

ST. ALOYSIUS' COLLEGE (AUTONOMOUS) JABALPUR

NCC ACTIVITY 2022-23

NATIONAL UNITY DAY



After India attained independence, our national leaders had to solve several critical issues; one among them was to convince Maharajas of princely states to join the union of India. Here Sardar Vallabh Bhai Patel through his shrewd diplomacy successfully persuaded over 500 princely states to accede to independent India. He is always remembered as the great personality who played the greatest role in the unification of our country. To honor this contribution of Sardar Vallabh Bhai Patel we celebrate his birth anniversary as National Unity Day (Rashtriya Ekta Diwas).

St. Aloysius College (2 MP Girls BN) celebrated this day with much patriotic fervor. Poster making activity was conducted on the theme 'India's Unity in Diversity' where the talented cadets expressed their vision of Indian unity through sketches and colors. Cadets also took pledge to preserve the unity, integrity and security of our country. The celebration took place in the presence of respected Principal Sir Rev. Dr. Fr. G. Vazhan Arasu, ANO Ma'am Dr. Capt. Sonal Rai, SUO Anushri Shrivastava and UO Nidhi Tiwari.

Image: Pledge Taking Ceremony



Puneet Sagar Abhiyaan

In pursuance of the vision of the hon'ble Prime Minister, Shri. Narendra Modi, National Cadet Corps(NCC) started a campaign named "Puneet Sagar Abhiyaan" to spread awareness about increasing sea shores and marine pollution and helping people in cleaning water bodies and recycling plastic wastes.

Objective of Puneet Sagar Abiyaan

- ❖ Clean up sea shores/ Beaches, Riverfronts, lakes, and other water bodies including removal of plastic waste
- ❖ Recycling of collected waste with the help of local municipal bodies, technical institutes, and NGOs. Etc.

- ❖ Spread awareness about the need for clean and pristine beaches and seashores.
- ❖ Educate the people about the hazards of plastic pollution.



Following the same 2MP Girls BN NCC unit of St. Aloysius College organized a campaign to clean up the Gwarighat, the bank of river Narmada and spread awareness about the Puneet Sagar Abhiyaan and also about the cleanliness around the river bodies.

The campaign was held on the 2nd of October 2022 on the occasion of Gandhi Jayanti. A total of 35 SW cadets were present exactly at 8 a.m. and lead the campaign with full enthusiasm. All were given proper instruction and guidance by the college ANO Cap. Dr. Sonal Rai was executed under the leadership of SUO Anushri Shrivastava and UO Nidhi Tiwari.

The campaign was successfully completed and all the objectives of the Puneet Sagar Abhiyan were fulfilled, all the cadets took pledges about maintaining the cleanliness of the water bodies and making our community more responsible and aware of the water pollution and hazards of plastic materials.

MEGA BLOOD DONATION CAMP



Blood donation is a vital part of worldwide healthcare. It relates to blood transfusion as a life-sustaining and life-saving procedure as well as a form of therapeutic phlebotomy as a primary medical intervention. Over one hundred million units of blood are donated each year throughout the world

Five Reasons Why You Should Donate Blood:

- Development of new red blood cells within the first 48 hours of blood donation, the donor's body starts replenishing the lost red blood cells. The replenishment process helps in staying healthy and productive at work.

➤ Reducing risk of heart disease as per several studies and reports, when there is a rise in the iron level in blood, it raises the chances of heart diseases. People should donate blood from time to time in order to reduce the iron level in the blood.

➤ Burns calories donating blood can burn approximately 650 calories for each pint that is like 450 ml of blood.

Free blood test on donating blood, the donor receives a free mini health screening and blood tests.

➤ How often can one donate blood? The minimum time advised between two donations is 3 months. This gap helps blood regain the normal hemoglobin count.

2MP Girls BN NCC unit of St. Aloysius College Jabalpur organized a blood donation camp under the Mega Blood Donation campaign started by the collector of Jabalpur respected Dr. Illayaraja T under the supervision of our honorable MLA and the mayor of Jabalpur.

The blood donation camp was organized on the 7th of September 2022, where a total of 50 girl cadets were involved and were given the responsibility to take hold of the management of the camp. All were given proper instruction and guidance by the college ANO Cap. Dr. Sonal Rai and the father principal and hence were executed in the same manner.

The camp started with a lighting camp by our esteemed leaders. NCC cadets donated blood with full enthusiasm and motivated their fellow mates, A total of 300 units of blood were donated by the students from St. Aloysius college. All the donors were given a plant of tulsi and certificated from the Red Cross association and Victoria Hospital.



The camp started at 9 o'clock and ended at 5 p.m. the involvement of all the SDs and SWs from the Army and Navy wings was commendable and appreciated.

Informative session on the Indian Army and its Benefits - By Brig. Sandeep Vasudev and Cdr. PK Prakash



The St. Aloysius Unit of 2 MP Girls BN conducted an informative and motivational session on the Indian Army and its vaccines and their benefits to the new aspirants. The speaker of the event was Brig. Sandeep Vasudeva and CDR. P.K Prakash. Cap. Dr. Sonal Rai the ANO of St. Aloysius College organized this session for the cadets of the army and navy

wing of the NCC. A total of 159 students attended the sessions and gained the maximum output from them. The program started exactly at 9 o'clock in the morning and lasted till 11 o'clock. The respected speaker of the event gave valuable information about the Indian Army and navy and how to be a part of such auspicious organizations. They spoke about different exams and vaccines that one can give to be a part of the defense.

It was an interactive session between the cadets and the speaker. All the questions that were being asked by the cadets were properly answered and the cadets gained a lot of experience and knowledge from it. All the cadets were in proper discipline and made a video for the program and everything was executed properly under the guidance of SUO Anushrii Shrivastava and UO Nidhi Tiwari.

9th International Yoga Day (21th June 2023)



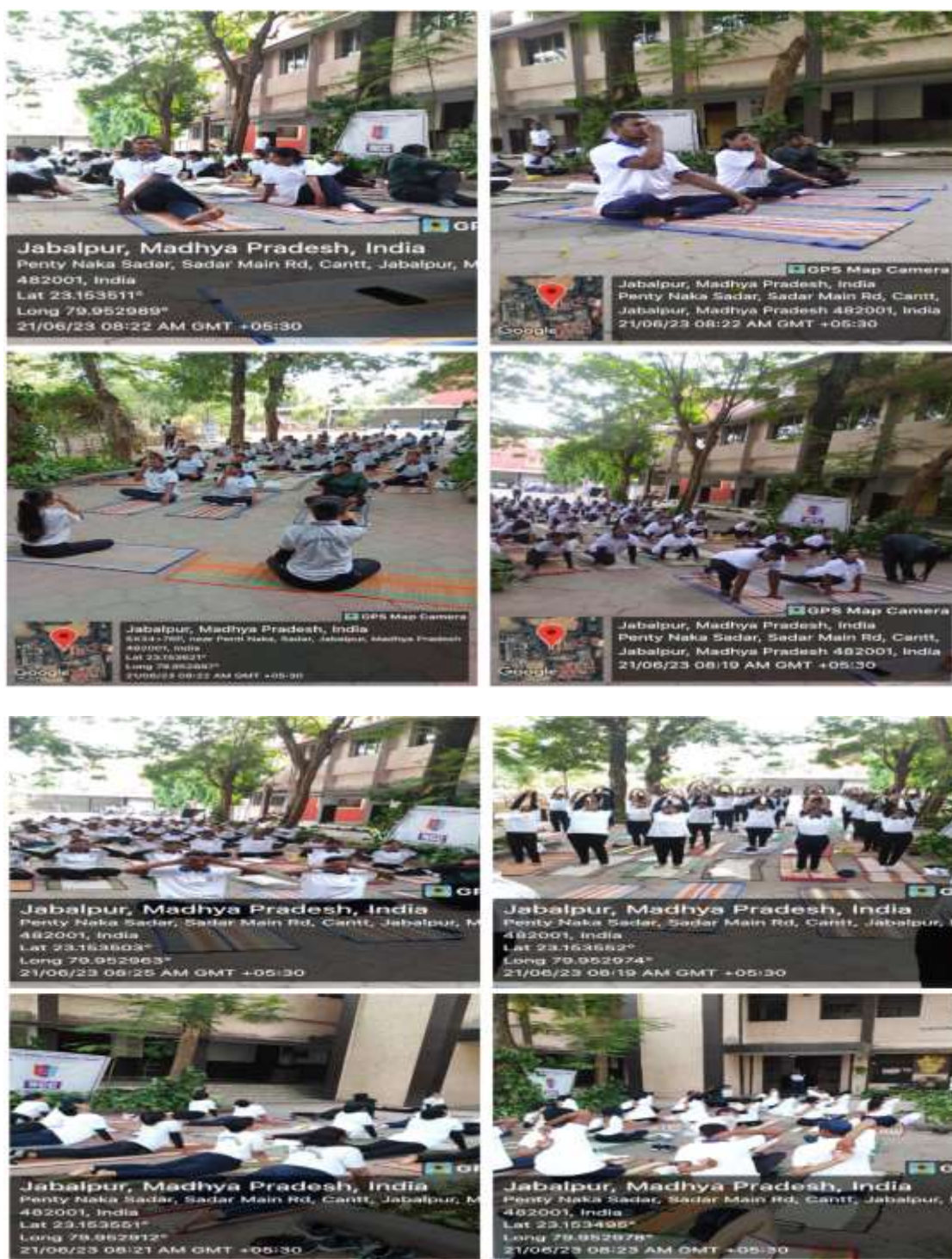
Today we celebrated the 9th edition of International Yoga Day. The theme of this year makes it more special, which is – Vaudhav kutumbakam, which means earth is my home. Yoga not only promotes physical relaxation but also eases mental and emotion to day al tension. Our honorable Vice President Mr Jagdeep Dhankhar, Chief Minister Mr Shivraj Singh Chauhan and Governor Mr ManguBhai C. Patel also gave their vital presence there.

International yoga day observation is based on a unified mass yoga demonstration of a custom-made 45-minute protocol (common yoga protocol). NCC cadets of St. Aloysius College (Army Wing) with the strength of 65 under the guidance of ANO Dr. Major Sonal Rai and Lt. Amit Kumar Yadav took part in the international yoga day celebration.

Some Aasanas done:

- 1.Bhujangasana-Cobra Pose keeps the spine supple and healthy.
- 2.Trikonasana-Triangle Pose greatly improves hip joints rotation.
- 3.Salabhasana-is a gentle back bend that strengthens the torso, back, legs and arms.
- 4.Surya Namaskar-Develop an insight into your own self, check out our new section.
- 5.Tadasana-whole body getting benefited by this posture.

more....



INTERNATIONAL DAY AGAINST DRUG ABUSE & ILLICIT TRAFFICKING

St. Aloysius' College Jabalpur NCC Army Boys wing of 1 MP Battalion conduct e-lecture on the occasion of Drug Abuse Day by Assistant Professor Nitin Swamy to aware of cadets. Our sixteen cadets were present at the time of pledge. College cadets and ANO Lt. Amit Kumar Yadav were present on lecture and take pledge.

