

National Cadet Corps
Platoon 5&6: 2(P) INDEP COY, Karaikal
Central University of Tamil Nadu, Thiruvarur

Activities

The academic year 2020-21 has been a roller coaster ride for most of us. However, platoon 5 and 6 of 2(P) INDEP COY, Karaikal in CUTN, demonstrated the spirit of NCC by staying resilient and flexible during the tough times. We managed to conduct several activities successfully. Due to logistic issues, several of the activities had to occur over online meeting platforms. Apart from that, last year, just like the one before that, was a productive one.

Here's the detailed report on all the activities we participated in:

- IDY-2020:

On Jun 21st, 2020, to show our contribution to the world on the International Day of Yoga, all cadets performed yoga and encouraged their families to join them.



- Tree plantation pakhwada

On Jul 21st, 2020, on behalf of 2(P) INDEP COY, Karaikal, cadets planted tree saplings in their own localities and vowed to take care of them.



- Kargil vijay diwas quiz:

On Jul 26th, 2020, a Government college ran an online quiz to remember the warriors who sacrificed their lives away gallantly in the Kargil war.

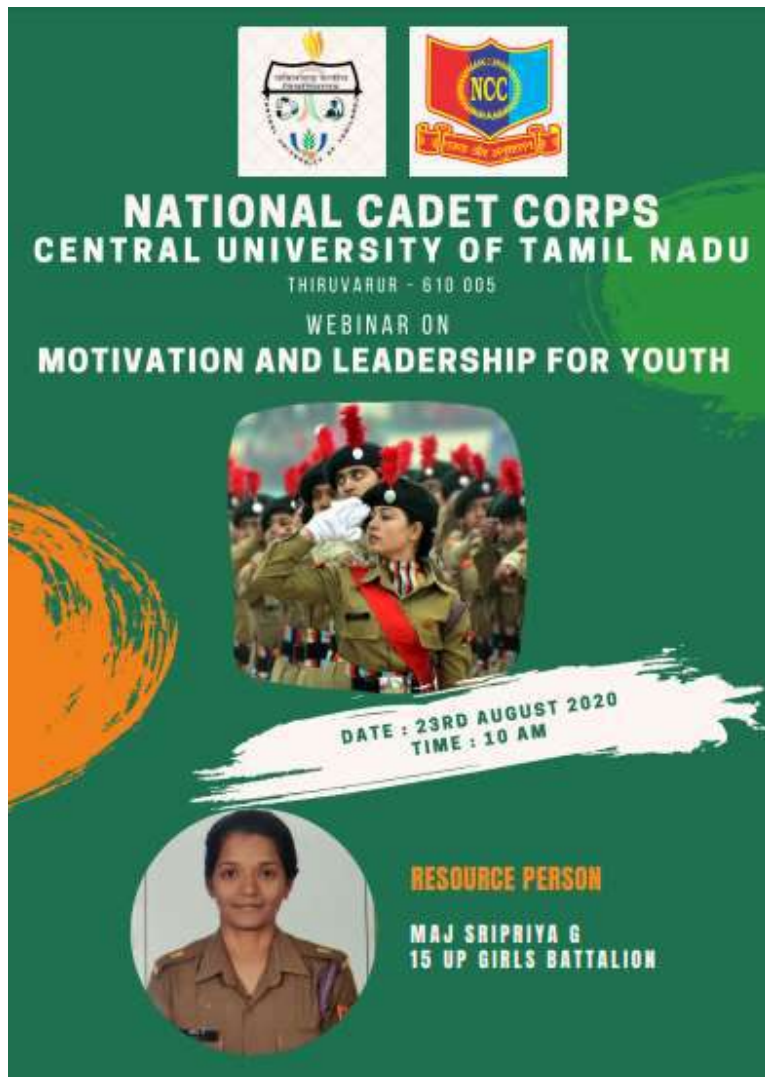
- Independence day programme:

On Aug 15th, 2020, we celebrated the 74th Independence day, organised within CUTN. Cadets recorded cultural performances like singing, instrumental music and dance and broadcasted them over Google meet.



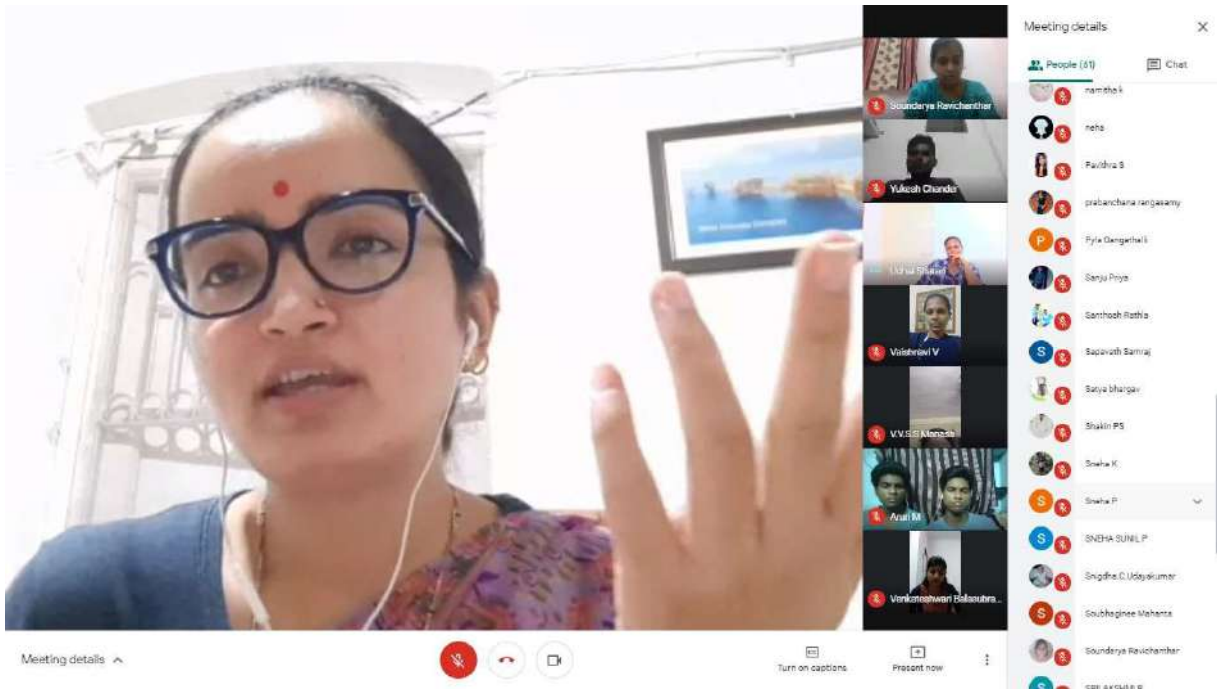
- Webinar: Motivation and Leadership For Youth:

On Aug 23rd, 2020, within CUTN, the unit invited **Maj Supriya G**, 15 UP Girls battalion, for a webinar talk on “Motivation and Leadership For Youth”, where she discussed the leadership types and qualities of a good leader and motivated us to be the best in our respective chosen fields



- Webinar: Civil Services: Prospects And Preparation:

On Aug 29th, 2020, the unit invited **Ms Tanvi Hooda IAS**, CEO Zila Panchayat Mandala district, Madya Pradesh, to talk about the roles and responsibilities of an IAS officer. She also guided us on the ways to prepare for UPSC selection exams



- Fit India movement: Fitness during lockdown:

On Sep 3rd, 2020, our cadets spread awareness to their family and friends by performing exercises and demonstrating how to stay fit, even during a pandemic.



- Webinar: Beyond technological lifestyle:

On Sep 6th, 2020, the 4 (TN) CTC, NCC conducted a webinar talk on “Beyond technological lifestyle” to explain the need to take a break from the digital world, especially during lockdowns. It was a part of the Fit India Campaign

- Webinar: Traditional Games of India:

On Sep 7th, 2021, 5 (TN) Naval Unit, NCC, conducted a webinar on “Traditional Games of India” to shed some light on the rich heritage of our country. It was a part of the Fit India Campaign.

- Webinar: Career opportunities in armed forces:

On Sep 10th, 2020, NCC, CUTN invited **Lt Col Satheesan R**, 34(TN) Indep Coy NCC, Thanjavur, to talk on “Career opportunities in armed forces”. He explained various modes of entry and the advantages of becoming an armed force officer.

The screenshot shows a Google Meet interface with a presentation slide. The slide title is "OFFERS : TYPES OF ENTRIES" and the subtitle is "Graduate Schemes (Women)". The slide contains a table with the following data:

ENTRY	EDN QUAL	AGE	APPLY	ACADEMY	DURATION	VAC
SSCW (NON TECH)	DEGREE	19 - 25	UPSC	OTA, CHENNAI	49 WEEKS	12 X 2
SSCW (JAG)	LLB	21 - 27		OTA, CHENNAI	49 WEEKS	4 X 2
SSCW (TECH)	DEGREE (ENGG)	20-27		OTA, CHENNAI	49 WEEKS	20 X 2
SSCW (NCC SPECIAL)	DEGREE (50% ABOVE)	19-25	'B' GRADE IN C CERT EXAM	OTA, CHENNAI	49 WEEKS	04 X 2

- Webinar: Enriching physical activities:

On Sep 10th, 2020, 4 (TN) CTC, NCC, conducted a webinar on “Enriching physical activities”. There the resource person explained the physiology behind exercise. It was a part of the Fit India Campaign.

- Webinar: Physical and Mental Benefits of Yoga:

On Sep 12th, 2020, 6 (TN) Bn, NCC, conducted a webinar on “Physical and Mental Benefits of Yoga”. The resource person shared some videos and how-tos of basic asanas. It was a part of the Fit India Campaign.

- Webinar: Mental & Physical Health to keep yourself fit:

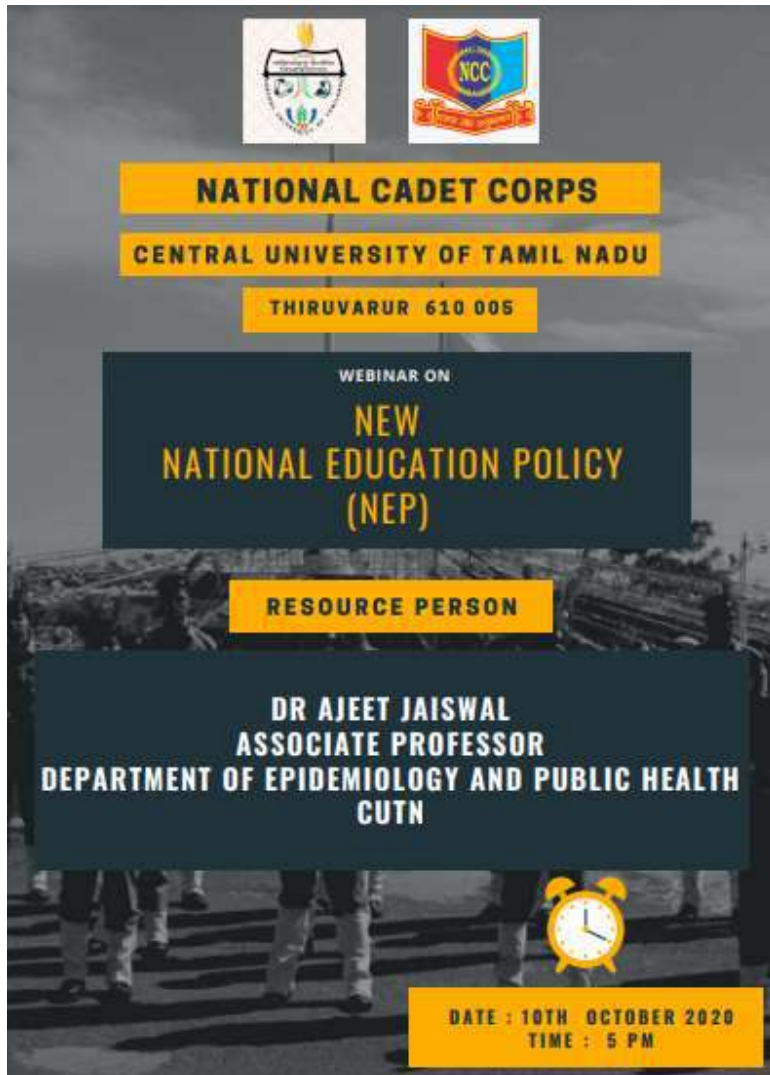
On Sep 13th, 2020, 1 (P) Girls Indep Coy, NCC, conducted a webinar on “Mental & Physical Health to keep yourself fit”. The resource person discussed the need for a shift in perspective when we have views on mental health. It was a part of the Fit India Campaign.

- Webinar: Fitness at home:

On Sep 14th, 2020, 6 (TN) Bn, NCC, conducted a webinar on “Fitness at home”, where the resource person taught us basic home workouts, which require little to no equipment. It was a part of the Fit India Campaign.

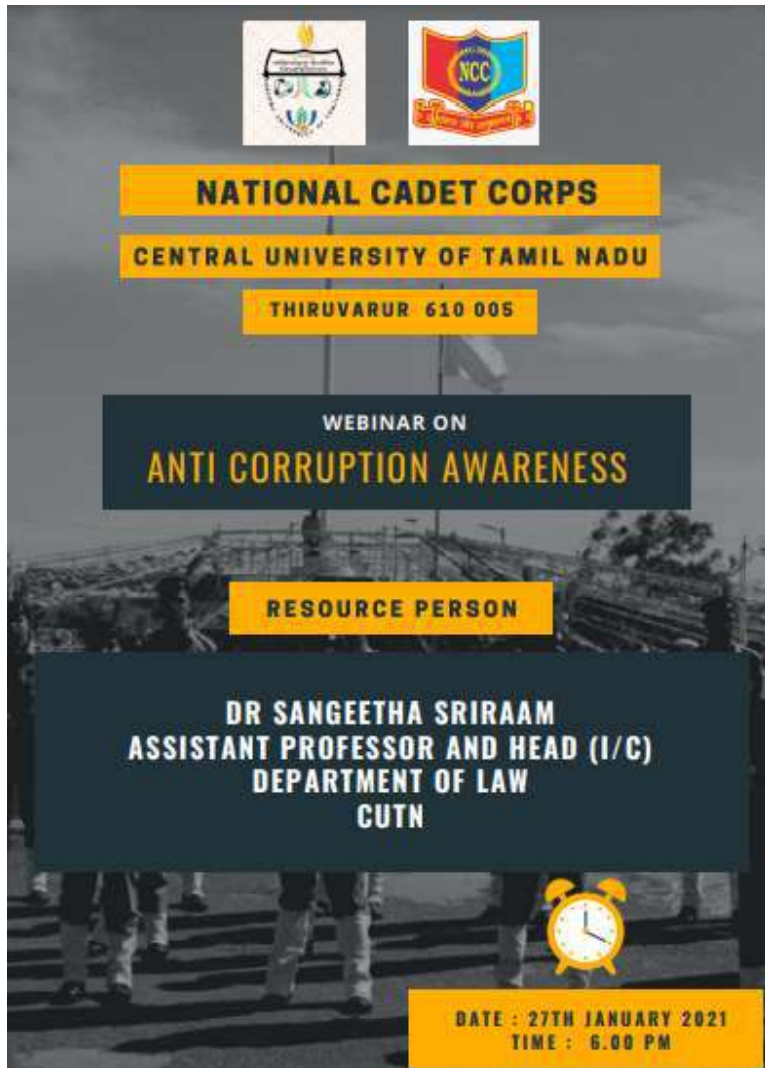
- Webinar: New National Education Policy (NEP):

On Oct 10th, 2020, NCC in CUTN invited **Dr Ajeeth Jaiswal**, Assistant Professor, Department of Anthropology, Pondicherry University, to speak on “New National Education Policy (NEP)”. The resource person shared the summary of the recent amendment and drafting of NEP and explained what changes we may expect in our education system.



- Webinar: Anti-corruption awareness:

On Jan 27th, 2021, NCC in CUTN invited **Dr Sangeetha Sriraam**, Assistant Professor and Head (i/c), Department of Law, CUTN, to talk on “Anti-corruption awareness”. It was during the Vigilance awareness week. The resource person shared the downsides of corruption for the general public and the ways to safely report whenever we come across corrupted officials.



- CATC 09, 15 camp:

From Mar 4-6, 2021 (for 2nd-year cadets) and Mar 4-8, 2021 (for 3rd-year cadets), NCC conducted CATC 09 and CATC 15 camps, respectively, in NIT P, with precautions in place (mask-wearing, social distancing, not interacting with people other than affiliated with NCC, testing before arrival). The cadets learnt first aid procedures, weapon identification and features, map reading, and other required skills.



- B' certificate exam:

On Mar 21st, 2021, the 2nd year cadets visited NIT P to attempt the written and practical exams to get their B certificates.

- C' certificate exam:

On Mar 21st, 2021, the 3rd year cadets visited NIT P to attempt the written and practical exams to get their C certificates.

- Contest: COVID and its safety measures:

On May 25th, 2021, GSDS college, Palwal, Haryana- NCC, jointly conducted an online ppt submission contest to create awareness on COVID-19 safety protocols.

- Vigilance Awareness Week, 2021

On May 25th, 2021, NSS conducted a series of contests to spread awareness on vigilance and anti-corruption.

- Contribution Towards Digital Forum:

On May 23rd, our cadets submitted entries to the NCC digital forum.

- Emerging challenges for disaster risk reduction: new strategy and 15th finance commission:

From May 25th to 27th, our cadets attended an online course on “Emerging challenges for disaster risk reduction: new strategy and 15th finance commission”, organised jointly by the NIDM and NSS.

- The prosperity of yogic culture 2021:

On Jun 21st, 2021, NITP organised a webinar in which our cadets participated and learnt about the benefits of practising yoga.

राष्ट्रीय प्रौद्योगिकी संस्थान पुदुच्चेरी, कारैक्काल - 609 609
NATIONAL INSTITUTE OF TECHNOLOGY PUDUCHERRY
(An Institution of National Importance under MoE, Govt. of India)
THIRUVETTAKUDY, KARAİKAL-609 609

NCC Unit
7th, PL of 2(P) Indep Coy, Karaikal.

organising a practical webinar session on

"Prosperity of Yogic Culture"

June 21st, 2021. 8:00 AM - 9:00 AM

PATRON:
Prof . Dr. K. Sankaranarayanan,
Director, NIT Puducherry

CHAIRPERSON:
Prof . Dr.(Mrs) G. Aghila,
Registrar(I/c), NIT Puducherry

Resource person
Mrs. Rampriya, D.Y.Ed, M.Sc. Yoga,
Yoga instructor,
Vriksham yoga centre,
pattabiram, Chennai.

Student Coordinators
CUO.Duraiswamy. V
Cadet. Abhimanyu.P
Cadet. Venkatesh. S

Organising secretary
Lieutenant Dr.S.Babu,
Associate NCC Officer,
National Institute of Technology Puducherry,
karaikal-609 609

E-Certificate will be provided for all participants

Scan to register

<https://forms.gle/9Wb45DDh8pxWR5z7Z>

Sign Up for free

100 Admissions reserved for participants