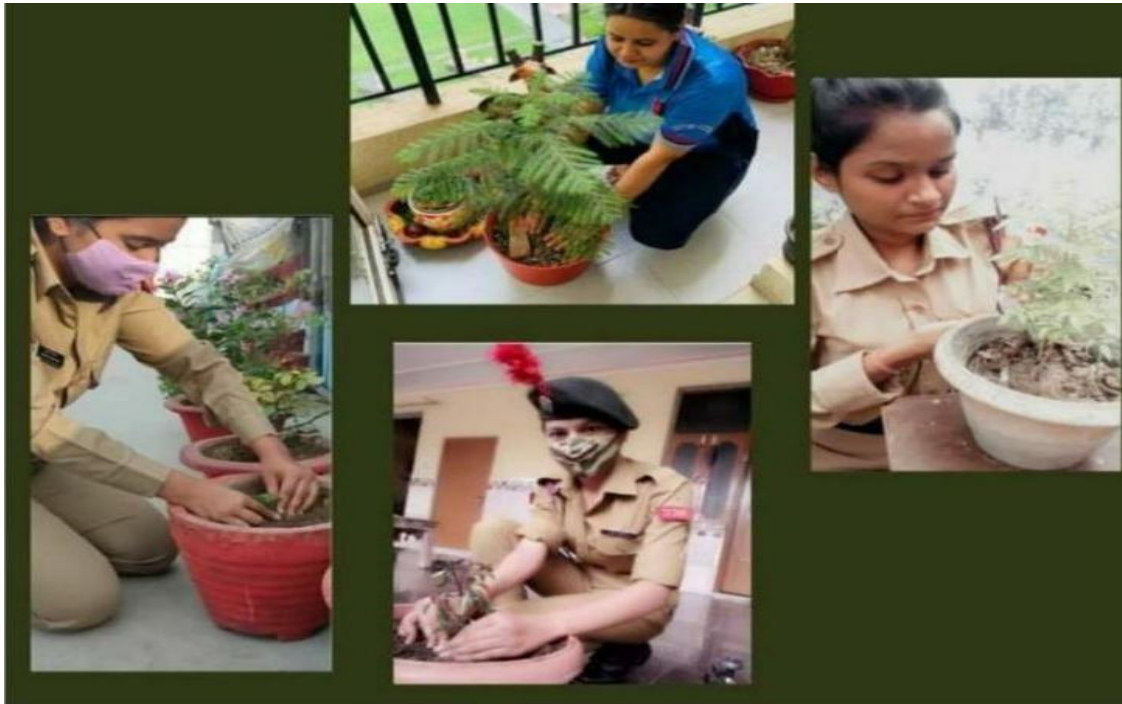


**Activities of the NCC**  
**Session 2020-21**

## 1. FOOD DONATION DRIVE:



## 2. WORLD ENVIRONMENT DAY:





### 3. TIKA UTSAV - A COVID VACCINATION AWARENESS DRIVE:



जास, तखनऊ : कोरोना को हराने के लिए शुरू किए गए टीका उत्सव को सफल बनाने के लिए हर कोई अपने-अपने स्तर पर प्रयासरत है। अवध गर्ल्स डिग्री कालेज की 19वीं यूपी गर्ल्स बटालियन की एनसीसी कैडेट ने अधिक से अधिक लोगों को टीकाकरण के लिए प्रेरित करने का अभियान चलाया।

एएनओ ले. (डा.) सरिता सिंह ने बताया कि कैडेट ने आनलाइन मंच पर 11 से 14 अप्रैल तक निरंतर लोगों को अपने पोस्टर और स्लोगन

द्वारा टीकाकरण के लिए प्रोत्साहित किया। कैडेट ने आनलाइन कार्यक्रम के माध्यम से अपने घर के आसपास रहने वाले 45 वर्ष से ऊपर के सभी लोगों को टीकाकरण करने के लिए जागरूक किया।

प्राचार्या डा. उपमा चतुर्वेदी ने सभी कैडेट का इस राष्ट्रहित कार्य के लिए उत्साहवर्धन किया। कैडेट ने टीकाकरण अभियान के साथ-साथ लोगों को मास्क पहनने, हाथ धोने और सार्वजनिक स्थानों पर उचित दूरी बनाने की भी अपील की।



#### 4. ROAD SAFETY DRIVE:





## 5. RANK CEREMONY:

### 16 NCC cadets from AGDC awarded ranks, take oath

TIMES NEWS NETWORK

**Lucknow:** Avadh Girl's Degree College (AGDC) organised a rank ceremony for NCC cadets of 19 UP Girls Battalion NCC on Wednesday. Chief guest Colonel Dinesh Kanojia assigned ranks to 16 cadets, namely senior under officer Nivedita Bajpai, junior under officer Anjali Limbu and Shivanshi Jais, sergeant Sana Parveen, Kumari Seema Khushi Sachdeva, Disha Kewlani, Anjali Yadav, corporal Bhumika Singh, L Kalpana



A student being awarded with a rank at the event on Wednesday

Dhaami Jhilmil Baranwal, Aastha Pandey, L Kavya Singh Sengar, L Anchal Chaubey, Richa Singh, and L Kumari Deepali as lance corporals.



## 6. CLEAN GANGA MISSION:





7. POSTER MAKING COMPETITION (WON BY CDT. RICHA SINGH:



8. SWACCHATA ABHIYAN:





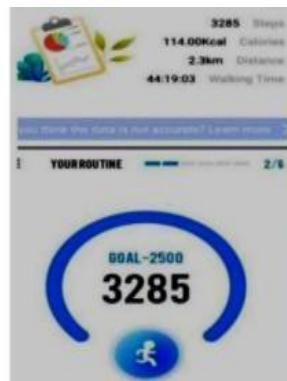
## 9. MISSION SHAKTI:



## 10. FIT INDIA CAMPAIGN:

### फिट इंडिया मूवमेंट का समापन, दिए प्रमाणपत्र

■ एनबीटी, लखनऊ: 15 अगस्त से मिनिस्ट्री ऑफ डिफेंस के निर्देश के तहत अवध गर्ल्स डिग्री कॉलेज में चल रहे 'फिट इंडिया मूवमेंट ऑनलाइन जागरूकता अभियान' का शनिवार को समापन हुआ। कॉलेज की एनसीसी कैडेट्स ने अपनी एएनओ ले. सरिता सिंह के साथ प्लॉग रन में हिस्सा लिया। उन्हें प्रमाणपत्र भी दिया गया। वहीं, 'महामारी के दौरान भारतीय जीवनशैली के महत्व' पर फेसबुक लाइव कार्यक्रम में महात्मा गांधी काशी विद्यापीठ के प्रो. कुंदन सिंह ने पुरानी भारतीय सभ्यता और जीवनशैली अपनाकर स्वस्थ रहने के नुस्खे बताए।



## 11. AATMANIRBHAR BHARAT CAMPAIGN:

### स्वदेशी वस्तुओं के प्रति किया जागरूक

■ एनबीटी, लखनऊ: 19 यूपी गर्ल्स बटालियन की ओर से अवध गर्ल्स डिग्री कॉलेज की एनसीसी कैडेट्स ने मंगलाचर को स्वदेशी वस्तुओं को अपनाकर देश को सशक्त बनाने के प्रति जागरूक किया। कार्यक्रम की अध्यक्षता करते हुए एनओ ले. सरिता सिंह ने बताया कि महानिदेशक एनसीसी (रक्षा मंत्रालय) के दिशा निर्देशों के मुताबिक आत्मनिर्भर भारत जागरूकता अभियान के तहत जागरूकता कार्यक्रम हुआ। इसमें कैडेट्स ने वर्चुअल यात्रा, पोस्टर, ऑनलाइन शपथ, ऑनलाइन प्रस्तुतीकरण और घर पर ही कई स्थानीय वस्तुएं बनाकर स्वदेशी वस्तुओं को अपनाने का संदेश दिया। इस दौरान कॉलेज की प्रचार्या डॉ. उषा चक्रवर्ती ने कैडेट्स को सलाह दी।














**LET'S CONTRIBUTE TOWARDS  
"SELF-RELIANT INDIA"**

A step towards #aatmanirbhar  
bharat

Join your hands  
for new India  
with  
Sergeant Shivani  
Singh  
19 UP GIRLS BN  
NCC LUCKNOW  
AVADH GIRLS  
DEGREE COLLEGE





A step towards  
#AATMANIRBHAR BHARAT






Join hands for a New India  
with  
Sergeant Nikita Gaur  
19 UP GIRLS BN NCC LUCKNOW  
AVADH GIRLS DEGREE COLLEGE

A step towards  
#AATMANIRBHAR  
BHARAT




Join hands for NEW INDIA  
with  
Sergeant Pooja Yadav  
19 UP GIRLS BN NCC LUCKNOW  
AVADH GIRLS DEGREE COLLEGE

A step towards  
#AATMANIRBHAR  
BHARAT



Join hands for a  
NEW INDIA  
with  
Sergeant Pooja Yadav  
19 UP GIRLS BN NCC LUCKNOW  
AVADH GIRLS DEGREE COLLEGE  
Jai Hind!





## 12. TREE PLANTATION:



13. N.C.C. DAY:

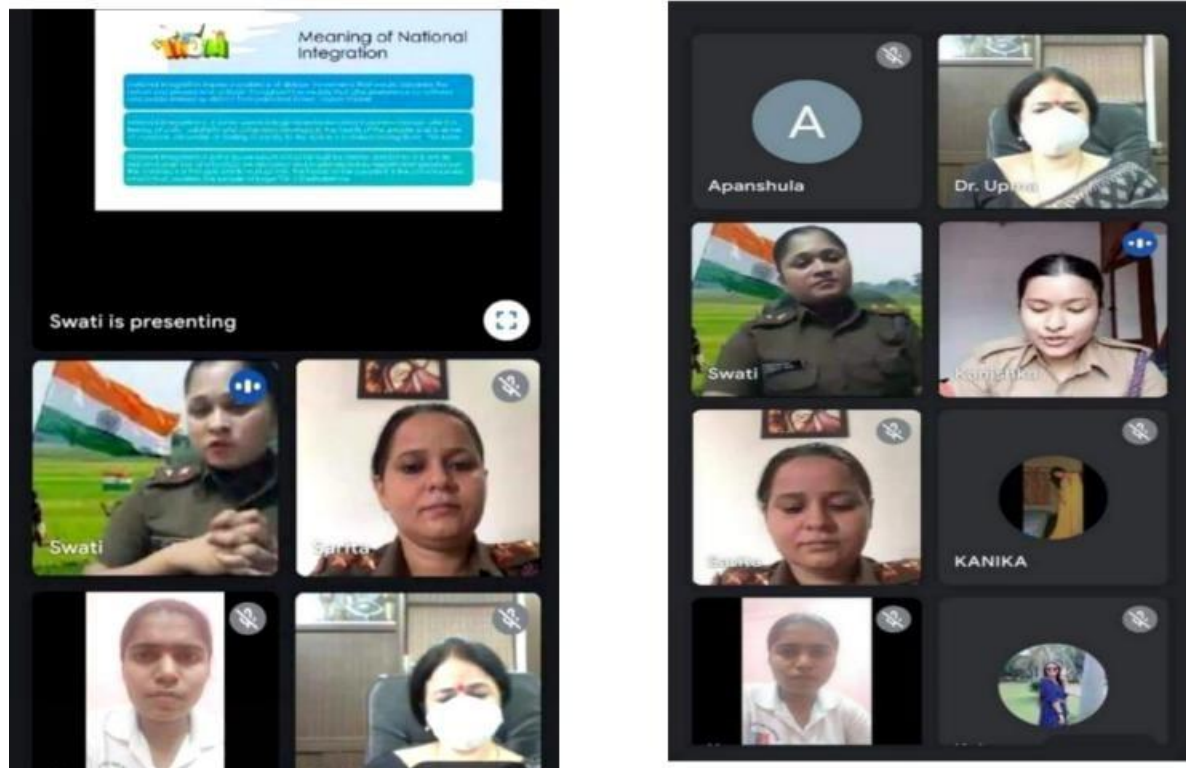


14. INVESTITURE CEREMONY OF REPUBLIC DAY CONTINGENT 2021:



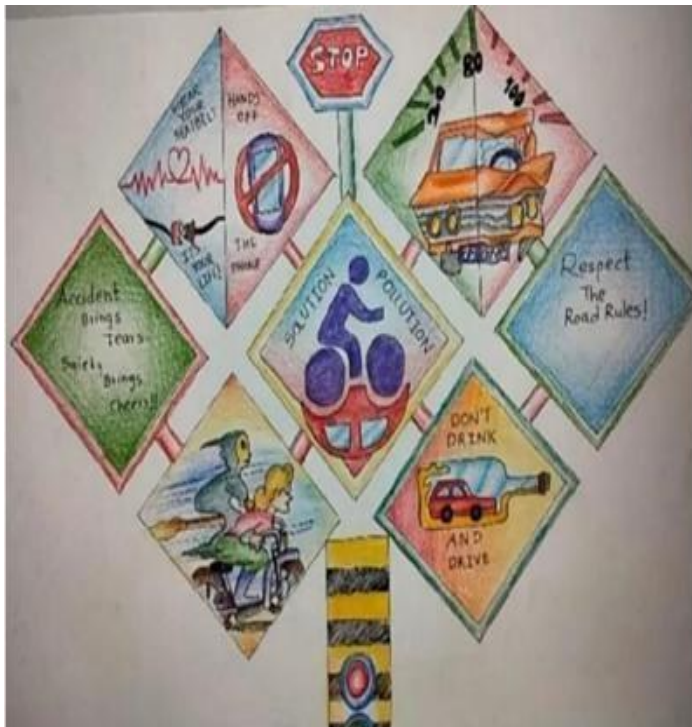


## 15. WEBINAR ON NATIONAL INTEGRATION TO CELEBRATE AZADI KA AMRIT MAHOTSAV:



## 16. FIT INDIA RUN 2.0 TO CELEBRATE AZADI KA AMRIT MAHOTSAV:



[illegible]

पर कॉलेज की मैनेजर प्रो. निशी पाण्डेय तथा कॉलेज की प्रचार्या डा. उपमा चतुर्वेदी ने छात्राओं को प्रोत्साहित किया।



## 19. CELEBRATION OF 75TH INDEPENDENCE DAY:



# ANNUAL REPORT 2020-2021

Associate N.C.C. Officer – Lt. Dr. Sarita Singh

## INTRODUCTION:

The N.C.C. in India was formed the National Cadet Corps Act of 1948. It can be traced back to the "University Corps", which was created under the Indian Defence Act 1917, with the objective to make up for the shortage in the Army. In 1948, the Girls Division was raised in order to give equal opportunities to school and college going girls. The N.C.C. 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 walk. N.C.C. has been an important part of our College co-curricular and Avadh Girls' have embraced it with pride.

## ACTIVITIES FOR THE SESSION 2020-2021:

The session 2020-2021 started with the enrolment of new batch 2020-2023. This year too, we saw students making a Beeline for enrolment in N.C.C. in the Army Wing. The training was conducted as per the direction of the unit. The enrolled strength of the senior wing cadets in this year in Avadh Girls' Degree College was 29.

**NATIONAL CADET CORPS, SENIOR GIRLS' WING**  
**AVADH GIRLS' DEGREE COLLEGE, LUCKNOW**

**NOTICE**  
**ENROLMENT IN N.C.C. (2020-2021)**

1. N.C.C. wing of the College is inviting Applications from students of the College for fresh admission to National Cadet Corps (N.C.C.) Army Wing for the academic year 2020-2021. Interested students may apply in the prescribed format which can be downloaded from the College website: [www.agdc.ac.in](http://www.agdc.ac.in)
2. The filled Application Form should be submitted to Mr. S.R. Dubey, B.A. Office latest by 06<sup>th</sup> November, 2020.
3. After screening of the forms, information regarding selection will be uploaded on the College website and Facebook page of the College.

**Note:** Students enrolled in N.S.S. shall not be allowed to opt for N.C.C.

**Last Date of Submission of Application is 06<sup>th</sup> November, 2020**

  
**Lt. (Dr.) Sarita Singh**  
Associate N.C.C. Officer  
Avadh Girls' Degree College.

  
**Dr. U. Chaturvedi**  
Principal  
Avadh Girls' Degree College.



### ENVIRONMENT DAY:

On 05<sup>th</sup> June, 2020 (World Environment Day), Cadets planted saplings at their homes or somewhere near their places by following the COVID protocols and have motivated people to plant more trees in order to keep our surroundings green.



### INTERNATIONAL YOGA DAY:

On 13<sup>th</sup> June, 2020 – as per the guidelines of ministry of health, cadets prepared 3 minutes video about Yoga and have uploaded it on their social media platforms with #MylifeMyyoga. On the occasion of International Yoga Day (21<sup>st</sup> June) cadets as well as their families attended online Yoga session in a campaign by AYUSH Ministry called 'Yoga at Home, Yoga with Family'.

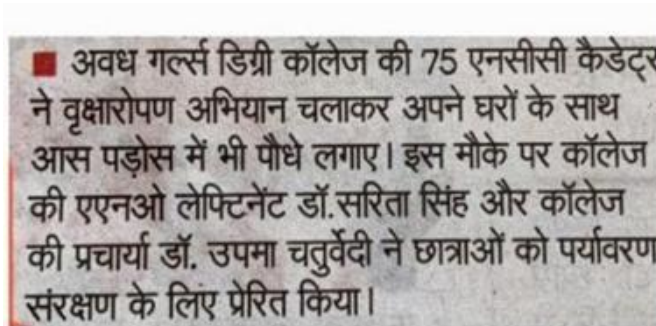


YOGA  DAY



## TREE PLANTATION:

On 10<sup>th</sup> July, 2020 cadets performed Tree Plantation Activity by planting saplings and making videos by following proper safety guidelines.



## KARGIL VIJAY DIWAS:

On Kargil Vijay Diwas, 26<sup>th</sup> July, 2020 N.C.C. Unit of the college in association with IQAC, organized a Facebook Live to honour war heroes for their sacrifice. Brig. Amul Asthana, Officiating Commanding Officer during the war, shared his experience and inspired students with that.



### Celebrating Kargil Vijay Diwas

Series

Session 10

**"Glimpses : Victory Run of First Eleven Gorkha Rifles at Batalik -1999"**  
Join us on : Sunday,  
26th July, 11:30 am - 12:30 pm

**Brig. Amul Asthana (Retd.)**

<https://www.facebook.com/avadhdegreecollege/live>

Organized by: IQAC  
Dr. Seema S. Katiyar (Co-ordinator)  
Dr. Neetu Agarwal  
Dr. Mansi Shukla

Avadh Girls' Degree College  
20-A, Vikramaditya Marg, Lucknow  
+91 9919091846  
agdc1975@yahoo.co.in  
www.agdc.ac.in

Hosted by  
**NCC: Dr. Sarita Singh**

### AGDC to mark Vijay Diwas

In association with IQAC, the NCC wing of Avadh Girls' Degree College will organise a Facebook live on Sunday to mark 'Kargil Vijay Diwas' and honour war heroes for their sacrifice. Brig Amul Asthana, officiating commanding officer during the war, will share his experience and inspiring anecdotes from the Kargil war. NCC cadets will participate in activities and a webinar will be organised. Cadet Disha Kowlani will pay homage to the valiant soldiers through a poem. A plantation drive will also be organised.

### 'We were short of food, water but high on josh'

Avadh Girls' Degree College, Lucknow, will mark Kargil Vijay Diwas on Sunday (26th July) with a Facebook Live session. Brig. Amul Asthana, officiating commanding officer during the war, will share his experience and inspiring anecdotes from the Kargil war. NCC cadets will participate in activities and a webinar will be organised. Cadet Disha Kowlani will pay homage to the valiant soldiers through a poem. A plantation drive will also be organised.



## AATMANIRBHAR BHARAT CAMPAIGN:

Aatmanirbhar Bharat Campaign from 01<sup>st</sup> August, 2020 to 15<sup>th</sup> August, 2020. During the campaign, cadets took pledge to support local vendors and made videos too for that and posted it on their social media under the VocalForLocal. They also made masks, flower pots, paintings, cakes, rachies etc at their homes from waste items. We were praised and encouraged by Navbharat Times Newspaper by publishing an article for our active participation. 74<sup>th</sup> Independence Day was celebrated online to pay tribute and to remember the sacrifice and struggle of our brave heroes in the fight of freedom. On the auspicious occasion, cadet Khushi Sachdeva recited a poem "Where the mind is without fear" by Rabindranath Tagore.



## FIT INDIA MOVEMENT:

An Online Awareness Campaign was launched by Ministry of Youth Affairs called Fit India Movement. Cadets actively took part in that from 15<sup>th</sup> August, 2020 to 02<sup>nd</sup> October, 2020 where they took oath for fitness, made videos in order to aware people to remain fit. Cadets also received the Online Certificates on the completion of allotted tasks by the Ministry.



## PLOG RUN AND LECTURE UNDER FIT INDIA CAMPAIGN:

On 30<sup>th</sup> August, 2020 N.C.C. unit of the College organized an Online Lecture under the Fit India Campaign which was given by Dr. Kundan Singh, Associate Professor, Department of Physical Education and Yoga in Mahatma Gandhi Kashi Vidyapeeth, Varanasi on the topic: "Significance of Indian Lifestyle During Pandemic: A Moment Towards New Fit India". The Fit India Campaign concluded on the birth anniversary of Mahatma Gandhi on 02<sup>nd</sup> October, 2020 by a "Plog Run" in which cadets took part enthusiastically and have uploaded their pictures on social media.



## SELF DEFENCE WORKSHOP:

As per the directives of the Government of Uttar Pradesh, N.C.C. Unit of the College organized a Seven Day Self Defence Workshop from 15<sup>th</sup> October, 2020 to 21<sup>st</sup> October, 2020. The students were trained (online) by Mr.Gaurav Human (Kalki Art of Self Defence). He told the basic self defence techniques that anyone can use with the help of things like safety pin, clips, scooty key, pen/pencil etc.






## DIGITAL FORUM ARTICLES:

Cadets were asked to write and upload articles about their N.C.C. and camps experience on the Digital Forum of N.C.C. Almost 50 cadets from our College took part in the activity on 18<sup>th</sup> October, 2020.

**ARTICLE**  
**CLEAN INDIA GREEN INDIA**  
By- Bhumika Singh

"Clean India is a choice, make it one voice"  
CLEAN INDIA GREEN INDIA-AN INITIATIVE UNDER THE SWACHH BHARAT MISSION LAUNCHED BY HON'BLE PRIME MINISTER OF INDIA SHRI NARENDRA MODI ON 02-10-2014. "In a gentle way, you can shake the world" India is one of the most populated countries in this world. Because we live in a densely populated country, we must keep our society green and clean. Citizens of India should become more mindful of their actions.





This way, our country will be healthy. Litter and waste can cause a serious threat to the environment we live in. It invites diseases and disrupts our lives. Improper waste disposal activities, combined with pollution, make us sick.

Moreover, it is the prime reason to destroy the aesthetic charm of a place. Thus, Clean India is what we need at the moment. Recently, there have been a lot of missions that have been undertaken by our government. The Clean India mission is one of them. It is certainly one of the most powerful campaigns India has ever witnessed. One of the most important aims of it includes building toilets for every household. It also provides sanitation facilities to all the government schools, colleges, and public areas. It helps the municipalities of several areas to provide the people

**ARTICLE**  
**SOCIAL SERVICE - ORGAN DONATION**

**"Give yourself and those in need an elixir of life by pledging your organs."**

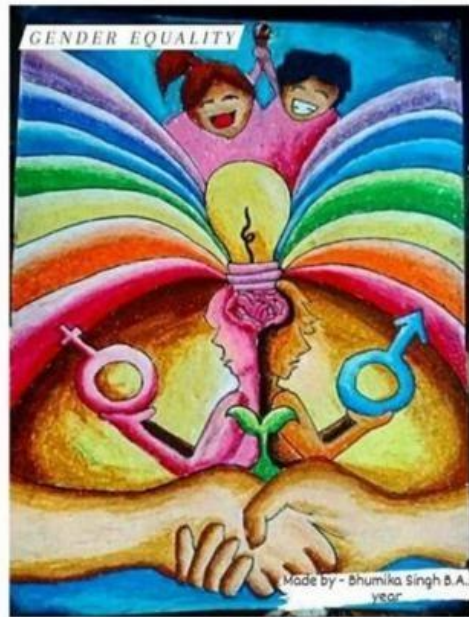
Alone we can do so little; together we can do so much. In the advanced industrial societies the personal social services have always constituted a "mixed economy of welfare," involving the statutory, voluntary, and private sectors of welfare provision. Organ and tissue donation is more important than many of us realize—for society and for the individuals it directly affects. Today, there are nearly 118,000 individuals waiting for an organ transplant to live healthier, more productive lives (Unpublished data, Organ Procurement and Transplantation Network [OPTN], April 2013). For some people with end-stage organ failure, it is truly a matter of life and death. Add to these the thousands more whose lives will be improved through tissue and cornea donation and transplants that can help them move better, see better, and live better.



**"Organ donation is not a tragedy but it can be a beautiful light in the midst of one".** It also affects the families, friends, colleagues, and acquaintances who love and support those in need of transplantation, and who benefit from their renewed life and improved health after transplant. The main reasons for organ shortage in India are mainly ignorance and lack of knowledge. People are not well informed enough about the benefits of organ donation. Today social media and so many other forums can remove the negativity of organ donation and hence it will encourage

### MISSION SHAKTI:

Under the Seven Days Defence Workshop, the concluding lecture was given by Ms.Sutapa Sanyal, Former Director General of Police, UP. Also a speaker, advisor and trainer on Gender Diversity and Child Rights. She took a very informative session on 'Women Empowerment' that can bring a change in every person. Under the Mission Shakti Movement launched by Govt. of U.P. the N.C.C. and N.S.S. units of the College conducted an online awareness campaign on 24<sup>th</sup> and 25<sup>th</sup> October 2020. They spread awareness through different social media platforms by making pictures, videos, reciting poems, writing articles, etc.



### N.C.C. DAY 2020:

N.C.C. cadets of 19 UP (G) BN celebrated the N.C.C. Day by putting up a cultural show on National Integration as part of N.C.C. Day celebrations. Almost 15 cadets were from Avadh Girls' Degree College along including some of ex-cadets. All the city newspapers highlighted the efforts made by the cadets to make the event a huge success which was held at Baba Saheb Bhimrao Ambedkar University, Lucknow.





## IGC-RDC & BEST CADET:

CDT. Nivedita Bajpai was selected to represent IGC-RDC, Lucknow contingent 2020. She was also selected as the SW Best Cadet from Lucknow Group. The Inter Group Competition was held at Gautam Buddha University, Greater Noida.



## CONSTITUTION DAY:

On the occasion of Constitution Day, which is also known as National Law Day to commemorate the adoption of the Constitution of India, our cadets made videos which reflected the importance of our constitution.

## CLEANLINESS DRIVE:

From 05<sup>th</sup> to 15<sup>th</sup> December, 2020 our cadets took part in a Cleanliness Drive under Swachh Bharat Campaign conducted by 19 UP (G) BN N.C.C. Almost 60 cadets from our college participated in the various sanitation related activities. They spread awareness through posters, slogans and videos. On 09<sup>th</sup> December 2020, we did a Handwash Awareness Campaign where with the help of videos we told people about the right way of washing hands in the times of spreading COVID-19. We posted these videos on our social media platforms to reach out to maximum number of peoples. These efforts of ours were appreciated by Navbharat Times, Lucknow by publishing an article in newspaper on 10<sup>th</sup> December 2020.



### POSTER MAKING COMPETITION:

Cadet Richa (B.Com. Sem.III) participated and secured first position in Poster Making Competition which was held on 14<sup>th</sup> December, 2020 conducted by 19 UP (G) BN and the theme was 'Swachh Bharat'. She was awarded a certificate of appreciation and a Trophy by Group Commander Brigadier. Vikram Raina.



### ATULYA GANGA MISSION:

The N.C.C. Wing of the College conducted "Atulya Ganga Mission-Aapke Saath Ganga Saaf" Awareness Campaign under 19 UP (G) BN from 15<sup>th</sup> to 18<sup>th</sup> December, 2020 in which various competitions like slogan writing, poster making were organized. Cadets also performed Nukkad Natak to spread awareness among people. Around 65 cadets participated in the campaign.





## RANK CEREMONY:

On 13<sup>th</sup> January, 2021 the Rank Ceremony was held under the supervision of Lt. Dr. Sarita Singh, ANO and under the guidance of Dr. Upma Chaturvedi, Principal, AGDC. Commanding Officer of 19 UP (G) BN Col. Dinesh Kanojia graced the occasion as the Chief Guest. Maj. Geeta Srivastava, Admn Officer, 19 UP (G) BN alongwith the Senior GCI Poornima Bajpai, GCI Vineeta Srivastava and GCI Jyotsana Joshi were also present. Cadet Nivedita Bajpai was awarded the rank of Senior Under Officer. Cadet Anjali Limbu and Shivanshi Jais as Under Officers. Cadet Sana Parveen, Km. Seema Khushi Sachdeva, Anjali Yadav and Disha Kewlani as Sergeants. Six Corporal and six Lance Corporal ranks were also awarded. The chief guest praised the efforts of the college and mentioned that the cadets of AGDC are the Best.



## 26<sup>TH</sup> JANUARY, REPUBLIC DAY:

26<sup>th</sup> January 2021 Republic Day was celebrated with great patriotism at College. N.C.C cadets sang N.C.C. Song after the unfurling of the National Flag. This Republic Day was more special occasion for us because two cadets from AGDC, SGT.Sana Parveen and CPL. Archana Yadav were selected and was the part of local republic day parade that marches from Charbagh to K.D. Singh Babu Stadium crossing the Vidhan Sabha where they give salute to Honble' Governor and Chief Minister of UP along with the other dignitaries.



## ROAD SAFETY AWARENESS CAMPAIGN:

A Road Safety Awareness Rally was organized on 26<sup>th</sup> January 2021. College Principal Dr. Upma Chaturvedi inaugurated the rally and it commenced from Vikramaditya Marg Intersection under the guidance of our ANO Lt. Dr. Sarita Singh. Around 50 cadets participated in the activity. They explained the need of road safety to the citizens with the help of posters, picture, etc. They even had conversations with the people regarding the same. The Road Safety Awareness Campaign continued on 31<sup>st</sup> January, 2021 as well. The rally flagged off from Avadh Girls' Degree College and culminated at Loreto Convent Intersection. The cadets very efficiently and enthusiastically briefed the passers-by, the importance of following traffic rules, wearing helmets / seat belts, etc.





## INVESTITURE CEREMONY OF REPUBLIC DAY CONTINGENT:

15 cadets from college have participated in the Investiture Ceremony of Republic Day Contingent 2021 at the Governor House on 3<sup>rd</sup> February, 2021. Smt. Anandiben Patel was the Chief Guest of the Event. They were also awarded the appreciation certificates and sweets box from ADG. Maj. Gen. Rakesh Rana for their efforts on 11<sup>th</sup> February, 2021.



## APPRECIATION TO ANO. LT. DR. SARITA SINGH

Lt. Dr. Sarita Singh, Faculty Member of the college, Professor, Physical Education and Associate N.C.C. officer received an appreciation letter from Col. Dinesh Kanojia, Commanding Officer, 19 UP(G) BN N.C.C for her outstanding performance during the Pre-Commission (PRCN) Course At Officers Training Academy, Gwalior.



### C.A.T.C. CAMP FOR 'B' AND 'C' CERTIFICATE:

From 8<sup>th</sup> to 10<sup>th</sup> February 2021, the Combined Annual Training Camp (CATC) was held at Sanskrit Pathshala Girls' Inter College for 'B' certificate. Our 46 cadets attended the camp. 'B' Certificate exam was held on 07<sup>th</sup> March, 2021 at Bappa Shri Jai Narain Vocational P.G. College (KKV). From 11<sup>th</sup> to 15<sup>th</sup> February, 2021, the Combined Annual Training Camp (CATC) camp was held at Sanskrit Pathshala Girls' Inter College for 'C' certificates. Our 26 cadets attended the camp and had a great experience. 'C' certificate exam was conducted on 21<sup>st</sup> February, 2021 at Shri Jai Narain Mishra PG College, Lucknow.



### GALLANTRY AWARD LOGO COMPETITION:

On 21<sup>st</sup> February, 2021 Gallantry Award Logo Competition was held on an Online Platform. Cadets took part by designing the logo for the same.





## TIKA UTSAV AWARENESS:

Tika Utsav Awareness Activity was conducted to spread awareness among people to get vaccinated. Activity was conducted smoothly under the guidance of our ANO. Our efforts were appreciated by Dainik Jagran Newspaper by publishing an article on the same.



## TREE PLANTATION ON WORLD ENVIRONMENT DAY:

Tree Plantation Drive was conducted on 05<sup>th</sup> June 2021. The cadets planted saplings and participated in Online Awareness Campaign to save environment with their creative and beautiful posters. Lt. Dr. Sarita Singh also became a part of the Drive by planting a sapling.



## FOOD DONATION DRIVE:

The N.C.C. cadets of College in collaboration with a NGO participated in a Food Donation Drive on 08<sup>th</sup> June, 2021, to distribute 200 packages of prepared food to help needy in the time of COVID-19. Almost 20 cadets were the part of such noble cause.

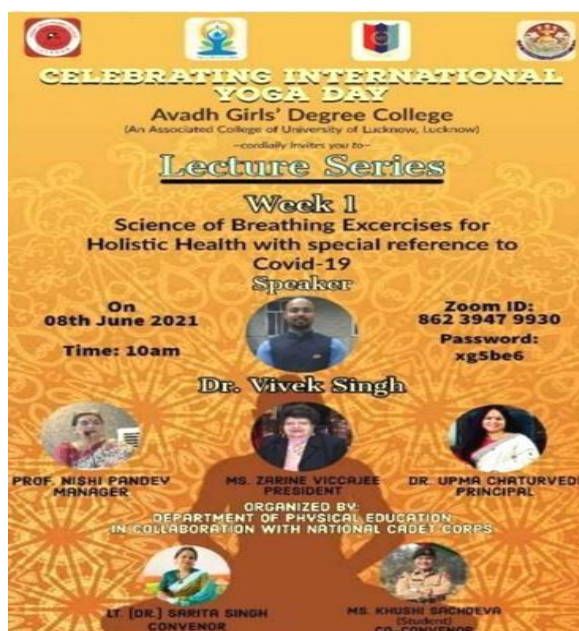


## INTERNATIONAL YOGA DAY:

On 21<sup>st</sup> June, International Yoga Day was celebrated by N.C.C. in collaboration with N.S.S. organized a Online Yoga Workshop on “Yoga for Mental Health and Better Oxygen Level” taken by Ms. Amrita Gupta, Founder, Yogaami.

## YOGA DAY LECTURE SERIES WEEK-1:

Lecture Series Week 1, Department of Physical Education in collaboration with N.C.C. Unit organized an Online Interactive Session on the topic: “Science of Breathing Exercises for Holistic Health With Special Reference to COVID-19”. The Guest Speaker for the lecture was Dr.Vivek Singh, Department of Physical Education, Shri Murli Manohar Town PG College, Ballia, UP.





## YOGA DAY LECTURE SERIES WEEK 2:

Lecture Series Week 2, Department of Physical Education in collaboration with N.C.C. Unit organized an Online Interactive Session on the topic: "Yoga: A Scientific Way of Quality Life". The Guest Speaker for the lecture was Prof. Archana Chahal, Head, Department of Physical Education, University of Allahabad, Prayagraj, UP. She redefined yoga in modern quality Life and she answered the questions of the students.

## LECTURE SERIES – WEEK 3:

Lecture Series Week 3, Department of Physical Education in collaboration with N.C.C. Unit organized an Online Interactive Session on the topic: "Impact of Yoga and Exercises On Hypokinetic Diseases". The Guest Speaker for the Lecture was Dr. Rakesh Tomar. He, with an engaging graphical presentation emphasized on making Yoga 'a habitual physical activity'. He also answered the questions of the students.

## YOGA DAY LECTURE SERIES WEEK-4:

Lecture Series Week-4, Department of Physical Education in collaboration with N.C.C. unit organized an Online Interactive Session on the topic: "Yoga for Physical, Mental and Emotional Balance with Special Reference to Women". The Guest Speaker for the lecture was Mr. Mohit Singh Rathore. He gave some really useful tips to our girls to keep their physical, mental and emotional self healthy.



## SADAK SURAKSHA SAPTAH:

As per the directives of Government of UP, we celebrated Sadak Suraksha Saptah from 22<sup>nd</sup> July, 2021 to 28<sup>th</sup> July, 2021. Different competitions were held during the week like slogan writing, poem recitation, poster making, digital collage making, quiz competition etc. and cadets took part in the same with great enthusiasm. The concluding session was moderated by Lt. Dr. Sarita Singh by making cadets take an oath and the results were declared of all the competitions during the week.





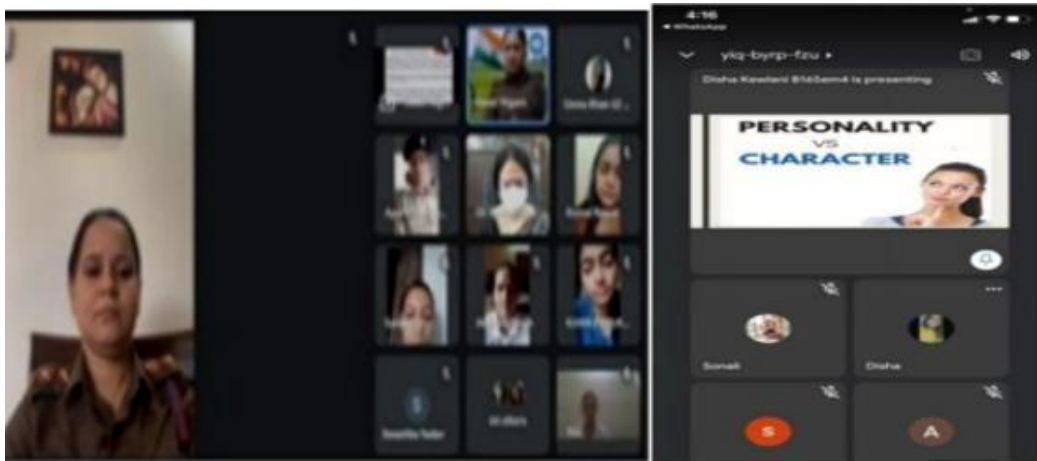
## ACHIEVEMENT OF SUO NIVEDITA BAJPAI:

A proud moment for the college came when SUO Nivedita Bajpai won the Cadet Welfare Scholarship Competition and was declared as the Best cadet Lucknow Group. She was awarded a cheque of ₹3500/- (three thousand) from the Commanding Officer of 19 UP (G) BN N.C.C. Lucknow. She was the only cadet from the unit and first cadet from the college to win this scholarship this year.



## ONLINE CLASSES DURING THE COVID-19 PANDEMIC:

During the entire pandemic, Online classes were conducted by cadets, for everyone on various topics of N.C.C. like N.C.C. Organisation, weapon training, Map Reading, about N.C.C. etc. They were conducted both in 2020 and 2021.



## FIT INDIA RUN 2.0 – CELEBRATING AZADI KA AMRIT MAHOTSAV:

The 19<sup>th</sup> Battalion N.C.C. Wing of Avadh Girls' Degree College is celebrating the Amrit Mahotsav of Azadi to commemorate the 75<sup>th</sup> Year of India's Independence.

Under this, cadets participated in Fit India Freedom Run 2.0 on 13<sup>th</sup> August, 2021, in which cadets cover a distance of 8km from Sikandra Bagh Intersection. The run was led by Col. Dinesh Kanojia, Commanding Officer 19 UP (G) BN N.C.C. Lucknow. The cadets enthusiastically participated and spread the message of fitness.



## WEBINAR ON NATIONAL INTEGRATION TO CELEBRATE AZADI KA AMRIT MAHOTSAV:

The N.C.C. Wing of Avadh Girls' Degree College is celebrating 'Azaadi Ka Amrit Mahotsav to Commemorate the 75<sup>th</sup> Year of India's Independence', under which the N.C.C. Officer Lieutenant Dr. Sarita Singh organized a webinar on the topic "Role of National Integration in Nation Building". As the Keynote Speaker in the Webinar, Lt. Swati Nigam, Associate N.C.C. Officer, Maniben MP Shah Mahila Arts College, Kadi Gujrat addressed the cadets. 97 cadets took part in it enthusiastically.





## CONCLUSION:

Overall, it was a fruitful year. The cadets of Avadh Girls' Degree College truly exemplify the fact that nothing can subtract hardwork from success and with true hardwork no one can stop you from winning and being the best. With the constant support of our Principal Dr. Upma Chaturvedi, Commanding Officer, 19 UP (G) BN N.C.C. Col. Dinesh Kanojia, Admn. Officer Maj. Geeta Srivastava, ANO Lt. Dr. Sarita Singh, Senior GCI Poornima Bajpai, GCI Vineeta Srivastava, GCI Jyotsana Joshi and all the other PT (Personal Training) Staff. Also, last but not the least, a big thank you to all the cadets who worked throughout the year in making all the events possible and success. I wish the upcoming batches all the success. Keep flourishing from time to time and bring more laurels to the college.



**NIVEDITA BAJPAI**  
(Senior Under Officer)