

UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a life skill programme on 29/06/2016 on the topic 'Marmasthanangal' an introduction by Deepak.P presided by Rajitha. A, Thirty Students were participated in the programme. The programme was inaugurated by Dr. K.K.Geethakumary.



HEAD OF THE DEPARTMENT

Dr. K.K.GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala -673 635



LIFE SKILL PROGRAMME

DEEPAK.P

ON

26/06/2016

DEPARTMENT OF SANSKRIT

UNIVERSITY OF CALICUT

UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a life skill programme on 08/07/2016. Dr. N.K. Sundareswaran was the resource person of the programme. Nine Students were participated in the programme.

HEAD OF THE DEPARTMENT

DR. P. GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala - 673 635





LIFE SKILL PROGRAMME
DR.N.K.SUNDARESWARAN
ON
08/07/2016
DEPARTMENT OF SANSKRIT
UNIVERSITY OF CALICUT

UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a life skill programme on 13/07/2016. Chaithanya was the resource person and thirty two students were participants of the programme.

HEAD OF THE DEPARTMENT

Dr. K.K.GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala -673 635





LIFE SKILL PROGRAMME
CHAITHANYA
ON
13/07/2016
DEPARTMENT OF SANSKRIT
UNIVERSITY OF CALICUT

UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a life skill programme on 10/08/2016. Dr. Ajithan P.I was the resource person of the programme. Twenty five Students were participated in the programme.



HEAD OF THE DEPARTMENT

Dr. K.K.GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala -673 635



LIFE SKILL PROGRAMME
DR.AJITHAN.P.I
ON
10/08/2016
DEPARTMENT OF SANSKRIT
UNIVERSITY OF CALICUT

UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a life skill programme on 19/10/2016. Sarin, C was the resource person of the programme. Twenty eight Students were participated in the programme.



HEAD OF THE DEPARTMENT

Dr. K.K. GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala - 673 035

LIFE SKILL PROGRAMME

SARIN.C

ON

19/10/2016

DEPARTMENT OF SANSKRIT

UNIVERSITY OF CALICUT



UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a life skill programme on 09/11/2016. Sarath. P. Nath was the resource person of the programme. Twenty eight Students were participated in the programme.

HEAD OF THE DEPARTMENT

Dr. K. K. GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala - 673 635





LIFE SKILL PROGRAMME
SARATH.P.NATH
ON
26/06/2016
DEPARTMENT OF SANSKRIT
UNIVERSITY OF CALICUT

School of Drama and Fine arts Criteria 5

Sub-Criteria: 5.1.3 **Capacity development and skills enhancement initiatives are taken by the institution** 1. **Soft skills** 2. **Language and communication skills** 3. **Life skills (Yoga, physical fitness, health and hygiene)** 4. **Awareness of trends in technology**
Options: A. All of the above B. 3 of the above C. 2 of the above D . 1of the above E. None of the above

Response:

Yoga Class



Kalari Class





15-10-2017 Kalari training

UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a life skill programme on 08/02/2017. Josna. J was the resource person of the programme. Twenty Students were participated in the programme.

HEAD OF THE DEPARTMENT



Dr. K.K. GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut Kerala - 673 635



LIFE SKILL PROGRAMME

JOSNA J

ON

08/02/2017

DEPARTMENT OF SANSKRIT

UNIVERSITY OF CALICUT

School of Drama and Fine arts Criteria 5

Sub-Criteria: 5.1.3 **Capacity development and skills enhancement initiatives are taken by the institution** 1. Soft skills 2. Language and communication skills 3. Life skills (Yoga, physical fitness, health and hygiene) 4. Awareness of trends in technology
Options: A. All of the above B. 3 of the above C. 2 of the above D . 1of the above E. None of the above

Response:

Workshop on South Indian art forms



Attending Live performances of artists from outside



DEPARTMENT OF STATISTICS
UNIVERSITY OF CALICUT

TWO DAYS WORKSHOP ON 'R' PROGRAMMING

(Date: 28th & 29th March 2017)

VENUE : DEPARTMENT OF STATISTICS

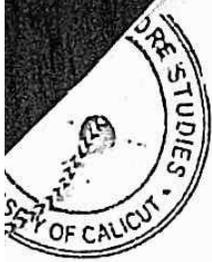
REGISTRATION : 9.00 AM TO 9.30 AM

PROGRAMME SCHEDULE

Tuesday (28th March, 2017)

Time	Name of the Resource Person giving the Invited Talk	Name of the Topic
9.30 am to 11.00 am	Prof. N. Gopi ✓	Introduction to 'R'
11.00 am to 11.15 am	Tea break	
11.15 am to 12.45 pm	Prof. N. Gopi RASU ✓	Practical based on Previous Session
12.45 pm to 1.45 pm	Lunch break	
1.45 pm to 3.15 pm	Prof. N. Gopi ✓	Regression Analysis Using 'R'
3.15 pm to 3.30 pm	Tea break	
3.30 pm to 5.00 pm	Prof. N. Gopi RASU ✓	Practical based on Previous Session

(P.T.O)



1

കളരി പരിശീലനത്തിനുള്ള അപേക്ഷാ ഫോറം

പേര്

അഭിജിത്ത് എസ്

പുരുഷൻ സ്ത്രീ

വയസ്സ്, ജനനത്തീയതി

14 വയസ്സ് 30.11.2004

പിതാവിന്റെ പേര്

ശ്രീജദാസ് എം.എസ്

മാതാവിന്റെ പേര്

സുനിതാ ജി.

മൊബൈൽ നമ്പർ

7902934005 (WhatsApp)

9947522960

സ്ഥിരമേൽവിലാസം

H 7 B ചുവട്ടേഴ്സ്

മാലിയാട് ച്യവനച്ചേഴ്സിടി



ജോലിസ്ഥലത്തെ മേൽവിലാസം

: ഐ.ഡി. നമ്പർ: NIL

വിദ്യാർത്ഥികളാണെങ്കിൽ
പിതാവിന്റെയും മാതാവിന്റെയും
ജോലിസ്ഥലത്തെ മേൽവിലാസം

: 1. ഐ.ഡി. നമ്പർ: NIL

2. ഐ.ഡി. നമ്പർ: 3429

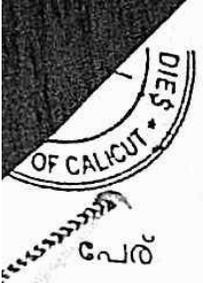
ജി.എ. ഡി.എസ്, ബി.എ. ഡി.എസ്,
മാലിയാട്, മാലിയാട് ച്യവനച്ചേഴ്സിടി

സ്ഥലം : പി.യു. മാസ്

തീയതി : 12.10.2018

അപേക്ഷകന്റെ ഒപ്പ്


രക്ഷിതാവിന്റെ ഒപ്പ്



കളരി പരിശീലനത്തിനുള്ള അപേക്ഷാ ഫോറം

2

Abhinand. J (അഭിനന്ദ. ജി).
 9yrs, 12-01-2009
 Jose. N (J.O, Dept of Psychology)
 Dhanya Baby
 9526383754.
 Josius House
 Mangud P.O
 Kollam - 691015



പേര്
 വയസ്സ്, ജനനത്തീയതി
 പിതാവിന്റെ പേര്
 മാതാവിന്റെ പേര്
 മൊബൈൽ നമ്പർ
 സ്ഥിരമേൽവിലാസം

ജോലിസ്ഥലത്തെ മേൽവിലാസം : ഐ.ഡി. നമ്പർ: _____

വിദ്യാർത്ഥികളാണെങ്കിൽ
 പിതാവിന്റെയും മാതാവിന്റെയും
 ജോലിസ്ഥലത്തെ മേൽവിലാസം : 1. ഐ.ഡി. നമ്പർ: Rel No - 23
U.P. School, C.U. Campus.

2. ഐ.ഡി. നമ്പർ: _____

സ്ഥലം : C.U. Campus
 തീയതി : 16-10-2018 അപേക്ഷകന്റെ ഒപ്പ്

രക്ഷിതാവിന്റെ ഒപ്പ്

UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a Life Skill programme on 14/03/2018. Vijina C.G was the resource person of the programme. Thirty one Students were participated in the programme.

HEAD OF THE DEPARTMENT

Dr. K.K.GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala -673 635



LIFE SKILL PROGRAMME



VIJINA C G

ON 14/03/2018

DEPARTMENT OF SANSKRIT
UNIVERSITY OF CALICUT

UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a Life Skill programme on 21/03/2018. Linisha .T was the resource person of the programme. Twenty six Students were participated in the programme.

HEAD OF THE DEPARTMENT

Dr. K.K.GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala - 673 035



UNIVERSITY OF CALICUT

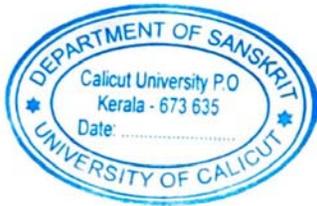


DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a Life Skill programme on 27/06/2018. Soumya .S was the resource person of the programme. Twenty two Students were participated in the programme.

HEAD OF THE DEPARTMENT

Dr. K.K. GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala - 673 635



LIFE SKILL PROGRAMME



SOUMYA S

ON 27/06/2018

DEPARTMENT OF SANSKRIT
UNIVERSITY OF CALICUT

UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a Life skill/Yoga programme on 11/07/2018. Ashitha V.V was the resource person of the programme. Thirty Students were participated in the programme.

HEAD OF THE DEPARTMENT

Dr. K.K.GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala -673 635



UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a *Life Skill* programme on 18/07/2018. Aswathy Payyeri was the resource person of the programme. Thirty nine Students were participated in the programme.

HEAD OF THE DEPARTMENT

Dr. K.K. GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala - 673 635



TRENDS & TECHNOLOGY PROGRAMME



ASWATHY PAYYERI

ON 18/07/2018

DEPARTMENT OF SANSKRIT
UNIVERSITY OF CALICUT

UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a Life Skill programme on 29/08/2018. Dr. Jayalakshmi was the resource person of the programme. Seventeen Students were participated in the programme.


HEAD OF THE DEPARTMENT

Dr. K.K. GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala - 673 635



LIFE SKILL PROGRAMME

DR JAYALAKSHMI

ON 29/08/2018

DEPARTMENT OF SANSKRIT
UNIVERSITY OF CALICUT



UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a Life Skill programme on 12/09/2018. Krishnapriya M.S was the resource person of the programme. Thirty nine Students were participated in the programme.

HEAD OF THE DEPARTMENT

Dr. K.K.GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala -673 635



UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a Life Skill programme on 07/11/2018. Dr. Ajithan P.I was the resource person of the programme. Thirty five Students were participated in the programme.

HEAD OF THE DEPARTMENT

Dr. K.K.GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala -673 635



UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a Life Skill programme on 05/12/2018. Dr.N.K.Sundareswaran was the resource person of the programme. Twenty six Students were participated in the programme.

HEAD OF THE DEPARTMENT

Dr. K.K.GEETHAKUMARY
Professor & Head
Department of Sanskrit
University of Calicut, Kerala -673 635



School of Drama and Fine arts Criteria 5

Sub-Criteria: 5.1.3 **Capacity development and skills enhancement initiatives are taken by the institution** 1. **Soft skills** 2. **Language and communication skills** 3. **Life skills (Yoga, physical fitness, health and hygiene)** 4. **Awareness of trends in technology**
Options: A. All of the above B. 3 of the above C. 2 of the above D . 1of the above E. None of the above

Response:

East-west Dance workshop





International workshop for play production





കുറി പരിശീലനത്തിനുള്ള അപേക്ഷാ ഫോറം

വയസ്സ്, ജനനത്തിയതി
പിതാവിന്റെ പേര്
മാതാവിന്റെ പേര്
മൊബൈൽ നമ്പർ

: അമീൻ ഫാ. പ്രകാശ്
: 11, 30-07-2008 പുരുഷൻ സ്ത്രീ
: ഡോ. പ്രകാശ്. പി. എം.
: സുജിത പി.
: 9495 760886



സ്ഥിരമേൽവിലാസം

: H. 56. A,
കൃഷിപ്പള്ളി ചാലേഴ്സ്,
മലപ്പുറം ജില്ല കോഴിക്കോട്.
673635

ജോലിസ്ഥലത്തെ മേൽവിലാസം

: ഐ.ഡി.നമ്പർ: _____

വിദ്യാർത്ഥികളാണെങ്കിൽ
പിതാവിന്റെയും മാതാവിന്റെയും
ജോലിസ്ഥലത്തെ മേൽവിലാസം

: 1. ഐ.ഡി. നമ്പർ: 3111
കൈലാശ്,
ലോട്ടി പി.എം.,
മലപ്പുറം ജില്ല കോഴിക്കോട്
2. ഐ.ഡി. നമ്പർ: _____

സ്ഥലം : Co. campus,
തിയ്യതി : 26/05/19.

അപേക്ഷകന്റെ ഒപ്പ്

രക്ഷിതാവിന്റെ ഒപ്പ്



1

കളരി പരിശീലനത്തിനുള്ള അപേക്ഷാ ഫോറം

പേര് അലീഫ്. ഇ.
 വയസ്സ്; ജനനത്തീയതി : 15/04/2005 (13 years) പുരുഷൻ സ്ത്രീ
 പിതാവിന്റെ പേര് അബ്ദുൽ മുജീബ്. ഇ
 മാതാവിന്റെ പേര് : അരുന്ധതി. പി. സി
 മൊബൈൽ നമ്പർ 949734 3532



സ്ഥിരമേൽവിലാസം
2. പി. പിള്ള
ലാൽ - മേറ്റം
679 339

ജോലിസ്ഥലത്തെ മേൽവിലാസം : ഐ. ഡി. നമ്പർ: 3967
ഡി. പി. അബ്ദുൽ മുജീബ് അബ്ദുൽ
HOD, Arabic
University of Calicut

വിദ്യാർത്ഥികളാണെങ്കിൽ : 1. ഐ. ഡി. നമ്പർ: 3967
 പിതാവിന്റെയും മാതാവിന്റെയും
 ജോലിസ്ഥലത്തെ മേൽവിലാസം
HOD Arabic
University of Calicut
 2. ഐ. ഡി. നമ്പർ: 3967

സ്ഥലം GV Campus
 തീയതി : 22/1/13

അപേക്ഷകൻ ഒപ്പ്

രക്ഷിതാവിന്റെ ഒപ്പ്

Clean Campus...Green Campus

Clean Campus and Green Campus is an initiative taken by the Green Committee of University of Calicut. Dr. E. Sreekumaran, Associate Professor, HoD, Life Science emphasized the significance of conservation of nature. 120 students participated in the event and were very interested in the session. The program inaugurated by Dr. KP Manoj, Deputy Director, Dept. of Physical Education, University of Calicut. The program ended with a vote of thanks by Mr. Anjana Krishna, Assistant professor, Dept. of Physical Education, University of Calicut. The program was held on 27th September 2019.



UNIVERSITY OF CALICUT



DEPARTMENT OF SANSKRIT

The Department of Sanskrit was conducted a Life Skill programme on 1/08/2019. Divya.B was the resource person of the programme. Thirty five Students were participated in the programme.



HEAD OF THE DEPARTMENT

Dr. K.K.GEETHAKUMARY

Professor & Head

Department of Sanskrit

University of Calicut, Kerala -673 635

LIFE SKILL PROGRAMME



DIVYA B

ON

01/08/2019

DEPARTMENT OF SANSKRIT

UNIVERSITY OF CALICUT

Capacity Development Program on Healthy Living: A key to a better life

A five day Online Capacity Development Program on Healthy Living: A key to a better life was conducted by the Department of Botany in collaboration with the Department of Physical Education from 23rd May 2021 to 27th May 2021 as a part of the Capacity development and skills enhancement initiatives offered by the department. Dr. Sakeer Hussain VP, Director, Dept. of Physical Education, University of Calicut; Dr. Dhinu MR, Deputy Director, Dept. of Physical Education, University of Calicut; Miss. Dhanya VP Assistant Professor, Dept. of Physical Education, University of Calicut; Dr. Nandya V, Assistant Professor, Centre for Physical Education, University of Calicut; Mr. Raj Kiran Research Scholar, Dept. of Physical Education, the University of Calicut and Mr. Ajmal Khan, Assistant Professor, Centre for Physical Education, University of Calicut officiated as the Resource persons. A total of 100 students from dept. of Botany as well as from various other departments of the Calicut university have participated in the program. The program started on 23rd May 2021 with a welcome address by Prof. Jos T. Puthur, Dept. of Botany. It was followed by the first technical session where Dr. Sakeer Hussain V.P. delivered a talk on 'Health and wellness'. He presented the basic principles of fitness and the necessity of maintaining body fitness for well-being. Towards the end, there was an interaction session, wherein the resource person interacted with the students. The session was ended with a formal vote of thanks by Mr. Arshad K, I MSc student, Dept. of Botany.

On the second day (24th May 2021), Dr. Dhinu MR led the session on 'Effect of Exercise on Human Body' where he discussed the urgent need of doing exercises in day-to-day life and explained the concept of rehabilitation in the light of COVID-19. After, the session, students interacted with the resource person and clarified their doubts regarding the topic. The session was ended with the vote of thanks by Miss. Amrutha Suresh, I MSc student, Dept. of Botany. On the third day (25th May 2021) of the program, Miss. Dhanya VP delivered a talk on 'Yoga for Healthy living'. She explained the basic concepts and the origin of yoga. She taught some basic yoga positions for practicing in our daily life. In the interaction session, the resource person clarified the queries from students about the topic. Miss. Safana Thasnim, I MSc student, Dept. of Botany, delivered the vote of thanks for the session.

On 26th May 2021, Dr. Nandya V. gave a talk on 'Aerobics for Healthy life'. She discussed the importance of practicing aerobics for leading joyful life. She had shared several videos on different

types of aerobics with the students. At the end of the session, Miss. Gayathri M., I MSc student, Dept. of Botany. proposed the vote of thanks.

On the last day of the program, the sessions were shared by Mr. Raj Kiran and Mr. Ajmal Khan. The talk was focused on the topic 'Martial Arts for self-defense. Mr. Raj Kiran engaged first half of the session and spoke about the principles and aims of self-defense. He described when and how the countermeasures have to be taken when someone encountering a problem. Mr. Ajmal Khan handled the second half-session where he described different types of methods used to self-defense in daily life. He also shared a self-made demonstration video that showed the various methods that he explained during his talk. At the end of the session, the resource person interacted with students and clarified their doubts. A formal vote of thanks was delivered to the resource persons by Miss. Vismaya Santhosh, I MSc student, Dept. of Botany for providing the highly informative talk.

In the concluding session of the program, Prof. V.V. Radhakrishnan, Head of the Department, Department of Botany, conveyed the valedictory speech. Dr. Jos. T. Puthur, Professor, Department of Botany proposed the formal vote of thanks. The program was ended with the concluding remarks by Dr. A. K. Pradeep Assistant Professor of Botany. The E-Certificates were awarded to all the participants at the end of the program.

Programme schedule

Day 1

Topic- Health and Wellness

Resource person:

Dr. Sakeer Hussain VP

(Director, Dept. of Physical Education, University of Calicut)

Day 3

Topic-Yoga for Healthy living

Resource person:

Miss. Dhanya VP

(Assistant Professor, Dept. of Physical Education, University of Calicut)

Day 5

Topic- Martial Arts for self-defence

Resource persons:

Mr. Raj Kiran

Research Scholar, Dept. of Physical Education, University of Calicut)

Mr. Ajmal Khan

(Assistant Professor, Centre for Physical Education, University of Calicut)

Day 2

Topic - Effect of Exercise on Human Body

Resource person:

Dr. Dhinu MR

(Deputy Director, Dept. of Physical Education, University of Calicut)

Day 4

Topic-Aerobics for Healthy life

Resource person:

Dr. Nandya V

(Assistant Professor, Centre for Physical Education, University of Calicut)



E-certificate will be provided to participants who attend all the sessions.

For Registration, please use the QR code or click on the link

<https://forms.gle/DbVhZYEbPugPCJKC7>



University of Calicut
Department of Botany

In collaboration with
Department of Physical Education



Healthy Living: A key to a better life
Capacity Development Program
(Online)

23-05-2021 to 27-05-2021

8.00 AM to 9.00 AM Everyday

The screenshot shows a Google Meet interface for a meeting titled "Healthy Living: A key to a better life". The meeting URL is "meet.google.com/bno-uvjg-bpi". The interface displays a grid of participants, including DR.SAKEER HUSSAIN, AHAMED FAIZ PA, SUJI S RANI, Ashik Nizar, JOSE T Puthur, Sumithlal K, A K PRADEEP, pradhymnan mr, and neethu paul. The meeting is scheduled for 9:26 AM. The bottom of the screen shows meeting controls such as "Raise hand", "Turn on captions", and "Present now".

Meeting interface for "Health Problems" presentation by AHAMED FAIZ PA. The slide content is as follows:

Health Problems

Physical inactivity is the major cause of many hypokinetic conditions such as

- Heart diseases
- Hypertension
- Diabetes
- Obesity
- Arthritis
- Osteoporosis
- Back problems etc.

Participant list includes: DR.SAKEER HUSS..., SUJI S RANI, Ashik Nizar, sherin george, Yaz Shibill Ck, JOSE T Puthur, Sumithlal K, xavier sany, and A K PRADEEP.

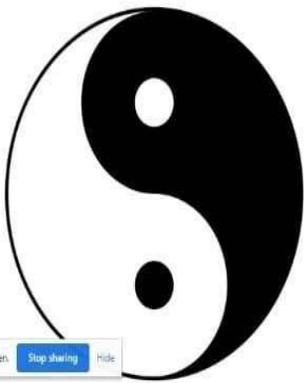
Meeting interface for "The philosophy of Martial Arts" presentation by Judoraj- Rajkiran uoc. The slide content is as follows:

The philosophy of Martial Arts

There are two underlying strategic methodologies to the application of force in martial arts.

Goho and Juho .

The HARD method and SOFT method

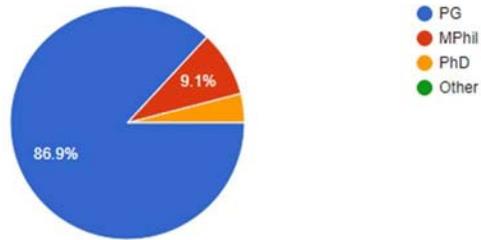


Participant list includes: Judoraj- Rajkiran ..., hruya ramesh, Deepna Latha K P, jos t Puthur, Harishma K H, Vismaya Santhosh, Akshay T N, and Yaz Sh.

System messages: "Karthi C has left the meeting" and "meet.google.com is sharing your screen."

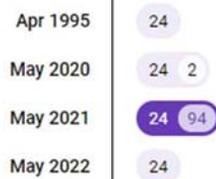
Select Course

99 responses



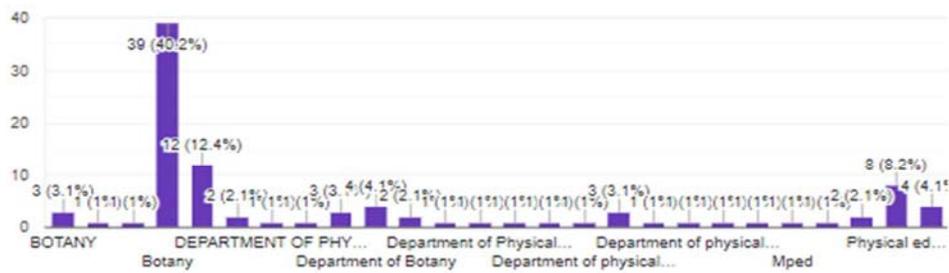
Day 2

99 responses



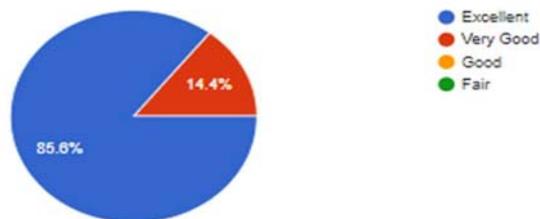
Department

97 responses



The overall rating of the program

97 responses





DEPARTMENT OF BOTANY

In collaboration with

DEPARTMENT OF PHYSICAL EDUCATION
UNIVERSITY OF CALICUT

Certificate of Participation

This is to certify that Dr. Jos T. Puthur, Professor, Department of Botany, University of Calicut, has participated in the Capacity Development Program on "Healthy Living: A key to a better life" from 23rd to 27th May 2021, organized by Department of Botany in collaboration with Department of Physical Education, University of Calicut.

Dr. Sakeer Hussain V. P.
Head, Dept. of Physical Education, University of Calicut



Prof. V.V. Radhakrishnan
Head, Dept. of Botany, University of Calicut



LIFE SKILLS FOR YOUTH DEVELOPMENT

On 28th May 2021 at 11:30 am

Resource Person
Dr. Baby Shari P.A.
Professor
Dept. of Psychology, University of Calicut

Meeting link :
<https://meet.google.com/rhh-snqb-mqp>

Organised by
DEPARTMENT OF MATHEMATICS
UNIVERSITY OF CALICUT

Sponsored by
PARENT TEACHER ASSOCIATION
DEPARTMENT OF MATHEMATICS

Dr. Sini P.
Co.ordinator
Skill Development Programme



UNIVERSITY OF CALICUT

DEPARTMENT OF PHYSICAL EDUCATION

PROGRAM REPORT

ONE DAY WORKSHOPS

A series of one day workshops was successfully organized by the department of Physical Education in May 2021.

A one-day workshop on "Postural Deformities - recovery, rehabilitation and correction" through exercise was taken by Mr. Munnas P.T., Asst. Prof., Centre for Physical Education of University of Calicut. The session was on 26th May 2021. There were 45 participants in the workshop. He explained the topic in detail by stating good examples.

A promotional poster for a one-day workshop. The background is dark blue. At the top left, there is a small graduation cap icon and the text 'Capacity Development Programme'. In the top center is the University of Calicut logo. The main text reads: 'DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF CALICUT' in white, followed by 'ONE DAY WORKSHOP ON POSTURAL DEFORMITIES : RECOVERY, REHABILITATION AND CORRECTION THROUGH EXERCISES' in red and white. Below the text is a photograph of two men; one in a light blue shirt is demonstrating an exercise to another man in a red shirt who is holding a blue resistance band. On the right side, there is a circular portrait of Mr. Munnas P.T. with the text 'Resource Person' above it and 'Mr. Munnas P.T Assistant Professor Centre for Physical Education University of Calicut' below it. At the bottom, there are icons for a calendar, a clock, and a video call, with the date '26.05.2021', time '11.00 AM', and the Google Meet link 'http://meet.google.com/ipd-useg-oau'.

Mr. Suresh A., Swimming Coach of Physical Education department handled a one-day session on the topic "Swimming: a key to better living". It was on 27th May 2021, and an interesting session for students and most of them tried to seek answers for their questions. 34 students attended the workshop.

The poster is a purple rectangular graphic with white text and icons. At the top left, it says "Capacity Development Programme" with a graduation cap icon. At the top center is the University of Calicut logo. The main title is "DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF CALICUT" in large white letters. Below that, it says "ONE DAY WORKSHOP ON SWIMMING: A KEY TO BETTER LIVING". The date "27.05.2021" is shown with a calendar icon, the time "11.00 AM" with a clock icon, and the Google Meet link "http://meet.google.com/ipd-useg-oau" with a video call icon. The "Resource Person" section features a central portrait of Mr. Suresh A. in a suit, flanked by two circular images of swimmers in blue water. Below the portrait, his name and title are listed: "Mr. SURESH A Swimming Coach Department of Physical Education University of Calicut".

Capacity Development Programme

DEPARTMENT OF PHYSICAL EDUCATION
UNIVERSITY OF CALICUT

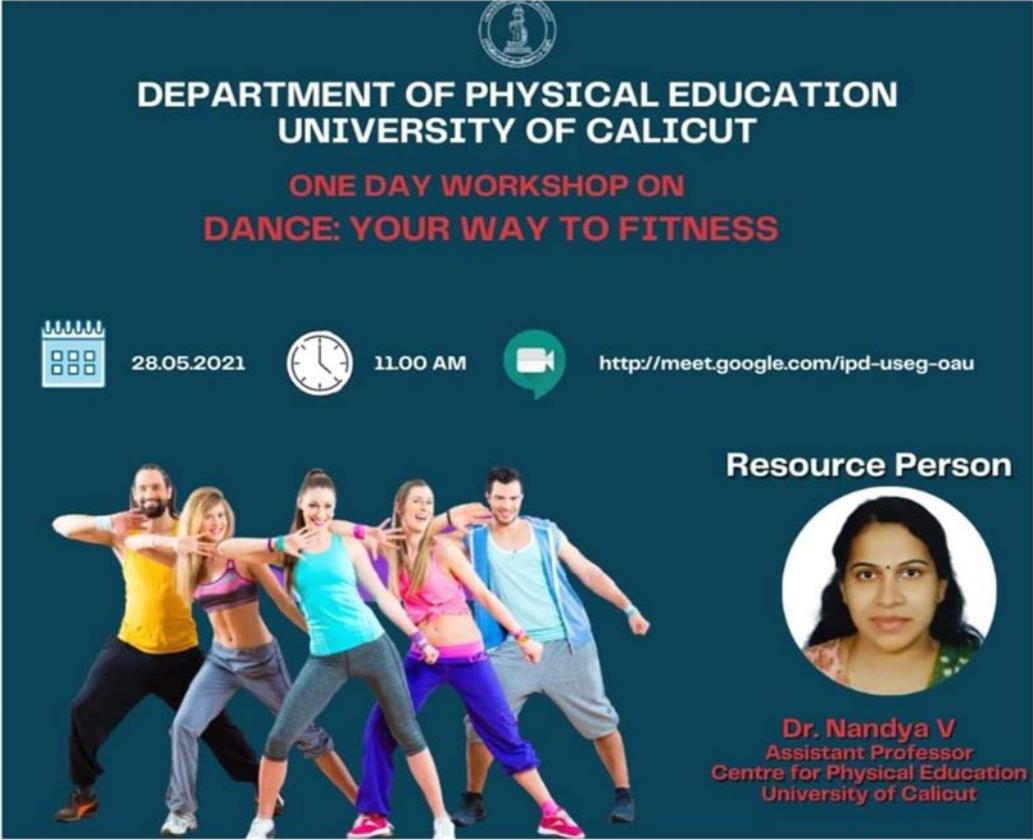
ONE DAY WORKSHOP ON
SWIMMING: A KEY TO BETTER LIVING

27.05.2021 11.00 AM <http://meet.google.com/ipd-useg-oau>

Resource Person

Mr. SURESH A
Swimming Coach
Department of Physical Education
University of Calicut

"Dance: your way to fitness" was the title of a one-day workshop taken by Dr. Nandya V., Asst. Prof. Centre for Physical Education, University of Calicut on 28th May 2021. The resource person demonstrated everything very well so that the participants could do it live. There were 61 participants for the workshop and received very good feedbacks.



The poster is a dark blue rectangle with white and red text. At the top center is the University of Calicut logo. Below it, the text reads "DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF CALICUT" in white, followed by "ONE DAY WORKSHOP ON DANCE: YOUR WAY TO FITNESS" in red. A row of icons includes a calendar, the date "28.05.2021", a clock, the time "11.00 AM", a video call icon, and the URL "http://meet.google.com/lpd-useg-oau". At the bottom left is a group of five dancers in various colored outfits. At the bottom right is a circular portrait of Dr. Nandya V. with her name and title below it.

**DEPARTMENT OF PHYSICAL EDUCATION
UNIVERSITY OF CALICUT**

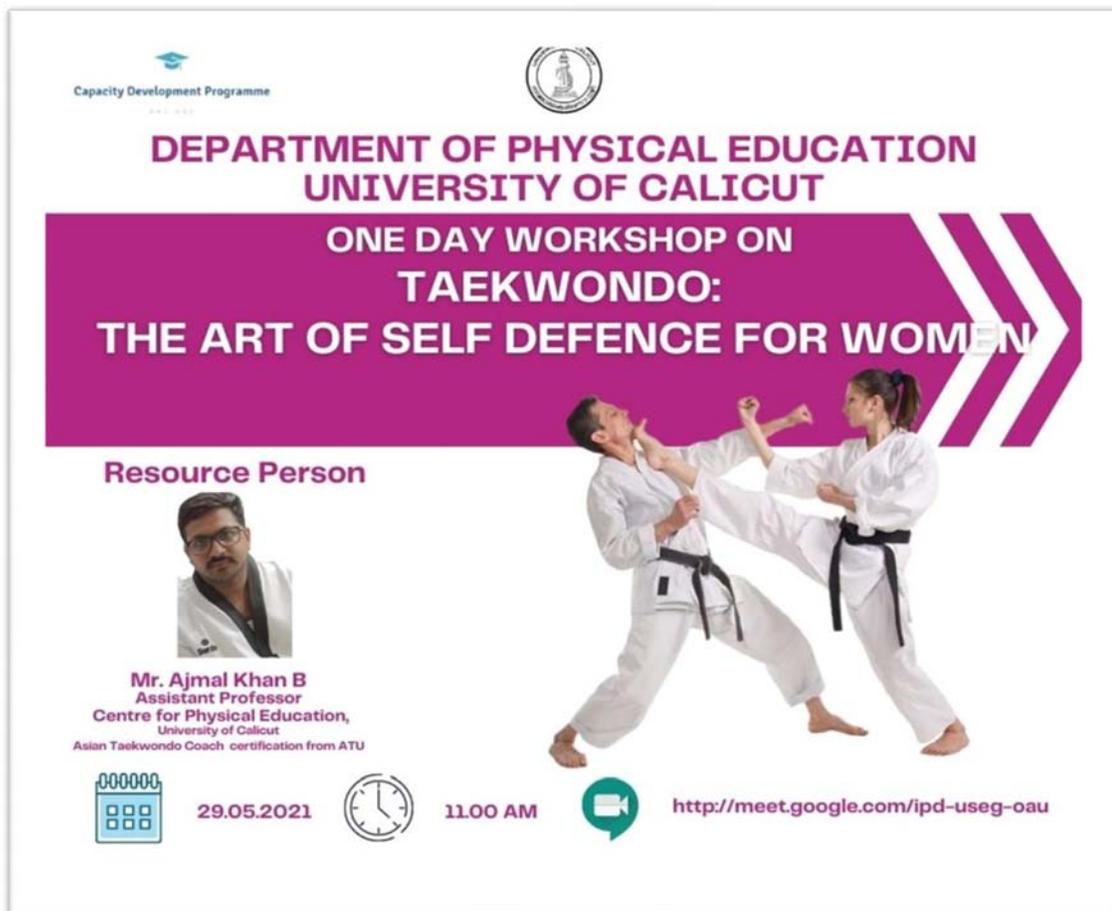
**ONE DAY WORKSHOP ON
DANCE: YOUR WAY TO FITNESS**

28.05.2021 11.00 AM <http://meet.google.com/lpd-useg-oau>

Resource Person

Dr. Nandya V
Assistant Professor
Centre for Physical Education
University of Calicut

Mr. Ajmal Khan B, Asst. Prof., Department of Physical Education took a one-day workshop on the topic "Taekwondo: the art of self-defence for women" on 29th May 2021. As it was a relevant topic, 20 students attended the workshop. It was intended mainly for female participants and they were very keen to know about the art of self-defence. The resource person tried to explain real life situations and defence methods with live demonstration.



The poster features a white background with a purple banner across the middle. At the top left is the 'Capacity Development Programme' logo, and at the top center is the University of Calicut logo. The banner contains the text 'DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF CALICUT' and 'ONE DAY WORKSHOP ON TAEKWONDO: THE ART OF SELF DEFENCE FOR WOMEN'. Below the banner, on the left, is a portrait of Mr. Ajmal Khan B, with his name and title below it. On the right is a photograph of a man and a woman in white Taekwondo uniforms practicing a sparring move. At the bottom, there are icons for a calendar, a clock, and a video call, followed by the date '29.05.2021', the time '11.00 AM', and the Google Meet link 'http://meet.google.com/ipd-useg-oau'.

Capacity Development Programme

UNIVERSITY OF CALICUT

DEPARTMENT OF PHYSICAL EDUCATION
UNIVERSITY OF CALICUT

ONE DAY WORKSHOP ON
TAEKWONDO:
THE ART OF SELF DEFENCE FOR WOMEN

Resource Person


Mr. Ajmal Khan B
Assistant Professor
Centre for Physical Education,
University of Calicut
Asian Taekwondo Coach certification from ATU

 29.05.2021  11.00 AM  <http://meet.google.com/ipd-useg-oau>

Another one-day workshop was conducted by the department on 30th May 2021 on the topic "Grow with Baseball: An overview of Basic Skills & Techniques". The Badminton Coach of the department of Physical Education, Mr. Kirthan J was the resource person. He has discussed the skillset required for a baseball player along with practice tips & tricks. 51 students attended the workshop.

The poster features a light blue background with a baseball field illustration at the bottom. At the top left, it says 'Capacity Development Programme' with a graduation cap icon. In the center top is the University of Calicut logo. The main title is 'DEPARTMENT OF PHYSICAL EDUCATION UNIVERSITY OF CALICUT' in bold black letters. Below that, in red, is 'ONE DAY WORKSHOP ON GROW WITH BASEBALL (An overview of Basic Skills & Techniques)'. The date '30.05.2021' is shown with a calendar icon, the time '11.00 AM' with a clock icon, and the Google Meet link 'http://meet.google.com/ipd-useg-oau' with a video call icon. On the right, under 'Resource Person', is a photo of Mr. Kirthan J holding a trophy, with his name and credentials listed below: 'Mr. KIRTHAN J Baseball Coach Certified from NSNIS Department of Physical Education University of Calicut'.

Capacity Development Programme

DEPARTMENT OF PHYSICAL EDUCATION
UNIVERSITY OF CALICUT

ONE DAY WORKSHOP ON
GROW WITH BASEBALL
(An overview of Basic Skills & Techniques)

30.05.2021 11.00 AM <http://meet.google.com/ipd-useg-oau>

Resource Person

Mr. KIRTHAN J
Baseball Coach
Certified from NSNIS
Department of Physical Education
University of Calicut

A one-day workshop was organized on the topic "Biomechanics of Judo" by Mr. Rajkiran A. K., Judo Coach & PhD scholar of the department of Physical Education. It was on 31st May 2021. It was an interactive session. Total 34 students participated in the event.

Capacity Development Programme



**DEPARTMENT OF PHYSICAL EDUCATION
UNIVERSITY OF CALICUT**

**ONE DAY WORKSHOP ON
BIOMECHANICS OF JUDO**

Resource Person



Mr. Raj Kiran A.K
PhD in Biomechanics of Judo (pursuing)
Master of Physical Education
with specialisation in Judo (Delhi University)
UGC NET JRF in Physical Education
NS NIS certified in Coaching Judo
Black Belt 1st DAN (Judo Federation of India)



000000
31.05.2021 11.00 AM



<http://meet.google.com/ipd-useg-oau>

REPORT

Capacity Development Program on Healthy Living: A key to a better life

A five-day Online Capacity Development Program on Healthy Living: A key to a better life was organized by the Department of Botany in collaboration with the Department of Physical Education. The program was conducted from 23rd May 2021 to 27th May 2021 as a part of the Capacity development and skills enhancement initiatives offered by the department. A total of 100 participants from dept. of Botany as well as from various other departments of the Calicut University have participated in the program. The participants included MSc students, MPhil scholars, Research fellows, Assistant Professors, and Professors. Dr. Sakeer Hussain VP, Director, Dept. of Physical Education, University of Calicut; Dr. Dhinu MR, Deputy Director, Dept. of Physical Education, University of Calicut; Miss. Dhanya VP Assistant Professor, Dept. of Physical Education, University of Calicut; Dr. Nandya V, Assistant Professor, Centre for Physical Education, University of Calicut; Mr. Raj Kiran Research Scholar, Dept. of Physical Education, the University of Calicut and Mr. Ajmal Khan, Assistant Professor, Centre for Physical Education, University of Calicut officiated as the Resource persons.

The program started on 23rd May 2021 with a welcome address by Prof. Jos T. Puthur, Dept. of Botany. It was followed by the first technical session where Dr. Sakeer Hussain V.P. delivered a talk on 'Health and wellness'. He presented the basic principles of fitness and the necessity of maintaining body fitness for well-being. Towards the end, there was an interaction session, wherein the resource person interacted with the students. The session was ended with a formal vote of thanks by Mr. Arshad K, I MSc student, Dept. of Botany.

On the second day (24th May 2021), Dr. Dhinu MR led the session on 'Effect of Exercise on Human Body' where he discussed the urgent need of doing exercises in day-to-day life and explained the concept of rehabilitation in the light of COVID-19. After, the session, students interacted with the resource person and clarified their doubts regarding the topic. The session was ended with the vote of thanks by Miss. Amrutha Suresh, I MSc student, Dept. of Botany. On the third day (25th May 2021) of the program, Miss. Dhanya VP delivered a talk on 'Yoga for Healthy living'. She explained the basic concepts and the origin of yoga. She taught some basic yoga positions for practicing in our daily life. In the interaction session, the resource person clarified the queries from students about the topic. Miss. Safana Thasnim, I MSc student, Dept. of Botany, delivered the vote of thanks for the session.

On 26th May 2021, Dr. Nandya V. gave a talk on 'Aerobics for Healthy life'. She discussed the importance of practicing aerobics for leading joyful life. She had shared several videos on different types

of aerobics with the students. At the end of the session, Miss. Gayathri M., I MSc student, Dept. of Botany. proposed the vote of thanks.

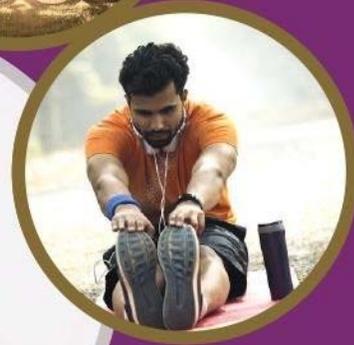
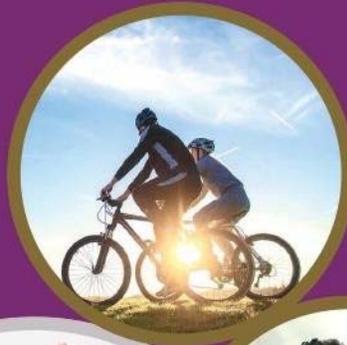
On the last day of the program, the sessions were shared by Mr. Raj Kiran and Mr. Ajmal Khan. The talk was focused on the topic 'Martial Arts for self-defense. Mr. Raj Kiran engaged first half of the session and spoke about the principles and aims of self-defense. He described when and how the countermeasures have to be taken when someone encountering a problem. Mr. Ajmal Khan handled the second half-session where he described different types of methods used to self-defense in daily life. He also shared a self-made demonstration video that showed the various methods that he explained during his talk. At the end of the session, the resource person interacted with students and clarified their doubts. A formal vote of thanks was delivered to the resource persons by Miss. Vismaya Santhosh, I MSc student, Dept. of Botany for providing the highly informative talk.

In the concluding session of the program, Prof. V.V. Radhakrishnan, Head of the Department, Department of Botany, conveyed the valedictory speech. Dr. Jos. T. Puthur, Professor, Department of Botany proposed the formal vote of thanks. The program was ended with the concluding remarks by Dr. A. K. Pradeep Assistant Professor of Botany. The E-Certificates were awarded to all the participants at the end of the program.



University of Calicut Department of Botany

In collaboration with
Department of Physical
Education



Healthy Living: A key to a better life
Capacity Development Program

(Online)

23-05-2021 to 27-05-2021

8.00 AM to 9.00 AM Everyday

Programme schedule

Day 1

Topic- Health and Wellness

Resource person:

Dr. Sakeer Hussain VP

(Director, Dept. of Physical Education, University of Calicut)

Day 2

Topic - Effect of Exercise on Human Body

Resource person:

Dr. Dhinu MR

(Deputy Director, Dept. of Physical Education, University of Calicut)

Day 3

Topic-Yoga for Healthy living

Resource person:

Miss. Dhanya VP

(Assistant Professor, Dept. of Physical Education, University of Calicut)

Day 4

Topic-Aerobics for Healthy life

Resource person:

Dr. Nandya V

(Assistant Professor, Centre for Physical Education, University of Calicut)

Day 5

Topic- Martial Arts for self-defence

Resource persons:

Mr. Raj Kiran

Research Scholar, Dept. of Physical Education, University of Calicut)

Mr. Ajmal Khan

(Assistant Professor, Centre for Physical Education, University of Calicut)



E-certificate will be provided to participants who attend all the sessions.

For Registration, please use the QR code or click on the link

<https://forms.gle/DbVhZYEbPugPCJKC7>

Report

Department of Russian and Comparative Literature organized a physical fitness awareness programme. It was inaugurated by Dr. Chinn. M.R., Deputy Director, Dept of Physical Education, University of Calicut. The programme was a commencement lecture of the lecture series, and training programme on 'physical fitness' of the students that is decided to be held every alternate months. Through an interactive mode, Dr. Chinn decided to make the students aware of the being the importance of being physically fit and its connection with the intellectual and creative activities of the students. The programme is coordinated by Dr. Dinya. K., member of a faculty of the department.

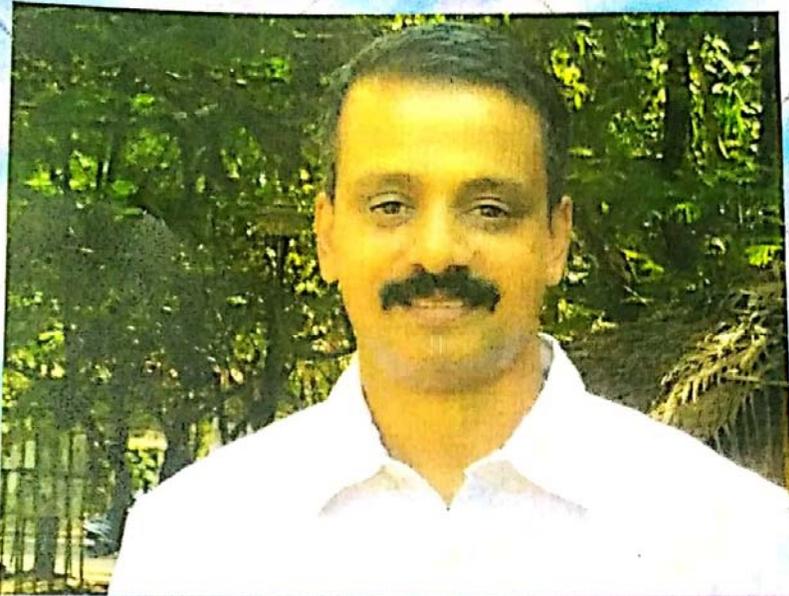


Dr. Dinya. K.



HEAD OF THE DEPARTMENT
Dept. of Russian & Comparative Literature
University of Calicut

Physical Fitness Awareness Programme



Inaugural Address

Dr. Dhinu M.R.

Depty. Director

Dept. of Physical Education, University of Calicut

9th April 2021, Dept. Seminar Hall

Organized By

Department of Russian and Comparative

Literature,

University of Calicut

