



NCC ANNUAL REPORT- April 2021-22 March

PRC PULPALLY

5 KERALA BN NCC WAYANAD

As we are going through this pandemic situation, in order to keep our cadets socially committed and active, we have conducted different programmes through online mode. We have observed many of the nationally/ internationally important days and also conducted some special programmes too, in which all our cadets actively participated. The below are some of the highlights for the month of April.

Online International Earth Day programs- 22/04/2021.



- Programmes: Poster Making, Drawing competition, Poem Writing, Craft work ( recycling and reusing waste materials), Paper pen and paper bag making (Reducing the large amount of plastic waste caused by ball pens plastic bags, Draft a letter to earth ( a letter writing competition), Cartoon competition ( cartoon is a simple and powerful way to convey our message easily,
- No.of Cadets participated- 79 cadets.

On 2020 International Earth Day at 22<sup>nd</sup> April, we have conducted special programs like, Environmental awareness poster making , Earth day poems, drawings and cartoons on environmental issues, pollution etc., distribution of Eco- friendly paper bags made by cadets to the needy.

LE. DE. RANI S PILLAI  
Associate NCC Officer  
5 (K) BN NCC  
Pazhasiraja College  
Pulpally, Wayanad



*Handwritten signature*

PRINCIPAL  
PAZHASSIRAJA COLLEGE  
PULPALLY, WAYANAD

Draft a letter to Earth.

1. Dear earth,

If I had to choose a relationship status to correctly label my feelings to you I think I'd choose "it's complicated"

It's not because I don't find you utterly beautiful, intact, I probably don't appreciate your beauty as much as I should do, I undoubtedly take you for granted and haven't ever really taken the time to fully comprehend all of the incredible aspects of life you give to me and the rest of the world, every single day.

My knowledge of plant and animal species is admittedly not the largest and I don't always take the time to stop and smell the roses when I pass them by I also don't pick up letters to restore your beauty when necessary because I often think of myself!!

By Cdt. Akhil KG

2. Dear earth,

Hi, hope you are well. How's it's going? I hear you will be not been too well.


We would first like to say thank you. Thank you for sheltering and nurturing us. Thank you for the food, the nutrients, material and the resources that provide for us. Thank you for welcoming and accommodation for our lives on this planet, with all creatures that exists with us. You are the mother of all human beings. I call you by the human name mother and yet I know your mothering nature is more vast and ancient than humankind. Now we are asking you to help us from Corona virus, mother please dissolve the dangerous virus. We promise you to take care of you. Now the covid 19 crisis is devastating communities and economics around the world. We promise you, will protect our mother Earth. We apologise for hurting you and dragging you to the limits. We are sorry, for making you and ourselves breathe polluted air, virus. This cause, hurts you and millions of each year deaths. We apologise for all exploitation, damage like deforestation etc. I hope and pray, we will continue to be aware of the damage..we have done to the earth and the ozone layer

around to this lovely planet We promise to take care of you.

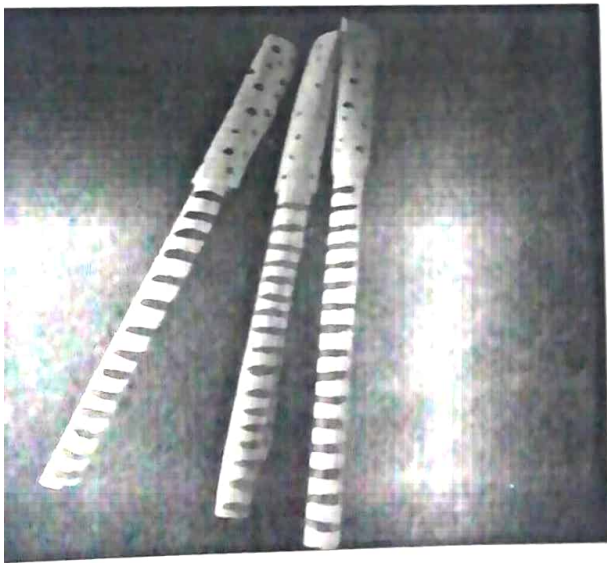
We are grateful for what you have given us. thank for everything.

With love

your daughter, Cdt. Anjana Kuriakose

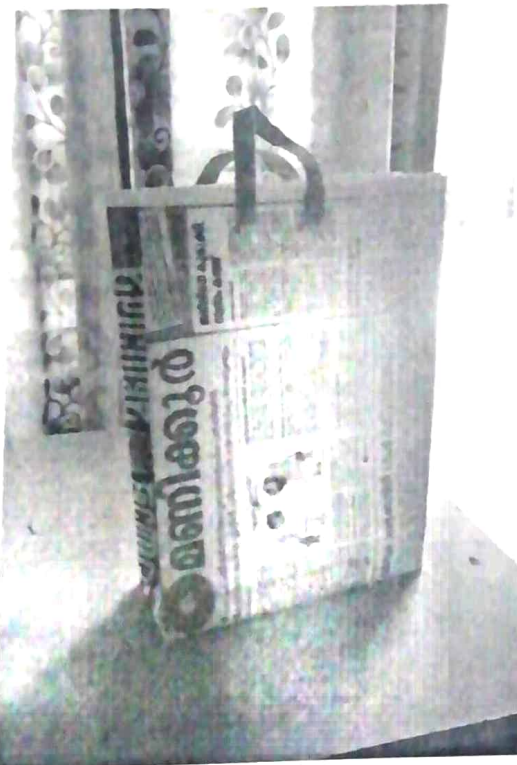
  
Lt. Dr. RANI S PILLAI  
Associate NCC Officer  
5 (K) BN NCC  
razhassiraja College  
Pulpally, Wayanad





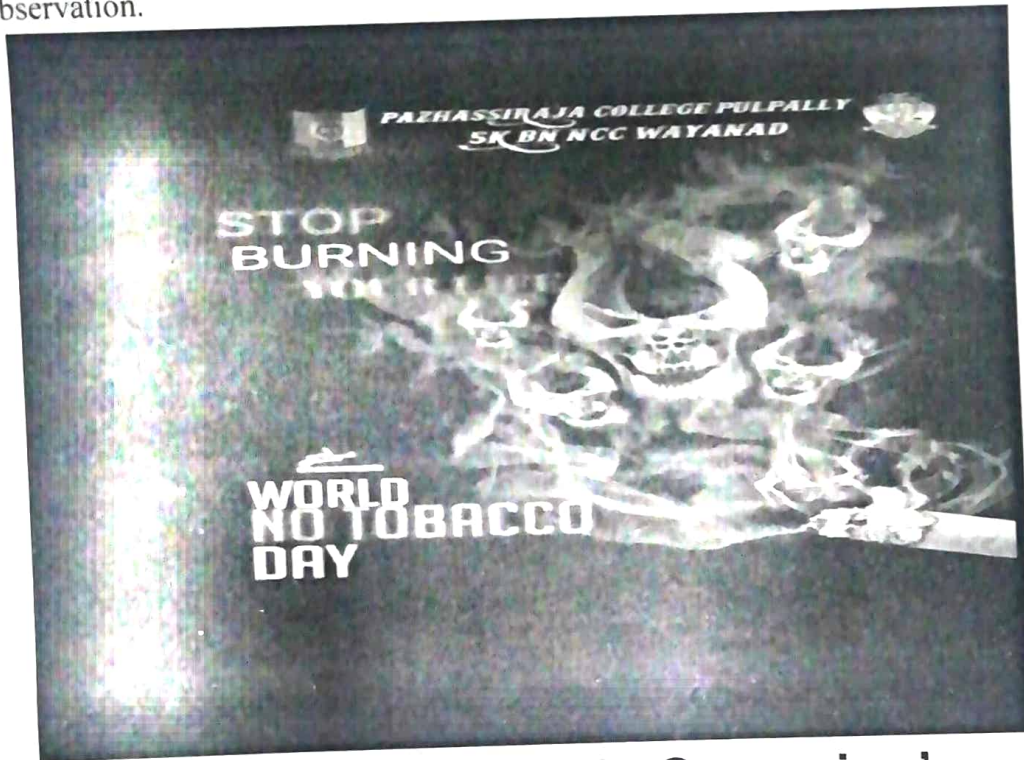
### Paper bag making

\*On the behalf of this day some of our NCC cadets take great responsibility by distributing the Eco friendly homemade paper bags to neighbourhood. Its spread a message of the vulnerable quality needed in this present situation, that we always learns to **“Reduce, Reuse and Recycle”**, through we can keep our nature clean and plastic free environment.



# WORLD NO TOBACCO DAY - 31/5/2021

On World No Tobacco Day, we have conducted a 'break chain campaign' through social media, and also conducted a webinar on the topic and students from different institutions took part in it. We have also conducted a poster making competition for the cadets as part of the day observation.



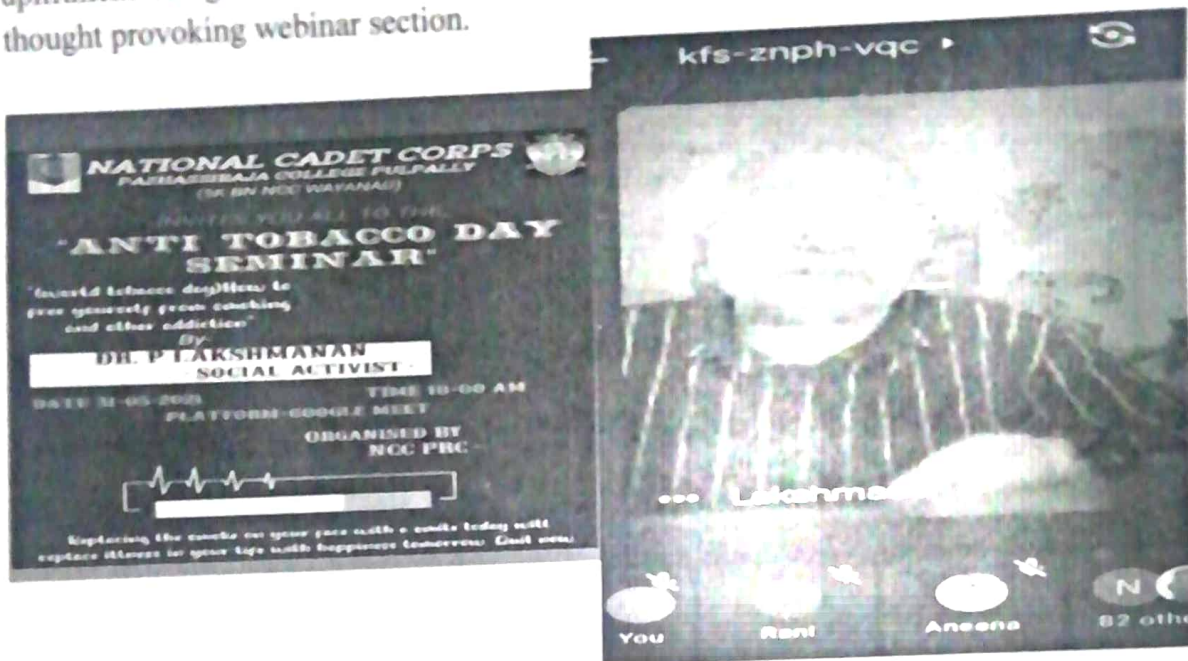
From our 'Break the chain Campaign'

**Pazhassiraja college pulpally**  
**5(K) BN NCC WAYANAD**



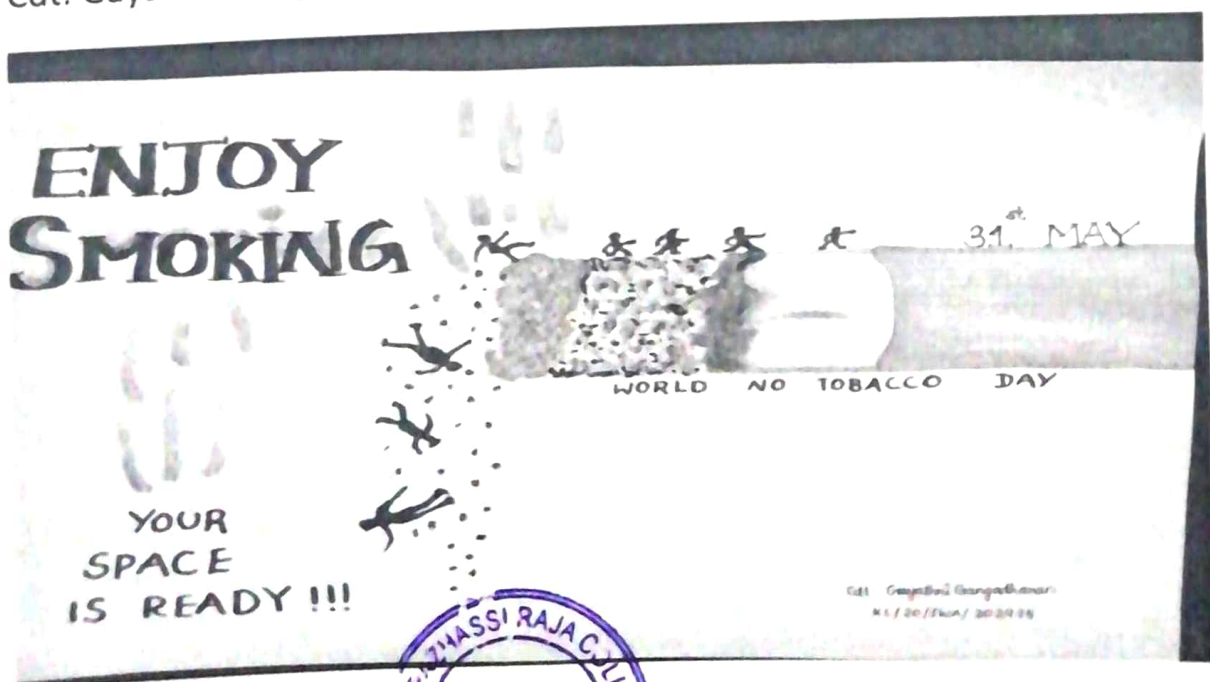
# Webinar Session

A webinar session was conducted at 10.00 am on 31/05/2021, with the aim to make awareness about the effects of tobacco products in our body and its after effects. The session was handled by Dr. P Lakshman, an eminent social worker, currently engaged in the upliftment of agricultural sector. 100 students from different institutions were attended this thought provoking webinar session.



# Poster Making Competition

On behalf of World No Tobacco Day, a drawing competition was conducted, and 15 cadets of our sub-unit participated in the competition and the winner Cdt. Gayathri Gangadharan was given a recharge voucher as first prize.



# WORLD ENVIRONMENT DAY - 05/06/2021

## Quiz Competition

On World Environment Day, we have conducted an online quiz competition for the cadets under 5(K) Battalion, Wayanad. Quiz was conducted in four different levels. It was conducted in such a way to enhance the knowledge our participants on environment and intensify their intellect to protect the environment. The winners were awarded with cash price.

**NATIONAL CADET CORPS**  
5(K) BN NCC WAYANAD  
**PAZHASSI RAJA COLLEGE, PULPALLY**

**WORLD ENVIRONMENTAL DAY**  
JUNE 5

# QUIZ COMPETITION

**RULES :**

- \*COMPETITION IS EXCLUSIVELY FOR CADETS UNDER 5(K) BN
- \*A TEAM OF TWO FROM EACH COLLEGE CAN PARTICIPATE
- \*QUIZ WILL BE CONDUCTED IN FOUR PHASES (ONLINE AND OFFLINE)

**WINNERS WILL BE AWARDED WITH CASH PRIZE**

FOR REGISTRATION :  
7306450445

NB: REGISTRATION CLOSSES AT 8:30 PM(4-4-2021)

**PAZHASSIRAJA COLLEGE PULPALLY**  
NATIONAL CADET CORPS  
5K BN NCC WAYANAD

### ENVIRONMENTAL DAY QUIZ COMPETITION

**1ST PRIZE WMO IGC PANAMARAM**

**2ND PRIZE PRC PULPALLY**

**3RD PRIZE GOV COLLEGE PULPALLY**

**congratulations to winners**

Winners listed:  
CDT FATHIMA JASEENA  
CDT ANJU KRISHNA  
CDT ANTO  
CDT ARJUN VINOD  
CDT JYOTHISH VS  
CDT ADWARD SUDHECH

## Tree Planting Programme

We have also planted trees for the future on the day. Some 100 Saplings were planted by our cadets in their houses' premises and our cadets were asked to encourage their family members, fellow students and friends to plan as much as saplings they can. All together some 500 Sapling were planted under our initiative.

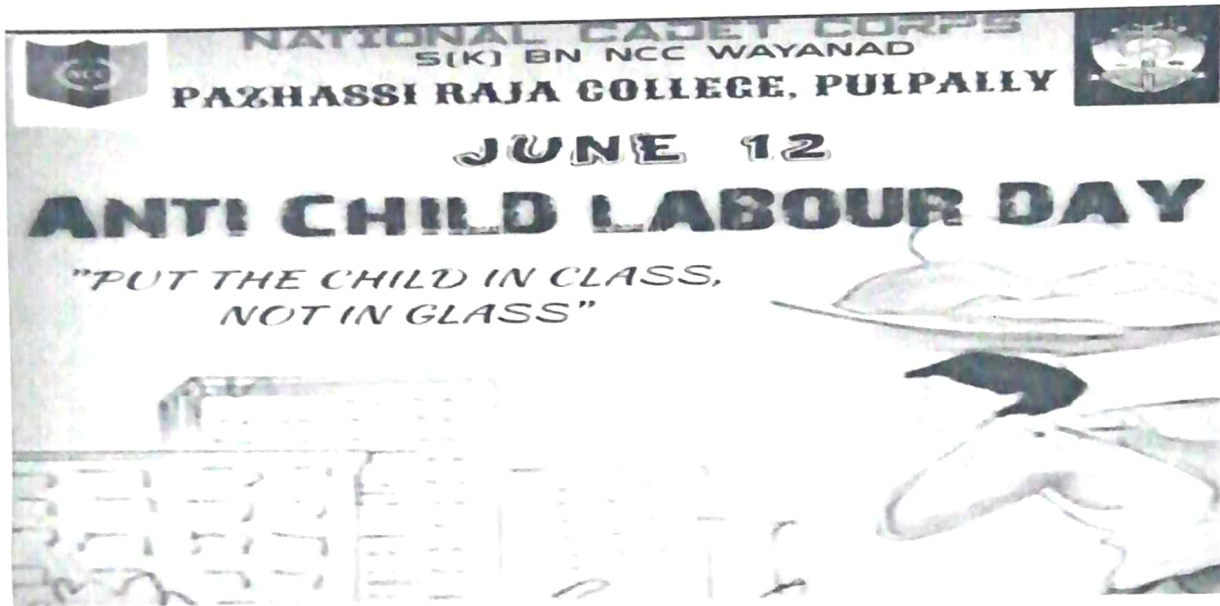
## Theme Dance

We have prepared a theme dance for the day and our Cadet Gayatri Gangadaran has performed well in it.



## ANTI CHILD LABOUR DAY - 12/06/2021

We have observed Anti- Child Labour Day. And for the day we have prepared a brusher, which showed the importance of educating the child for his/her better future and by that way for the betterment of our nation.



### A Helping Hand

As part of the Anti- Child Labour Day, we have decided to support school students from poor background in our nearby colonies. As part of the programme we have decided to support 101 students. So we have decided to raise a fund from like-minded people to help them. And we have collected 29100/- towards this program. The programme was inaugurated by our respected principal Dr. Anil Kumar on June 12 by giving books and stationary items and Rs. 1000/- to a girl from nearby tribal colony. We have identified the needy students with the help of Asha Workers of different colonies and distributed the study Kits in the colonies. Details;

**ONLINE REVISION CLASS FOR C CERTIFICATE EXAMS – (08/06/2021 & 12/06/2021)**

Online classes were conducted for the C certificate cadets to prepare them to score the maximum in the examination. All the sessions were attended by 30 cadets (100%) without fail.





# WORLD BLOOD DONOR DAY - 14/06/2021

As part of the day observation, we have prepared a brochure by our cadets' latest blood donating photos, which were clicked during a blood donation camp conducted at our Institute last time. And we have posted the same in social media for making the public well aware of the necessity of blood donation.



# National Reading Day- 19/06/2021



On behalf of reading day, we have conducted book review writing completion and reading competition for our cadets through online platform. We have selected Balyakalasakhi of



Vaikom Muhammad Basheer, a famous writer from Kerala and asked the participants to write a review on the book. The programme mainly meant to encourage the reading habit of our cadets. A reading Competition was also there, as part of the day observation. We have asked the cadets to send a reading video of two minutes' length. We have selected the best ones from the videos, we received and made a presentation by using these small videos.

### **INTERNATIONAL DAY OF YOGA -21/06/2021**

As insisted by our Battalion, we have participated and conducted the following programs as part of International Yoga Day.

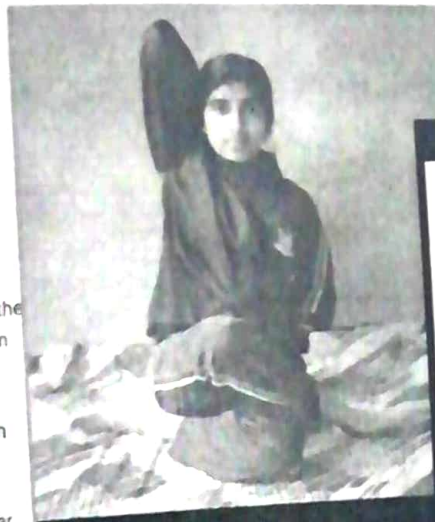
1. YOGA DAY PLEDGE- 101 cadets took the online pledge on the Day.
2. YOGA DAY LIVE CLASS- all our cadets actively participated in the live session streaming through channel ( 101 Cadets)
3. VIDEO MAKING- we have prepared a video by compiling the short videos collected from our cadets on Yoga( 12 videos received)
4. JINGLE COMPOSITION COMPETITION: 17 cadets participated in the Jingle competition.
5. IDY QUIZ COMPETITION- our 27 cadets took part in the online quiz on the day.



6. ONLINE AWARENESS - 72 cadets took part in the awareness programme on Yoga

# Ustrasana

Ustrasana is a backbend that boosts shoulder flexibility, increases core strength and stretches the entire front of the body. The name is derived from the Sanskrit ustra, meaning "camel," and asana, meaning "pose" or "posture." To enter this asana, kneel down, then lean back to touch the feet with both hands. The deepness of the bend varies according to the flexibility of the practitioner. Advanced practitioners are often able to bend far enough to touch their feet with their head.



## Benefits of Gomukhasana

- 1. stretches the hip, thigh, ankle, chest
- 2. Helps those suffering from diabetes
- 3. Treats stiffness of the back pain
- 4. Helps to maintain a flexible spine

### VIKSHASANA

The lightning bolt pose is a standing backbend that stretches the spine and improves posture. It is a powerful asana that helps to improve the flexibility of the spine and the strength of the back muscles. It is also a good pose for people who suffer from back pain and stiffness. The pose is performed by standing with the feet together and the arms raised above the head. The body is then bent backwards, with the hands reaching towards the feet. The head is tucked towards the knees, and the spine is rounded. The pose is held for 30 seconds to 1 minute.

Day



## USTRASANA

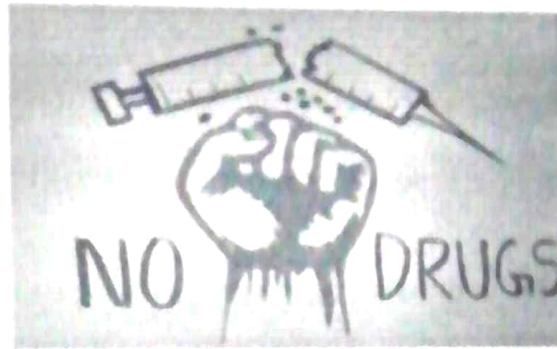
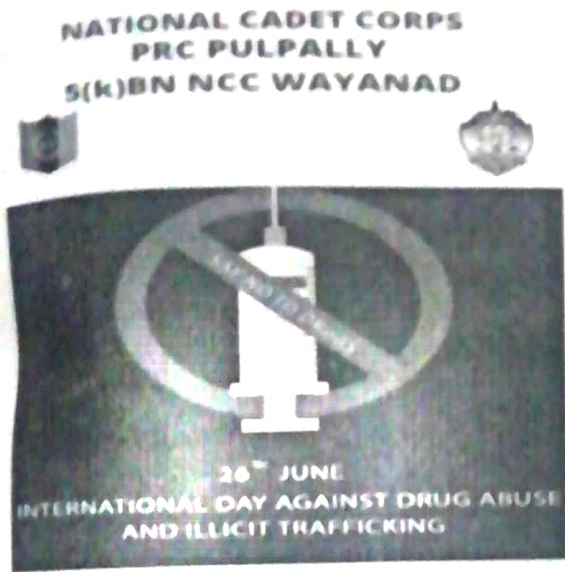
- This asana gives a wonderful stretch to the thighs, abdomen, ribcage and throat.
- People suffering from backache, neck ache, general stiffness of the spine will gain relief through regular practice of this posture.
- It is a very useful to normalise the production of Thyroids.
- This asana is helpful for people suffering from respiratory disorders like asthma.

CDT AKHILA P S  
KL/19/SWA/184894

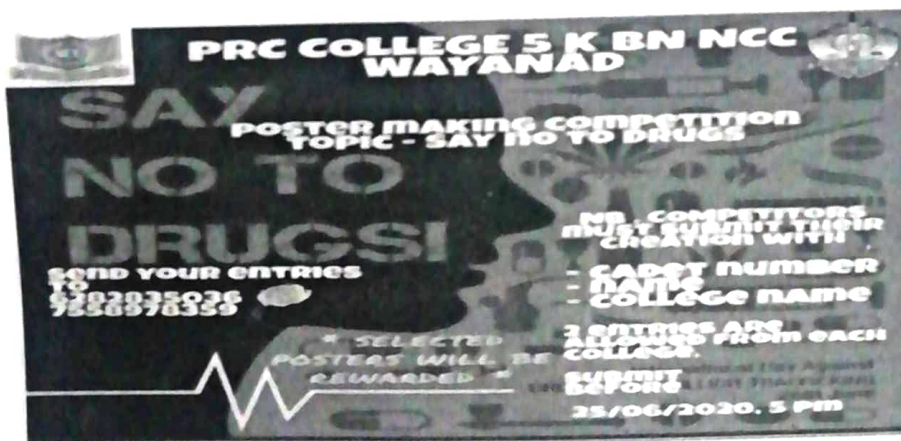


# INTERNATIONAL DAY AGAINST DRUG ABUSE - 26/06/2021

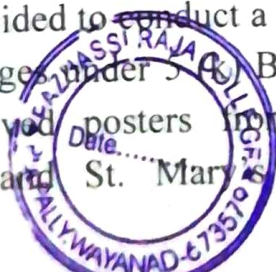
We have conducted an online speech for the awareness against drug abuse on the Day.



We have also conducted a drawing competition with the theme 'Say No to Drugs' and the cadets exhibited their stand against Drugs through their canvas.



The International Day Against Drug abuse and illicit trafficking, or International Anti- Drug Day was established in 1987 by united nations. The day, marked on June 26 each year, is supposed to express the international community's determination to combat and eventually eradicate drug abuse. On behalf of Anti- Drug Day on 26<sup>th</sup> of June, our sub-unit (NCC unit, PRC Pulpally) had decided to conduct a poster making competition among the cadets of different colleges under 5(k) Battalion, on the topic 'Say No to Drugs' in which we received posters from NMSM Govt. College, Govt. College Mananthavady, and St. Mary's Bathery college. Cadet Sharan Prakash



(kl/19/SDA/202847) of NMSM Govt. College, Kalpetta won the competition. Momento for the winner will be provided in formal manner, when the college reopens.

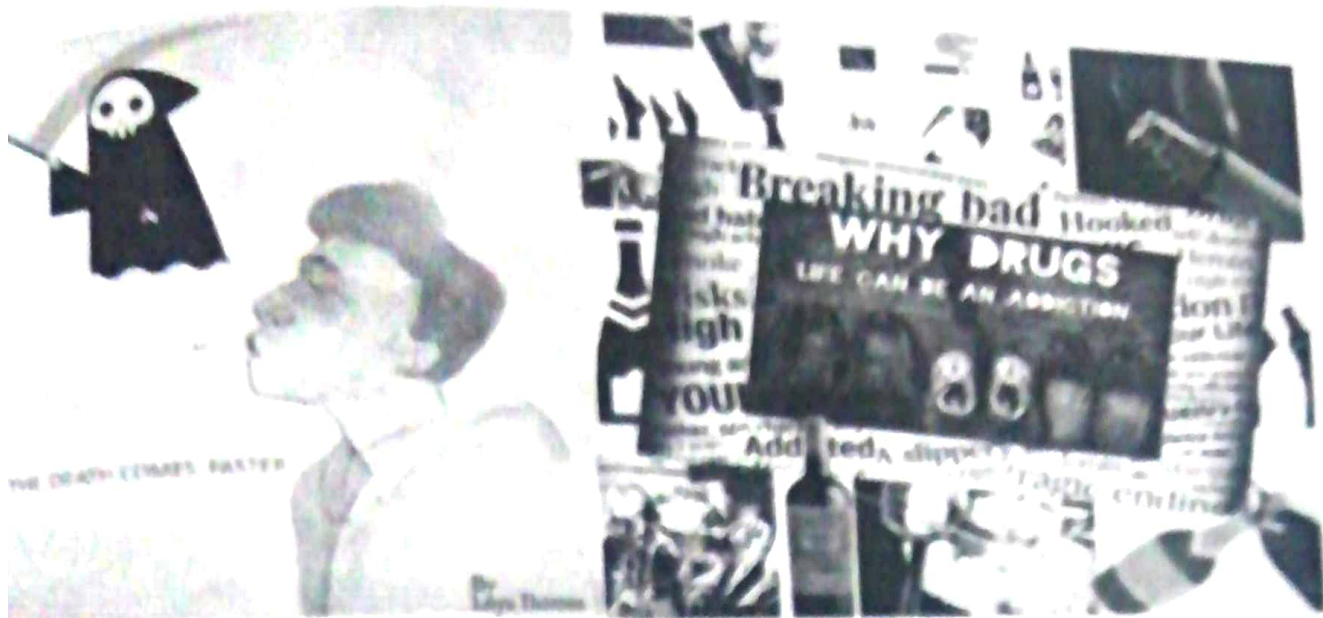


CDT SHARAN PRAKASH,

KL/19/SDA/202847.

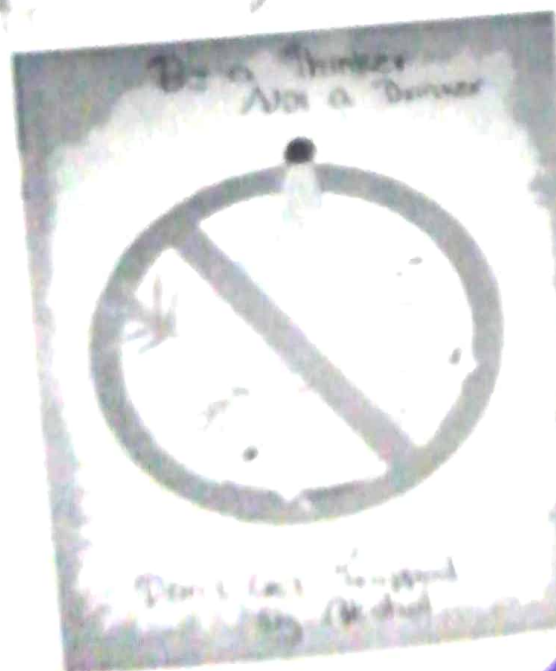
# "DRUGS GAVE ME WINGS TO FLY, BUT THEY TOOK AWAY MY BLUE SKY"!!! SAY NO TO DRUGS





**RUN AWAY**  
From  
**DRUGS!**  
Don't let  
them  
**YOU**

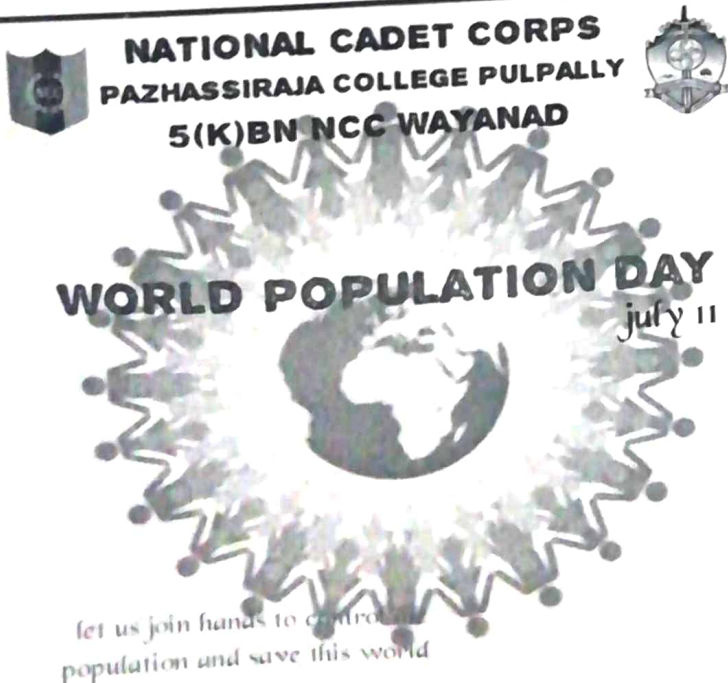
**DRUG ABUSE**



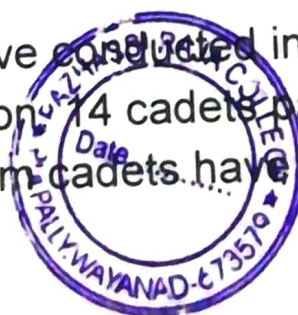
WALHABBI RAM COLLEGE  
Date.....  
WALHABBI RAM COLLEGE  
WALHABBI RAM COLLEGE

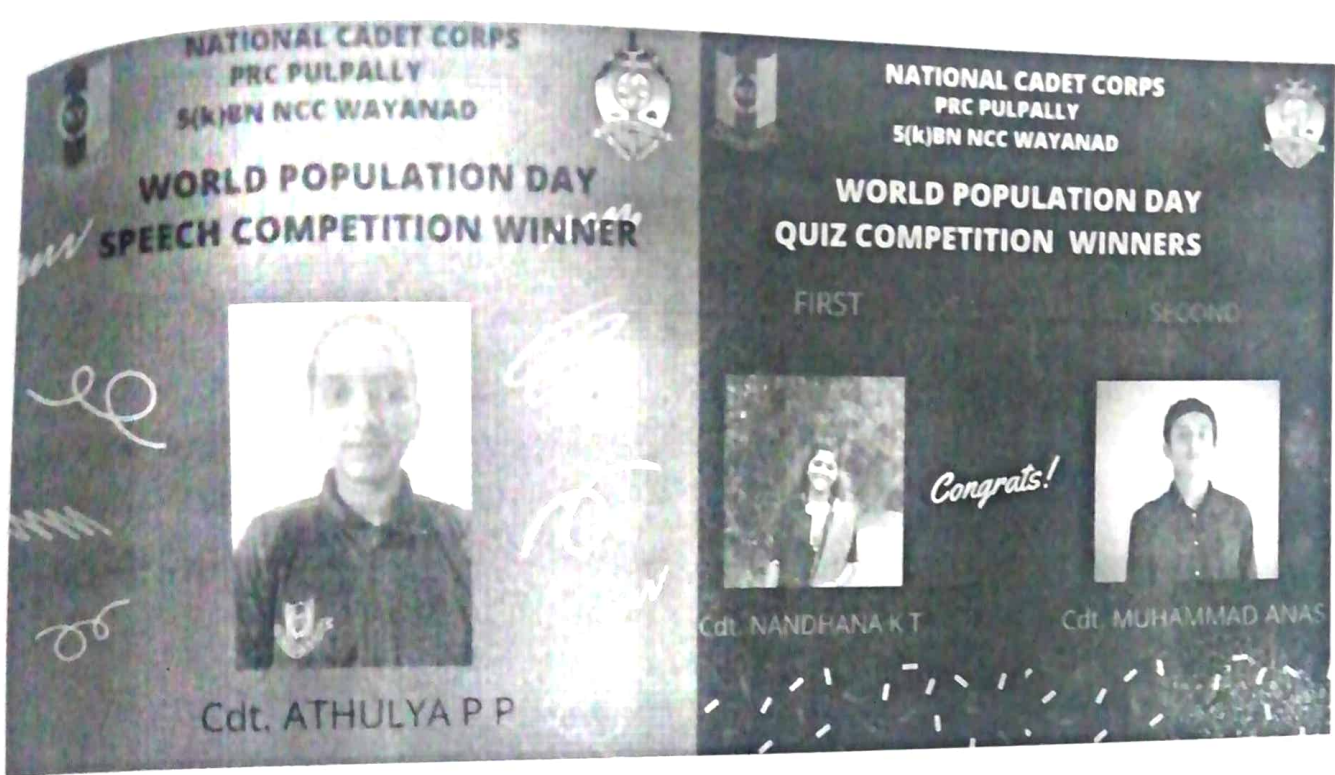
The month of August has been a very enthusiastic one for us and with a lot of pleasure we have participated in each and every program insisted by our caretaker Dr. Rani S. Pillai and respected 5 (K) Battalion NCC Unit, Wayanad. And all our activities for the month of August were uploaded as blog/ vlog in our official site. The programmes conducted by PRC during the month includes; Lecture Classes based on Kargil War and Kargil Vijay Diwas, Kargil war related videos prepared by our cadets, poster making on Hiroshima day, a debate on Nagasaki and Hiroshima incidents, Quiz competition on Quit India, exclusively for PRC's students, Athma Nirbhar Bharat Abhiyan, Independence day Celebration and related Elocution competition for cadets under 5 (K) Bn., Fit India Movement, and last but not least the CDAP campaign. Our unit conducted all these programs within the scheduled time from July 25th to August 25th. This time span included many historical days of national importance and also important globally and these days were observed in its true spirit by the PRC unit. A Brief report of the above mentioned programmes from July 25th to Aug. 25th is given below

## WORLD POLPULATION DAY - 11/07/2021

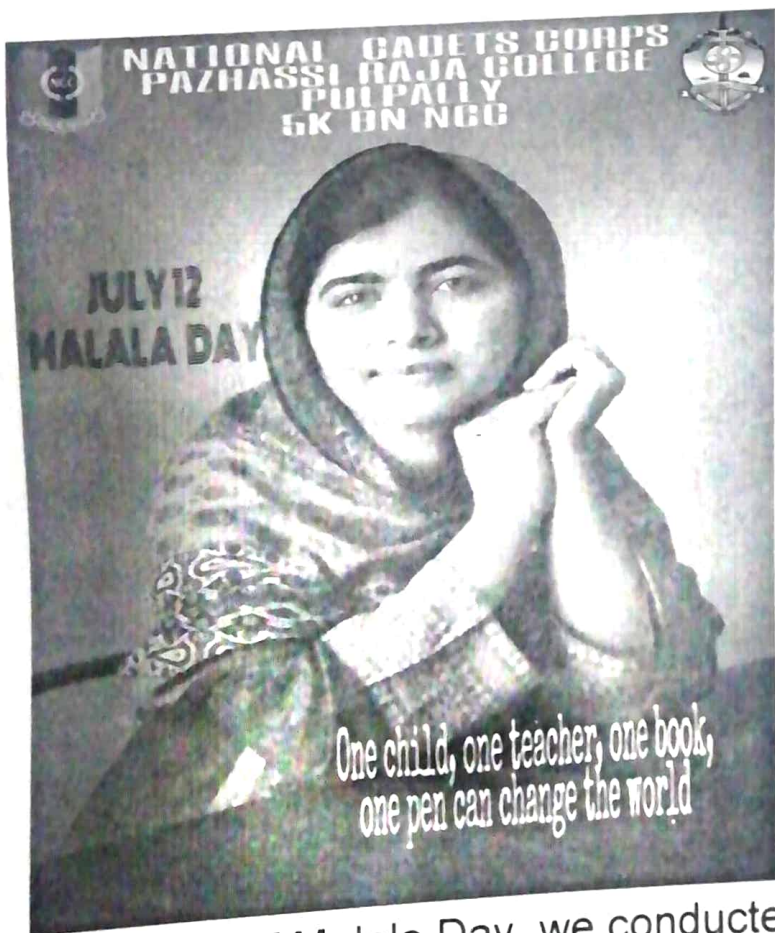


on World population day, we have conducted inter college speech Competition and Quiz competition. 14 cadets participated in the speech completion and maximum cadets have participated in quiz competition.





**MALALA DAY - 12/07/2021**



On behalf of Malala Day, we conducted cartoon competition and caption making contest. Cartoon competition was held in the morning and 6 cadets were participants and in the afternoon session there was Caption Making contest by 9 participants..

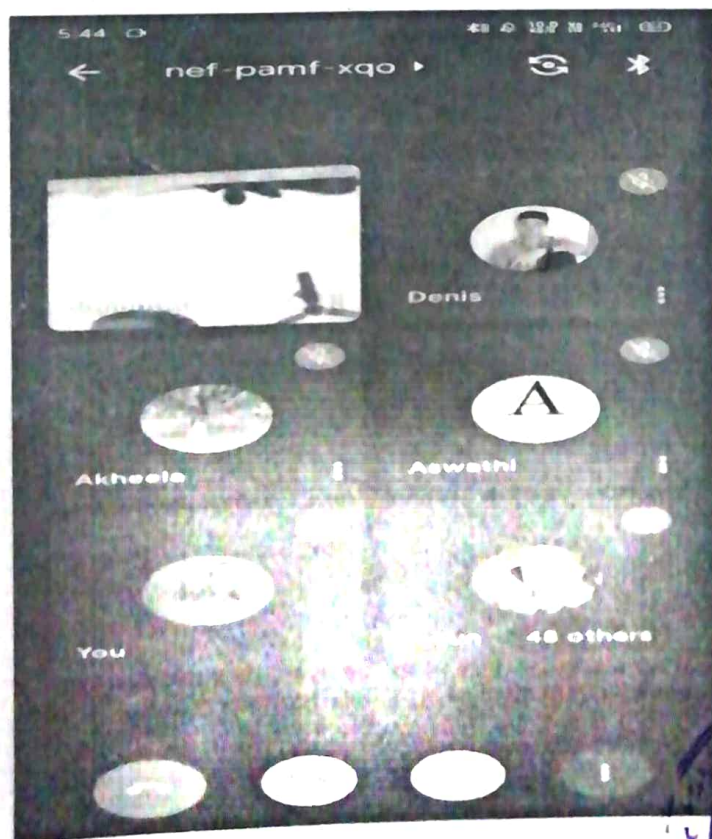






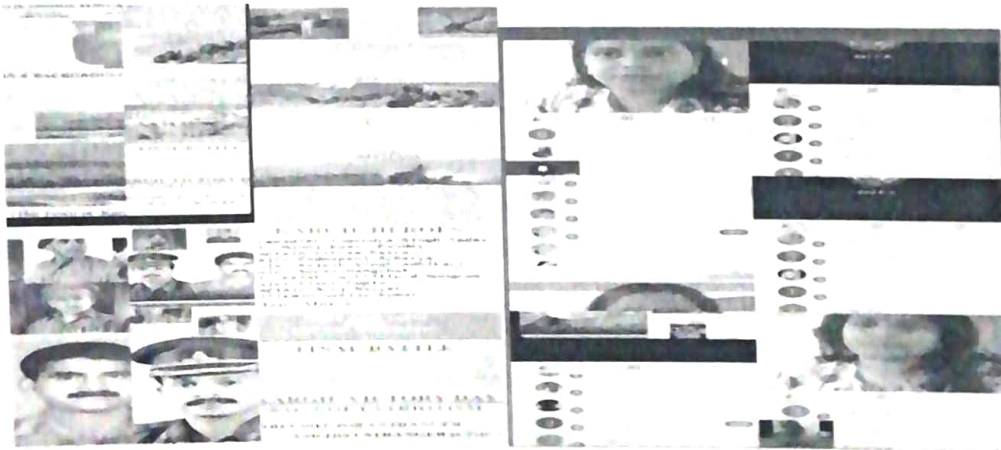
## ONLINE LECTURE CLASS - 17/07/2021

Online lecture class was held on 17/07/21 at 5 PM by Naik Subedar Bheem Singh on Armed forces. 66 cadets of our sub unit attended the lecture class.

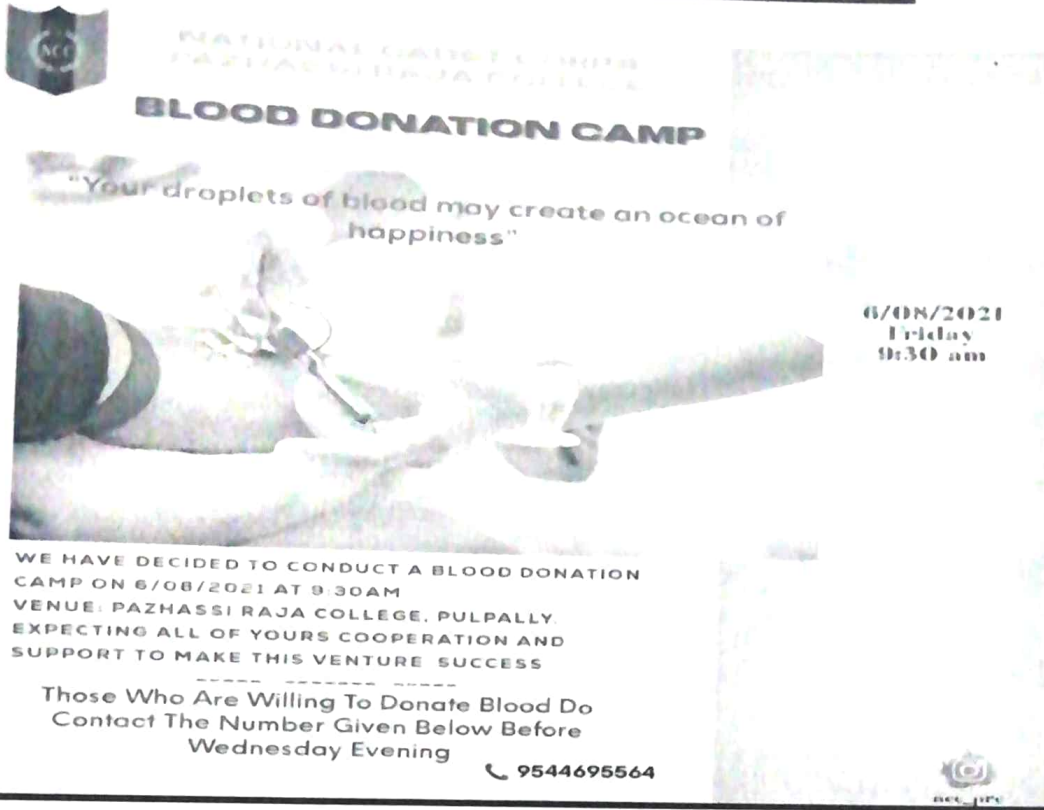


● Webinar on Kargil War (26/07/2021)

PRC NCC UNIT PULPALLY organised a webinar, exclusively for our Cadets through google meet, under the guidance of our caretaker Dr. Rani S Pillai. Two main sessions on Kargil were held and a video presentation about Kargil War was also shown to the cadets on the webinar. Kargil Vijay Diwas was filled with the feeling of patriotism. The sessions were highly useful for the cadets that they could learn more about Kargil War, it's cause and effect, and mainly about the Kargil heroes, the real heroes of our country. Far from home and loved ones, for the cause of our nation, these heroes devotes their lives to guard our borders from external interventions and make us to sleep peacefully. Someone well said "if u really have a desire to remain a fan of someone, it should be our soldiers than Bollywood stars, because of them we are still alive". They are the real legends, whose accounts will not just make your chests swell with pride, but whosesacrifices will leave your eyes a little moist. We are very proud of our these valiants.



## 6/08/2021-Blood donation camp



The poster features a central image of a person's arm being prepared for a blood donation. Above the image, the text reads: "Your droplets of blood may create an ocean of happiness". To the right of the image, the date and time are specified: "6/08/2021 Friday 9:30 am". Below the image, the following text is present: "WE HAVE DECIDED TO CONDUCT A BLOOD DONATION CAMP ON 6/08/2021 AT 9:30AM VENUE: PAZHASSI RAJA COLLEGE, PULPALLY. EXPECTING ALL OF YOURS COOPERATION AND SUPPORT TO MAKE THIS VENTURE SUCCESS". At the bottom, it says: "Those Who Are Willing To Donate Blood Do Contact The Number Given Below Before Wednesday Evening" followed by the phone number "9544695564". Logos for NCC and PRC are visible in the corners.

NATIONAL CADET CORPS  
PAZHASSI RAJA COLLEGE

**BLOOD DONATION CAMP**

"Your droplets of blood may create an ocean of happiness"

6/08/2021  
Friday  
9:30 am

WE HAVE DECIDED TO CONDUCT A BLOOD DONATION CAMP ON 6/08/2021 AT 9:30AM  
VENUE: PAZHASSI RAJA COLLEGE, PULPALLY.  
EXPECTING ALL OF YOURS COOPERATION AND SUPPORT TO MAKE THIS VENTURE SUCCESS

-----  
Those Who Are Willing To Donate Blood Do  
Contact The Number Given Below Before  
Wednesday Evening ☎ 9544695564

PRC NCC unit conducted a blood donation camp on 06/08/2021 in association with Blood Donation Kerala Trust. We could donate 40 unit of blood through this camp. NCC cadets, NCC volunteers and other students donated blood on the day. As a token of appreciation we distributed handmade masks and saplings to the donors.







on the same day we have given essential items and vegetables to the Covid Centre in our camp.



# August 15- Independence day



**HAPPY INDEPENDENCE DAY**  
NATIONAL CADET CORPS PAZHASSI RAJA COLLEGE  
5K BN NCC WAYANAD



**NEVER  
FORGET  
THOSE  
WHO HAVE  
FOUGHT FOR  
THIS DAY**

On Independence Day, PRC NCC unit  
conducted various competitions for the  
cadets.



**NATIONAL CADET CORPS  
5(K) BN NCC WAYANAD  
PAZHASSI RAJA COLLEGE PULPALLY**



**AUGUST 15  
INDEPENDENCE DAY**



**ESSAY WRITING  
COMPETITION**



NCC UNIT 5KBN  
**PAZHASSIRAJA COLLEGE PULPALLY**

**DRILL COMPETITION**

1st Lt. Ganga Ravi  
 1st Lt. Anasena Mathew

 **ncc\_dtc**

  
 1st Lt. Ganga Ravi  
 College Mpanangad

  
 1st Lt. Anasena Mathew  
 Pazhassiraja college  
 Pulpally

2.

**NATIONAL CADET CORPS**  
 5(K) BN NCC WAYANAD  
**PAZHASSI RAJA COLLEGE**  
**PULPALLY**

**AUGUST 15**  
**INDEPENDENCE DAY**

**DRILL COMPETITION**

- \* ONE ENTRY EXPECTED FROM EACH COLLEGE
- \* SEND YOUR DRILL VIDEO AS DOCUMENT FILE
- \* COMPETITION IS EXCLUSIVELY FOR SECOND YEAR CADETS
- \* SEND YOUR ENTRIES BEFORE 14-08-2021 3 PM
- \* SEND ENTRIES TO : **7559986548**

PRIZES WILL BE AWARDED TO



## WINNERS OF DRILL COMPETITION



CADET ABHAY RAJEEV  
KL/20/SDA/202759

ST. MARY'S COLLEGE SULTHAN BATHERY.



KL/6W/19/202599  
LCPL RISHHA FATHIMA  
WMO ARTS AND SCIENCE  
COLLEGE

3.

## PHOTOGRAPHY COMPETITION

**\*Topic : Independence**

**\* Take a photo on the topic independence.**

**\*Send the photo with a good caption.**

**\*2 entries expected from each college.**

**\* Creativity and imagination will be evaluated mainly.**

**\* Prices will be awarded.**

**Send your picture to 92077 86951 before 4pm 14/8/2021**



NATIONAL CADET CORPS

5 (K) BN NCC WAYANAD

PAZHASSI RAJA COLLEGE PULPALLY

**AUGUST 15**  
**INDEPENDENCE DAY**

# PHOTOGRAPHY CONTEST



**FIRST**

**CDT ALVIN VINU**

SMC BATHERY



**SECOND**

**CDT JUSTINE VARGHESE**

PRC PULPALLY

ncc\_pr

30/08/21

**Cdt. Anto got selected for EBSB camp.**



NATIONAL CADET CORPS PAZHASSI RAJA COLLEGE  
PULPALLY (5K) BN NCC WAYANAD



CONGRATULATIONS CDT ANTO, FOR SUCCESSFULLY  
COMPLETING ONLINE EK BHARAT SHRESHTHA  
BHARAT(EBSB)  
PHASE-IX UTTARAKHAND

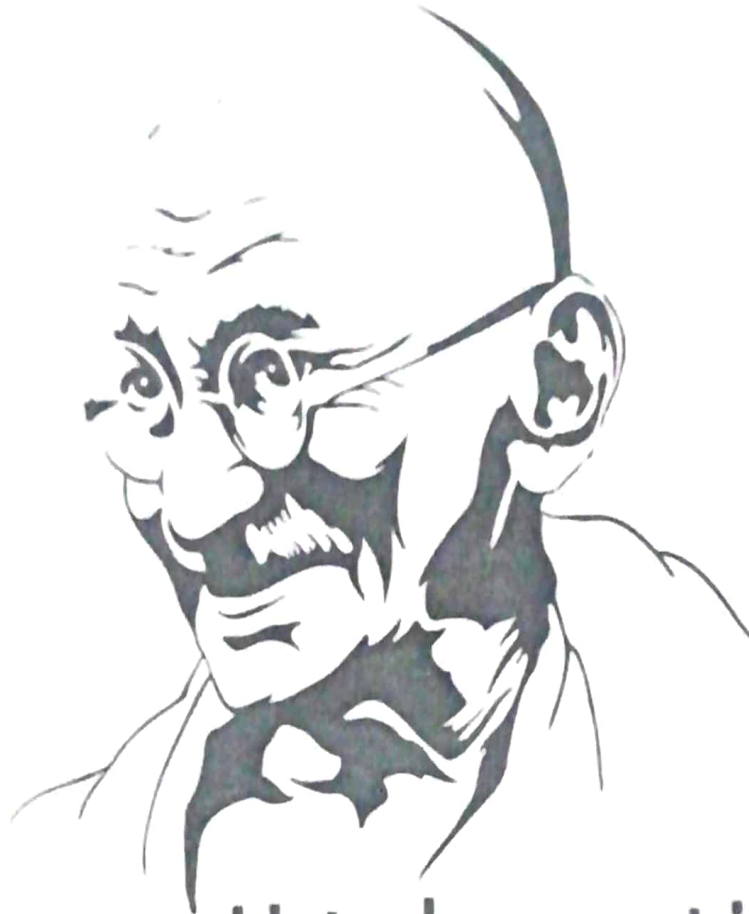


# OCTOBER MONTH - REPORT

We the NCC cadets of Pazhassiraja College Pulpally started our October months programmes by celebrating GANDHI JAYANTHI on 2nd October 2021.



PAZHASSI RAJA COLLEGE PULPALLY  
5K BN NCC WAYANAD



**Gandhi Jayanti**  
2 n d O c t o b e r

**"MY LIFE IS MY MESSAGE"**



ncc nre

Our cadets reported in front of NCC office at morning 9:30am in proper uniform and attended the drill and after that we conducted a cleaning programme in and around the compounds of our college by strictly following the COVID-19 protocols and spreaded the Gandhian message of "the importance of cleanliness in our society" both individually and socially.



## MENTAL HEALTH BENEFITS

## NATIONAL/ INTERNATIONAL EXPOSURE

- Three years of NCC training changes your perspective and way of thinking.
- NCC develops officer like qualities (OLQs) in your personality
  - Leadership
  - Effective intelligence
  - Self Confidence
  - Courage
  - Power of expression

- National camps like
  - Republic day camp
  - Thal sainik camp
  - nau sainik camp
  - vayu sainik camp
  - trekking expedition
- Youth Exchange program with 11 countries.
- Overseas Deployment of cadets

All these efforts are made to make them aware on more NCC.

Awareness campaigns were conducted through social medias on October 16, WORLD FOOD DAY 2021 about the need for preventing the wastage of food and to keep a mindset to provide and consider those who are struggling to get food to eat due to poverty.

On October 22nd we conducted the drill pared by strictly following the covid protocol. On October 24, we celebrated the UNITED NATIONS DAY 2021.

Focus was given on spreading the importance of UN in upholding peace and the organisations role in leading our world to developments in various sectors.



**S(K) BN NCC WAYANAD**  
Pazhassiraja College Pulpetty



" The united nations is the hope and home of all humankind "

From October 8 onwards we started making brochures and videos to make the first years aware about the importance and role of NCC in nation building.

# BENEFITS OF NCC

## ACADEMICS BENEFITS

## EMPLOYMENT BENEFITS

## PHYSICAL FITNESS BENEFITS

## MENTAL HEALTH BENEFITS

## NATIONAL/ INTERNATIONAL EXPOSURE

## EMPLOYMENT BENEFITS

- ✓ Special Priority in Armed Forces- **Direct SSB** (Army, Navy, Airforce).
- ✓ Concession (**Bonus marks awarded**) in Paramilitary Forces
- ✓ **Concession** in state police services.
- ✓ Private sector also gives **preference**.

## ACADEMICS BENEFITS

- ✓ It helps to take admissions in various universities and colleges .
- ✓ **Priority** to those who have done , in various courses and diplomas.
- ✓ Many national universities given **precedence** to NCC cadets.
- ✓ Some Universities has **reserved vacancie** for NCC cadets.

## PHYSICAL FITNESS BENEFITS

- ✓ Three years of NCC Training improves yo **overall physical fitness**.
- ✓ **Drill** Increases your **stamina** and **endurance**.
- ✓ **Firing** increases your **stability** and **concentration power**



# Blood Donation Camp- 7/01/22



## Blood Donation Camp - 07/01/22

Blood donation is a life saving process. A blood donation camp was conducted by the NCC unit of PRC, Pulpally in association with Blood Donors Kerala, Wayanad (BDK) on 7<sup>th</sup> January 2022. 63 units of blood were collected through the camp. NCC cadets, NCC volunteers and other students voluntarily came forward to donate blood.



Blood donation





2022 ജനുവരി 07 വെള്ളിയാഴ്ച  
 രാവിലെ 9 മുതൽ  
 കോളേജ് ഓഡിറ്റോറിയത്തിൽ

• ഹൃദയ സംരക്ഷണ •  
 അവിൾ 90617 10241  
 അഖിൽ 6238625831  
 രഞ്ജിത്ത് 9447263167

**WE WILL DONATE BLOOD ATLEAST  
 ONCE EVERY YEAR**



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