

NATIONAL CADET CORPS (NCC) ACTIVITY REPORT

Session: 2022-23

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

Unit: 20 UP Girls Battalion NCC, Lucknow

Total Strength: 110

Senior Wing Cadets NCC

Introduction

- During the academic session 2022-23, the National Cadet Corps (NCC) of A.P. Sen Memorial Girls P.G. College, Lucknow, functioning under the 20 UP Girls Battalion, actively participated in various Social Service and Community Development (SSCD) activities.
- The cadets demonstrated a strong sense of discipline, service, and social responsibility through their enthusiastic participation in national campaigns, awareness programs, and community welfare projects.



ANO: Major (Professor) Monika Srivastava



Puneet Sagar Abhiyan

- ▶ Puneet Sagar Abhiyan', a nationwide flagship campaign, initially for one month, to clean sea shores of plastic & other waste material, while raising awareness about the importance of cleanliness.
- ▶ As part of this flagship nationwide campaign, the cadets of College took part in cleaning drives at local water bodies, riverbanks, and public areas to remove plastic waste and raise awareness about environmental conservation and cleanliness.







Swachh Bharat Abhiyan

- ▶ The NCC cadets have been a major part of the Swachh Bharat Mission initiative and have been carrying out these activities as part of Social responsibility and Community development.
- ▶ The NCC, as an organization, expressed its commitment to Swachh Bharat Mission, an initiative inspired by the Prime Minister, Shri Narendra Modi. Swachhta Rally under Aegis of Nagar Nigam, Lucknow was organised on 6th July 2023 at 1090 crossing Hazarat gang.
- ▶ The Rally was started off from 1090 crossing and culminated at Nagar Nigam.
- ▶ Around 50 NCC cadets of A.P. Sen Memorial Girls' PG College participated in the rally with great enthusiasm to spread the message of cleanliness.
- ▶ Holding placards with different slogans like 'We want clean India Green India', 'Keep your surroundings Clean', 'Make the Earth Green' they passed through different parts of the area.
- ▶ They also raised the slogans to spread the message of cleanliness like "Modiji ka ek hi sapna, Swachh Bharat desh ho apna", "Jan Jan ki hai yehi Pukar-Swachh rahe apna Sansar", "Gandhiji ka yehi sandesh, swachh rahe apna yeh desh," "Clean India, Green India".







WORLD ENVIRONMENT DAY

- ▶ "World Environment Day" is observed every year on 5th of June. It was established in 1972 by the UN General Assembly at the time of Stockholm Conference .
- ▶ World Environment Day was 1st celebrated in the year 1974. This day has created a platform to raise awareness about the world facing serious environmental problems ,such as, air pollution , plastic pollution , global warming and sea level increasing day-by-day.
- ▶ Environmental conservation and protection is an absolute necessity of the modern day .
- ▶ We all have gone through CORONA pandemic in the preceding years .
- ▶ It has highlighted the significance of safe , clean and and sustainable environment, like never before.
- ▶ In the series leading to the "World Environment Day "a pledge was taken by the NCC cadets of AP SEN MEMORIAL GIRL'S PG COLLEGE LUCKNOW " under the aegis of 20 UP GIRL'S BN NCC ,LUCKNOW during the CATC 218 to save the environment and spread this important message to maximum number of people.
- ▶ Capt Monika Srivastava, Adjutant administered the pledge to the cadets that also included cadets from other institutions as well .
- ▶ Various events are proposed to be taken up by the College to spread awareness about the environment.



GPS Map Camera



Lucknow, Uttar Pradesh, India

Techno Craft Solution, 1B first floor, Creation Square, Rana
Pratap Marg, Hazratganj, Lucknow, Uttar Pradesh 226001, India

Lat 26.855923°

Long 80.94193°

27/05/23 08:12 AM GMT +05:30











ANTI- TOBACCO DAY

- ▶ Use of tobacco and tobacco products ,is a serious menace, not only in India , but all the other countries of the world .
- ▶ The Indian Government ahnd all other governments across the globe are meaningfully involved in dissuading it's citizens, not to use tobacco in any form by organizing "Anti Tobacco Campaigns " and, thereby , creating awareness among people ,also, by imposing restrictions and harsh penalties by levying heavy taxes on tobacco and tobacco products.
- ▶ Accordingly, 31st May is celebrated as "World Anti Tobacco Day " every year, wherein ,the general public is advised to stay away from the use of tobacco and tobacco products by high lighting it's ill effects.
- ▶ Cadets of AP Sen Memorial Girl's PG College Lucknow attending CATC 218 under the aegis of 20 UP GIRL'S BN NCC LUCKNOW organised an anti tobacco rally during the camp on the occasion of the "World Anti Tobacco Day " on 31st May 2023 .
- ▶ The cadets took out a rally , in which , the message "Say No to Tobacco " was emphasized through banners , posters and slogans. Students also carried out a "Person to Person contact "to educate and create awareness among the passersby about the menace of the use of tobacco.
- ▶ People were made aware that more than 10 lakh people die every year from the use of tobacco. These lives can be saved if we say no to tobacco.





CAPACITY BUILDING AND PERSONALITY DEVELOPMENT PROGRAM

- ▶ One day Workshop on *Capacity Building and Personality Development Program* Under National Commission for Women and Under 20 UP NCC Bn at Dr Baba Saheb Bhim Rao Amadkhar University.
- ▶ Workshop was attended Mrs Vijay Laxmi Gautam, State minister of Rural development UP.
- ▶ VC, Faculty members, 250 SW Cdts, 30 Cdts of 67 Bn and other Students. Participated and aatended the workshop.
- ▶ Kit and Packed Lunch was Provided to Cdts.
- ▶ CO 20 Bn Col Vinod Joshi delivered a lecture on Women Personality development for 90 mins.







KHELO INDIA UNIVERSITY GAMES 2023

- ▶ The third edition of the Khelo India university game, Uttar Pradesh 2023 were held from 23 May 2023 to 3 June 2023 in four cities involving Varanasi, India, Gorakhpur and Lucknow.
- ▶ The opening ceremony was held in Lucknow on 25th May 2023 and the closing ceremony was held in Varanasi.
- ▶ More than 100 NCC cadets of Lucknow group actively supported and Participated in KIUG at Lucknow.
- ▶ The role of these NCC cadets was in the Games Technical Conduct Committee and General Volunteers' duties.
- ▶ 10 SW NCC Cadets of A.P. Sen Memorial Girls' PG College, Lucknow actively participated in the Khelo India University Game from 25th May 2023 to 2nd June 2023.
- ▶ These cadets were involved in technical conduct and management that included, supervising technicalities such as equipment check, implementation of game rules, document inspection, Athletes attendance verification, managing the tally of games results, updating scores, maintaining the medal tally.

- ▶ The cadets also undertook various general volunteer duties, that involved the following:
 1. Crowd management
 2. Maintaining Discipline
 3. Conduct misc inspection
 4. Ushering of athletes for various events.
 5. Venue setup
 6. Logistical support
 7. Transportation Assistance
 8. Misc administrative task
- ▶ The efforts put in by the NCC cadets in Khelo India was hugely applauded by one and all.
- ▶ The cadets were also equally excited by their active participation and being a part of Khelo India University Games.





ANO: Major (Professor) Monika Srivastava







खेलो इंडिया यूनिवर्सिटी गेम्स में एनसीसी कैडेटों ने दिया सहयोग

लखनऊ। विश्वविद्यालय स्तर पर खेल संस्कृति को बढ़ावा देने और युवा खेल प्रतिभाओं को प्रोत्साहित करने के उद्देश्य से लखनऊ सहित यूपी के चार शहरों में आयोजित खेलो इंडिया यूनिवर्सिटी गेम्स में राष्ट्रीय कैडेट कोर (एनसीसी) के कैडेटों ने भी सक्रिय योगदान दिया। लखनऊ में



हुए यूनिवर्सिटी गेम्स में एनसीसी ग्रुप के 100 से अधिक कैडेटों ने अपनी विशेषज्ञता और अनुभव के आधार पर कई तरह की जिम्मेदारी बखूबी निभायी। एनसीसी कैडेटों ने खेलों के दौरान खेल तकनीकी आचरण समिति (जीटीसीसी), एथलीट उपस्थिति सत्यापन, खेल प्रबंधन प्रणाली और सामान्य स्वयंसेवी कर्तव्यों को निभाया। एनसीसी कैडेटों ने अनुशासन बनाए रखने, निरीक्षण करने, उपकरणों की जांच और खेल के नियमों के कार्यान्वयन जैसी तकनीकी पर्यवेक्षण में सहयोग किया। कैडेटों ने एथलीटों के पंजीकरण विवरणों को क्रॉस-चेक किया। उनकी पहचान की पुष्टि और सभी आवश्यक दस्तावेज सुनिश्चित करके इस प्रक्रिया के प्रबंधन में सहायता भी की।

WORLD BLOOD DONOR DAY CAMPAIGN

- ▶ The slogan for 2023 World Blood Donor Day campaign, celebrated on 14th June 2023, is Give blood, give plasma, share life, share often.
- ▶ Every year countries around the world celebrate World Blood Donor Day (WBDD).
- ▶ The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood.
- ▶ A blood service that gives patients access to safe blood and blood products in sufficient quantity is a key component of an effective health system.
- ▶ The global theme of World Blood Donor Day changes each year in recognition of the selfless individuals who donate their blood for people unknown to them.
- ▶ Objective: To raise awareness among the NCC cadets about the necessity of safe blood in saving the life of others and to instill the spirit of unpaid blood donation among the cadets

- ▶ World Blood Donor Day is observed every year on **June 14** to thank voluntary blood donors for their selfless and humanitarian acts, and to celebrate life and humanity.
- ▶ Blood is the most precious gift that anyone can give to another — the gift of life.
- ▶ On this occasion, the **NCC cadets of A. P. Sen Girls P.G. College**, belonging to the **20th Girls Battalion NCC**, organized a **poster display and blood donation drive** under the leadership of **Captain (Professor) Monika Srivastava** to raise awareness about the importance of blood donation among people.
- ▶ During the event, the college **Principal, Professor Rachna Srivastava**, addressed the cadets and spoke about the significance of blood donation.
- ▶ She also encouraged them to donate blood regularly and contribute to the service of humanity.
- ▶ About 20 Cadets also visited Command Hospital, Lucknow for Awareness Rally .









AWARENESS ABOUT DRUG ADDICTION AND DRUG ABUSE

- ▶ To spread awareness regarding drug addiction and drug abuse, an awareness program was organized by the NCC Cadets of A.P Sen Memorial Girls PG College, Lucknow.
- ▶ The theme for International day against drug abuse and illicit trafficking 2023 is "People first: stop stigma and discrimination, strengthen prevention."
- ▶ Annually, the International Day against Drug Abuse and Illicit Trafficking is observed on June 26.
- ▶ The event took place in the College due to upcoming University Exams. Around 50
- ▶ Cadets participated in the awareness program.
- ▶ The cadets took pledge "Say No to Drugs", "Drugs ruin Life" .



GPS Map Camera

Lucknow, Uttar Pradesh, India
RWJP+F49, Khatkeyana, Lucknow, Uttar Pradesh 226001, India
Lat 26.830992°
Long 80.935721°
26/06/23 10:06 AM GMT +05:30





NARCOTICS CONTROL BUREAU

Say Yes to Life, No to Drugs

Certificate

This is to certify that

Monika Srivastava

has taken the 'Say Yes to Life, No to Drugs' Pledge and committed himself/herself to consciously cooperate in stopping drug abuse and stay away from drugs to live a healthy life.

5487749987



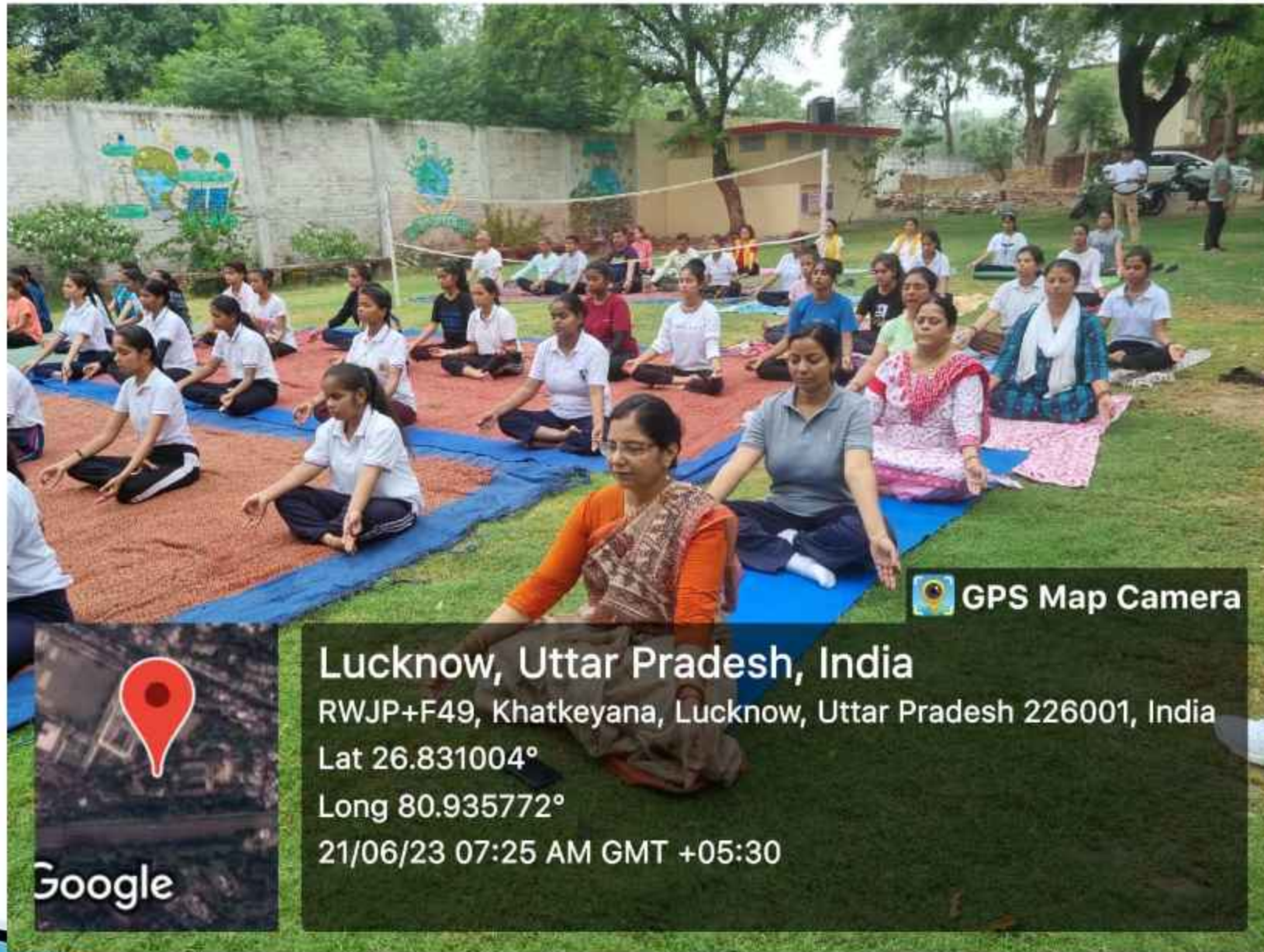
June, 20 2023



YOGA

- ▶ Introducing to the benefits of the practice of YOGA to India and the World was like a crusade ,ushered in by our honorable Prime Minister Shri Narendra Modi , right from the day , when he 1st took oath of office in May 2014.
- ▶ During his speech at the United Nations General Assembly (UNGA)on 27th September 2014 , he proposed the concept of International Day of yoga to the world .
- ▶ The UNGA announced on 11 December 2014 that June 21 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 .

- ▶ Daily practice of Yoga can have a positive effect on our life .
- ▶ It stimulates physical and mental disciplines to achieve a peaceful body and mind .
- ▶ It helps us to manage stress and anxiety and keeps us relaxed .
- ▶ It even helps us with increased flexibility, muscle strength and body tone .
- ▶ It improves respiration , anxiety and vitality .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 18 June 22.
- ▶ Professor Rachana Srivastava, Principal, concluded the proceedings by addressing all the participants.



GPS Map Camera



Google

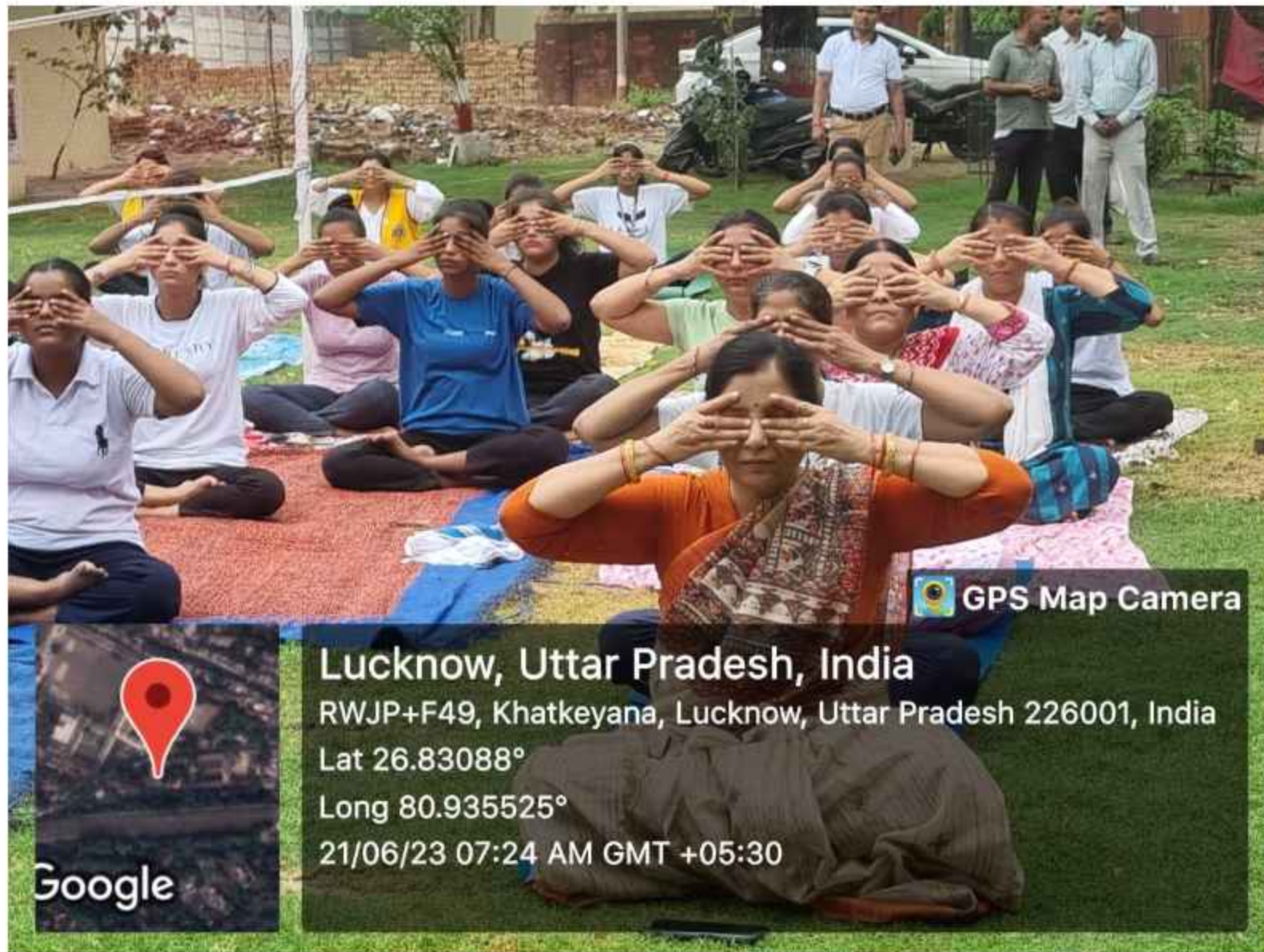
Lucknow, Uttar Pradesh, India

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Long 80.935772°

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UNITY RUN



ANO: Major (Professor) Monika Srivastava



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Lucknow, Uttar Pradesh, India

RWJP+F49, Khatkeyana, Lucknow, Uttar Pradesh

226001, India

Lat 26.830913°

Long 80.93584°

31/10/22 09:02 AM GMT +05:30



HAR GHAR TIRANGA





SARE JAHANSE ACHA INSTRUM
75th ANNIVERSARY OF INDEPENDENCE









