

NCC

ACTIVITIES

2019 - 2020

LIST OF THE ACTIVITIES

21 June 2019 -- Yoga Day Celebration

1 July 2019 to 11 July 2019 – **Mega Pollution Awareness Pakhwada**

5 July 2019 – 1. Mass Awareness Rally

2. Poster Making

3. Pledge taking against Pollution

4. Quiz Competition on Water Conservation

8 July 2019 – Seminar presentation on water and air pollution

9 July 2019 – 1. Poster Designing Competition

2. Essay Writing Competition

3. Paper Bag Making and Distribution

10 July 2019 – 1. Tree Plantation

2. Logo and Caption Designing Competition

3. Pencil Drawing Competition

11 July 2019 – 1. Short Film Show on Pollution – **‘CARBON’**

2. Treasure Hunt of Water Droplet

3. Water Pollution Survey nearby Houses

4. Preparation of Anthology – Poems, Short Stories and Essays
on Water and Air Pollution

5. Collage on Disasters related to Pollution

Award Ceremony :-

Distribution of gold medals to the best performing group of Cadets

YOGA DAY CELEBRATIONS

Date : 21 June 2019

Strength : 40

The Yoga Day was celebrated in association with the Institution SCWA Kiran, part of Ministry of AYUSH. The instructors from the Institution taught the basic lessons of Yoga to the Cadets. The instructor also delivered a speech on advantages of yoga in life.



MEGA POLLUTION AWARENESS PAKHWADA

Date : 1 July 2019 – 11 July 2019

Strength : 38

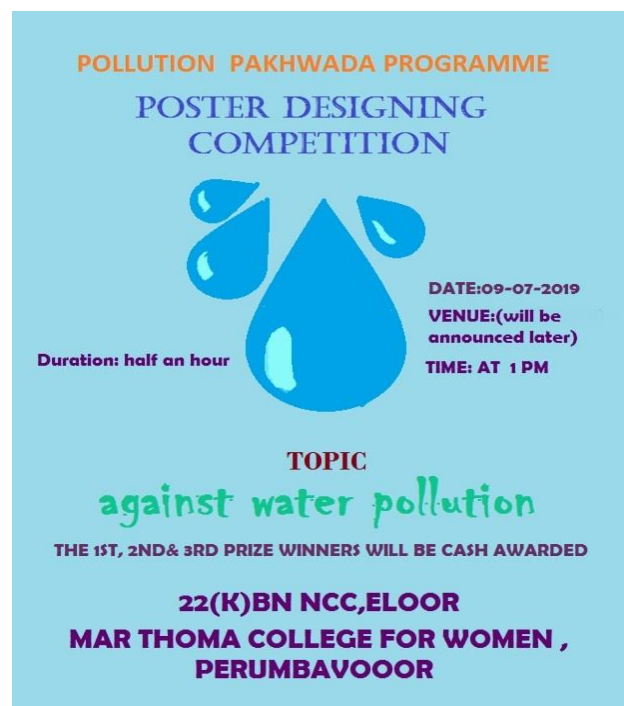
5 JULY 2019 ACTIVITIES

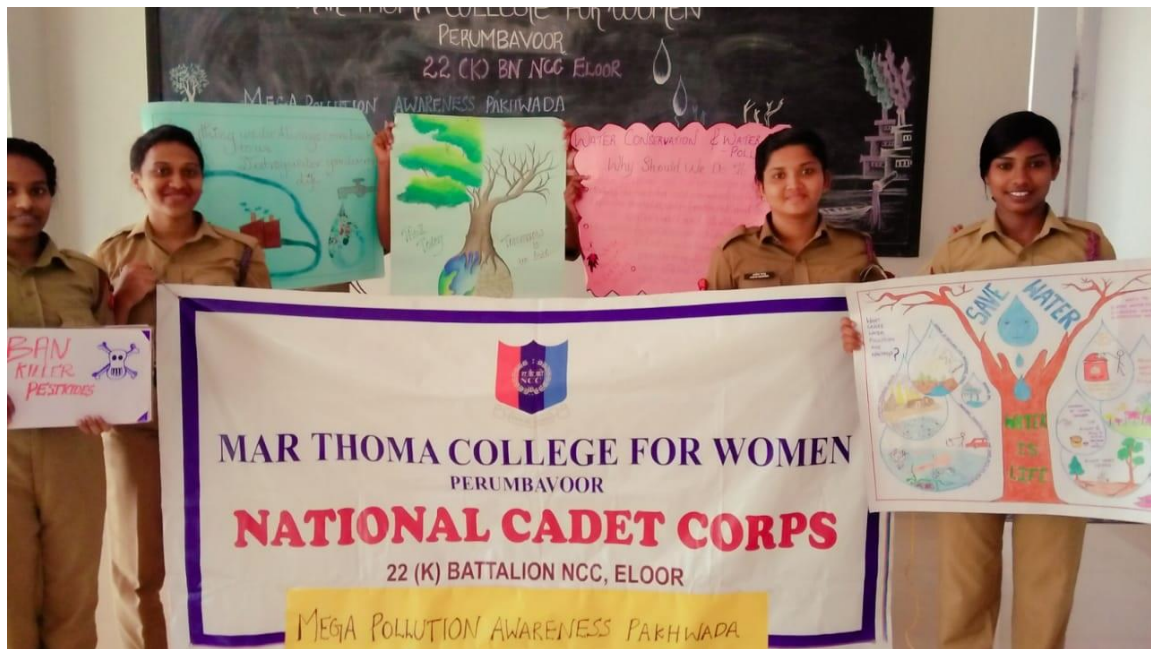
1. Mass Awareness Rally

Mass Awareness Rally on the dangers of water pollution and air pollution was conducted by the groups lead by **SUO. Lakshmi Induchoodan** and **JUO. Swetha S Kumar**. The group members spoke on the disasters related to water and air pollution, emphasizing mainly on what happened in Kasargod due to the toxic pesticide Endosulfan.

2. POSTER MAKING

Posters reflecting the dangers of water and air pollution were prepared by the Cadets and were displayed in the main college notice board.





3. PLEDGE TAKING AGAINST POLLUTION

A pledge taking programme was conducted in each and every classes to create awareness on water and air pollution.

4. QUIZ COMPETITION ON WATER CONSERVATION

Quiz competition on water conservation was conducted for the entire college so as to know the importance of water conservation, dangers of global warming and nature related disasters

5. SEMINAR PRESENTATION ON WATER AND AIR POLLUTION

Seminar presentation on water and air pollution was conducted by the group lead by **CSM.Anjana Nair**. They prepared a power point presentation on water and air pollution and described the after effects of the same. They also spoke on diseases related with pollution and precautions to be taken to avoid the same. They also discussed the effects of pollution on plants and animals.



9 JULY 2019 ACTIVITIES

1. POSTER DESIGNING COMPETITION

A poster designing competition was held for the entire college by the group lead by **CDT.ANITHA THOMAS**. The students who designed the best poster conveying the dangers of pollution was awarded.

2. ESSAY WRITING COMPETITION

Essay writing competition on the topic water and air pollution was held for the entire college by the group lead by **CDT.Anagha Joy**. The student who was able to convey the harmful effect of pollution in a logical and captivating manner was awarded.

3. PAPER BAG MAKING AND DISTRIBUTION

The group lead by **CDT.Anagha Joy** made paper bags with table paper and news paper, and distributed the same to all the departments and nearby shops. This activity was done so as to create awareness on

plastic eradication and to encourage the use of paper products for a green environment.



10 JULY 2019 ACTIVITIES


TREE PLANTATION

Tree plantation drive was organized by the group lead by CDT. Ann Mariya Jose. The saplings of soil conserving trees were planted. This activity was conducted to create a green and pollution free environment.

LOGO AND CAPTION DESIGNING COMPETITION

Logo and caption designing competition was held by the group lead by CDT. JISHA SUSAN SHAJI. The student who designed the best logo and caption conveying the dangers of pollution was awarded.

POLLUTION PAKHWADA PROGRAMME
22(K) BN NCC, ELLOR
MARTHOMA COLLEGE FOR WOMEN
PERUMBAVOOR
LOGO DESIGN AND CAPTION
MAKING COMPETITION



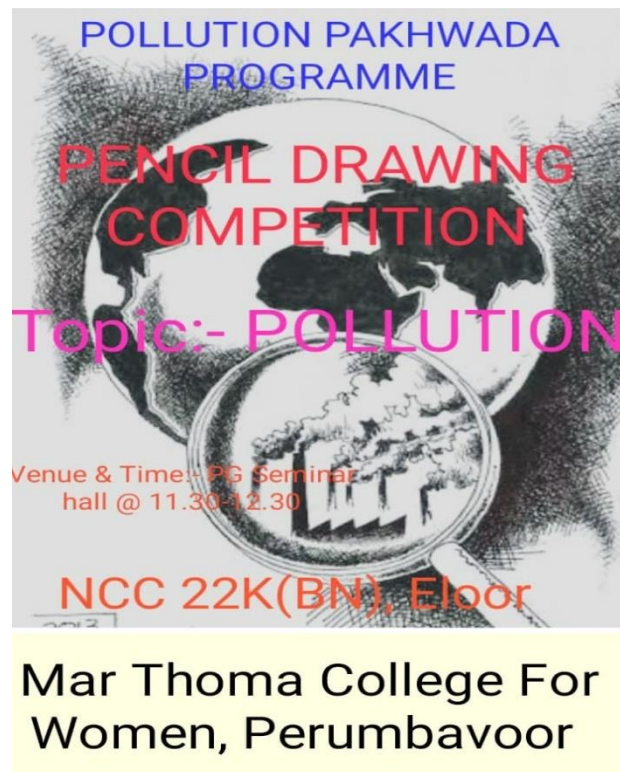
Topic
Water Pollution and Conservation of water

| | |
|-------|-----------------|
| Venue | Conference Hall |
| Date | 10-07-2019 |
| Time | @ 12 pm |

Prizes are awarded for the best 2 logos

1. PENCIL DRAWING COMPETITION

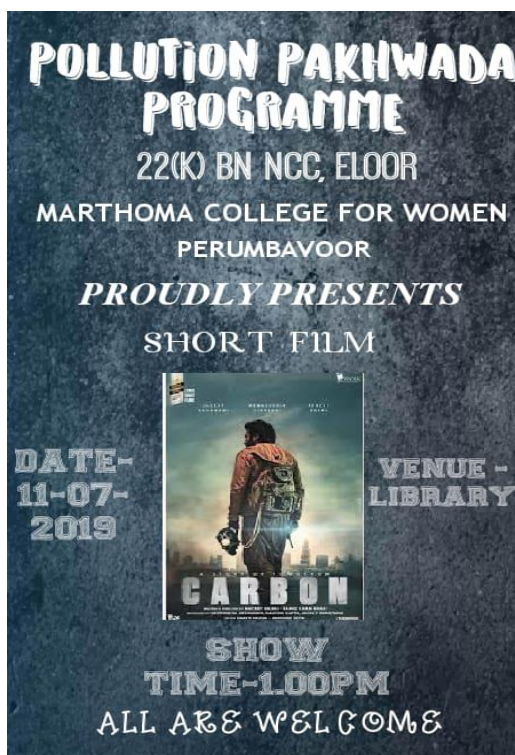
Pencil drawing competition was held by the group lead by **SGT.Anjana Ajith** and **CQMS.Sreelakshmi K G**. The student who did the best pencil drawing on water and air pollution was awarded.



11 JULY 2019 ACTIVITIES

1. SHORT FILM SHOW ON POLLUTION CONTROL

A short film with the title '**CARBON**' was shown in the college library as part of Pollution Pakhwada. The movie is based on global warming which resulted in increase in level of carbon dioxide and decrease in level of oxygen. The conflict for availing oxygen between different people of different planets is portrayed effectively in the movie. It also shows the emergence of oxygen selling corporates and the competition among them.



2. TREASURE HUNT OF WATER DROPLET

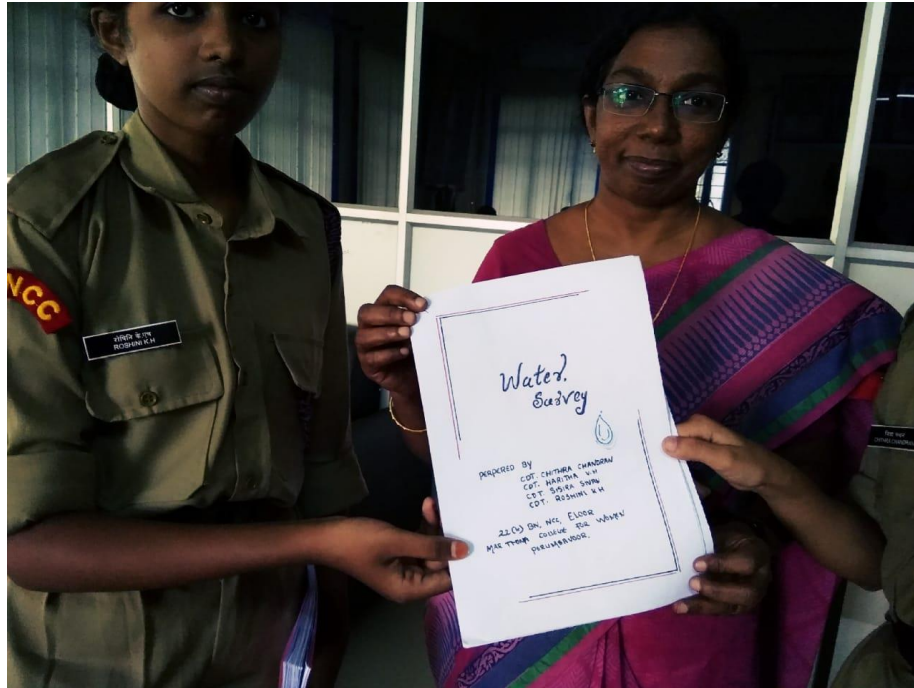
An innovative symbolic treasure hunt was organized by group lead by **CDT.CHITHRA CHANDRAN**. A hunt for water droplet made of paper was organized which symbolizes the hunt for real water droplet in future, thus creating awareness on preserving water.



3. WATER POLLUTION SURVEY NEARBY HOUSES

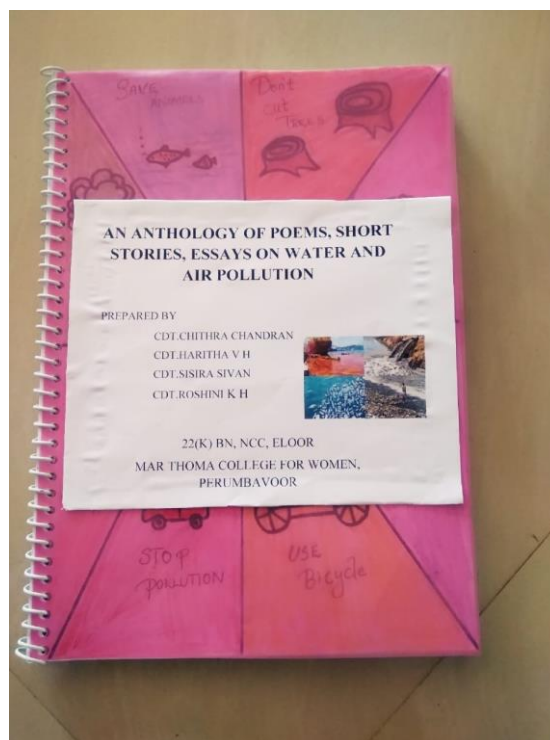
The group lead by **CDT.CHITHRA CHANDRAN** did a water pollution survey in nearby houses based on tidiness of the surroundings, buildings of rain water harvesting, conception of boiled water, proper drainage system, waste disposal mechanism, etc...





4. PREPARATION OF ANTHOLOGY

An anthology of poems, essays and short stories was compiled by the group lead by **CDT.CHITHRA CHANDRAN**. This work contains writings based on environmental destruction caused by pollution. This collection consist of writings by famous scholars and students.



5. COLLAGE ON DISASTERS RELATED TO POLLUTION

A collage of newspaper report on disasters related with water and air pollution was prepared by the group lead by **CDT.CHITHRA CHANDRAN**. The collage was a visual representation of life destroying effects of pollution.

AWARD CEREMONY OF MEGA POLLUTION AWARENESS PAKHWADA

DATE : 11 JULY 2019

STRENGTH OF THE CADETS : 38

An award ceremony of **MEGA POLLUTION AWARENESS PAKHWADA** was held at Principal's office at 3:30 pm. Gold medals for the best and innovative performance was given to **CDT.CHITHRA CHANDRAN** with other members **CDT.HARITHA V H**, **CDT.ROSHINI K H** and **CDT.SISIRA SIVAN**. The Principal congratulated the gold medal winners and all other cadets who have put their efforts to make this programme successful. The Principal also handed over the Trophies to all those winners of different competitions held as part of this programme.



KARGIL VIJAY DIWAS COMMEMORATION

DATE : 26 JULY 2019

STRENGTH : 38

26 July 2019 marked the 20th anniversary of victory in 'Operation Vijay', popularly known as the 'Kargil War'. The Cadets celebrated Kargil Vijay Diwas by creating a model of Indian Map and by paying tribute to the war heroes who lost their lives in the war. **CDT.JISHA SUSAN SHAJI** delivered a speech on the Kargil War and gave an insight to the Cadets about the Victory of India.

73rd INDEPENDENCE DAY CELEBRATION

DATE : 15 AUGUST 2019

STRENGTH : 36

The Independence Day of India was celebrated on 15 August 2019 with the Flag Hoisting Ceremony. The Flag was hoisted by the Principal **Dr. Gigi George**. A message on "Communal Harmony and National Integrity" was also given by the Principal. The ceremony was celebrated by parade and NCC song by the Cadets. Sweets were also distributed to everyone present on the occasion.

FLOOD RELIEF WORKS

In association with NSS unit and Red Cross unit of the college, the NCC unit conducted flood relief activities on 13 and 14 August 2019. We started a collection centre at the college campus where essential new materials were collected and sorted out for the distribution to the needy. The cadets also

canvassed from house to house for the contribution from each individual in the monetary or material form for the flood affected victims. The monetary fund was utilized for buying essential items like bed, napkin, bedsheets, cleaning lotions etc. A total of essential materials worth RS 2,00,000 were brought and given to State Government Collection Centre at Kakkanad Civil Station.














SAVE KERALA

**MAR THOMA COLLEGE FOR WOMEN
PERUMBAYOOR**



- *Drinking water
- *Mats
- *Bedsheets
- *Blankets
- *Pillows
- *Sanitary Pads
- *Medicines
- *Cleaning Essentials

**Every contribution from you is
invaluable to someone else...**

**Let's BE the CHANGE to BRING the
CHANGE**

WE CAN BE DESTROYED BUT NOT DEFEATED

MEGA SWACHHATA PAKHWADA

DATE : 17 SEPTEMBER 2019 – 2 OCTOBER 2019

17 SEPTEMBER 2019

PLEDGE TAKING AGAINST POLLUTION

A pledge taking programme was conducted under the leadership of group lead by **SUO.SWETHA S KUMAR** which gave an insight to the Cadets about the protection of the earth against pollution.

18 SEPTEMBER 2019

QUIZ COMPETITION

Quiz competition on water conservation was conducted for the entire college under the leadership of the group lead by **CDT.ANAGHA JOY** so as to know the importance of conservation of natural resources, dangers of global warming and other nature related disasters.

20 SEPTEMBER 2019

AWARENESS CLASS AGAINST POLLUTION

An awareness class against pollution and for the cleanliness of the earth was conducted by the group lead by **CSM.ANJANA NAIR**. They described the after effects of pollution and precaution to be taken to avoid the same through keeping our surroundings neat and clean.

23 SEPTEMBER 2019

SLOGAN MAKING COMPETITION ON CLEANLINESS

A slogan making competition was conducted under the leadership of **CQMS.SREELAKSHMI K G** on the importance of personal hygiene and cleanliness of our surroundings.

25 SEPTEMBER 2019

ESSAY WRITING COMPETITION

Essay writing competition was held for the entire college by the group lead by **CPL.JOSMIN JOSEPH**. The students who was able to convey the importance of cleanliness in a logical and captivated manner was awarded.

26 SEPTEMBER 2019

CHART PREPARATION

Chart was prepared by the group under the leadership of **SUO.LAKSHMI INDUCHOODAN** and were presented in the college corridors for the students to see and realize the importance of cleanliness.

28 SEPTEMBER 2019

STORY WRITING ON THE TOPIC 'PERSONAL HYGIENE'

A story writing competition for the entire college was conducted by group under the leadership of **CDT.JISHA SUSAN SHAJI** on the importance of personal hygiene.

1 OCTOBER 2019

POEM WRITING COMPETITION

A poem writing competition was conducted under the leadership of **CDT.CHITHRA CHANDRAN**. The students who did the best were awarded.

PLOGGING

The activity of plogging was held under the supervision of **SUO.LAKSHMI INDUCHOODAN** and **JUO.SWETA S KUMAR**. All the NCC Cadets joined together to clean the rivers, college grounds and the surroundings of the college. This activity was done in order to create the awareness of a clean society.