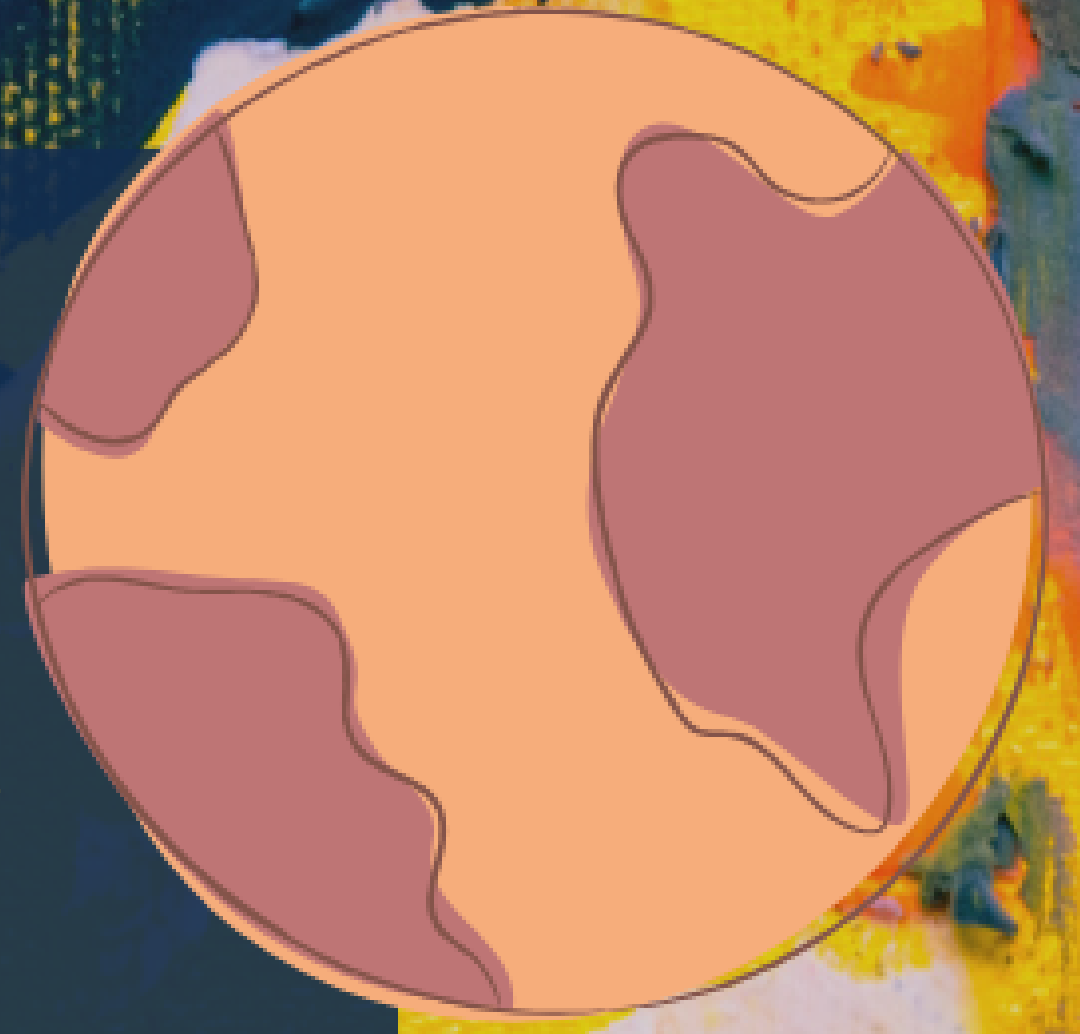


SKCT PRESENTS

# AASHRAYA

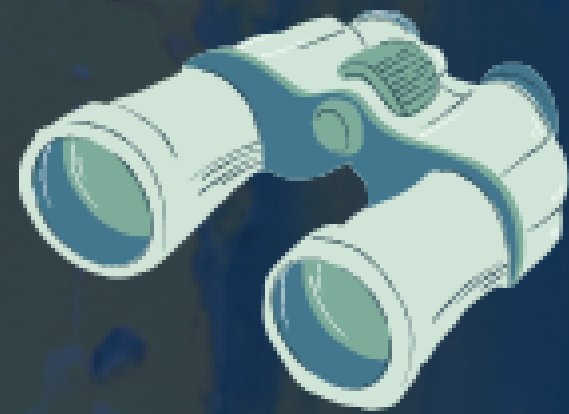


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**From April 26 to May 25**

**720 HOURS OF HELP, 30 DAYS OF  
SUPPORT, 4 WEEKS OF SAFETY**



# STAY POSITIVE



**PARTICIPATION  
OPEN  
FOR ALL**

# AASHRAYA 2020

**Gear up  
Be Prepared**

**Who can  
Participate?**



**Student,  
Alumni,  
Faculty,  
Administrative  
Staff,  
Non teaching &  
Supporting staff,  
Family members  
of all  
Stakeholders  
of SKCT family  
& General Public**



## Entertainment Events

## Corona Awareness events

DAY  
1



26th April 2020  
**Dalgona Coffee  
Challenge**

Prepare Dalgona coffee at your home and enjoy the taste

DAY  
2



27th April 2020  
**Pattu Thalaivan  
/ Thalaivi**

Sing a song of your choice, use karaoke or vessels to create music

DAY  
3



28th April 2020  
**Selfie with  
self-cut/shave**

Sport a new look and share

DAY  
4



29th April 2020  
**Kolam podu**

Learn our traditional art and decorate your home

DAY  
5



30th April 2020  
**Attam Aadu**

Dance out of your heart

DAY  
6

1st May 2020  
**Family Fashion show**

Dress up and walk the ramp



26th & 27th April 2020

### Slogan

Prepare catchy slogans and voice it out through your family



28th & 29th April 2020

### Haiku

Write a haiku about corona and this lockdown period



30th April & 1st May 2020

### Drawing/ Painting

One picture can replace 1000 words.  
Create an awareness drawing/ painting



## Entertainment Events

## Corona Awareness events

DAY  
7

2nd May 2020



### Nila Soru

Come out, sit as a family under the moon and have food in the hands of your mom or granny

DAY  
8

3rd May 2020



### Health is Wealth

As a family do basic stretching and exercises

DAY  
9

4th May 2020



### Sutham Soru Podum

Share how your room/ house was before and after cleaning

DAY  
10

5th May 2020



### Palagalam Vaanga

Create whatsapp group among all families in your apartment/ colony, Network with all . Share the members list in whatsapp.

DAY  
11

6th May 2020



### Wealth out of waste

Let your creative side unfold. Try using your waste in a creative way.

DAY  
12

7th May 2020



### Kutty Chutti

Showcase the talents of the kids at home.

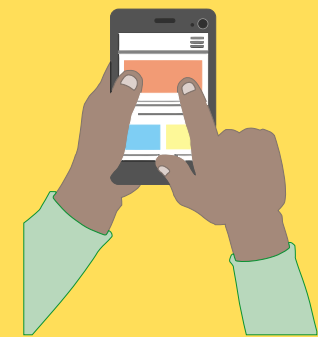
2nd & 3rd May 2020



### Digital Poster

Create digital posters in regional languages that North Indians and other migrant workers can understand

4th & 5th May 2020



### Awareness Memes

Create hilarious but thoughtful memes that creates awareness about corona

6th & 7th May 2020



### Solo act

Express yourself through your acting skills

## Entertainment Events

## Corona Awareness events

DAY  
13



8th May 2020

### Pattas thatha killadi pati

Help your grandfather and grandmother exhibit their talents

DAY  
14



9th May 2020

### Lockdown Budget

Sit as a family and prepare a budget for this lockdown period

DAY  
15

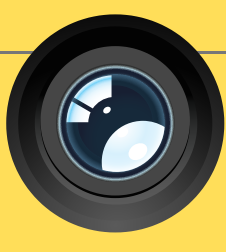


10th May 2020

### Kalakkapovathu yaaru

A variety fun event for all members of the family

DAY  
16



11th May 2020

### Lockdown Parithabangal

Share with humour how this lockdown has changed your life

DAY  
17



12th May 2020

### Lockdown Sirappu Pattimandram

Debate on who is following the corona precautionary measures strictly? Elders or Youngsters.

DAY  
18



13th May 2020

### Fancy Dress

Dress up one member of your family they way you like

8th & 9th May 2020

### Poetry

Pen a poem on creating awareness on corona and share it with all

10th & 11th May 2020

### Elocution

Present your strong points on creating awareness through speech

12th & 13th May 2020

### Singing

Pen your own song on creating awareness about corona and sing it


## Entertainment Events

## Corona Awareness events

DAY  
19

**THANKYOU** 14th May 2020  
**Nandri Solla  
Unnakku**  
Express your gratitude to someone who helped you in this lockdown period

DAY  
20

 15th May 2020  
**Naan Aanai Ittal**  
How will you handle this situation if you had power and authority?


DAY  
21

 16th May 2020  
**Movie Review**  
Watch a black and white movie and give a review about the movie.

DAY  
22

 17th May 2020  
**Traditional Games**  
As a family go back to your childhood and play thayam, pallankuli, pandi etc.

DAY  
23

 18th May 2020  
**Home Scientist**  
Do a simple science experiment/ demonstration with what is available at home and upload in social media. Tag your school and your teachers.

DAY  
24

 19th May 2020  
**Vegetable Carving**  
Show your carving skills with the fruits and vegetables at home

14th & 15th May 2020

### Dance

Express your views by a powerful dance.

16th & 17th May 2020

### Photography

Take photos related to corona and lockdown and share with all

18th & 19th May 2020

### Awareness Videos

Prepare your own awareness videos.

## Entertainment Events

## Corona Awareness events

DAY  
25



20th May 2020

### Mimicry

Express your talent for all to enjoy

DAY  
26



21st May 2020

### Solo Acting

Showcase the navarasas

DAY  
27



22nd May 2020

### Makeup podu

Groom the elders in your family through a makeover

DAY  
28



23rd May 2020

### Nalla Unavu

Create a video of making a simple but healthy food for summer during this lockdown

DAY  
29



24th May 2020

### Hand emoji challenge

Depict the different emojis through your hand

DAY  
30



25th May 2020

### End Card in Ethnic Dress

Share with us how these 30 days went wearing an ethnic dress.

20th & 21st May 2020



### Skit

Its drama time with family. Come out with an interesting drama on creating awareness.

22nd & 23rd May 2020



### App

Develop an app that creates awareness about corona

24th & 25th May 2020



### Essay/ Story writing

Are you a good writer? Write an essay or story and read it loud.

## Other Activities of Significance during the Lockdown Period

### Prepare a schedule for a healthy daily routine

Self discipline is the basic requirement for success.

### Physical Fitness

Lockdown has made almost everyone's life sedentary. Let stretching and basic exercises be a part of your regular routine. Involve all your family members.

### Academic Preparation

Immediately after the lockdown we can anticipate the end semester exams. So make it a point to refresh your academics. Discuss with your tutor and course handling faculty and make it a point that you spend good time in academics.

### Covid Quiz

Awareness about the precautionary measures to be taken during such pandemic is very important and students should take up the covid awareness quiz on mygov.in and get certificate. Then the student should also educate his family members and friends and relatives and facilitate them get certification.

### Skill Development

Gain/ develop at least one skill in this lockdown period like app development, web development, web design etc.





## Other Activities of Significance during the Lockdown Period

### Corona Precautionary measures taken

Share how your family has adopted to the precautionary measures and have you come out with a creative way to carry out a task safely

### Functions and Celebrations

There might have been birthdays of your family members, functions in your family. Share how you celebrated these functions safely during this lockdown period.

### Support to family

Share the details of how you helped, supported your family members during this period. How did you help your family members engage the time usefully?

### Care for pets

It would have been difficult to have pets and maintain them during the lockdown. Share how your pets at home were taken care of?

### Water conservation

Though we are expected to wash our hand frequently. Conservation of water is very important. How did you do that?

## Other Activities of Significance during the Lockdown Period

### ARK (Act of Random Kindness)

Did you help someone during this lockdown period? Did you bring a smile in someone's face during this lockdown period? If so we want to hear about that.

### Mentoring

Not every schools has ICT facilities to conduct online classes. Did you try connecting with those schools or children and help them with learning? If so we would like to hear.

### Vehicle Maintenance

What efforts you took to keep your vehicle ready?

### Gardening

Why don't you try having your own roof garden or small herbs in pots within your house. Roots of the greeneries can be kept in pots and they will be ready to be plucked within the lockdown period.

### Kindness towards all living beings

Did you keep some water and cereals for birds in your patio? Did you feed a stray dog? We like to know.



# AASHRAYA 2020



## Terms and conditions :

- Student, Alumni, faculty members Administrative Staff, non teaching & supporting staff, Family members of all Stakeholders of SKCT family and General public can participate.
- Record the activity that you participated & upload in all social media like Facebook, Instagram, Twitter, Youtube etc.
- Tag as many friends and relatives. Open YouTube channel and upload the videos. Make your friends like and subscribe your channel.
- After one week of activity, the video/ photo that got the most number of likes online will be declared the winner.
- Use hashtags - **#skctlockdownchallenge** and **#aashraya2k20** while posting your work.
- Social media links of your activity Photos or Videos Should be Uploaded in the Google Form.





<https://forms.gle/amYRGAbxcpNywFvi7>  
*(Social media links of your posts should be uploaded  
to the above Google form)*



skct\_positive\_lockdown



Skct Positive Lockdown



positive\_skct



[www.skct.edu.in](http://www.skct.edu.in)

**Dont Forget to Add Hashtags**  
***#skctlockdownchallenge and #aashraya2k20***

**For Queries,**



[sathishkumar.b@skct.edu.in](mailto:sathishkumar.b@skct.edu.in)