

SREE NARAYANA GURU COLLEGE,Chelannur
9 (K) NAVAL UNIT NCC 2021-2022

INTERNATIONAL YOGA DAY 2021

NCC Naval wing of Sree Narayana Guru College observed international yoga day 2021 on 21st June 2021 by conducting webinar on the topic “INTRODUCTION TO YOGA” through Google meet platform. The webinar started at 2 pm with the welcome address by Sub Lt. Mohanan T (ANO NCC Naval Wing) and our principal Dr. DevipriyaV presided over the function. The chief guest was Sri. Balakrishnan Payyoli(Art of living teacher and srisri yoga teacher for the past 20 years) and our speaker highlighted about the importance of the yoga in this Covid pandemic situation. NC 1 Sneha Akhilesh delivered vote of thanks.





Celebrating 75th Independence Day



- Open for all
- Patriotic song can be on any language
- Competition will be on 14th August
- For Registration
Ronith soorya - 8086848487
Punya - 6238077607



9(K) NAVAL UNIT NCC

SREE NARAYANA GURU COLLEGE



CELEBRATING
75th
INDEPENDENCEDAY

QUIZ COMPETITION

TOPIC : RELATED TO INDIAN INDEPENDENCE

1st PRIZE : 400Rs

INSTRUCTIONS

- Open for all
- Quiz competition will be on 14th August

NC2Uday - 694d23682g

NIC 2 Arcbana -9847410620



9(K)NAVAL UNIT NCC
Sree Narayana Guru College



जन गण मन

जन गण मन अधिनायक जय हे
भारत भाग्य विधाता।
पंजाब सिन्ध गुजरात मराठा
द्रविड़ उत्कल बंग।
विंध्य हिमाचल यमुना गंगा
उच्छल जलधि तरंग।
तव शुभ नामे जागे
तव शुभ आशीष मागे।
गाहे तव जयगाथा।
जन गण मंगलदायक,
जय हे भारत भाग्य विधाता।
जय हे, जय हे, जय हे
जय जय जय जय हे॥





CERTIFICATE



THIS CERTIFICATE IS AWARDED TO

4

Adhithya kk



**FOR SUCCESSFUL PARTICIPATION IN RASHTRAGAAH,
AN INITIATIVE BY THE MINISTRY OF CULTURE TO MARK AZADI KA AMRIT MAHOTSAH.**

YOUR VIDEO WILL BE COMPILED WITH THOSE OF OTHER PARTICIPANTS AND RELEASED ON 15TH AUGUST 2021
TO SET A RECORD OF THE MAXIMUM NUMBER OF INDIANS SINGING THE NATIONAL ANTHEM TOGETHER!

Jai Hind



CERTIFICATE



THIS CERTIFICATE IS AWARDED TO

4

Amrutha pm



**FOR SUCCESSFUL PARTICIPATION IN RASHTRAGAAH,
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Jai Hind



Government of India

THIS CERTIFICATE IS AWARDED TO

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**NAVAL CADETS OF SREE NARAYANA GURU COLLEGE
PARTICIPATED IN **Azadi Ka Amrit Mahotsav**,
RASHTRAGAAN BY THE UNION GOVERNMENT**

NO. OF CADETS PARTICIPATED: 19

DATE :11/08/2021

SUB.LT MOHANAN T

(ASSOCIATE NCC OFFICER)

CC SIDHARTH S

(CADET CAPTAIN)



9(K)NAVAL UNIT NCC SREE NARAYANA GURU COLLEGE



Cadets cleaned their house premises as a part of Independence day on 20/08/2021







9K NAVAL UNIT NCC

Sree Narayana Guru College



FLAG HOSTING CEREMONY

Due to the current pandemic situation the number of cadets participated in the Independence day program was limited, Cadet Captain Sidharth S along with three cadets hosted the flag at SNGC





9(K)NAVAL UNIT NCC
Sree Narayana Guru Collge



Freedom Run 2021

In association with the 75th Independence day celebration Naval NCC Cadets of Sree Narayana Guru College conducted FREEDOM RUN 2021 as a part of AZADI KA AMRUT MAHOTSAV on 23/08/2021

Due to the current hike in the Covid 19 cases the nearby college premises was under triple lockdown so the cadets conducted the program within the college. Cadet Captain Sidharth S along with 19 cadets successfully conducted Freedom Run 2021

SL No.	Date (DDMMYYYY)	No. of cadets participated	Total KMS covered	Remarks
1	23/08/2021	20	2	



OLD AGE HOME VISIT ON 27/11/2021 (NCC DAY)

NAVAL NCC cadets of SNGC Chelannur participated in old age home visit.

The visit to the old -age home was a fulfilling experience for us. Its not only about memories but some valuable lessons also. When we reached home, we ran straight to our mother and hugged her tightly. Told them that we would never abandon them when we grow old . They held us tight with teary eyes.

An old age home is a shelter that is home to the older and needy people, who the family has abandoned. In old age homes, these people are taken care by giving good food , clothing, and shelter.

Also they are given proper medical facilities. Much recreational and entertainment are also provided. Many mothers and fathers who were pushed by their children's to spend the rest of their lives in old age home. These people in old age home was unhappy , lonely and sad.

While many old age homes provide good accommodation and facilities many are reported to provide stale and inadequate amount of food ,no proper medical attention.

Benefits of old age home was Ensure safety at home , promotes independence, focuses on one - on -one care , provides companion ship , helps maintain dignity, includes customized care, offers support for family caregivers.However , old age home also have many disadvantages such as restricted meals , expensive medical bills , impersonal atmosphere , and loneliness .

Old age can be a great blessing because the whole experience of life is behind you. When you are approaching death, it is an opportunity , because when energies have become feeble and they are progressing towards dropping the body, it is much easier to become aware of the nature of your existence.

After visiting old age home the environment was a bit different than we expected. When we reached there , they were overwhelmed and we could see the happiness in their eyes . They looked happy, but still we can feel their pain of not being able to live with their dear ones , But still, it looked like a big joint family.



