

NATIONAL CADET CORPS (NCC) ACTIVITY REPORT

Session: 2020-21

A.P.Sen Memorial Girls' P.G. College, Lucknow

Unit: 20 UP Girls Battalion NCC, Lucknow

Total Strength: 110

Senior Wing Cadets NCC

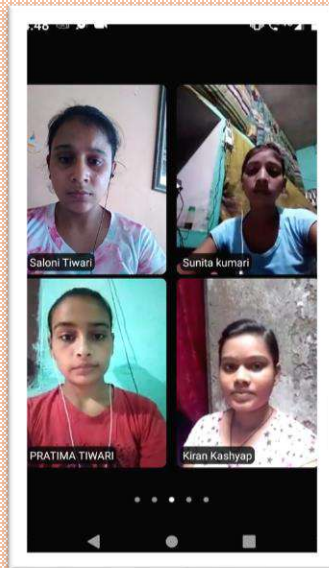
Introduction

- ▶ **The National Cadet Corps (NCC) of A.P.Sen Memorial Girls' P.G.College, Lucknow, has consistently aimed at developing character, discipline, leadership, and a spirit service mong students.**
- ▶ **Despite the challenges posed by the COVID-19 pandemic during the session 2020-21, the NCC unit of the college continued its activities with enthusiasm and commitment through both online and limited offline modes, ensuring active participation of cadets in various institutional, national, and social initiatives.**

Online Training and Awareness Programs

Due to the pandemic, most training and awareness programs were conducted virtually. Cadets actively participated in E-NCC Classes and Webinars organized by 20 UP Girls Battalion, covering topics such as

- Leadership and personality development.
- Disaster management and first aid.
- Cyber safety and online ethics.
- National integration and unity.
- National Level E-Quizzes.
- Webinars on topics like-
 - India Movement
 - Yogâ for Health,
 - Aatmanirbhar Bharat.

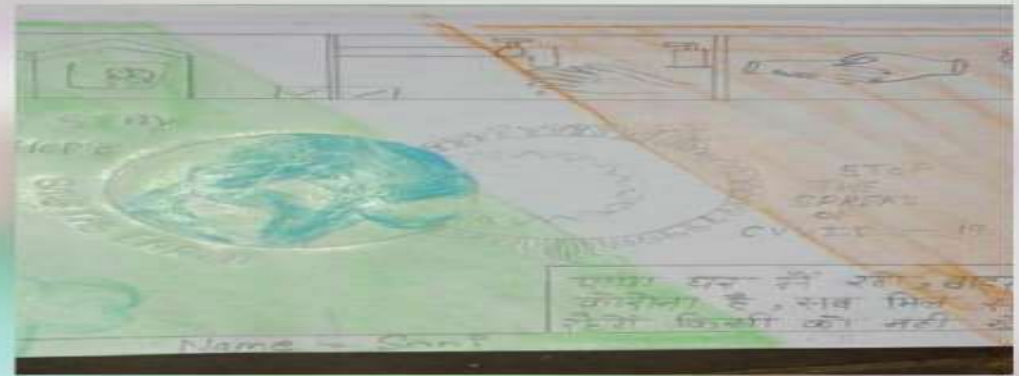


20 UP GIRLS BN NCC LKO



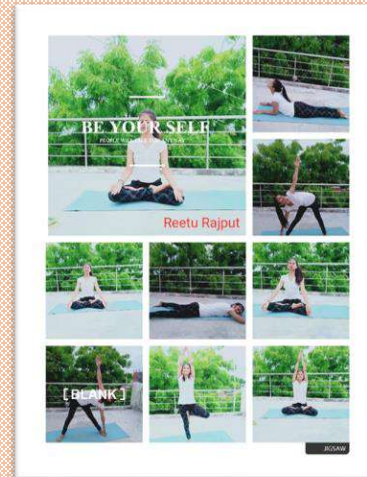


ANO: Major (Professor) Monika Srivastava



INTERNATIONAL YOGA DAY Date: 21st June 2020

- ▶ International Yoga Day was celebrated online on 21st June 2020. More than 60 cadets participated virtually in this celebration in the presence of their family members and friends. Following the protocol of yoga day, all cadets performed different Asans like Anlom-Villom, Pranayam, Surya namskar and Kapal Bhati. This year's theme "Yoga at Home and Yoga with Family" stressed on the importance of immunity and healthy living during Covid-19 outbreak.



FIT INDIA MOMENT- Date: 10th September 2020

- ▶ Fit India Movement campaign on 29 August, 2020 witnessed the active participation of 48 cadets via various Social Media Platforms to spread awareness about physical and mental awareness in the society. The cadets encouraged the people to remain healthy and fit by inculcating physical activities and sports in their daily lives especially in the prevailing Covid-19 pandemic situation.



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Observance of National Days and Events

- ▶ The cadets participated actively in various national observances held online and in small offline gatherings:
- ▶ Independence Day (15 August 2020): Cadets joined the virtual flag hoisting ceremony and sang patriotic songs from home.
- ▶ Republic Day (26 January 2021): Limited cadets participated in the college ceremony maintaining COVID protocols; others joined online celebrations.
- ▶ International Yoga Day (21 June 2020): Cadets practiced yoga at home and shared videos and photographs promoting the importance of health and fitness.

Swachhta Pakhwada (October 2020):

- ▶ Carried out cleanliness drives in their localities and spread awareness on waste management through posters and videos.



Social Awareness and Community Service

- ▶ Even amidst restrictions, cadets contributed meaningfully to society by conducting awareness drives on COVID-19 Safety Awareness: Cadets distributed masks and sanitizers in their neighbourhoods and promoted safety protocols via social media.

MISSION SHAKTI (17th -25th October 2020)

**A P Sen Memorial Girls Degree College Charbagh
Lucknow**

Cordially invites You to Webinars/Activities
**MISSION SHAKTI
17 TO 25 OCTOBER 2020**

Patron
MS. Divyani Boley
Principal

Keynote Speaker
Prof. Rupa Rakha Verma
Former Vice-Chancellor,
University of Lucknow

Keynote Speaker
Prof. Sanjay Singh
Dept. of Sociology
Dr. Ram Manohar Lohiya U.
University

Google Meet Link : <https://meet.google.com/2ya-saaa-uch>

Different Online Activities

- Safety Pledge (online sign avaz)
- Introduction To Mission Shakti
- Information of Legal Provisions For Women (online session ke liye a jana hai)
- Self Defence Training
- Awareness Programmes
- Slogan, Poster, Essay Competition
- Lectures By Experts

Organising Committee

- Dr. Anshu Kedia, NSS PO, Associate Professor
- Dr. Monika Shrivastava, NCC, Associate Professor
- Dr. Rashmi Shrivastava, Assistant Professor, Physical Education
- Mrs. Monica Awasthi, NSS PO Assistant Professor

Note:

- Online activities for all students will be organised by NSS/NCC/Physical education department.
- Programs will start daily at 10:00 am & 5:00 pm.

