



National Cadet Corps: 2017-18

A Report on various activities taken by

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

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 '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.

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.

Our 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 Year 2017-18

Sr. No.	Name of the Activity	Place	Remark
1.	Mixed Annual Training Camp SD/SW	Ahmednagar and Aurangabad	47 cadets attended the camp
2.	NCC TSC Selection Camp SD/SW	Ahmednagar	8 cadets attended the camp
3.	Tree plantation program	Nizarneshwar	All cadets participated <ul style="list-style-type: none"> All cadets are participated in NCC parade for celebration of the Independence Day.
4.	Independence day	College campus and PPS ground	<ul style="list-style-type: none"> Parade Commander: JUO Pooja Ghogare. Troop Commander: SGT. Shadab Shaikh.
5.	NCC TSC Selection Camp SD/SW/JD/JW	Amaravati	01 cadets participated
6.	Group selection camp-RDC	Ahmednagar	08 cadets participated One cadet was selected for further camp
7.	Visit of Col. D. S. Katoch to NCC office	PVP College	Guidance of B & C Cert Examination <ul style="list-style-type: none"> All cadets are participated in NCC parade for celebration of the Republic day.
8.	Republic day	College ground as well as PPS ground	<ul style="list-style-type: none"> Parade Commander: SUO Pankaj Ghogare. Troop Commander: JUO. Karan Abhang.
9.	Annual gathering	College ground	Cadets are participated in cultural programme and presented a dance/ solo song in annual social gathering.



10.	Fun-Run for health, Mini-marathon	B.P.Ed College ground, Loni	49 cadets participated
11.	Annual Prize Distribution	PVP College	Best senior and junior under officer, Best NCC cadet and RD parade, New Delhi participated cadet awards were given to the cadets
12.	“B” and “C” certificate examination	Sarda College, Ahmednagar	NCC boys and girls cadets appeared for the ‘B’ and ‘C’ certificate examination.

NCC Cadet of our college selected in Indian Army:

- Chetankumar Bharti
- Vikas Shinde
- Balkrushna Satalkar
- Ramesh Pawar

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	Basic Mountaineering Course, Manali (H.P.), (1st June 17 to 26th June 2017)	Dhokchaule Amol Santosh, The Trainee of “Best Rope”	Director, Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports, Manali (H.P.)	2017-18
2	RDC, New Delhi, 1st Jan 18 to 29th Jan 2018	Khare Uma, 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	2017-18

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 in such activities	Number of Cadets participated in such activities
1	Blood Donation Programme	NCC Unit of the College in Collaboration with Pravara Medical Trust Pravaranagar	2017-18	2	57
2	NCC Cadets Cycle Rally (for Social Awareness, Cleanliness and Tree plantation) and one day visit to the NSS winter camp: 2017-18 (Chandrapur)	National Cadet Corps Unit of the College in collaboration with NSS Unit	2017-18	2	95

No. of Cadets participating in extension activities:

Name of the activity	Organizing unit/ agency/ collaborating agency	Year of the activity	Number of ANO/teachers participated in such activities	Number of Cadets participated in such activities
Tree plantation programme(Vanmahotsav) at Nizarneshwar and College Campus	NCC unit and NSS unit of the college	2017-18	2	86
Clean and Healthy India Campaign	NCC unit and NSS unit of the college	2017-18	2	106
International Yoga Day	NCC Unit of the College and 57 Maharashtra BN NCC Unit of Pravara Sector	2017-18	6	319




Lt. Rajendra S. Pawar
 (Associate NCC Officer)
COMPANY COMMANDER
57 MAH BN NCC(BOYS)
Padmashri Vikhe Patil College
Pravaranagar
Dist. Ahmednagar-413713

Blood Donation Camp (2017-18)

NCC Unit of the Padmeshri Vikhe Patil College of Arts, Science and Commerce, Pravaranagar organized the Blood Donation Camp in collaboration with Pravara Medical Trust, Loni at 1st September 2017. 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 120 blood bags were collected among them 57 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, Health benefits of donating blood include good health and a reduced risk of cancer and hemochromatosis. It helps in reducing the risk of damage to liver and pancreas. Donating blood may help in improving cardiovascular health and reducing obesity as well. Every day blood transfusions take place and save lives of many people all over the world. About 5 million Americans need a blood transfusion [1]. Donating blood is good for the health of donors as well as those who need it. It is important that blood donation takes place in a hospital, a clinic or a blood bank, in the presence of medical experts. Donors should ensure that they are in good health to avoid any health issues post-transfusion to those who use it. Donating blood can help in treating patients [2] suffering from cancer, bleeding disorders, chronic anemia associated with cancer, sickle cell anemia, and other hereditary blood abnormalities. It is important to know that human blood cannot be manufactured, people are the only source of it and that is why it is important to donate blood and help those who need it. It is also possible to store your own blood for your future [3] needs. Make sure the blood is stored [4] in a good blood bank. A mini health exam that includes a checklist for diseases related to blood pressure and infectious diseases should be conducted before initiating the collection of blood. Those who have medical conditions [5] such as AIDS and hepatitis should not donate blood. People who have taken vaccinations or have undergone any surgery or have cancer, diabetes, cold, and flu should consult health experts before donating blood. Pregnant women should seek expert advice before donating blood.

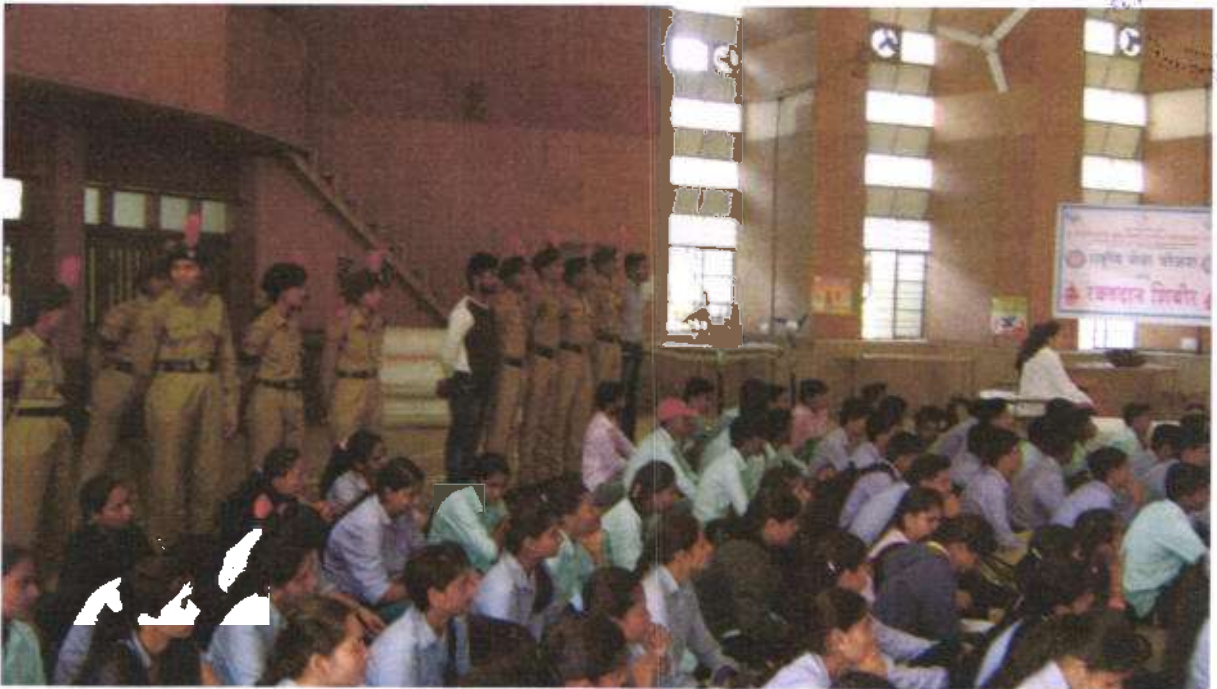
During this camp Principal Dr. P.M. Dighe told that, Blood Donation is the best donation among all. We should donate the blood for twice in a year. Blood donation not only makes the receiver's life good but also helps the donor to maintain good health.



Photographs...







[Signature]

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- Reg. No. MAH-183-A/Nagar dated 28-12-1972
(Societies Reg. Act 1860)
- Reg. No. P-138-A/Nagar, Bombay Public Trust Act -
1950 dated 28-02-1973
- Reg. No. Ab-804-dated-14-06-2006
(Bombay Nursing Home Act - 1949)



PRAVARA MEDICAL TRUSTS

PRAVARA RURAL HOSPITAL

LONI - 413736, (Near Shirdi)
Tal. Rahata, Dist. Ahmednagar (Maharashtra) India

Phone :
National : -02422-273600,273400,273412
International : +91-2422-273600,273400,273412
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National : -02422-273413,273442
International : +91-2422-273413,273442
Email : contact@prmpms.org, pravara@bom3.venil.net, in
Home Page <http://www.pravara.com>

Date: 05/09/2017

To,

Prof. Lt. Rajendra S. Pawar / Capt. Sujata Deore

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 01/09/2017.

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



[Signature]

Incharge

Blood Bank,

Pravara Medical Trust, Loni
BLOOD BANK
PMT/PRH, LONI

DONATE BLOOD -SAVE LIFE



[Signature]

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NCC Cadets Cycle Rally (2017-18)

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, Chandrapur at 19th December 2017.

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 95 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: 2017-18

On 3rd July 2017 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. P.M. Dighe shared the information about the policies of Government of Maharashtra, regarding the tree plantation. He also shared the benefits which are behind the tree plantation. In his speech he explained that Tree plantation is good for the environment. Everyone knows that trees are the source of oxygen. They inhale carbon dioxide and exhale oxygen without which the survival of living beings is not possible on earth. Apart from inhaling carbon dioxide trees also absorb various harmful gases including sulfur dioxide and carbon monoxide and also filter harmful pollutants from the atmosphere thereby providing us fresher and cleaner air to breath. The growing amount of air pollution caused by the smoke emitted by vehicles and factories can be controlled only if we plant more and more trees. However, this is not the only reason why tree plantation is important. It offers several other benefits. Some of the top advantages of growing trees include: Providing fruits and leaves that serve as food for birds, animals as well as human beings, Maintaining bio diversity, Providing wood, rubber and other raw materials that are used for manufacturing various goods such as furniture, doors, windows, utensils, stationary items and decorative items, Conservation of water, Habitat for birds and animals, Climate Control and Preservation of soil. Even though trees offer so many benefits and are extremely important for maintaining the ecological balance, we are cutting these ruthlessly. Tree plantation is essential to compensate for this loss.

Prof. D. G. Thorat (Vice principal of the college) also motivate the cadets for tree plantation. In his speech he explained that, there are numerous reasons why tree plantation is important. One of the main reasons among these is that trees exhale the life-giving oxygen without which the existence of mankind is impossible. A famous quote reads, "Imagine if trees gave off Wi-Fi signals we'd be planting so many trees, we'd probably save the planet. Too bad they only produce oxygen we breathe". More and more trees must be planted if we really want to survive and lead a good life. Besides exhaling oxygen and inhaling carbon dioxide, trees also absorb other harmful gases from the environment thus making the air purer and fresher. The greener the tree the more oxygen it shall produce and the more toxic gases it will absorb. The pollution level these days is rising high. The only way to fight it is by growing more and more trees. The areas that are surrounded by trees, for instance, villages and forests boast of a cleaner environment. This is because these are less impacted by the pollution.

On this occasion 86 NCC Boys and Girls cadets and villagers took actively part in the tree plantation Programme. 105 trees of Coconut and various medicinal plants were planted during this programme. Capt. Sujata Deore and Lt. Rajendra Pawar get efforts for successful conduction of tree plantation programme.



Photographs of Tree Plantation...





**लोणी येथील पद्मश्री विखे पाटील महाविद्यालय परिसराची स्वच्छता करताना
राष्ट्रीय छात्रसेनेचे छात्रसैनिक. समवेत प्राचार्य डॉ. प्रदीप दिघे ,
सुभेदार गुरुचरण सिंग, हवालदार राजकुमार, उपप्राचार्य दत्तात्रय थोरात, डॉ.
राजचंद्र रमाळ एव. सी.सी. विद्याना पासल लेफ्टनंट पा. राजेंद्र प्रताप भाटी**

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लोकमत



छात्रसैनिकांकडून लोणीत परिसर स्वच्छता

लोकमत न्यूज नेटवर्क


लोणी : महाविद्यालयीन विद्यार्थ्यांना स्वच्छतेचे महत्त्व पटवून देण्यासाठी लोणी येथील पद्मश्री विखे पाटील महाविद्यालयातील राष्ट्रीय छात्रसेनेच्या छात्रसैनिकांनी महाविद्यालयाच्या परिसरात वृक्षारोपण करून स्वच्छता अभियानाच्या माध्यमातून निसर्गसंवर्धनाचा संदेश दिला.

एन.सी.सी.च्या अहमदनगर

येथील ५७ यटालियनचे सुभेदार गुरुचरणसिंग य हवालदार राजकुमार यांनी विद्यार्थ्यांना मार्गदर्शन केले. याप्रसंगी उपप्राचार्य दत्तात्रय थोरात, डॉ. रामचंद्र रसाळ, छाया गलांडे या येथील उपस्थित होते. महाविद्यालयाचे एन. सी.सी. विभागप्रमुख लेफ्टनंट प्रा. राजेंद्र पवार यांनी स्वच्छता मोहीम यशस्वी होण्यासाठी परिश्रम घेतले. या उपक्रमामध्ये ४७ मुले व १७ ली सहभागी झाल्या होत्या.

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५२ एनसीसी विद्यार्थीना जयश्री विखे पाटील महाविद्यालयामध्ये एनसीसी विद्यार्थ्यांकडून स्वच्छता अभियान

पद्मश्री विखे पाटील महाविद्यालयामध्ये एनसीसी विद्यार्थ्यांकडून स्वच्छता अभियान

लोणी (प्रतिनिधी)-
महाविद्यालयीन विद्यार्थ्यांना
स्वच्छतेचे महत्त्व पटवून
देण्यासाठी पद्मश्री विखे पाटील
महाविद्यालयामध्ये एन.सी.सी.च्या
विद्यार्थ्यांनी महाविद्यालयाच्या
परिसरात वृक्षारोपण करून स्वच्छता
अभियानाच्या माध्यमातून निसर्ग
संवर्धनाचा संदेश दिला असल्याची
माहिती प्राचार्य डॉ. प्रदीप दिघे यांनी
दिली.

कर्नल अजय सुद यांच्या
मार्गदर्शनाखाली पार पडलेल्या या
अभियानात ५७ बटालियन एन.सी.
सी. अहमदनगर येथील सुभेदार
गुरुचरण सिंग आणि हवालदार



पद्मश्री विखे पाटील महाविद्यालयामध्ये स्वच्छता अभियान राबविताना
एनसीसी विद्यार्थ्यां, समवेत प्राचार्य डॉ. प्रदीप दिघे, कर्नल अजय सुद,
सुभेदार गुरुचरण सिंग, उपप्राचार्य प्रा. दत्तात्रय थोरात व मान्यवर

राजकुमार यांनी विद्यार्थ्यांना मार्गदर्शन
केले. याप्रसंगी उपप्राचार्य प्रा.
दत्तात्रय थोरात, डॉ. रामचंद्र रसाळ,
सौ. छाया गलांडे उपस्थित होते.
एनसीसी विभाग प्रमुख प्रा. लेफ्टनंट

राजेंद्र पवार यांनी हे स्वच्छता
अभियान यशस्वी होण्यासाठी परिश्रम
घेतले. या उपक्रमामध्ये एन.सी.सी.
४७ मुले आणि १७ मुली सहभागी
झाल्या होत्या.

पद्मश्री विखे पाटील महाविद्यालय



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Clean and Healthy India Campaign

(1st to 7th August 2017)

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

In which following programmes were conducted.

1. 1st August 2017. On this day the oath of cleanliness were taken by the NCC Cadets.
2. 2nd – 6th August 2017. During this period under cleanliness campaign Grounds, Lawns, Roads, Laboratories, Library, Mango garden, Botanical garden and classrooms were cleaned by the NCC Cadets.
3. 7th August 2017. On this day meeting was conducted of NCC Unit cadets regarding the cleanliness and information was provided to the volunteers on how to keep our area clean in future. For this programme Principal Dr. P.M.Dighe, Vice principal Prof. D.G. Thorat, Dr. R.G Rasal and Prof. Mrs. C. S. Galande were present.

Principal Dr. P. M. Dighe sir explained to cadets that, Cleaning plays a vital role in our daily lives. Be it personal hygiene, such as washing our hands before we eat or covering our mouths when we cough, or setting a standard for environmental cleanliness, effective cleaning is our first line of defense against viruses and infectious diseases. While in healthcare environments the practical value of cleaning is widely accepted, in other fields such as education, property management, foodservice and hospitality, it is seen only as a necessary expense. Most building owners and facility managers view cleaning as a cost rather than an investment. As cleaning solution providers, we need to explain to executives, especially those “who hold the purse strings,” that maintaining a clean environment can pay for itself many times over, and often in surprising ways.

Prof. D. G. Thorat told that, A clean environment promotes a safe workplace. People tend to take more pride in their work, be more productive, and are more particular about safety.



Photographs...



[Signature]

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International Yoga Day (21st June 2017)

NCC Unit of the PVP College, Pravaranagar organized the third International Yoga Day at 21st June 2017. In this programme 6 Associate NCC Officers and 319 Cadets of the Pravaranagar Sector (57 Maharashtra Battalion NCC, Ahmednagar) are actively participated.

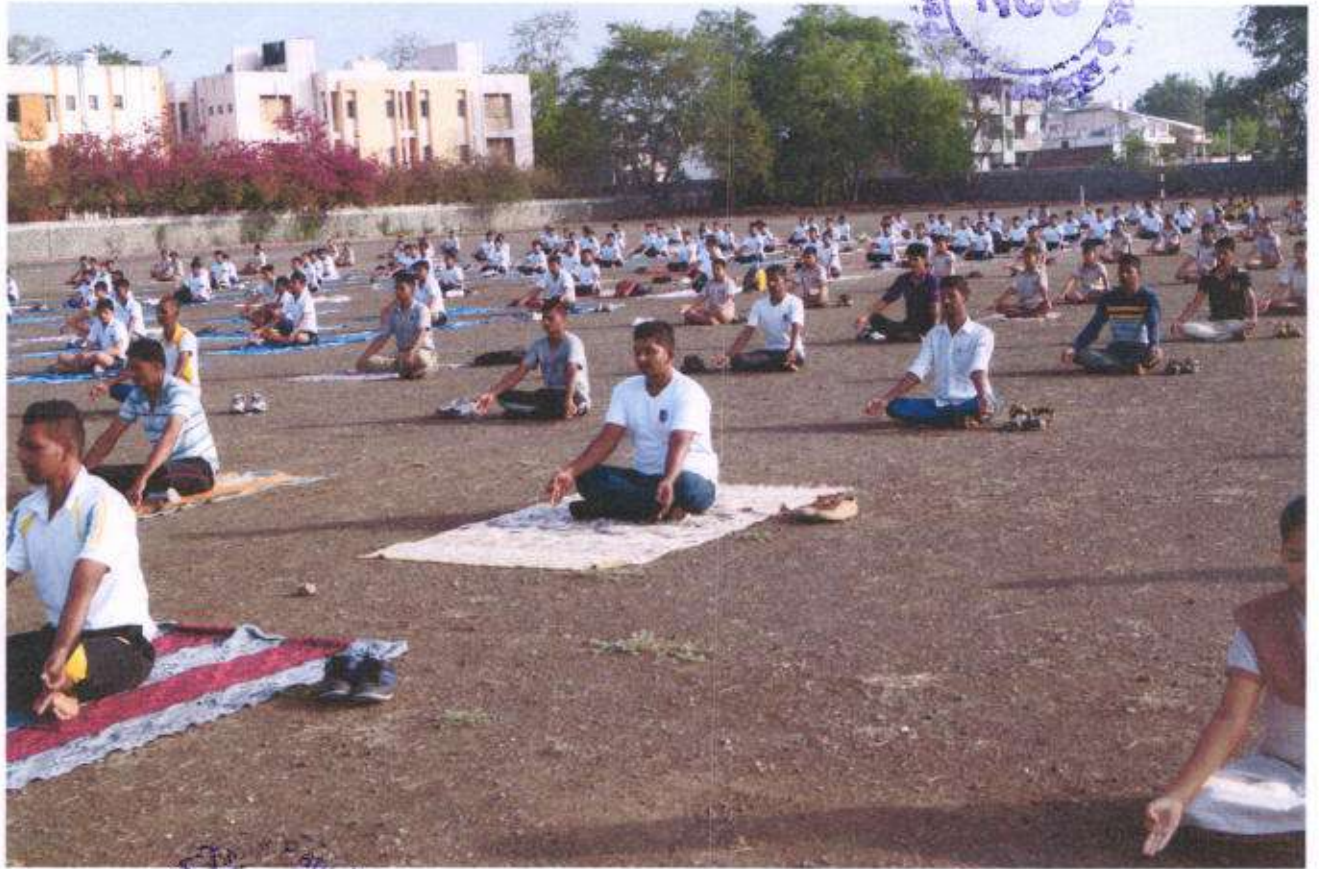
In that International Yoga Day programme Principal Dr. P.M. Dighe told the importance of Yoga. Yoga is a blend of physical, mental and spiritual practices done for well-being of a person. It is an ancient skill based on consistent development of body, mind and spirit. Continued practice of yoga provides sense of peace and well-being, and also the feeling of being connected with the surrounding environment. Daily practice of yoga makes one's body strong and flexible, and boosts immunity. It also improves the functioning of circulatory, respiratory, digestive, blood flow and hormonal structures. Yoga also brings emotional stability and clarity of mind within a person.

The Yoga instructor Mr. Deepak Jadhav explained to the cadets that, there are different types of yoga such as Hatha, Ashtanga, Vinyasa, Iyengar, Vinyasa Flow, Power yoga, Tantra and Kundalini yoga. Each style has its own value and every style benefits in one way or the other. Regular practice of yoga improves flexibility as it loosens up your body and removes tightness from it. The aches and pains will start disappearing as one continues to practice yoga on daily basis. Yoga makes blood flow throughout your body. The relaxation exercises of yoga help in blood-circulation. Yoga is also able to provide more oxygen to your cells which results in their better functioning. Yoga also boosts hemoglobin levels and red blood cells, which are important carriers of oxygen to tissues. When your head is balanced directly over your erect spine, it minimizes the amount of work for your neck and back muscles to support it. Yoga exercises that bear weight improves strength of bones and helps keep osteoporosis at bay. Yoga has many postures which require you to lift your own weight. Asanas like Downward- and Upward-Facing Dog, help strengthen the arm bones, considered quiet vulnerable to osteoporotic fractures. Yoga helps build muscular strength. When you build strength through yoga, you do so while balancing it with flexibility. It also protects from bone-related ailments such as arthritis and back pain. While doing yoga, when you contract and stretch your muscles, move your organs around, and come in and out of yoga postures, you increase the drainage of lymph (a viscous fluid rich in immune cells), which in turn helps boost your immunity. This helps the system of lymphs to fight infection, destroy diseased cells, and dispose the harmful waste products that come out of cellular functioning.


To carry out this programme smoothly Dr. P.M. Dighe, Prof. D.G. Thorat, Dr. R.G. Rasal, Prof. Mrs. C. S. Galande, Capt. Sujata Deore and Lt. Rajendra S. Pawar and took special efforts.



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सार्वजनिक शुक्रवार, 23 जून 2017 (पान नं. 11)



प्रवरा ग्रामीण शिक्षण संस्था




राष्ट्रीय योग दिनानिमित्त प्रवरानगर येथे प्रवरा पब्लिक स्कूलच्या मैदानावर योगाचे प्रत्याक्षिके करताना विद्यार्थी.

महाराष्ट्र बटालियनचा सहभाग

► ५७ महाराष्ट्र बटालियन एनसीसी आणि ७ गर्ल्स महाराष्ट्र बटालियन एनसीसी च्या ३१९ कॅडेट्सनी पद्मश्री विखे पाटील महाविद्यालयाच्या मैदानावर योग प्रशिक्षण व प्रात्यक्षिक शिबिरामध्ये सहभाग घेतला. कॅप्टन सुजाता देवरे आणि लेफ्टनंट राजेंद्र पवार श्री. वर्पे यांच्या मार्गदर्शनाखाली विविध शाळा महाविद्यालयांतील ३१९ कॅडेट्सनी योग केला.




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