

NCC ACTIVITY REPORT 2023-2024

Dr. Anoop K.K

CTO-KUFOS,

7(K) Naval Unit, Ernakulam

ENVIRONMENT DAY

On the 5th day of their camp, NCC cadets at KUFOS celebrated Environment Day with the theme "Ecosystem Restoration". This theme emphasized the importance of reviving natural ecosystems to ensure a sustainable future. The celebration included a series of meaningful activities.

1. Tree Planting Drive: Cadets planted native tree saplings on campus, symbolizing a commitment to restoring green cover and enhancing biodiversity.
2. Cleanliness Drive: Cleaning specific areas within and around the campus to raise awareness about maintaining a clean environment.
3. Poster Making Competition: Showcasing creative ideas about protecting the environment through posters.



INTERNATIONAL YOGA DAY

The KUFOS NCC cadets celebrated International Yoga Day on July 21, emphasizing the importance of physical, mental, and spiritual well-being through yoga. The event included the following highlights:

1. **Yoga Demonstration:** Trained instructors guided the cadets through a series of yoga asanas (postures), focusing on enhancing flexibility, strength, and mindfulness.
2. **Breathing Exercises:** Pranayama sessions were conducted to improve focus, reduce stress, and promote mental clarity.
3. **Meditation Practices:** A group meditation session encouraged inner peace and relaxation, aligning with the holistic principles of yoga.

The celebration underscored the cadets' commitment to a balanced lifestyle and the integration of yoga into daily life, promoting health and harmony in the community.



INDEPENDENCE DAY

The Independence Day celebration at KUFOS was led by CTO Dr. Anoop K.K., who played a pivotal role in organizing and coordinating the event. Under his guidance, the celebration was conducted with great enthusiasm and patriotic fervor. During the Independence Day celebrations at KUFOS, the Hon'ble Vice-Chancellor delivered an inspiring address to the university community. The Vice-Chancellor underscored the significance of freedom, unity, and progress, emphasizing the need to honor the sacrifices made by countless individuals during India's struggle for independence. In the speech, the Vice-Chancellor encouraged students, faculty, and

staff to uphold the values of democracy and inclusivity, fostering a sense of responsibility towards nation-building. The address also highlighted the importance of collaboration and innovation in advancing the country's development while urging the community to contribute meaningfully to a sustainable and harmonious future. Highlights of the celebration included

Flag Hoisting Ceremony: The Vice-Chancellor of KUFOS hoisted the national flag, accompanied by the singing of the National Anthem.

NCC Parade: The NCC cadets performed a ceremonial march-past, demonstrating discipline and respect for the occasion.

Cultural Performances: Students presented patriotic songs, NCC song depicting India's freedom struggle and achievements.

Distribution of Sweets: Sweets were distributed among attendees, fostering a spirit of camaraderie.



IGC NSC TRAINING

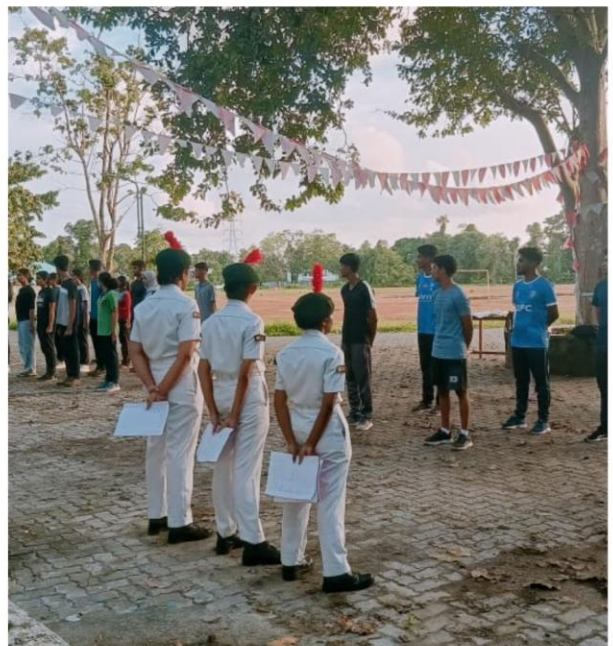
The IGC NSC Training for NCC cadets is an advanced and rigorous training program designed to prepare cadets for competitive sailing and related activities. NCC cadets from KUFOS actively participated in the IGC (Inter Group Competition) NCC Training held at Sacred Heart College (SH College) on 17th September 2023. This intensive training program aimed to prepare cadets for various events and competitions while enhancing their skills in discipline, leadership, and teamwork.



NAVAL NCC RECRUITMENT 2023

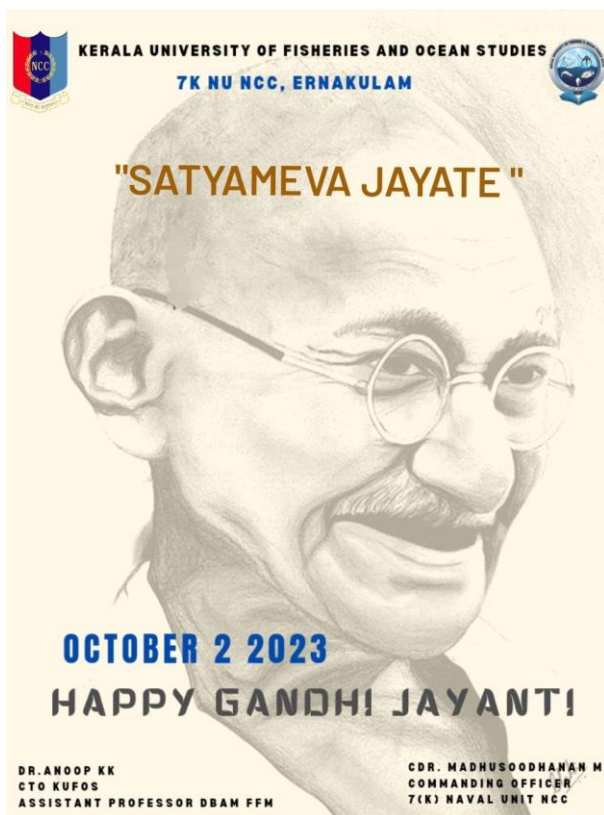
The NCC recruitment for the naval wing was held on October 1st 2023, offering students the chance to join and participate in leadership, training, and naval skill development programs. The program was officially started by the CTO-KUFOS, Dr. Anoop K.K. Naval NCC (National Cadet Corps) recruitment in university is a program aimed at enrolling students into the naval wing of the NCC. This program focuses on building leadership, discipline, and a sense of service


among young people, with an emphasis on naval skills and maritime knowledge. Recruitment generally includes an initial orientation session where interested students are briefed on NCC activities, commitments, and opportunities. Candidates may go through a physical test, a basic medical examination, and an interview to assess their suitability for the Naval NCC. Once selected, cadets undergo regular drills, physical training, and special courses focused on naval skills, including swimming, seamanship, navigation, sailing, and survival at sea. Cadets also participate in camps, cultural programs, and community service. Naval NCC cadets benefit from skill development, leadership training, and certifications. Completing the NCC 'C' Certificate with a high grade opens additional career paths in the Indian Armed Forces, as well as direct entry for certain defense roles. NCC cadets also become eligible for a variety of NCC scholarships and allowances. Joining Naval NCC in college is a prestigious opportunity for students interested in serving the nation, developing personal discipline, and exploring naval careers.




GANDHI JAYANTI CELEBRATION

Gandhi Jayanti, celebrated on October 2 at the university, is a significant occasion honoring Mahatma Gandhi's life and values. This year, the event featured an online quiz competition, allowing students to test their knowledge of Gandhi's principles, historical impact, and philosophies. First and second positions were secured by Athmna M and Nandhana MS of the Bfsc 2021 and 2022 batches of KUFOS, respectively. Dr. Anoop K.K., CTO of KUFOS, gave out the award.





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QUIZ COMPETITION ON GANDHI JAYANTI

Let's share our knowledge on Gandhi jayanti and participate in the quiz.

Time: 10:30 AM to 11:30 AM
Date: October 2nd, Monday
Place: Via Google form

All are cordially invited

DR ANOOP KK
CTO KUFOS
ASSISTANT PROFESSOR DBAM FFM

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



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Congratulations

To the Quiz competition Winners

1st Prize



Athmana M
BFSc 2021


2nd Prize




Nandhana M S
BFSc 2022

DR ANOOP KK
CTO KUFOS
ASSISTANT PROFESSOR DBAM FFM

CDR. MADHUSOODHANAN M
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Gandhi Jayanti's Quiz
Competition prize distributed
by CTO Dr. Anoop K K

1st Prize **2nd Prize**

**Athmana M
BFSc 2021** **Nandhana M S
BFSc 2022**

**DR ANOOP KK
CTO KUFOS
ASSISTANT PROFESSOR DBAM FFM** **CDR. MADHUSOODHANAN M
COMMANDING OFFICER
7(K) NAVAL UNIT NCC**

INDIAN AIRFORCE DAY

Indian Air Force Day, observed on October 8, is celebrated at the university to honor the valor, dedication, and achievements of the Indian Air Force (IAF).



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Saluting our heroes in the sky



Indian Airforce Day
8th October

**DR ANOOP KK
CTO
ASSISTANT PROFESSOR DBAM FFM** **CDR MADHUSOODHANAN M
COMMANDING OFFICER
7K NAVAL UNIT NCC**

WORLD FOOD DAY

World Food Day, celebrated annually on October 16, is observed at the university to promote awareness about food security, sustainable agriculture, and nutrition. The event aligns with the global mission to achieve "Zero Hunger" and encourages students and faculty to reflect on the importance of food resources and responsible consumption. World Food Day at the university fosters a commitment to sustainability, empathy, and health-conscious habits, encouraging students to be mindful of food resources and their impact on the world. 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 bus stands and railways stations around us. It's truly heartwarming to hear about the generous initiative to feed the impoverished people at Ernakulam South Railway Station, South Bus Stand, and Vyttila Hub. The distribution of 180 "pothichoru" is a commendable effort to support those in need, and it's wonderful that the community came together to make this meaningful cause possible. Such acts of kindness not only help the immediate recipients but also inspire others to contribute and make a difference.



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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



DR ANOOP KK
 CTO KUFOS
 ASSISTANT PROFESSOR DBAM FFM

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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



EBSB KERALA 2023

The Ek Bharat Shreshtha Bharat (EBSB) program is a government initiative aimed at fostering unity and mutual understanding among the diverse cultures of India. The EBSB Camp in Kerala, held under the NCC (National Cadet Corps), is an opportunity for cadets from different states to experience and celebrate Kerala's unique culture, heritage, and traditions, while promoting national integration. The EBSB Kerala Camp aims to promote unity in diversity and create a sense of national pride among the participants. It helps cadets understand and appreciate regional differences while celebrating shared national values, strengthening the bond of unity among youth from all parts of India.

LC Madhur Garg has been selected for the Ek Bharat Shreshtha Bharat (EBSB) camp in Ettumanoor.



CHILDREN'S DAY

Children's Day, celebrated on November 14 in India to honor the birth anniversary of Pandit Jawaharlal Nehru, is a joyous occasion at the university. While it is a national celebration dedicated to children, at the university, it often focuses on promoting awareness about children's rights, education, and overall well-being. The theme of this year's Children's Day, "*For every child, every right,*" highlights the global commitment to upholding the rights and well-being of every child. It emphasizes the need for ensuring access to education, protection from exploitation, healthcare, and the opportunity for a safe and fulfilling life, fostering an environment where all children can thrive regardless of their background or circumstances.



The poster features the logos of Kerala University of Fisheries and Ocean Studies (KUFOS) and the Naval Cadet College (NCC) Ernakulam. The text reads: "KERALA UNIVERSITY OF FISHERIES AND OCEAN STUDIES", "7(K) NU NCC ERNAKULAM", "November 14", and "Children's day". The central illustration shows a group of diverse children reading books and playing together. On the right, a vertical strip shows a line of children holding hands, with a small teddy bear at the bottom.

DR ANOOP KK
CTO, KUFOS
ASSISTANT PROFESSOR DBAM FFM

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

NCC DAY

NCC Day, celebrated on the fourth Sunday of November, is an important occasion at universities across India, recognizing the dedication and achievements of NCC (National Cadet Corps) cadets. The celebration honors the values of discipline, leadership, and patriotism that NCC instills in young people.



WORLD AIDS DAY

World AIDS Day, observed on December 1 each year, is an important occasion to raise awareness about HIV/AIDS, honor those who have lost their lives to the disease, and promote efforts to prevent its spread. At the university, the celebration typically focuses on educating students and faculty about HIV prevention, dispelling myths, and fostering a supportive environment for those living with HIV/AIDS. The Medical Officer of KUFOS, Dr.C Santha, MBBS, DPH, and DCH delivered an insightful lecture on AIDS awareness at the university. The lecture likely covered essential topics such as HIV transmission, prevention, treatment options, and the importance of early testing. It also helped in raising awareness about the social stigma surrounding the disease and emphasized the need for empathy and support for people living with HIV/AIDS. Such initiatives are crucial in educating students and staff, fostering a more informed and supportive environment.

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**AIDS DAY
AWARENESS CLASS**
DECEMBER 1, 2023
2:30 PM Onwards
At Seminar Hall, Administrative block

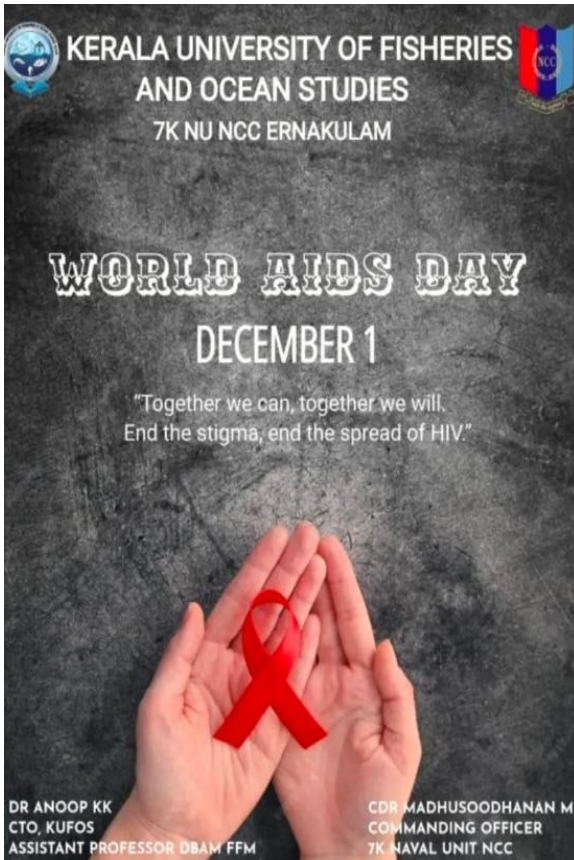
Speaker: Dr C.Santha
MBBS,DPH,DCH,Medical officer

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

ALL ARE CORDIALLY INVITED

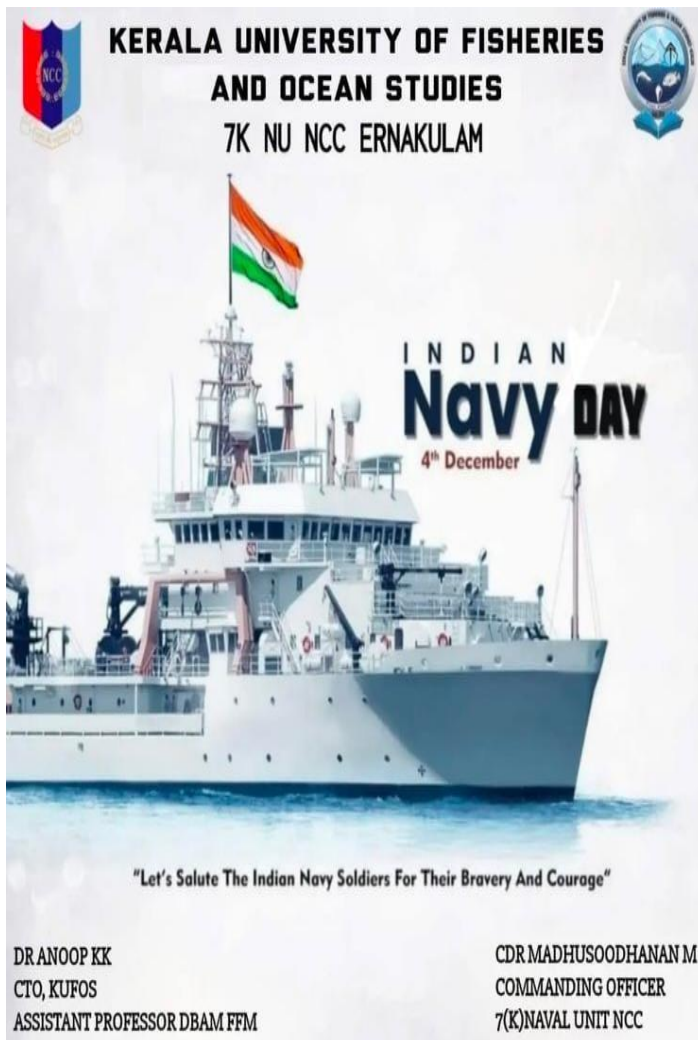
DR ANOOP KK
CTO KUFOS
ASSISTANT PROFESSOR DEAM FFM

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



INDIAN NAVY DAY

Indian Navy Day, celebrated on December 4 each year, commemorates the day when the Indian Navy launched a successful attack on the Karachi harbor during the 1971 India-Pakistan war. It is a day to honor the bravery and dedication of the naval forces and acknowledge their crucial role in safeguarding India's maritime borders. The university often celebrates Indian Navy Day to inspire students and raise awareness about the contributions of the Indian Navy to national security. The theme for this year is "Operational Efficiency, Readiness, and Mission Accomplishment in the Maritime Domain," emphasizing the Navy's commitment to operational excellence, preparedness, and successful mission outcomes.



VIJAY DIWAS

Vijay Diwas is celebrated every year on **December 16** to commemorate India's victory in the **1971 India-Pakistan war**, which led to the creation of Bangladesh. The day marks the historic surrender of over 90,000 Pakistani soldiers, one of the largest military surrenders since World War II. This victory also played a significant role in India's military history, showcasing the nation's strength, unity, and strategic capabilities.



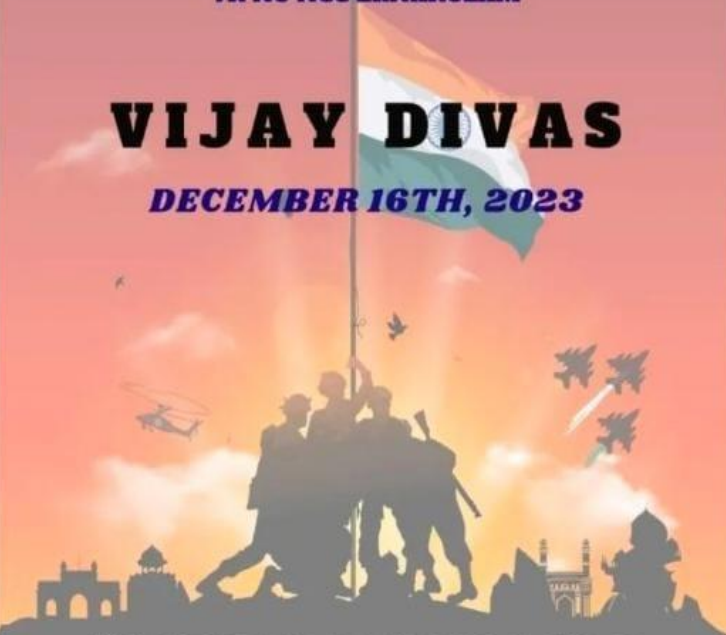
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VIJAY DIVAS

DECEMBER 16TH, 2023



***"DECEMBER 16TH IS A DAY TO
CELEBRATE THE TRIUMPH OF
COURAGE OVER COWARDICE,
TRUTH OVER DECEIT AND FREEDOM
OVER OPPRESSION"***

**DR ANOOF KK
CTO KUFOS
ASSISTANT PROFESSOR DBAM ITM**

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

REPUBLIC DAY

The Republic Day celebration at KUFOS was marked by patriotic fervor and active participation from the NCC cadets. The event, held on January 26, was a testament to the values of democracy, unity, and the spirit of the nation. NCC cadets actively contribute to the program by performing the **NCC Song**, patriotic songs, and delivering inspiring speeches. These activities highlight their commitment to the nation and showcase their talent and enthusiasm. The program was meticulously coordinated by CTO Dr. Anoop K.K., ensuring its success.

Highlights of the celebration;

Flag Hoisting: The Hon'ble Vice-Chancellor unfurled the National Flag, accompanied by the singing of the National Anthem, evoking a sense of pride and unity among attendees.

NCC Parade: The cadets performed a ceremonial march-past, demonstrating precision, discipline, and dedication.

Vice-Chancellor's Address: The Vice-Chancellor delivered a powerful and inspiring speech, emphasizing the significance of the Republic Day in upholding the Constitution, democratic values, and the responsibilities of citizens. The address also highlighted the role of youth in shaping the future of the nation.

Distribution of Sweets: Sweets were distributed among attendees, fostering a spirit of camaraderie.



EK BHARAT SHRESHTHA BHARAT (EBSB)

Ek Bharat Shreshtha Bharat (EBSB) is an initiative launched by the Government of India in 2015 to foster mutual understanding and promote the rich cultural diversity of India. The primary objective of EBSB is to celebrate the unity in diversity and connect different states and regions of India through cultural exchanges, thereby strengthening the bond between the people of different states. CC Akash KK has been selected for the Ek Bharat Shreshtha Bharat (EBSB) program and will be participating in the Gujarat cultural exchange from January 8th to 19th.



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CONGRATULATIONS



CC AKASH K K

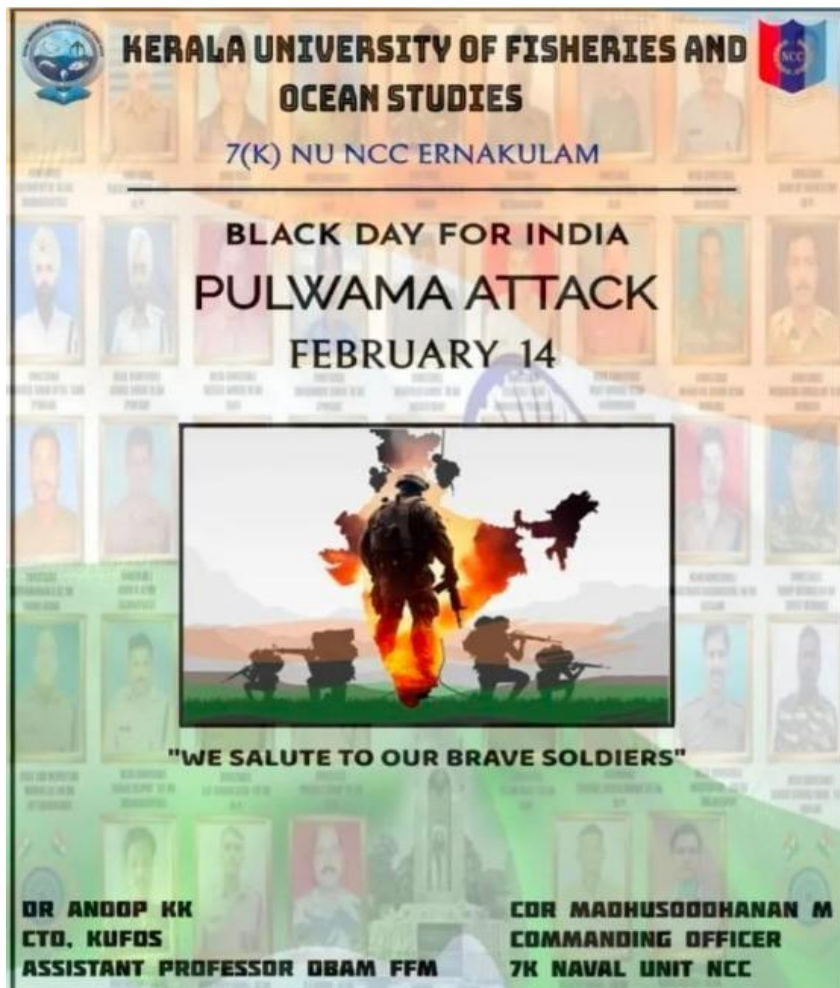
for being selected for EBSB GUJARAT
from 8th to 19th January

DR ANOOP KK
CTO KUFOS
ASSISTANT PROFESSOR DBAM IFM

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

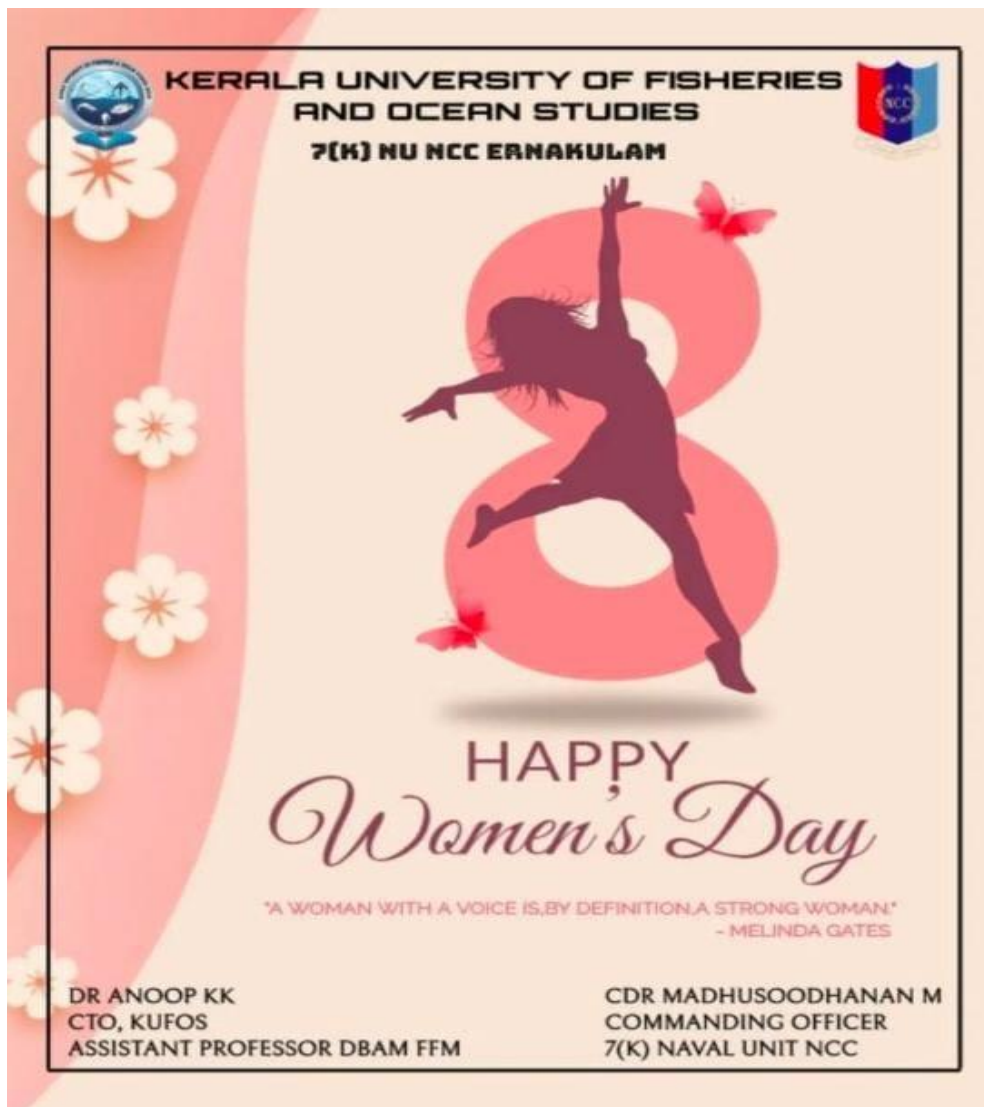
PULWAMA ATTACKS

The NCC Unit of KUFOS observed the Pulwama attack as a solemn occasion to honor the bravery and sacrifice of the CRPF soldiers who lost their lives in the tragic February 14, 2019, suicide bombing. The attack, which claimed the lives of 40 CRPF personnel, was a pivotal moment in India's fight against terrorism, sparking widespread national outrage.



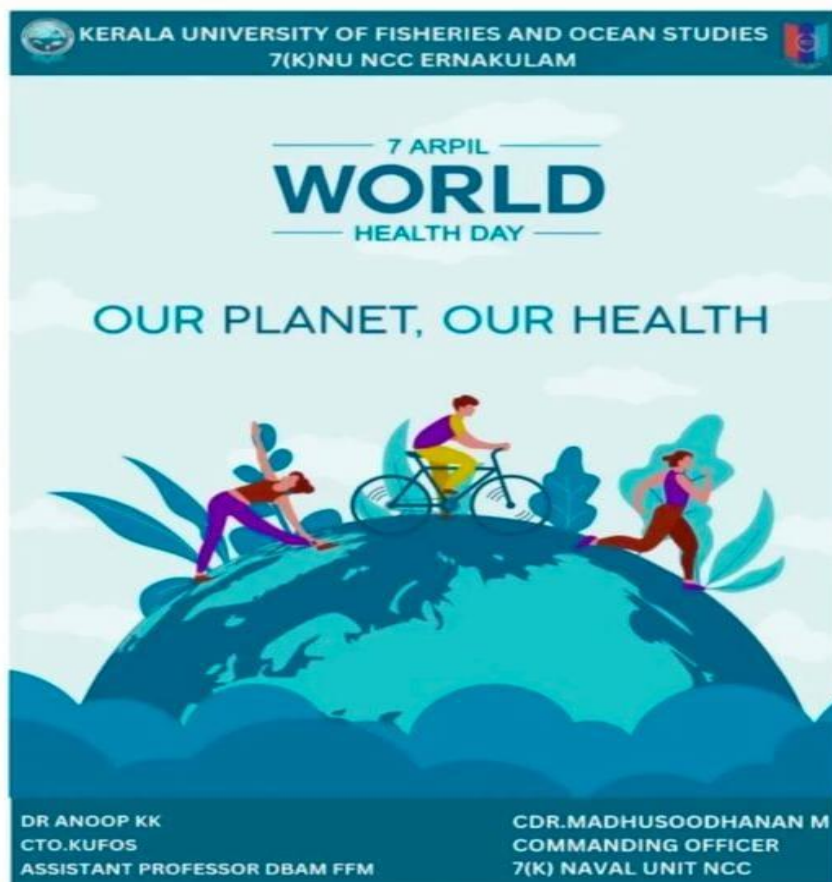
WOMEN'S DAY

The NCC Unit at KUFOS celebrated Women's Day to honor the achievements, contributions, and empowerment of women. The event aimed to raise awareness about gender equality, women's rights, and their indispensable roles in various fields, such as education, leadership, and community development.



HEALTH DAY

The NCC Unit of KUFOS celebrated Health Day on 7th April as an initiative to raise awareness about the importance of both physical and mental well-being. The event was an opportunity for the cadets and university community to engage in activities promoting healthier lifestyles and well-being. Health Day at the university is a special event dedicated to promoting awareness about physical and mental well-being, encouraging healthier lifestyles, and addressing common health challenges faced by students and staff. The theme for World Health Day 2024 is "My Health, My Right", focusing on the fundamental right of every individual to access healthcare and maintain personal well-being.



MENU SAILING CAMP

The Menu Sailing Camp is an annual training event organized for NCC cadets, focusing on enhancing their skills in sailing and water-based activities. This camp typically involves intense practical training, physical fitness routines, and team-building exercises that test the cadets' ability to work together and adapt to challenging water environments. Cadet NC2 Govardhan P has been selected for the Menu Sailing Camp from May 16th to May 25th.

