



National Cadet Corps
St. Bede's College, Shimla

NCC ACTIVITIES 2020-2021

NCC UNIT, ST. BEDE'S COLLEGE UNDER 1HP NAVAL UNIT
BILASPUR

Tree Plantation

15th July 2020:

A tree plantation drive was conducted. All the 20 Cadets planted several saplings in their nearby areas keeping in mind the Covid-19 norms. A total of 40 saplings were planted.





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Be Vocal about Local Activity

4th -13th August 2020:

20 Cadets of St. Bede's college under 1 HP Naval Unit, NCC Bilaspur performed various activities in order to spread awareness about, "Be Vocal about Local." The cadets performed activities like writing poems, making e-posters, videos, writing slogans, mass awareness, social media awareness, etc.



Yoga Awareness

20th- 27th August 2020:

12 Cadets of St. Bede's college under 1 HP Naval Unit, NCC Bilaspur performed various activities under the Fit India movement. Activities like making yoga asanas tutorial video, performing various yoga asanas and



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explaining the importance of the same to family and friends, making e-posters, social media awareness, mass awareness, performing various house chores, etc were done by the Cadets.



Freedom Run

22nd August-2nd October 2020:

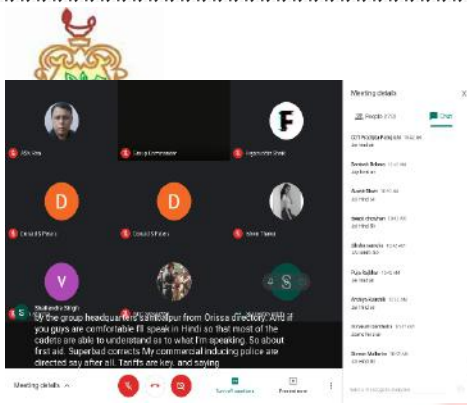
"Freedom Run Movement" was conducted by St. Bede's College. 12 Cadets actively participated in this activity. Activity took place from 22nd August'2020 to 02nd October'2020. The activity was conducted remotely where each cadet took part from their hometowns.



Ek Bharat Shrestha Bharat

1st – 6th October 2020:

PO Cdt Chavi Tewari attended the online EBSB camp. She also participated in the quiz competition and also made a PPT on, "Food and Cuisine Habits of Himachal Pradesh".



DGNCC Activities

1st –15th October 2020:

12 Cadets of St. Bede’s College participated in the DGNCC activities. They made posters, filled up the feedback forms and have written the articles for DGNCC.



NEP Awareness

2nd– 23rd October 2020:

The Cadets of St. Bede’s College performed various activities in order to spread awareness about the NEP. These activities included conduction of webinars, mass awareness, e-posters, video clips made and posted on the YouTube channel by the cadets, etc.





Constitution Day Celebration

23rd October 2020:

The cadets of St. Bede's college wrote articles and poems on 15 different topics like Constitution day, Ek Bharat Shreshth bharat, jal shakti, fit India, etc.

Cancer Awareness Program

7th November 2020:

On the National Cancer day, the cadets of St. Bede's college wrote articles on 12 different types of cancers explaining its symptoms, precautions, causes, prevention, treatment and best hospital for its treatment. They also made e-posters and a video on the same.

BREAST CANCER

Breast cancer is cancer that develops in breast cells in the most common invasive cancer in women and the second leading cause of cancer death in women after lung cancer.

Diagrams:

The exact cause is not known, but may include:

- Family history
- Hormonal changes
- Growing age
- Ethnicity (Hispanic, Black, Asian and Pacific Islander women are at increased risk)
- Personal history of breast cancer: A cancer in one breast increases the chances of having cancer in the other breast
- Lifestyle, including alcohol consumption
- Environmental factors, including exposure to radiation
- Obesity and overweight.

Symptoms

- A lump or mass in the breast that feels different from the surrounding tissue
- Change in the shape, size, or appearance of the breast

Breast pain

- Changes in the skin over the breast, for example, dimpling
- Breast pain
- Inverted or pulling-in of the nipple

- Itching, peeling, or flaking skin over the breast, particularly the dark area around the nipple
- Redness and/or pitting of the breast skin, resembling the skin of an orange

Prevention:

- Keep Weight in Check.
- Be Physically Active.
- Eat Your Fruits & Vegetables – and Avoid Too Much Alcohol.
- Don't Smoke.
- Breastfeed, If Possible.

Diagnosis:

- Breast ultrasound: A machine that uses sound waves to make detailed pictures, called sonograms, of areas inside the breast.
- Diagnostic mammogram: If you have a problem in your breast, such as a lump, or if an area of the breast looks abnormal on a screening mammogram, doctors may have you get a diagnostic mammogram. This is a more detailed X-ray of the breast.
- Magnetic resonance imaging (MRI): A kind of body scan that uses a magnet linked to a computer. The MRI scan will create detailed pictures of areas inside the breast.
- Biopsy: This is a test that removes tissue or fluid from the breast to be looked at under a microscope and to identify it. There are different kinds of biopsies (for example, fine-needle aspiration, core biopsy, or open biopsy).

Best Breast Cancer Hospitals in India

- **AIIMS** Hospital is very famous in providing the country's best treatment for breast cancer.
- **TATA MEMORIAL** Hospital.
- **APOLLO** Hospital.

Lung cancer

Lung cancer is a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body. These cancers start within, which are not spread, called by their location.

Location (primary)

Secondary (metastatic)

Other locations where the body's normal cells can become cancer

Other locations where the body's normal cells can become cancer

Other locations where the body's normal cells can become cancer

Plantation Drive

25th November 2020:

A tree Plantation drive was conducted by the 12 Cadets under which they planted various saplings in their nearby areas.



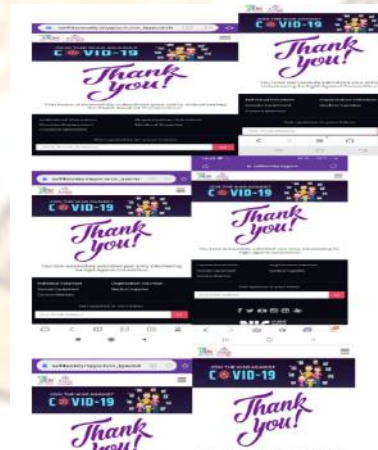
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Constitution Day Campaign

17th November- 13th December 2020:

The 12 Cadets under 1 HP Naval unit performed various activities under the Constitution day campaign. Activities like Constitution day pledge taking, making handmade poster, e-posters, social media awareness, mass awareness, etc are being conducted.



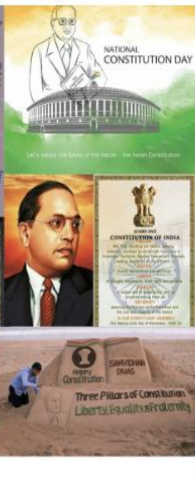
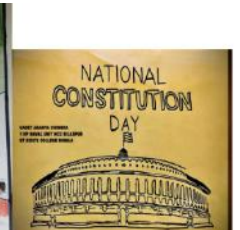
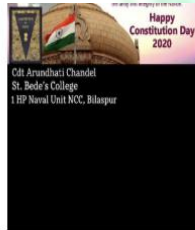
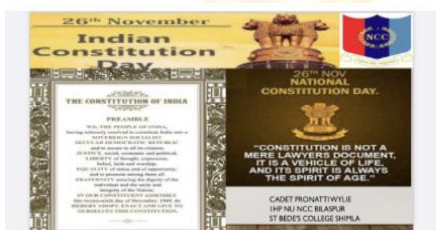
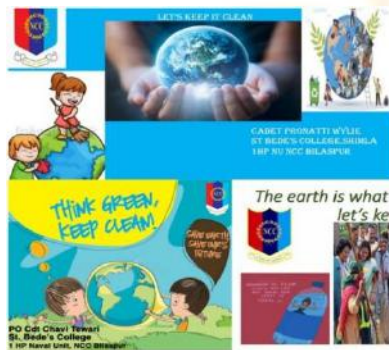


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Earth Conservation Awareness

14th December 2020:

The cadets made E-posters on the topic “THE EARTH IS WHAT WE ALL HAVE IN COMMON, LETS KEEP IT CLEAN.” Essays were also written on cleanliness.





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Swachhata Campaign

31st December 2020:

The cadets performed various activities under the Swachhata campaign keeping in mind all the Covid-19 norms. The activities performed by the cadets were: Statue Cleaning, Mass awareness on cleanliness, Poster making.



Cleaning of Indira Gandhi Statue.



Interactive awareness about Cleanliness



Holding Cleanliness Posters/Banners.

Swachta Activities

1st-7th January 2021:

The cadets of St. Bede's College, Shimla under 1 HP Naval Unit NCC Bilaspur performed the following activities under the Swachhata campaign keeping in mind all the covid-19 norms. The cadets made sure to wear proper masks while performing all the activities. The activities that the cadets performed are as follows:

- Cleaning of public statues
- Poster making
- Interactive awareness



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Statue Cleaning of
Shaheed Lt. Shri
Madan Lal Dhingra
Panipat, Haryana

Cadet Ananya
Dhingra
St Bede's
College, Shimla
1 HP Naval Unit
NCC Bilaspur



Holding cleanliness
banner /poster.



Personal interaction and awareness on
Swachhata

Cadet Jaisal Shekhawat
St Bede's college, Shimla
1 HP Naval Unit NCC Bilaspur

Swachta Activities

8th-14th January:

The Cadets of St. Bede's college under 1 HP Naval Unit NCC, Bilaspur performed various activities under the Swachhata Campaign keeping in my all Covid-19 norms. The Cadets made sure to wear proper masks while performing all the outdoor activities. The activities performed were, cleaning of public statues, making posters and banners depicting cleanliness and its importance and interactive awareness.



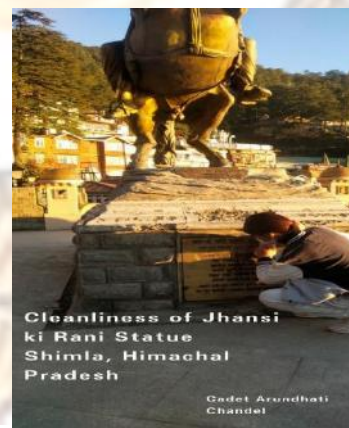
Holding
cleanliness
banners/posters

Cadet Manishika
Shekhawat



Interactive
awareness

Cadet Darshana
Bhatt



Cleanliness of Jhansi
ki Rani Statue
Shimla, Himachal
Pradesh

Cadet Arundhati
Chandel



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NCC Training Camp

1st-4th February:

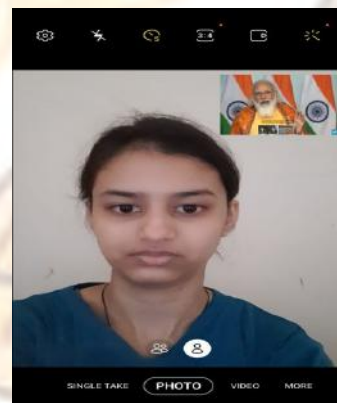
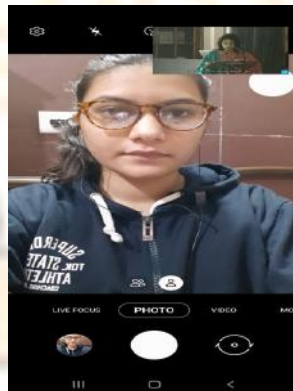
11 Cadets attended the Annual Training Camp held at Bilaspur. This camp was held at GPGC Bilaspur. The Cadets performed various activities like boat pulling, shooting, etc.



Youth parliament Festival

12th January 2021:

The cadets of St. Bede's College, Shimla attended an online Youth Parliament Festival. All cadets attended it and attained a lot of information. Honourable Prime Minister shared the ideas of youth becoming the voice of India.





Cleanliness Drive

6th-12th March 2021:

The cadets of St Bede's College under 1 HP Naval Unit NCC Bilaspur participated in various cleanliness drives in cleaning of the college, cleaning of public parks and cleaning of public statues. On 11th march an online website was also conducted on Swachhata that was delivered by Captain Cadet Chavi and PO Cadet Arundhati. These activities were performed under all the covid-19 norms.





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St. Bede's Raising Day Celebration

10th March 2021:

A Raising Day was celebrated at St. Bede's college wherein, a new sub-unit of the Army Wing was raised. Brig. Rajeev Thakur along with Col. Shankta, CO of 7HP(I) Coy had visited the college. Captain Cadet Chavi Tewari was felicitated by Brig. Rajeev Thakur for her promotion as PO Cadet.



Foot Policing

12th-13th March 2021:

The cadets of St. Bede's College Shimla under 1 HP Naval Unit NCC Bilaspur did the foot policing activities. They included the awareness among societies, school/college etc. Due to Covid-19 pandemic the awareness sessions were mostly conducted online. A webinar was conducted on the topic Drug abuse and preventions. A small group seminar was conducted within the college on the topic 'Water Conservation'.





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Tree Plantation Drive

21st March 2021:

The cadets of St Bede's College Shimla under 1 HP Naval Unit NCC Bilaspur did a 'Tree Plantation' drive under synergy activities. A total of 22 saplings were planted by the cadets.



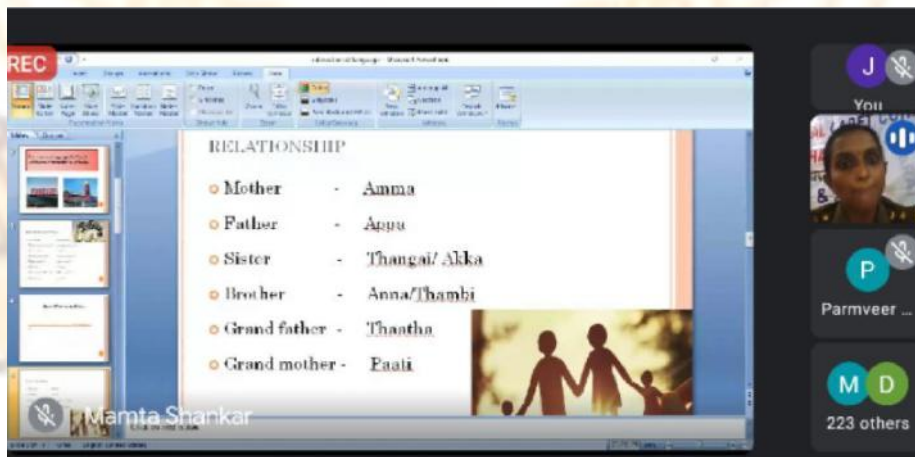
 The Tribune India
NCC cadets plant saplings

Visit

EBSE Camp

22nd-27th March 2021:

Cadet Jaisal Shekhawat attended the online EBSE camp. This camp was for PHHPC and Tamil Nadu Puducherry directorate.



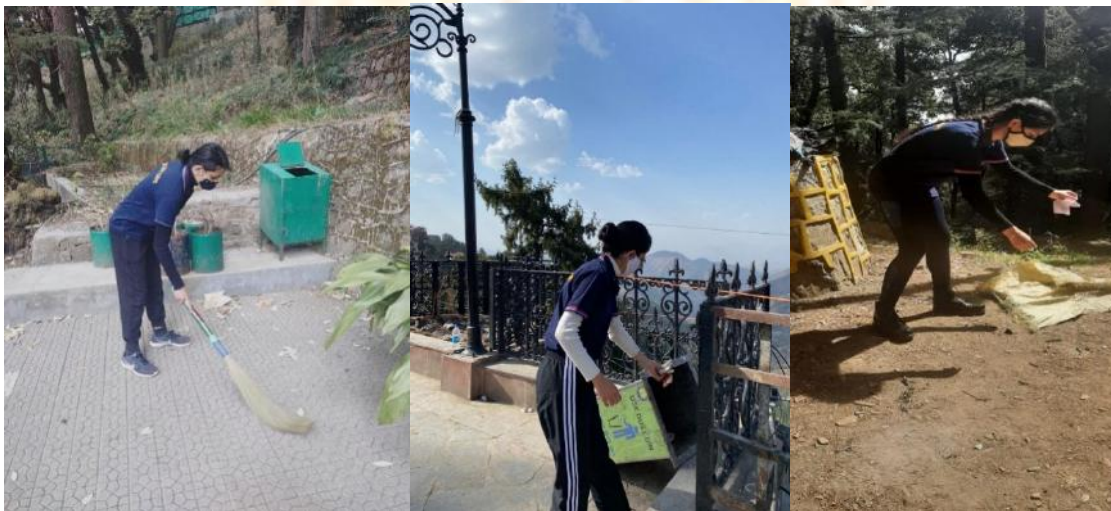


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Cleanliness Drive

25th March- 1st April 2021:

The cadets performed the cleanliness drives in various cities, as the cadets cleaned up their local places. The places included college cleaning, statues cleaning, public parks cleaning and cleaning of public statues. On 1st April again a webinar on cleanliness was done to spread the awareness among people and the concept of clear environment and home through segregation of waste.



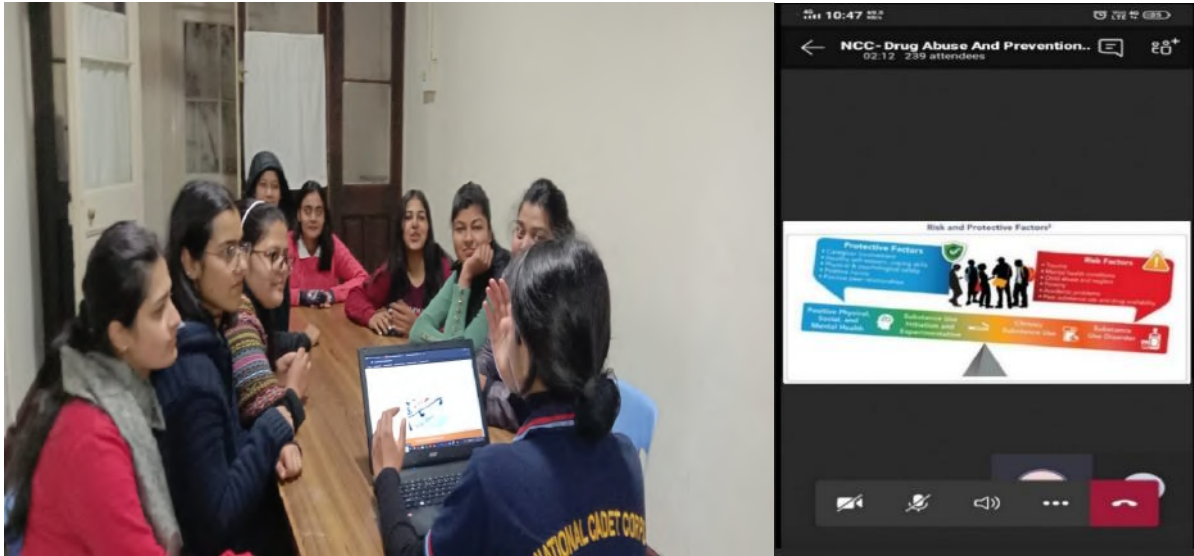
Webinar on Drug Abuse

30th-31st March 2021:

Small group webinar were conducted on water conservation and Drug Abuse and preventions under Foot Policing activities and awareness programs. 200+ people joined the webinar. PO Cadet Arundhati, PO Cadet Isha, Cadet Ankita delivered the program through a PPT and various videos related to the topic.



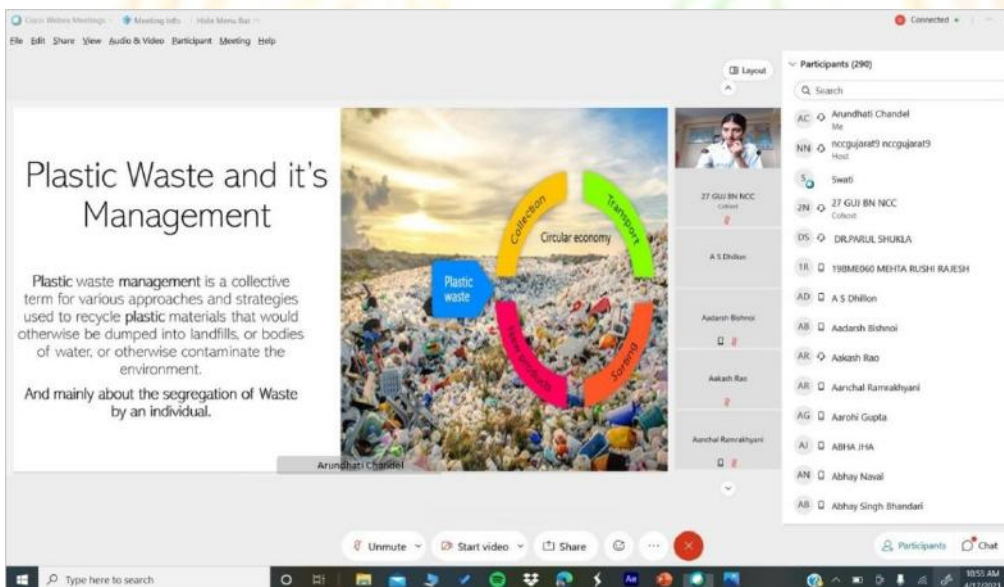
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EBSB Camp

12th-17th April 2021:

PO Cadet Arundhati Chandel attended the online EBSB camp that was held between PHHPC and Gujarat directorate. She presented and delivered a PPT on the topic 'Ban single use plastic'. She also participated in the quiz competition and scored 38th rank the competition.





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COVID-19 Training

20th April 2021:

All the 12 cadets took the COVID-19 training under the Diksha application. In this training the cadets learnt the various methods and all the precautions to be taken under this COVID situation and how to help people in difficult times.



Plastic Hazard Awareness

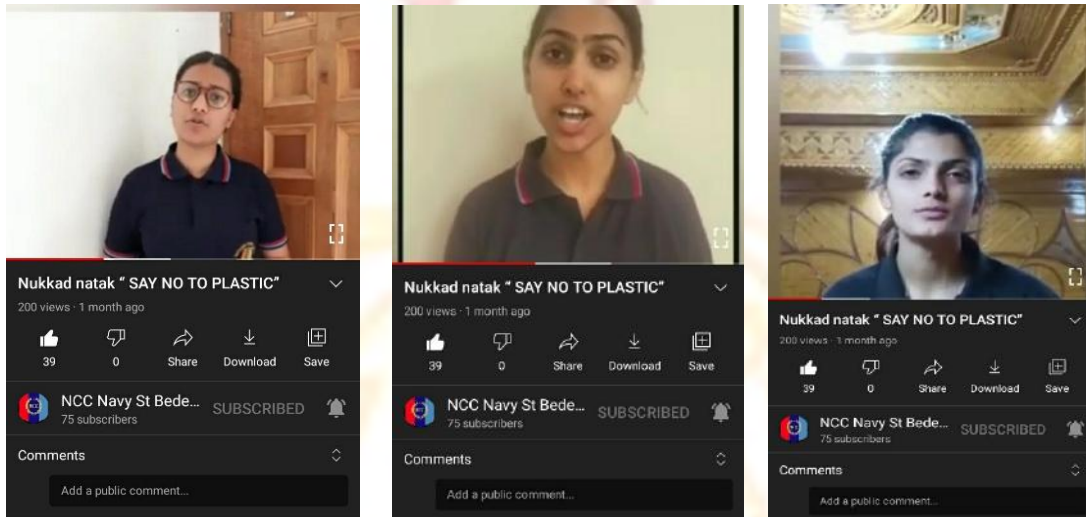
8th May 2021:

The cadets of St. Bede's College Shimla under 1 HP Naval Unit NCC Bilaspur took an initiative to spread awareness and prepared a nukkad natak on the topic 'Say no to single use plastic'. This nukkad natak was made and prepared online



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from their homes . They uploaded it on the NCC Navy YouTube channel. It till now has 190+ views on YouTube.



Revolt of 1857

10th May 2021:

The cadets remembered the war heroes of revolt of 1857 in India. Towards this 9 cadets took the initiative to prepare an informative video on the first war of Independence of India remembering the great stories and the wars impact on India. The video expressed and explained political, economic, military, religions and social causes of the Indian Revolt 1857.





Inspirational Video and Poster Making

14th May 2021:

The cadets utilized their time constructively and took up the initiative to spread positivity and encouragement through activities like poster making, motivational couplets and poems. All the activities were recorded and was put forth as inspirational video. The video was circulated in social media and YouTube channel. The video has 120+ views on YouTube till now.

