

ST. ALOYSIUS' COLLEGE (AUTONOMOUS) JABALPUR

NCC ACTIVITY 2023-24

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 Governer 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 [26 June 2023]

St. Aloysius' College Jabalpur NCC Army Boys wing of 1 MP Battalion conduct e-lecture on the occasion of Drug Abuse Day by our guest 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.



RALLY ON INTERNATIONAL EDUCATION AND KOSHAL VIKAS [15 July 2023]

St. Aloysius' College Jabalpur NCC Army wing Boys of 1 MP Battalion conduct Rally to highlight the importance of knowledge and spread awareness among people about how important education our fifteen cadet were participated. The Rally was started from Bada Fuhara and ending to Karamchand Chowk.



GRC Visit [5 August 2023]

NCC Army Wing Boys Cadets of 1 MP Battlion NCC Jabalpur get privilege to witness live Passing out Parade of Agniveer Batch II at GRC training center Jabalpur. A St. Aloysius College Jabalpur NCC 30 cadet is part of the POP.



Guest Lecture [12 August 2023]

St. Aloysius College NCC Jabalpur organized a session on how to join Indian Army. It was an informative session which resulted in participation of college students along with NCC cadets. Major Prabhjyot Singh JAK RiF get deliver the lecture and encourage the cadets for join Indian Army.



Surya Half Marathon [19 November 2023]

Jabalpur Cantonment Board was conducted Surya Half Marathon at Madhya Bharat Area Jabalpur. St. Aloysius College Army Boys fifteen Cadets were registered and participated of 5 km run.



Herbal Tree Plantation World Environment Day



5th June 2023



World Environment Day (WED) is celebrated annually on 5 June and encourages awareness and action for the protection of the environment. It is supported by many nongovernmental organizations, businesses, and government entities, and represents the primary United Nations outreach days supporting the environment.

The theme for World Environment Day on 5 June 2023 focused on solutions to stop plastic pollution under the campaign #BeatPlasticPollution. The world is being inundated by plastic.

NCC Cadets of St. Aloysius College - (UNIT-2 MP GIRLS BN) (Army Wing) with a strength of 57 under the guidance of Associated NCC Officer Dr. Major Sonal Raitok part in the Medicinal tree plantation on the occasion of World Environment Day. The celebration took place in the presence of respected Principall Sir Rev. Dr. Fr. G. Vazhan Arasu, ANO Ma'am Dr. Major Sonal Rai, and SUO Mohini Yadav.

Some medicinal plants planted are:

1. TULSI - The Rama Tulsi is an effective remedy for Severe acute Respiratory Syndrome. The juice of its leaves gives relief in colds, fever, bronchitis, and cough.

2. ALOE VERA - Aloe Vera has been termed as the 'Plant of Immortality' by early Egyptians. The 'Miracle Plant' is an effective medicinal plant which can be grown at home.

3. NEEM -

Neem known as Margosa Tree. The various parts of the neem tree, including the leaves, seeds, and oil, are used for their medicinal properties.

4. ASHWAGANDHA is a highly lucrative medicinal herb whose application comes again from 3000 years ago and is a vital ayurvedic herb as is natural healing.

5. MINT-Mint plants are widely known for the cooling sensation they divulge. Infreshor

dried conditions both—they are used as a garnishing in food items.

Name of activity:	Location:	Number of Cadets:	Cadets Incharge:	Remark:
Tree Plantation	Their own house and surroundings.	57	SUO Mohini Yadav Cdt Rishika Rajak	Planting of herbal and medicinal plants and explaining their benefits.



Debate Competition on The Occasion of International Youth Day

Date:12th August 2023

On the occasion of International Youth Day NCC units of **St Aloysius College (2 MP GIRLS BN and 1 MP BN)** organised a debate competition on the topic:

Role of youth in environment protection.

Our respected judges were: **Dr. Maj. Sonal Rai, Lt. Amit Yadav, and Miss Rohela Pillay**

Together 12 CDTs participated in the competition it was a very lively and healthy discussion that had both special concerns and special responsibilities about the environment. Several environmental risks and hazards disproportionately affect

young people, who have to live for an extended period with the deteriorating environment bequeathed to them by earlier generations. Young people will be compelled to engage in new forms of action and activism that will generate effective responses to ecological challenges.

Before investigating the role youth can play in addressing environmental issues, it is important to provide some background and establish a clear context by identifying the current state of the environment. The nature, extent and severity of environmental problems vary tremendously from one part of the world to another. It is perhaps most logical to begin with an overview of the state of the global environment, providing a snapshot of its present condition, as well as a more detailed and revealing assessment of past trends and likely future developments.





Location:	No. of Cadets :	Cadet Incharge:
St Aloysius College	37+1(ANO)	SUO Mohini Yadav

Guest Lecture on Making A Career in The Armed Forces By MAJ. PRABJOT

Date: 12th August 2023

Last Saturday we had a career counseling session organized by **2MP Girls BN** at **St Aloysius College** under the guidance of **ANO Dr. Maj. Sonal Rai** and **UO Rishika Rajak** where we got to know about different ways to get a career in the Armed Forces by **Maj Prabhjot, Instructor JAK Regt.**

Maj Prabhjot Got commissioned into Jammu and Kashmir Rifles in Dec 2013. Alumni of National Defence Academy, Pune and Indian Military Academy Dehradun. He has served in the Army at LAC in Ladhak, With the United Nations in South Sudan, and in deserts in Rajasthan.

All in all, it was a great session and it was extremely useful for Cadets who want to make Currier in Armed Forces the forces.



Location	No. Of Cadets	Cadet Incharge
St.Aloysius Colleg	80	UO Palak Pillay

Tiranga Yatra!

Date 15.08.2023



The Tricolor flag is a symbol of pride for every Indian. It represents national integrity and signifies the hopes and aspirations of the Indian people. We celebrate our 77th Independence Day on August 15, 2023. The theme for this year's celebration is "Nation First, Always First. This theme is in line with the government's focus on National unity and development. On account of this auspicious celebration that has taken place country-wide, all the NCC cadets of St. Aloysius College showcased their participation by organizing a Tiranga rally, which started at 10:30 am from the college premises at Yadgar War Memorial. The rally was accompanied not only by college students of all branches but also by the faculty including the Principal. All the NCC cadets have taken part actively with Tiranga in each hand showcasing patriotism in their hearts. Adding to it the cadets also made various posters and slogans for the rally. Moreover, to encourage the young hearts the rally was attended by Shri Ashok Rohani ji, MLA , MP.

Cleanliness Drive on the Occasion of Gandhi Jayanti

Date: 1st October 2023





Cleanliness is next to Godliness

It is the mantra of Mahatma Gandhiji, the Father of the Nation. Following his footprints, the Swachh Bharat Mission campaign was conducted, On the occasion of Gandhi Jayanti St. Aloysius, college NCC cadets organized a cleanliness drive to keep the surroundings clean at Gwarighat in which 42 cadets enthusiastically participated under the guidance of Major Dr. Sonal Rai.

CENTRAL OBJECTIVE:

To contribute to Swachh Bharat Abhiyan and undertake a cleanliness drive It is everybody's responsibility to keep themselves and their surroundings are clean and hygienic. It also brings good and positive thoughts in the mind which slows down the occurrence of diseases.

CONCLUSION:

The Swachh Bharat Abhiyan is the most significant cleanliness campaign by the Government of India. It is the responsibility of the entire citizens to keep their surroundings clean.

Location	No. of cadets	Cadet Incharge
Gouri Ghat	42 + 1 (ANO)	SUO Mohini Yadav

WAR MEMORIAL VISIT ON THE OCCASION OF NCC DAY



Date: 26th November 2023

On the occasion of the 75th NCC day, the cadets of 2 MP GIRLS BN of St Aloysius College participated in a candle march at the war memorial.

Nowadays India is not on good terms with some neighboring countries. Our freedom is our birthright. It must be defended at all costs. The defense of our country demands that all young men of the country should undergo military training so that their services may be utilized when needed. With this end in view the National Cadet Corps (N.C.C.) Act was passed in 1948. The main object of the Act is to impart military training to students reading in schools and colleges. Since then the N.C.C. training has been started in schools and colleges. Under this scheme, boys are given military training by their teachers trained in the N.C.C.

A total of 15 cadets donated blood under the guidance of ANO Maj Sonal Rai , UO Rishika Rajak, and CQMS Aditi Mishra which was made a success.





Location:	No. of Cadets:	Cadet Incharge
War memorial	15+1(ANO)	UO Rishika Rajak CQMS Aditi Mishra

