# **National Cadet Corps: 2013-14**

#### A Report on various activities taken by

# Padmashri Vikhe Patil College of Arts, Science and Commerce, Pravaranagar- 413 713 (NCC Unit)

The 'Aims' of the NCC have stood the test of time and continue to meet the requirements expected of it in the current socio-economic scenario of the country. The NCC aims at developing character, comradeship, discipline, a secular outlook, the spirit of adventure and ideals of selfless service amongst young citizens. Further, it aims at creating a pool of organized, trained and motivated youth with leadership qualities in all walks of life, who will serve the Nation regardless of which career they choose. Needless to say, the NCC also provides an environment conducive to motivating young Indians to join the armed forces.

Our college has separated NCC Unit for Boys and Girls. Boys NCC Unit is attached to 57 Maharashtra Battalion NCC Ahmednagar while Girls NCC Unit is attached to 7 Girls Maharashtra Battalion NCC Aurangabad. Boys (53) and Girls NCC (53) unit of the college have intake capacity of 106 cadets.

The NCC is a responsive, learning and continuously evolving organization. Its activity is guided by certain core values that we endeavor to instill among all ranks of the NCC. These include the following:

- A sense of patriotic commitment to encourage cadets to contribute to national development.
- Respect for diversities in religion, language, culture, ethnicity, life style and habitat to instill a sense of National unity and social cohesion.
- Abiding commitment to learn and adhere to the norms and values enshrined in the Indian Constitution.
- Understanding the value of a just and impartial exercise of authority.
- Ability to participate in community development and other social programme.
- A healthy life style free of substance abuse and other unhealthy practices.
- > Sensitivity to the needs of poor and socially disadvantaged fellow citizens.



- > Inculcating habits of restraint and self-awareness.
- > Understanding the values of honesty, truthfulness, self-sacrifice, perseverance and hard work.
- Respect for knowledge, wisdom and the power of ideas.

#### NCC Pledge:

We the cadet of the National Cadet Corps, do solemnly pledge that we shall always uphold the unity of India. We resolve to be disciplined and responsible citizen of our nation. We shall undertake positive community service in the spirit of selflessness and concern for our fellow beings.

Activities	for the	Academic	Vear 2	013-14
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Sr. No.	Name of the Activity	Place	Remark
1.	Special NIC camp	Kolhapur	SUO Akash Gadekar attended the camp
2.	Mixed Annual Training Camp SD/SW/JD/JW	Ahmednagar	09 cadets attended the camp
3.	NCC TSC Selection Camp SD/SW/JD/JW	Ahmednagar	06 cadets attended the camp
4.	Tree plantation program	Nizarneshwar	All cadets participated
5.	Independence day	College campus and PPS ground	All cadets celebrated the independence day. College troop got 2 <sup>nd</sup> prize in the mass drill at PPS
6.	NCC TSC Selection Camp SD/SW/JD/JW	Amaravati	02 cadets participated
7.	NCC camp SD/SW	Ahmednagar	07 cadets participated
8.	Celebrating Raksha Bandhan with Blind and Deaf students from Padmashri Vikhe Patil Secondary School, Babhaleshwar	Babhaleshwar	NCC Girls participated
9.	Shooting NCC Camp	Mumbai	Sgt. Yogesh Kurkute attended the camp
10.	NCC camp SD/SW	Ahmednagar	05 cadets participated
11.	Group selection camp-RDC	Ahmednagar	O4 cadets participated One cadet was selected for further camp
12.	Blood donation camp	PVP College, Loni	29 bags were collected
13.	RDC camp selection	Aurangabad	L/Cpl Bharti Chetankumar attended the camp
14.	NCC Camp SD/SW/JD/JW Army attachment	MIRC, Ahmednagar	02 cadets participated

15.	Cycle Rally to NSS camp	Durgapur	30 cadets participated
16.	Visit of Col. Deshpande to NCC office	PVP College	Guidance of B & C Cert Examination
17.	Republic day	College ground as well as PPS ground	<ul> <li>L/Cpl Bharti Chetankumar represented the RD parade at New Delhi.</li> <li>All cadets participated.</li> <li>College troop got 2nd prize in the mass drill at PPS</li> </ul>
18.	Annual gathering	College ground	<ul> <li>Cadets presented a dance on Ma Tujhe Salam</li> </ul>
19.	Fun-Run for health, Mini-marathon	B.P.Ed College ground, Loni	<ul> <li>25 cadets participated</li> <li>Sgt. Shankar Golhar got the first prize in 10 km run</li> </ul>
20.	Annual Prize Distribution	PVP College	<ul> <li>Best senior, junior, cadet awards were given to the cadets</li> </ul>
21.	"C" certificate examination	Sarda College, Ahmednagar	• 19 cadets appeared for the exam

#### NCC Cadets of our college selected Indian Army/ Navy:

- Mahajan Sachin Narayan (MAH/SD/10/194849) is selected in Indian Army in 2011-12
- Shevante Kunal Pandurang (MAH/SD/11/194828) is selected in Indian Navy in 2011-12
- > Holgir Arjun Bhima (MAH/SD/12/194813) is selected in Indian Army in 2012-13
- ➤ Abhang Krushna Balasaheb (MAH/SD/12/194826) is selected in Indian Army in 2013-14
- Kurkute Yogesh Suresh (MAH/SD/12/194822) is selected in Indian Army in 2013-14
- Gaikwad Ravindra Daulat (MAH/SD/12/194810) is selected in Indian Army in 2013-14
- Golhar Shankar Annasaheb (MAH/SD/12/194840) is selected in Indian Army in 2013-14.



#### Cadets Participated in RDC/TSC, New Delhi:

Sr. No.	Name of the activity	Name of the Award/ recognition	Name of the Awarding government/ recognized bodies	Year of award
1	RDC, New Delhi, 1st Jan 14 to 29th Jan 2014	Bharti Chetankumar, Represented his NCC Directorate at the Annual NCC Republic Day Camp and the Prime Minister Rally held at New Delhi.	Director General, National Cadet Corps	2013-14

#### Community Development Activities/Social Services

Number of extension and outreach programs conducted through NCC in collaboration:

Sr. No.	Name of the activity	Organizing unit/ agency/ collaborating agency	Year of the activity	Number of ANO/ teachers participated	Number of Cadets participated in such activities
1	Blood Donation Camp	NCC Unit of the College in Collaboration with Pravara Medical Trust Pravaranagar	2013- 14	2	29
2	NCC Cadets Cycle Rally (for Social Awareness, Cleanliness and Tree plantation) and one day visit to the NSS winter camp: 2013-14 (Durgapur)	National Cadet Corps Unit of the College in collaboration with NSS Unit	2013- 14	2	89

#### No. of Cadets participating in extension activities:

Name of the activity	Organizing unit/ agency/ collaborating agency	Name of the scheme	Year of the activity	Number of ANO/teachers participated	Number of Cadets participated
Tree plantation programme(My earth my duty) at Nizarneshwar	NCC unit and NSS unit of the college	Tree plantation programme	2013- 14	2	98
Cleaning Activity	NCC unit and NSS unit of the college	Cleaning Activity	2013- 14	2	102
Activity			14	2	, ,



Dr. Anil S. Wabale

COMPANY COMMANDER
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Pravaranagar
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#### Blood Donation Camp (2013-14)

NCC Unit of the Padmashri Vikhe Patil College of Arts, Science and Commerce, Pravaranagar organized the Blood Donation Camp in collaboration with Pravara Medical Trust, Loni at 9<sup>th</sup> October 2013. In this camp Cadets of NCC Unit, Volunteers of National Service Scheme, Students, Teaching and Non-teaching staff of the college took actively participation for Blood Donation. In this camp total 29 blood bags were collected from NCC cadets.

Doctors from Pravara Medical Trust, Loni told the detail information and benefits of the blood donation in the beginning of the camp. Doctor told the cadets, Blood donation is a simple, four-step process: registration, medical history and mini-physical, donation and refreshments. It is a safe process, and a sterile needle is used only once for each donor and then discarded. The actual blood donation typically takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 minutes. The average adult has about 10 pints of blood in his body. Roughly one pint is given during a donation. A healthy donor may donate red blood cells every 56 days, or double red cells every 112 days. There are four types of transfusable products that can be derived from blood: red cells, platelets, plasma and cryoprecipitate. Typically, two or three of these are produced from a pint of donated whole blood—hence each donation can help save more than one life.

Do you know that the donating blood regularly (blood transfusion) proved has beneficial? Not only to recipient, but the donors also get many benefits. Donating Blood useful for their both health, including reduced cancer risk and hemochromatosis. Therefore, many people who are always do donating blood regularly for the sake of helping people, also getting benefits. Health benefits of blood donation regularly are numerous, especially if you donating blood regularly and periodically. Usually, donating blood maximum 5 times a year with a donation within three months, can be said to be routine. Donating your blood is definitely an act of goodness. Many hospitals and clinics are in constant need of the blood for different purposes. That is why it is a decent idea to donate blood that can help other people. On an average, our body has around 4-5 liters of blood which can be donated every three months in the case of men and every four months in the case of women. Most of the people are of the view that donating blood can be



harmful to their body but this is not true. By giving your blood, you can save the lives of people who are in need of it.

Studies have also shown that men who donate blood on a regular basis have a lower risk of heart disease. With heart disease being the number one cause of death in males, this is, indeed, an important health benefit of donating blood. When you consider the potential health benefits of giving blood along with the joy of giving to others in need, it's no wonder the donation of blood has become so popular. An hour spent relaxing in a chair every two months is all it takes to benefit both your health and the health of a lucky recipient. Someone out there someone is waiting for your generous gift of life.

During this camp Principal Dr. S. R. Walunj told that, You don't need a special reason to give blood; you just need your own reason. Some of us give blood because we were asked by a friend. Some know that a family member or a friend might need blood some day. Some believe it is the right thing we do. The number one reason donors say they give blood is because they "want to help others." Whatever your reason, the need is constant and your contribution is important for a healthy and reliable blood supply. And you'll feel good knowing you've helped change a life. While the most obvious health benefit of donating blood is the wonderful feeling derived from giving something vital to someone who needs it, the benefits of donating blood may extend far beyond this to having a positive impact on the donor's health.

Photograph...



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- e Reg. No. F-138-A'Negar, Bombey Public Trust Act-1950 dated 28-02-1973
- Rag. No. Alt-024-chard-14-06-2006
   (Bombay Nursing Home Act 1949)



PRAVARA MEDICAL TRUST'S

#### PRAVARA RURAL HOSPITAL

LONI - 413736, (Near Shirdi)

Tal. Rahata, Dist. Ahmednagar (Maharashtra) India

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http://www.pravara.com

Date: 14/10/2013

To.

#### Capt. Sujata Deore/ Dr. Anil Wabale

Associate NCC Officer, Padmashri Vikhe Patil College Pravaranagar, A/P-Loni (Kd) Tal- Rahata, Dist-Ahmednagar Pin-413736

#### Respected Sir,

This is to express our sincere thanks to you for extending all possible help in organizing Blood Donation Camp at Padmashri Vikhe Patil College Pravaranagar, A/P-Loni (Kd). On 09/10/2013.

The Camp was a great Success. We once again thank you for the efforts put in by one and all to make this camp successful. We also extend our best wishes for Success in your future on devour too.

Thanking You

PMT/PRHY LONI 413736

Incharge

Blood Bank,

Prayara Medical Trust, Loni I/C BLOOD BANK PMT/PRH,LONI

DONATE BLOOD -SAVE LIFE



# NCC Cadets Cycle Rally (2013-14)

NCC Boys and Girls Unit of the college organized Cycle Rally for Social Awareness, Cleanliness and Tree plantation. NCC cadets also visited to the NSS winter camp, Durgapur at 20<sup>th</sup> December 2013.

In the Cycle Rally and NSS winter camp visit NCC cadets were participated in the following activities.

- ➤ Social Awareness: NCC cadets were participated in the social awareness programmes in the camp visit. NCC cadets participated with NSS volunteers for awareness of Daily exercise, Yoga, Value education, Self-discipline, Health awareness, Cleanliness, Save Girl Child Campaign, Awareness about Laws, Personality development, National Integration, etc. activities.
- Village Cleanliness: Various premises such as Grampanchayat, Society, Primary School, High School, and Cleanliness around temple area sides of road were cleaned by NCC cadets with NSS volunteers to keep forward the main idea of camp visit.
- Trees Plantation: Trees plantation programme was organized by NCC cadets with NSS volunteers at the primary school, high school and temple premise.
   Different Medicinal and Coconut trees were planted.

The 89 Cadets of NCC Unit of the college are actively participated in the Cycle Rally Organized for Social Awareness, Cleanliness and Tree plantation.



## Photographs...

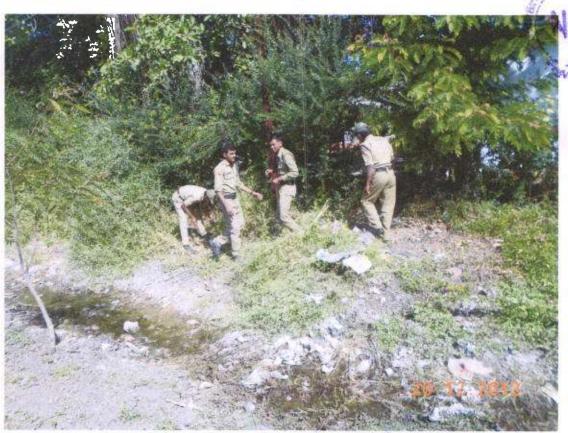




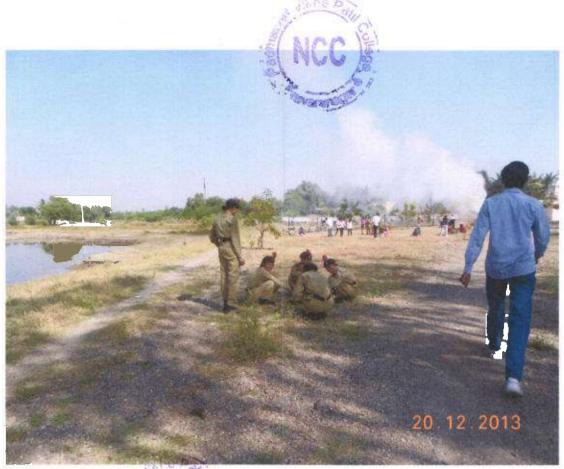


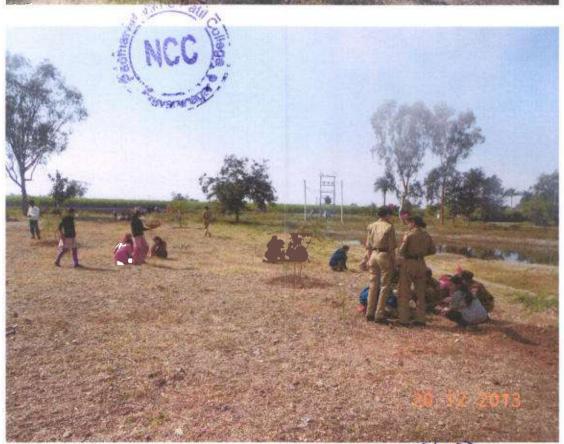




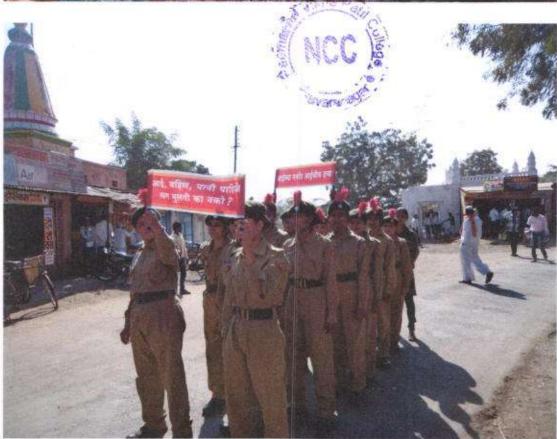














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#### **Tree Plantation Programme Report: 2013-14**

On 10<sup>th</sup> August 2013 the tree plantations work done by the NCC Cadets at Nizarneshwar and also in the College campus. On the opening of these Programme Principal Dr. S. R. Walunj shared the information about Tree plantation programme (My earth my duty) at Nizarneshwar. He told that, Excess carbon dioxide (CO2) is building up in our atmosphere, contributing to climate change. Trees absorb CO2, removing and storing the carbon while releasing oxygen back into the air. In one year, an acre of mature trees absorbs the same amount of CO2 produced when you drive your car 26,000 miles. Trees absorb odors and pollutant gases (nitrogen oxides, ammonia, sulfur dioxide and ozone) and filter particulates out of the air by trapping them on their leaves and bark. In one year an acre of mature trees can provide enough oxygen for 18 people. Trees cool the city by up to 10°F, by shading our homes and streets, breaking up urban "heat islands" and releasing water vapor into the air through their leaves. Three trees placed strategically around a single-family home can cut summer air conditioning needs by up to 50 percent. By reducing the energy demand for cooling our houses, we reduce carbon dioxide and other pollution emissions from power plants.

Dr. R. G. Rasal Sir told that, Shade from trees slows water evaporation from thirsty lawns. Most newly planted trees need only fifteen gallons of water a week. As trees transpire, they increase atmospheric moisture. Trees reduce runoff by breaking rainfall thus allowing the water to flow down the trunk and into the earth below the tree. This prevents stormwater from carrying pollutants to the ocean. When mulched, trees act like a sponge that filters this water naturally and uses it to recharge groundwater supplies. On hillsides or stream slopes, trees slow runoff and hold soil in place.

On this occasion 102 NCC Boys and Girls cadets and villagers took actively part in the tree plantation Programme. 125 trees of Coconut and various medicinal plants were planted during this programme. Capt. Sujata Deore and CTO. Dr. Anil Wabale get efforts for successful conduction of tree plantation programme.

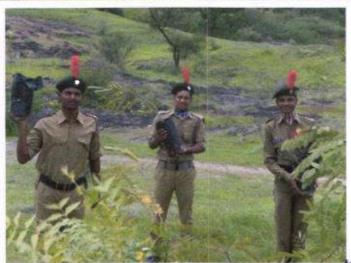


### Photographs of Tree Plantation Programme...









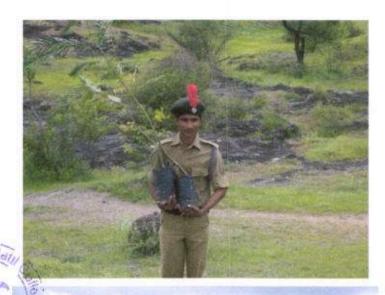


















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#### Clean and Healthy India Campaign

(1st to 7th August 2013)

Savitribai Phule Pune University and P.V.P. College Pravaranagar NCC / NSS Unit cocordially organized the clean and Healthy Indian campaign of 7 days.

In which following programmes were conducted.

- 1. 1st August 2013. On this day the oath of cleanliness were taken by the NCC Cadets.
- 2. 2<sup>nd</sup> 6<sup>th</sup> August 2013. During this period under cleanliness campaign Grounds, Lawns, Roads, Laboratories, Library, Mango garden, Botanical garden and classrooms were cleaned by the NCC Cadets.
- 3. 7<sup>th</sup> August 2013. On this day meeting was conducted of NCC Unit cadets regarding the cleanliness and information was provided to the Cadets on how to keep our area clean in future. For this programme Principal Dr. S. R. Walunj, Vice principal Dr. P. M. Dighe and Dr. R.G Rasal were present.

Principal Dr. S. R. Walunj sir guidance to the cadets, Just like food, water, oxygen and other things are important for our existence, similarly cleanliness is also crucial for our healthy physical and mental makeup. Do we not keep hearing such news about people dying of diseases, such as Malaria, Jaundice, etc. that are borne out of filthy surroundings? Therefore, in order to prevent such cases the people of India should focus on maintaining cleanliness, which will help our country earn a respectable place in the eyes, souls, hearts and minds of the foreigners paying a visit to our country. In fact, you can also teach people living in your vicinity or whom you know about the importance of cleanliness in their day-to-day lives. However, dear students please also understand that you cannot force this on anyone. Cleanliness is a good habit and not everyone is born with it, so those who don't practice cleanliness try and make them understand the benefits that cleanliness entails rather than forcing your viewpoint on others. Cleanliness can be of varied types, such as personal cleanliness, environment cleanliness, workplace cleanliness (such as our office, school, college, etc.). It doesn't take much to maintain cleanliness in our day-to-day lives - just like we cook, eat, bathe, etc on a regular basis similarly maintaining cleanliness should also be made an integral part of our daily work lives. In fact, just by ensuring small-small things, such as throwing trash in the dustbin and not on the floor or road, not spitting or urinating on the road, etc. we can bring a substantial change in our surroundings.

We should not compromise with it and should make our little ones practice it right from their childhood so that they grow up as responsible individuals who know how to live a healthy life. This habit should be inculcated by parents in their children because parents; especially mother is the first mentor of a child who grooms him/her and helps giving shape to his/her personality. When we know that Cleanliness is next to Godliness, so why are we still insensitive towards this issue? Unhygienic

conditions can cause many serious health hazards including causing harm to the environment in the form of pollution. In filthy surroundings, germs spread all around, which we cannot see though our naked eyes and how fast these germs multiply we cannot possibly imagine. If pollution will increase in our environment – it will start breeding such diseases as asthma, cancer, chest congestion, lung infection thereby resulting in a person's death. So it's high time when we should raise the consciousness of masses towards maintain cleanliness so that we can protect our environment and save the lives of hundreds of people who die due to unhygienic surroundings.

Dr. P. M. Dighe told that, cleaning of environment is very important. The environment is may be your home, your school, or your office. Some people has habit to throw things on road, this is illegal and a hurdle for cleanliness. The cleaning environment puts healthy effects on our mind and body, while a dirty environment puts very bad affects on our health and mind. Almost all the diseases are caused by the infectious agents in the environment and these infectious agents are very active in dirty and filthy environments. Many diseases like hepatitis, diarrhea, cholera, flu etc are caused by the dirty environments. Hepatitis is very dangerous disease and is usually transferred by the use of unsterilized instruments. Even some doctors do not care about cleanliness and throw the hospital waste near hospital or houses. This carelessness is causing fatal diseases. The term 'cleanliness' implies absence of dust, dirt, garbage, foul smell, stains, etc. You must have realized that most Indian places whether it's a lane, street, railway station, government office, hospital or a bus stop look unclean and unpleasant to our eyes. In addition, the littered garbage, defaced walls and overflowing sewage result in the spread of diseases and clogging of water on the roads, which further aggravate the situation. The death toll rises as more and more people succumb to the diseases and die in the absence of proper treatment and care. So to avoid this crisis, the natives of our country should put efforts towards maintaining cleanliness not only in their homes and working places, but in their surroundings too. A hygienic and clean environment creates happy souls and a fulfilling life. There is a famous idiom that says charity begins at home, likewise cleanliness of a city; village or town should first begin from people's homes.

Dr. R. G. Rasal told that, villages have become proactive in order to ensure cleanliness of their environment and hygiene of people inhabiting those villages. Other than public toilets, personal toilets too have been constructed in order to avoid defecation at open places. In fact, effective measures are being taken up for managing dirty water and solid waste. So when village folks are putting in concerted efforts, why we people living in well-developed cities should lag behind in this campaign? Please understand that cleanliness is as essential to human existence as oxygen, water and food. It's not possible to maintain a healthy relationship with people in the absence of a clean environment.

Photographs...



