

REPORT

In the academic year 2021-22, 1kerala Girls BN NCC, Govt College for Women, Thiruvananthapuram organized various activities such as,

1. Environment day
2. Child labour day
3. International yoga day
4. International day against drug abuse.
5. Bicycle awareness
6. Webinar on drug usage
7. Department planting
8. Statue cleaning
9. Admission duty
10. 73rd NCC day
11. National youth festival
12. Republic day
13. Women's day
14. Beach clean-up
15. Dharithri awareness campaign
16. National youth day

ENVIRONMENT DAY

On 5th June 2021, we the NCC cadets of our college did many programs which really helped us a lot to enhance our knowledge and to increase our concern towards our environment.

The day started with the making of posters out of our creativity which itself projected out the problems and their solutions through wonderful and creative quotes and pictures.

And then all our cadets took initiative to plant at least one tree at their home as a first step towards taking care of our environment and also everyone shared those proud photos in the social media platforms. The initiative was really an inspiring one to all.



At 7 pm we had a group discussion as part of the environment day on the topic "GREEN JOBS ARE ESSENTIAL FOR SUSTAINABLE DEVELOPMENT".

And the day's awareness just didn't end with these programs, it was continued with a quiz competition. All cadets had participated in the competition and of that cdt.Sneha.S and cdt.Manjima shared first prize and cdt.Ashtami,

cdt.Ameya and cdt.Gouri Biju shared second prize and third prize was shared by UO.Nivedita P Gopan and cdt.Lekshmiprabha

On 5th June 2021, several programs were conducted. At 7 o'clock in the evening, Poster making competition and debate competition were conducted followed by an awareness program the next day at 12:30pm. It was focused on the importance of preserving our environment.



WORLD DAY AGAINST CHILD LABOUR

On 12 June 2021, NCC cadets made posters and videos related to child labour and posted it in social medias. Our main aim was to create an awareness among the society to decrease the rate of child labours and also pointed that how education is important to children.



INTERNATIONAL YOGA DAY

On 21 June 2021, NCC cadets made posters of different Yoga poses practiced by them along with their family members and posted it in social medias for an awareness. On that day, at evening 7pm we conducted a webinar via Google meet. Dr. R Lekshmi (Associate professor department of philosophy) talked about “The role of yoga in student’s life” and Dr. Rasmy Deepak (B.H.M.S, MA Clinical Psychology) talked about “Health Benefits of Yoga”. Both the sections are too effective and all the cadets are actively participated in the webinar.

On 21 June 2022, NCC cadets of Government College for Women, under 1 (K) Girls Battalion NCC took part in the programme conducted at Vettucaud church at 7: 00 am in connection with international yoga day.

The session was enriched with different Asanas taught by the Yoga Instructor Smt Geetha Nair, who emphasized the importance of doing yoga and physical exercises in daily life.



The event was celebrated with great enthusiasm. The session really was well organised by our cadets. The key objectives of this event was to aware each and every one about the importance of doing Yoga as it is beneficial in many ways.



GOVT COLLEGE OF WOMEN
VAZHUTHACAUD
THIRUVANANTHAPURAM
1(K) GIRLS BN NCC



YOGA IN LIFE



June 21, 2021



DR. RESMY DEEPAK
B.H.M.S., MA (CLINICAL
PSYCHOLOGY)
TOPIC: HEALTH BENEFITS
OF YOGA



DR. R. LEKSHMI
ASSOCIATE PROFESSOR
DEPARTMENT OF
PHILOSOPHY,
UNIVERSITY OF KERALA
TOPIC: THE ROLE OF
YOGA IN STUDENT LIFE



VIA GOOGLE MEET
AT 7 PM

"Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame." — B.K.S. Iyengar

INTERNATIONAL DAY AGAINST DRUG

On 26th June 2021, N.C.C cadets made posters and videos on the topic of drug abuse. Then we decided to conduct a group discussion about the importance of this day. We discussed about drug prohibition and how to reduce drug abuse. Our cadets put forward some importance points about that topic. After one hour's discussion we decided to conclude our group discussion. Our care taker Shabana mam announced the winner of the group discussion. Cdt.Manjima was our group discussion winner.



BICYCLE AWARENESS

On July 1st 2021, we conducted a awareness program on bicycle day via google meet. Cadets from Pattom K.V also participated in this program. Bicycle mayor Sri.Prakash.P.Gopinath was our special guest. He explained the importance of bicycle riding in our daily life.And he talked about the bicycle brigade program, which helps us to understand the importance of bicycle riding and he encourages us to participate that program. T/O Susmitha, GCI, O Beena, C/T Dr. Shabana and bicycle ambassador csm.Madhur were also expressed their

ideas. After everyone's speech we concluded our awareness program .
Through this program we became more aware about the importance of bicycle riding.



KARGIL VIJAY DIWAS

The NCC cadets of 1(k) girls BN NCC belonging to govt. College for women TVM celebrated kargil vijay diwas with zeal and patriotism. We conducted an interactive session regarding Kargil vijay diwas with Dr. Anil Kumar, faculty of Govt. College for women TVM and GCI Beena, principal Dr. Chandini Sam S P, and our CTO Shabana.

The program was held at the seminar hall at 10:30am. The program started by chanting a prayer song followed by the welcome speech.

NCC cadets and the guest demonstrated the spirit of nationalism through this program. The chief guest spoke a handful of history and the significance of Kargil Vijay diwas, as well as the unique highlights and chronology of key events of Kargil war. Presentation and videos on Kargil vijay diwas were also played.



Then our principal addressed the gathering. She started her speech by reminding the efforts of the soldiers and she said about the major concerns of our society and our college. She encouraged us to face the hurdles of life and concluded the speech by wishing us on Kargil vijay diwas

WEBINAR ON DRUG USAGE

On 7th August 2021, the NCC cadets of Govt. College of women Vazhuthacaud had conducted a webinar on drug abuse in order to give awareness on its ill effects, various kinds of addiction and the measures that we can take to help the victims to get rid of.

This online session was inaugurated by our honorable vice principal Smt .Anila.J.S.

Dr. Mahesh M. M.phill the clinical psychologist and assistant professor of psychology department of our college led the awareness class for the ncc cadets. GCI Beena & caretaker Dr. Shabana Habeeb had spoke about the webinar.



DEPARTMENT PLANTING

On 8th September 2021, we the cadets of NCC, planted trees on every department of our college.

Cadets from each department brought some plants including medicinal plants, flowering plants, and ornamental plants. UO s collected all plants and sorted them out as groups containing atleast 5 medicinal plants and 5 ornamental plants on each group. Then we went to each departments as groups and planted trees there. The teachers and other students also tookpart in this work.

At the end of the day we have planted hundred of plants around each department. It was a well organized programme. Our honourable principal Dr Chandini appreciated us for our work.



STATUE CLEANING

On 22 October 2021, as part of the Swachch Bharath mission which is being observed country wide with great respect, we the cadets from our college started our initiative to clean the statues of famous personalities who have contributed great to us in one way or the other. Cleaning the Annie Mascarene square which stands as a pride in vazhuthacaud central, Trivandrum and in front of our college is of great importance and it signifies her struggle for independence and courage. On a monthly bases we used to clean the statue.

Our initiative is being done with a great support from the unit. Our GCI Beena ma'am and other officers did stand as a great support for making us do this. All

the cadets used to clean the statue on the monthly basis. It is in one way to show the importance of the struggles of the personalities and how the statue of that personality is been respected.

ADMISSION DUTY



On 12th November 2021, the admission duty have been set to guide the students and parents in and around the campus premises. The NCC cadets took the initiative to fulfill the responsibility. The admission duty started on 7th September 2021 and ended on 12th November 2021. The admission duty was setup in groups and the members were assigned the duties in a cyclic manner. The number usually increased when more number of department were scheduled from admission on a single day. The cadets were placed around the campus in such a way that they are easily able to guide the parents and the children to the destined departments. The roles played by the cadets in a coordinated way helped in completing the admission procedure in smooth way without any hurdles.

73rd NCC DAY

73rd NCC DAY was celebrated on November 28, 2021 Sunday at Govt College for Women Trivandrum. The Day was colourful with the participation of cadets of the Institution. A cadet of our Institution, Cdt. Gouri Biju participated in the NCC Day run organized by K&L Directorate in which the ADG of Dte also took part and acquired 2nd position. The observance of the day progressed with the rally of around 80 cadets of the institution from the college to Manaveeyam lane.

Then the programme progressed with a speech competition on the topic Role of NCC in Nation Building.

Many of our cadets participated in the competition. And the list of our winners are:-

1st

- Cadet Lakshmi prabha
- Cadet Aparna prakash

2nd

- L/CPL Sithara S Nair

3rd

- Cadet Arundathi
- Cadet Gouri Chandana

The Cadets also took part in the cleaning process in the campus and planting of sapplings in the road side.

The Celebration ended with the singing of NCC song and providing refreshments. The Day ended ended happily and triumphly with the participation of the NCC cadets.

NATIONAL YOUTH FESTIVAL

National Youth Festival was conducted on behalf of National Youth day commemorating Swami Vivekananda, by Government College for Women Trivandrum, 1(K) girls Bn Ncc on 13th Jan 2022. The day started with the remembrance of Swami Vivekananda, the great philosopher by the cadets and the Caretaker of NCC of the Institution. Dr. Shabana Habeeb, the Caretaker of NCC delivered a speech on the occasion and it was the kick start to the further programmes of the day. It progressed with the Panel discussion among the cadets of the institution on the topic “ You are the creator of your own

destiny". All the cadets did so well and Cadet Lakshmi prabha and cadet Arya Nirmal was selected as the best discussers.

The programme continued with an essay writing competition in which around 50 cadets participated. The topic of the essay writing competition was the



famous quote by Swami Vivekananda, "Take risk in your life. If you can win, you can lead. If you loose, you can guide". We have received extra ordinary essays on the topic . Winners of the essay writing competition are:-

1st:- Cadet Gouri Chandana

2nd:- cadet Riya Anna Roy

3rd:- Cadet Lakshmi prabha



The Programmes of the day ended with the Principal addressing the students. The Cadets paid complete cooperation to the programme to make it successful.

REPUBLIC DAY

Republic day was celebrated in the college by the cadets with great eclat. The programme The programme began at 8 30 am sharp with the unfurling of the National Flag by our beloved Principal Dr. Chandini Sam. Everyone stood to attention while the band played the National anthem .This was followed by the march past done by our cadets . The Principal gave a short speech about the importance of this day. Our caretaker Dr. Shabana Mam also gave us awareness about the day. A high spirited sense of patriotism Fervour the air. Also Cadets cleaned Annie Mascrene statue on behalf of the great day. Then we watered the plants which we have planted along the women friendly pavement.



WOMEN'S DAY

As part of women's day programme, NCC cadets of govt. College For Womens Vazhuthacaud conducted a session . The programme was inaugurated by our respected principal dr. Chandini. The session was conducted by Dr. Arun V, MBBS, MD (Psychiatry),MPhil (Clinical Epidemiology) Consultant in Psychiatry, Government MHC Thiruvananthapuram and Dr. Sonia George, Associate Professor in Psychology on 8th March 2022. Around 140 cadets participated in this session.



BEACH CLEAN-UP

One year beach clean-up drive, organized by 'We Grow Forest Foundation' was inaugurated at the Veli Tourist Village on 9th April, 2022 Saturday, by the Honourable Minister of Health, Kerala, Smt. Veena George at 7:00 am in the presence of volunteers of NCC, NSS, Swatch Bharat Abhiyan Campaigners, Nature Club Members, etc.. A patch of area was chosen and was cleared of waste materials. NCC cadets of Government College for Women, under 1 (K) Girls Battalion NCC took part in this campaign. The four hour clean-up drive came to an end at 10:30 am with the proper disposal of waste collected. The campaign ended with the promise of continuing the clean-up on every second Saturday for a period of 1 year for a better future.

The contribution of 1(K) Girls Battalion NCC to this Clean-up drive was commendable. The NCC Cadets assisted 'We Grow Forest' Foundation in achieving their goal of completing a stretch of Veli Beach as part of the drive.



DHARITHRI AWARENESS CAMPAIGN

One year village adoption program, by Govt. College For Women, in association with 'UBA' , at ICDS Nedumangadu on 18th May Wednesday 2022. NCC Cadets of Govt. College for Women, under 1(K) Girls Battalion NCC took the initiative to arrange programs.

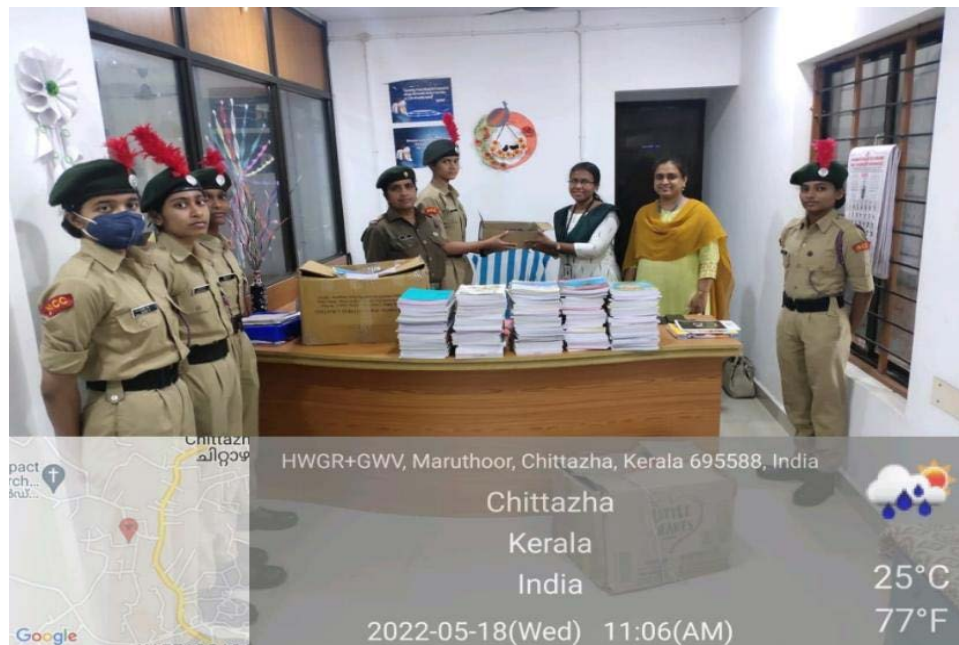
The program started off with a welcome speech by ICDS Supervisor, Soumya Rani R. The program was Inaugurated by Dr.Sithara, representative of ICDS. GCI Beena ma'am addressed the audience and gave an insight to the program. NCC caretaker, Dr. Shabana Habeeb detailed about the NCC unit functioning, UBA mission and objectives and about adopting the village. Senior Under Officer Chandhini PJ gave a brief introduction about the program, 'Dharitri'. The distribution of study materials also Took place.



As a part of UBA mission, Govt. College for Women Adopted the Aruvikkara village and programs were conducted there by 1(K) Girls Battalion NCC. UBA Mission launched by MURD aims to understand the needs of the village and enhance the village activities.

The cadets of Govt. College for Women presented a Skit on different kinds of pollution and its after effects on our environment, as a part of the awareness program. Then cadet Hema and cadet Riya Anna Roy blessed us with their melodious and beautiful poem about village. The cadets also organised a semiclassical fusion dance and a cinematic masterpiece. It surely did entertain the crowd. One of the Anganawadi teachers shared a very positive review of

the program. The program came to its end with the vote of thanks by Soumya Rani ma'am. Cadets also expressed their Wishes to the audience.




NATIONAL YOUTH DAY

As a part a of national youth day, a webinar was conducted via Google meet on 15th January 2022. COL. Alok Raj was the chief guest. It started with the prayer by cdt. Henaz S , followed by the welcome speech by cdt.Gopika B Kurup. A speech was given by CPL Fathima of GGHS Cotton Hill and CDT Aparna Prakash of GCW. Then the chief guest Col.Alok Raj addressed the gathering. Cultural

programs were performed by a number of cadets. Finally the event ended with the vote of thanks speech by cdt Ashtabula Santhosh.

1(K) GIRLS BN NCC



25 TH NATIONAL YOUTH DAY

YOUTH SUMMIT

*Unit level Cultural
Competitions*

*"Arise, awake, and stop not till
the goal is reached"*
- Swami Vivekananda

CHIEF GUEST : COL. ALOK RAJ
[COMMANDING OFFICER]

*" Date : 15/01/2022
Time : 11 am "*
<https://meet.google.com/iyf-jfsu-aae>

COORDINATOR
DR SHABANA HABEEB
[CTO, GCW]

