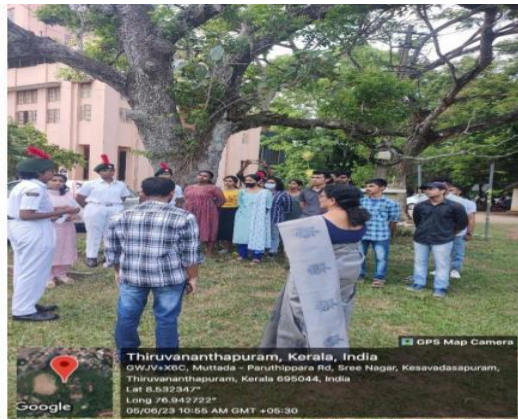


WORLD ENVIRONMENT DAY

05/06/2023

As part of World Environment Day, cadets of Mahatma Gandhi College planted tree saplings at the college campus. The principal Dr . Beena .M planted a tree sapling, followed by Dr. Sakthi Babu .Cadet Swathi delivered a speech detailing the over usage of plastic and its harmful effects. Cadets also made posters depicting the importance of World Environment Day.



SOCIAL SERVICE ACTIVITY

05/06/2023

As part of monthly social service activity, cadets of 1(K) Naval Ncc Unit Mahatma Gandhi college donated 65 note books to the students of Kristhu Kiran convent school. The Principal, Sister Shinyamol, was happy for this gesture and appreciated us.

Twitter Video link:



Twitter video link:

https://twitter.com/ncc_mg/status/1665694612428660739?t=LeoZqqaEXI9v2DKWoCH0tw&s=19

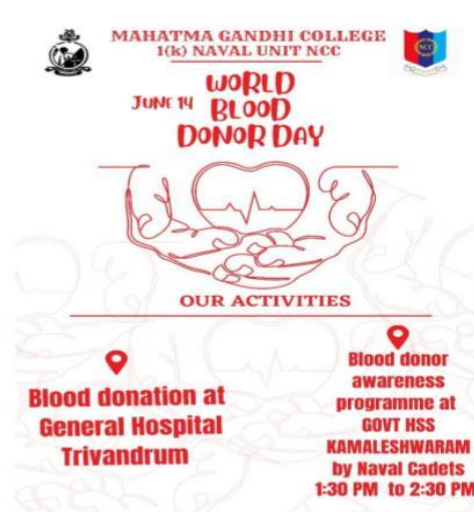
WORLD BLOOD DONORS DAY

14/06/2023

June 14th World Blood Donor's Day, as a tribute to all blood donors, Naval cadets of Mahatma Gandhi College donated blood at General Hospital and performed an awareness program about the importance of blood donation at Govt. HSS Kamaleshwaram to promote the habit blood donation among the youth. The awareness programme was interactive and the students gave a good feedback .They assured to donate blood and cooperated with us .

Twitter Video Link :

https://twitter.com/ncc_mg/status/1668965845387853825?t=GG3y2d5zd4GxcCT1QX-nA&s=19



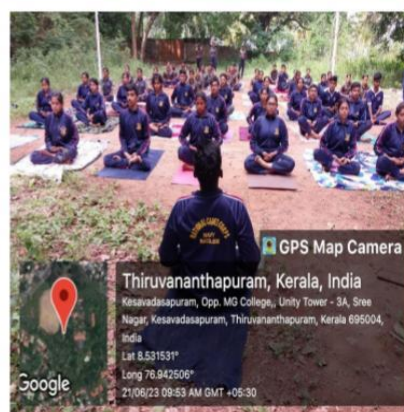
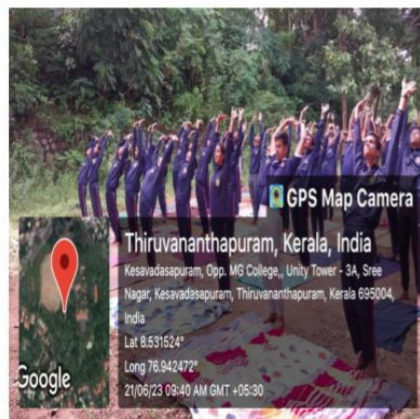
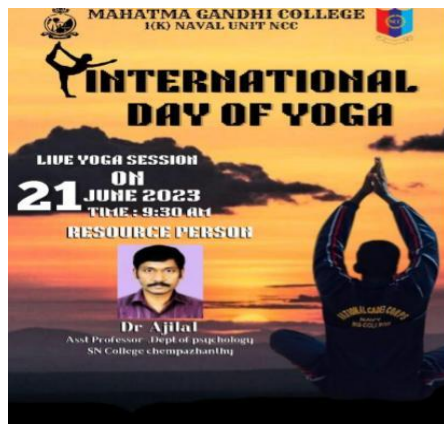
INTERNATIONAL YOGA DAY

21/06/2023

On the occasion of International Yoga Day(June 21) naval cadets of Mahatma Gandhi college performed yoga at the college premises. Dr Ajilal, Assistant Professor Department of Psychology SN College guided the students to do meditation. The programme was addressed by the Principal, Dr Beena. 23 cadets participated in the session.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1671427442064642049?t=HXRsSr66O4yzl1HgVQX6kQ&s=19



KARGIL VIJAY DIWAS

26/07/2023

On the commemoration of Kargil Vijay Diwas; 26th July 2023, cadets of Mahatma Gandhi College conducted a seminar on the topic – GUN AND GLORY. Resource Person was Dr. Harikrishnan Assistant Professor department of History MG College. He Mentioned about the importance of the commemoration of the day and what all our soldiers did for us. He also discussed the contribution of Indian Navy in 1971 war. Towards the end, he cleared the doubts of the cadets. This was followed by a Kargil war related movie Gunjan Saxena was screened for the cadets.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1684139984436207616?t=jxICtXmUI7c1ND05cwqIw&s=19



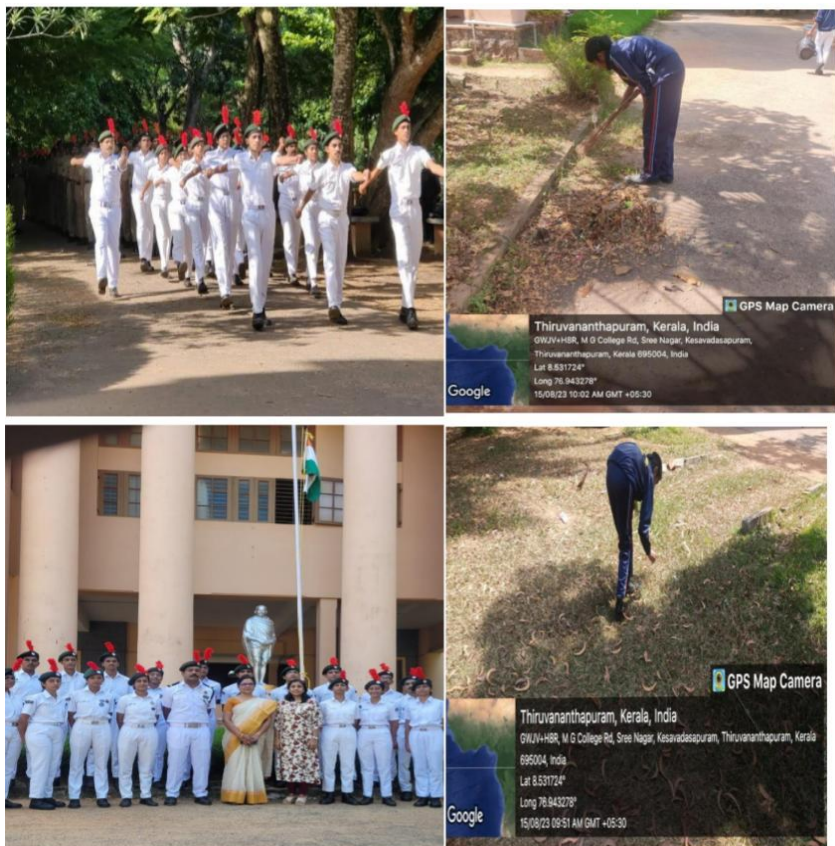
INDEPENDENCE DAY

15/08/2023

On this occasion of Independence day cadets of 1K Naval unit NCC, Mahatma Gandhi College observed Independence day. The program commenced with the flag hosting by Dr. Beena S Principal, Mahatma Gandhi College and addressed the cadets followed by Vande Matharam by the cadets. Cleaning one's own environment is one of the best social service activities. So, as part of Swatch Bharath, the cadets cleaned the college surroundings, and the waste was properly collected and disposed.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1691379190422253568?t=2xl_7boU8MwL2EPNmBSeeg&s=19



SOCIAL SERVICE ACTIVITY

11/09/2023

As part of social service activity, cadets of 1K Naval Unit NCC, Mahatma Gandhi College organised Voice donation for visually impaired children in Vazhuthacaud visually impaired school. Voice donation is a process of reading the study materials and books for visually impaired children and recording the voice. This recording will be used to teach the differently abled children, so they can easily understand the topic by listening to the recorded audio. Almost 20 hrs cadets donated their voice by reading 105 pages.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1701269294418673709?t=eONGTnlrjnsF4YeGh5bEQQ&s=19



WASTE MANAGEMENT AWARENESS SEMINAR

20/09/2023

As part of social service activities, cadets of 1(K) Naval Unit NCC of Mahatma Gandhi College conducted a seminar on Waste Management at GGHSS Cotton hill, Vazhuthacadu on 20th September 2023. The programme was conducted to shed light on the importance of proper waste disposal methods among the students. 104 students participated in the programme. The seminar received excellent feedback from the students.

Twitter Video Link :

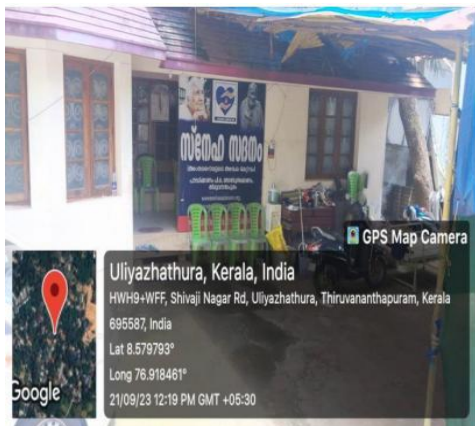
https://twitter.com/ncc_mg/status/1704535830386328018?t=b9gZdFi0OJ6jg6wFWrtDCA&s=1
9



WORLD ALZHEIMER'S DAY

21/09/2023

21st September 2023, World Alzheimer's day. On this occasion, cadets of Naval wing provided lunch To the inmates of Snehasadanam, a charitable society giving compassionate care for the elderly people. Food handed over to the director of the Organisation Ms Reshma.



STATUE CLEANING

30/09/2023

In association with Gandhi Jayanti and Swachh Bharat Abhiyaan, NCC Naval Wing cadets of Mahatma Gandhi College, On 30th September 2023 cleaned the Mahatma Gandhi statue Located at the college entrance.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1708089023884148778?t=s

[XAVpY4XQZ9XU4L2pd8lLg&s=19](https://twitter.com/ncc_mg/status/1708089023884148778?t=s)



GANDHI JAYANTI

02/10/2023

On the occasion of Gandhi Jayanti, NCC Naval Wing Cadets of Mahatma Gandhi College distributed lotion prepared by cadets to two public toilets (10 Litres) on October 2nd 2023 to commemorate the Ideals of Mahatma Gandhi by promoting sanitation and hygiene in public spaces. The event was successful and meaningful initiative. It not only paid tribute to the ideals of Mahatma Gandhi but also made a tangible difference in the community by improving the cleanliness and hygiene of public toilets.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1708827968339063115?t=IRnnCqsLLR4FstGAMsi4_A&s=19



BEACH CLEANING

24/10/2023

Realising that Cleaning the beach is not just about removing trash, it's about preserving the beauty of nature for future generations , as part of Swachh Bharat Cadets of Mahatma Gandhi College 1(k)Naval Unit Ncc has organised a Beach cleaning programme at Veli beach. The programme was conducted from 9:00 to 10:30 am. Six Ncc Naval cadets participated in this beach cleaning with great enthusiasm and energy. Approximately 2 sacks with 5kg of waste each collected.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1716726421031420307?t=YGW9Eq7IkvhVJI-8LX7EwQ&s=19



NATIONAL CANCER AWARENESS DAY

07/11/2023

National Cancer Awareness Day (7/Nov/23) is observed to spread awareness around the various types of cancer, the need to detect cancer early on, and the important lifestyle changes one must take to fight the disease. Naval Cadets of Mahatma Gandhi College distributed over 100 badges to teachers and students. Realizing that awareness is the greatest agent for change, Cadets also delivered around 300 pamphlets randomly to students and the public.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1721883968273109216?t=8oOidGWzaKlJfk92huVZTw&s=19



SOCIAL SERVICE ACTIVITY

10/11/2023

In a commendable display of community service, Mahatma Gandhi College, NCC Naval Cadets Undertook a social initiative by delivering essential Toiletries to patients at the Mental Healthcare Centre Oolampara, on 10 November 2023. The Items were handed over to Nursing Superintendent Mrs Sindhu D Nair and Mrs Pramila. The initiative Was a success in emphasizing the importance of Community support in fostering a better Environment for mental well-being and spreading The message to the wider society.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1722948340835647860?t=T01CHnXBE23KrgllJw3dmw&s=19



CHILDREN'S DAY

14/11/2023

'Children are like flowers, and together they create the world a lovely garden' To celebrate the children on Children's Day (14/Nov/2023), cadets of Naval NCC of MG college spend time with tiny tots of Blossom Play School. The kids welcomed us wholeheartedly and actively involved with the program. Cadets narrated stories and sung songs, got engaged with the children. The Children's Day Celebration at Blossom Play School not only provided a day of joy and entertainment but also fostered a sense of commitment and camaraderie among the cadets. Teacher Mrs. Aswathy thanked us for the visit.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1724377211569062115?t=Fh5WzUGQ9dJ_L1qUCGyjFw&s=19



Indian Armed Forces reposted 2 of your posts

'Children are like flowers, and together they create the world a lovely garden'

To celebrate the children on the occasio...

[Show all](#)



LEADERSHIP: KNOWING YOURSELF

26/11/2023

The webinar on “Leadership: Knowing Yourself” Conducted on 26th November 2023, in celebration of National Cadet Corps (NCC) Day, proved to be a Compelling exploration into the crucial facet of self-Awareness in leadership. On this online gathering Enriched by the valuable insights shared by Dr. Jayaraj B, Assistant professor, Department of psychology, Distinguished resource person in the field of leadership and personal development. He shared practical Strategies for staying adaptable and open to new ideas, Crucial traits for leaders navigating a rapidly changing World. As we reflect on the event, it is evident that the Emphasis on self-awareness in leadership is a powerful Catalyst for personal growth and effective leadership in Diverse contexts.



Indian Armed Forces reposted your pos

The webinar on "Leadership: Knowing Yourself" conducted on 26th November 2023, in celebration of National Cadet Corps (NCC) Day, pro..



MAHATMA GANDHI COLLEGE
100 NAVAL UNIT NCC



WEBINAR

Leadership : Knowing yourself

IN OBSERVATION OF
NCC DAY

26 NOV 2023
SUNDAY 9:30 AM



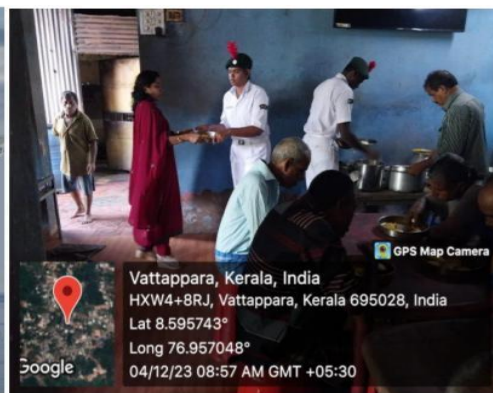
NAVY DAY

04/12/2023

In commemoration of Navy Day , Mahatma Gandhi College Naval cadets orchestrated a multi-faceted Celebration on December 4 2023 , combining Physical activity, Community services and Intellectual engagement. The day commenced with A spirited cycling expedition led by Naval Cadets. Cadets pedaled 5 kms, symbolizing discipline, Resilience, and a commitment following the cadets Extended their benevolence to the local community. They provided breakfast to the inmates of Sarvodaya Shanti bhavan, Vattappara . The Institution provides shelter to the people who are Devoid of homes and straying on the streets with the assistance of police.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1731617623018967363?t=Vxx7FQTwkGdd6ktC69X49A&s=19



Naval cadets organized a film for their peers, featuring the gripping drama, the Gazi attack. This choice not only entertained but also educated audiences about naval history fostering a sense of patriotism and respect for the Armed forces.



HUMAN RIGHTS DAY

10/12/2023

On December 10, 2023, in honor of Human Rights Day, the Naval Cadets of Mahatma Gandhi College organized a multifaceted event at Veli Tourist Village, featuring a compelling street play and a captivating Kalari Payattu demonstration. The event kicked off with an insightful street play that addressed various human rights issues. The cadets skillfully portrayed scenes reflecting the importance of equality, freedom of expression, and social harmony, aligning with the principles advocated by Mahatma Gandhi. Following the street play, the Naval Cadets showcased the ancient martial art form of Kalari Payattu demonstrating discipline, focus, and physical prowess while emphasizing the cultural heritage of India. These events were followed by songs and monoact performed by the cadets. The event was made further interesting by the participation of the audience in the drama and songs. The whole event was enlightened by the presence of the Commanding Officer throughout.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1733881133509874076?t=cWej1OYA69Yt-oXztocEEg&s=19

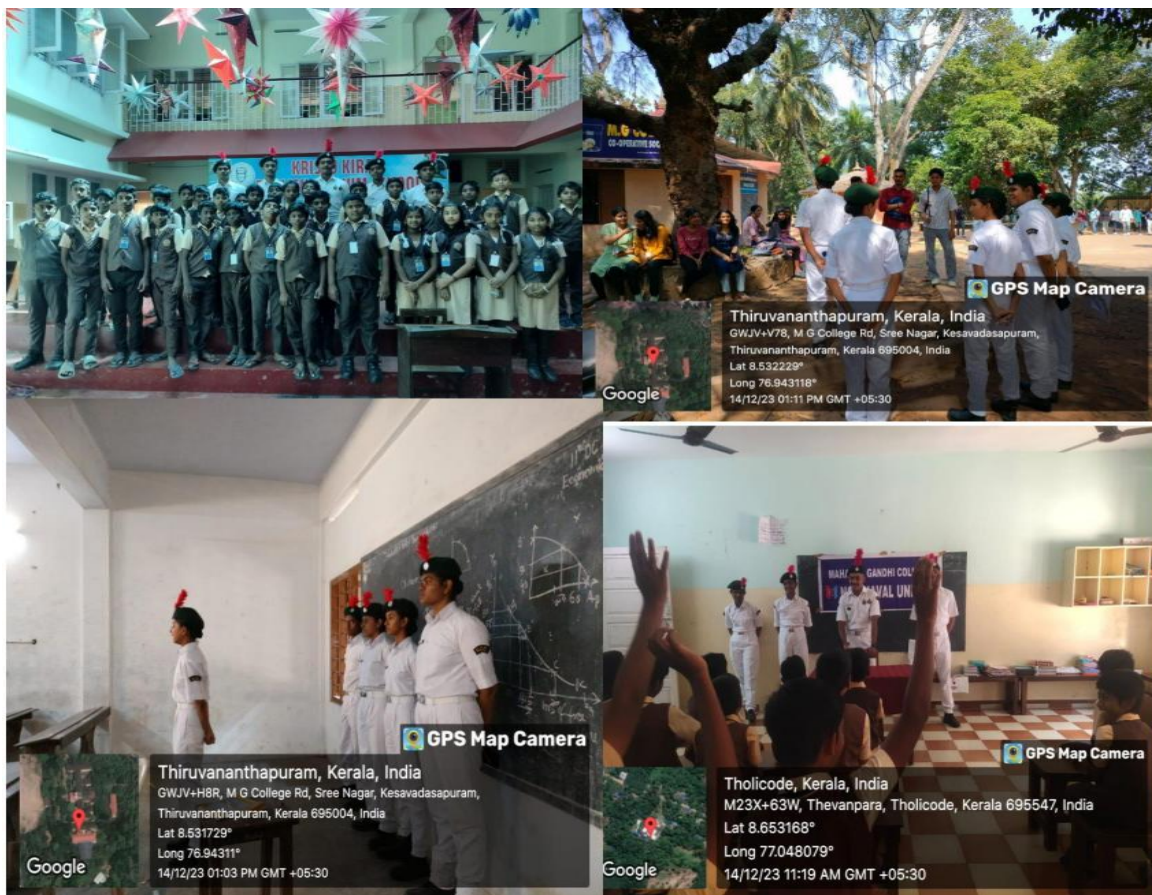


ENERGY CONSERVATION DAY

14/12/2023

On December 14, 2023, in connection with Energy Conservation Day, the Naval NCC Cadets of Mahatma Gandhi College organized an event at 'KRISTU KIRAN ENGLISH MEDIUM SCHOOL', highlighting the importance of conserving energy and its efficient utilization. All the sessions were highly interactive, and the students showed immense enthusiasm in sharing their ideas. Altogether the program was very interesting and successful and met the objective for which it was planned and organized.

Twitter Video Link :



BRaille DAY

04/01/2024

As part of World Braille day, just like the previous year, This year also Naval cadets of Mahatma Gandhi College, 1(K) Naval Unit NCC handed over New Year greeting cards in Braille language and distributed sweets to Visually Impaired students of Government School for the Visually Impaired Vazhuthacaud ,Trivandrum. World Braille Day is celebrated every year on 4 January to commemorate the birth anniversary of Louis Braille. The theme for World Braille Day 2024, “Empowering Through Inclusion and Diversity”, underscores the Commitment to creating a world where individuals with

Visual impairments are not only recognized but fully Included in all aspects of society.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1742853711679168547?t= 1WmetBW-ReYbjEKyPnNkg&s=19



NATIONAL YOUTH DAY

12/01/2024

As part of National Youth Day, celebrated on January 12th To commemorate the birth anniversary of Swami Vivekananda, Naval cadets of Mahatma Gandhi College, 1(K)Naval unit NCC in association with Department of Psychology conducted seminar on the Topic ‘KNOW YOURSELF’. The resource person was Dr.Rahul.V.R ,educational psychologist. He took an engaging session, encompassing the subjects “of self-reflection, aspirations, self-esteem , motivation, Adaptability etc. The audience was also engaged in a fun activity during the talk about synergy. The session ended with a quote, “Arise, awake stop not until the goal is reached “and audience were given the chance to give their feedback. The next session was led by Mr Sohan Balachandran, mentalist. The session was knowledgeable, novel and received well by the audience.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1745740002859061542?t=8WEX6BDGarjffcEZwL4hDg&s=19



REDUCE, RECYCLE, REUSE

29/01/2024

Naval Cadets of Mahatma Gandhi College Conducted cleaning activity at Shankumukham Beach on 29/1/2024. Cadets collected around 50 bottles converted it into an art form, the theme REDUCE RECYCLE REUSE. Then it was made into an art form by some cadets know the bottle art. Those Cadets trained other cadets also. Cadets Handed Over the bottle art to head of the institution and 1 Kerala Naval at Exo and CO.

Twitter Video Link :

https://twitter.com/ncc_mg/status/1752355797206741016?t=FafPmCYPLUw3v-k_FtGqmw&s=19



NATIONAL WOMEN'S DAY

13/02/2024

In celebration of National Women's Day, 13th February 2024, Naval Ncc cadets from Mahatma Gandhi College conducted a clothing donation Drive. Gently used clothing items were provided to the women at Ananda Nilayam Orphanage and widow home at Attakulangara. Cadets engaged in conversations with the inmates, expressing empathy and understanding. This not only fostered a sense of community but also emphasized the importance of mutual respect and support.

Twitter Video link:

https://twitter.com/ncc_mg/status/1757383141365592474?s=19





MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM



1(K) Air Sqn NCC

KERALA & LAKSHAWADEEP

REPORT ON WORLD BLOOD DONOR DAY JUNE 14 2022

FOREWORD

This report intends to brief about the involvement of NCC cadets of 1 (K) AIR SQN NCC, MG College on the occasion of the World Blood Donor Day. The MG College FLT is headed by Caretaker Dr.Simi.K.G under the guidance of Commanding Officer Group Captain A.G Srinivasan.

THE MOTTO

Every year countries around the world celebrate World Blood Donor Day (WBDD). Mexico will host World Blood Donor Day 2022 through its National Blood Centre. The event WBDD 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. Blood donation can save lives of innumerable persons. Donation of blood is very critical and crucial for saving lives many patients and those who have met with accidents.

OUR COMMITMENT AND ACTION

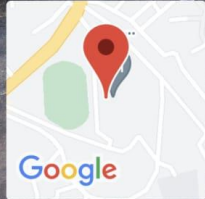
World Blood Donor Day takes place on 14 June each year. The day also provides an opportunity to call to action governments and national health authorities to provide adequate resources to increase the collection of blood from voluntary, unpaid blood donors and to manage access to blood and the transfusion of those who require it.

As per the guide line received from the directorate and from the Commanding Officer, the cadets of MG College have actively participated in the programme. A Blood donation activity was organized by our cadets in collaboration with SUT Academy of Medical Sciences Vattappara, Trivandrum. A total of 11 Cadets donated their blood including a non NCC student. While addressing to people at the camp, doctors from the transfusion medicine brought awareness in them about shortage of blood and why we must donate blood every year, to help the persons requiring blood.

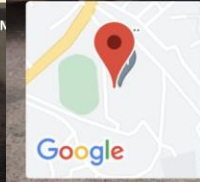
Participants list and photos are given below.

Donors	Volunteers
F/CDT Adarsh.M.S	F/CDT Vishnu .S
F/CDT Anandhu.A.B	F /CDT Karthika.B.S
F/CDT Ananthu Unnithan	F/CDT Krishnapriya.R.R

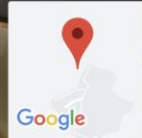
F/CDT Amal Kishor	
F/CDT Sanush.S	
F/CDT Viknesh. S. S	
F/CDT Mekha Chandran U	
C/SGT Akash.M.S	
CWO Sreeraj .S	
F/CDT Bineetha.S	
Soorayamsu	



Thiruvananthapuram, Kerala, India
 GWJV+V43, Sree Nagar, Kesavadasapuram,
 Thiruvananthapuram, Kerala 695044, India
 Lat 8.532098°
 Long 76.942909°
 14/06/22 10:04 AM



Thiruvananthapuram, Kerala, India
 GWJV+V43, Sree Nagar, Kesavadasapuram,
 Thiruvananthapuram, Kerala 695044, India
 Lat 8.532093°
 Long 76.942911°
 14/06/22 10:03 AM



Venkode, Kerala, India
 JX29+WV2, Venkode, Kerala 695028, India
 Lat 8.602298°
 Long 76.969887°
 14/06/22 11:58 AM



CONCLUSION

Donating blood is an act of solidarity. To ensure that everyone who needs transfusion has access to safe blood, all countries need voluntary, unpaid blood donors who give blood regularly. For 2022, the World Blood Donor Day slogan is “Donating blood is an act of solidarity. Join the effort and save lives” to draw attention to the roles that voluntary blood donations play in saving lives and enhancing solidarity within communities.

We sincerely hope that through the programme conducted by NCC cadets, all other students of our college also got awareness about the importance of blood donation.

1(K) Air Sqn NCC (K &L)

FLT No 1 A

MAHATMA GANDHI COLLEGE

THIRUVANANTHAPURAM

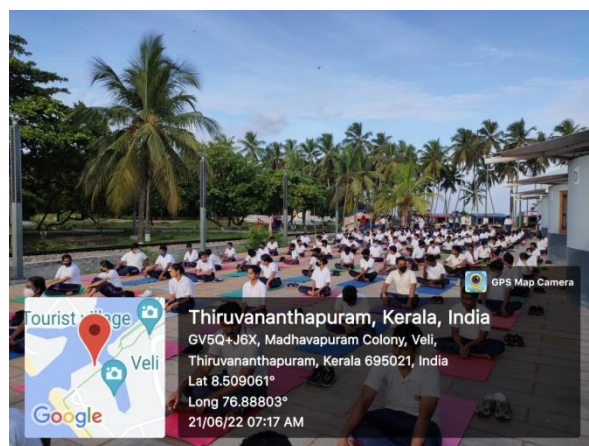


Report On International Day of Yoga(IDY)
21 June, 2022

The **International Day of Yoga** has been celebrated annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. The International Day of Yoga celebrates the restorative healing and inner peace provided by this ancient practice. In addition to the human suffering, the COVID-19 pandemic has also highlighted several key vulnerabilities of the economic and developmental models of countries around the world. The essence of yoga is balance - not just balance within the body or that between the mind and the body, but also balance in the human relationship with the world. Yoga emphasizes the values of mindfulness, moderation, discipline and perseverance. When applied to communities and societies, Yoga offers a path for sustainable living.

IYD Organized by 1 (K) Air Sqn NCC Unit Kochuveli

As part of the IDY 2022, a total of 13 cadets from Mahatma Gandhi College have actively participated in the programme conducted by I (K) Air Sqn NCC Unit Kochuveli, Trivandrum. The programme begins with an introductory talk about the importance of yoga and meditation in our daily life by Warrant Officer Vedpal Yadav followed by Dr. Anto A Paul CTO of Mar Ivanios College and Sri. Shaji Alex ANO, St. Joseph Higher Secondary School. There after the yoga practice session was lead by a cadet from Janardanapuram Higher secondary school.



IYD Organized at MG College

International Yoga day was celebrated by the students and the teachers of Mahatma Gandhi on 21st June 2022 with great enthusiasm. The programme was organized by Yoga club of MG College in association with NCC, NSS and Internal Quality assurance Cell (IQAC). 15 Air wing NCC cadets have also participated in the programme. The function begins with a welcome speech by Dr. Minu from English department followed by the official inauguration by the Principal Dr. M. Ampily. In her presidential address she explained the importance of Yoga in the life of youngsters. She explained that regular practice of Yoga will help the students achieve better mental and physical health. Felicitation was given by Dr.N.K Sunilkumar ,Secretary College Council . In his address he encouraged the students to practice Yoga and

meditation on a regular basis for a healthy body and mind. There after simple Asanas were performed by the students and the teachers enthusiastically lead by the instructor Dr. Sreeram T.R. The programme ended with a vote of thanks by Dr. N Pradeepkumar, Yoga Club member.

**Mahatma Gandhi College,
Thiruvananthapuram**

Yoga Club in association with
Department of Physical
Education, NSS, NCC and IQAC

international

YOGA

Day
Celebrations

Instructor : Dr. Sreeram T.R
 Felicitation : N. K. Sunilkumar
 (Secretary,
 College Council)
 Vote of thanks : Dr. N. Pradeepkumar
 (Club member)

22/06/2022 2.30pm-3.30 pm Seminar Hall





MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM



1(K) Air Sqn NCC

KERALA & LAKSHAWADEEP

REPORT ON KARGIL VIJAY DIWAS JULY 26 2022

FOREWORD

This report intends to brief about the involvement of NCC cadets of 1 (K) AIR SQN NCC, MG College on the occasion of the Kargil Vijay Diwas. The MG College FLT is headed by Caretaker Dr. Simi. K. G under the guidance of Commanding Officer Group Captain A. G. Srinivasan.

THE MOTTO

Kargil Vijay Diwas is commemorated every 26 July in India, to observe India's victory over Pakistan in the Kargil War for ousting Pakistani Forces from their occupied positions on the mountain tops of Northern Kargil District in Ladakh in 1999. **Operation Safed Sagar** ("Operation White Ocean") was the code name assigned to the Indian Air Force's role in acting jointly with the Indian Army during the 1999 Kargil war that was aimed at flushing out regular and irregular troops of the Pakistani Army from vacated Indian Positions in the Kargil sector along the Line of Control.

OUR COMMITMENT AND ACTION

In connection with Kargil Vijay Diwas celebration NCC Air wing cadets of MG College organized a cycle rally and a visit to Martyr Kiran J Velayudhan's "Smrithi mandapom". The cycle rally from MG College to Kowdiar Square was flagged off by CTO Dr. Simi K.G. More than 10 cadets have participated along with the PI Staff Shareef. There after Principal Dr. V.M Anandakumar addressed the cadets and said few words about the Kargil war and he also appreciated the efforts of NCC Air wing cadets for conducting the activities. Then the cadets along with CTO visited Martyr Kiran J Velayudhan's "Smrithi Mandapom" and honoured his mother. Brochure of the programme and few photos are depicted below.

1 (K) AIR SQN NCC KOCHUVELI
MAHATMA GANDHI COLLEGE TRIVANDRUM

July 26
KARGIL VIJAY DIWAS

Programme Schedule

Cycle Rally - 07:30 to 08:30 am
 (MG College to Kovvilar Sq)

Flag Off: Dr.Simi K G
 (CTO, MG College Tvm)

FOLLOWED BY THE VISIT TO THE HOUSE OF
 MARTYR KIRAN J VELAYUDHAN

10.30 am - Inaugural Address : Dr. V M Anandakumar
 (Principal , MG College Tvm)

Mahatma Gandhi
 College TVM
 1 K Air SQN NCC
 Kochuvelli

July 26

KARGIL VIJAY DIWAS





MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM



1(K) Air Sqn NCC

KERALA & LAKSHAWADEEP

REPORT ON INDEPENDENCE DAY CELEBRATION 2022

This report intends to brief about the involvement of NCC cadets of 1 (K) AIR SQN NCC, M G College on the occasion of the Independence day celebration. The M G College FLT is headed by Caretaker Dr.Simi.K.G under the guidance of Commanding Officer Group Captain A.G Srinivasan.

The Government of India decided to celebrate the 75 years of Independence of India, with great excitement and tribute to freedom fighters. So, they decided to do various programs and the government named the celebration as 'Azadi Ka Amrit Mahotsav'. Amrit Mahotsav meaning Nectar of grand celebration which signifies the 75 years of India's independence from British Raj The overall celebrations began on 12 March 2021 and will continue up to 15 August 2023.

OUR COMMITMENT AND ACTION

In connection with 75th Independence Day celebration NCC Air wing cadets of MG College did a freedom wall on 12/8/2022 in the college. On 15/8/2022 Principal Dr. V.M Anandakumar hoisted the flag. There after cadets organized a mime showcasing some relevant topics related to Indian Independence. Then they participated in a cleaning activity jointly organized by other NCC Wings and NSS Unit of College in association with Lekshmi Nagar Residence Association. In the afternoon the cadets organized a film festival and showed patriotic films. Around 100 cadets from Army NCC wing has also participated in the film festival. Some photos of various events are depicted below.





MAHATMA GANDHI COLLEGE, THIRUVANANTHAPURAM



1(K) Air Sqn NCC

KERALA & LAKSHAWADEEP

REPORT ON Laharimuktha Keralam Phase 2
campaign

January 20, 2023

FOREWORD

This report intends to brief about the involvement of NCC cadets of 1 (K) AIR SQN NCC, MG College in a programme on Anti Narcotics in connection with “Laharimuktha Keralam Phase 2 Campaign” of Govt. of Kerala.. The MG College FLT is headed by ANO Fg Offr Dr.Simi.K.G under the guidance of Commanding Officer Group Captain A.G Srinivasan.

THE MOTTO

Whenever someone takes a drug for reasons other than its intended use, it is considered substance abuse. Adolescence is a time for experimentation for many youngsters, and this can lead them to engage in risky behaviors. Binge drinking, prescription drug abuse, and recreational drug use are all common problems on school and college campuses. Teens who abuse drugs may have a greater risk of developing an addiction when they are adults. It’s important to know the difference between drug abuse and addiction. Teen drug abuse can have long-term cognitive and behavioral effects since the teenage brain is still developing. Recognition and prevention of drug use can end an emerging problem before it starts. Setting a good example and having talks about drug use are strong tools for teenage substance abuse prevention.

OUR COMMITMENT AND ACTION

An antidrug awareness program (Laharimukthakeralam phase2 campaign) was organized by 1(K) Air Squadron NCC, MG College, Dept.of Physics and IQAC in association with Excise Department, Govt.of Kerala . This includes Signature Campaign and Awareness Rally. Principal Dr.V.M Ananda Kumar inaugurated the programme and Deputy commissioner of Excise, Sri V.A Salim delivered the keynote address and flagged of the Rally in the college premises by administrating an oath “Intoxication: neither will not let” commemorating our duties as responsible citizens of the society. More than 100 students along with NCC cadets, marched from the college to Kesavadasapuram Junction and raised slogans for the purpose of prevention of intoxication and total destruction of intoxication form the society. More than 200 people including school children signed in the banner under the wordings “SAY NO TO Drugs” . Pamphlet distribution was also done by cadets.



GPS Map Camera
Thiruvananthapuram, Kerala, India
Unity Tower, 4th, Mahatma Gandhi College - Main Block, Sree Nagar,
Kesavadasapuram, Thiruvananthapuram, Kerala 695004, India
Lat 8.532121°
Long 76.942998°
20/01/23 03:04 PM GMT +05:30



GPS Map Camera
Thiruvananthapuram, Kerala, India
GWJV+V78, M G College Rd, Sree Nagar, Kesavadasapuram,
Thiruvananthapuram, Kerala 695004, India
Lat 8.532162°
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KL 15 A & B

REGULAR ACTIVITIES OF NATIONAL SERVICE

SCHEME UNITS' KL 15 A & B 2023-24

ACTIVITIES OF NATIONAL SERVICE SCHEME

UNITS KL 15 A & B DURING 2023-24

The National Service Scheme Unit 15 A & B of Mahatma Gandhi College has been functioning with a focus on enhancing students' personality development through community service. The NSS units have collaborated with NGOs, government agencies, and other stakeholders to organize joint initiatives for health and environment awareness on campus. Regular activities such as webinars, awareness programs, observation of special days, and sanitation drives have been successfully conducted with active participation from volunteers and local residents.

REGULAR ACTIVITIES

1. World environment day celebrations 2023

An awareness session was organized in the college as part of the World Environment Day celebrations 2023 on 3/06/2023. The chief guest, Ms. Deepa Ananthapadmanaphan, Director of the Sustera Foundation, highlighted the need to rethink our relationship with the environment and recognize that we are part of a larger ecosystem that we must respect and protect. Following the session, an exhibition showcasing value-added products made from waste materials was also held.

2. International yoga day celebrations 2023

An awareness cum demonstration class by Sri. Ramachandran Nair. P Ayush level-2, Certified Yoga teacher was held on 21/06/2023. The session included a brief overview of the history and philosophy of yoga, followed by practical demonstrations of basic yoga asanas (postures) and breathing techniques. Students were encouraged to participate and try out the asanas under the

guidance of experienced yoga instructors. The session also emphasized the importance of incorporating yoga into daily routines to reduce stress, improve flexibility, and enhance overall health. Overall, the session provided students with valuable insights into the holistic practice of yoga and its potential to improve their quality of life.

3. Independence day celebrations 2023

Independence Day celebrations were held in the college on August 15, 2023, and seven volunteers participated in the flag-hoisting ceremony.

4. Awareness drama by Janamaithri Police

An awareness drama on women protection –“Udan Prathikarikuu, Urakke prathikarikuu” was held in the college in association with Janamaithri Police and ICC of Mahatma Gandhi College on 13/09/2023.. Through the drama, they raised awareness about the protection offered by the law for women in case of emergencies. The program was well appreciated by the audience.

5. World mental Health Day celebrations 2023

Awareness talk on “Stress management through meditation” as part of World mental health day on 11/10/2023 by Mrs. Asha Gopakumar , Motivational Speaker. The demonstration class on Sahaja Yoga for students is a wonderful initiative to introduce them to the practice and benefits of this ancient meditation technique.-Sahaja Yoga,. During the session, students learned about the principles and techniques of Sahaja Yoga, including simple meditation practices to help them manage stress, enhance concentration, and improve overall well-being. The demonstration provided a hands-on experience, allowing students to understand the practical aspects of the practice.

6. Youth empowerment day 2023

In collaboration with the Lions Club of Rajadhani, Youth Icon Award was bestowed upon Shyam Kumar, a former psychology undergraduate student, who has demonstrated remarkable resilience and determination in the face of adversity. Despite undergoing a kidney transplantation and battling various congenital defects, Shyam's indomitable spirit has been truly inspiring. His extraordinary achievement of participating in paragliding, despite having an artificial limb, is a testament to his courage and passion for life. Not only did he brave the skies with his prosthetic limb, but he also went on to secure a pilot certificate, showcasing his exceptional skill and dedication. Shyam's story serves as a beacon of hope and encouragement for our volunteers .

7. Palliative run

In collaboration with the Rajesway Foundation Pain and Palliative Care Program, our volunteers actively participated in the Palliative Run to raise awareness and commemorate World Hospice and Palliative Care Day 2023, which took place on October 14, 2023.

8.Kanal Fest- Awareness Talk

As part of Kanal Fest 2023, organized by the Department of Women and Child Development and Sthree Sakthi Mission, an awareness session was conducted at our college. The session aimed to shed light on important issues related to women and child development. Smt. Jisha Thyagaraj, a renowned gender specialist and the Founder & Director of Kanal NGO, graced the event as the guest speaker. Her expertise and passion for the cause provided valuable insights into empowering women and promoting child welfare. Through this collaboration, the volunteers gained a deeper understanding of the challenges faced by women and children in society and explored ways to support their rights and well-being.

9.Campus cleaning

On the 28th of October 2023, second-year NSS volunteers took proactive steps to enhance the cleanliness of the campus through a dedicated cleaning initiative. Their collective efforts

exemplified a commitment to maintaining a pristine and conducive environment for learning and community engagement. By engaging in this cleanup activity, these volunteers demonstrated a sense of responsibility towards their educational institution and showcased their dedication to fostering a culture of cleanliness and sustainability within the campus community.

10. Self Defence training Session

The NSS units of our college, in collaboration with the Police Self-Defence Training Team from the Police Training Academy, organized a self-defence training session on October 30, 2023. This initiative aimed to empower students with essential self-defence techniques and skills, equipping them with the knowledge and confidence to protect themselves in challenging situations. Through this collaboration, students had the opportunity to learn from experienced professionals and enhance their ability to ensure their own safety and well-being.

11. National Unity Day 2023

Every year on October 31st, National Unity Day is observed to commemorate the birth anniversary of Sardar Vallabhbhai Patel. As part of this significant occasion, NSS volunteers at our institution gather to take the Unity Pledge, reaffirming our commitment to uphold the values of unity, integrity, and harmony championed by Sardar Patel.

12. Karshika Vipananamela by the commissioner of Civil Supplies & Consumer Affairs, Govt. Of Kerala

Our volunteers participated in the seminar and volunteered at the Karshika Vipanana Mela organized by the Commissioner of Civil Supplies & Consumer Affairs, Government of Kerala, on November 2nd 2023

13. Keraleeyam 2023

NSS volunteers from our college enthusiastically took part in Keraleeyam 2023, a mega event

organized by the Government of Kerala from November 1st to 7th, 2023. Additionally, several students showcased their knowledge and skills by participating in the Online Mega Quiz competition.

14. Tuberculosis Awareness Programme

On November 21, 2023, the NSS Units collaborated with the Public Health Centre in Muttada to organize a Tuberculosis Awareness Programme. The event aimed to educate the community about

the importance of tuberculosis prevention and treatment. The guest speaker for the occasion was Sri. Suresh Kumar from the TBVH General Hospital in Thiruvananthapuram. His expertise and insights shed light on the significance of early detection, proper management, and the impact of tuberculosis on public health. Through this initiative, the NSS Units and the Public Health Centre worked together to raise awareness and promote health literacy within the community.

15. Leadership Training programme

NSS Volunteer Secretary Deepak from the Economics Department and Keerthana from the Psychology Department actively participated in the three-day residential volunteer leadership program, "Prabodha" 2023. The program was organized by the NSS unit of the University of Kerala and held at TKM College of Arts & Science, Kollam. Their participation exemplified their commitment to enhancing their leadership skills and understanding of community engagement strategies. Through their involvement, they not only enriched their own knowledge but also strengthened the network of dedicated volunteers striving to make a positive impact in society.

16. Beach Clean Up – Mega awareness Campaign

NSS volunteers enthusiastically joined the beach cleanup initiatives organized by the Suster Foundation on June 5th, 2023, at Veli Beach, followed by their dedicated involvement on August 26th, 2023, at Sanghumukham Beach, and on September 10th 2023 on Sanghumukham Beach to continue their impactful efforts.

17. Green army for Attukal pongala

NSS volunteers played a pivotal role as members of the "Green Army" during the Atukal Pongala 2024 Green Pongala awareness campaign organized by the Thiruvananthapuram Municipal Corporation. Their active participation and dedication contributed significantly to spreading awareness about environmental conservation and sustainable practices among the participants.

18. Blood donation

National Service Scheme (NSS) volunteers play a crucial role in addressing the urgent need for blood donations across various communities. Their voluntary efforts not only save lives but also foster a sense of empathy and social responsibility. By willingly donating their blood, NSS volunteers exemplify the spirit of service and selflessness, standing as beacons of hope for those in need. Through their collective contributions, they create a profound impact on society, reinforcing the values of compassion and solidarity.