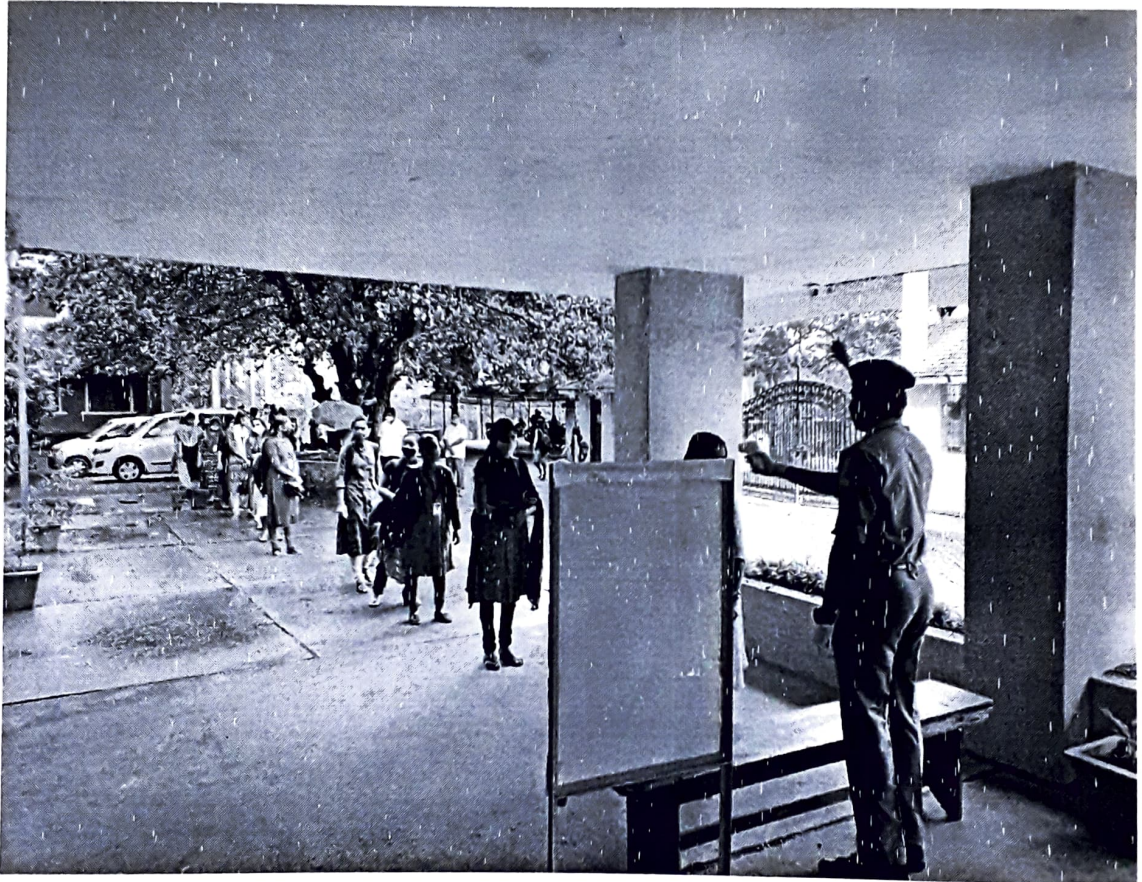


St Stephens College Pathanapuram

NCC Report 2020-2021

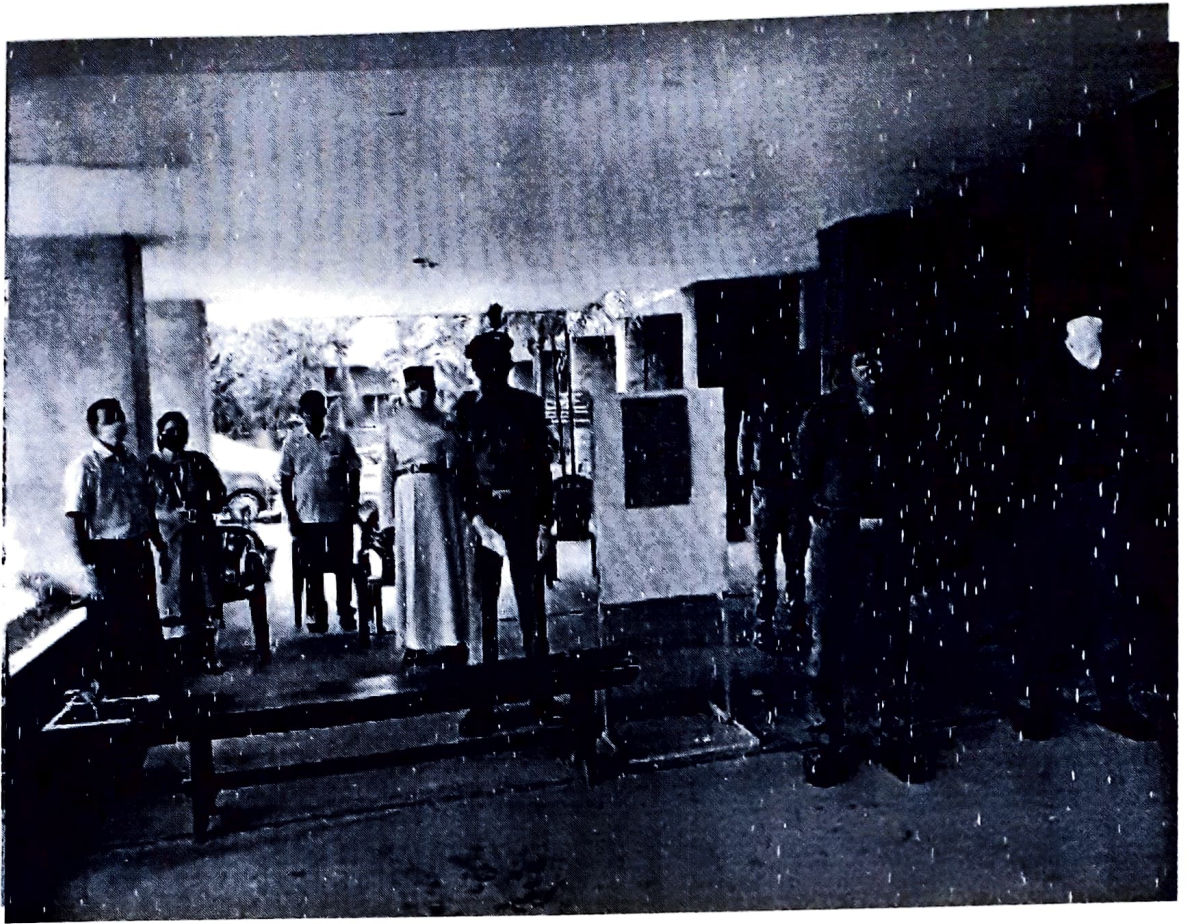
1. **NCC Cadets actively participated in maintaining Covid protocol** in the campus on 02-06- 2020. 8 cadets present on the day. Total 5 cadets participated as volunteers.





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2. Yoga Competition





Yoga Day celebration June 21

Participated 78 Cadets





ST STEPHEN'S COLLEGE, PATHANAPURAM

Affiliated to the University of Kerala
Re- Accredited by NAAC at B Grade with CGPA 2.80

NATIONAL CADETS CORPS

14 (K) Bn NCC Pathanamthitta
INTERNATIONAL YOGA DAY
21st June 2020, at 2 pm

Webinar on
"Importance of Yoga in Our Daily Life"

Dr Jiji Thomas MD (AM)

HoD Dept. of Botany
St Mary's College
Mannarcadu

Chief Guest

Conl Jubin V Mathew

14 (K) Bn NCC Pathanamthitta

Organised by NCC unit & IQAC St Stephen's College, Pathanapuram

Principal
Dr K P Laladas

ANO
Capt Koshy P M

E- Certificate will be provided

NB: Link will be send you at 1 30 pm





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NATIONAL CADETS CORPS

14 (K) Bn NCC Pathanamthitta
INTERNATIONAL YOGA DAY, 21st June 2020, at 2 pm
Webinar on
"Importance of Yoga in Our Daily Life"

Programme

Prayer song	: Cadet.
Welcome speech	: Capt Koshy P M
Presidential address	: Dr K P Laladas (Principal)
Inaugural Address	: Conl Jubin V Mathew
Key note address	: Dr Jiji Thomas MD (AM)
Yoga demonstration	: Cadet. JITHU J
Vote of thanks	: U/O Jacob Daniel (TSC)
National anthem	:

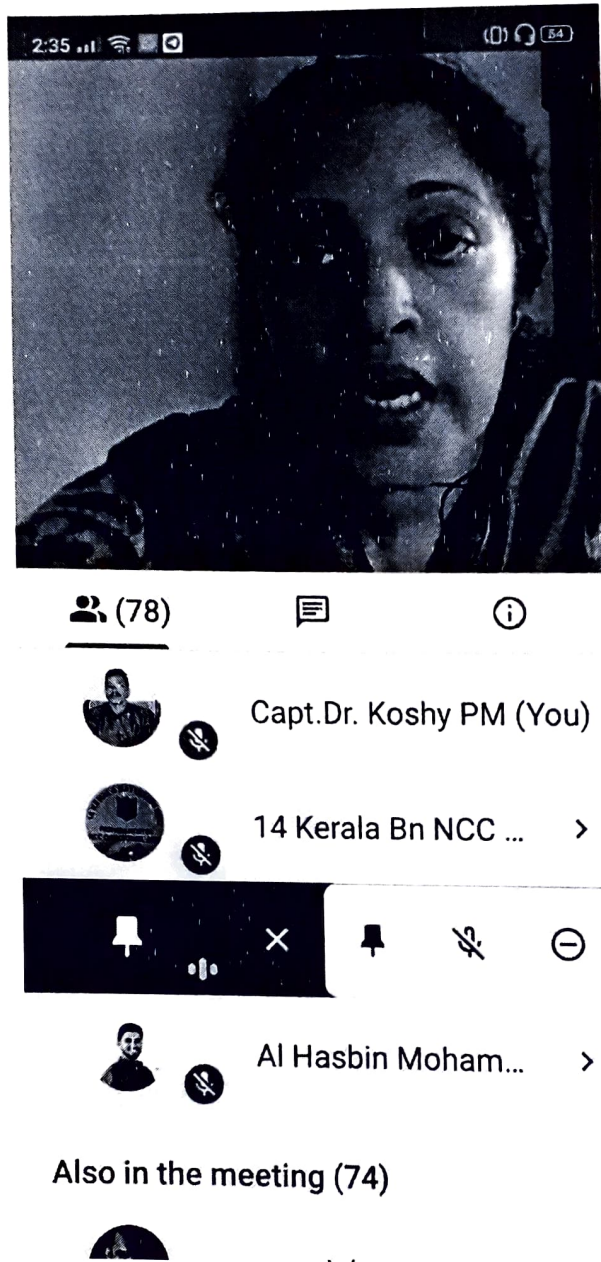


Dr Jiji Thomas Presently working as Associate Professor, at St.Mary's College, Manarcad. She took her Ph.D. in Bio control of mosquito larvae. In addition she also secured **Doctor of Medicine in Alternate Medicine** and a certified Yoga practitioner. She has more than fifteen publications and authored two books. She has conducting training programs on Mushroom cultivation, Flower making, soap making, Kaajal making, Clay modeling, TFL, Yoga and Pranic Healing

Jointly Organised by NCC unit & IQAC St Stephen's College, Pathanapuram
E- Certificate will be provided

NB: Link will be send you at 1 30 pm





3. Covid 19 prevention campaign





ST STEPHENS COLLEGE PATHANAPURAM
(Accredited by NAAC at B grade with CGPA 2.80)
Maloor College P.O, Pathanapuram - 689 695
Kollam District, Kerala, India
National Cadet Corps



As part of the 'Covid 19 ' Prevention campaign, NCC Unit St. Stephen's College, Pathanapuram donated a **Pedestal Hand Sanitizer** to Pattazhy Vadakkekkara Gramma Panchayat. Capt (Dr) Koshy PM handed over the machine to Panchayat president Mr R. Ananda Rajan. The meeting was presided over by Panchayat president and Panchayat member Mrs. V.P. Rema Devi, Mrs. Syamala Kumari and Panchayatu Secretary Mr. Arun Alexander, U/O Jacob Daniel spoke on the occasion.

4. Tree plantation Pakhwada





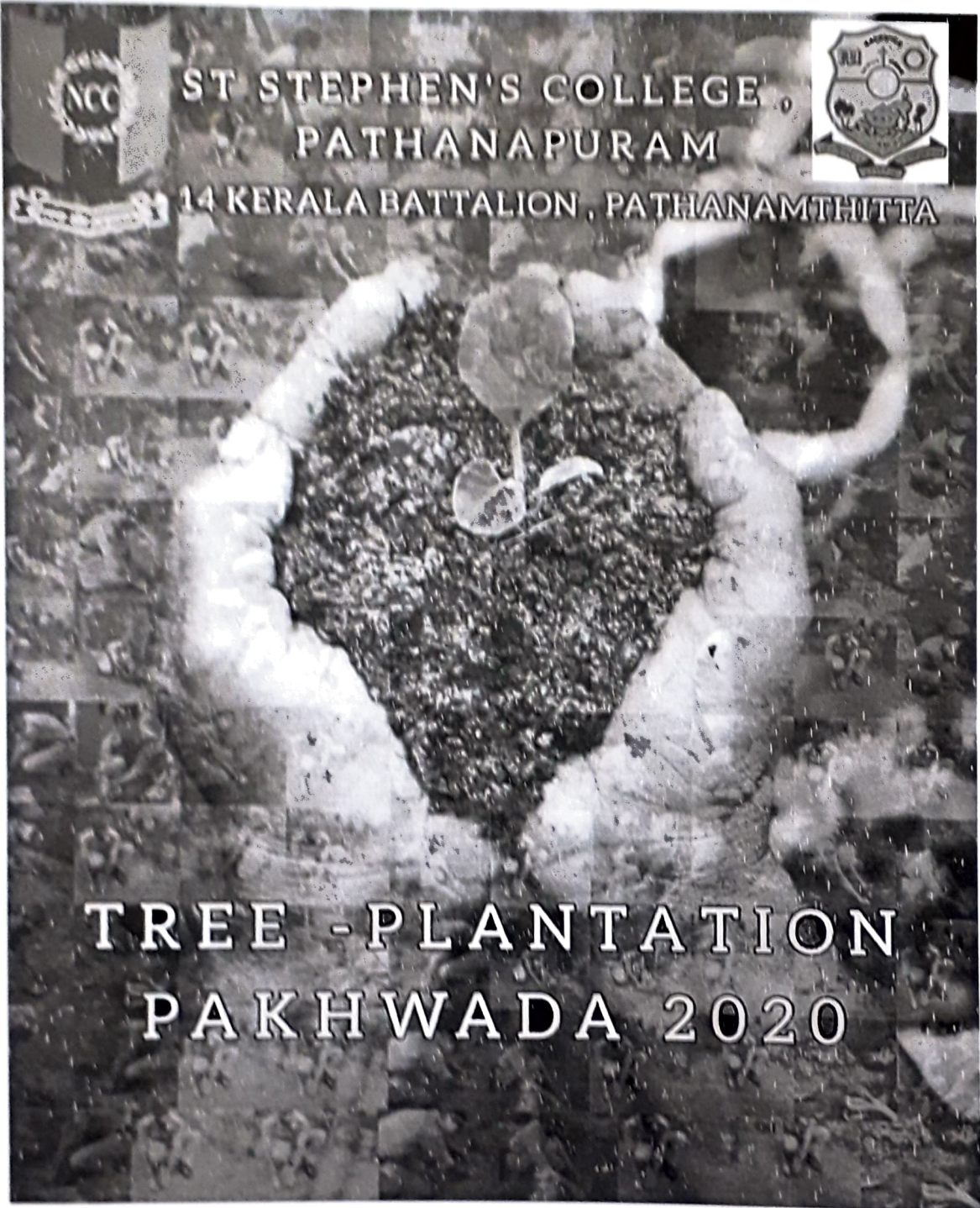
ST STEPHEN'S COLLEGE, PATHANAPURAM



14 KERALA BATTALION NCC PATHANATHITTA

TREE - PLANTATION PAKHWADA





ST STEPHEN'S COLLEGE,
PATHANAPURAM



14 KERALA BATTALION, PATHANAMTHITTA

TREE - PLANTATION
PAKHWADA 2020





5. Covid- 19 prevention campaign





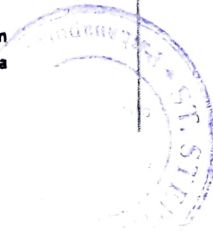
ST STEPHEN'S COLLEGE, PATHANAPURAM

(Accredited by NAAC at B grade with CGPA 2.80)
Malloor College P.O. Pathanapuram - 689 695
Kollam District, Kerala, India

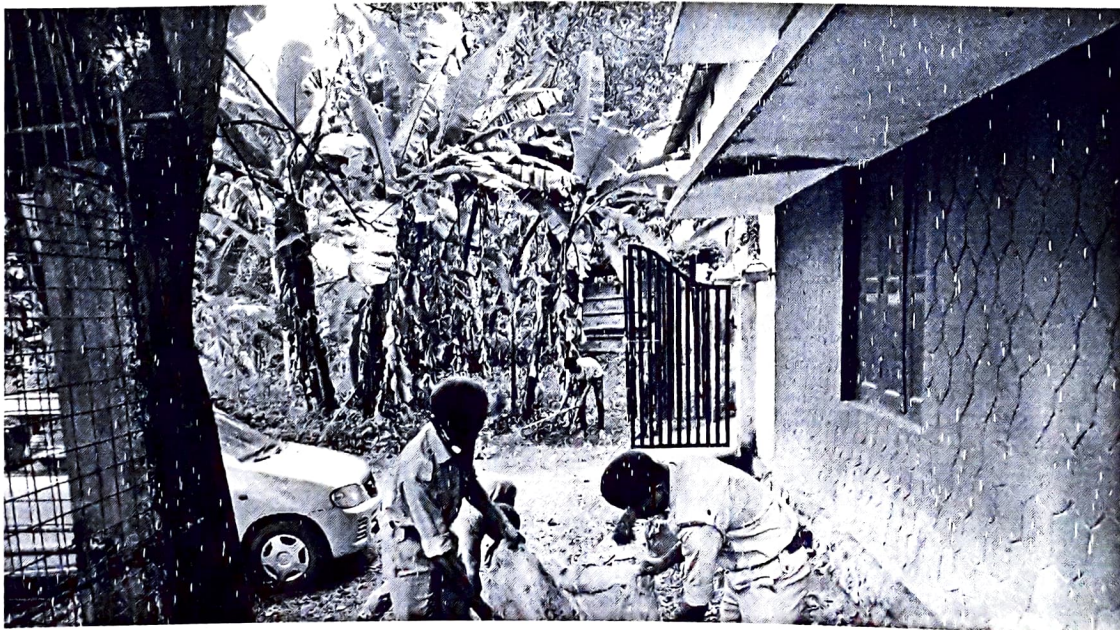
National Cadet Corps



As part of COVID-19 prevention campaign, NCC unit St. Stephen's College, Pathanapuram handed over a pedestal sanitizer to Primary Health Centre, Pattazhy Vadakkekara Grama Panchayatu on 21-07-2020

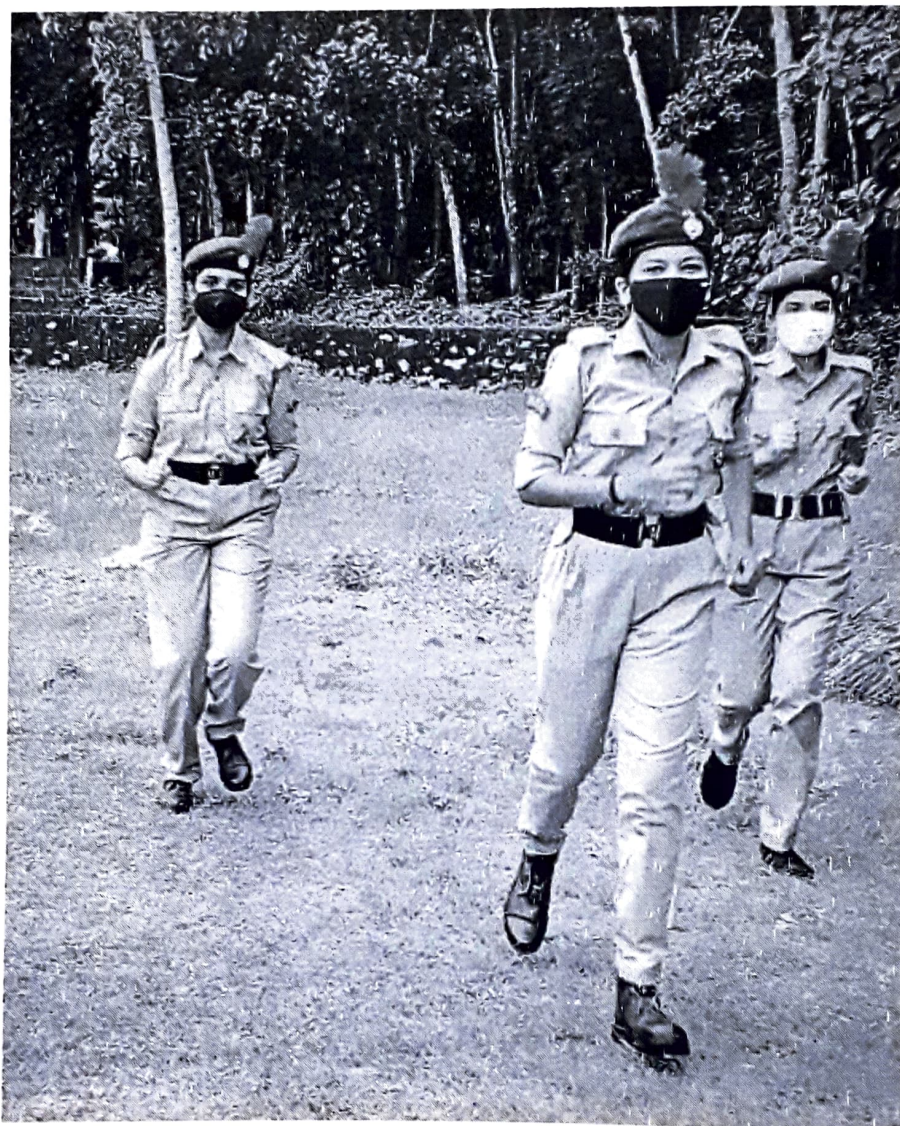


6. Cleaning Activity 15-08-2020



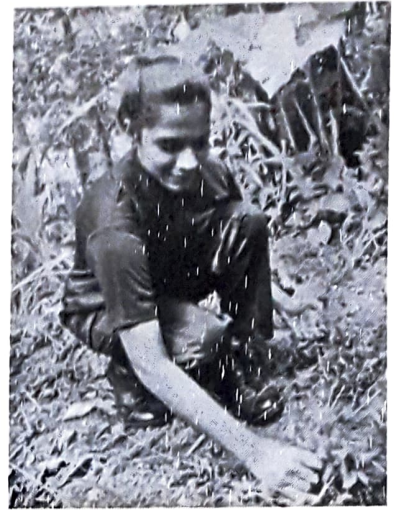
7. FIT India Program

Fit India Movement is a nation-wide movement in India to encourage people to remain healthy and fit by including physical activities and sports in their daily lives. It was launched by Hon Prime Minister of India Narendra Modi at Indira Gandhi Stadium in New Delhi on 29 August 2019

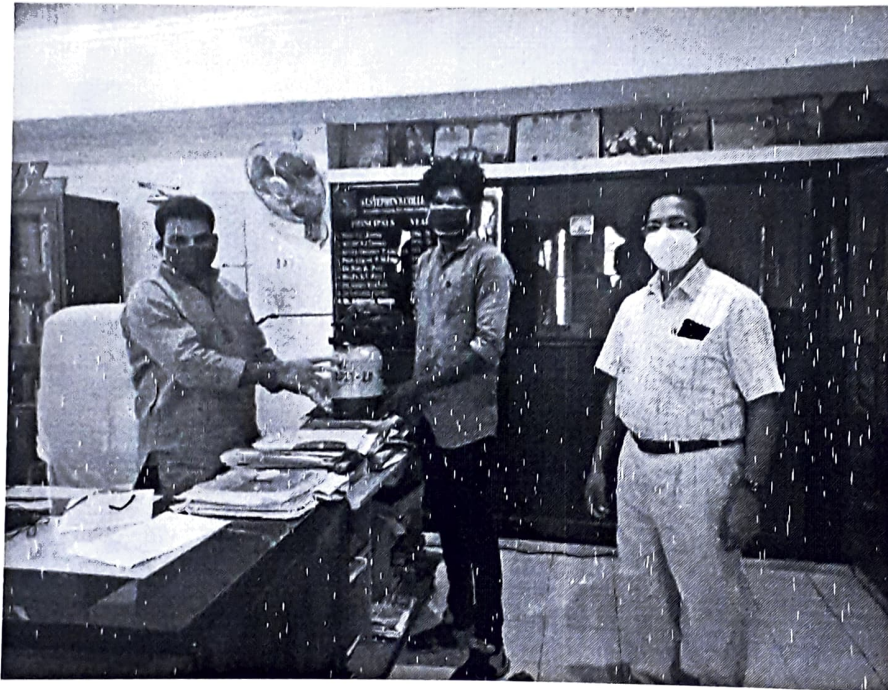








5. Covid-19 prevention campaign



As part of COVID:19 prevention campaign, Alumnus S/VO Sohanlal B of NCC unit St. Stephen's College, Pathanapuram handed over Sprayer pump to sanitize class rooms. Principal Dr KP Laladhas receiving the pump.

10. Cadets attended the Essay competition on 14-12-2020

Topic: Role of NCC cadets in implementing “Swatchha Pakhwada”

1	KL/19/SD/A 130448	CDT	JITHU J	
2	KL/19/SD/A 130451	CPL	SANAL KUMAR S	
3	KL/19/SD/A 130452	CPL	SANJU SANTHOSH	
4	KL/19/SD/A 130454	CDT	SHINU SHAJI MON	
5	KL/19/SD/A 130456	L/CPL	SUDHI SOORAJ	
	KL/19/SW/A/	Rank	IIInd Year Girls (18)	
6	KL/19/SW/A/130465	L/CPL	APARNA D	
7	KL/19/SW/A/130468	L/CPL	ASHNA HARIS	
8	KL/19/SW/A/130470	CPL	JANCY JOSE	
9	KL/19/SW/A/130477	L/CPL	SREE LAKSHMI S	

11. Essay competition 15-12-2020

Topic: Role of NCC in implementing “Clean Kerala” program

1	KL/19/SD/A/130448	CDT	JITHU J
2	KL/19/SD/A/130451	CDT	SANAL KUMAR S
3	KL/19/SD/A/130452	CDT	SANJU SANTHOSH
4	KL/19/SD/A/130454	CDT	SHINU SHAJI MON
5	KL/19/SD/A/130456	CDT	SUDHI SOORAJ
6	KL/19/SW/A/130465	CDT	APARNA D
7	KL/19/SW/A/130468	CDT	ASHNA HARIS
8	KL/19/SW/A/130470	CDT	JANCY JOSE
9	KL/19/SW/A/130471	CDT	KARTHIKA HARISH
10	KL/19/SW/A/130477	CDT	SREE LAKSHMI S



12. Butterfly Garden

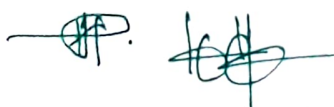
Butterfly gardens help to increase the population number and through the careful selection of host plants and restoration of habitats, a diverse assemblage of butterflies. Our primary objective in managing the reserve is to conserve and enhance it, to continually improve its habitats and increase our understanding of its wildlife. Forest are lost at alarming rate leads to destruction of habitat for many organisms.

Aim

- The aim of the present project is to begin a butterfly garden with in the College campus with the support of NCC of our College.
- Cadets can involve in the construction of this Butterfly garden
- In future the students of nearby institution can visit the area to observe and study
- It provides a recreational activity to view butterflies, interacting with the environment.

Implementation

- Take the technical support of PG and Research Department of Zoology
- Select a place and plant varieties of Host Plants to create a habitat
- For maintenance of garden cadets can be deputed so that it create an awareness among the students about the importance of nature conservation


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13. Campus cleaning






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St Stephens College Pathanapuram

NCC Report for the year 2021-22

Sl No	Activity	Date	Participants
1	World Environment Day	5th June 2021	15
2	Yoga Day	21st June 2021	33
3	INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING	26th June 2021	46
4	KargilVijaya Divas	26 July	54



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NATIONAL CADET CORPS

Report 2019-20

1. International Yoga day-2019

Theme

“Usage of eco-friendly products in the practice of yoga”

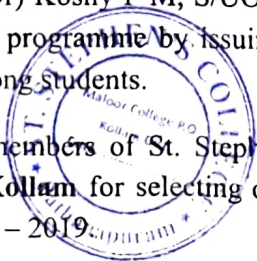
The International Yoga Day was celebrated in our College on 21st June 2019. The programme was jointly organised by **Nehru Yuva Kendra Kollam** and **National Cadets Corps (NCC)** unit of our College. The programme started at 9 am. The theme of the programme was **“Usage of eco-friendly products in the practice of yoga”**.

The programme begins with silent prayer and NCC officer, Capt (Dr) Koshy P M welcomed the gathering. Principal **Dr K.P. Laladas** chair of the meeting and explained the Usage of eco-friendly and sustainable life practices. **Mr. B. Ali Sabir** District Youth Coordinator Nehru Yuva Kendra (NYK) Kollam inaugurated the function and said Yoga is a mental, physical and spiritual practice that needs to be carried every day. Fr Koshy N. J (Management representative), Fr (Dr) Roy John (HoD Department of Botany), Aneesh Melekkadu (Programme coordinator NYK, Kollam) and NSS programme Officer Mr Varghese George offer felicitation on the occasion. Under officer, Megha Nair give away vote of thanks.

Mr. M. Balakrishnan, Art of living happiness programme, senior teacher and level 5 certified yoga trainer introduced the importance of yoga in daily life and trained the students. A total of **104** students participated in the yoga practice. He announced how yoga brings peace, harmony, happiness and success in life. This was a great opportunity to imbibe the value of self-control and discipline. Students got the chance to know how yoga personifies the unity of mind and body. The programme ended with **Pranayama and meditation**.

The programme was funded by **Nehru Yuva Kendra, Kollam** and was executed in the College by **National Cadets Corps (NCC)** of St. Stephen's College. A programme committee was functioned for the conduct of programme, chaired by Principal Dr K. P. Laladas, Capt (Dr) Koshy P M, S/UO Sohanlal B and U/O Mega Nair. The committee gave publicity for the programme by issuing brochure, Mike announcement and preparation of a cloth banner among students.

We the members of St. Stephen's College especially NCC unit thankful to **Nehru Yuva Kendra Kollam** for selecting our institution as centre to observe INTERNATIONAL DAY OF YOGA – 2019





ST. STEPHEN'S COLLEGE Pathanapuram

June
21

International Day of Yoga 2019

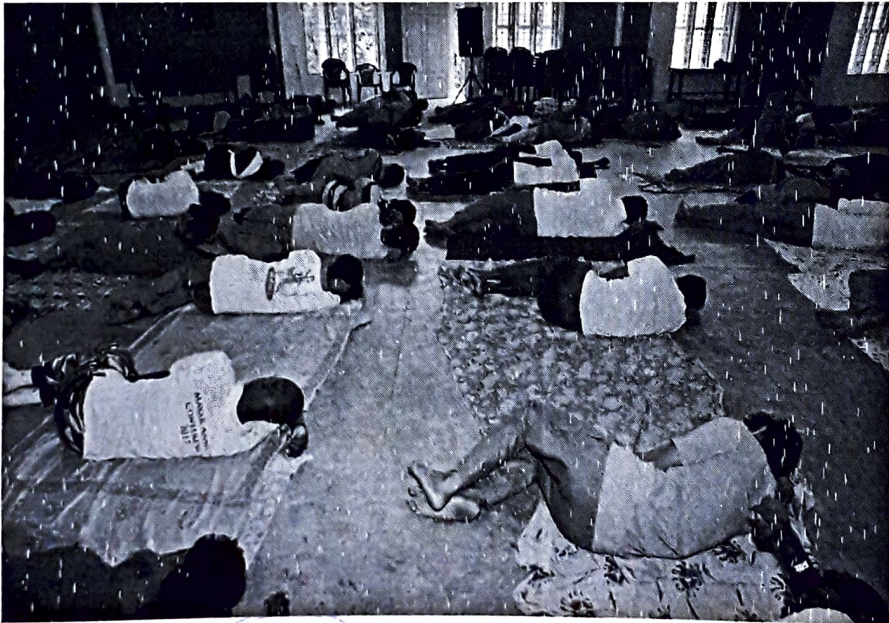
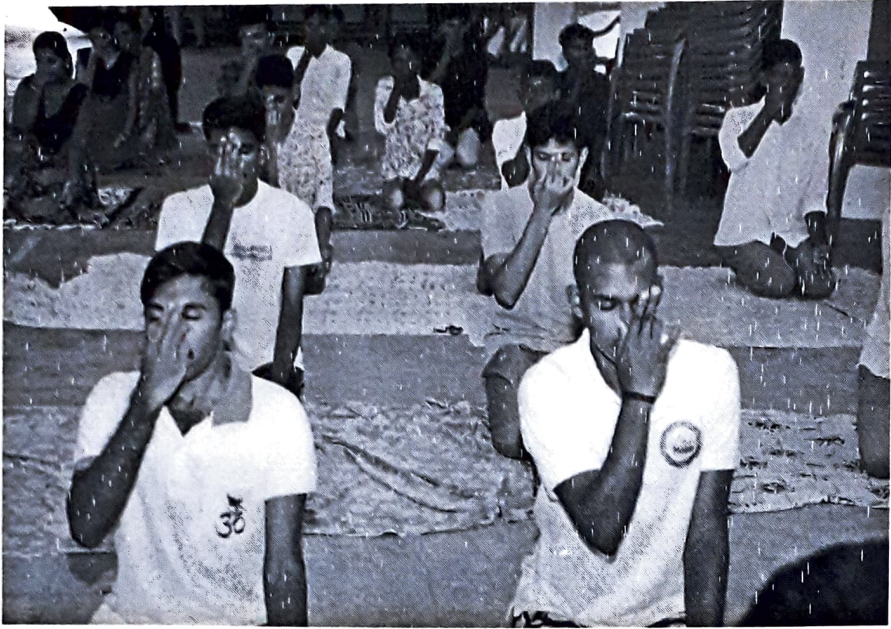
Venue : College Auditorium, Time 9 am



Yoga for Harmony & Peace









MINISTRY OF YOUTH AFFAIRS & SPORTS

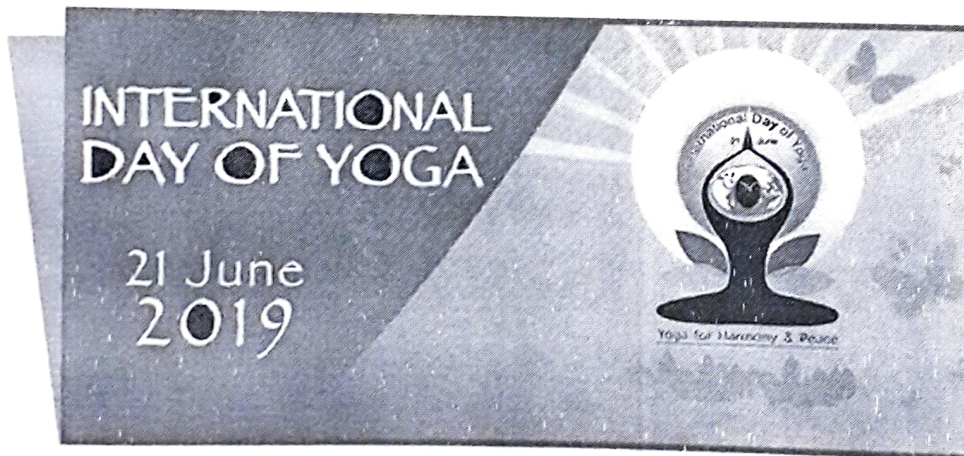


Nehru Yuva Kendra Kollam



INTERNATIONAL DAY OF YOGA 21ST JUNE 2019

THEME - 2019
"USAGE OF ECO-FRIENDLY PRODUCTS IN THE PRACTICE OF YOGA"



Venue: College Auditorium
Date: 21.06.2019
Time: 9.00 am

**NEIGHBOURHOOD YOUTH PARLIAMENT ON
USAGE OF ECO-FRIENDLY PRODUCTS IN THE PRACTICE OF YOGA**



St. Stephen's College

Pathanapuram

Programme

- Prayer :
Welcome : Capt (Dr.) Koshy.P.M
(NCC Officer)
Presidential Address : Dr. K.P Laladas
(Principal)
Inaugural Address : Mr. B. Ali Sabrin
(Dist. Youth Coordinator, NYK)
Yoga Practice &
Introductory remarks : Mr. M BalaKrishnan
(Yoga Instructor)
Felicitation : Rev. Fr. Koshy.N.J
(Manager Representative)
Mr. Aneesh Melakkadu
(Program Coordinator, NYK)
Mr. Varghese George
(NSS program Officer)
Vote of Thanks : U/O Megha Nair

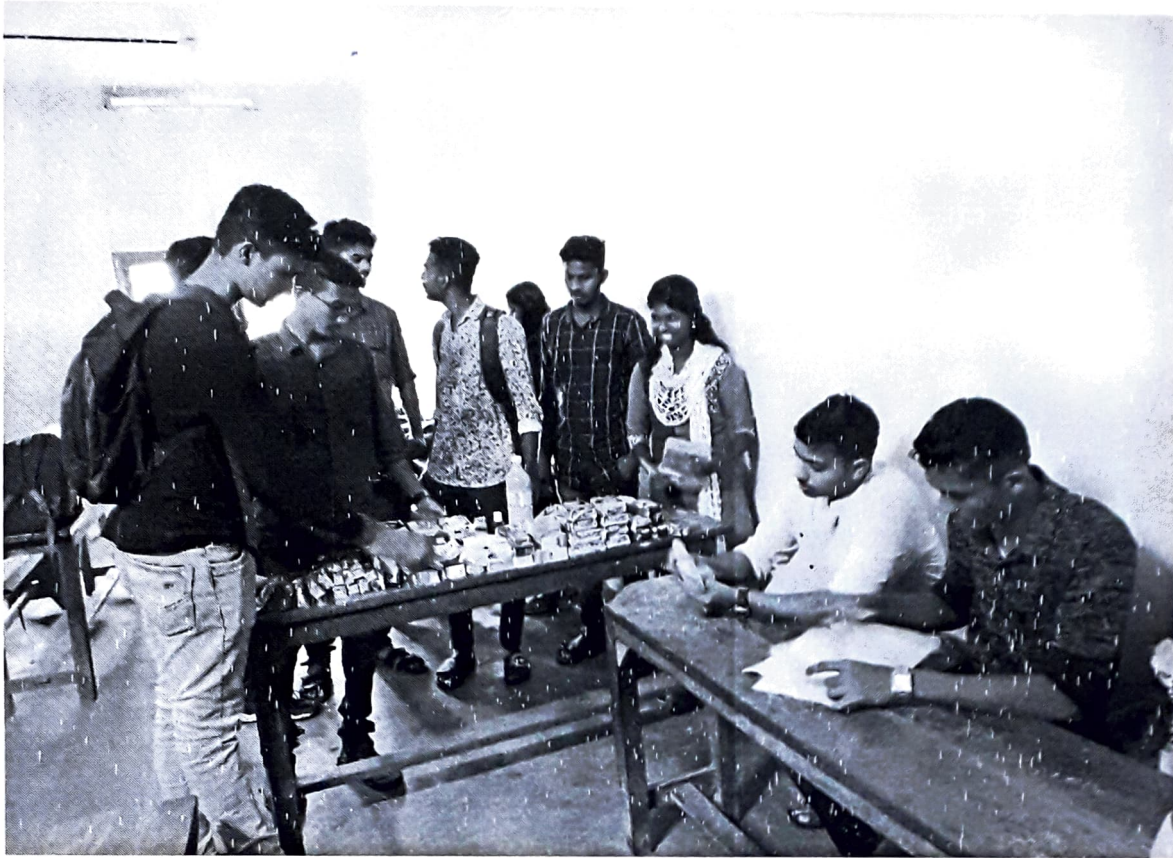
NEIGHBOURHOOD YOUTH PARLIAMENT ON
USAGE OF ECO-FRIENDLY PRODUCTS IN THE PRACTICE OF YOGA

St. Stephen's College

2. Flood relief

On 8 August 2019, due to heavy rainfall in the monsoon season, severe flood affected Kerala. Government announced red alert in the 9 districts in Northern and Central Kerala, orange alert in 3 districts of Central Kerala, and yellow alert in the 2 districts of southern Kerala. Over 100 people have been killed and lakhs displaced in Kerala which has witnessed wide scale devastation

due to ravaging floods. NCC Cadets of our institution also involved in the flood relief activities.



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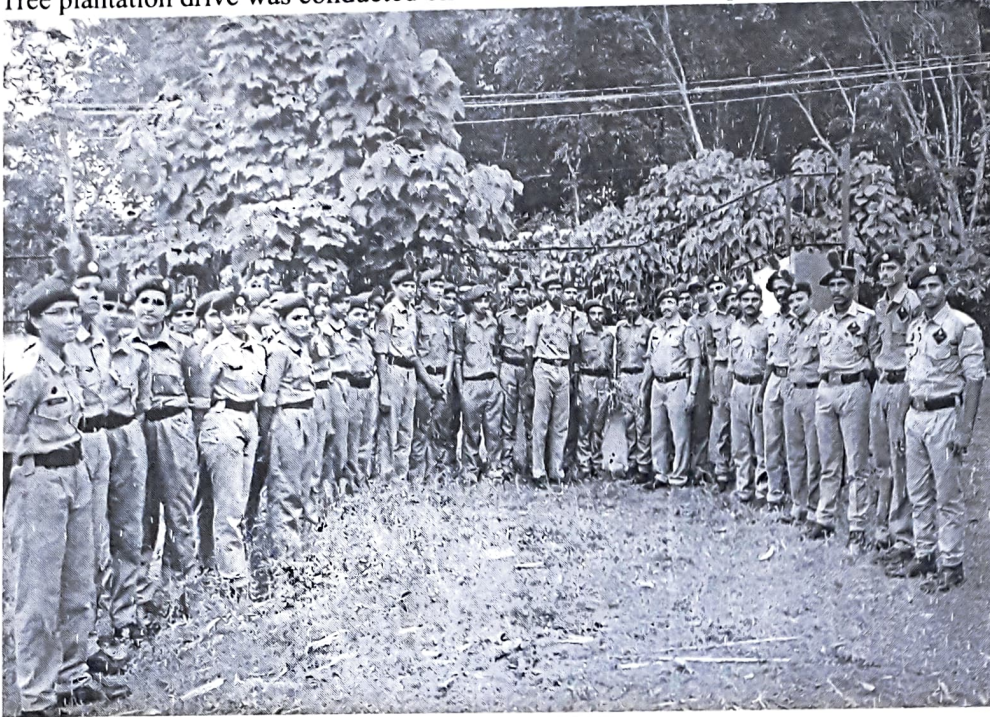
3. Independence Day Celebration

Independent day celebrated on 15-08-2019 and Dr K P Laladas after hoisting the flag delivered address to the cadets. Almost 99 cadets participated in the event.



4. Tree plantation (15-08-2019)

Tree plantation drive was conducted on 15-08-2019. 99 cadets participated in the programme.



5. Cleanliness drive (07-12-2019)

Swachh Bharat Abhiyan was conducted. The mission of the programme was to make India clean. Cadets cleaned the public road in front of the college. Almost 85 cadets participated in the event

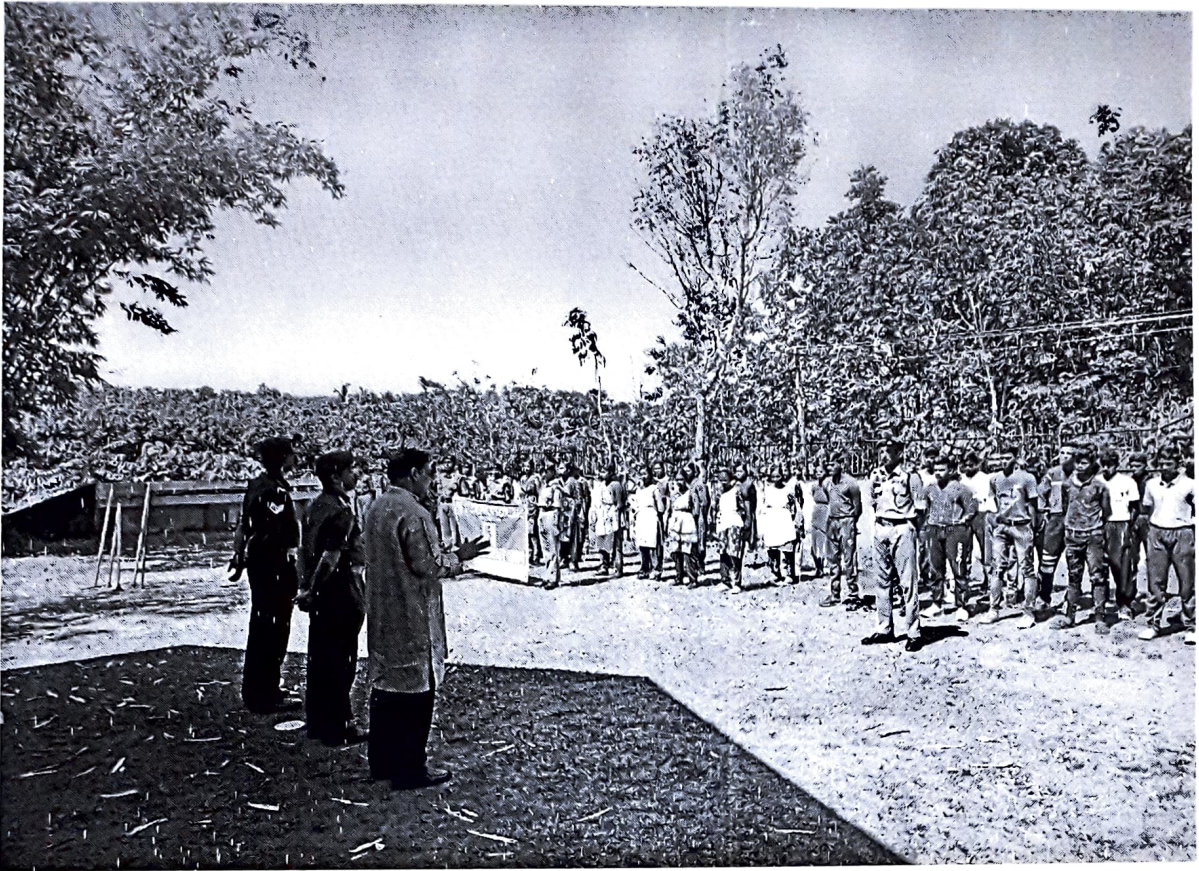




6. Gandhi Jayanti (02-10-2019)

Gandhi Jayanti is an event celebrated in India to mark the birthday of Mahatma Gandhi. We have arranged a social service activity in the Anganavadi campus, a waiting shed near to our college and also the Biodiversity park of the College. 95 cadets attended in the programme. Principal Dr K P Laladas Inaugurated the programme.







Cleaning the waiting shed near college


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NCC Activity 2018-19


1. Yoga Day celebration

21-06-2018 yoga day celebration was held in the college in association with NSS unit. Dr Achamma George Principal inaugurated the function. 58 cadets attended in the programme. The programme start at 8.30 am. NSS coordinator Mrs Sharon spoke on the occasion. Yoga certificate programme inaugurated on the occasion



2. Anti-Drug Drama by Kerala Police department

Anti-Drug Drama arranged in the campus on 19-07-2018 in association with Kerala Police. Cadets, College students and teachers attended the programme.


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PATHANASSARI





3. Campus Cleaning Programme

A total of 99 cadets attended the programme. The campus cleaning programme held on 02-10-2018. The programme was inaugurated by the principal Dr Achamma George.



4. NCC alumni Contribution Meeting

NCC alumni meeting held on 26-03-2019. A total of 27 cadets attended the programme. They donated a waste bin to the college cost 9700/- for managing the solid waste generated in the college. Rev David Koshy NJ Department of Mathematics spoke on the occasion.



5. Yoga certificate programme

A total of 15 cadets successfully complete the yoga certificate programme organised by NCC during the year 2018-19



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PATHANAMURAM



STEPHEN'S COLLEGE, PATHANAPURA

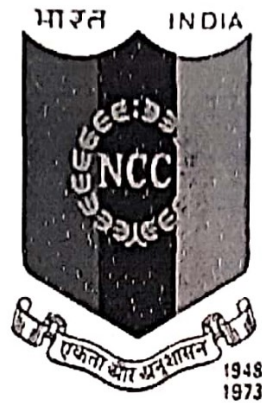
(Accredited at B⁺⁺ level)

Maloor College P.O, Pathanapuram - 689 695

Kollam District, Kerala, India.



NCC REPORT 2017-18



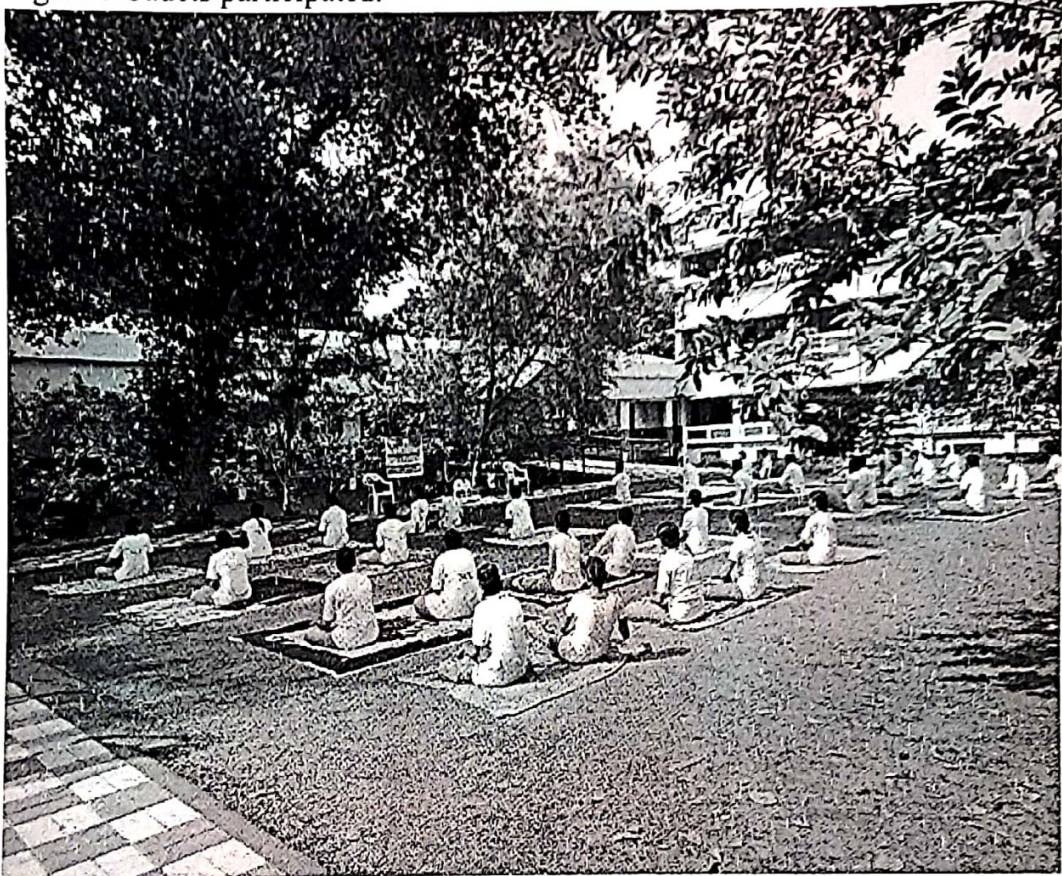
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PATHANAPURAM

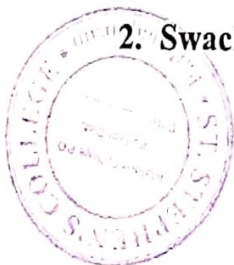


NCC REPORT 2017-18

1. INTER NATIONAL DAY OF YOGA JUNE 21, 2017

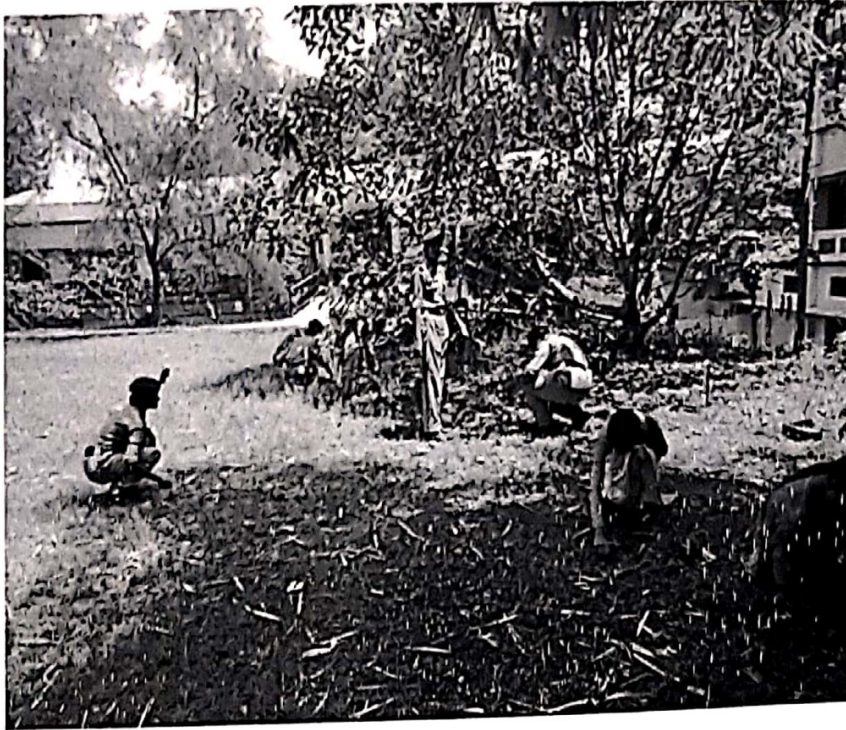
The International Day of Yoga celebrated on 21 June 2017 at St.Stephen's College Pathanapuram. The Yoga celebration starts at 7am. and ends at 7.35 am. Dr. Jiji Thomas, St. Mary's College, Manarcad took a seminar for the staff of our college. 50 Cadets participated.





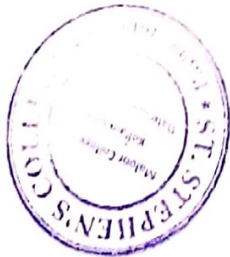
2. Swachh Bharat Abhiyan

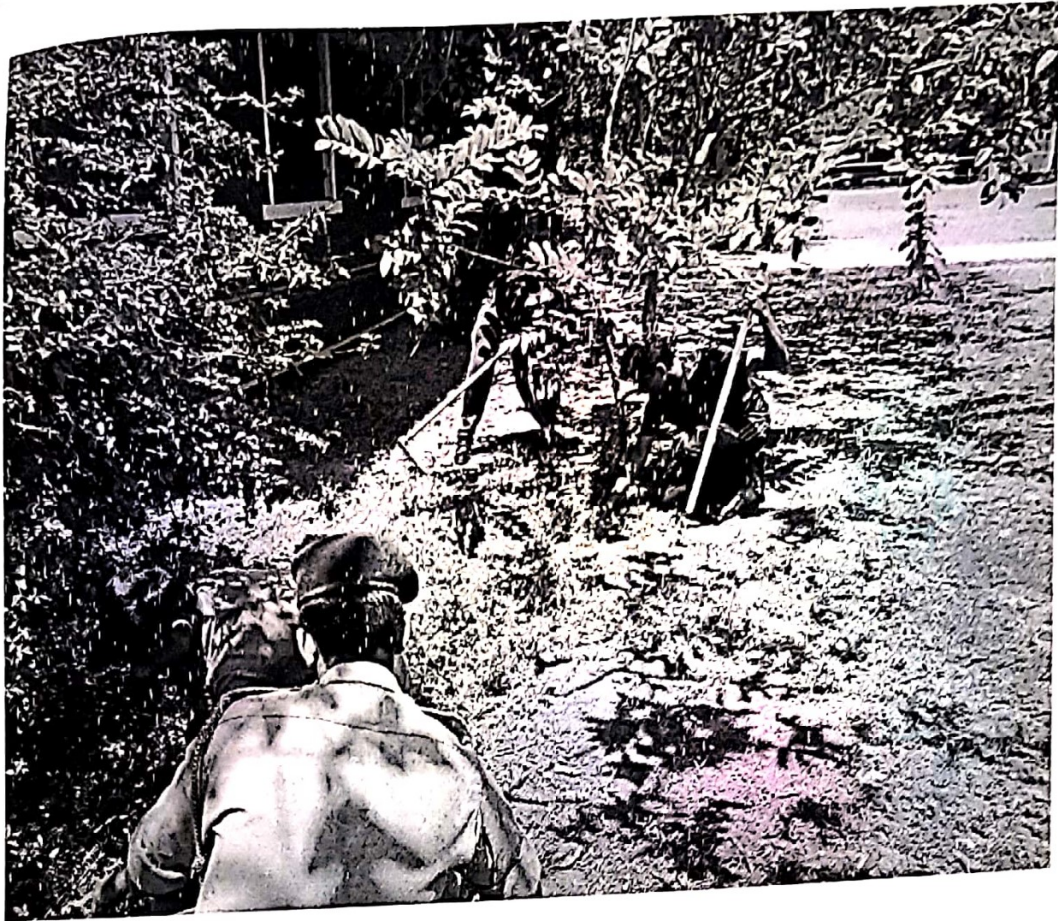
The programme organized on 23/09/2017. Principal DR Achamma George inaugurated the function. 88 Cadets participated.



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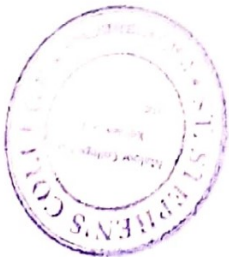
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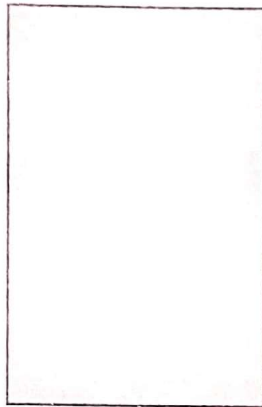
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STEPHEN'S COLLEGE, PATHANAPURA
(Accredited at B⁺⁺ level)
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Kollam District, Kerala, India.



NCC REPORT 2016-2017



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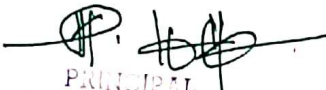
NCC REPORT 2016-2017

1. World Environment Day Celebration June 5, 2016

World Environment Day June 5, 2016 was celebrated by NCC Unit of St.Stephen's College Pathanapuram. As part of this cadets involved in tree plantation and also clean the college campus.

2. INTER NATIONAL DAY OF YOGA JUNE 21, 2016

The International Day of Yoga celebrated on 21 june 2016 at St.Stephen's College Pathanapuram. A total of 67 cadets participated in the programme. The Yoga celebration starts at 7am. and ends at 7.35 am.SergentAthirakuttan gave Yoga training to cadets.


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