

Thunchan Memorial Govt. College, Tirur

Vakkad (PO), Malappuram DT, Kerala

CAPACITY BUILDING AND SKILL ENHANCEMENT INITIATIVES

2020-2021

A. LIFE SKILLS

1. Yoga at Home, Yoga with Family

Given the spread of the COVID-19 pandemic, the focus of the International Yoga Day of this year is on Yoga at Home. The Ayush ministry has launched the campaign with the theme “Yoga at Home, Yoga with Family” in support of the trend. Following this, as part of International Yoga Day, our NSS volunteers engaged in yoga exercises along with their family.



2. Fit India-Freedom Run

The Department of Physical Education and the NCC Unit of TMG College Tirur had jointly organized a two-week Fit India-Freedom run programme as a part of Independence Day. The program aims at behavior changes from a sedentary lifestyle to a physically active way of day-to-day living for a healthier living.



3. Fit India – Fitness Webinar

The Department of Physical Education and the NCC Unit of TMG College Tirur had jointly organized a fitness webinar on behalf of the National Sports Day on 29th August 2020, the birth anniversary of hockey player Major Dhyana Chand, in association with IQAC, TMG College, Tirur. The highlight of the webinar was the participation of Olympian Irfan as well as the presence of the Commanding Officer, 29 (K) Bn NCC Thenhipalam, Col.R.R Kotwal.



**THUNCHAN MEMORIAL
GOVERNMENT COLLEGE TIRUR, MALAPPURAM**
(Affiliated to University of Calicut)



**NATIONAL CADETS CORPS (ARMY WING)
&
DEPARTMENT OF PHYSICAL EDUCATION**
(In Association with IQAC, TM GOVT COLLEGE, TIRUR)
Jointly Organize

**FIT
INDIA**

FIT INDIA - FITNESS WEBINAR
On NATIONAL SPORTS DAY
Date : 29/08/2020 (Saturday) - Time : 2 PM

Guest of Honors				Chief Guest
 BRIGADIER RAJAN AY Group Commander 29 (K) Bn NCC	 Dr. SAHEER HUSSAIN VP Director, Dept of Physical Education University of Calicut	 COLONEL R.R. KOTWAL Commanding Officer 29 (K) Bn NCC Thenhipalam	 Dr. ABDUSSALAM R Head, Public Services NCC, Kerala	 OLYMPIAN IRFAN KT
Platform : 		ENTRY IN WEBINAR : 1.15 PM to 1.55 PM		

LIEUTENANT SHUKKORILLATH
(Organizing Secretary,
HOD of Physical Education & Associate NCC Officer)

DR. PRAJITH CHANDRAN
IQAC, Co-ordinator

PROF. VIJAYA KUMAR NP
Principal

11:51

4. Oximeter Challenge

The College NCC Unit conducted an Oximeter Challenge to serve the people affected by the Covid-19 pandemic, by collecting 100 rupees from every person who was interested to donate. It became a successful event. Many people showed interest to donate to the challenge. We collected around 35 oximeters and donated them to the authorities of Vettom Grama Panchayat.

Oxi Challenge
തിരുവൂർ നഗരത്തിൽ അപകടത്തിൽ
താഴെയാകാൻ കൊടുത്ത് NCC
(ARMY) യൂണിറ്റിന്റെ
സഹായത്തോടെ രാജ്യ-
വ്യാപാരത്തിലെ കൊടുത്ത് കൈമാൽ
അനുഭവിക്കുന്നത്
യഥാർത്ഥമായിരിക്കട്ടെ...

**₹100
Challenge**

ഈ ചാലഞ്ചിൽ
അതിൽ പങ്കെടുത്തു.

CDT Azhima VK

Google Pay **9497344611**

NCC-TMG COLLEGE TIRUR
(29 KERALA BATTALION- MALAPPURAM)

Oxi Challenge
തിരുവൂർ നഗരത്തിൽ അപകടത്തിൽ
താഴെയാകാൻ കൊടുത്ത് NCC
(ARMY) യൂണിറ്റിന്റെ
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**₹100
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ഈ ചാലഞ്ചിൽ
അതിൽ പങ്കെടുത്തു.

വിജ് (വെട്ടംഗ്രാമപഞ്ചായത്ത്)

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