

AZADI KA AMRIT MAHOTSAV

GOVERNMENT COLLEGE KARIAVATTOM NSS UNIT 17A & B



"Long years ago we made a tryst with destiny, and now the time comes when we shall redeem our pledge, not wholly or in full measure, but very substantially. At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom."

Every year on 15th August India celebrates her Independence. Our main goal of celebrating Independence Day is to educate our young generation about the pride and courage of our great freedom fighters, as well as a colonial rule. It's the day when we put aside our cultural differences and come together as true Indians. The necessity for youth awareness arises from the fact that the nation's future rests on the youngsters and their power to influence the country. As a result, it is our responsibility to serve the country and make every effort to improve society.

Independence day is marked by a strong sense of patriotism and nationalism across the country. The day also reflects our pride and solidarity in the country's diversity. India, a land of people of all religions living together in a diversified society with a rich culture and heritage, celebrates this significant occasion with tremendous joy. We are elated, and it motivates us to defend our motherland against any attack on the country's dignity and sovereignty.

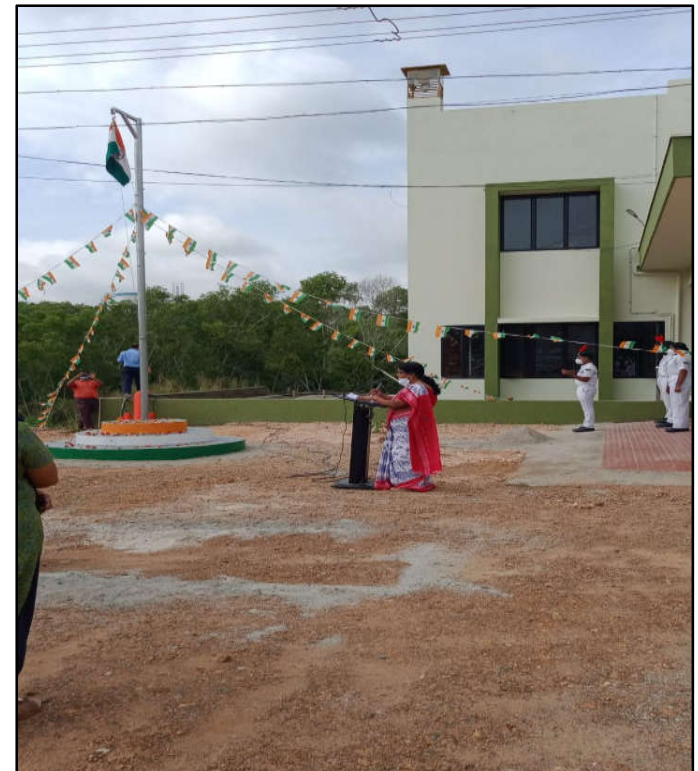


This year 2021, India celebrated 'Azadi ka Amrit Mahotsav', marking the completion of a quarter to a century of freedom from British colonial rule.

As a part of 75th Independence of India, the National Service Scheme unit 17 A & B of Government College Kariavattom, conducted a 5 days program from 15th August 2021 to 19th August 2021 under the name "Azadi ka Amrit Mahotsav". A number of activities were conducted but due to pandemic situations the activities were restricted to online mode.

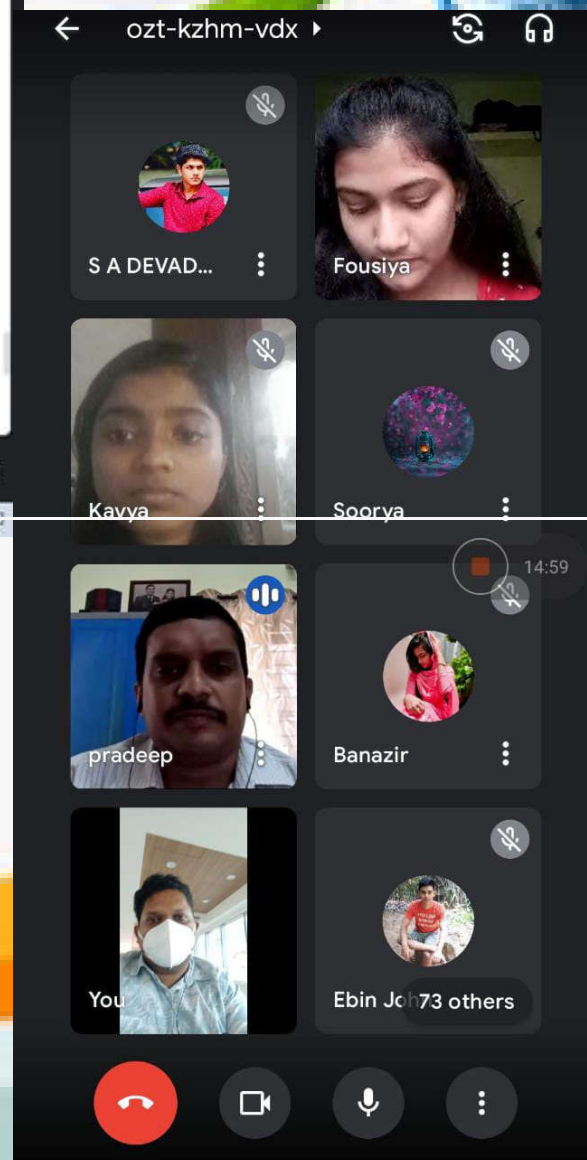
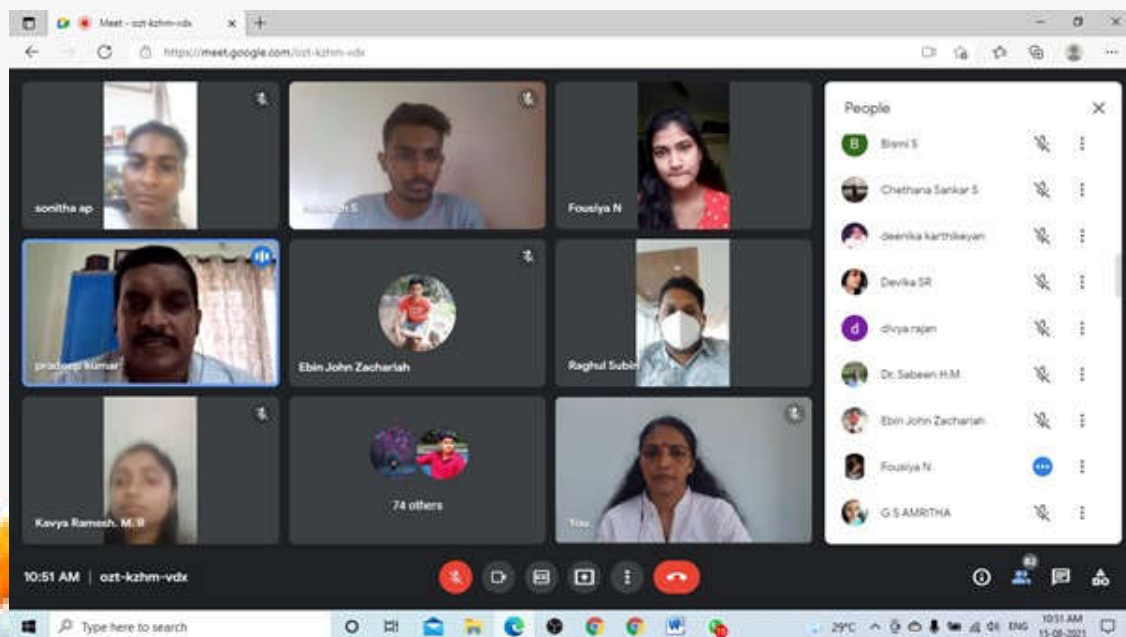
Day 1 – 15th August 2021

At 9 am, the National Flag was hoisted by our respected Principal Smt.S Jaya in the presence of the teaching staffs, a few NSS and NCC volunteers. During the flag hoisting, India's National song 'Vnde Mataram' was sung by the NSS choir. Later, an Independence day speech was given out by the Principal. The program was concluded with the National Anthem sung by NSS choir.



On the very same day, at 10.30am a Google meet was organised by the NSS unit based on the theme of Azadi ka Amrit Mahotsav. The chief guest of the meet was Retd Colonel Pradeep Kumar. NSS volunteers spoke about the importance of the Independence Day & expressed their emotions through patriotic song & speeches. As a part of Azadi ka Amrit Mahotsav, the RashtraGaan singing, an initiative of the Central Government was circulated among the students and staffs and ensured the participation of 50 people within a short period of time. The certificates received as a part of this was also exhibited in the meet. The highlight of the Gmeet was the Independence day Message given by the chief guest. Felicitations were expressed by Principal and NSS program officers of Government College Kariavattom. The meeting was attended by 83 volunteers and the college staffs.






Day 2 – 16th August 2021

Fit India campaign , a program launched by the Central Government was integrated with the Azadi ka Amrit Mahotsav program. As a part of this, the students of Government College Kariavattom were encouraged to practice yoga and other fitness workouts as an integral part of life. The campaign was a great success with the participation of 74 students and volunteers.




Vrikshasana




Calms and relaxes your mind
Improves concentration
Relieves stress and tension

Develops balance and focus, physically and mentally


- Strengthens thighs, calves, ankles, and spine




Padmasana




Opens up the hips
Stretches the ankles and knees
Calms the brain
Increases awareness and attentiveness
Keeps the spine straight
Helps develop good posture
Eases menstrual discomfort and sciatica
Helps keep joints and ligaments flexible
Stimulates the spine, pelvis, abdomen, and bladder
Restores energy levels



Virabhadrasana



- Flexing of Hips
- Heals lower back pain
- Tones the leg muscles
- Stretches knees, ankles, foot
- Boosts concentration and stamina
- Great way to shape the body
- Expands and strengthens the shoulder and arms
- Expansion of Chest and lungs
- Stimulation of Internal Organs



Yoga



FLEXIBILITY
Release your tension. Touch your toes or do the splits. Feel great!

STRENGTH
Feel stronger and tone your muscles. Feel toned better!

HAPPINESS
Release your tension better and increase your serotonin.

BETTER REST
With more focus and release of mind, feel peace better!

TRANQUILITY
Decrease tension throughout your mind and body.

BALANCE
Improved focus & strength means improved balance.

POSTURE
Feel stronger in your core and stand tall with more confidence.

WEIGHT LOSS
Reduce your cortisol levels and increase your serotonin.

SELF ESTEEM
Increased self-awareness, more confidence and be happier.

DIGESTION
Your movement flow and better posture keeps things flowing.



Natarajasana



1. Strength to your chest, ankles, hips, and legs
2. Increases your metabolism and helps in weight loss
3. Helps better your digestion
4. Great relief from Stress
5. Improve concentration and Focus



Trikonasana



Increases mobility of your hip joints
Strengthens and tones muscles of your thighs
Stretches and strengthens the hamstrings, hips, knees and ankles
Stretches your spinal muscles, shoulders and chest
Stimulates the abdominal organs



Gomukhasana

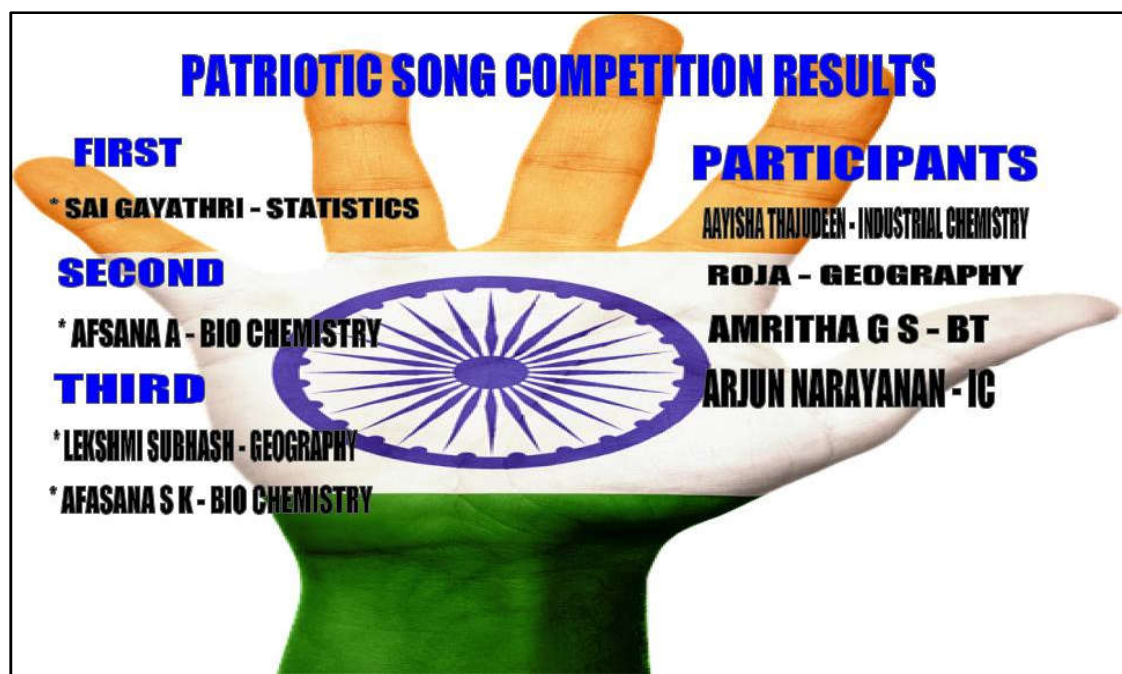


RELIEVES TENSION FROM THE SHOULDER GIRDLE
INCREASES THE ELASTICITY OF THE CHEST
EFFECTIVELY REVEALS THE HIP JOINT
STRETCHES THE INNER ANKLE LIGAMENTS
OFFSETTING EFFECTS THE LOTUS POSITION



Day 3 – 17th August 2021

To bring up the patriotism and singing talents in the students, a patriotic song singing competition was held in online mode. There was good response from the students side with a participation of 8 contestants and the patriotic song competition was also a success. Prizes were distributed for the best songs.



Day 4 – 18th August 2021

19th August is celebrated as World Photography Day. This was integrated with the Azadi ka Amrit Mahotsav and a 'Pic from Home' contest was conducted with the theme of 'Freedom'. There was a great response from the students for the contest with 30 participants. Results of the contest were published in the day followed.



 **National Service Scheme, GCK**
UNIT NO 17 A & B
"not me but you"

WORLD PHOTOGRAPHY DAY
19 AUGUST 2021

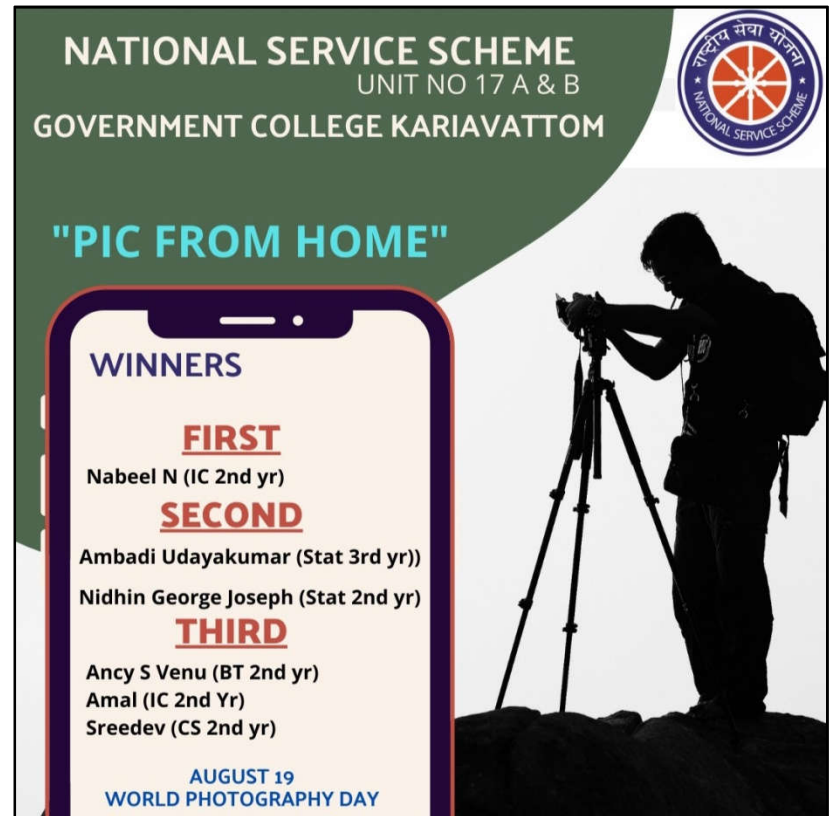
"PIC FROM HOME" CONTEST
THEME: **FREEDOM**


"GET YOUR PERCEPTION OF FREEDOM CAPTURED IN A CLICK"

SHARE YOUR SNAP
THROUGH TELEGRAM
 **+91 95261 14260**







 **NATIONAL SERVICE SCHEME**
UNIT NO 17 A & B
GOVERNMENT COLLEGE KARIAVATTOM

"PIC FROM HOME"


WINNERS

FIRST
Nabeel N (IC 2nd yr)

SECOND
Ambadi Udayakumar (Stat 3rd yr))
Nidhin George Joseph (Stat 2nd yr)

THIRD
Ancy S Venu (BT 2nd yr)
Amal (IC 2nd Yr)
Sreedev (CS 2nd yr)

AUGUST 19
WORLD PHOTOGRAPHY DAY



Day 5 – 19th August 2021

On the 5th day an online quiz competition was conducted based on the theme of 'India's Freedom Struggle'. e-certificates were provided to the participants who answered 75% of questions correctly. 144 people participated in the quiz.

