

## First Stage Mask Distribution 13-5-20

The NCC unit of NAM College Kallikkandy made 750 cotton mask and the same were distributed to local body at Thrippangottur Panchayat. 10 cadets were involved to make this mask. The cloth material was distributed to cadets. They made mask at their houses. NCC officer Lt Shameer A P distribute the mask to the chairman of Health standing Committee of Tripragottur Panchayat on 13-may 2021. Sri A P Ismayil , C Sathyan, Smt A C Shereena members of panchayath were attended the function. UO Vidhun P P Cdt Aswanth A C, Cdt Adwaid P, Cdt Mayookha , Cdt P K were also presented .

**NCC NAM COLLEGE KALLIKKANDY**  
**ഒന്നാം ഘട്ട മാസ്ക് വിതരണോദ്ഘാടനം**

*'തൃപ്തജ്ഞാദ്യുർ ഗ്രാമപഞ്ചായത്തിൽ'*



**NCC NAMC 31(BN) KERALA**

Mazhakuzhi 18-5-20

The NCC unit of NAM College Kallikkandy constructs 56 rain harvesting pits during the lock time period. All senior division cadets (ie 28 cadets) actively participated in this venture. Cadets constructs pit at their houses. Each cadet made two pits in their houses.

Anticipating an upcoming drought the cadets are making the lock down period creatively and constructively by saving rain water. The most of this even is to save rain water and save life. We prefer the number 56, because, the last two digits of Disha Help line number (1056) as a tribute to the health department.

The official inauguration this event is done by our beloved Principal Dr. K K Muhammed Kutty on 18 may 2020 and he constructs a pit at college. The NCC officer Lt. Shameer A.P , presided over the function. Dr M K Madusoodanan, Dr Joy Varkey, Sri Ali K, Jr Suprd, Sri M Gafoor , Head of Acct, Sri Munfar KAppil , Librarian and others were present the function. SUO Jishnu K, UO Aswanth K M were lead the programme.





### Second Stage Mask Distribution at BN 26- 5 -20

100 Nos. of masks handed over to AO Col. D'Silva on 26-May 2021 by NCC officer Lt. Shameer A P and CQMS Anjinath K B , Aswanth A C , Adwaith P, Athul Raj C and Aswin Raj were participated. NCC unit also give 10 bottles of Sanitizer which is made by college students.



Third Stage Mask Distribution at Fire force Knr 26 – 5 -20



NCC unit distributed 100 number of mask to Fire Force unit Kannur which was made by our cadets. NCC administrative Officer D'Silva handed over to the mask to sri E Unni Krishnan, station master on 26- May 2021. Sub Maj K Sudindran, Fire rescue Asst K K Dileesh, NCC Officer Lt Shameer A P, Anjinath K B , Aswanth A C , Adwaith P, Athul Raj C and Aswin Raj were participated

Fourth Stage Mask Distribution at College Staff 3 – 6 -20

As fourth stage of mask distribution, NCC unit distributed mask to all staff of our college on 3 –June 2021. NCC Officer Lt. Shameer A P handed over the mask to principal in charge Dr M K Madhusoodanan.



### **World Environment Day**

As part of the National Environment day celebration, NCC unit observed environment day on 5-6-2020. Cadets planted trees saplings around their houses. Cadets cleaned their home premises. NCC unit also conducted poster making competition and extempore competition among. This campaign helps to raise awareness among students about the environmental issues as well as take positive environmental actions. All cadets actively participated in this event. Dr. Lt Shameer A.P , NCC Officer inaugurated the function through online meet.





### **Blood donation - June 16**

The NCC unit organized a blood donation camp on 18<sup>th</sup> June-2020 as part of world blood donor day. 10 students donated the blood at Malabar Cancer Centre Kodyeri. NCC Officer Lt. Shameer A.P donated the blood and inaugurated the function. Anjinath K B, Abhinand P K, Aswanth C, Amal P were lead the programme.



### **Yoga day - june 21**

As part of International Yoga Day Celebration, NCC UNIT-conducted one week yoga practice starting from 21- june 2020. Each day cadets practiced yoga from their house from 7'o clock to 8 am. The event was inaugurated by College Principal Dr K.K. Muhammed Kutty. Sri. K.P. Rajil gave leadership to the yoga practice.



# NCC NAM COLLEGE



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INDIA

## INTERNATIONAL YOGA DAY

21-06-2020



### Live Yoga Practice



**Sri. Bhaskaran Master**

**Talk on: Yoga and Health**



**10 am**



**NATIONAL CADETS CORPS**

**NAM COLLEGE KALLIKKANDY  
31(K) BN NCC KANNUR**



Reading day - june 18

As part of reading day celebration, NCC organized a reading week programs aimed to reading habit to the students. Book review sessions by students, reading hours, and reading competition were conducted. This program held at each cadet's house. All 53 cadets were participated and a review session also conducted. NCC officer Lt Shameer A.P inaugurated the session through online. SUO Sandra P, UO Athul Raj, CQMS Anjinath K B, lead the programme.

### **Anti -drug day - June 26**

NAM College upholds the responsibility of maintaining an educational environment conducive to academic achievement. As a part of this responsibility the NCC unit of college had held the International Day against Drug Abuse On 26th June 2020. The college recognizes that the use and abuse of alcohol and other drugs may interfere with students educational goals and will also interfere with the education environment. The cadets participated in the awareness programme and showcased their creative skills by displaying posters and placards highlighting the hazards of drugs. "Say no to Drugs, Yes to Life", "Avoid drugs chooses life", "Drug kills" were the captions for the day. They make awareness videos and shared among the students community. The programme was inaugurated by Sri. Sameer K K, Civil Excise Officer, Thalasserry through online mode. Lt Dr. Shameer A.P , NCC officer presided over the function.

Kargil day - july 26

Kargil Diwas is celebrated to honour the martyrs and soldiers who lost their lives during the Kargil War. The NCC cadets of NAM College were assigned a set of activities like making posters, giving speeches. A movie based on the events of Kargil war was presented through online. NCC officer were given a lecture on this day.

Independenceday-August15

We have done ceremonial flag hoisting on 15th August 2020 in association with Independence Day celebration. We organized Azadi Quiz program through online for the entire NCC cadets of 31 K BN NCC Kannur.

## Fit india movement

FIT INDIA Movement was launched 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving the mission of Fit India NCC Unit of NAM College undertook following activities.

- To spread awareness on fitness and various physical activities that promotes fitness through online campaigns among the students community.
- Performed fitness practice at their home for one week.

## Ncc day

As part of NCC day, NCC unit of NAM College celebrated the NCC day on 26-10-20 through online mode. College Principal Dr K K Muhammed Kutty inaugurated the function through online. Cadets organized various activities through online.

## Swachhta pakhwada

As part of Swachata Packhwada program, NCC unit of NAM College Kallikkandy has conducted a mega cleaning drive at cadets home premises on 30 Sept 2020 All 53 cadets were participated in the event. The Principal Dr K K Muhammed Kutty was the chief guest of the function. Lt Shameer A P, NCC Officer presided over the function.. Cdt Amal Raj, Cdt Sandra P, Cdt Sanjay Raju, Cdt K C Amrutha lead the cleaning drive. Cadets cleaned many areas of their home places. They picked the plastic items and segregated.