

## ST. ALOYSIUS' COLLEGE (AUTONOMOUS) JABALPUR

### NCC Activity 2020-21

#### Webinar on World Health Day

The SAC cadets observed the World Health Day on 10.10.2020 with a presentation of video based on the importance of the day. This year during the midst of the spread of pandemic the theme has much relevance insisting the world to invest on mental health. 27 cadets participated in the online programme.



#### Anti-Tobacco Day

The SAC NCC unit in association with 1 MP Battalion NCC Jabalpur observed the Anti-Tobacco Day on 31.05.2021 with the motive to promote awareness about the tobacco epidemic and its consequences. The theme “Quit Tobacco to be a winner” was highlighted during the online meet. Nicotine replacement Therapy was discussed during the meet.



#### World Yoga Day

The NCC cadets of SAC NCC unit in collaboration with 1 MP Battalion NCC Jabalpur, observed International Yoga Day on 21.06.2020 through online mode. The cadets performed Yoga in their houses and 27 cadets participated in the Yoga Day celebrations. The celebration inspired the College Community to perform Yoga understanding its merit, both physically and mentally.



### Tree Plantation

As a part of Environment Day observation and the necessity of tree plantation. The NCC cadets planted saplings in their courtyards on 24.07.2020. 25 cadets planted saplings in their home gardens. The cadets uploaded their performances in their social media, in tune with the direction from NCC.



### Independence Day Celebration

The NCC cadets of SAC Jabalpur celebrated the Independence Day on 15.08.2020 through online platform. As a part of celebration, the cadets participated in video & Poster making competitions. The cadets exhibited posters based on the relevance of this day. 27 cadets participated in the celebration.



### **Fit India Freedom Run**

As a part of Independence Day celebration, the cadets participated in “Fit India Freedom Run” through online platform from 25.08.2020 to 02.10.2020. Every day from 25.08.2020 to 02.10.2020, the cadets performed physical activities which mainly included Yoga and other exercises which made them physically and mentally fit. The Pandemic never reverted their inspiration but moulded them stronger and stronger day by day. 27 cadets participated enthusiasm and team spirit.

