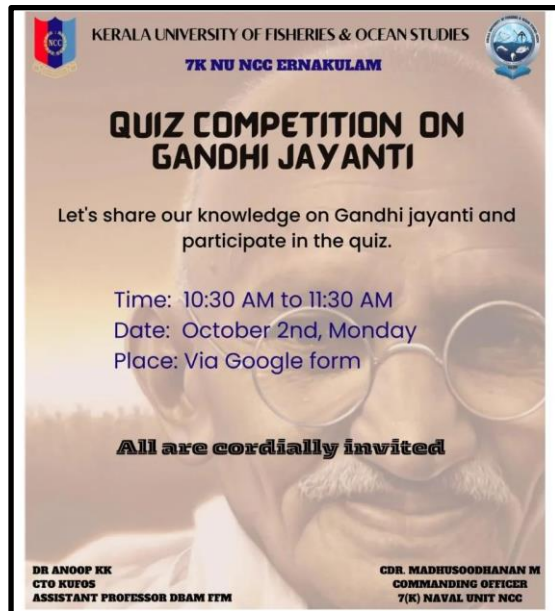


## **GANDHI JAYANTI**

Gandhi Jayanti is celebrated on October 2nd every year to commemorate the birth anniversary of Mahatma Gandhi. Mahatma Gandhi was an Indian Lawyer, anti-colonial nationalist, and political ethicist. Globally, Gandhi's birthday is celebrated as the International Day of Nonviolence. We cadets conducted online quiz competition on this day for share our knowledge on Gandhi. 96 students were attending the quiz competition. The prize distributed by CTO Dr. Anoop KK.







## WORLD FOOD DAY

World Food Day is celebrated on 16 October every year. As part of World Food Day, KUFOS Naval NCC unit was organized "ORU PIDI" a food donation drive on 17th October 2023, to help many destitute individuals in our community that seeks shelter in South bus stand, South railway station and Vyttila Hub around us. 20 cadets were join the drive. The

food donation drive was successfully completed. Thanking every kind soul for their support and help in making this noble cause a success.

 **KERALA UNIVERSITY OF FISHERIES  
& OCEAN STUDIES**   
**7K NU NCC ERNAKULAM**

**As part of World Food Day**  
*"Oru Pidi"*

**To help the deeply impoverished, seeking  
shelter at bus stands and railway  
stations around us.**

Join us on October 17th, Tuesday from  
9-11 am in front of the administrative  
block & academic block to donate food  
to those in need.

Your generosity, whether in  
food or funds, makes a  
difference.

**CONTRIBUTE HERE**   
+91 7306999314 - Gowri M Nair  
+91 7994473067 - Vismaya A V

**OCTOBER  
17**

**DR ANOOP KK  
CTO KUFOS  
ASSISTANT PROFESSOR DBAM FEM**

**CDR. MADHUSOODHANAN M  
COMMANDING OFFICER  
7(K) NAVAL UNIT NCC**



**KERALA UNIVERSITY OF FISHERIES  
& OCEAN STUDIES**



**7K NU NCC ERNAKULAM**

It is with great pleasure that we announce the successful completion of the Food Donation Drive organized by KUFOS Naval NCC Unit on 17th october 2023 (Tuesday). Thanks to the contributions from everyone in the form of food and funds, we were able to arrange 180 'pothichoru' to feed the poor individuals we came across at Ernakulam South Railway Station, South Bus Stand, and Vyttila Hub. We thank every kind soul for their support and help in making this noble cause a success.

കുഫോസ് NAVAL NCCയുടെ നേതൃത്വത്തിൽ 17/10/2023(ചൊവ്വാഴ്ച)നടന്ന പൊതിച്ചോറ് വിതരണ പരിപാടി വിജയകരമായി പൂർത്തിയാക്കുവാൻ കഴിഞ്ഞ വിവരം ഏവരെയും സന്തോഷത്തോടെ അറിയിക്കുന്നു. എല്ലാവരിൽ നിന്നും പണമായും അന്നമായും 180 പൊതിച്ചോറുകളാണ് നമുക്ക് ശേഖരിക്കുവാൻ കഴിഞ്ഞത്. എറണാകുളം സൗത്ത് റയിൽവേ സ്റ്റേഷൻ, സൗത്ത് ബസ് സ്റ്റാൻഡ്, വൈറ്റില ഹബ്ബ് തുടങ്ങി വഴിയോരങ്ങളിൽ വരെ നമുക്ക് പൊതിച്ചോറുകൾ എത്തിച്ചുകൊടുക്കാൻ സാധിച്ചു. പൊതിച്ചോറ് വിതരണ പരിപാടി ഇത്തരത്തിൽ ഭംഗിയായി നിർവഹിക്കാൻ സഹായസഹകരണങ്ങൾ നൽകിയ എല്ലാ സുമനസ്സുകൾക്കും നന്ദി.

**KUFOS NAVAL NCC**

**DR ANOOP KK**  
**CTO KUFOS**  
**ASSISTANT PROFESSOR DBAM FFM**

**CDR. MADHUSOODHANAN M**  
**COMMANDING OFFICER**  
**7(K) NAVAL UNIT NCC**

**WORLD AIDS DAY**

The NCC unit of KUFOS Kochi had organised awareness class about AIDS, which was held on December 1 ,World Aids Day. The programme started on 2pm at seminar hall at campus. The welcome speech regard by CTO Dr.Anoop KK . Then the programme was inaugurated by Registrar Dr. Dinesh Kaippilly and shared his thoughts regarding the day. Later the awareness class was hosted by Dr.Santha MBBS, DPH , DCH , Medical Officer , her class pointed about HIV/AIDS, how it transmit, its causes, symptoms ,preventive measures etc.. and spread the awareness among the students.60 students were attended the awareness class. At the end the vote of thanks regard by CC. Akash KK .



KERALA UNIVERSITY OF FISHERIES &  
OCEAN STUDIES



**7K NU NCC ERNAKULAM**

**AIDS DAY  
AWARENESS CLASS**

DECEMBER 1, 2023

2:30 PM Onwards

At Seminar Hall, Administrative block



Speaker: Dr C.Santha  
MBBS,DPH,DCH,Medical officer

***Together We Prevent and Control  
HIV AIDS***

**ALL ARE CORDIALLY INVITED**

DR ANOOP KK  
CTO RUFOS  
ASSISTANT PROFESSOR DBAM IFM

CDR. MADHUSOODHANAN M  
COMMANDING OFFICER  
7(K) NAVAL UNIT NCC



GPS Map C

**Ernakulam, Kerala, India**  
W868+6X4, Madavana, Panangad, Ernakulam, Kochi, K  
682506, India  
Lat 9.910494°  
Long 76.317254°  
01/12/23 03:08 PM GMT +05:30



**KUFOS**

THANK



**KUFOS**

### WHAT IS HIV? ...

- HIV (human immunodeficiency virus) is a virus that attacks the immune system. If HIV is not treated, it can lead to acquired immunodeficiency syndrome (AIDS).
- There is no effective cure. Once people get HIV, they must take medicine for the rest of their lives.
- But with proper medical care, HIV can be controlled and people who get effective HIV treatment can live long and healthy lives.



GPS M

**Ernakulam, Kerala, India**  
W868+6X4, Madavana, Panangad, Ernakulam, Kochi, Ke  
Lat 9.91048°  
Long 76.31726°  
01/12/23 03:17 PM GMT +05:30

