



1. Circular on Unlocked in Lockdown: Season 2

"Unlocked in Lockdown: Season 2"

Date: -07.05.2021

Dear Students,

Hope you all are safe and doing well.

As the number of COVID-19 cases in our country is increasing day by day during the second wave of Corona pandemic, the lockdown across the nation is continuing. University has been shut down due to the lockdown, and you are now left with lots of free time on your hands besides online classes, online exams etc. But this doesn't mean you sit at home and let the time pass by. There are numerous ways a student can utilize this time productively and gain something out of it.

So, dear Centurions we came up with a new initiative-cum-competition nurturing your inner talent to inculcate and capture values which are sustainable and also contributing towards communities as a unique theme of **"UNLOCKED in LOCKDOWN"**. **This competition is open for all students of Centurion University irrespective of campus/school/program. The idea is to engage students to inculcate and capture our values focusing on sustainability and contributing towards society.**

You are advised to go through the attached 12 different tracks, find the suitable ones, participate and win awards and recognition. For registration, please fill your details @ <https://docs.google.com/forms/d/1tNuYQLw08eIEaWKGgdGNgXS7aYc2tp2qfE00QZdJwyA/>. A student can participate in minimum one track and maximum three tracks. Please go through the below given details for a detailed understanding of all the 12 tracks for the competition.

Tracks Summary:

1. Embracing the Nature: (Dr. Sangram K. Swain)
2. Paint your dreams: (Dr. Atanu Deb)
3. Learning/Teaching new tools and techniques: (Dr. Atanu Deb)
4. Build on your family relationships/ The Family Story: (Dr. Sangram K. Swain)
5. Read a book and Learn how to write a review/ story: (Dr. Atanu Deb)
6. Videography, Photography and Creating a collage: (Dr. Atanu Deb)
7. Social Responsibility activity in our community: (Dr. Sangram K. Swain)
8. Preparing Traditional Food: (Dr. Sangram K. Swain)
9. Cultural Track: (Dr. Sangram K. Swain)

10. Best out of Waste: (Dr. Sangram K. Swain)
11. Sports, Yoga & Meditation: (Dr. Atanu Deb)
12. Any New Innovation/Creativity (Dr. Atanu Deb)



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UNIVERSITY
*Shaping Lives...
Empowering Communities...*

2. Participants List for Unlocked in Lockdown: Season 2

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2. Report on Unlocked in Lockdown: Season 2

"Unlocked in Lockdown: Season 2"

Dear Centurions we came up with a new initiative-cum-competition nurturing your inner talent to inculcate and capture values which are sustainable and also contributing towards communities as a unique theme of **"UNLOCKED in LOCKDOWN"**. **This competition was open for all students of Centurion University irrespective of campus/school/program. The idea is to engage students to inculcate and capture our values focusing on sustainability and contributing towards society.**

The students were advised to go through the attached 12 different tracks, find the suitable ones, participate and win awards and recognition. For registration, please fill your details @ <https://docs.google.com/forms/d/1tNuYQLw08eIEaWKGgdGNgXS7aYc2tp2qfE00QZdJwyA/>. A student can participate in minimum one track and maximum three tracks. Please go through the below given details for a detailed understanding of all the 12 tracks for the competition.

Date: 07.05.2021

Participants: 191

Tracks Summary:

1. Embracing the Nature: (Dr. Sangram K. Swain)
2. Paint your dreams: (Dr. Atanu Deb)
3. Learning/Teaching new tools and techniques: (Dr. Atanu Deb)
4. Build on your family relationships/ The Family Story: (Dr. Sangram K. Swain)
5. Read a book and Learn how to write a review/ story: (Dr. Atanu Deb)
6. Videography, Photography and Creating a collage: (Dr. Atanu Deb)
7. Social Responsibility activity in our community: (Dr. Sangram K. Swain)
8. Preparing Traditional Food: (Dr. Sangram K. Swain)
9. Cultural Track: (Dr. Sangram K. Swain)
10. Best out of Waste: (Dr. Sangram K. Swain)
11. Sports, Yoga & Meditation: (Dr. Atanu Deb)
12. Any New Innovation/Creativity (Dr. Atanu Deb)

Tracks Details:

1. Embracing the Nature: (Dr. Sangram K. Swain)

- You can try your hand at growing/nurturing plants
- Creating a medicinal plant garden or kitchen garden or flower garden etc.

- Create saplings for the garden
- Capture the Change in Nature with Humans at Home
- Etc.

Themes:

- Lockdown memories

Mode:

- Tangible activity

Submission:

- Online

Output:

- Online report

2. Paint your dreams: (Dr. Atanu Deb)

- Gather all your paint brushes lying unused. Start exploring your creative mind to paint.
- You can also use plastic spoons, visiting cards or your hands to do some artistic work.
- There are many websites that suggest painting ideas for the day. You can set aside an hour every day and experiment with these ideas.
- Draw, paint, sketch or any other form of expression you are comfortable with.Etc.

Themes:

- Lockdown memories

Mode:

- Digital
- Sketching and Inking
- Watercolour, Acrylic and others

Training and Submission:

- Oneday online workshop will be conducted.
- Students have to Submit their paintings in JPEG format. (via e-mail)

Output:

- Online e-book

3. Learning/Teaching new tools and techniques: (Dr. Atanu Deb)

- You can use this time to take up online FREE courses, MOOC courses around/beyond your disciplines in platforms (UDEMY, Coursera, Edx, Swayam etc) and earn certificate.
- You can teach students (Schools/College) and friends some technology tools using free ONLINE platforms (Zoom etc.) on something beneficial for them (Example: How to create using Adobe Spark, Google Cloud etc.).
- You can create your own YOUTUBE Channel on something you are extremely good at.
- You can teach the elderly how to use the Digital Utility Tools (Netbanking, Email, IRCTC etc.)
- Etc.

Themes:

- Lockdown memories

Mode:

- Online activity

Submission:

- Online

Output:

- Online report

4. Build on your family relationships/ The Family Story: (Dr. Sangram K. Swain)

- This is your chance to strengthen your relationships back home. One way to do that is by bonding through activities – such as reading books to your grandparents or helping your parents in their chores like shopping, cooking, gardening or cleaning.
- This is the best time to spend time with your family. During your busy school or college lives, you may not get enough time to talk to your family and spend quality time with them.
- Help your parents in the household chores or spend some extra time with your grandparents.
- You can investigate more into your family history from your parents, grandparents, and record amazing story about your fore parents and grand fore parents of last 5 to 6 generations in “My Family Story”.
- Etc.

Themes:

- Lockdown memories

Mode:

- Tangible activity

Submission:

- Online

Output:

- Online report

5. Read a book and Learn how to write a review/ story: (Dr. Atanu Deb)

- A good book can transform you so don't wait! There are many good books you can find online.
- It is always good to get lost in a good book. They are the perfect way to spend long lockdown days.

More Ideas:

- While learning a new language has multiple benefits and is a fun experience, it needs focus and dedication. There are many websites and apps that offer language courses. Some of them even offer a certificate after you complete the course.
- You can opt for online classes and apps that offer easy ways to learn a new language. It is not only fun; they add a lot of value to your professional life. Etc.

Training and Submission:

- Oneday online workshop on 'Review and Critical Thinking' will be conducted.
- Workshop on story writing
- Students have to Submit their reviews in word format

Output:

- Online Blogs

Themes:

- Lockdown memories

Mode:

- Online/Offline activity

Submission:

- Online

Output:

- Online report

6. Videography, Photography and Creating a collage: (Dr. Atanu Deb)

- If you have a good camera, go and capture the photographs based on a theme.
- If you have countless photographs on your smartphone, then this is a good activity for you.
- All you have to do is print out your favourite photographs on a paper and then cut them out. Take any cardboard box like an old shoebox or a garment box to prepare your cardboard base.
- This is a good time to spend organizing them into collages, maybe for your room or your friends. It gives you something to do. Etc.

Themes:

- Lockdown memories

Mode:

- Digital

Training and Submission:

- Oneday online workshop will be conducted.
- Students have to Submit their paintings in JPEG format. (via e-mail)

Output:

- Album, Video Snipage and Video article

7. Social Responsibility activity in our community: (Dr. Sangram K. Swain)

- Take time out and clean the closet thoroughly.
- Feed the poor during the lockdown.
- Arrange the things you need neatly and place them in your closet. You can give away the things you no longer need like old clothes or books to charity.
- Use your time during the lockdown wisely because time once gone can never be regained.
- Capture the Uniqueness (in Culture, Food, Craft, Arts, People, Environment etc) existing in your locality (Village/Town/City) and prepare a report "**The Local Diary**".

Themes:

- Lockdown memories

Mode:

- Online/Offline activity

Submission:

- Online

Output:

- Online report

8. Preparing Traditional Food: (Dr. Sangram K. Swain)

- Preparing foods like our Mother's prepared food.
- Traditional cuisines based on local taste
- Etc.

Themes:

- Lockdown memories

Mode:

- Online activity

Submission:

- Online

Output:

- Online report

9. Cultural Track: (Dr. Sangram K. Swain)

- Singing
- Dancing
- Drama
- Comedy
- Writing a article
- Writing a blog
- Participating in SPIC MACAY program
- Etc.

Themes:

- Lockdown memories

Mode:

- Online/Offline activity

Submission:

- Online

Output:

- Online report

10. Best out of Waste: (Dr. Sangram K. Swain)

- Anything creative stuff out of the waste.
- Etc.

Themes:

- Lockdown memories

Mode:

- Offline activity

Submission:

- Online

Output:

- Online report

11. Sports, Yoga & Meditation: (Dr. Atanu Deb)

- Any indoor sports activities.
- Yoga & Meditation activities.
- Healthy tips to fight against Corona
- Etc.

Themes:

- Lockdown memories

Mode:

- Online/Offline activity

Submission:

- Online

Output:

- Online report

12. Any New Innovation/Creativity (Dr. Atanu Deb)

- Spend time to play new computer games.
- Watch and learn from good TV shows. Etc.

Training and Submission:

- Oneday online workshop will be conducted.

Output:

- Online showcase

Themes:

- Lockdown memories

Mode:

- Online/Offline activity

Submission:

- Online

Output:

- Online report

Other Details:

- Registration: Google form
- Mentoring: Name of the mentor mentioned along with the track
- Capturing activities: Report including Photo, Audio, Video
- Mode of submission: Online
- Evaluation: Evidential Outcome and Report
- Award & Recognition:

All participants will get e-participation certificate

Winners of each category will get merit certificate and suitable prize

Time lines:

- Registration: 7th - 13th May 2021
- New activities capturing: 15th May - 13th June 2021
- You may add if did any activities during: 15th April – 14th May 2021
- Submission of Report: 14th - 20th June 2021 (Details will be shared on how to submit)
- Evaluation: 21st - 27th June 2021
- Declaration of Result: 30th June 2021



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