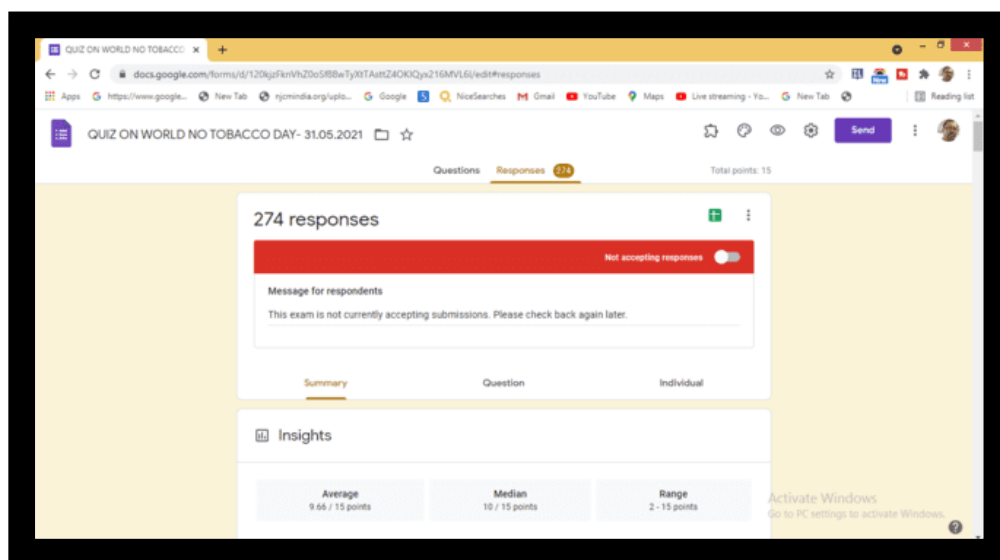


ACTIVITIES DONE BY NCC SINCE APRIL 2021

- To create awareness against the use of plastic waste, the NCC cadets 2 ANO took part in the plastic plogging while jogging on 13th April 2021. The cadets collected plastic bottles, covers, etc during this drive from Agartala, capital city of our state.



- We had made one YouTube channel to showcase the activities performed by our cadets on 31st May, 2021.
- On World No Tobacco Day-2021, we had organized an online quiz where 219 students and NCC cadets had participated from different Schools, Colleges and Universities of Tripura and other states, they were provided with e-certificate.
- and got e-certificate.



NCC cadets and other students of our college took pledge on World No Tobacco Day-2021 using Google meet platform. To spread the awareness among the general public we uploaded the video of pledge in our YouTube channel.

The link - https://youtu.be/Vp_nynOTZKU

- Recently, our cadets had prepared short videos on (Importance of wearing mask and the correct way of wearing a mask) and other video related to healthy eating and exercises to perform during Covid-19 pandemic as a part of Covid Awareness and uploaded in the YouTube channel of NCC Unit, SVM, Mohanpur.

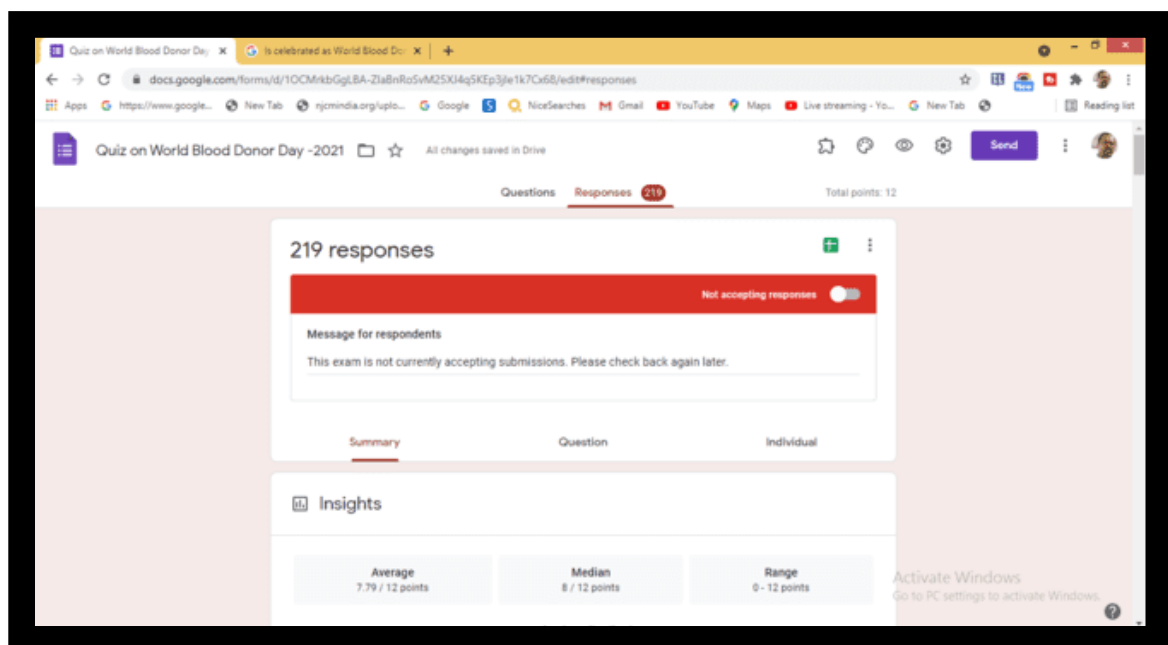
The links are given - <https://youtu.be/MRboBHldFYo>

<https://youtu.be/qAevcQthyCI>
https://youtu.be/-N1l_aYJ9pc
https://youtu.be/Vp_nynOTZKU
https://youtu.be/OWbTY_4e4jE
<https://youtu.be/6SykD4bUmv0>
<https://youtu.be/nKnRfvKw-po>
https://youtu.be/00BIGMIP_4I
<https://youtu.be/5L7kFd4DTzo>
<https://youtu.be/9ROSMxTaw20>
<https://youtu.be/lVw9yyuwoec>
https://youtu.be/mXagu9_hmPY

- 5TH June, 2021 was celebrated as World Environment Day- 2021, Lt. Prasanta Deb and 18 Cadets (8 SD and 10 SW) had participated in tree plantation program “Plant a tree each from Home”. A video was prepared and uploaded in the YouTube channel of NCC Unit, SVM, Mohanpur.

The link - <https://youtu.be/nW6KiAVXPmY>

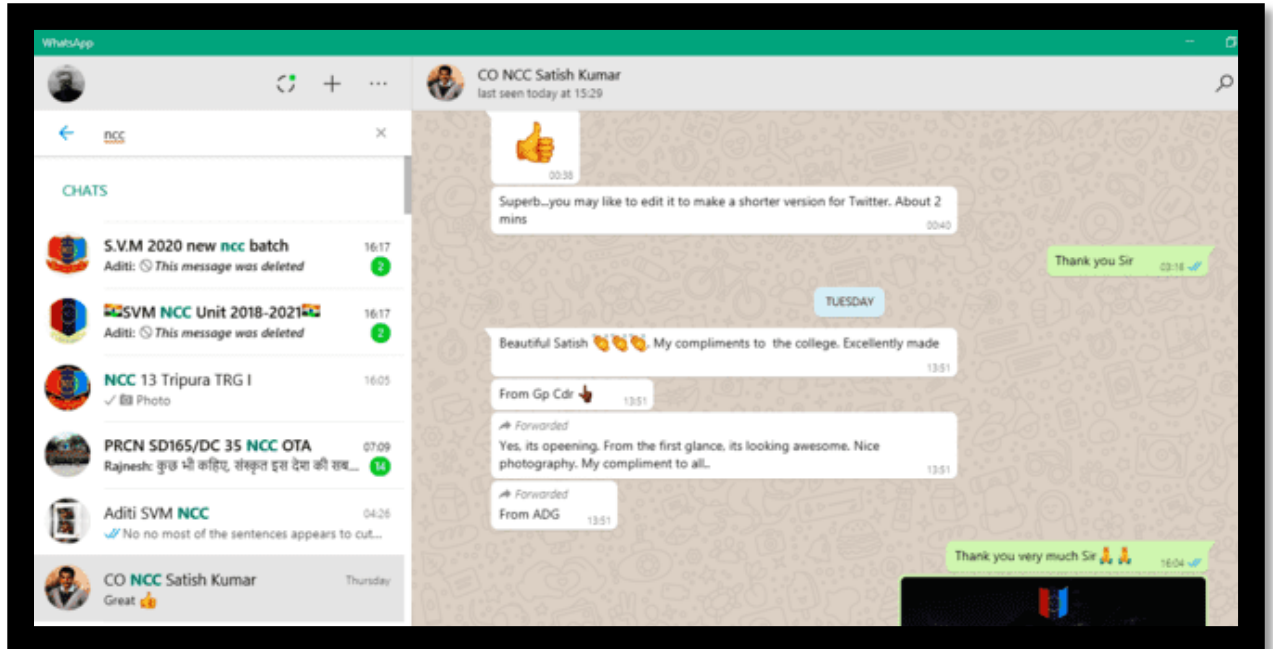
- A total of 54 cadets registered them successfully in the NCC DIGITAL FORUM, Govt. of India and uploaded various articles, pictures and YouTube videos in this platform, all these activities were published in the NCC DIGITAL FORUM. Cadets continue to uploading their various activities of NCC in this portal.
- On 14th June, 2021 NCC Unit of Swami Vivekananda Mahavidyalaya, Mohanpur, West Tripura had organized an online quiz to celebrate the World Blood Donor Day- 2021. A total of 219 students and NCC cadets had participated from different Schools, Colleges and Universities of Tripura and other states, they were provided with e-certificate.



- On the same day we had published our first E-Magazine on online platform, the magazine was made to show case the talents of the NCC cadets from different Schools and Colleges all over the state.

The link for the E magazine - <https://online.pubhtml5.com/uxey/cfhz/>

The magazine was widely appreciated from all over the state and especially by DG NCC.

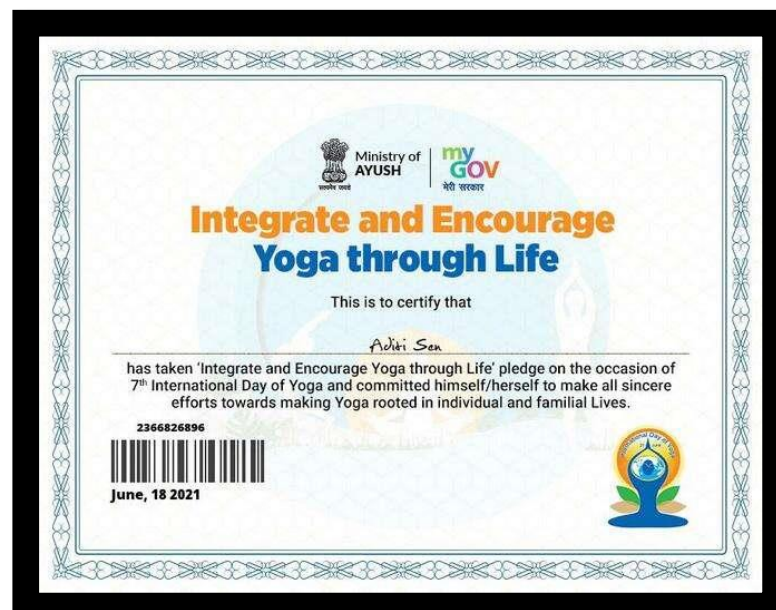


- 21ST June , 2021
NCC Unit of Swami Vivekananda Mahavidyalaya had performed the following activities –

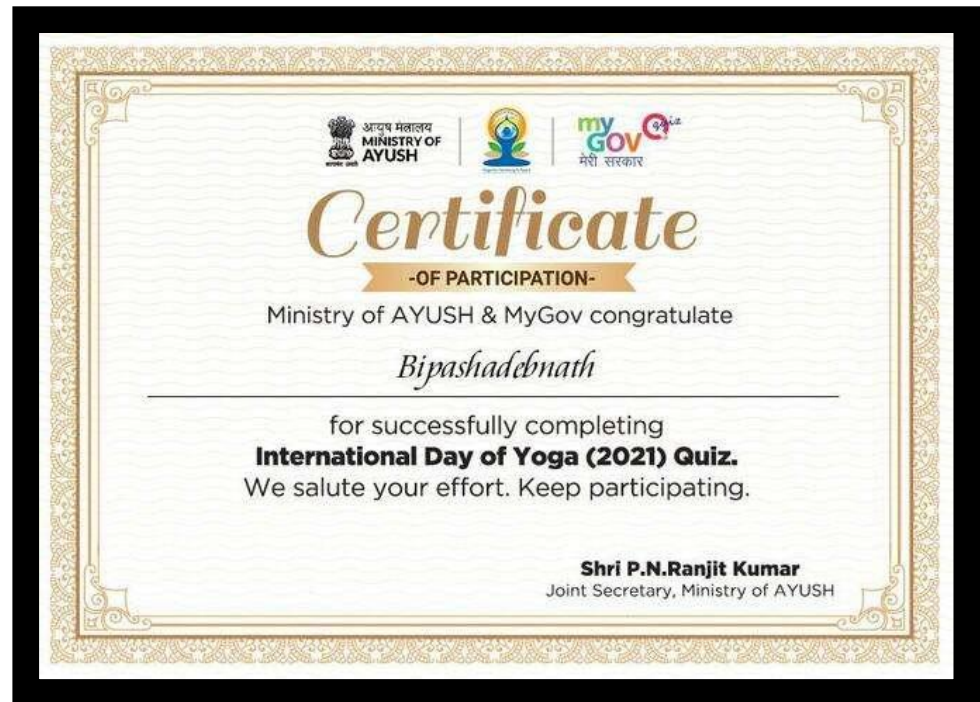
1. Preparation of awareness video on Yoga.

Links – <https://youtu.be/IVw9yyuwoec>

2. Participation on pledge taking event on the occasion of 7th IYD in the virtual platform of under ministry of AYUSH, Govt. of India.



3. Participation in the quiz on the occasion of 7th IYD in the virtual platform of under ministry of AYUSH, Govt. of India.



4. Active participation in the Yoga from home with family on 21.06.2021.





PADMASANA



MATSYASANA



HALASANA



MAYURASANA



SIRSANANA



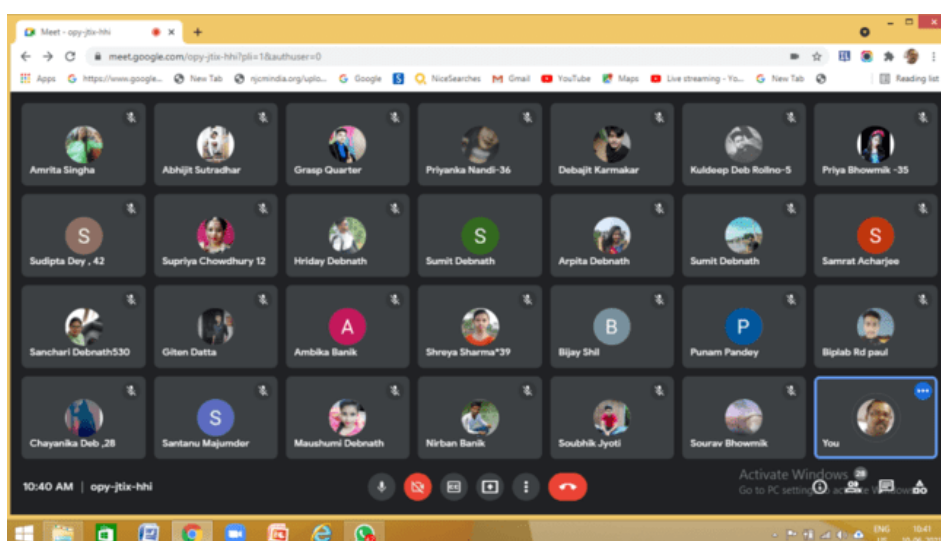
SIRSASANA

SPECIAL ACTIVITY BY NCC UNIT AND DEPARTMENT OF HUMAN PHYSIOLOGY, SWAMI VIVEKANANDA MAHAVIDYALAYA, MOHANPUR

- **A National Webinar on Health Benefits of Yoga was organized by the NCC Unit and Department of Human Physiology of Swami Vivekananda Mahavidyalaya, Mohanpur, West Tripura on 21st June, 2021** to mark the celebration of International Yoga Day. Two speakers first Dr. Subrata Ghosh, Associate Prof in Physiology, Hooghly Mohsin College, Govt of West Bengal initiated his lecture on “Peeping through Yoga Science”. Followed by Dr. Sanjib Kumar Bhowmik, Faculty of Tripura University in the Department of Physical Education; he also acquires Diploma in Yoga Education & M.A in Yoga on the topic “The wisdom of Yoga- A philosophical approach”.

The attendees of the webinar were more than 173 that include academicians, students, NCC cadets, research scholars. The college received very good feedback from the participants of the webinar. Participants from nine different states had participated in this webinar; they are from Maharashtra, Karnataka, Uttar Pradesh, Telengana, Odisha, West Bengal, Bihar, Jharkhand, Assam and Tripura.

GLIMPSES OF THE WEBINAR



Live streaming - YouTube Studio x Meet - Webinar on "Health Benefits of Yoga"

meet.google.com/jva-gjve-bfc?pli=1&authuser=0

Apps Google New Tab njoindia.org/uplo... Google NiceSearches Gmail YouTube Maps Live streaming - Yo... New Tab Reading list

subrata ghosh is presenting

BENEFITS

1. Physical Purity
2. Cures and Prevention from Disease
3. Reduces Mental Tension
4. Reduces Obesity & Beautification of Body
5. Provides Relaxation
6. Keeps the Correct Posture of Body
7. Yoga can be Performed Easily
8. Spiritual Development
9. Increases Flexibility
10. Reduces Obesity
11. Improves Health
12. Enhances Moral and Ethical Values

4:10 PM | Webinar on "Health Benefits of Yoga"

Activate Windows
Go to PC settings to activate Windows

Windows Taskbar: File Explorer, Microsoft Edge, Google Chrome, WhatsApp, Telegram, Zoom, VLC media player, Spotify, OneDrive, Task View, Search, Network, Volume, Battery, Date/Time: 16:18 21-06-2021

Sanjib Kumar Bhowmik is presenting

Types/Schools of Yoga

Sourabh Mondal has left the meeting

Webinar on "Health Benefits of Yoga"

Microphone off

Participants: Nirmal Bhadra, Anita Majumder, Dr. Saon Sanyal Bho..., Sumita Nath, sangita gope-22, Sindhuropa Sil, 48 others

Live streaming - YouTube Studio x Meet - Webinar on "Health Benefits of Yoga"

meet.google.com/jva-gjve-bfc?pli=1&authuser=0

Apps https://www.google... New Tab njoindia.org/uplo... Google NiceSearches Gmail YouTube Maps Live streaming - Yo... New Tab Reading list

Microphone off

Participants: Nirmal Bhadra, Ananta Majumder, Dr. Saon Sanyal Bhowmik, Sumita Nath, sangita gope-22, Orosia Pharoah, 44 others

6:28 PM | Webinar on "Health Benefits of Yoga"



GOVERNMENT OF TRIPURA
SWAMI VIVEKANANDA MAHAVIDYALAYA
 Mohanpur, West Tripura, India
 NAAC Accredited with Grade 'B'
 (Affiliated to Tripura University-A Central University)



Certificate of Participation

This is to certify that *Siddhant Singh* of St Andrews College has actively participated in the National Webinar on "Health Benefits of Yoga" organised by NCC Unit & Department of Human Physiology of Swami Vivekananda Mahavidyalaya, Mohanpur, West Tripura on 21st June, 2021.

[Signature]

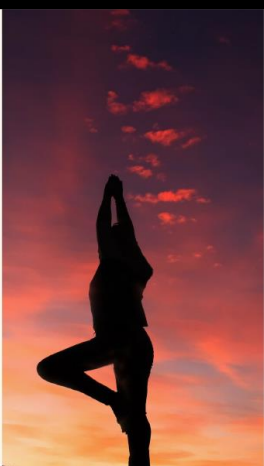
Dr. Nirmal Bhadra
 Principal-in-charge,
 AND
 Swami Vivekananda Mahavidyalaya,
 Mohanpur

[Signature]

Dr. Prasanta Deb
 Lieutenant
 AND
 Department of Human Physiology,
 Swami Vivekananda Mahavidyalaya, Mohanpur

[Signature]

S. Mazumdar
 Col
 Commanding Officer
 13 Tripura Bn NCC
 Agartala, West Tripura



National webinar on "Health Benefits of Yoga"

By Our Reporter

Agartala: Jun 25. The NCC unit and Department of Human Physiology of the Swami Vivekananda Mahavidyalaya, Mohanpur under West Tripura district with the initiative of 13th Tripura Battalion of NCC, Agartala, West Tripura and IQAC of Swami Vivekananda Mahavidyalaya had organized a National Webinar on "Benefits of Yoga" on June 21 last to mark the celebration of International Yoga Day.

Dr. Prasanta Deb, Lieutenant, welcomed the gathering and introduced the theme of the webinar in a nutshell. The first speaker for the webinar was Dr. Subrata Ghosh, Associate Prof in Physiology, Hooghly Mohsin College, Govt of West Bengal initiated his lecture on "Peeping through Yoga Science".

The second speaker of the webinar was Dr. Sanjib Kumar Bhowmik, faculty of Tripura University in the Department

of Physical Education; he also acquires Diploma in Yoga Education & M.A in Yoga. He started his lecture on "The wisdom of Yoga- A philosophical approach".

Both the lectures were followed by question and answer session. Dr Nirmal Bhadra, Captain, Principal in-charge, Swami Vivekananda Mahavidyalaya, in his presidential address highlighted the importance of yoga and meditation in our daily life. The program ended with vote of thanks by Dr. Nirmal Bhadra and concluding

speech by Dr. Prasanta Deb.

The webinar was moderated by Abhijit Bhattacharjee, Assistant Professor, Swami Vivekananda Mahavidyalaya, Mohanpur. The attendees of the webinar were more than 173 that include academicians, students, NCC cadets, research scholars. The college received very good feedback from the participants of the webinar. Participants from Maharashtra, Karnataka, Uttar Pradesh, Telengana, Odisha, West Bengal, Bihar, Jharkhand, Assam and Tripura participated in this webinar.

SCHOOL OF SCIENCE
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online Mock Tests
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Pradesh BJP

Contd from Page - 1
 leaders and people were put behind the bars, he added.

Bhattacharjee said "Even media houses were not spared by the Indira-led government. During emergency situation in Tripura, Dainik Sambad editor Bhupen Dutta Bhowmik and Jana Sangh leader Pijush Bhattacharjee were put behind the bars. Through different events, this day is being highlighted among people at

3 injured in road mishap

By Our Reporter

Teliamura: Jun 25. Three youths were seriously injured in a bike accident while going to Rangal Bazaar at 7 pm today. Police said a bike bearing number TR06 B 7257 met with an accident while leaving the house. The accident occurred when suddenly a dog came in front of the bike and then the bike rider Bapan Das lost control. Three bike riders Bapan Das 23, Prasejit Rudra Pal 20 and Shubhjit Das 19 were seriously injured. Upon receiving the information of the incident, the fire brigade rescued them and brought them to Teliamura Hospital. Shubhjit Das's condition deteriorated and he was shifted to GIB pant Hospital for better treatment.

4th July, 2021 to 14th July, 2021

Report on 10 days programme conducted in the adopted village by NCC Unit of Swami Vivekananda Mahavidyalaya, Mohanpur under 13 Tripura Bn NCC

The school education in rural Tripura is mostly dependent on Government and Government aided schools. For rural Tripura journey of education is not easy, children from rural areas face many challenges which further exacerbated during this Covid pandemic.

NCC Unit of Swami Vivekananda Mahavidyalaya, Mohanpur had taken the responsibility of educating the poor village students of its adopted Harinakhol village. The unit had initiated a 10 days programme of educating the poor school students residing in the village from 4th July, 2021 to 14th July, 2021 from 10:00 am to 12:00 pm daily. All the activities were carried out in a room provided by Harinakhol Gram Panchayat, Mohanpur, West Tripura.

The program involved imparting knowledge based on their specified syllabus as well as on various important issues like General Knowledge & Current Affairs, drawings and simple mathematical tricks to solve problems. A total of 19 NCC cadets, Lt. Dr. Prasanta Deb, ANO, and Capt. Dr. Nirmal Bhadhra, Principal-in charge were involved in this practice. Children were given time to spend with each other, play games and interact. A total of 40 students from Class-II to Class-VIII have enrolled in this programme. Everyday two classes were conducted by maintaining the Covid-19 protocols. We found immense enthusiasm and zeal in these students to learn, this was the main driving factor for our cadets to help them in their studies. At the final day, the students were trained to make paper bags using waste papers and old newspapers. NCC cadets also demonstrated the procedure for hand wash.





15th June, 2021 to 5th July, 2021

Brief Report of the Activities had done by NCC Cadets of Swami Vivekananda Mahavidyalaya, Mohanpur, West Tripura in Different Teams Under “Each One Reach One” Conducted by MGNCRE- Higher Education Institutions.

Four teams were created to perform the various activities these includes-

The cadets were guided to create Whatsapp groups involving their neighbours, nearby relatives and friends to provide the information according to the Teams they selected to perform their work. In various team they perform the following activities-

TEAM-1 : Sharing of information on the availability of Beds (ICU, Ventilator). Sharing of information on Covid Testing Centres. Sharing of the Covid Helpline Numbers in Whatsapp groups.

TEAM-2 : Sharing of information on the availability of Medical Essentials like Oxygen cylinders, Pulse oximeters, thermometers and medicines. Sharing of information regarding the availability of blood in the blood bank. Sharing of information on Covid Vaccination Centres.

TEAM-3 : Communicating with Covid effected on phone. Communicating with Covid effected family members. Sharing information on DIETS, YOGA that are helpful for Covid patients and also various awareness videos.

TEAM-4 : Food Distribution by cadets, mask distribution among general public, sharing videos on Yoga and Pranayama, sharing information on Covid Awareness, sharing videos on Covid Awareness, sharing videos on Covid Vaccination, Providing free coaching to the poor children of adopted village.

A total of 504 beneficiaries were incorporated in this drive by our cadets. A total of 16 cadets were involved in these activities. Two ANOs Dr. Prasanta Deb, PSS Faculty Co-ordinator and Dr. Nirmal Bhadra, Principal-in-charge, were actively involved in the practice.







MoE/Beat Covid Campaign/June 2021/29/0019

Certificate of Recognition



*This is to recognize **SWAMI VIVEKANANDA MAHAVIDYALAYA, MOHANPUR, WEST TRIPURA** as a member of **Beat Covid Campaign** initiative of Mahatma Gandhi National Council of Rural Education, Hyderabad. The institution has constituted five student volunteer teams in the areas of Hospital Management, Non-Hospital Management, Support to Covid affected families, Medical Supplies, Psychosocial support to Covid patients and their family members, rendered valuable services during the pandemic.*

Dr. W G Prasanna Kumar
Chairman

Mahatma Gandhi National Council of Rural Education
Department of Higher Education, Ministry of Education
Government of India