

what the pandemic is and what are the precaution measures should be adopted to prevent the Covid-19.



NCC ANNUAL REPORT 2020-21 (April 2020- MARCH 2021)

The Nation needs leaders with great ideas, intellect, gift, determination and courage. Then National Cadet Corps is the best place you can shape your character and leadership. Through the excellent work of seven decades, NCC has succeeded in creating persons who made their foot prints in every walk of life. The NCC unit of Pazhassiraja College belongs to 5 Kerala Bn NCC Calicut (Army Wing). Dr. Rani S. Pillai (01/01/2020 onwards), Asst. Prof, Department of History is the caretakers of this unit during the academic year.

The activities of NCC of Pazhassiraja Collage, Pulpally for the academic year 2019-20 began with the enrolment of new cadets in the month of August. The total strength of NCC cadets of the College is 107 and at present, it is 105 which consist of SD -46, SW-59 (IIIrd Year- 15 SD, 15-SW, II YEAR- SD- 9 , SW- 23 , Ist Year-). During this year 34 parades were conducted. The unit observes most of the nationally/ internationally important days and different social service activities. Cadets excelled well in practical examinations and 30 cadets cadets have appeared for "C" certificate examination. We are very much proud of our cadet Gayos Alias for his achievement in RDC. SUO MANikandan, U.O Suemsh P.S got the opportunity to participate in the All India Trekking. Two of our cadets participated in the EBSB camp and Five got the opportunity to participate in the AAC . Sergeant Muh. Mussammil reached upto PRE RDC level. CDT. MUSHARAF M.P, SUO. MANIKANDAN, CSM. ASIL P.A, CPL. VISHNU MOHAN, SUO. GAYOS, cadet. Mussammil, UO AJAY P.S and SERGEANT- ABIN THANKACHAN- took part in the EX-YOGDAN NCC initiative of our battalion. Sergeant- Abin Thankachan and Sergeant Anandu S. Nair won gold medals in Kalaripayattu State level and & participated in the National level.



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

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Handwritten signature in green ink.

LT. DR. RAMESH PILLAI

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ANO- PRC PULPALLY
State NCC Office
(K) BN NCC
Pazhassi Raja College
Pulpally, Wayanad

PRINCIPAL
PAZHASSI RAJA COLLEGE
PULPALLY 673 579

The various activities conducted by NCC UNIT during this year are as follows:

05/04/2020- Lighted Lamp

on 5th April– Our honourable Prime Minister asked all the citizens to light a lamp in their houses, as a token of respect to all the volunteers, doctors, nurses and others who worked in connection with the health department to fight against Corona virus and help the society to overcome the situation. We the cadets of PRC- NCC Unit also lighted a lamp as insisted by our PM Modiji in our houses.

14/05/2020- EX- Yogdhan NCC

as insisted by our BN, five of our cadets came forward, with the permission of their parents to take the responsibility as volunteers at Wayanad Checkpost.



Cadets Asil , Vishnu Mohan, Muhammad Mussammil, SUO Manikandan were the first batch of volunteers from PRC. All the cadets successfully completed their volunteering duty and also completed their quarantine before leaving the duty. We are very much proud of our cadets and their parents for this brave act.

22/05/2020- EX- Yogdhan NCC

from 22/05/2020 to 30/05/2020, another batch of four cadets from our unit were detailed as volunteers at Kalloor Checkpost, Wayanad. Cadets. Gayos Alias, Ajay, Abin Thankachan, Mushraf took part in it. They have completed their duty and also their 14 days of quarantine period successfully and returned.

05/06/2020- Quarantine contest

on June 5th, St. Mary's College, Bathery has conducted a quarantine contest, in which two of our cadets Adhithya and Akheela took part in the competition. Adithya won first place in Tree Planting Phototgraphy contest and fathima Akheela won second place in Book Review Contest. It was also a proud moment for us.

05/06/2020- World Environment Day

With a view to make ourselves as well as our environment a better place to live, all our cadets were encouraged to plant at least one sapling in the locality. Almost all our cadets actively participated in it and planted



sapling around their locality. And our cadets also shared the message which showcase the importance of the day through social medias at their best, to give awareness and encourage other to love the environment.

21/06/2020- International Yoga Day

On **International Yoga Day**, we took part in a contest conducted by Ayush Ministry and we were able to convey the importance of Yoga in our daily life. We encouraged our cadets to practice Yoga daily and also to spread the importance of the same through social medias. On the day, we have asked all the cadets to demonstrate a Yoga posture with a short description of its advantages and health benefits and asked them to send back the same to the sub-unit. By these postures sent by the Cadets, we made a video presentation and posted the same as an awareness programme through social media. It was a good experience for the cadets almost all our cadets took part in it.

22/06/2020- International Day Against Drug Abuse

On the International Day against Drug Abuse and illicit trafficking, our sub-unit conducted a **Poster Making Competition** and entries were invited from all the cadets under 5(K) BN NCC, Wayanad, on the topic 'Say No to Drugs'. Cdt. Saran Prakash of NMSM Govt. College Kalpetta won the first



place. We have also took part in the programmes conducted by Kalpetta Excise Department in connection with the Day.

06/07/2020- E Magazine- WORLD ZOONOSES DAY

We have also tried to utilize this quarantine period in a more impressive manner. Hence, We asked our cadets to engage themselves with some activities and asked them to share the pictures of the same to the unit. Many have come up with creative works. And we have published an **e-Magazine** including all these activities that cadets having been doing in lock down period. The magazine was unveiled by our caretaker Dr. Rani S. Pillai on July 06/2020, World Zoonoses Day.

11th June 2020 – Online EBSB Selection

Although we are stuck at home due to COVID 19 all our programs are being conducted in scheduled manner. Similarly for the first time NCC has planned to conduct an online camp Ek Bharat Shreshtha Bharat (EBSB) which includes cadets from Kerala state and Rajasthan state. It would be complete new format which they would be following and hopefully we would be able to continue more camp taking feed back from this camp and make all necessary improvements.

Two cadets name were short listed from our college and from which one has been selected to camp. Cdt. Siva Prasad successfully completed the camp which held from 10/07/2020 to 15/07/2020.



15/07/2020- online Quiz Competition

on 15th July, an online Quiz on NCC Subjects was conducted by our unit. All the cadets took part in it. It was highly useful as our cadets got a chance to memorize or recollect the portions already covered during the mini- camp and also it will be useful for forthcoming examinations (both B & C Examination).

Lecture Class- (19 to 23 July 2020)

Lecture sessions were held from 19/7/2020 to 23/07/2020 (two sessions per Day) through the zoom meet platform. and caretaker Dr. RANI S PILLAI, SUO MANIKANDAN ER, UO SUMESH SUDHAKARAN Ex-UO JASHEENA P were joined in the meeting. The lecture was led by our caretaker and senior cadets also took sessions. Some of the main topics covered in the sessions are, Rank in Armed Forces, Various Camps in NCC, History of NCC, Basic Aims and Knowledge of NCC, Roll of NCC Cadets, Basics of Drill, Weapon Training (theory), health and hygiene, environment and Economy, Map Reading etc.

18/07/2020- Tree Plantation Pakhwada

As directed by 5(K) BN NCC WAYANAD, PRC Pulpally organised Tree Plantation Pakhwada, during the period of 10th to 24th July 2020. As a part of program, our sub unit have launched an "Extensive Tree Plantation Bestow", "Tidy Environment"(a cleaning program),"A lecture on Swachatha Pakhwada, and Tree Plantation Pakhwada" and an "Awareness Campaign" for tree plantation pakhwada through social media. All our cadets were asked to clean their neighborhood, by keeping in mind the COVID 19 protocol. A lecture was delivered by Dr. Rani S Pillai, NCC Caretaker of PRC unit on 15/07/2020, through zoom cloud meeting. She addressed the cadets about the importance of tree plantation and











SWACHATHA SHAPAD



Webinar on Kargil War (26/07/2020)

PRC NCC UNIT PULPALLY organised a webinar, exclusively for our Cadets through google meet. Cdt. Gayos Alias & Cdt. Asil P.A gave lecture on the Kargil Heroes. 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.



Video Making(27/07/2020)

Poster/ Art making on Hiroshima Day (06/08/2020)

On Hiroshima day, a program named Arts of War included poetry, cartoon, story collected from our cadets. Most of our cadets participated in it. The programme was mainly destined to evaluate their artistic talents and field of interest. Our cadets were given a chance to expose their talents through cartoon, poems, stories about Hiroshima and Nagasaki day. We have collected all the bents send by our cadets and compiled them in poster form and published the same in social medias.



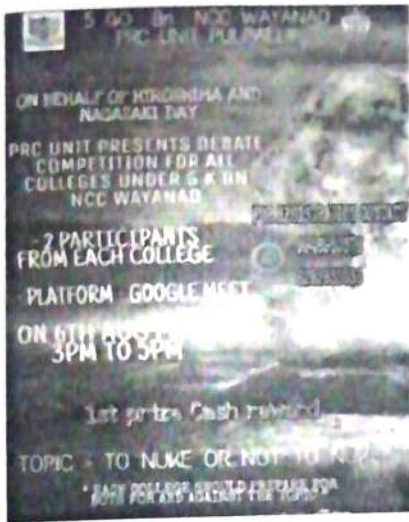


Debate about Hiroshima and Nagasaki (06/08/2020)

On August 6, 2020, on behalf of Hiroshima and Nagasaki day, PRC- NCC UNIT conducted debate competition and an art-fusion programme.

The debate competition was held on the topic "TO NUK OR NOT TO NUK" exclusively for the cadets of 5(K) Bn NCC, Wayanad. Four teams from NMSM ,GCM,SMC,PRC NCC sub-units under the 5K BN NCC WAYANAD participated in it. The debate session was moderated by Mr. Manoj Mathew, Hod, Dept. of Political Science and former UO Jasheena P. All the teams were asked to raise their arguments in favour and against the topic of debate at the same time. It was a healthy competition and at the end of session, they were given a chance to share personal opinion on the topic. We are very much thankful to all the participants for making this programme a successful one.



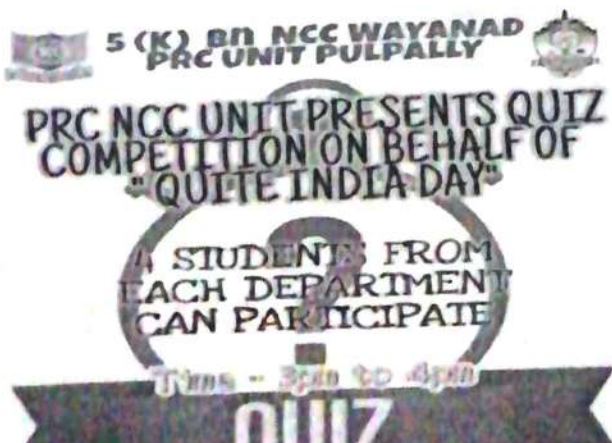


On 27th July, Kargil Victory Day, NCC cadets of PRC unit-Pulpally made a video on the freedom fighters as a tribute to the heroes of Kargil Vijay Diwas. All the cadets of the sub unit participated in the video making and made it a success. And the video was unloaded in social medias.

Quit India Quiz Competition (09/08/2020)

On 9th August, Quit India Day, we have conducted a quiz competition exclusively for the students of PRC College Pulpally. Almost all the departments of our college took part in the

competition and Miss. Ilfa Ashraf C of 2nd B.A History won first place in the competition.



Winner of quiz
competition held on
09/08/2020



ILFA ASHRAF C

Department : D2. History

1st Prize Cash
Reward

Fusion video- Vande Matharam

A fusion of Dance and Music on the National Song Vande Matharam under the leadership of CDT. GAYOOS and CDT.ADHITYA was held on the day. Most of our cadets took part in the programme. The video was released in Facebook.

Independence Day Celebrations (15/08/2020)

Flag Hosting at PRC College

On the Independence Day, our celebration started with flag hosting. It was a small gathering of 11 persons (7 cadets, 2 ex- cadets, caretaker and Principal-in-charge), due to the pandemic situation. Our Principal-in-Charge Shri. Shelji Mathew hosted the flag and caretaker Dr. Rani S. Pillai led the celebration. The day was filled with patriotic vigour as both of our luminaries inspired us with their motivational talks on the occasion. The words improving from them were highly related to the need of the hour. Sweets were distributed among the assembled and the function at the college was ended by National Anthem.

Elocution competition

On August 15 2020, PRC NCC Unit conducted an Elocution Competition for all the cadets under 5(K) Bn NCC, Wayanad. The topic of the elocution: Preparing India for future Challenges. The interested cadets

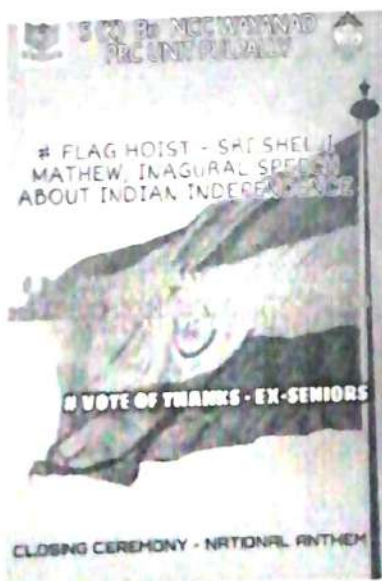
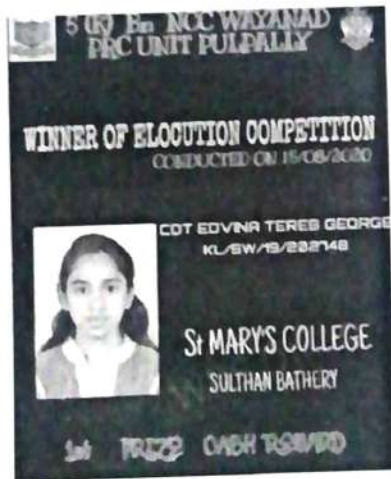


were asked to send a video presentation of 15 minutes duration to the given WhatsApp number on or before 15/08/2020 10 A.M

Govt. College Mananthavady, St.Mary's College Sulthan Bathery, WMO Arts and Science College, Muttill were participating in this program. St. Mary's College Sulthan Bathery's Cadet. Edvin Teres George KL / SW / 19/202748 won first prize.

Fusion video- Vande Matharam

A fusion of Dance and Music on the National Song Vande Matharam under the leadership of CDT. GAYOOS and CDT.ADHITYA was held on the day. Most of our cadets took part in the programme. The video was released in the Facebook.



ATHMA NIRBHAR BHARAT ABHIYAN(1-15th AUG)

Atma Nirbhar Bharat Abhiyan is the vision of the Prime Minister of India, Narendra Modi to make India a self-reliant nation. The first mention of this came in the form of the 'Atmanirbhar Bharata Abhiyan' or 'Self-Reliant India Mission' during the announcement of the coronavirus pandemic related economic package of Rs.20 lakh crores on 12 May 2020. This self-reliant policy does not aim to be protectionist in nature and as the Finance Minister clarified, "self-reliant India does not mean cutting off from rest of the world". The law and IT minister, Ravi Shankar Prasad, said that self-reliance does "not mean isolating away from the world. Foreign direct investment is welcome, technology is welcome self-reliant India... translates to being a bigger and more important part of the global economy." As insisted by our Battalion, we have undertaken the Atmanirbhar Bharat abhiyan- campaign to spread this noble vision among the masses.

We took a pledge to make India a Self-Reliant Nation. We have also created a video on the theme and shared the same through social medias like Facebook, Instagram, WhatsApp, in order to spread the concept of Aatma Nirbhar Bhara.

With the tagline ' Be Vocal About Local'.





PAZHASSIRAJA COLLEGE NCC UNIT
PULPALLY 5(K)BN WAYANAD



AATMA NIRBHAR BHARAT
AWAY FROM DEPENDENCY CAMPAIGN

1 AUGUST TO 15 AUGUST

AATMA NIRBHAR
BHARAT

<https://pledge.mygov.in/vocalaboutlocal/>

Pledge :

To make my Country a Self-Reliant Nation, I take this PLEDGE to ensure that I will use and promote products that are manufactured in India.



Link of the same is also provided below.

Facebook :

https://m.facebook.com/story.php?story_fbid=2617800518471877&id=1547655415486398&sfnsn=wiwspmo&extid=EiCG3Yw1Fjlevhkp&d=n&vh=e



Instagram: Aatma Nirbhar Bhart Campaign

August 1 to 15

#atmanirbharbharat , #bevocalaboutlocal

<https://www.instagram.com/p/CDssghzp0Ia/?igshid=16fw4nwme4dry>

We also created blogspot spread awareness about Aatma Nirbhar Bharat Abhayan

<https://harbharatabhiyan.blogspot.com/2020/08/aatma-nirbhar-bharat-campaign-be-vocal.html>



Fit India Movement- 15/08/2020- 14/09/2020

On 29th August 2019, which is a National Sports Day, the Prime Minister of India Narendra Modi launched 'Fit India Movement' (Fit India Abhiyan) to encourage people to adopt a fit & healthy lifestyle. Fit India Movement is a nation-wide campaign that aims at encouraging people to include physical activities and sports in their everyday lives. Sports Minister Kiren Rijjuon the occasion of the 74th Independence Day launched the Fit India Youth Clubs, an initiative to promote fitness across the country. The Fit India Youth Clubs a part of the Fit India Movement envisioned by Prime Minister Narendra



Modiendeavours to harness the power of youth to create mass awareness about the importance of fitness, across the country. Fit India Movement is a nationwide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives.

As insisted by Battalion, cadets of PRC Unit, with the aim of promoting the importance of fitness in our daily, a campaign have been conducting from 15th Aug. It aimed at encouraging people to give priority to sports and fitness in their day-to-day lives and encouraging people to include physical activity and sports in their everyday.



Benefits of Fit India Movement:

The proliferation of technology made our lives much easier and much better, but at the same time, it made many people turn to a sedentary lifestyle. Earlier people used to walk to schools or offices. But now, technological innovations decreased the necessity of physical activities.

Challenges:

'Fit India Movement' may not reach the people of below poverty line. To maintain a healthy lifestyle, both physical activity and nutritious food are necessary. But in India, still many people are malnourished and some people do not have access to safe drinking water.



Name of The Activity	Type of physical fitness activities undertaken	No.of families participated	No of youth volunteers, families and others undertook physical activities
Orientation Awareness, Planning and Training	4 Activities: Stretching . Exercise .Yoga .Skipping	10	39 (male-25, female-14)

CDAP CAMPAIGN (25/08/2020)

The Govt. of India is observing a year of “Citizens’ Duties Awareness Programme” (CDAP), starting from 26.11.2019 to 26.11.2021. The Department of Justice (DOJ) has launched a yearlong programme to make citizens aware of their fundamental duties. Activities such as online quizzes, competitions, essay competitions and preamble pledge signing contest will be organised to educate them about their constitutional responsibilities.

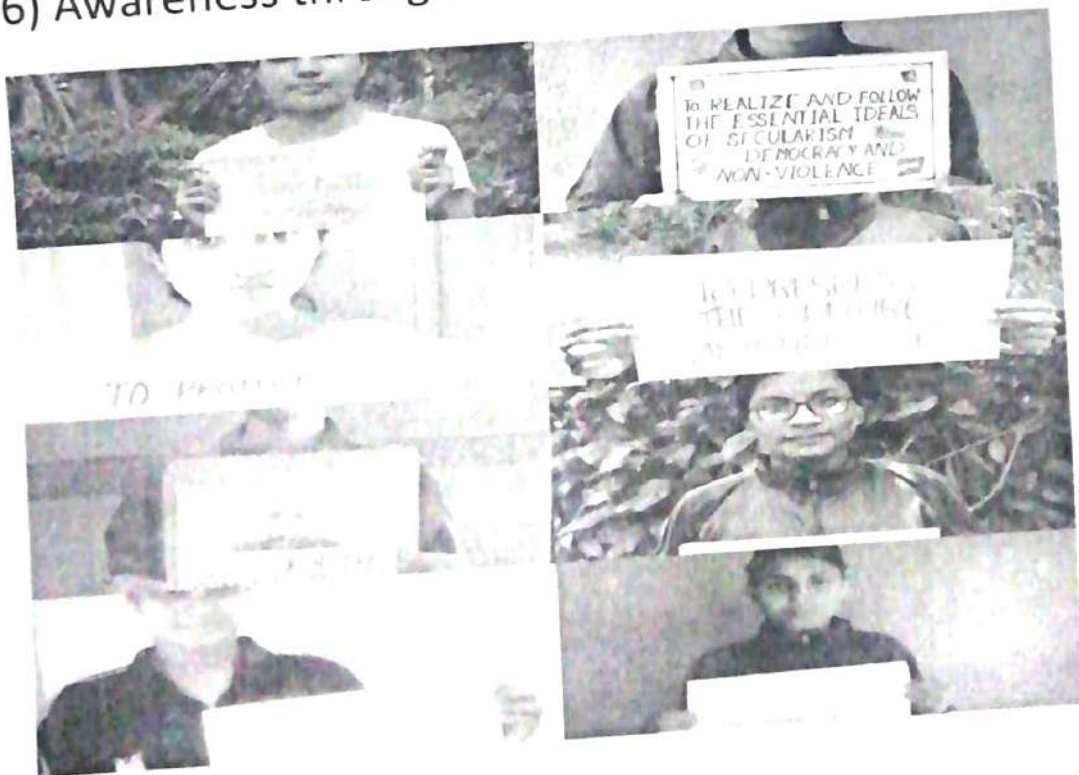
As insisted by our Battalion, NCC cadets of PRC Pulpally have undertaken the CDAP mission of the government of India. In this campaign we took an online pledge from the state government site and created blogs/vlogs to spread the awareness about our constitution. Through this campaign, we mainly encouraged the citizens to take a pledge from the state government and to understand the constitution and our constitutional duties very well, on the 70th anniversary of the adoption of the Constitution on November 26. All our cadets wholeheartedly came forward to support the campaign and have done the duties allocated to them as part of this campaign. The idea behind the campaign is to popularised and make Indian Citizens at large, especially young people and students include NCC cadets, aware of the fundamental duties as enshrined in part-IV of Indian constitution and has suggested following

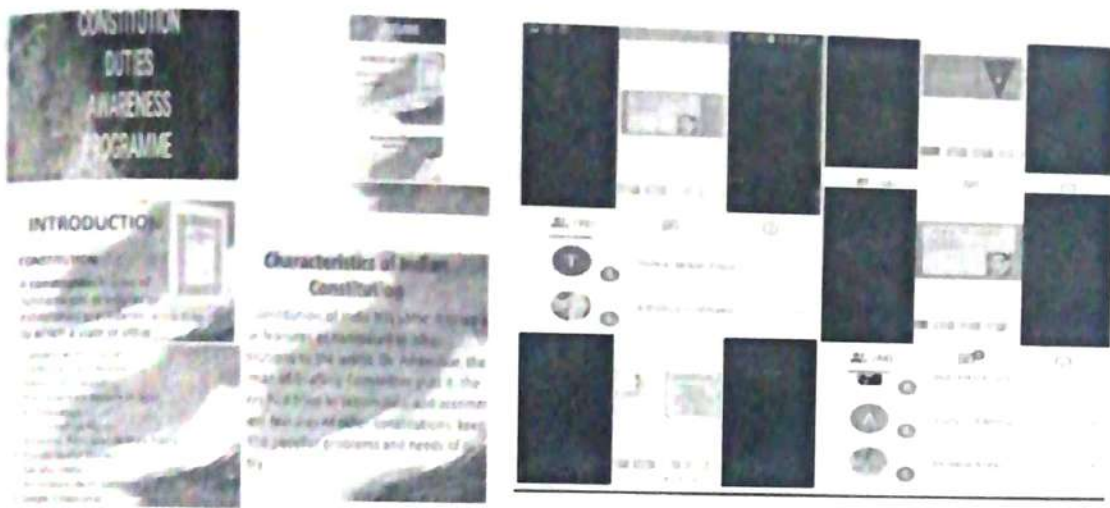


virtual activities which may be undertaken during this period and there after till 26th November 2020.

The activities of PRC NCC Unit Pulpally as part of the Awareness Campaign CDAP- Constitutional Duties Awareness Programme 2020:

- 1) Published certificates through the social media,
- 2) Awareness video about fundamental rights and duties,
- 3) Awareness video about Indian constitution,
- 4) Signature wall (it reveals the participation of citizen in constitution),
- 5) Awareness through screen presentations,
- 6) Awareness through lecture session about Indian constitution.





6)Awareness through lecture session about Indian constitution.

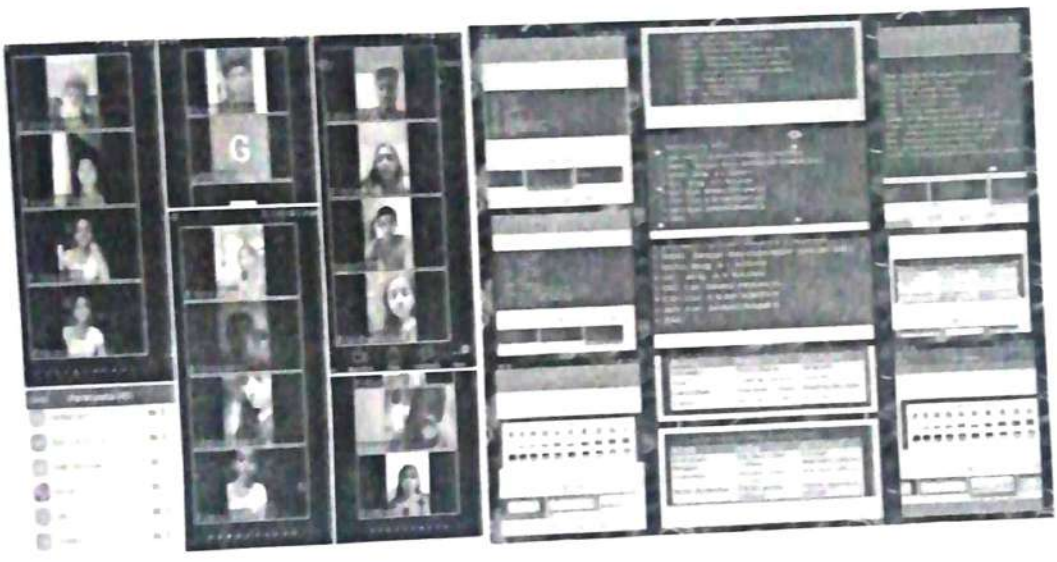
**ONLINE INSTITUTIONAL TRAINING- 26/07/2020-
25/08/2020**

From 26/07/2020 to 25/08/2020, had a series of lecture sessions on different topic of our NCC syllabus, by our caretaker Dr. Rani S. Pillai and Senior Cadets. Some of the main topics of discussion includes: Unity IN DIVERSITY, NATURAL DISASTERS, INDIAN HISTORY AND CULTURE, MAP READING AND COMPASS, RELIGION AND CULTURE OF INDIA, CONSTITUTION. All the sessions were highly informative. Out of 66 cadets, 50 cadets attended these training sessions. The rest of them were not able to join the sessions due to various reasons. For such cadets, we have provided them with the PPT presentation through our official WhatsApp group.

S.NO	TOPIC COVERED	NAME OF UNIT	NAME OF INSTITUTION	NO OF CADETS ENROLLED	NO OF CADETS ATTENDING ONLINE TRG	REMARKS
1	NATURAL DISASTERS	5(K) BN NCC WAYANA D	PAZHASSI RAJA COLLEGE PULPALLY	66	50	
2	UNITY IN DIVERSITY		"	"	"	
3	INDIAN HSTORY AND CULTURE		"	"	"	
4	MAP READING		"	"	"	



	AND COMPASS					
5	RELIGION AND CULTURE OF INDIA		"	"	"	
6	INDIAN CONSTITUTI ON		"	"	"	



6 (B) Bn SOC WAYAND
PRC UNIT PULPALLY

Webinar

Today's topic - Evol. weapon
training, health and hygiene,
environmental and economy
and risk reducing

CLASSIFIED BY
CDT ANANDHARAJAN
CDT HELMA JALAN
CDT ANANDHARAJAN
CDT ANANDHARAJAN

6 (B) Bn SOC WAYAND
PRC UNIT PULPALLY


Webinar

Topic - Evol. weapon training, health and hygiene,
environmental and economy and risk reducing

CLASSIFIED BY
CDT ANANDHARAJAN
CDT HELMA JALAN
CDT ANANDHARAJAN
CDT ANANDHARAJAN




October 02 Gandhi Jayanti (02/10/21) - On behalf of Gandhi Jayanti we have conducted a letter writing competition with a theme 'A letter to Gandhiji' under colleges of our unit.



ON THE HALF OF GANDHI JAYANTI PRC UNIT PRESENTS
LETTER WRITING COMPETITION
Theme - A letter to Gandhiji


For more details contact
6282835036
95443 06153



Max 2 letters from each college


PRC NCC

CONDITIONS
- Only for cadets under 5(K) BN NCC
- Participants can write either in English or Malayalam
- Convey current conditions to Gandhiji
- Your letter must reach on or before Oct 2nd, 4 pm.



Letter writing competition held on 2nd Oct


1st Prize



CDT JEEVAN ISAC
KL/19/SD/202734
St. Mary's College

Cash reward and E-certificate

2nd Prize



CDT KRISHNA BABU
(JW)
EMBC UNIT
MEENANGADI

E-certificate

Congratulations

October 04 Online Lecture class – Online lecture class was conducted and our caretaker and senior took classes for B certificate preparation and took revision.

October 08 Indian Air Force Day – We created a poster for the tribute and respect for Indian Air Force.



5 (K) Bn NCC WAYANAD
PAZHASSI RAJA COLLEGE PULPALLY

ऊंचे इरादे,
ऊंची उड़ान,
भारतीय वायु सेना सबसे महान

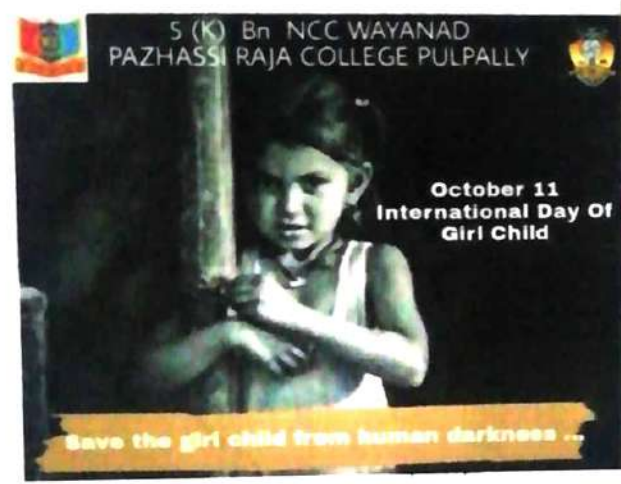


October 9 – A seminar on 'Risk factors of cancer' which was a national seminar and the resource person was Ms Sumki Begum. The session was all about how is the prevention of cancer, various types of cancer, and its available treatment.

October 10 online lecture class – Online lecture class was conducted and in which our AO Lt Col Athul Maithani attended and supported our classes.

October 11 International day of girl child – We had conducted a poster making for international day of girl child.





October 18 – PRC unit took part in the webinar conducted by MMC with the intention to provide knowledge about NEP and it was quiet important and a valuable class. The draft is related to the right to education act which ensures free and compulsory education for children in the age group 6 to 8.





Webinar On
**NATIONAL
EDUCATION
POLICY-2020**


 **18 October/20**
10:30 - 12:30 Pm


Speakers

 **Dr. V T Jayaram**
Director, NCC, Bangalore
10:30 AM - 11:30 AM

 **Lt Col. Atul Kumar Maitani**
Director, NCC, Bangalore
11:30 AM - 12:30 PM


Panelists

 **Col. S Balakrishna Murthi**
Director, NCC, Bangalore
10:30 AM - 11:30 AM

 **Capt. Dr. Rajeev Thomas**
Director, NCC, Bangalore
11:30 AM - 12:30 PM

Registration is now open for all

Registration
bit.ly/register_here_

 **Contact Us**
85905 89075

October 7,8,9,12,23 Admission Duty –NCC cadets were detailed as volunteers for admission duty. Through this we got a chance to impress the new students and their parents and encourage them to join NCC.





We had created a poster including all advantages and importance of joining NCC to motivate the interested new coming students to maintain the moral of NCC.

5 (K) Bn NCC WAYANAD
PAZHASSI RAJA COLLEGE PULPALLY

PRC UNIT WELCOMES ALL VOLUNTEERS WHO ARE
 INTERESTED IN SELFLESS SERVICE

Benefits of NCC

Certificates Permanent Commission. A permanent Commission means a career in the Army till you retire. For a Permanent Commission, you have to join the National defence Academy (NDA) Or the Indian Military Academy (IMA). Short Service Commission. The Indian Army has a wonderful alternative career for all those of you who aspire to serve the Nation for a few years. It is called Short service Commission. It gives you the option of joining the Army and serving in it as an Officer for Five



October 21 – we had a visit from 5 (K) Bn unit on Oct. 21, 2020. A.O Athul Maithany, SM. Sub. Maj. Raju and other PI staff inspected our institution to evaluate our progress.



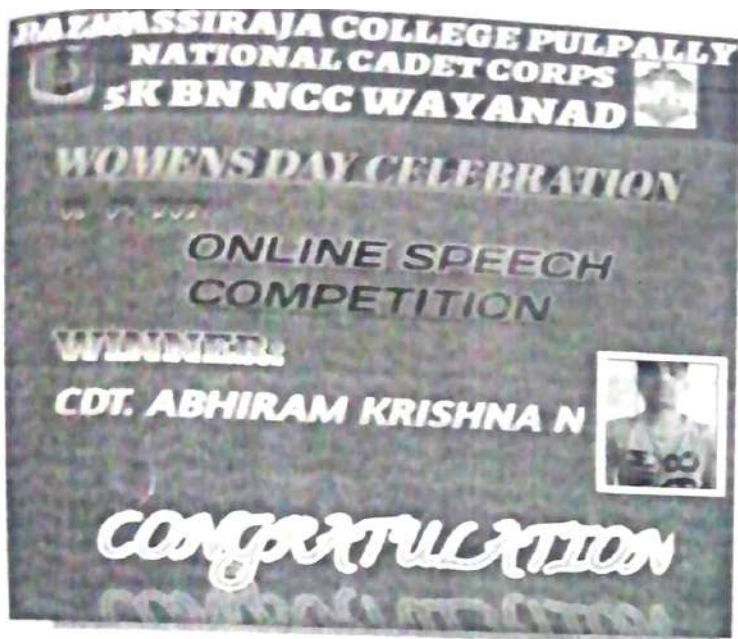


International Women's Day Celebration: March 8, 2021

As directed by 5(K) BN NCC WAYANAD, PRC Pulpally organised the International Women's Day (IWD) Celebrations. As we all know every year we celebrate 8th march as international women's day to extent Support, to encourage women, to empower and to memorise the vital role that women plays on the lives of their family members and society. Our International Women's Day Celebration started with a rally at 9.30 Am on 8th March 2021. Our Principal Dr. Anil Kumar flag off the rally and CEO Rev. Fr. Varghese Kollamavudi felicitated on the occasion. 66 cadets were present in the rally and Caretaker Dr. Rani S. Pillai also spoke on the importance of the day. We have conducted the rally of our cadets from Campus to the Pulpally Town to propagate the message of Equality, "Inclusive World" by keeping in mind the COVID 19 protocol. The main attraction of venture was the Flashmob by our cadets in front of the Pulpally Bus hub, as part of the Rally. For more detail :

<https://www.instagram.com/tv/CMJ9xd6lpjq/?igshid=19y4ac2jvh6u8>





Photos from the Flash mob in connection with Women's Day Rally

As a part of program, our sub unit have launched an "Awareness Campaign- Choose to Challenge- on Women's Equality" through social media. Every cadet was asked to take the initiative to collect videos from their teachers, and family members, relatives and friends and they all gave their support by sending a short video clip saying ' I CHOOSE TO CHALLENGE' with their raised hands in support and solidarity. The idea is that from challenge comes change. By merging all the video clips we made our final campaign video to encourage others to stand for a more inclusive world and posted it in social media. We have collected photos, drawings and posters from the cadets based on the theme of women's day. We have made it into posters. Through these posters also we made a campaign on the importance of equality of women and to attract public attention. We have made total of 5 collages and it also posted it in social media.

We have conducted an online Speech Competition on "Inspirational Woman in My Life". A Lecture was delivered by Dr. Rani S Pillai, NCC Caretaker of PRC unit on the day to SW cadets and other students to create awareness among the audience which ended with "Choose to ChallengeShapath". She addressed the audience about the importance of the day, and stressed on Health and Hygiene, and Menstrual Hygiene, etc.



As part of the 'CELEBRATING WOMEN'S ACHIEVEMENTS' program of the Day, we choose to honour the achievements of Dr. Anjali and Ms. Ishanee. Dr. Anjali is the first doctor from the Adiya tribal community. She became a veterinary doctor who is now in a good position by her hard work. We conducted a tea time chat with the doctor. She interacted with our cadets on the day shared with the group the tough situations that she faced in her walk of life and enlightened them with her inspirational words. We celebrated her achievement and honoured her by presenting a golden shall.



We also Celebrated the achievement (record) marked by Miss Ishanee- the Indian Book of Records for using the maximum number of handwriting styles to write a sentence was set by Ishanee Kelaatt of B Voc department of our college. We honoured her for this wonderful achievement by a memento. Dr. Anjali with our Cadets on Women's Day



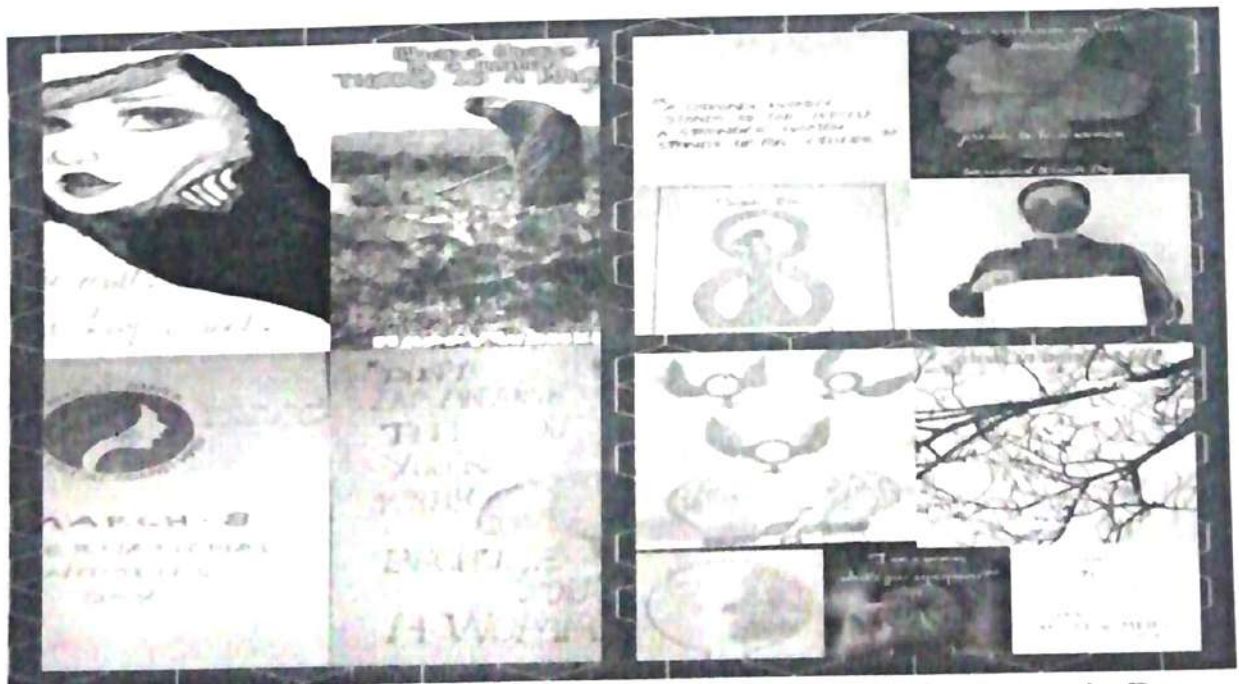
As part of our 'A HELPING HAND' program of Women's Day Celebration, we have chosen Mrs. Ambika Amma 78 years old lady. She got married in her early age but unfortunately her husband passed away because of cancer. She has no relatives to take care of her. She is living in a single room house, a katcha house, without basic facilities like, drinking water, toilet, electricity, etc.. The house is in pathetic condition. We visited her on the day and supported her with small fund raised from our



cadets and gifted her a Kerala saree as a token love and support. We assured her all our support in future also. And We have decided to adopt her and to renovate the house.



'Kaithangu- A Helping Hand' - Cadets and Caretaker of PRC SubUnit at Ambika Amma's House



Photos from Poster Making Competition on International Women's Day



INCLUSIVE WORLD HUMAN CHAIN



Chain of support and solidarity to inclusive world, was one of the major attraction of the International Womens Day celebration by our cadets, the message of quality- Inclusive World Chain. All women are treated equally and not been discriminated on the basis of gender, through holding the hands one by one our cadets expressed the message that "WE ARE ONE".



Awareness class on menstrual hygiene and distribution of Sanitary items in the Colony:

We have visited our nearby colony at Pulpally and gave an awareness class on menstrual hygiene and introduced other menstrual products like menstrual cup, tampons etc., to them. We also distributed sanitary items in the colony.



SELF DEFENSE TRAINING

A self-defence class was also organised in connection with International Women's Day .In the present world women are not safe even at their home. In this situation it is important for women to be trained to defend an external attack. The class was conducted by Sergeant Abin Thankachan and Sergeant Anandhu S Nair, National KalaryChampions- Martial Art of Kerala. They explained the importance of learning martial arts to our SW cadets. They demonstrated some self-defence techniques to them. Cadets also got opportunities to practice the techniques. The class was very interesting and effective one.



Sergeants Anandhu S.Nair and Abin Thankachan demonstrating self Defence Techniques to Cadets.

