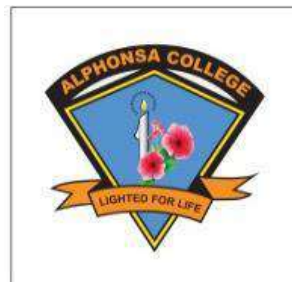




ALPHONSA COLLEGE

PALA



NATIONAL CADET CORPS (NCC)

DOCUMENTATION OF ACTIVITIES 2023-24

1. June 5 : Environment Day

Environment day is a day for encouraging worldwide awareness and action to protect the environment. Upholding the theme for World Environment Day 2023 under the campaign #BeatPlasticPollution, the cadets of the NCC unit of Alphonsa College Pala sponsored fruit trees to SHLP School, Ramapuram on June 5, 2023. 50 cadets participated



2. June 14: Blood Donor Day

The World Blood Donor Day serves to thank voluntary, unpaid blood donors for their life saving gifts of blood and to raise awareness about the importance of blood donation. On 14th June 2023, the NCC unit of Alphonsa College Pala conducted a blood donation campaign wherein cadets and civilians took part in donating their blood.



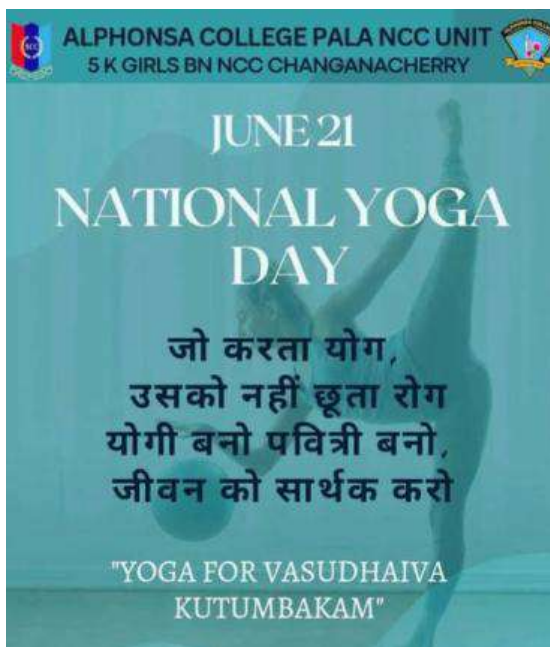
3. June 19: Reading Day

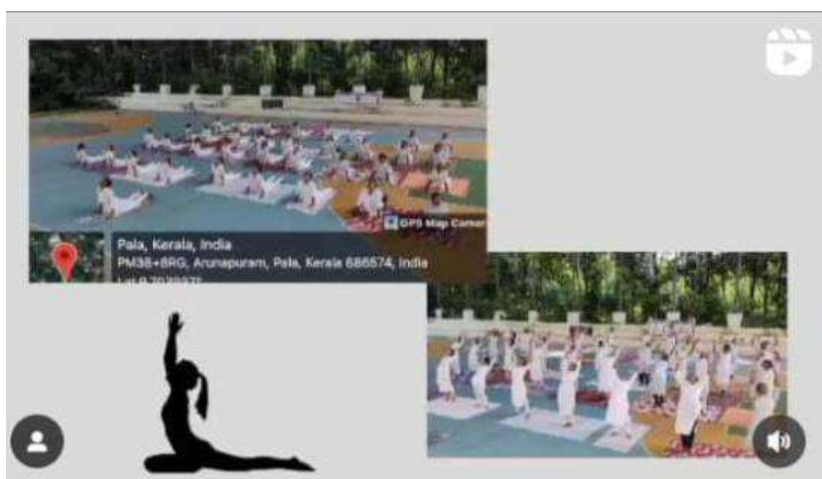
Reading day is celebrated all over the country with the aim of encouraging the habit of reading within people. The cadets of our unit visited an Anganwadi in Edappady, Erattupetta and distributed books as well as crayons to children.



4. June 21: Yoga Day

Embracing the theme 'Yoga for Vasudhaiva Kutumbakam', highlighting the fact that Yoga for the welfare of all in the form of 'One World-One Family', all the cadets of the Alphonsa College NCC unit performed yoga for one hour in the campus indoor court. An informative video was also released to spread awareness on the importance of yoga.





5. *June 26: The International Day Against Drug Abuse and Illicit Trafficking*

The International Day Against Drug Abuse and Illicit Trafficking is a United Nations International Day against drug abuse and the illegal drug trade. It is observed annually on 26 June, since 1989. To create awareness about the dangers of drug abuse, a skit was performed on 26th June.



6. *July 26: Kargil Vijay Diwas*

Kargil Vijay Diwas is celebrated every year on 26th July, to observe India's victory over Pakistan in the Kargil War for ousting Pakistani Forces from their occupied positions on the mountain tops of Northern Kargil District in Ladakh in 1999. The NCC unit of Alphonsa College Pala honoured the Kargil War martyrs who gave up their lives for our nation.



JULY 26

KARGIL VIJAY DIWAS



**"WHEN YOU GO HOME TELL THEM OF US AND SAY, FOR
THEIR TOMORROW, WE GAVE OUR TODAY."
KARGIL WAR MEMORIAL**

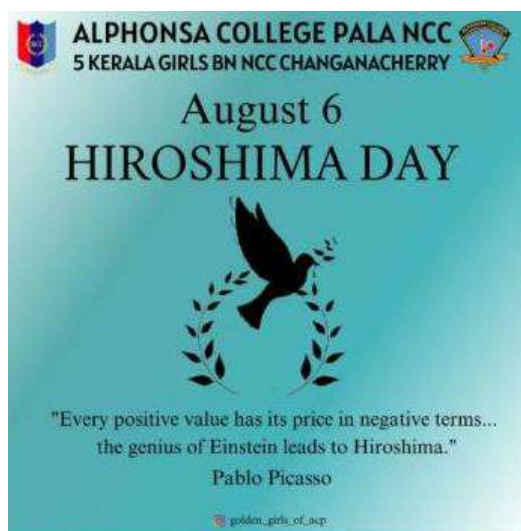
7. July 28: Nature Conservation Day

World Nature Conservation Day is observed on July 28th each year and is dedicated to raising awareness about the importance of conserving natural resources and protecting the environment. The theme of World Nature Conservation Day 2023 is "Forests and Livelihoods: Sustaining People and Planet". Cadets of the NCC unit of Alphonsa College Pala observed Nature Conservation Day by cleaning the college premises and safe disposal of plastic waste.



8. August 6: Hiroshima Day

August 6 marked the 77th anniversary of the atomic bombing of Hiroshima during World War II. Every year on this day, people around the world reflect on the impact of nuclear warfare and the call for global unity towards peace and disarmament. The NCC unit of Alphonsa College Pala released a video in remembrance of the people who lost their lives in the Hiroshima bombing.



9. August 8: Quit India Day

Every year Quit India Day is observed on August 8 to commemorate the history of India's freedom struggle. The cadets of Alphonsa College Pala NCC unit paid tribute to the freedom fighters who have sacrificed their lives for independence of the country. A video was made in their remembrance.



10. August 15: Independence Day

The **Independence Day**, which is celebrated religiously throughout the Country on the 15th of August every year, holds tremendous ground in the list of national days, since it reminds every Indian about the dawn of a new beginning, the beginning of an era of deliverance from the clutches of British colonialism of more than 200 years. The cadets of Alphonsa College Pala NCC unit paid tribute to the flag and sang the national anthem.

Flags were distributed throughout the college. Cadets actively participated in the ‘selfie with the national flag challenge’. A poster and video were also released.



11.Expertise 3.0

Expertise 3.0 is an online skill development programme organized by the NCC sub unit of Alphonsa College Pala, where women and girls are given training in Calligraphy, Cooking, Craft and Communication Skills. This is the third phase of the programme relaunched on 13 August. 52 participants are enrolled this year.



12.October 2: Gandhi Jayanti

Gandhi Jayanti falls annually on October 2. The day marks the birth anniversary of Mahatma Gandhi, the Father of the Nation. A poster was released by the cadets of Alphonsa College Pala in remembrance of the Mahatma.

13.October 23-31: Red Ribbon Week

Red Ribbon Week takes place each year from October 23 to October 31. In commemoration of this day, cadets of Alphonsa College Pala NCC unit performed a mime on the dangers of drug abuse.



14. November 10: NCC Day Celebrations

The Diamond Jubilee of NCC was celebrated in the Alphonsa College Auditorium with great pomp and show on 10th November. Various cultural activities were performed by the cadets.



As part of the 75th NCC day celebration, the NCC sub unit of Alphosa College Pala joined hands with I Am Not Alone Association, an NGO which strives towards a hunger free Kerala. The charity cell of the Sub Unit raised and contributed a sum of Rs. 10000/- to the association to distribute lunch packets to the less privileged in and around Kottayam. The cadets of the sub unit also initiated a Tree Plantation Drive and Plog Run to mark the day.



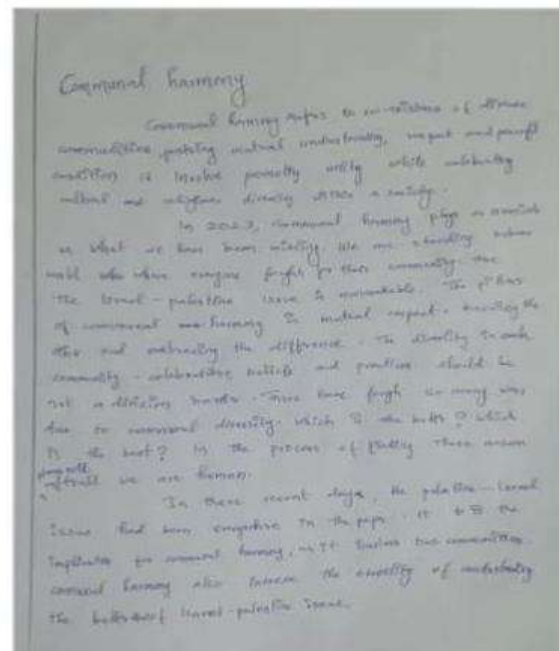
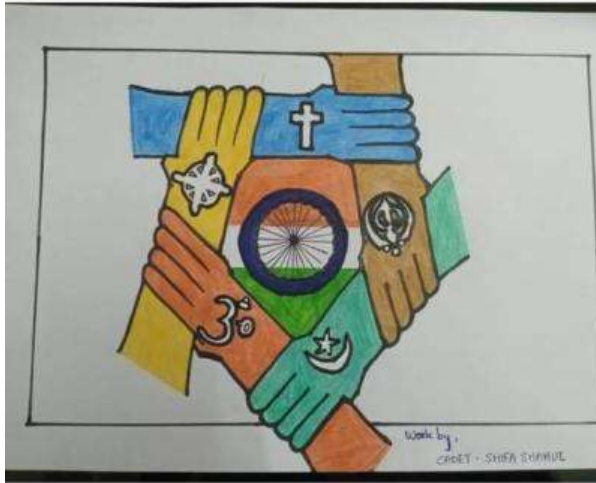
15. November 14: Children's Day

On Children's Day, marking the birth anniversary of former Prime Minister Jawaharlal Nehru, The cadets also visited the Anganwadi in Edappady and gifted colouring books and crayons to children.



16. November 24: Communal Harmony Week

Regarding the Communal Harmony Week from 19th to 25th November, cadets of the NCC unit of Alphonsa College Pala posted their drawings on online platforms. Various essays written by the cadets on the subject were also posted. A poster was also released.



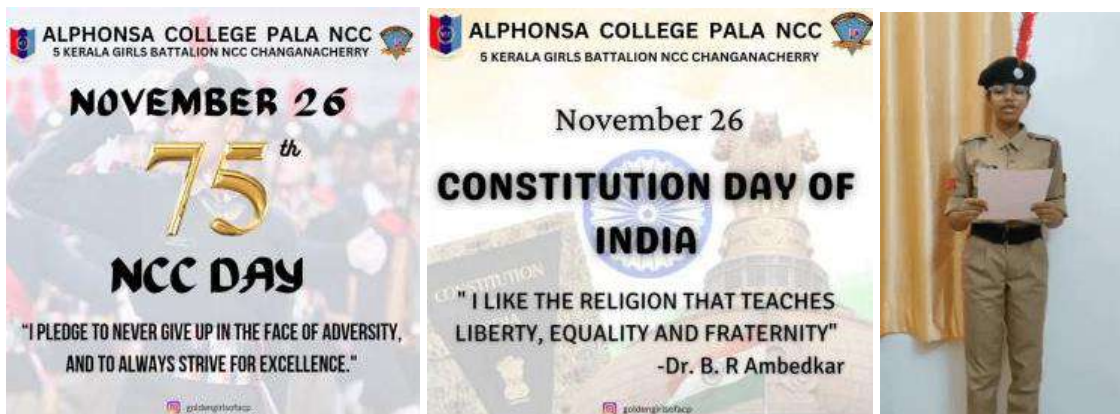
17.Plog Run, Tree Plantation And Waterbody Cleaning.

On 25th November 2023, the cadets of the NCC unit of Alphonso College Pala organized a Plog run, Tree plantation and Waterbody cleaning drive. The cadets cleaned the campus premises. Fruit tree saplings were planted by cadets. The cadets also cleaned the Meenachilar and its premises in affiliation with the Puneet Sagar Abhiyan. Posters were also released in social media platforms.



18. November 26: Constitution Day and Diamond Jubilee of NCC

The NCC cadets of Alphonsa College Pala honoured the constitution day by reading the pledge. Cadets obtained certificates for reading the pledge. Photos and videos of cadets reading the pledge were released to encourage the public to do the same. Posters were released on respective social media platforms regarding the Constitution day and Diamond Jubilee of NCC.



19. Garbage Free Workspace

Garbage free workspace is a green initiative launched by the sub unit to keep the premises clean and green. 88 cadets participated. 19.10.2023



20. Anti Drug Campaign

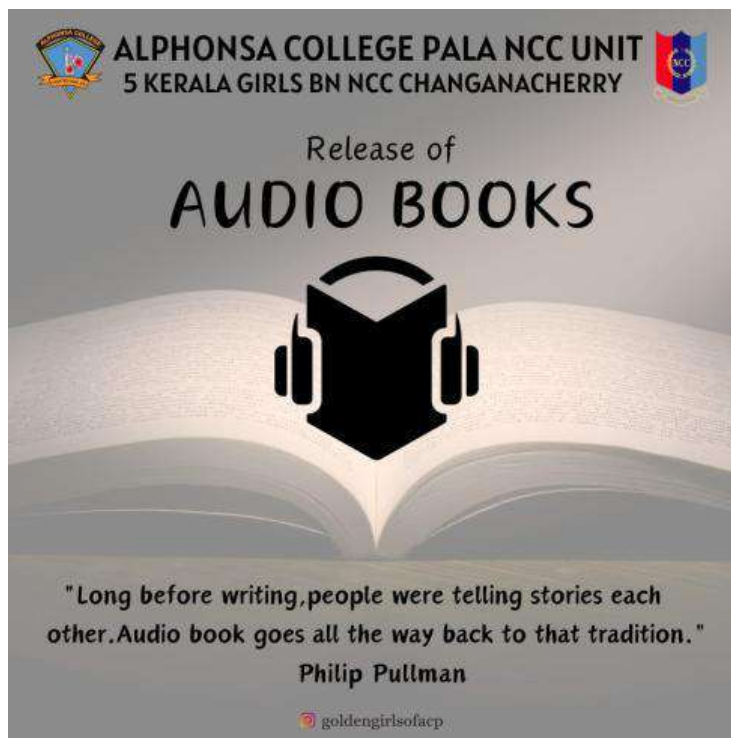
To spread an awareness on the hazards of Drug abuse, the sub unit organized a mime on 31.10.2023. 30 cadets participated



21. Audio Book Launch

To assist the viually challenged students, the cadets of Alphonsa College launched audio books of the Under Graduate Common Course English and Malayalam syllabus of Mahatma Gandhi University. The students can rely on these audio books to compliment their academic needs. 40 cadets participated. 11 November 2023

https://youtube.com/playlist?list=PLhnOTyTHXb-E5WMB1BXMniRmLbm09zSLx&si=tq1skO_zewvTWLd



22. Tree Plantation

As part of Go Green initiative cadets planted saplings to strengthen the earth's green cover. 20 cadets participated. 26 Oct 2023



23. Plog Run

To save our planet from the hazards caused by plastic waste, the sub unit orgnzred a plog run. 20 cadets participated. 26 Oct 2023



24.Hunger Free Kerala

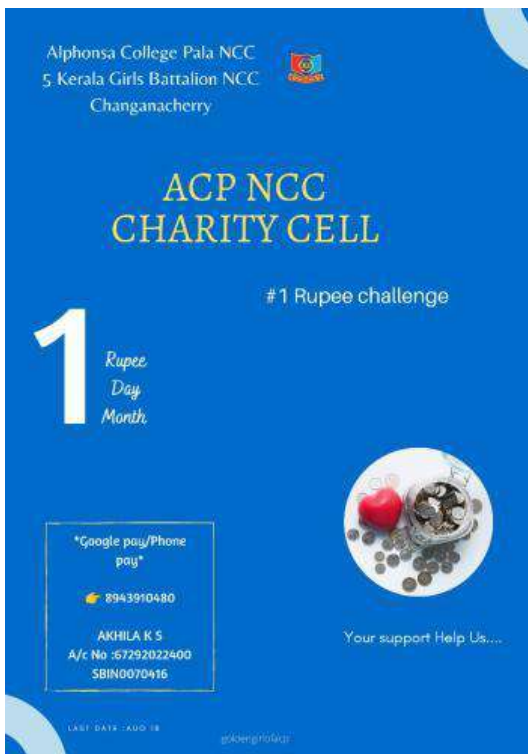
The Sub unit has joined hands with We Are Not Alone Association, an NGO which strive towards a Hunger Free Kerala. Every month the Charity cell of Alphonsa College contributes to this noble cause





25. Charity Cell

Alphonso College NCC Charity Cell is a noble venture run by the sub unit for the last three years. Every month the cell contribute a sum of Rs.10000 to help the underprivileged to meet their medical/ educational needs.



26. VIGNJAN

Vignjan is the online tutorial platform launched by the sub unit where online lectures and demonstrations are given to class 9, 10,11 and 12 based on NCERT syllabus

