

NIRMALA COLLEGE NCC

1ST COY

18(K)BN MUVATTUPUZHA



ANNUAL REPORT

2019 - 2020

2019

MARATHON FOR HEALTHY LIFE

9 January 2019

Nirmala College NCC 1st Coy conducted a marathon on 9th January 2019 at 8 am. Marathon was flagged off by caretaker Prof. Abin Wilson. The marathon started from P.O. junction Muvattupuzha to Nirmala College. NCC cadets and students actively participated in the marathon. Cadet Asha KS secured first prize. Prize distribution was held at 9.30 am at Nirmala College ground. Dr. TM Joseph, Nirmala College Principal handed over the memento. SU/O Deepak T Kappan delivered the vote of thanks.



A CERTIFICATE EXAMINATION

-10th January, 2019

The NCC unit of Nirmala college conducted 'A' certificate examination for NCC cadets, on 10th January, 2019. About 280 NCC cadet from various schools of 18 Kerala Battalion attended the examination. The program was supervised by Col. Kritik K Nair and professor Abin Wilson, the caretaker of NCC unit Nirmala).The written test started sharp at 9:00 a.m. at the library hall. The cadets where very tensed about the examination. After the examination, they were called for the physical test. The physical training test was conducted at the college ground from 10:30 a.m. The cadets presented great energy and willpower in the physical test.



Best leader award to S/Uo



NAAN SANGSANGAM

26 January 2019

NCC is a family bonded with immense affinity. On 26th January 2019 Nirmala College NCC 1st COY celebrated NAAN SANG, the reunion of passed out NCC family members. The program started at 10 am at the college auditorium. Caretaker Prof. Abin Wilson delivered the welcome speech. All alumina's were eagerly waiting just for that day to strengthen their bonds. Various cultural programs including songs, dance, skit, mime etc. were presented by the cadets. The program was enriched by the active participation of the cadets. SU/O Deepak T Kappan delivered



Republic Day

26 January 2019

Republic Day honors the date on which the Constitution of India came into effect on 26 January 1950 replacing the Government of India Act (1935) as the governing document of India. On 26th January 2019 at 9 am Nirmala College NCC 1st Coy celebrated India's 69th Republic Day. Caretaker Prof. Abin Wilson delivered the welcome speech. National Flag was hoisted by Dr. TM Joseph, Principal of Nirmala College and Rev. Fr. Francis Kannadan, College Bursar. National anthem was recited. After flag hoist, Dr. TM Joseph felicitated on the importance of Republic Day and its historical relevance. College Bursar addressed the cadets about the integrity of our nation. SU/O Deepak T Kappan delivered the vote of thanks.



Best NCC institution award



B CERTIFICATE

17th & 18th February 2019

B certificate exam of 2018-2019 academic year was held on 17th and 18th February 2019 at M D Seminary higher secondary school Kottayam. A total of 46 NCC cadets from Nirmala college NCC 1st COY attended the B certificate examination. Map reading, judging distance, field signal, and weapon drill were the events in the practical exam. After the practical section cadets were return to the college for the preparation for their internal exam. On the second day of exam, written test were conducted for the cadets in MD seminary higher secondary school. The written exam comprise the entire topic related with Army and NCC. All cadets who attended the exam passed with good grades.



1st COY NIRMALA COLLEGE MUVATTUPUZHA

B **CERTIFICATE**

2018 and 2019 batch

17th and 18 th February 2019

MD seminary Higher secondary school Kottayam

C CERTIFICATE

C certificate examination of 2018_2019 academic year was held on 24th and 25th January 2019 at M D Seminary higher secondary school Kottayam. A total of 34 NCC cadets from Nirmala College NCC 1st COY attended the C certificate examination. Map reading, Judging distance, field signal and weapon drill were the events in the practical exam. After the practical section the cadets were return to the college for the preparation for their written exam.

On the second day of exam written test were conducted for the cadets in MD Seminary higher secondary school. The written exam comprises the entire topic related with Army and NCC. All the cadets who attended the exam passed the test with high grades.



Pulwama Attack

01 March 2019

NCC cadets of Nirmala college had conducted a program in remembrance of Pulwama attack and the air strike to avenge Pulwama. The program started at about 4:15 pm on 01/03/2019. The class was held by our Care taker Professor Abin Wilson. Our Senior Under Officer Anto Mathew and the other cadets, also supervised the class. Our NCC cadets also joined the sorrowful situation, of the families of the passed away soldiers of CRPF. Professor Abin Wilson also added about the issues at the India Pak border. He had also explained about the Geneva Convention, in detail.

At least 40 central reserve police force paramilitary troopers were killed in the deadliest terror attack witnessed in three decades of Kashmir's insurgency. The Pulwama attack occurred on February 14, 2019 when a 78-vehicle convoy was escorting over 2,500 CRPF jawans from Jammu to Srinagar. The responsibility for the attack was claimed by the Pakistan based Islamist militant group Jaish-e-Mohammed. But Pakistan condemned the attack and denied any connection to it.

In response the Indian air force conducted airstrikes on 26th February 2019, over the line of control in Kashmir. On 26th and 27th February, India and Pakistan exchanged fire across the LOC. Pakistan claimed that two jets were shot down over Pakistani airspace and one pilot captured. India demanded the release of the pilot, and Pakistan announced to release him on 1st March 2019 via wagha border as a peace gesture. Prime Minister Narendhra Modhi welcomed Abhinandhan on 1st march 2019, at a political rally. Indian media criticized the Pakistani government for not adhering the protocols of Geneva conventions, since they publicly released the photographs and interrogation videos. After the class lead by Care taker professor Abin Wilson, the class dispersed by 5 pm. All of us prayed for the safe release of the great IAF wing

commander

Abhinanadan

Varthaman.



INTERNATIONAL WOMEN'S DAY

08 March 2019

Nirmala college students celebrated INTERNATIONAL WOMEN 'S DAY on 8th March 2019. Women are the power of our nation. It is our duty to celebrate the day. As a NCC cadet, we were really proud to be a part of women's day celebration conducted in our college. Nirmala college women cell took up its charge. NCC cadets joined the hands with them, to make the program a grand success. NCC cadets performed various cultural activities. After the cultural activities' cadets gathered in the audio-visual hall. Cadet Vrindha present a slide. The slide is about famous ladies who encourage everyone in their own way. Then the SWS present their charts and Cadet Christina deliver a speech. The program is windup at 4.00 pm.



PASSING OUT PARADE

16 March 2019

Nirmala College NCC unit under 18(K)Bn. had conducted a Passing Out Parade at Nirmala college ground on 16 March 2019. It was a honor for the 3rd year batch cadets. The program started at 9.00am at college ground. Nirmala College Principal Dr.T.M Joseph had delivered presidential address. The program inaugurated by Subedar Sundar sab of 18(K) Bn. Havildhar Anoop sab and Havildhar Binoop sab were also addressed the program. Caretaker Prof.Abin Wilson delivered vote of thanks. Nirmala NCC band also performed in this program.



MAVALANGAR DEMO CLASS

19th March 2019

On 19th March 2019 NCC COY unit of Nirmala College had conducted a demo class on Mavlankar. The program started at 10'o clock in morning. The class was conducted by cadet Stella Johnson.

They showed the three main positions of firing. First was laying position which was focused mainly on grouping. Second and third position was focused on NRAI. All the students did the positions well.

There where many students from 18 KERALA BETALLION of Kottayam group. They also shared health tips as it's important. They also told the importance of firing in army. All the students enjoyed the demo class. The class almost finished by 1 pm.



THAL SAINIK CAMP TRAINING

26 March 2019

The aim of the Thal Sainik Camp is to give an exposure to salient aspects of Army Training, generate competitive spirit and foster sense of discipline, leadership and National Integration amongst participating cadets.

Nirmala college NCC unit had hosted the Thal Sainik Camp training programme for about two weeks from 26/03/2019. Cadets from all the colleges under 18k BN had participated in the training programme prior to the inter battalion competition. Cadets were trained for the eight competitive events that comes under TSC camp. Senior cadets trained cadets from different colleges for the various events. The training programme was very successful because it helped cadets to know better about the Thal Sainik camp.

All the eight events were properly explained and practices were done for each of these events. Nirmala college was thus very successful in conducting this training programme that motivated and trained cadets to do well for the camp.

THAL SAINIK CAMP TRAINING



1ST COY NCC NIRMALA COLLEGE MUVATTUPUZHA

26/3/2019

18 k BN

THEATRE DAY

27 March 2019

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World Theatre Day is celebrated on 27 March. It was initiated in 1961 by the International Theatre Institute. It is celebrated across the World to create awareness about the importance of theatre arts, how they played an important role in the field of entertainment and the changes that theatre brings in the life. Nirmala college NCC unit had conducted some programmes based on this. Reviews and posters of twenty five popular classical dramas were presented in the college, to ensure an awareness among the students about theatre arts. A class also conducted by Professor Aneesh about the significance of theatre arts in today's society. The programme began at 4.00pm in the presence of ANO Professor Abin Wilson. All NCC cadets of Nirmala College had actively participated in this activity. The programme was completed at 4.45pm



OBSTACLE TRAINING

06th April 2019

The NCC cadets of Nirmala college NCC unit went to Moolamattom ST Joseph College on 06th April 2019, at 8 AM for Obstacle Training. SUO Abhiram Manoj and UO Stella Johnson were to lead the training. UO Stella Johnson described each Obstacles and how to work on it. At first the cadets were weak on completing each event because of continuous practice for number times most of the cadets achieved a good time. Then at 2:45 pm training was ended.



LIVER DAY

19 April 2019

Health day is celebrated to spread awareness about that day. Similarly, World liver day is celebrated on 19th April on account of spreading awareness about conditions that are related to the liver and for ensuring liver health.

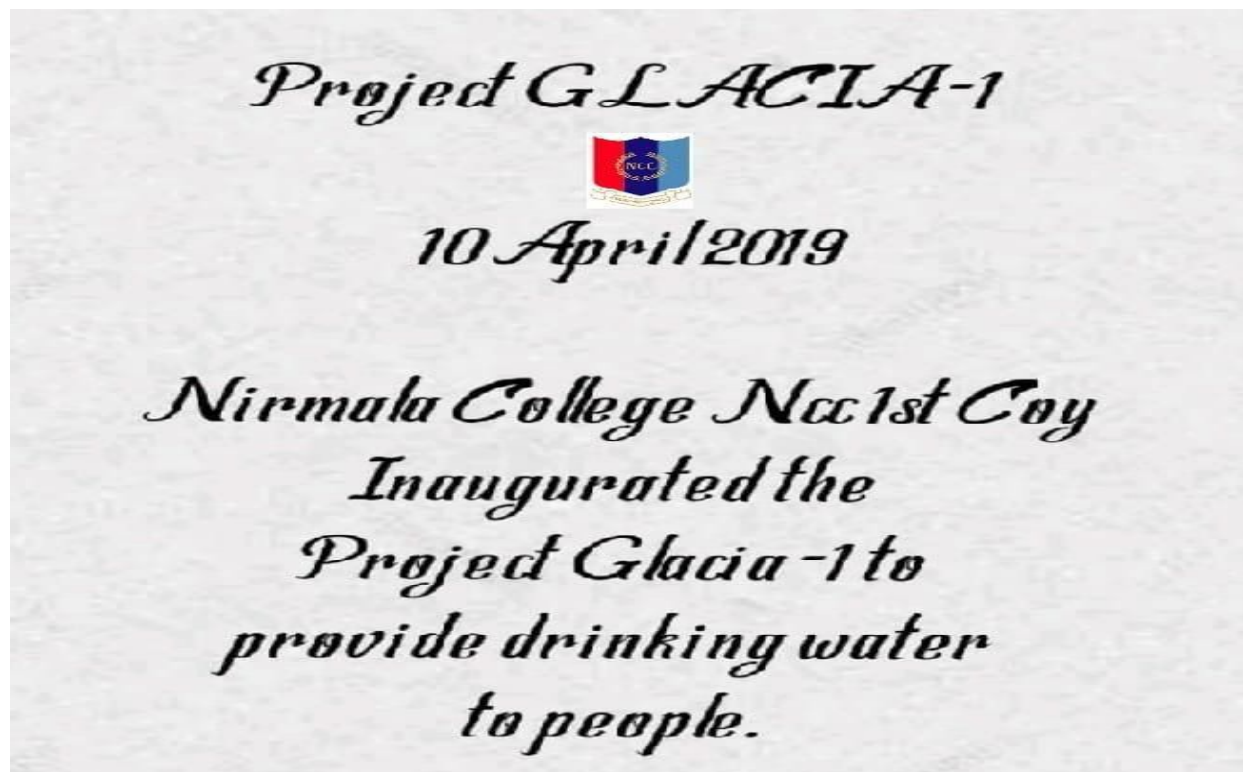
On this day, Nirmala college NCC 1st COY conducted an awareness programme related to the liver disease and the ways how can we overcome it. The programme was inaugurated by Prof.Abin Wilson, caretaker of NCC 1st COY of Nirmala college. On this day NCC cadets displayed posters and pamphlets related to the functions of liver, few serious liver illness, common symptoms related to liver diseases, management and prevention of liver diseases. This programme help us to understood about the major reasons behind the diseases like Hepatitis, Alcoholic Liver diseases, Liver Cirrhosis etc. At the end of the programme vote of thanks was delivered by SU/O Abhiram Manoj. This programme help us to manage and prevent liver diseases through life style adjustments, medicines and regular checkup visits.



Project GLACIA – I

10 April 2019

Project GLACIA an initiative that holds the love and care for mankind was launched on 10 April 2019. The project works in a way that the cadets have placed drinking water along the road sides and bus stations. The cadets refilled each cans every day in the morning. Each cadet is given the responsibility to check and refilled the cans necessarily. Prof. Abin Wilson caretaker of Nirmala College NCC 1st COY, inaugurated the project.



Annual Training Camp.

27 April 2019

We had ATC camp on April 27 to MAY 6 at St. Joseph High School Piravom. We were total 19 SWs and 20 SDs participated in camp. It was a great experience. More than 800 cadets were participated from different institutions. Senior Under Officer Athul S and Senior Under Officer Ashna Thankachan were the camp seniors. Every day was started with rollcall at 6:00am.

There was yoga at every morning 7:00 to 8:00am by yoga trainers from Art of living and physical training for TSC parties. After breakfast they have lots of events like tent pitching, judging distance, field signal, map reading, contingent etc. And they have also competitions for that. They have also rollcall at evening and after that we were participate in cultural activities. Culture contains competitions for song, dance etc.

On camp they conduct a rally to give awareness about the importance of prevention of plastic in day-to-day life. Our college won prize for debate and quiz and also second prize for contingent. On 5th May there was prize distribution for the TSC &RDC winners and for culture winners. Camp was closed at 6th May morning 9:30.



LABOUR DAY

01 May 2019

Labour day is a celebration of labour movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the constitution workers have made to the strength, prosperity and wellbeing of our country. On May 1, 2019 Nirmala College NCC 1st coy had conducted a programme regarding the world labour at 10:00 am. The programme was inaugurated by prof. Abin wilson. He had delivered a speech regarding the labour day and the importance of the labours. Later, our NCC Cadets had provided sweets for all the labours in our college. After that, SU/O Abhiram Manoj had delivered vote of thanks to all especially, for the great work of the NCC Cadets.



Project GLACIA – II

02 May 2019

The project GLACIA which aimed in quenching the thirst of the travelers which became a great success and in accordance to the positive feedback from the travelers and the local representatives Project GLACIA – II was launched. The project was launched on 2nd May 2019. Though the project was launched during the summer vocation the participation of the cadets was highly outstanding. The project went forward with wide support from locality as well as its benefactors. The project won the hearts of thousand and was successful in achieving its aim to support the locals and the travelers.

Project GLABIA 2



02-may-2019

*The Project GLABIA-2
was launched on
2 may 2019
during a summer vacation,
NCC Nirmala 1st Coy aimed in
Quenching the
Thirst Of Travellers.*

NO TOBACCO CAMPAIGN

31 May 2019

Every year, on 31 May, the World Health Organization and global partners celebrate World No Tobacco Day. The annual campaign is an opportunity to raise awareness on the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form the focus of World No Tobacco Day 2019 is on "tobacco and lung health". Nirmala college NCC unit had conducted some activities to educate people about the bad effects of tobacco on health. Tobacco use is more prominent among workers from other states who lives in Kerala. So we planned to give awareness for them about the bad effects of tobacco use. Based on this activity 25 notices were distributed among the workers to reduce tobacco consumption. All NCC cadets of Nirmala College had actively participated in this activity.



TSC Selection at Piravom



WORLD ENVIRONMEMNT DAY

5 June 2019

World Environment Day is celebrated on the 5th June every year and it the principle for encouraging awareness and action for protection of our environment. Nirmala college NCC unit had conducted a programme by planting saplings of trees which produce fruits on college campus. The programme begin at 1.00pm in the presence of college Bursar Francis Kannadan and ANO Professor Abin Wilson. Bursar Francis Kannadan had delivered the speech regarding the need for planting trees and protection of environment. Later different areas were arranged for planting trees. The programme was inaugurated by college principal Dr.James Mathew by planting the sappling. Four plant saplings were planted by the NCC cadets and they were given the duty for the protection of the sapplings. All NCC cadets of Nirmala college had actively participated in the programme and got awareness on the need for protecting the environment by planting more trees. The programme was completed at 2.00pm.



CHILD LABOUR

12 June 2019

Child Labour is a condition, where small children go to work. By spreading awareness among people, we can eradicate child labour. generally, the child of poor families works as child labour. On 12th June 2019 at 10:00am Nirmala college NCC 1st COY conducted a debate, based on Child Labour day at Nirmala college auditorium. The programme was inaugurated by Prof. Abin Wilson caretaker of Nirmala college NCC unit. He had delivered a speech regarding the child labour day and the importance of the education of students. At the end of the programme Prof. Abin Wilson delivered the vote of thanks to all especially for the great work of the NCC cadets and the importance of students in the world.



RDC Training Programme

15 June 2019

Republic Day Camp commenced at the Cariappa Parade Ground on January 1, where the cadets drawn from all 29 states and 9 union territories. The DG NCC highlighted that the memoranda of understanding have been signed with 10 countries for Youth Exchange Programme. Keeping the significance of the camp it will be visited by a number of dignitaries including Defence staff, the chiefs of Army, Navy and Air Force and Chief Minister of Delhi.

NCC Unit of Nirmala College, Muvattupuzha hosted the training programme for RDC 2020 of 18(K) Bn. 2 months of hard training programme started on June 15 at 8:30 am with the selection process. All the schools and colleges under 18(K) Bn where participated in the process and training programme under the guidance of Subaidar Arvind Singh and Havildar Binoop RC. The training improved the drill of cadets with and without weapon. The training was from 8:30 am to 1:00 pm.



Monsoon Disease and Preventive Measures

16 June 2019

Muvattupuzha: An awareness class was conducted by Nirmala College NCC 1st coy about the topic Monsoon diseases and preventive measures. It was conducted at 8:30 am at college auditorium. The programme was inaugurated by Sri. Babu, Avoly Panchayath Health Inspector. The class was presented by CDT Aishwarya Mathew. Although the monsoon provides respite from the summer heat it brings with a lots of health issues due to unhygienic conditions worsened by accumulating rainwater. The awareness class explained the most common monsoon diseases and how we can prevent some of the most common monsoon diseases in India.

All NCC cadets actively participated in the programme and got awareness regarding the need for preventing diseases and the methods for the safe. The class end at 11:30 am



NCC unit conducted group discussion

17 June 2019

Nirmala College NCC unit conducted a group discussion program with NCC cadets at 4pm to 5 pm about the topic 'FAMILY BOND IN THIS GENERATION' in third chemistry class. Avoly Panchayath President Sri.Sabu delivered the inaugural address. SU/O Abhiram Manoj spoke a few words about group discussion. The SW cadet Christina Maria Soney started the program firstly. All the NCC cadets participated in the group discussion and they convey more points and intentions about the topic. The program was ended at 5 o' clock.



ROAD SAFETY

- 18th June, 2019

Road accidents, injuries and even deaths are very common now a days. This is because, we are not following of the road safety measures. So, it has become an urgency to educate people on the road safety measures. On this view the NCC unit of Nirmala college, Muvattupuzha conducted a seminar section for the students of the college, on the topic road safety. The seminar was held on June 18, Tuesday evening. The program was formally inaugurated by college principal Dr. in the presence of Prof. Abin Wilson, the ANO of Nirmala college NCC unit . All the NCC cadets attended the programme.

A detailed class on the topic road safety was delivered to all the cadets, by cadet Sivaganga M.R. Through the class she explained many traffic rules and make us aware about the importance of following them. Chart presentations also was held after the class.

The programme was very helpful.



YOGA DAY

21 June 2019

Yoga is an ancient art that keeps your body, mind and soul in peace. The international day of yoga is celebrated annually on June 21 to raise global awareness about the benefits of ancient Indian practice. The theme for 5th international yoga day is on 'Climate Action'. Nirmala college NCC unit had conducted a programme named 'yoga with cadets', which helps to promote the acceptance of yoga in daily life mainly in cadet's life. The programme begin at 8.00am in the presence of caretaker Prof.Abin Wilson at the yoga room. The yoga master was Sanjay Santhosh who gave instructions. All NCC cadets of Nirmala College had participated in this activity.



READING DAY

JUNE 25, 2019

Puthuvayil Narayana Panicker known as the Father of Library Movement in Kerala. The activities of the Kerala Grandhasala Sanghom which was initiated by P.N Panicker ignited a popular cultural movement in Kerala at the end of which the state acquired total literacy in the 1990s. June 19th is observed as Reading Day to honour the contributions of P.N Panicker to the cause of literacy, education and library movement, as he passed away on 19th. Nirmala college NCC unit had also conducted activities at the campus on 19 June 2019. NCC cadets were made posters which promote the habit of reading among the youth and were displayed at the college campus. All NCC cadets of Nirmala College had actively participated in this activity. It helps to acquire more information about Reading Day and the importance of reading.



SSB CLASS

JUNE 27, 2019

A class was conducted by Nirmala NCC 1st coy about the details on SSB. The class was taken by former SUO Deepak T Kappan. He explained about SSB and how to prepare for the SSB interview. Service Selection Board is an organization that assesses the candidates for becoming officers into the Indian Armed Forces. The board evaluates the suitability of the candidates for becoming an officer using a standardised protocol of evaluation system which constitutes of personality, intelligence test and interviews. The test are of both types written and practical task based. SSB is a 5-6 days evaluation process with screening test, psychology test, group test, interview and conference. All NCC cadets had actively participated in the class. The class was very interactive. The class has very beneficial for those who had great desire to join Indian Army.



BLOOD DONATION CAMP

28 June 2019

Donating blood is a vital way to help save lives. Along with saving lives, there are a number of reasons why donating blood is important. A single donation can save three lives. Despite medical and technological advances, blood cannot be made, so donations are the only way we can give blood to those who need it.

On 28 June 2019 Nirmala College NCC first COY conducted a blood donation camp at Nirmala College campus. The programme was inaugurated by Ernakulam District panchayat president Dolly Kuriakose at 10.00am. Presidential address was delivered by care taker prof. Abin Wilson. Principal Dr. James Mathew and Vice principal Dr.J Georgi Neernal felicitated the programme. IMA Thodupuzha unit president gave a talk about the importance of blood donation on that occasion. SU/O Abhiram Manoj delivered vote of thanks. Teachers, students including NCC cadets donated blood in the camp.

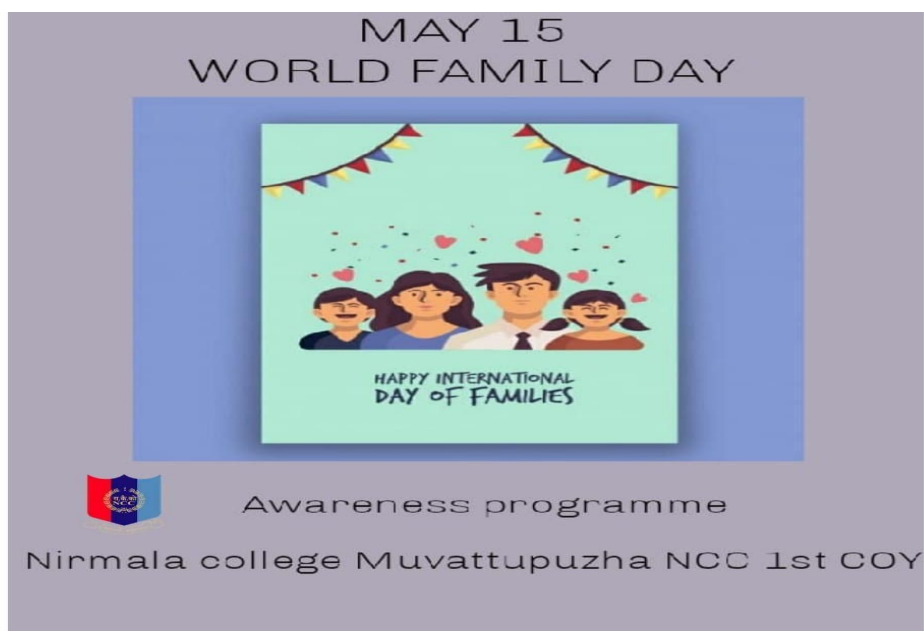
Many people still believe that donating blood can affect adversely to their health. In these blog we could share the importance of blood donation and the benefits one can get out of it through blood donation camp.



WORLD FAMILY DAY

18 July 2019

The World Family Day was on 15th May, and this day provides an opportunity to promote awareness of issues relating to families and to increasing knowledge of the social economic and demographic process affecting families. On July-18 ,2019 at 10.00am Nirmala college NCC unit conducted a program regarding the world family day and the program was inaugurated by professor Abin Wilson. He had delivered a speech regarding the family day and the importance of families as a basic unit of society. And then NCC cadets displayed posters and pamphlets about economic and political problems in family. After this SU/O Abhiram manoj had delivered a vote of thanks to all cadets.



FLOOD RELIEF COLLECTION CAMP

2 August 2019

The Nirmala college NCC unit has been conducted a flood relief camp were started a collection centre on 2nd August 2019, in presence of ANO prof. Abin Wilson, Su/o Abiram manoj, U/o Akhil Anilkumar, U/o Rahul Sajeevan. first day of the collection center lots of materials were collected. Most of the dress materials, food packets, water bottles, etc were collected. Nirmala college as a collection center in Muvattupuzha municipality. We were gathered mostly the most acceptable materials for the peoples. The second day of the collection centre many of the materials were required to be collected. Many of the peoples were to delivered the materials more as collected from the first day. The third day of the collection camp were gathered many materials including food packets, sanitary napkins, detergents ,water bottles etc. In the fourth day of the collection centre lots of dress materials were collected.

The days were began the collection centre may very actively collecting the materials. The Ncc cadets were kindly participating in the big purpose in according to the guidance of ANO prof. Abin Wilson and Su/o Abiram manoj. We were gathered the most materials for the college students and staff members. Most of the materials were required for the new born as we collected . Our cadets were collected the materials surrounded areas of our college. They were collected more materials from the houses near the college. The collection center may very actively involve to collected the items. As the last days of the collection camp lots of materials were collected. The Nirmala college NCC unit has been been proudly powered to the social work activity for the society. The Nirmala college as the first collection were started as our NCC unit. Many of kindly peoples, students and social welfare committees were kindly active participation for the flood relief collection centre. The Nirmala NCC unit proudly delivered to the society. The camp will till end the 20th August after collecting the materials were used to required.



Flood Relief Distribution

20 August 2019

The Nirmala College NCC Unit has been conducted a flood relief collection center were started many of days from 2 August 2019 to 20 August 2019 from the undertaking of NCC Unit in presence of Caretaker Prof.Abin Wilson,SU/O Abhiram Manoj ,U/O Akhil Anilkumar,U/O Rahul Sajeewan were kindly coordinate the collection camp . Vast of the materials were collected in the centre.Above thousands of materials were required to be delivered and they probably collected by the Ncc cadets and from the college students.

On 20 August, caretaker Prof.Abin Wilson, CDT Bony George and CDT Gokul Gopi visited Wayanad and delivered the collected items for flood affected peoples. A vast area of the land were destroyed by the landscape and many of the houses were distruputed due to flood and landslides.They lost lands and their properties.Many peoples affected the diseases due to climate changes.They provide the needful things to them.



Meppady panchayath secretary receiving the flood relief



Distributing the flood relief materials to people who lost the house during the flood



Flood relief at Wayanad tribal area 1





Handing over the relief materials to various social organization at Dwaraka -Manathavady



Handing over the Flood relief to Primary health centre meppady



Handing over the relief materials to Tribal area 2



Pain and palliative care unit flood relief



Cleaning public places

17 September 2019

NCC cadets of Nirmala college cleaned the Nirmala college bus stop and nearby places. Rev.Father Francis Kannadan, college bursar inaugurated the activity. 160 cadets cleaned the bus stop and the nearby walkway along the Muvattupuzha- Thodupuzha road about 500 metres.



Swatchh Bharat initiative at College

19 September 2019

Entire College campus was cleaned under Megha swachh Bharat initiative by NCC Cadets and College management. The entire 63 acre campus was cleaned. 147 cadets participated in the event. Various bins for collecting non degradable and degradable wastes were introduced in the campus



Exhibition and making of paper Decorative items

20 September 2019

Various paper ornaments made by NCC cadets were displayed in the Inter College portico to make awareness about the decorative items other than plastic materials. These paper ornaments were kept for decorating the college Auditorium in special occasions.



Swatchh Bharat Rally

21 September 2019

Swachh Bharat rally was organised by NCC cadets of Nirmala college. 156 cadets marched through Muvattupuzha municipality carrying placards to give message about swachh Bharat. The rally was inaugurated by Muvattupuzha Block Panchayat Vice-president Sri. Subhash Chandra Bos



Cleaning at Hostel Junction, Muvattupuzha

22 September 2019

NCC cadets of Nirmala college cleaned the Nirmala college Hostel junction and nearby places. College Vice- principal, Prof. Saji Joseph inaugurated the activity. 151 cadets cleaned the walkway from Hostel junction to Companyypady for about 1 Km.



NO VEHICLE DAY

23 September 2019

No vehicle day was celebrated at Nirmala College to create awareness about building a green environment which is free from pollution. To promote the 'Fit India' movement, the college staff and students were asked to use the 103 steps at the main block of the college.

NO VEHICLE DAY



23 sep 2019

NCC 1st COY

Nirmala college Muvattupuzha



Swatchh Bharat Pledge

24 September 2019

NCC cadets vowed to maintain Swachh Bharat at Muvattupuzha KSRTC Stand, and Post Office Junction. All the cadets of the NCC unit participated in the event.



Swatchh Bharat Street Play

25 September 2019

The cadets conducted a street play at Post Office Junction, Grand Centre Mall, Nehru Park and Chalikkadavu junction to promote Swatchh Bharat. The theme was 'Use Me'. The street play portrayed the Society's negligence towards public cleanliness. The function was inaugurated by College Principal, Dr. James Mathew.



YUDHA 2k19

26 September 2019

On 26th September 2019, Nirmala college Muvattupuzha NCC 1st COY conducted an all Kerala inter collegiate competitions YUDHA 2k19. The core intention of the programme was to encourage the Swatchatha movement which was the dream of Mahatma Gandhi. Professor Abin Wilson, caretaker of Nirmala college NCC unit welcomed the gathering YUDHA 2k19. The programme was inaugurated by the honorable Idukki MP Adv. Deen Kuriakose. Nirmala College principal Dr. James Mathew delivered the presidential address. NCC cadets from various colleges in Kerala showcased their talents in YUDHA 2k19. Events included essay writing (Malayalam), speech competition, drawing, cartoon, face painting etc. The winners were awarded medals, certificates and cash prize.

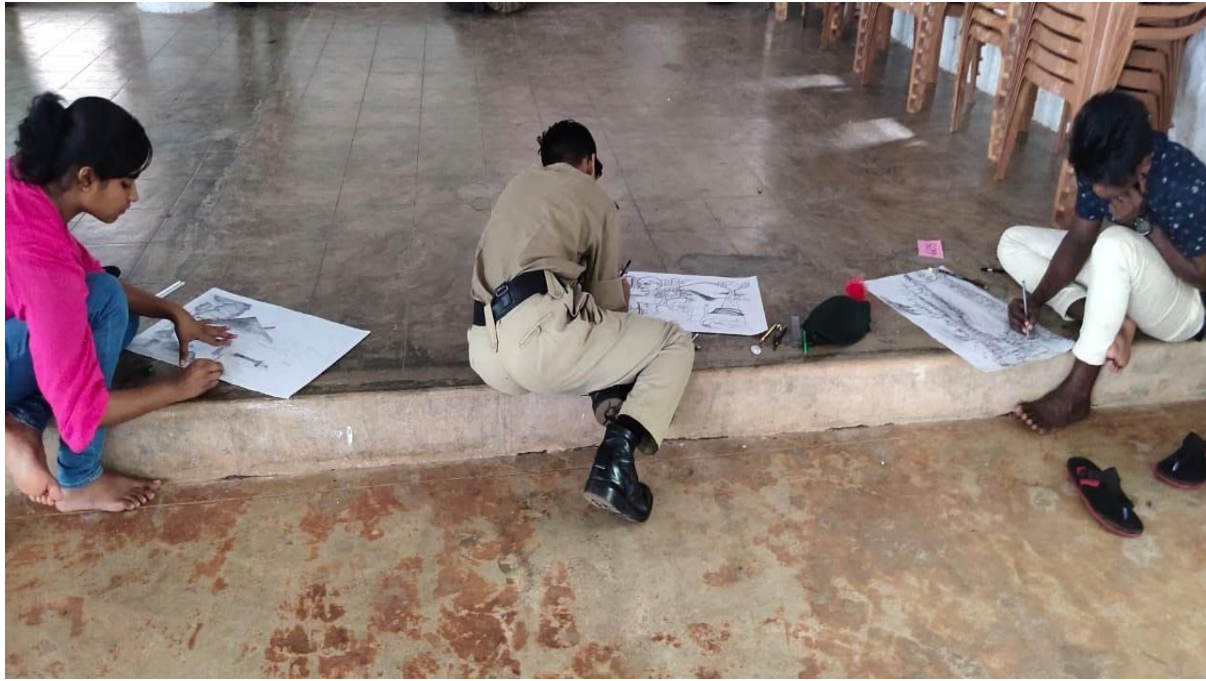




- **Face Painting**



● Painting and Pencil Drawing



ബുദ്ധ

ബുദ്ധവാഗ്ദത്തം നിർമ്മല കോളജിൽ എൻസിസി യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ സംഘടിപ്പിച്ച ഓൾ കേരള ഇന്റർ കൊളീജിയേറ്റ് ഫെസ്റ്റ് 'യുദ്ധ-2019' ഡീൻ കുമാരകോസ് എംപി ഉദ്ഘാടനം ചെയ്യുന്നു.

നിർമ്മല കോളജിൽ ഇന്റർ കൊളീജിയേറ്റ് ഫെസ്റ്റ് നടത്തി

ബുദ്ധവാഗ്ദത്തം : നിർമ്മല കോളജിൽ എൻസിസി യൂണിറ്റിന്റെ ആഭിമുഖ്യത്തിൽ ഗാന്ധിയൻ അനുസ്മരണത്തോടനുബന്ധിച്ച് സ്വർഗ്ഗഭാരതിന്റെ ഭാഗമായി ശുചിത്വവും പരിസ്ഥിതിയും എന്ന വിഷയത്തെക്കുറിച്ച് ഓൾ കേരള ഇന്റർ കൊളീജിയേറ്റ് ഫെസ്റ്റ് 'യുദ്ധ-2019' സംഘടിപ്പിച്ചു.

കേരളത്തിലെ വിവിധ കലാലയങ്ങളിൽ നിന്നുള്ള വിദ്യാർത്ഥികൾ മത്സരങ്ങളിൽ പങ്കെടുത്തു. ഡീൻ കുമാരകോസ് എംപി ഉദ്ഘാടനം നിർവ്വഹിച്ചു. മഹാത്മാജിയുടെ ജീവിതം യുവതലമുറ മനസ്സിലാക്കി പങ്കെടുത്താണ് ശ്രമിക്കണമെന്ന് അദ്ദേഹം പറഞ്ഞു. നമ്മുടെ നാട്ടിൽ മാപ്രഭുപിതാവിന് ലഭിക്കുന്നതിനേക്കാൾ പരിഗണനയും അംഗീകാരവും പുറംനാടുകളിൽ ഉള്ളവർ നൽകുന്നുണ്ടെന്നും ഗാന്ധിയൻ ജീവിതദർശനം അതിന്റെ എല്ലാ മൂല്യങ്ങളോടും കൂടി വിദ്യാർത്ഥികൾ ഉൾക്കൊള്ളണമെന്നും അദ്ദേഹം ആഹ്വാനം ചെയ്തു. കോളജ് പ്രിൻസിപ്പാൾ ഡോ. ജെയിംസ് മാത്യു അധ്യക്ഷത വഹിച്ചു.

വൈസ് പ്രിൻസിപ്പാൾ പ്രൊഫ. സജി ജോസഫ്, ബുർസാർ ഫാ. ഫ്രാൻസിസ് കണ്ണാടൻ, എൻസിസി ഓഫീസർ പ്രൊ. എബിൻ വിൽസൺ എന്നിവർ പ്രസംഗിച്ചു. മത്സരവിജയികൾക്ക് പ്രിൻസിപ്പാൾ സമ്മാനദാനം നിർവ്വഹിച്ചു. സീനിയർ അണ്ടർ ഓഫീസർ അഭിരാമ മനോജ്, അണ്ടർ ഓഫീസർമാരായ സ്റ്റേല്ലാ ജോൺ സൺ, രാഹുൽ സജീവൻ, അഖിൽ അനിൽകുമാർ, അമൽ സുരേഷ്, ആന്റോ മാത്യു എന്നിവർ നോതൃത്വം നൽകി.

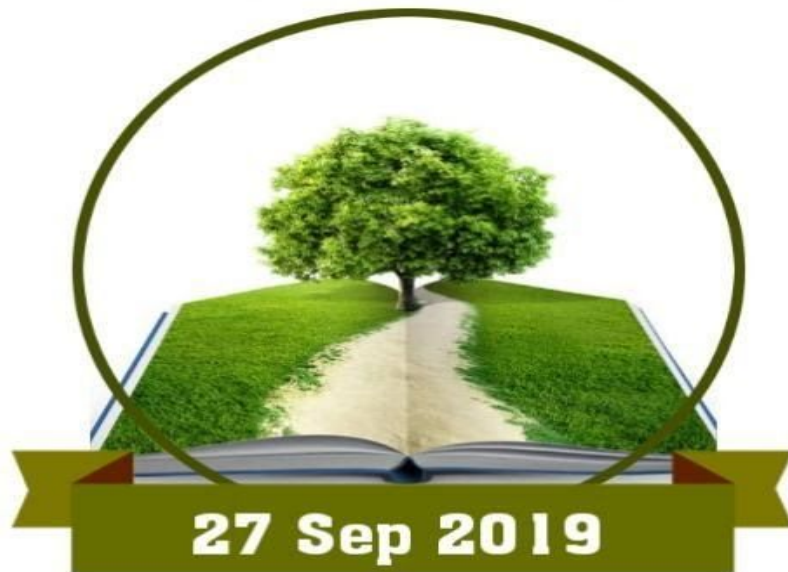
Internal green Audit

27 September 2019

NCC cadets conducted a green audit at Nirmala College to study the energy consumption level, create awareness on the reduction of wastage of papers and disposal of e-wastes.



INTERNAL GREEN AUDIT



NCC 1st COY

N i r m a l a C o l l e g e M u v a t t u p u z h a



Inter collegiate football competition to promote Swatchh Bharat

28 September 2019

NCC cadets organised an Inter-collegiate football tournament at Nirmala College. The tournament was inaugurated by Prof. Santosh J., Head of the Department of Physical education. Eight teams participated in the tournament. BMC, Choondy became the Champions.





Inter-collegiate Quiz Competition

30 September 2019

The unit organised intercollegiate Quiz competition on 150 years of Celebrating the Mahatma, Swatchh Bharat and Freedom Struggle. Sri. Vipul Kumar N.M., Assistant Professor at SCMS was the Quiz master. 14 teams from various colleges in Kerala participated in it.





Project Competition

1 October 2019

A programme called 'Innovative Idea in Swach Bharat' - intercollegiate project competition was launched by Nirmala College NCC Unit in collaboration with South Indian Bank. The last date of project submission is October 30. An expert committee is constituted for the evaluation of the same and Rs.5000 will be awarded for the best project out of the 10 projects in the final selection list.

INTERCOLLEGIATE PROJECT COMPETITION



1 OCT 2019

**TOPIC :
INNOVATIVE
IDEA IN
SWACH
BHARAT**

AWARD ₹5000

**LAST DATE OF PROJECT
SUBMISSION: OCT 30**

NCC 1st COY

Nirmala College Muvattupuzha

FLASH MOB

2 October 2019

The NCC cadets of the college conducted a Flash mob at KSRTC bus stand Muvattupuzha to spread the awareness about Swach Bharat.



MALARIA DAY

28 September 2019

Malaria is a mosquito-borne parasitic infection spread by female Anopheles mosquito infected by the Plasmodium parasite. It is an urgent need of the hour to spread awareness on malaria which will help the souls of thousands. World Malaria day is observed on 25th April.

On 28 September 2019 at 10 am Nirmala College NCC 1st Coy conducted an awareness programme about the causes and symptoms of malaria. The programme was held at college

auditorium. The class stressed on the preventive measures to eradicate malaria from our surroundings. Welcome speech was delivered by caretaker Prof. Abin Wilson. The class was led by Mr. Babu, health inspector of Avoli gramapanchayat. He gave us an introduction to malaria by providing the reports of death caused due to malaria. He further discussed the importance of social cleanliness in eradicating malaria. Special attention was given to the measures for hampering the breeding of mosquitoes. He said about the symptoms of malaria and gave opportunity to raise our doubts. After the class U/O Stella Johnson delivered the vote of thanks .



Best cadet award of 18K Bn to Edwin Varghese



BLOOD DONATION CAMP



DISASTER MANAGEMENT

5th November 2019

Nirmala NCC 1st coy was conducted an awareness class on 5th November 2019 at college auditorium on the topic Disaster management. The chief guest of the programme was CI Prasad from Excise department. The welcome speech was delivered by prof. Abin Wilson caretaker of Nirmala NCC. The class was taken by CI Prasad sir.

Disaster management can be defined as the organizations and management of resources and responsibilities deals with all humanitarian aspects of emergencies in particular preparedness, response and recovery in order to decrease the impact of disasters. Disaster management in India refers to the conservation of lives and property during a natural and manmade disaster. Disaster management plans are multi-layered and are planned to address issue such as floods, hurricanes, fires, mass failure of utilities, rapid spread of disease and droughts. The 1st people to respond to a disaster are those living community. They are the 1st to start rescue and relief operations. So we focus on community based disaster preparedness which assists communities to reduce their vulnerability to disasters and strengthen their capacities to resist them.

All cadets actively participated in the programme and got awareness regarding disasters and its management. At the end of the programme U/O Stella Johnson delivered the vote of thanks.



CANCER AWARENESS

08 November 2019

Among diseases, cancer rank as a major killer in recent years. Cancer is a deadly disease which is caused due to uncontrolled growth of cells. With the aim to increase the knowledge on cancer, Nirmala college NCC Ist COY was conducted an awareness class on 8th November 2019 at Audio vision hall. The welcome speech was delivered by SU/O Abhiram Manoj. The class was conducted by well experienced Avoly Panchayath Health Inspector.

Most people believe that cancer is an untreatable and unbearably painful disease with no cure. Undoubtedly, we can say cancer is a serious and a life threatening disease. After the lecture class every cadet got an opportunity to clear their doubts through interesting interact section. This knowledge helped the cadets to get a better understanding on what cancer is, how it occurs and how we can conquer cancer through our apt approach on exact time. At the end of the programme vote of thanks was delivered by U/O Stella Johnson. This programme helped cadets to know the basics of cancer and cancer treatment



AMMAIKU ORU UMMA

(Old age home visit and food kit distribution)

- On 10 September, 2019

Nirmala NCC unit and Red Cross unit collectively organised a programme called "*Ammaikuoru umma*", in connection with our Onam celebrations. We reduced our Onam celebration expenses and collected that portion of money for helping the poor, old and the needy people in our society. We a team of 12 inclusive of 5 Red Cross volunteers and 6 NCC cadets (3 SDs and 3 SWs), under the supervision of the NCC and Red Cross programme officer Prof. Abin Wilson carried out the activities on 10th September 2019 (Uthradam day). It included visiting old age home and distribution of food kits for poor families.

We started with the old age home visit. By 11:30 am, we reached at St. John's old age home, Vazhakulam. There were about 70 inmates, including physically and mentally challenged old women. We interacted with them through games, gifts and cultural programmes. All of them actively participated in the games and shared their experience and prayers. They also entertained us with wonderful poems and songs. We also had our lunch with them and by 2:00 pm we left the old age home.

Our next destination was Kavakadu Church. We reached there by 2:15 pm, where vicar and the volunteers of the social service Society of the church welcomed us and served us with snacks. From there, the volunteers guided us towards some of the poorest families of that area. We visited almost 12 families, where we came across many old, diseased and physically and mentally challenged poor people, who really deserves care and support from society. We gifted them with food kits and we interacted them with the greetings of Onam. With Their touching words, they expressed their happiness and thanks for the care and support we provided.

Our last destination was St. George old age home, Kavakadu. We reached there by 3:30 pm and spend about 30 minutes there with inmates. There we met around 40, old and disabled ladies. We gifted them with food kits and interacted with them. We also interacted with sisters who stay there to look after the diseased ones. We returned to Muvattupuzha by 4:40 pm.

It was an eye opening experience to all of us. Through this activity, we came to understand the pain and sufferings of many. The day we spent with those disabled people, we got a self realization, that how gifted and blessed we are in our life. This understanding helped us to improve our social commitment. It was a great experience.



BLOOD DONATION CAMP



CHILDREN'S DAY

14 November 2019

Children's day is a commemorative date celebrated annually in honor of children. The day emphasises on the importance of giving love, attention, and affection to children.

On 14th November 2019 at 10 am Nirmala NCC 1st coy visited 'VIKAS' childcare. The programme begins with a welcome speech by CDT. R. Ashish Vinayak. The programme was inaugurated by Caretaker Prof. Abin Wilson Nirmala College NCC unit. After the inaugural function cadets interacted with all of the children and performed many cultural programmes. At the end of the programme U/O Rahul Sajeevan delivered vote of thanks. Every persons who attended there enjoyed the programme a lot.



TRAFFIC AWARENESS

15 November 2019

We know that there are so many rules for road safety and traffic. But today our people are not obeying those rules, so they are forsaking their soul. On 15th November 2019 at 10.00am NCC 1st COY conducted an awareness programme about traffic rules and road safety at collage road in Muvattupuzha. Welcome speech was delivered by NCC cadet Sivaganga M R and inauguration was done by Principal James Mathew, he said about the rules and techniques for safe driving and the importance of seatbelt, helmets, and emergency of flash light while driving. Then our NCC cadets started to make a simple speech about traffic safety among peoples. After this care taker Prof. Abin Wilson delivered vote of thanks to all NCC cadets for the work done.



International Day for elimination of violence against women

25 November 2019

It is evident from reports across the world which undoubtedly reveal the massive violence against women. Women empowerment is one of the best way to overcome the problems faced by women. Nirmala College NCC Ist COY had arranged a programme regarding “INTERNATIONAL DAY FOR ELEMINATION OF VIOLENCE AGAINST WOMEN” on 25th November at Nirmala College Auditorium.

Caretaker Prof. Abin Wilson had delivered the welcome speech and also shared his thoughts regarding the ways of eliminating the violence against women. Self-defence methods is a powerful tool that works against the violence faced by women. So regarding the awareness on self-defence CDT Krishnendhu B and CDT Cristeena Maria Soney had demonstrated few karate steps that can be immediately used by each and every one who is facing a sudden physical attack. There was active participation of about 50 cadets during the programme and was beneficial for each of them. Finally SU/O Abhiram Manoj had delivered the vote of thanks.



FIRST AID

30 November 2019

First aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery.

On 30th November 2019 at 10 am, Nirmala NCC 1st COY conducted an awareness programme about first aid at Audio vision hall in Nirmala college. The programme was inaugurated by caretaker of Nirmala college NCC unit, prof. Abin Wilson. The seminar was conducted by Health inspector of Aavoli panchayath, Sri Babu who gave an insight to each cadet, how to manage dangerous situations by providing first aid and preserve one's life till get sufficient medical aid. After the seminar, students got an opportunity to interaction with him and cleared our doubts. At the end of the programme prof. Abin Wilson gave the vote of thanks. Every cadets who attended the seminar trying their best to spread this knowledge in their society.



AIDS DAY

01st December 2019

World AIDS day designated on 1st December every year since 1988 is dedicated to raising awareness of the AIDS disease caused by the spread of HIV infection and mourning those who have died of the disease. On 1st December 2019, Nirmala NCC 1st COY conducted an awareness program at Nirmala college campus. The programme was inaugurated by care taker Prof. Abin Wilson, Nirmala college NCC unit. He inaugurated the program by distributing AIDS symbol made with red ribbon by NCC cadets to the students. A talk about the importance of AIDS day was also delivered by him.

The program was so beneficial for the students and helped them to become aware about support AIDS victim physically and mentally.



Awareness rally about Sound and Air Pollution



IGESIA -2K19

7th December 2019

As we know, the NCC aims at developing character, comradeship, discipline and secular outlook among the ncc cadets. Apart from these, NCC also gives importance to bring out the hidden talents of NCC cadets.

On 7 th December 2019 NCC unit of Newman college, Thodupuzha conducted a programme 'IGESIA 2k19' for NCC cadets. Brig. Sunil Kumar was the chief guest of the programme. It included many cultural activities related to patriotism and NCC cadets of many colleges were participated in those programmes. Cadets of Nirmala college NCC 1st COY actively participated in all the items under the guidance of NCC caretaker Prof.Abin Wilson. The main event of that programme was guard of honour and Nirmala college NCC 1st COY got the 1st prize in All kerala Guard Competition. That was really a great achievement for Nirmala College NCC. We also actively participated in group song and group dance programmes. These programs were really enjoyable to all NCC cadets.

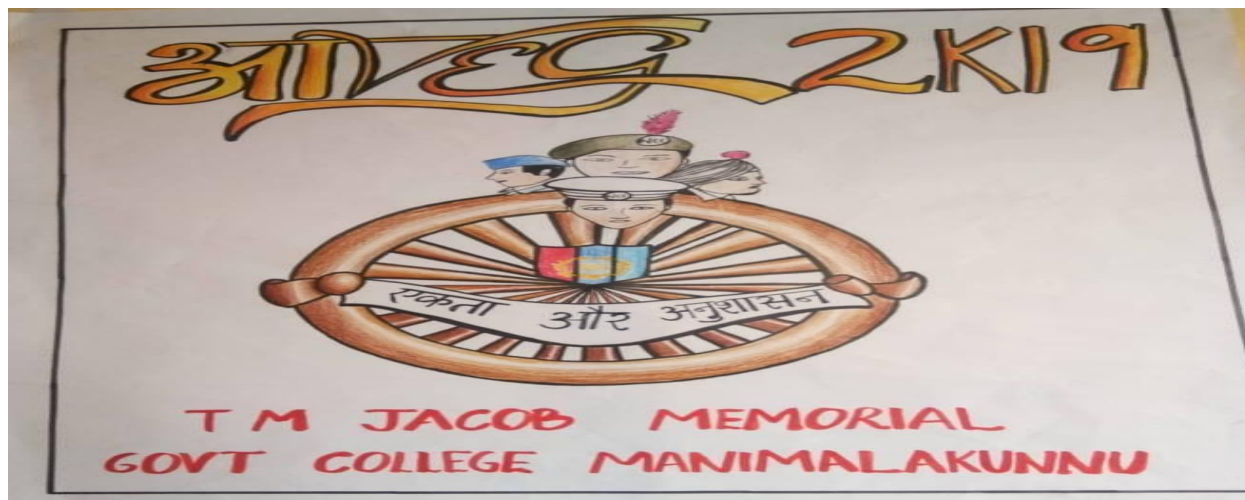
Of course, 'IGESIA 2K19' enhanced the cultural talents and mental happiness of all the cadets who were participated in the programmes. By conducting these activities, the Ncc is trying to improve the values of cooperation and team spirit among the ncc cadets.



AVEGA-2K19

12th December 2019

NCC never fails to amaze cadets by offering them a wide range of activities and opportunities. On 12 December 2019, TM Jacob Memorial Government College, Manimalakunnu conducted Aaveg 2K19. It included many competitions that proved a cadet's physical strength, artistic skills, oratory power as well as intellectual ability. Guard of honour was the main attraction. Apart from it there were items like Malayalam speech, pencil drawing, face painting, quiz etc. Tug of war triggered spirit in all cadets. Cadets of Nirmala College NCC 1st COY actively participated in all items. Aaveg 2K19 was an open platform not only to showcase the talents of cadets but also to instill values of co-operation, fraternity and enthusiasm.



NEXT BEST FIVES



Rohit A Shivarajan
M A College Kothamangalam



Shalini C.K
Nirmala College Muvatupuzha



Flavin Johny
Nirmala College Muvatupuzha

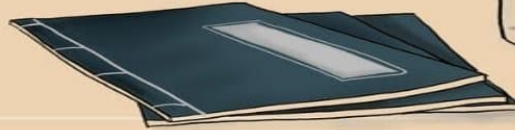


Sachu P.S
Nirmala College Muvatupuzha



Roshni Sabu
Newman College Thodupuzha

Congratulations...



FIRING - TSC COMPETITION

24th December 2019

In connection with CATC on 21 December- 30 December 2019 several TSC selection competitions were held. Firing competition was held on 24 December. Around 8:00am cadets reached the firing ground in Nirmala College, Muvattupuzha. A O Lieutenant Colonel Ranjith A P guided the cadets well on firing. Firing was on 'Application' in Kneeling and laying and on 'Snapping' in Kneeling positions. Several cadets from 18 (K) BN attended the competition. St. Peters College won the first place and Nirmala College won the second place. A O congratulated the winners. Competition ended around 2:00pm and cadets were dispersed



2020

BLOOD DONATION CAMP



REPUBLIC DAY PARADE -2020-21

RDC (Republic day camp) is the most glorious camp for a cadet in NCC. In fact, representing at National level, itself give you enough power and confidence. The Aim of the Republic Day Camp is to enhance the self-confidence of cadets, deepen their value systems and provide an exposure to the rich culture and traditions of our nature.

It was a great commendable thing in the history of Nirmala college NCC 1st COY under 18K battalion, that our cadets Edwin Varghese selected for RDC in 2020 respectively. By the best performance in drill, written test, firing, communication skill and stand out to be best in G.K and being an all-rounder in culture both of them were selected as Best Cadets'. Edwin Varghese was the BC of 18k Battalion, BC of Kottayam group and was a reserved BC of directorate in 2020. He was the silver medalist in IBC and IGC.



SPORTS DAY BAND

19th February 2020

Sports are essential for achieving the true education. Mahatma Gandhi, the father of the Nation, was of the opinion that, true education meant harmonious development of three organs of man via; body, mind and soul. If anyone of these is neglected then certainly the purpose of education is forfeited.

As a part of Gandhi's vision Physical Education department of Nirmala College conducted 48th sports day on 19th February 2020. The day started with the hosting of college flag and the March Past by all students in the college which is led by NCC band. Among this March past, the most attractive thing was the band lead by the cadets in NCC 1st COY of Nirmala College. 18 cadets were participated in this band including Band Senior CDT Anjo Paul John. The marvellous performance by NCC cadets encourage all participants to actively participate in the meet.



Chief Minister scholarship winner Stella Johnson



FAREWELL BAND

27th February 2020

Farewell is a wish of happiness or welfare, especially a permanent departure; the parting compliment; a goodbye. On February 27, 2020 Nirmala College organised a farewell party for Dr. James Mathew, the Principal and Dr. J. George Neernal, the vice principal.

It was conducted in the College main auditorium at 11:00 am. This great event became more beautiful with the band by the cadets of NCC 1st coy of Nirmala College. The procession which took the Principal and Vice Principal to the College auditorium was led by NCC Band. Band was led by CDT Kunnel Gopi Gokul as Band Senior. 18 cadets participated including Band senior. The band was the main attraction and it makes the event more beautiful.



Best NCC Unit Award by Battalion



SANITIZER DISTRIBUTION

20th March 2020

The WHO has declared the Corona virus as a pandemic, and the number of cases continues to rise worldwide. As of now, no vaccine has been formulated for the novel Corona virus, prevention appears to be the best cure available so far. Wash your hands often with soap or alcohol-based sanitizer to prevent the spread of the Corona virus. But actually, finding hand sanitizer anywhere is another story.

NCC Nirmala 1st COY is stepping in to help combat the hand sanitizer shortage by making it in the college campus on contribution with teachers in Dept. Of Chemistry and to distribute it to nearby hospitals, bus stand, autorickshaw stand and police station. The programme was inaugurated by college principal Dr. James Mathew on 20 March 2020. College Bursar Fr. Francis Kannadan, Vice principal Dr. Georgi Neernal and ANO Prof. Abin Wilson felicitated the work and gave instructions to prevent the disease out of spread. The sanitizers made were distributed by the cadets to assigned locations. "Prevention is better than cure". So, it helped the public a lot to prevent the virus and protect others by using it effectively. It was very helpful to the customers so that there were only few no. of sanitizers they have and the Nirmala NCC was appreciated by all of them



DG NCC Posted the college NCC unit COVID-19 activity in NCC Directorate official Facebook page

← DG NCC



DG NCC

6 hrs • 🌐



Nirmala College under 18(K) Bn NCC Muvattupuzha of NCC Gp HQ Kottayam under NCC Dte K & L under the guidance of Col Kirit K Nair SM ** CO & Lt Col Ranjith AP AO ,handed over hand sanitisers prepared in their chemistry lab as well as masks to Muvattupuzha Police Stn.



Like



Comment



Share



You, Sushan PK and 263 others

COVID-19 chain breaker web site design and development



NIRMALA COLLEGE

MUVATTUPUZHA



NATIONAL CADET CORPS

YOUTH RED CROSS

DEPT. OF COMPUTER APPLICATION



Developed

COVID-19-Break The Chain Website

Register to this site that Corona suspected patient

or who are came from outside kerala around

muvaupuzha region please cooperate with our

health department. Once you register MUVATTUPUZHA

TALUK HOSPITAL will contact to you for further

instructions.

Please inform this site to your friends and family

Covid19 break the chain website Inauguration



COVID-19 awareness campaign 1



കൊറോണ വൈറസ്
ആരോഗ്യ വകുപ്പിന്റെ നിർദ്ദേശങ്ങൾ

ഭയം വേണ്ട, ജാഗ്രത മതി

3

ടവൽ ഉപയോഗിച്ച് ചുമയ്ക്കുമ്പോഴും
തുമ്മുമ്പോഴും മൂക്കും വായയും
അടച്ച് പിടിക്കുക



NCC 1ST COY
NIRMALA COLLEGE
MUVATTUPUZHA
1B (K) Battalion

കൊറോണ വൈറസ്
ആരോഗ്യ വകുപ്പിന്റെ നിർദ്ദേശങ്ങൾ

ഭയം വേണ്ട, ജാഗ്രത മതി

4

അനാവശ്യ ആശുപത്രി
സന്ദർശനം
ഒഴിവാക്കുക



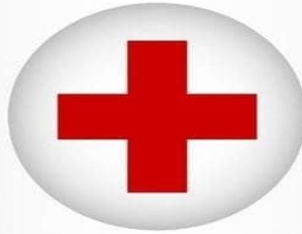
NCC 1ST COY
NIRMALA COLLEGE
MUVATTUPUZHA
1B (K) Battalion

കൊറോണ വൈറസ്
ആരോഗ്യ വകുപ്പിന്റെ നിർദ്ദേശങ്ങൾ

**ദയം വേണ്ട,
ജാഗ്രത മതി**

5

പനി, ചുമ തുടങ്ങിയ
രോഗലക്ഷണങ്ങൾ കണ്ടാൽ സ്വയം
ചികിത്സിക്കാതെ ഉടൻ ഡോക്ടറെ കാണുക



NCC 1ST COY
NIRMALA COLLEGE
MUVATTUPUZHA
18 (K) Battalion

Hand sanitizer given to autorickshaw drivers at KSRTC



**Hand sanitizer given to Commanding officer and
Administrative Officer of 18K Bn**



COVID-19 awareness campaign 2



Lock down activity 1:

വീട്ടിലിരിക്കാം പച്ചക്കറി നടാം



STAGE 1



NCC 1ST COY
NIRMALA COLLEGE
18 (K) Battalion
MUVATTUPUZHA

വീട്ടിലിരിക്കാം പച്ചക്കറി നടാം



STAGE 1



NCC 1ST COY
NIRMALA COLLEGE
18 (K) Battalion
MUVATTUPUZHA

Lock down activity 2



Lock down activity 3



Lock down activity 3

Bottle art work



Lock down activity 4

Practicing Yoga to stay Healthy



Lock down activity 5

Mask making for students

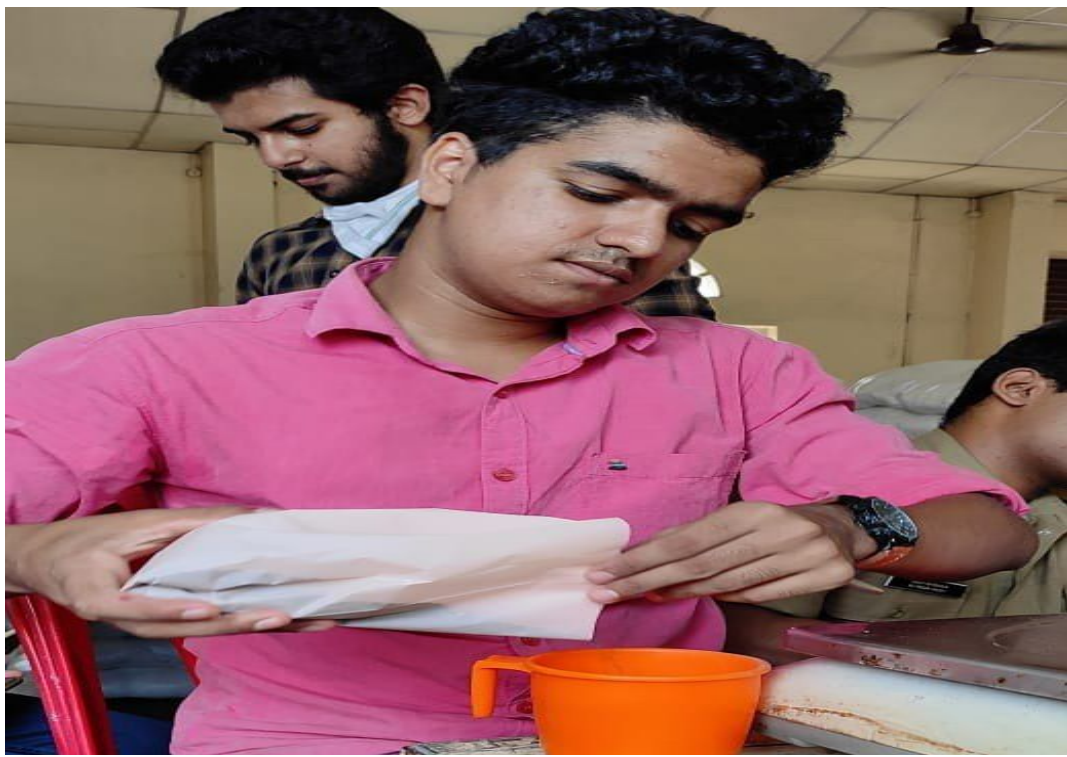




ONAM KIT PACKING

11, MAY ,2020 TO 13 ,MAY , 2020

On May, During the lockdown days cadets of Nirmala college NCC 1st COY had made their efforts to contribute safety and happiness to the society. As a part of that NCC cadets have helped to pack onam kit that had received from the supplyco which was conducted at parishal Hall, Aramana complex. It was the first programme of the government for distributing kit during this pandemic period. The kit contains of groceries like peas, beans and dal etc. NCC cadets have made there good effort to be involved in this program are proving to the society again and again



Hand Sanitizer distribution autorickshaw drivers at Vellor kunnam -Muvattupuzha



Hand sanitizer to bank employees



Hand sanitizer to KSRTC employees Muvattupuzha



WORLD ENVIRONMENT DAY

5th June 2020

World Environmental Day is observed every year on June 5 to raise global awareness to take positive environmental action to protect nature and the planet Earth. It is run by UNEP. Focusing on pressing environmental issues, this day has been celebrated since 1974. This year the theme is 'Time for Nature' with a focus on its role in providing the essential infrastructure that supports life on earth and human development. The host of this year was Colombia in partnership with Germany. Due to the ongoing pandemic over 100 countries virtually commemorated the day.

On 2020 June 5, NCC 1st COY of Nirmala College celebrated environmental day by planting trees. In order to follow the Covid 19 protocol only few members were participated in this program. It was conducted under the guidance of NCC caretaker Prof. Abin Wilson. SU/O Edwin Varghese, U/O Krishnendhu B and few cadets joined together and planted trees in our college campus. The main aim of our program was to inspire more people than ever before to take action to prevent the growing strain on our environment.

It is our duty to protect our nature. This should not be finished in a particular day, we should think every day about the need of protecting environment not only for our sake but also for the future.



YOGA DAY CELEBRATION

21st June 2020

As a part of this Nirmala college NCC 1st COY conducted a webinar on 21st June 2020, inaugurated by Prof.Abin Wilson, care taker of NCC, Nirmala college. As a part of introduction Cdt. Devinadhana Das shared the importance of Yoga and then Cdt.Ameera Ummer made us aware about different Yoga postures. CDT Archana P.B delivered vote of thanks. The programme was a grant success, which encourage us to protect our health through yoga practices in this COVID-19 crisis.

The yoga quiz aimed in delivering the importance of yoga and its base. The questions of the quiz were purely concentrated on the origin and its roots. That clearly defines what yoga means. The

questions include what does the yoga mean,origin of yoga, what is the theme of yoga in 2020 ,etc.

On 2020 June 21 NCC 1st COY of Nirmala College conducted an online quiz program on International Yoga Day. Most of the students participated the quiz and achieved certificates.

The reach of the quiz went from local level to national level. There were a total of 444 responses from all over India. The quiz mainly aimed village students and youth. And the quiz programme did achieve its aim in reaching the importance of yoga among the youths. The institution like

medical college Andra Pradesh, Kanpur University college, LDCE Ahemmadhabad, Government Engineering college Kozhikode, Nirmala college Muvattupuzha Newman college thodupuzha, CMS college Kottayam and many many more institution did take part. The Quiz was successfully completed by and 21st June 2020 with a huge support from whole of the nation

Questions

Responses

444

Total points: 10

NIRMALA NCC 1st COY

International Yoga Day



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444

Total points: 10



Section 1 of 2

YOGA Quiz



Registration

Email address *

Valid email address

This form is collecting email addresses. [Change settings](#)

Questions

Responses

444

Total points: 10

Section 2 of 2

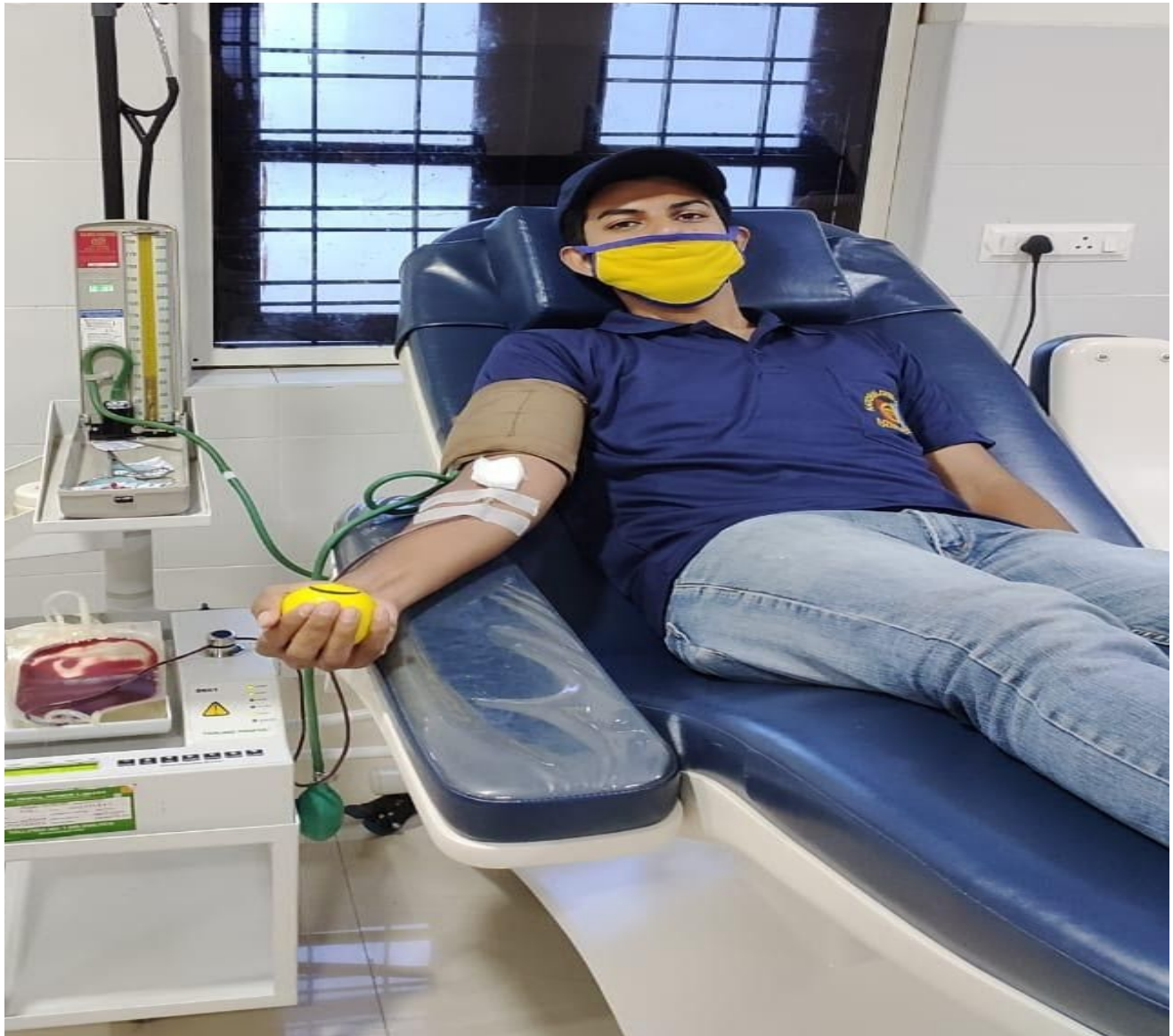
BLOOD DONATION

26th June 2020

Every year on 14 June, countries around the world celebrate World Blood Donor Day (WBDD). The event was organized for the first time in 2005, by a joint initiative of World Health Organization, the International Federation of Red Cross and Red Crescent Societies to raise awareness of the need for safe blood and blood products, and to thank blood donors for their voluntary, life-saving gifts of blood. World Blood Donor Day is one of eight official global public health campaigns marked by the World Health Organization (WHO), WHO invites people to donate their blood, it's a simple way to give life directly to someone else. A person who is eligible to donate blood must be in the age of between 17-60 years and who gain the weight more than 60 kg with perfect health.

On 2020 June 26 at 10.00 am to 2.00pm NCC 1st COY of Nirmala College conducted a blood donation campaign. The programme was held at IMA BLOOD BANK in Thodupuzha. The inauguration was done by caretaker prof. Abin Wilson. After blood donation programme, SUO delivered vote of thanks to all cadets who actively work on this day.





HUG THE TREE

28th June 2020

We celebrate the National Hugging Day usually on January 21. It was rooted into First celebration on 1986. National Hugging day is an event annually dedicated to Hugging. It helps us to show our love and affection to a Living being. Hugging has many benefits. It helps us to reduce our stress, heart health, maintain happiness in our mind.

On 2020 June 28, NCC 1st COY of Nirmala College conducted a programme regarding the Hug day. The content of our activity was to show the love and care towards the nature and how the nature should be treated. We were providing a model to the upcoming generation that the trees are neither to be killed, it wants to be protected. NCC cadets took pictures by hugging a tree that shows our affection towards the nature. The theme that left behind our programme was to share others that the love should be there between the nature Moreover, than the peoples.

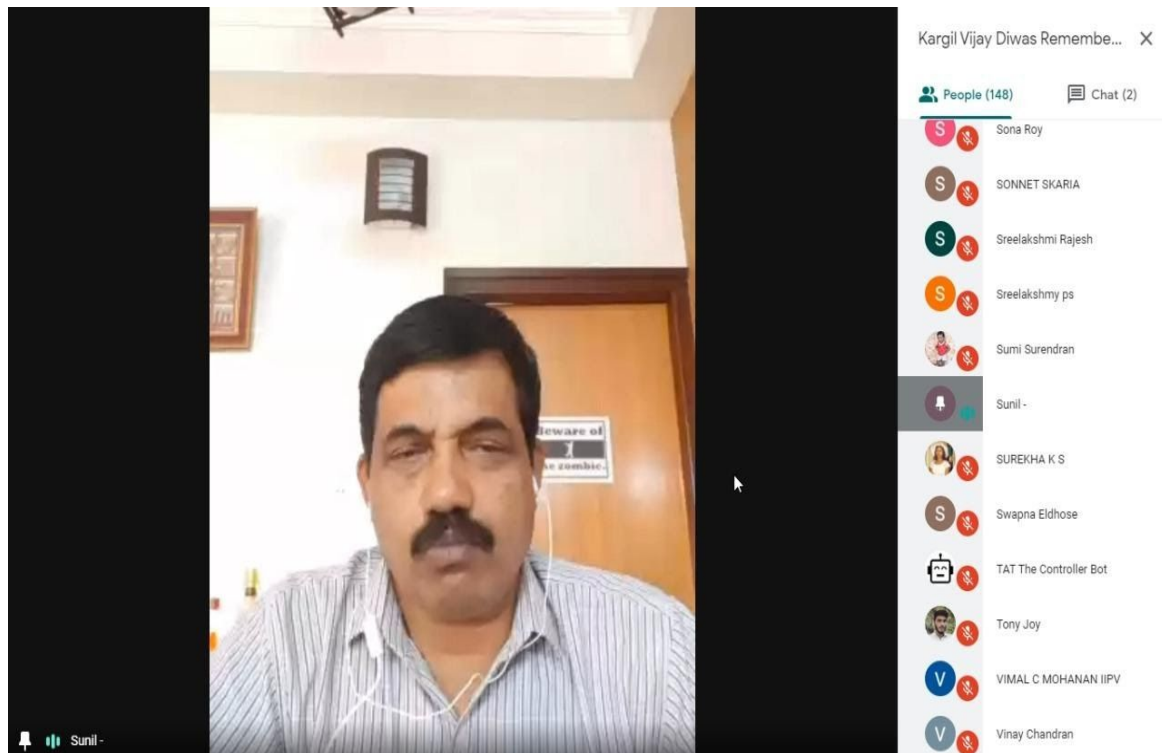


KARGIL VIJAY DIWAS

26th July 2020

India is celebrating the 21st Anniversary of Kargil Vijay Diwas, named after successful OPERATION VIJAY on 26th July 1999, India successfully took command of the high outposts which had been lost to Pakistan. July 26th is celebrated as Kargil Vijay Diwas to commemorate India's victory over Pakistan in 1999 Kargil conflict.

On this day Nirmala college NCC 1st COY organised a webinar, to rekindle the pride and valour of the soldiers who took part in operation vijay. Caretaker Prof. Abin Wilson delivered the welcome speech. The webinar was inaugurated by Kottayam Group commander of 18k battalion Brigadier Sunil Kumar N.V. DR. Thomas K V, principle of Nirmala college delivered the presidential address. The great briefing made by Commanding officer Colonel Kirit K Nair SM about the Kargil war and the great sacrifice made by India soldiers in Kargil War, enlightened every cadet. Then online pledge taking ceremony was conducted regarding the respect towards our defence organisation. The presentation video about National War Memorial and Param Vir Chakra awardees of Kargil war created by cadets and its briefing was more interesting. The interactive section was the most attractive section which helps the cadets to clarify all their doubts regarding Kargil War. Online Kargil quiz and patriotic poetry competition was conducted following this. SU/O Edwin varghese delivered the vote of thanks. The patriotic song by our cadet and the presence of great personalities made the occasion more cheerful. The webinar help us to understand that, a true soldier fights not because he hates what is in front of him, but because he loves what is behind him.

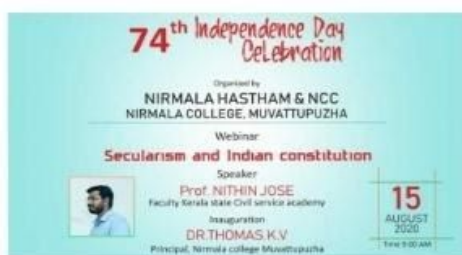


INDEPENDENCE DAY

15th August 2020

Independence Day is celebrated annually on 15 August as a national holiday in India commemorating the nation's independence from the United Kingdom on 15 August 1947, the day when the provisions of the Indian Independence Act 1947, which transferred legislative sovereignty to the Indian Constituent Assembly, came into effect.

The flag hoisting ceremony took place at 8:30 a.m. in Nirmala College Muvattupuzha. Dr. Thomas K.V, Nirmala College principal and caretaker Prof. Abin Wilson hoist the tricolor in the presence of NCC cadets. On this day Nirmala College NCC 1st COY organized a webinar on National Integration and Constitution of India. Caretaker Prof. Abin Wilson delivered the welcome speech. The webinar was inaugurated by Principal Dr. Thomas K.V and Bursar of Nirmala College Rev. Fr. Francis Kannadan delivered the presidential address. The webinar presented by Prof. Nithin Jose, Faculty at Kerala State Civil Service academy highlighted the string of events kept following till we attained complete independence in 1947. The webinar brought to light some lesser-known facts about National Integration. National Integration is the bond and togetherness between people regardless of their caste, creed, religion or gender. It is the feeling of oneness, brotherhood and social unity under communities and society in a country. So, the importance of national integration can be from the fact that the nation which remains integrated. It will always progress on the track of development and prosperity. The interactive section was the most attractive section which helped the students to clarify the doubts. The presentation video presented captured all the struggles our brave fighters undergone. SU/O Edwin Varghese delivered the vote of thanks.



Webinar - Nirmala College, Muvattupuzha



2020 August 15

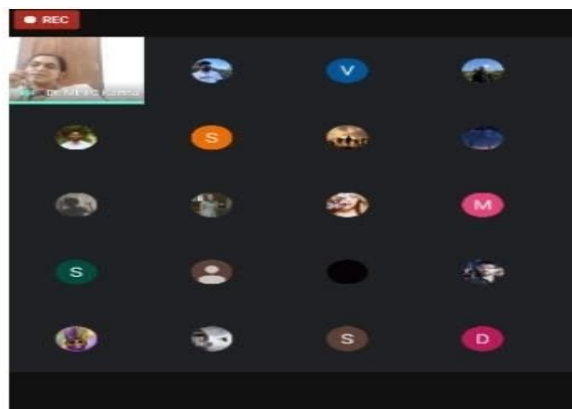
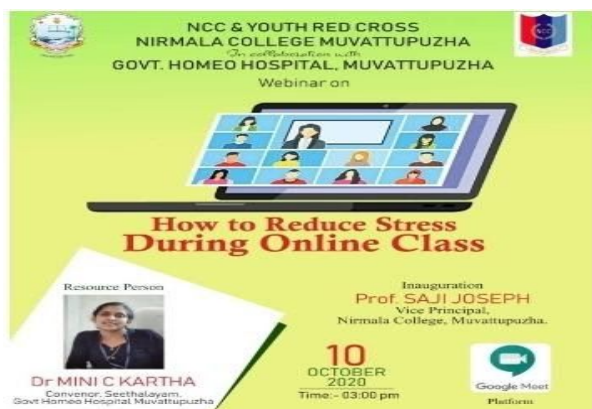


WORLD MENTAL HEALTH DAY

10th OCTOBER 2020

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

On this day, Nirmala College NCC 1st COY organised a webinar on the most prevalent topic " How to reduce stress during online Class".The webinar was inaugurated by Dr.Thomas K.V, principal of Nirmala College Muvattupuzha.The webinar presented by Dr.Mini .C . Kartha ,convenor ;Seethalayam ,Govt. Homeo Hospital Muvattupuzha highlighted the benefits of being optimistic. It can heal us from any stress. Since the COVID -19 pandemic has disrupted the normal lifestyle of people across the globe, the virtual world has come to the rescue. Consequently, catering to the needs of all stages of education from pre-primary to university level, online education has emerged as an alternative to ordinary face to face classes. However, the long hours children spend on computers and smart phones for online classes as schools remain shut due to the Covid-19 pandemic is beginning to bother parents as complaints of headaches, eye problems and stress surface. So the webinar was appreciably useful for the cadets as the presenter highlighted the tips and exercises to decrease our health issues and mental stress. The interactive session was the most attractive session which help the cadets to clarify their doubts and discuss innovative ideas. Cadet Ameera Ummar delivered the vote of thanks.



COMMANDING OFFICER VISITING

3rd NOVEMBER 2020

National cadet corps(NCC)is one of the prestigious platform for youth to explore with their strengths and transform themselves into someone whom they dream t of. It provides many unforgettable events which provides a lot of experience to cadets. It was such a moment that col. commanding officer Virender Dhatwala SC visits Nirmala college NCC unit 1st COY under 18 Kerala battalion on 30th November 2020.He delivered a great inspirational speech for cadets. It was a auspicious speech which clear all doubts of cadets regarding NCC and provide a clear picture about the opportunities provide by NCC in every cadet's life. All cadets were actively participated in this programme and made it a grant success. Vote of thanks was delivered by SU/O Edwin Varghese.



BLOOD DONATION

17th December 2020

Blood donation is literally life-saving which can bring hundreds of smiles who really need support. It is also a sign of humanity that unites people irrespective of caste, creed, religion and more. During this pandemic situation there is a scarcity of blood in blood bank. As a solution for this Nirmala college NCC 1st COY under 18 Kerala battalion conduct a blood donation camp on 17th December 2020. Ten cadets were actively participated in this programme. Through this act our NCC cadets promoted every one for the safe and secure donation of blood in this pandemic situation.





SSB CLASS

20th November 2020

A class was conducted by Nirmala NCC 1st coy about

the details on SSB. The class was taken by former SUO Deepak T Kappan. He explained about SSB and how to prepare for the SSB interview.

Service Selection Board is an organization that assesses the candidates for becoming officers into the Indian Armed Forces. The board evaluates the suitability of the candidates for becoming an officer using a standardised protocol of evaluation system which constitutes of personality, intelligence test and interviews. The test are of both types written and practical task based. SSB is a 5-6 days evaluation process with screening test, psychology test, group test, interview and conference. All NCC cadets had actively participated in the class. The class was very interactive. The class has very beneficial for those who had great desire to join Indian Army.

Tree planting as a support to save environment programme

25 January 2021



REPUBLIC DAY PARADE -2020-21

26 January 2021

RDC(Republic day camp)is the most glorious camp for a cadet in NCC.In fact,representing at National level, itself give you enough power and confidence. The Aim of the Republic Day Camp is to enhance the self confidence of cadets,deepen their value systems and provide an exposure to the rich culture and traditions of our nature.

It was a great commendable thing in the history of Nirmala college NCC 1st COY under 18K battalion ,that our cadet Ajay Krishna selected for RDC in 2021. He got selected due to his best performance in drill, written test ,firing ,communication skill and standout to be best in G.K and being an all-rounder in culture he was selected as Best Cadets. Cdt Ajay Krishna who competed in the Senior Division Army Category for participate in RDC 2021 was able to win fourth place in the national level .He is the first student of Nirmala college to achieve this one. There exist a very tough competition in National level, though with the hard work and dedication of our cadets they becomes a Mile stone in the history of Nirmala college NCC.



BLOOD DONATION



REPUBLIC DAY CELEBRATION AT NIRAMALA COLLEGE 2021

