

**CO OPERATIVE ARTS AND SCIENCE
COLLEGE, MADAYI**

CRITERION-3

3.4.3 AND 3.4.4

**EXTENTION AND OUTREACH
PROGRAM CONDUCTED BY THE
INSTITUTION THROUGH NSS/NCC**



CO-OPERATIVE ARTS AND SCIENCE COLLEGE, MADAYI

(AFFILIATED TO KANNUR UNIVERSITY)

P.O PAYANGADI (R.S)- 670 358, KANNUR DT., KERALA. website : www.cascollege.ac.in



NSS REPORT 2019-20

आनौभद्राः कृतवौयसु विभक्तः



ENVIRONMENT DAY PROGRAM (05/06/2019) 30 volunteers participated the program



Anti-drug class (20/06/2019)



Anti-drug class was conducted by Excise department Govt of kerala. 40 volunteers actively participated this program .

International Yoga Day program (21/06/2019)



Bund wall construction for protecting public water supply (10/07/2019)



Volunteers participated in the program

कृतवौयसु विभक्तः



**CO-OPERATIVE ARTS AND
SCIENCE COLLEGE, MADAYI**

NCC REPORT 2019-20

आनौभद्राः कलवौयसु विखतः



NCC UNIT CAS COLLEGE, MADAYI ANNUAL REPORT 2019-20



Total no of cadets: 107

SD

SW

National Cadet Corps aims at developing character and comradeship, as well as keenness for service and capacity for leadership in the youth. NCC unit in Madayi College is functioning under the guidance of 32 Kerala battalion NCC, Payyanur. NCC activities of the college are guided by the Associate NCC Officer, Lt. Deepa Mohan.

Environment day marathon



Parassinikadavu Snake Park and Zoo commemorated world environment day 2019 by conducting a mini marathon- run with us 'To Beat Air Pollution' on 5th June 2019. Our cadets also take part in the event.

World environment day

Unit level environment day celebration was conducted on 6th June 2019. Cadets planted saplings in the college premises. College Principal Dr. N. Padmanabhan has inaugurated the tree plantation and gave the environmental day message to the cadets.

International yoga day

To spread the message of healthy living and importance of yoga NCC unit of CAS College, Madayi was celebrated the International yoga day on 21st June 2019. The official inauguration was started at 9:30 AM at college seminar hall. College Principal Dr. N. Padmanabhan has inaugurated the function. The yoga session was started by 10:00 AM. The session was included various asanas of standing, sitting and lying positions. Yoga instructors were invited from the 'Art of living' center, Cherukunnu. Sri Sunil Kumar (Yoga instructor, Art of Living, Cherukunnu and Sri Praveen (Trainer, Police Camp, Mangattuparamba) guided the cadets in performing various asanas. During asanas, the yoga instructor explained the usefulness of different asanas. 58 NCC cadets were present in the event. It was a great event and the cadets participated with full zeal and enthusiasm.

Yoga week

MVR Ayurveda Medical College celebrated international yoga day by conducting one week long yoga programme for people with various age group, in association with Parassinikadavu Snake Park and Zoo, from 21/06/2019 to 27/06/2019. On 27th June 2019 session was for youth. In that session various asanas for improving concentration, memory etc were trained to youth. Cadets from our unit also participated in the event.

International day against drug abuse and illicit trafficking

On 26th June 2019, international day against drug abuse and illicit trafficking was observed by NCC unit, CAS College, Madayi. The programme was organised with the objective of raising awareness among the students on drug abuse, and its harmful effects. College Principal Dr. N. Padmanabhan inaugurated the programme and gave the message. The cadets have taken a pledge that they will not use any kind of drugs and they will also make aware on this. We also arranged an exhibition of posters, which was made by the cadets. A quiz competition was also organised, in which L/CPL Akshay K and CDT Nikhil K got first and second prizes respectively.

Flash mob

A flash mob has organised the NCC cadets at college premises on 18 July 2019. It was mainly organised for attracting the first-year students to NCC and give them awareness about the activities of NCC. The event lasts up to 15 minutes. The next day an orientation class for the first-year students was also organised. In this session, senior cadets shared their camp and other experiences in NCC.

Unit also observed 20th anniversary of Kargil victory as “Kargil Vijay Diwas”

Unit also observed 20th anniversary of Kargil victory as “Kargil Vijay Diwas” on 26/07/2019. A documentary on Kargil war was exhibited and cadets lighted lamps in front of the photos of martyrs of Kargil war.




Enrolement




The unit level enrolment of the first year cadets to NCC was conducted on 7 Auguste 2019. 32 Kerala BN commanding officer Col. A V Subrahmaniam interacted with the cadets and first year students. The enrolment procedure was held under the supervision of the commanding officer. 39 students were enrolled in NCC including 14 SD and 25 SW



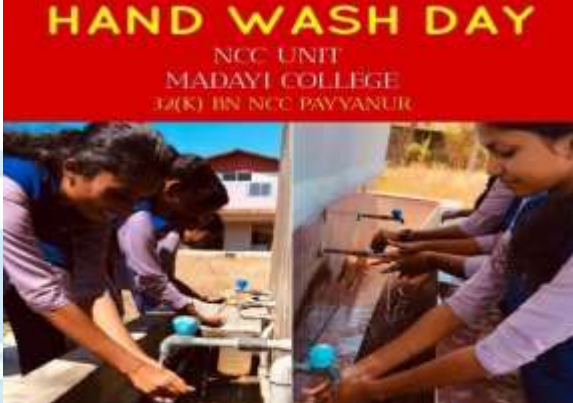


Flood relief





Our cadets reached with the helping hands during the Kerala flood 2019. This year the Madayi and the nearby areas were badly affected by the flood. Cadets actively participated in rescue and cleaning activities. They have helped the authorities to clean the affected houses and provide all possible help in the rescue camp in Govt Higher Secondary School, Kottila. We also collected necessary items include water, cloths, food items, other cleaning materials and handed over it to the relief camp.




Activities

SL.No	Name of Activity	Photos
1	<p>Swachatha pakhwada NCC Kerala and Lakshadweep directorate commemorated mega Swachatha Pakhwada from 20/10/2019 to 02/10/2019 to spread the message of Swachhtha among the public. Our unit also becomes part of it by organising a Swachhatha event. We conducted a cleaning activity in the premises of Payangadi Railway Station on 28/09/2019. The main aim of this was to create awareness among the cadets regarding cleanliness and ongoing cleanliness drive Swachh Bharat Abhiyan. 84 cadets participated in the cleaning programme. Cadets removed the garbage and shrubs in the area. The authorities in railway department appreciated the cadets for their efforts.</p>	
2	<p>Gandhi jayanti Our unit celebrated Gandhi jayanti on 2nd October 2019 at the college. Cadets cleaned the college premises and conducted Gandhi Quiz competition.</p>	
3	<p>Face painting competition Parassinikadavu Snake Park and Zoo conducted a face painting competition as part of wild life week celebration 2019 from 02/10/2019 to 08/10/2019. Cadets from our unit also participated in the competition with great enthusiasm and bagged second prize and special consolation prize.</p>	

<p>4</p>	<p>INA Visit Indian Naval Awarded, Ezhimala was awarded by the President's colour, which is the highest honour that is bestowed upon a military group, by the President of India and the supreme commander of the Indian Armed Forces Ram Nath Kovind on 20/11/2019. Hon: Kerala Governor, Chief of Naval Staff, State Minister, many other dignitaries in the armed forces etc were present in the occasion. Our cadets also have got an opportunity to witness the function and colourful parade. 60 cadets and one Care Taker ANO from our unit take part in the occasion. The event was inspiring and motivating one for cadets.</p>	
<p>5</p>	<p>NCC Day As part of NCC day celebration our unit organised one day mangrove awareness camp at Kannur kandal project on 26/11/2019. The project situated at Kunhimangalam. 80 cadets from our unit attended the camp. An awareness class was handled by the WTI field trainers, which given an awareness among the cadets about wetland, mangroves and its diversity, importance of mangrove conservation, flora and fauna associated with mangroves etc. after the class cadets were led for a field trip into neighbouring mangrove area, in order to get them an experience on mangrove diversity and flora and fauna associated with it.</p>	
<p>6</p>	<p>Trekking camp Our unit organised one day trekking camp to Paithalmala and Ezharakkund Water falls, as part of NCC adventure training. 84 cadets participated in the event. This gave the cadets a chance to explore the nature.</p>	

7	<p>Swachatha pakhwada December</p> <p>Our unit become part of the Swachatha pakhwada drive organised by DG NCC from 01/12/2019 to 15/12/2019. Following activities are organised by the unit as part of it.</p>	
8	<p>Cleaning of Madayi fort</p> <p>On 5th December 2019 organised Shramadan at Historical monument. Cadets cleaned the premises of Madayi Fort, which is a ruined historical monument at Madayi which was built by the Vallabha King of Kolathu Dynasty.</p>	
9	<p>Hand wash day</p> <p>To make the cadets about the importance of personal hygiene and sanitation unit organised hand wash day on 9/12/2019. Cadets have given awareness class on the importance of handwashing and sanitation. Other students in the college also participated in the programme with full enthusiasm.</p>	
10	<p>Cleaning of payangadi kandal park</p> <p>As part of cleaning of a public park on 10th December 2019 cadets cleaned Payangadi Kandal (Mangrove) park. Cadets removed plastic garbages in the area.</p>	
11	<p>Swachhta rally</p> <p>To spread the message of swachhta among public unit organised awareness rally from college to Payangadi town on 11/12/2019. College Principal Dr.N. Padmanabhan flag off the rally.</p>	

12	<p>Cleaning of jewish pond</p> <p>As part of cleaning of local water body cadets cleaned the premises of Jewish pond, which indicates the presence of Jews in the area between 605 BCE and 490 CE, ON 12/12/2019.</p>	
13	<p>Armed Forces Flag Day</p> <p>7th December 2019 was observed as Flag Day by the unit. On this day they collected funds from the staff and students of the college for the welfare of Indian Armed Forces personal. Whole staff and students of the college cooperated with the cadets in this occasion.</p>	
14	<p>Road safety</p> <p>To spread the message of healthy and safe driving unit organised girl cadet's two wheeler rally from college to Payangadi on 14/01/2020. As part of this a facebook helmet challenge was also conducted.</p>	
15	<p>Farewell function</p> <p>To felicitate the outgoing cadets unit organised a farewell function. Payangadi Police Station Sub Inspector Sri. K Shaju inaugurated the function. College Principal Dr. N Padmanabhan presided over the function. Momentos were presented to the outgoing cadets and best cadet award winners. After the official function third year cadets shared their experiences with second and first year cadets. It was followed by the cultural programmes presented by first year cadets.</p>	

16	Pulwama day College unit has observed pulwama day as a tribute to martyrs of pulwama attack on 14th February 2019. Cadets organised a silent rally with lighted candles around the campus. College Principal Dr. N. Padmanabhan has inaugurated the function by lighted the candle and made remembrance speech on pulwama martyrs.	
17	Independence Day and Republic Day Unit celebrated Independence Day and republic day as usual flag hosting, parades, cleaning campus premises, cultural programmes etc were conducted.	
18	Competetions In addition to this with regular NCC parades various competitions including quiz competition, essay writing competition, cultural programme competition etc were conducted to improve the various talents of the cadets.	

Camps and achievements

- Associate NCC Officer of the unit Lt. Deepa Mohan completed PRCN Course from Officers Training Academy, Gwalior and commissioned as officer in Indian Army.
- 57 cadets attended CATC camp held at St. Thomas HSS Thomapuram from 15/05/2019 to 24/05/2019.
- 12 cadets attended CATC camp held at SS College, Thaliparamba from 07/09/2019 to 15/09/2019.
- LCPL Ajay K attended CATC Camp held at NCC Complex Kozhikode from 06/01/2020 to 15/01/2020.
- UO Ajith C P K attended Advance Leadership Camp -2019 Held at Hijli High School, IIT, Kharagpur, West Bengal from 28/05/2019 to 08/06/2019.
- CPL Akhil Raj P M attended All India Rock Climbing Training Camp from 31/10/2019 to

11/11/2019 at Gwalior under NCC GP HQ Gwalior (MP).

- SUO Akshay K P attended All India Trekking expedition, Kerala Trek-II at Govt. Model Residential School, Kulathupuzha, Arippa (Kollam) conducted by NCC Directorate, Kerala & Lakshadweep from 22/12/2019 to 29/12/2019.
- LCPL Sanju K and LCPL Swetha K attended EBSB Camp held at M D College, Pazhanji, Thrissur from 21/12/2019 to 01/01/2020.
- CDT Adith P P and CDT Joyal Johns attended Army Attachment Camp at Madhukarai, Coimbatore from 13/02/2020 to 27/02/2020.
- CDT Nayana Narayanan participated in inter battalion competition for group dance and won second prize.
- LCPL Swetha K participated in inter battalion competition and won second prize in Ballet and first prize in drill.
- 32 cadets attended B certificate examination and 34 cadets attended C certificate examination.

