



# **NATIONAL CADET CORPS**

**ACTIVITIES**

2019-20

## ENVIRONMENT DAY CELEBRATION 2019

World Environment Day is celebrated on 5<sup>th</sup> June every year, and is the United Nations 'principal vehicle for encouraging awareness and action for the protection for the environment. First held in 1974, it has been a flashtag campaign for raising awareness on environmental issues emerging from marine pollution human overpopulation, and global warming, to sustainable consumption and wildlife crime. World environment day has grown to become a global platform for public outreach, with participation from over 143 countries annually. Each year WED has provided a new theme that major corporations, NGO's, communities, governments and all celebrities worldwide adopt to advocate environmental causes.

A clean environment is very necessary to live a peaceful and healthy life. But our environment is getting dirty day by day because of some negligence of human belongs. The environment plays a significant role to support life on earth. But there are some

issues that are causing damages to life and the ecosystem of the earth.it is related to the not only environment but with everyone that lives on the planet. Besides it's main source of pollution, global warming, greenhouse gas and many others. The everyday activities of human are constantly regarding the quality of the environment which ultimately results in the loss of survival condition from the earth. An environment is the natural surroundings which help life to grow, nourish and destroy on the planet called earth. Natural environment plays a great role in the existence of life on earth and it helps human beings, animals and other livings thing to grow and develop naturally, but due to some bad and selfish activities of the human belongs our environment is getting affected. It is the most important that everyone must know how to protect our environment to keep it safe forever as well as ensure the nature's

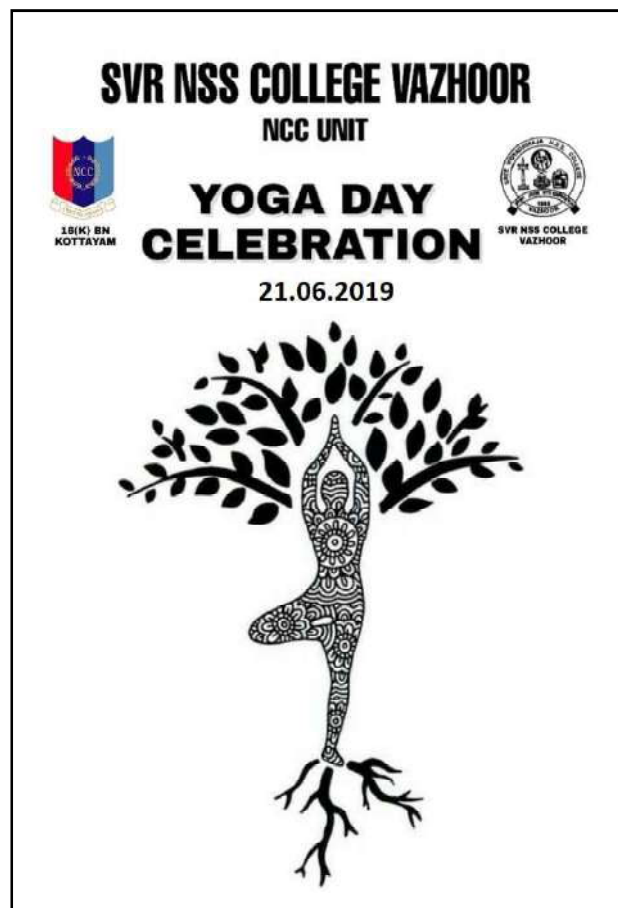


balance on this planet to continue the existence of life.

All NCC Cadets were assemble in the college auditorium by 9:45 am on 5 june 2019. Our college Principal Dr. M R Renuka inaugurated the programme. World Environment Day 2019 Slogans: There is a paramount need to protect the environment at the moment, and this is what World Environment Day, which is celebrated every year on June 5, highlights. This year, the theme is 'Air Pollution'. She delivered a talk on the importance of environment and air pollution effect on environment. As a part of World Environment Day our NCC cadets draw poster related to protection of environment. Total 52 cadets participated in this programme.

## INTERNATIONAL YOGA DAY

International yoga day is celebrated on 21st of June. It was Prime minister, Narendra modi who gave the proposal to observe this day as international yoga day. Practising Yoga is one of the ways to grow into a better human being with a sharp mind, a good heart and a relaxed soul .Yoga is a spiritual practice which comes through the meditation through approaching nature and balance of body and mind. Yoga is derived from the Sanskrit word means adding and the practice of discipline. Yoga teaches us to discipline by combining body and mind. Yoga is always a science of living a healthy life. Yoga is an action which controls the activities and body parts breathe. It promotes internal and external power by connecting body and mind with nature. This is not physical action only, because it enables a person to control mental, emotional and spiritual thoughts. It can be done by people at any age such as childhood, adolescence, adult or old age it requires safe, slow and controlled physical activity with controlled breathing. Yoga asanas build strength, flexibility and confidence. It is a systematic practice of physical exercise, breath control, relaxation, diet control, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment. Asanas are poses which exercise the front, back and side of the body equally. There are 84 basic yoga asanas. Yama, Niyama, Asana, Pranayama,





Pratyahara, Dharana are the 8 limbs that comes from the sankrit term ashtanga and refers to the eight limbs of yoga. Maharishi patanjali is known as the father of yoga. Regular practice of yoga can help lose weight, relieve stress, improve immunity and maintain a healthier lifestyle.

The modern life tempts us with comfort and to make our life more comfortable and convenient we pay for it with obesity, hypertension and cardiac problems. Although we have hi-tec medical facilities, we are still leading a stressful, unhealthy and unstable life. In this situation, yoga can bring peace to our body, mind and soul and add more value to our life The importance of yoga in modern life is abundant.

Yoga teaches us the knowledge of how to lead a healthy living. It improves our concentration, creativity and sharpens our memory. To maintain a positive physical and mental health, yoga is a must.

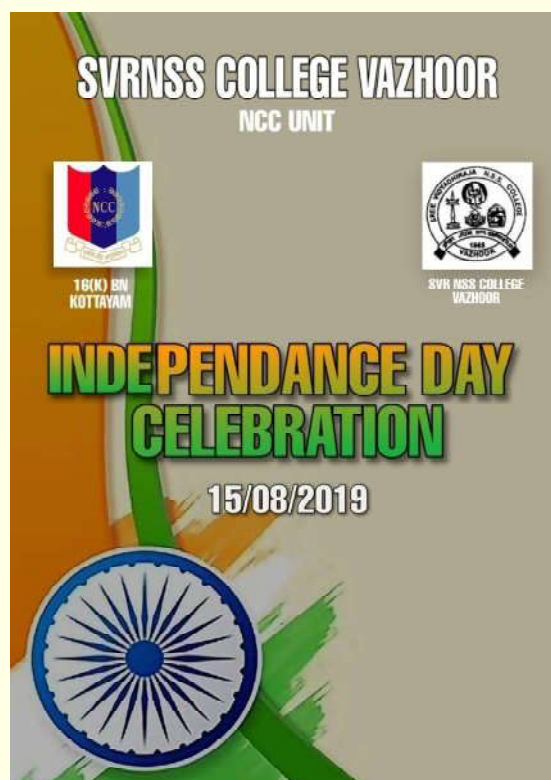
In the middle of hustle and bustle of the modern life, our emotional stability declines day by day. But yoga can help to prevent it. So another importance of yoga improves our muscle strength, stamina and bring immune and mental stability.

All NCC Cadets were assemble in the college auditorium by 9:45 am on 21 June 2019. Our college Principal Dr. M R Renuka inaugurated the programme and delivered talk on the importance of yoga in our daily life. The Cadets started to perform yoga as soon as the lamp lighting ceremony was over and after that poster drawing



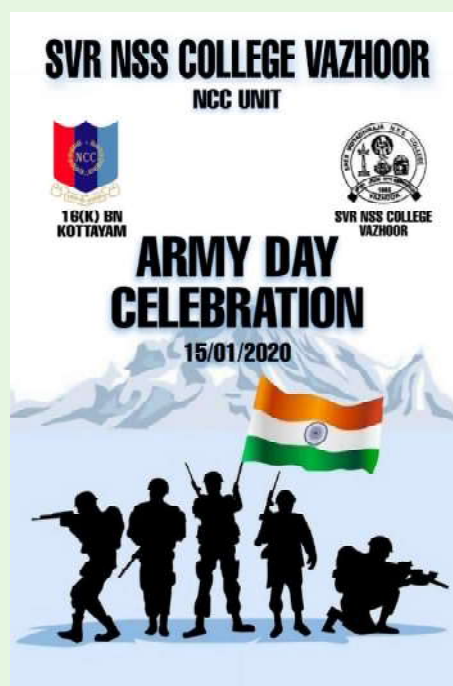
## INDEPENDENCE DAY CELEBRATION 2019

Independence day is celebrated every year on 15th August, we all celebrate this day with great joy and enthusiasm every year. Our college Principal Dr. Renuka M. R was the Chief Guest of the Programme. She hoisted the national flag on the college building sharp at 9:00 am. All the cadets give a salute and sing the national anthem song.



## ARMY DAY CELEBRATION

India was celebrated 72<sup>nd</sup> **Army Day** on 15 January 2020. Indian Army Day is celebrated every year on the 15th of January since it was the day when the last British commander in Chief, General Sir Francis Butcher, was replaced by the first Indian Commander in chief of the Indian army, Field Marshal Kodandera M. Cariappa in the year 1949. After the independence of India, Indian Army Day is an important milestone since it significance India, taking control of its defences.





The Indian Army always reminds us of the strong, disciplined, courageous and brave men and women who risk their lives at every hour for the love of their country.

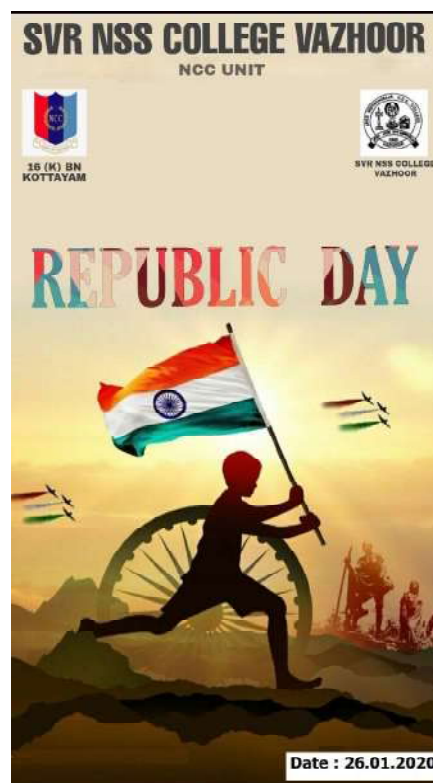
When we complain about how worse life has become due to the crisis, the people in the Indian army start firm and complain about nothing, even though they know that any moment might be their last. They too have loved once at home, they too have a family, but they chose the love of the nation over everything else, even above their own life.

In our college on the occasion of Army Day a poster is drawn by NCC cadets related to the army and submitted in an online platform and social sites. Some posters are attached.

## REPUBLIC DAY CELEBRATION 2020

Republic Day 2020: Republic Day has been celebrated every year in India on January 26, since 1950 to honour the date on which the Constitution of India came into effect. India will be celebrating its 71st Republic Day this year.

The college Principal Dr. Renuka M. R unfurled the national flag on the occasion of Republic Day ceremony. After that everybody stood straight for National Anthem sung by the students. In her presidential address, she told that knowledge has always been considered more valuable than power, fame or money in India. Educational institutions are considered as the place to acquire knowledge in the Indian tradition, i.e. the temple of learning. The foundations of a sound education system were built in ancient times, with the setting up of great universities like Nalanda and Takshashila. Our many achievements in the field of education are notable. It is our endeavour that no child or youth of the country should be deprived of the facilities of education.



## COVID-19 TRAINING

Our 60 cadets participated in COVID-19 training for the protection of Covid by the Department of Personnel and Training has launched a platform to combat COVID-19. This will be available for all front-line workers to equip them with the training and updates in coping with Pandemic. Alongside the Ministry of Human Resource Development, DoPT has launched the iGOT courses on Diksha Platform.



**The target group for this course will be:** • Doctors • Nurses • Paramedics • Hygiene Workers • Auxiliary Nursing Midwives (ANMs) • Technicians • Central & State Govt. Officers, Civil Defence Officials • various Police Organisations • National Cadet Corps (NCC) • Nehru Yuva Kendra Sangathan (NYKS) • National Service Scheme (NSS) • Indian Red Cross Society (IRCS) • Bharat Scouts & Guides (BSG) and other volunteers.

**There are 10 courses, namely:** 1. Basics of COVID-19 2. ICU Care and Ventilation Management 3. Clinical Management 4. Infection Prevention through PPE 5. Infection Control and Prevention 6. Quarantine and Isolation 7. Laboratory Sample Collection and Testing 8. Management of COVID 19 Cases 9. COVID 19 Training 10. Psychological care of patients with COVID-19

The courses are free of cost. Also, they will usually be a set of 10 video lectures and contain a practice questionnaire at the end.

Through its customized approach, COVID-19 warriors can learn about critical areas from this one-stop source. Similarly, they can respond to the prevailing and emergent situations, by keeping themselves updated in a real-time manner. This platform is well equipped to cater to the demands of unlimited requests of learning at any time anywhere. Learners can access the platform through an easy to use manual for desktop and mobile versions, thereby making it accessible for all.