

NATIONAL CADET CORPS (NCC) ACTIVITY REPORT

Session: 2021-22

1

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

Unit: 20 UP Girls Battalion NCC, Lucknow

Total Strength: 110

Senior Wing Cadets NCC

2

Institutional Training and Parades

- Regular Parades: Weekly parades were conducted (both online and offline) focusing on drill training, weapon training, map reading, field craft, and battle craft.
- Ceremonial Parades: Cadets participated in ceremonial parades within the college and at district-level grounds to mark Independence Day (August 15, 2021) and Republic Day (January 26, 2022).
- Special Sessions: Online and offline sessions were organized on topics like Mental Health and Emotional Wellness, and speeches on "Youth and Patriotism".









ANO: Major (Professor) Monika Srivastava



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Camps and Competitions

- Cadets attended various camps at different levels, which were crucial for practical exposure and skill development:
- Combined Annual Training Camps (CATC/ATC): Multiple week-long camps were held by various NCC battalions, where cadets received intensive training and participated in inter-college competitions, often winning accolades.
- Certificate Examinations: Cadets appeared for and excelled in their 'B' and 'C' certificate examinations held around February 2022.



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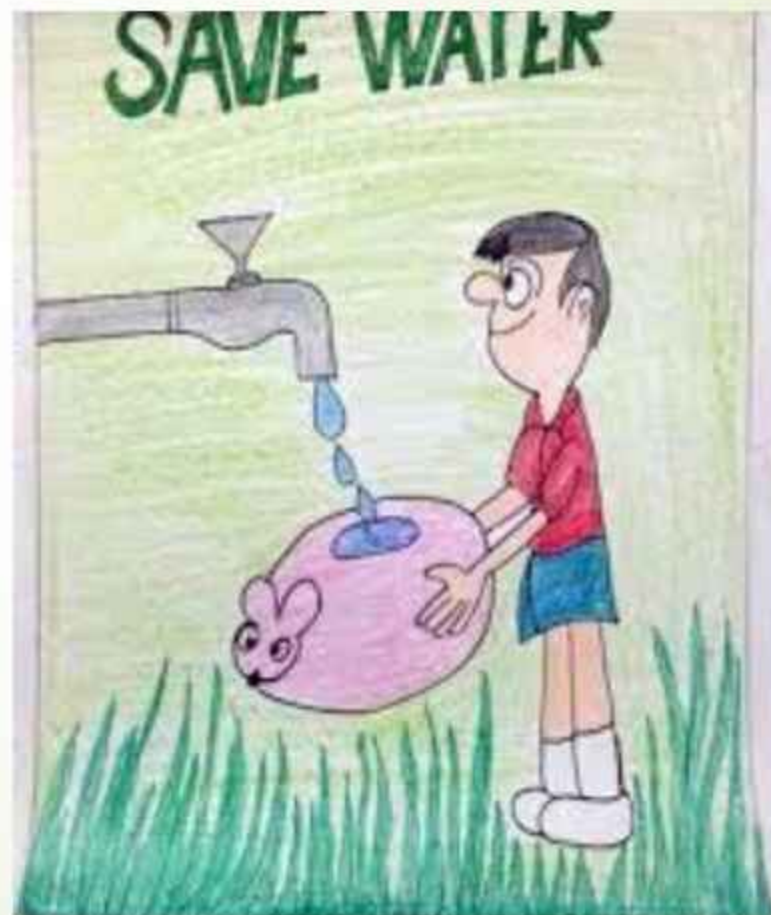
Social Service and Community Development

- Cadets actively engaged in social awareness and community service programs to foster a sense of social responsibility:
- Swachh Bharat Abhiyan: Cleanliness drives were frequently organized within college campuses, in surrounding areas, and at beaches as part of the "Puneet Sagar Abhiyan" to raise awareness about plastic pollution.
- Blood Donation: Several blood donation camps were organized in collaboration with local health agencies, with many cadets voluntarily donating blood.
- Health and Awareness Drives: Cadets participated in "Fit India" awareness programs, anti-drug rallies, and volunteered at COVID-19 vaccination camps, assisting with data entry and management.
- Tree Plantation: Saplings were planted in college premises and local areas to promote environmental awareness on occasions like World Environment Day.





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Road safety Awareness Drive

- Road safety is of prime importance as road accidents are among the biggest causes of deaths in the country.
- With the number of vehicles on our roads increasing with every passing hour, it's of vital importance for everyone to have traffic awareness and understand and respect all the road safety rules in India.
- A Road Safety Programme was organised in AP SEN MEMORIAL GIRL'S PG COLLEGE LUCKNOW under the vision , guidance and supervision of Prof. Rachna Srivastava , Principal on 22 April 2022.
- Mr Pankaj Sharma Safety Manager Traffic Park Lucknow was invited for the occasion to address the cadets , students and staff on this very important aspect of road safety .
- The event was attended by about 60 cadets and students and support staff of the college including the drivers .
- Poster making and slogan competition was organised and prize was given to the best three enteries .
- So many lives are unnecessarily lost every year due to road accidents, underlining the importance of adherence to road safety norms .





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A.P. SEN MEMORIAL GIRLS PG COLLEGE

invites

Col. Vinod Joshi,
Commending Officer
20 UP GIRLS BN NCC , LUCKNOW



As
Chief Guest and Motivational Speaker for a WEBINAR On
AVENUES FOR GIRLS IN ARMED FORCES
" THE LAST BASTION "

On February 24th, 2022
At 10:30 AM

Link:
<https://meet.google.com/weg-vrcj-yai>



Patron:
Prof. Rachna Srivastava
Principal
A.P.Sen Memorial Girls PG College
Lucknow.



Maj. Praveen Kumari
Adem Officer
20 UP(G) Bn,
NCC



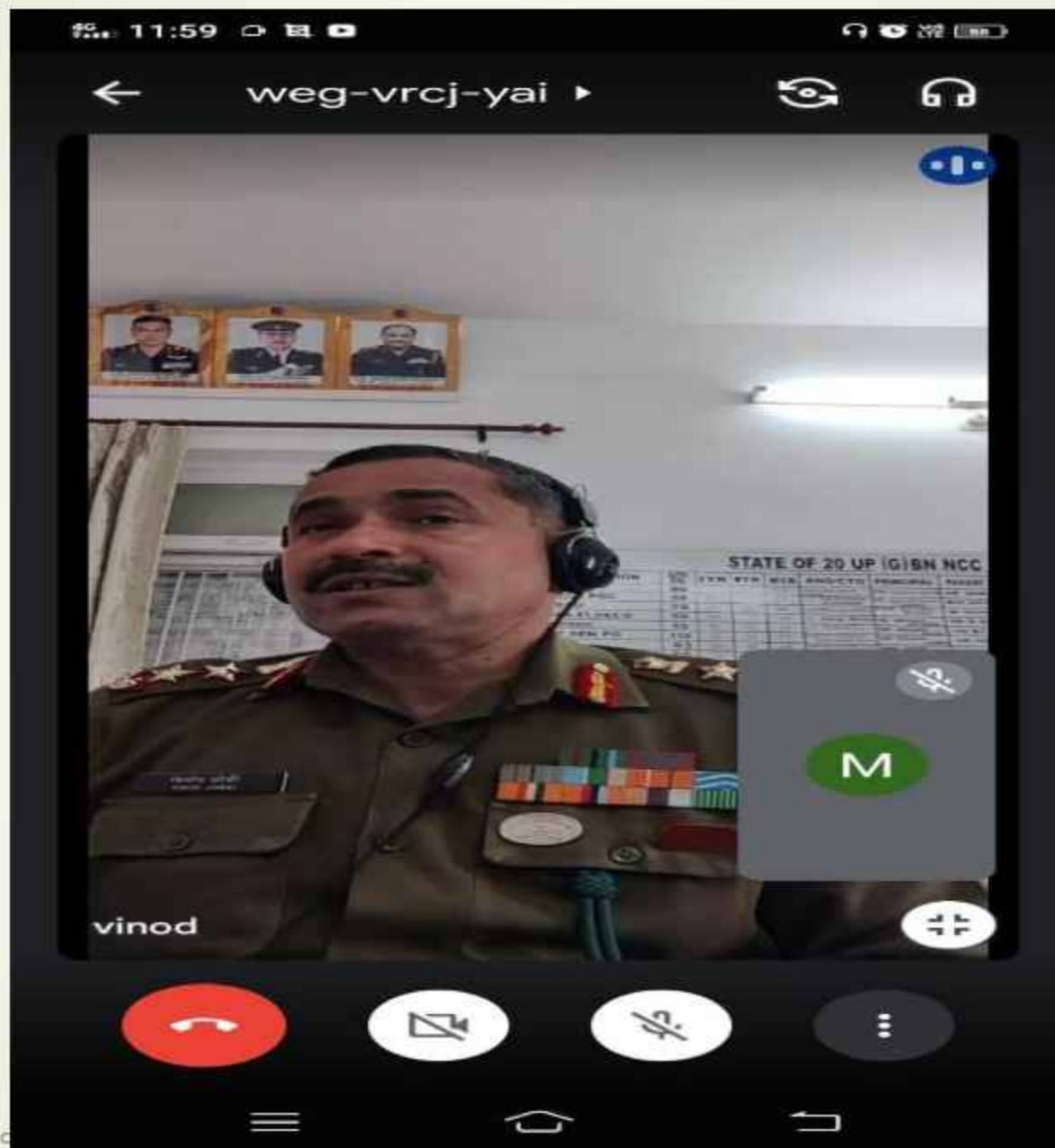
Coordinator:
Capt. Dr. Monika Srivastava
Associate Professor
A.P.Sen Memorial PG College
Lucknow

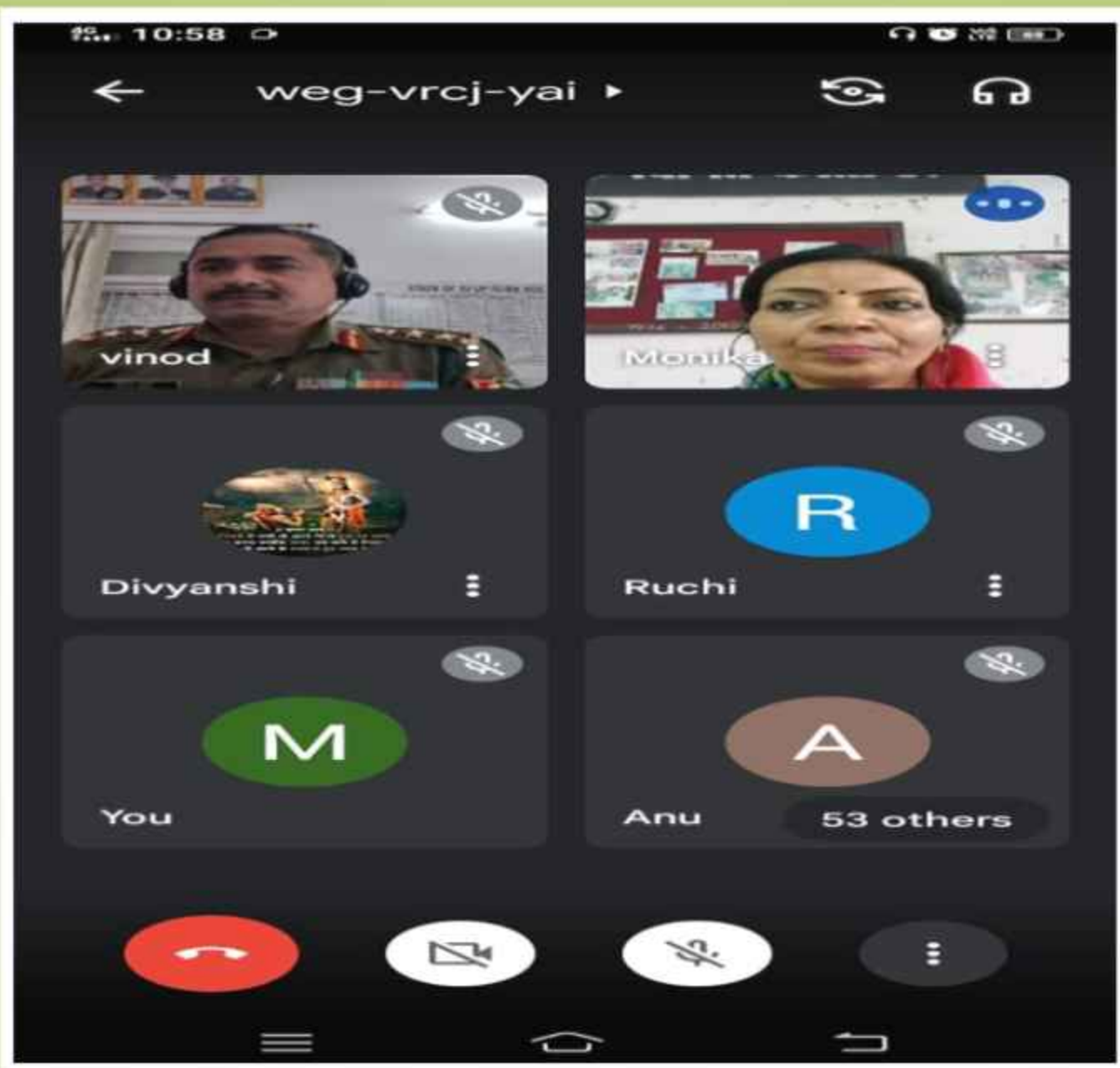
Avenues For Girls In Armed Forces "THE LAST BASTION"

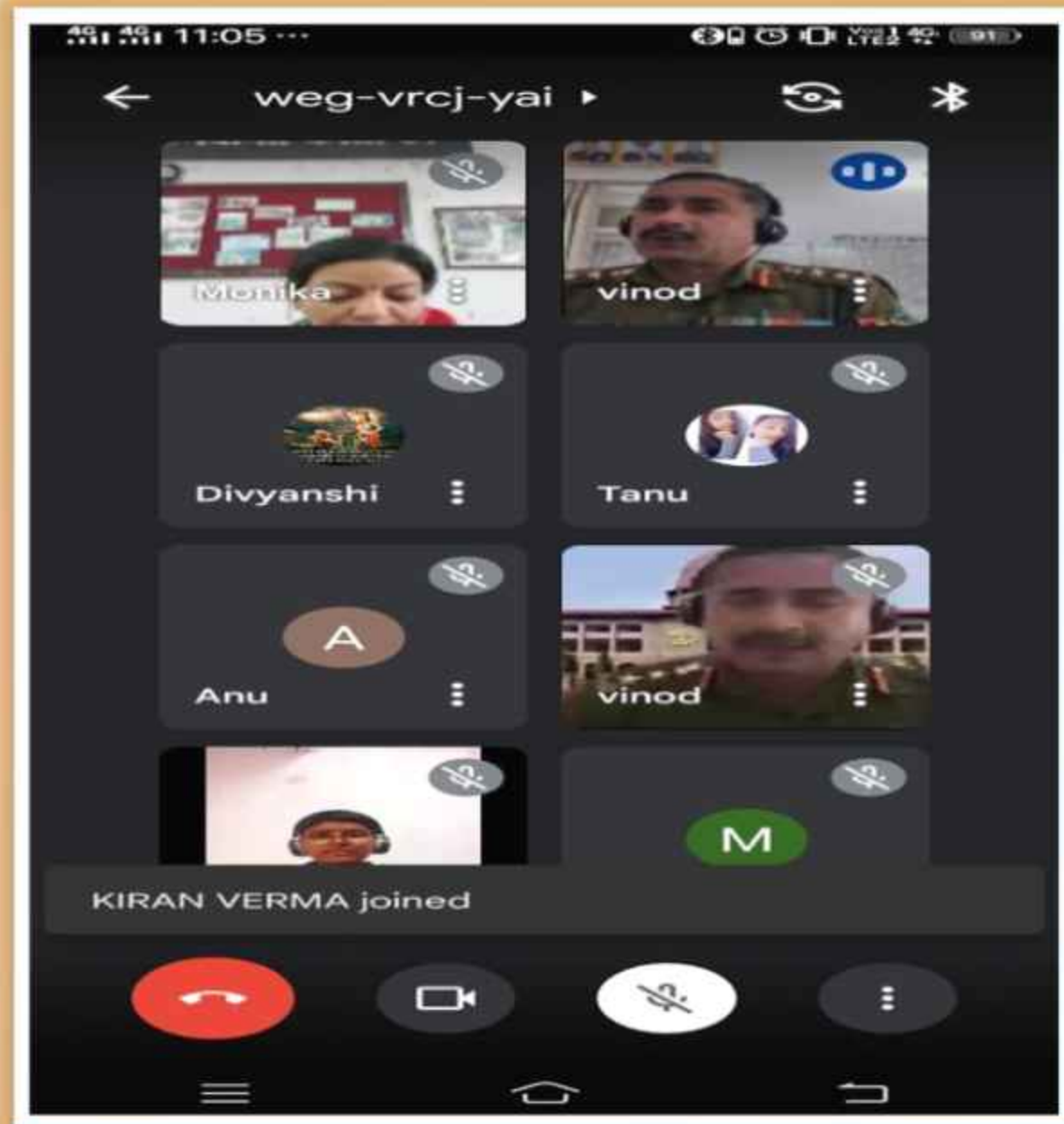
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- A Webinar was organised under the aegies of AP Sen Memorial Girl's PG College Lucknow on 24th February 2022 at 11AM .
- Colonel Vinod Joshi Commanding Officer 20UP Girl's Battalion NCC Lucknow was the Chief Guest and Chief Motivational Speaker.
- Maj Praveen Kumari, Administrative Officer 20 UP Girl's Battalion NCC Lucknow attended as Distinguished Guest.
- Prof. Rachna Srivastava Principal AP Sen Memorial Girl's PG College Lucknow was Patron in attendance.
- Captain (Dr) Monika Srivastava was the Chief Co-ordinator of the event .
- The webinar was attended by more than 90 students of AP Sen Memorial Girl's PG College, Lucknow and various other colleges of Lucknow.

- Col Vinod Joshi spoke vividly highlighting various aspects as under
- Tips for scoring maximum marks in any examination .
- Training the subconscious mind and how to utilize creative mind .
- Opportunity for Girls in defence forces .
- Tips on cracking SSB interview.
- The talk was highly educative ,inspirational and useful for the participating students .
- Col. Joshi talked about :
 1. SSB procedure (Service selection board)
 2. Requirements of SSB.
 3. Star qualities for SSB such as educational qualification, games and sports, extra co caricular activities, hobbies, achievements in life.
 4. How to prepare about self, about your country, state, your surrounding.
 5. Burning issues, national and international
 6. Grey arras....Reasons why we are not selected in SSB.
 7. NCC special entry in Armed forces.







ANO: Major (Professor) Monika Srivastava

Puneet Sagar Abhiyaan

- Water is the most important natural resource of this century and shall continue to remain the most precious natural resource of the next century and beyond.
- Experts have gone to the extent of saying " The 3rd World War shall be fought for water ".
- Therefore , it's very important to conserve oceans , seas , rivers, lakes , ponds and various other water bodies .
- The water bodies have become primary dumping ground for all the waste being generated in alarming proportions , by the ever-growing population.
- Plastic , polythene and their byproducts are the biggest pollutants of the water bodies .We are fortunate to have a visionary Prime Minister, who could foresee this danger and exhorted India and the world to clean our water bodies and conserve water.
- Accordingly National Cadet Corps (NCC) embarked upon a national flagship campaign "Puneet Sagar Abhiyan " and undertook the task of creating awareness and clean shores / beaches and other water bodies including rivers and lakes , to make them free of plastic and other waste material .
- The campaign has been in full swing since it's launch in December 2021.

- Principal, Professor Rachana Srivastava has been an ardent supporter of this vision our Prime Minister to conserve water and keep water bodies clean .
- Welcoming the initiative of the NCC , Principal directed Captain (Dr) Monika Srivastava, ANO , Senior Wing of AP Sen Memorial Girl's PG College Lucknow to ensure whole hearted participation of the cadets in this campaign and assured all the assistance from the College for the conduct of a successful "Puneet Sagar Abhiyan " .
- On 8 Jun 22 , 20 UP Girl's Battalion NCC Lucknow, Puneet Sagar Abhiyan " campaign was organised at Gomti River Front , Lucknow.
- Professor Rachana Srivastava, Principal promptly approved participation of 60 Senior Wing Cadets of AP Sen Memorial Girl's PG College Lucknow, as was requested by the Battalion.
- All the cadets took active part in " Puneet Sagar Abhiyan".

- Besides the cleanliness drive of Gomti River Front public awareness campaign was also undertaken by the cadets by organising a small rally , interaction with the shopkeepers and tourists , nukkad natak and poetry recitation .
- Essay Writing Competition painting competition and debate competition was also organised for the cadets to generate awareness .
- Captain (Dr) Monika Srivastava also gave a small talk on cleanliness and conservation of water bodies .
- The cadets were also provided refreshments by the college.
- Under the dynamics leadership and meticulous planning of Col Vinod Joshi , CO 20UP Girl's Battalion NCC Lucknow " Puneet Sagar Abhiyan," campaign was successfully organised by the Battalion and affiliated institutions.



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Voter Awareness



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Yoga Day

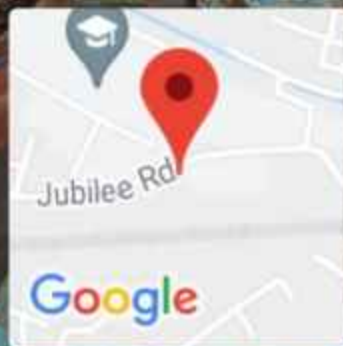
- The UNGA announced on 11th December 2014 that June 21st will be seen as "INTERNATIONAL DAY OF YOGA" or "WORLD YOGA DAY" .
- Since 2015 , International Day of Yoga has been celebrated on June 21 worldwide.
- Professor Rachana Srivastava, Principal AP Sen Memorial Girl's PG College Lucknow felt that 8th International Day of Yoga in 2022 must be celebrated in a befitting manner.
- Accordingly ,she directed Captain (Dr)Monika Srivastava, ANO Senior Wing NCC of A.P. Sen Memorial Girl's PG College Lucknow to organize a one month long YOGA classes for the ncc cadets of the College .
- Senior Wing cadets and staff of AP Memorial Girl's PG College Lucknow participated in one hour yoga practice every day in the morning at 8 AM from 18th May 22 to 18 June 22 .

- The inaugural opening address was given by our Principal, Professor Rachana Srivastava, wherein, she shared her vast experience and knowledge about benefits of Yoga with the cadets and staff.
- 80 cadets and about 10 staff attended the Yoga session everyday.
- Besides Yoga, various competitions based on the theme of Yoga were also organized.
- These events included painting competitions, slogan writing competition, poetry recitation competition and quiz competition. Guest speakers were also invited to share their knowledge on Yoga with the participants. Refreshment was provided to everyone on all days.
- The month long Yoga practice culminated on 18th June 22.

- Professor Rachana Srivastava, Principal, concluded the proceedings by addressing all the participants .
- In her closing remarks, she complimented Captain (Dr) Monika Srivastava and her conducting team for their dedication and hard work in successfully organizing the month-long Yoga classes and spreading the awareness about the invaluable benefits of Yoga to the participants .
- She was also happy to note that the core team has been created to take care of the Grand Finale of International Day of Yoga celebrations in AP Sen Memorial Girl's PG College Lucknow on 21 June 2022 , where , all the students, ex students and staff shall be participating .



ANO: Major (Professor) Monika Srivastava



Lucknow, Uttar Pradesh, India

RWJP+F49, Khatkeyana, Lucknow, Uttar Pradesh 226001, India

Lat 26.830951°

Long 80.935436°

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ANO: Major (Professor) Monika Srivastava



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Lucknow, Uttar Pradesh, India

RWJP+F49, Khatkeyana, Lucknow, Uttar Pradesh 226001, India

Lat 26.83091°

Long 80.93542°

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नेताओं में से प्रदेश के संसदीय कार्य एवं वित्त मंत्री सुरेश कुमार खन्ना ने दोनों कार्यकाल मिलाकर पांचवी बार बजट पेश किया। सरकार के बजट में हर वर्ग का ध्यान रखा गया है। छात्र के साथ किसान, बुजुर्ग व महिला के हितों को ध्यान देने के लिए धन की व्यवस्था है। बाजपा सरकार ने मिशन 2024 को ध्यान में रखकर इस बार के बजट में विकास की हर योजना पर कोकस किया है। किसानों को लेकर भीषणाएँ

की व्यवस्था प्रस्तावित है। कृषकों को सिंचाई के लिए जीजाल विद्युत के स्थान पर बैकल्पिक ऊर्जा प्रदान के अन्तर्गत प्रधानमंत्री किसान कर्जा सुरक्षा एवं उत्थान महामियान योजना के अन्तर्गत कृषकों के प्रदेष्टों पर सोलर पम्पों की स्थापना करायी जा रही है। वित्तीय वर्ष 2022-2023 में 15,000 सोलर पम्पों की स्थापना करायी जाएगी। वित्तीय वर्ष 2022-2023 में 60.20 लाख विन्टल बीजों का वितरण किया

मुख्य मंत्री लघु सिंचाई योजना के लिए 1000 करोड़ रुपये की व्यवस्था प्रस्तावित है। धान का न्यूनतम समर्थन मूल्य 1940 रुपये प्रति क्विंटल और धान गेहूँ का न्यूनतम समर्थन मूल्य 1950 रुपये प्रति क्विंटल निर्धारित किया गया। गेहूँ का न्यूनतम समर्थन मूल्य 2015 रुपये प्रति क्विंटल निर्धारित किया गया। महिलाओं को लेकर बजट में भीषणाएँ के प्रदेश के सभी जगहों के समस्त 1636 धानो पर महिला बीट आरक्षी नामित करके हुए महिला हेल्प डेस्क की स्थापना की गई है। प्रदेश के जिलों में 2740 महिला पुलिस कमिश्नों को 10,370 महिला बीटों का आवंटन किया गया है। लखनऊ, गोरखपुर और बदायूँ में तीन महिला पीएस बटालियन का गठन किया जा रहा है। प्रदेश में जिला स्तर पर साइबर हेल्प डेस्क स्थापना की जा रही है।

एक माह के योग महोत्सव का आयोजन किया गया है

लखनऊ। श्री रत्ना बीवास्तव प्राचार्या ए पी निदेश में तथा आज्ञा की अनुसूचित महोत्सव के अंतर्गत ए

सेन मेमोरियल गर्ल्स पी जी कॉलेज के दिशा



20 यू पी गर्ल्स बटालियन एन सी सी द्वारा एक माह के योग महोत्सव का आयोजन किया गया है जिसका समापन 21 जून को अंतर्राष्ट्रीय योग दिवस के अवसर पर होगा कार्यक्रम की संयोजिका एन सी सी अतिथि कैप्टन जी मोनिका बीवास्तव ने कार्यक्रम के प्रथम दिन कैप्टन और छात्राओं को योग के सकारात्मक प्रभाव के बारे में जानकारी दी एक माह के योग कार्यक्रम में योग विशेषज्ञ सुधी निशि अग्रवाल कैप्टन और छात्राओं को प्रशिक्षण दे रही हैं।

अखिलेश यादव ने यूपी सरकार के बजट की बतौर बंटवारा, बोले- इसमें कुछ बढ़ा नहीं, सब कुछ घटा है

लखनऊ (संवाददाता)। उत्तर प्रदेश की योगी आदित्यनाथ सरकार ने गुरुवार को विधानसभा में अपने दूसरे कार्यकाल का पहला बजट

लगभग छह लाख 16 हजार करोड़ का पेश किया। बजट पेश होने के बाद मुख्यमंत्री योगी आदित्यनाथ ने जहाँ इस बजट को देश की 26

करोड़ जनता की जनआकांक्षाओं का रूप बताया वहीं सपा प्रमुख अखिलेश यादव ने टक्कीट कर इसे बजट नहीं बंटवारा करार दिया है।

बांग्लादेशी बाप-बेटे को चार साल कैद की सजा, लखनऊ में एटीएस की विशेष अदालत ने दोषी करार दिया

लखनऊ (संवाददाता)। भारत में अविध रूप से रहने के मामले में बांग्लादेशी नागरिक उमर मोहम्मद उल्हानी और तनवीर को एटीएस की विशेष अदालत ने चार-चार

साल की सजा सुनाई है। यह दोनों बाप-बेटे हैं और बांग्लादेश के जिला कोकस बाजार के रहने वाले हैं। साल 2021 में एटीएस ने इन दोनों को राधारनपुर से गिरफ्तार किया था। यह लोग



साल की सजा सुनाई है। साथ ही इन दोनों पर अलग अलग साढ़े

कज्जी दस्तावेजों के जरिए अवैध रूप से भारत में निवास कर रहे थे। इनके पास से आकार कार्ड, वोटर कार्ड, पैन कार्ड, आय और जाति प्रमाणपत्र तथा डाइविंग लाइसेंस समेत कई दस्तावेज बरामद हुए थे। हालांकि निवारण के दौरान अदालत में बाप बेटे ने अपना गुनाह कबूल कर लिया था।

में थाना एटीएस में दर्ज हुई थी। विवेचना के बाद इनके खिलाफ रीवायडी और कज्जी दस्तावेज तैयार करने आदि के साथ ही विदेशी और भारतीय अधिनियम की धाराओं के तहत आरोप पत्र दाखिल हुआ था। दुष्कर्म के आरोपी को 20 साल की कैद का सजा, एक किशोरी से दुष्कर्म के मामले में पावसी की विशेष अदालत ने अभियुक्त इमरान अरावी को दोषी करार दिया है। विशेष जज राम विलास प्रसाद ने आरोपी को दोषी मानते हुए 20 साल कैद की सजा सुनाई है। साथ ही इस पर 50 हजार का अर्थदंड भी लगाया गया है। सरकार की कठोर शक्ति पाठक ने बताया कि 21 जनवरी 2018 को इस मामले की एफआईआर फाइल की गयी



स्वयं सेवक की तरफ से आयोजन



• ली : एवेरिनी



पुर्वोत्तर रेलवे अधिकारी क्लब में योग करती डीआरएम डा. मोनिका अग्निहोत्री • ली: रेलवे



पीएचडी चेंबर आफ कामर्स एंड इंडस्ट्री के उत्तर प्रदेश चैप्टर ने अपने क्षेत्रीय कार्यालय में सदस्यों के लिए योग और ध्यान सत्र का आयोजन किया • ली : स्वजल



रिवार



एपी सेन मेमोरियल गर्ल्स पीजी कालेज में प्राचार्या प्रो. रचना श्रीवास्तव के नेतृत्व में अंतरराष्ट्रीय योग दिवस का आयोजन किया गया।



• जागरण



योग शिविर में लोहिया संस्थान में रुबी रोम विशेषज्ञ डा. मालविका मिश्रा और इंपनटी विभाग में एसोसिएट प्रोफेसर डा. मोहित सिन्हा मौजूद रहे • ली : स्वजल



प्रकरण (साई) में



गोमतीनगर के विर पूवी क्षेत्र से विचार



विश्व एशिया

Major Activities in Nutshell

S. No.	Date	YEAR	ACTIVITY	Number of Participant
0	1	2	3	4
1	07 Dec.	2021	Mission Shakti (in University) Poster Competition	100
2	13-Dec	2021	Floral Tributer to the Lagacy	100
3	12-Jan	2022	National Youth day	100
4	15-Jan	2022	Exercise on Makar Sankranti (Under the azadi ka Amrit Mahotsava)	100
5	22-Jan	2022	Noise Polution making poster by cdts	100
6	23-Jan	2022	Webinar ; topic on Netaji Subhash Chandra Bose	100
7	22-Feb	2022	First Ever Green Booth	100
8	24-Feb	2022	Webinar ; By Col. Vinod Joshi ,Topic on Awareness of SSB	100
9	08-Mar	2022	Woman Day	100
10	22-Apr	2022	Road Safety Day /poster making by cdts	100

S. No.	Date	YEAR	ACTIVITY	Number of Participant
0	1	2	3	4
11	07-Apr	2022	World Earth Day	100
12	06-Apr	2022	Inauguration of an Automated Library	100
13	21-May	2022	International Day for Biological Diversity	100
14	31-May	2022	Anti Tobacco Day under Azadi Ka Amrit Mahotsava	100
15	31-May	2022	Visiting of DG NCC	100
16	03-Jun	2022	Bicycle Rally	80
17	05-Jun	2022	World Environment Day	100
18	08-Jun	2022	Puneet Sagar Abhiyaan	100
19	14-Jun	2022	Yoga Camp 1 to 14 days/ 1 month	100
20	15-Jun	2022	Day 3 of Amrit Yoga Shapath	100

S. No.	Date	YEAR	ACTIVITY	Number of Participant
0	1	2	3	4
21	19-Jun	2022	Practice of Yoga	100
22	21-Jun	2022	International Yoga Day	100
23	24-Jun	2022	Mission Shakti	100
24	27-Jun	2022	Quize Contest ' Anvesha' under Azadi ka Mahotsava	100
25	10-Aug	2022	Har Ghar Tiranga Abhiyan 10 to 17 days under the A.Ka A.M.	100
26	11-Aug	2022	World Population Day	100
27	15-Aug	2022	Independence Day	100
28	29-Aug	2022	National Sports Day	100
29	04-Jul	2022	Tree Plantation	100
30	27-Jul	2022	Azadi ka Amrit Mahotsava	100