

- A state-level quiz program on "Menstrual Hygiene Management" was organized to promote women's health and sanitation on 04 June 2020.



- Tree plantation cum awareness program:

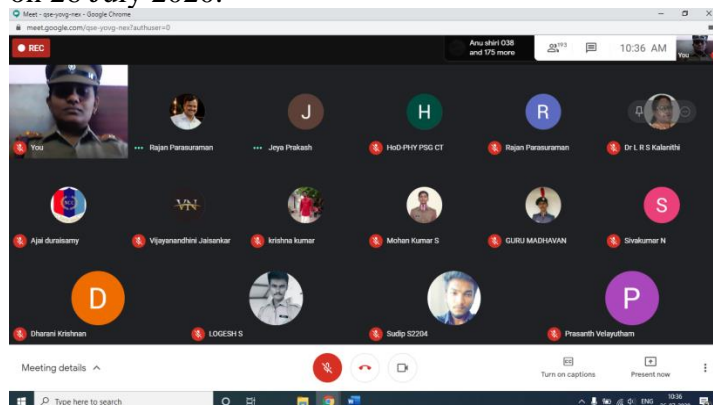
As a celebration of the Van Mahotsav/Tree Planting Festival, cadets have planted saplings at home following the government instructions on this pandemic. "It always seems impossible until it's done," our cadets have done and proved that it is possible as it is the need of the hour. Besides, cadets have motivated their relatives and their surroundings; correspondingly, they have spread awareness through various social media and found positive results.

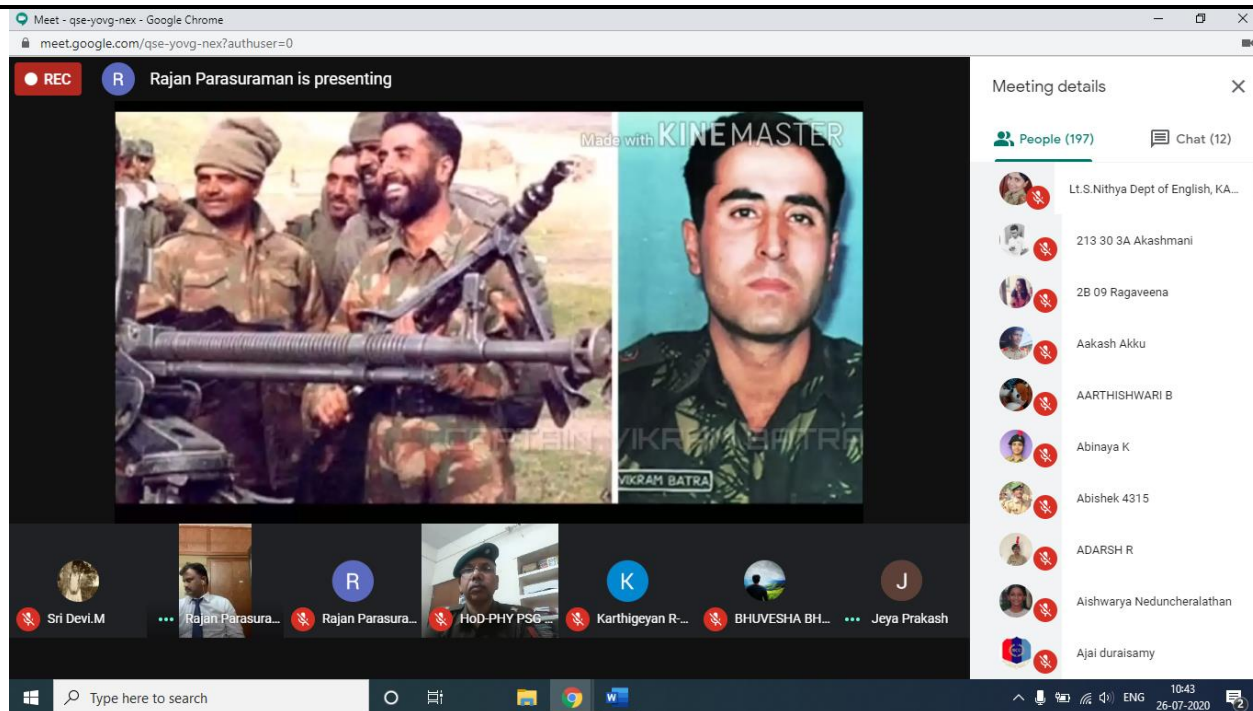
https://www.youtube.com/playlist?list=PLGMdMQo1aN2Fyh_-rVPBWX9URMT96YPxg

<https://www.youtube.com/playlist?list=PLGMdMQo1aN2Gjhlgdla-qVPs1HQPIIm5MP>

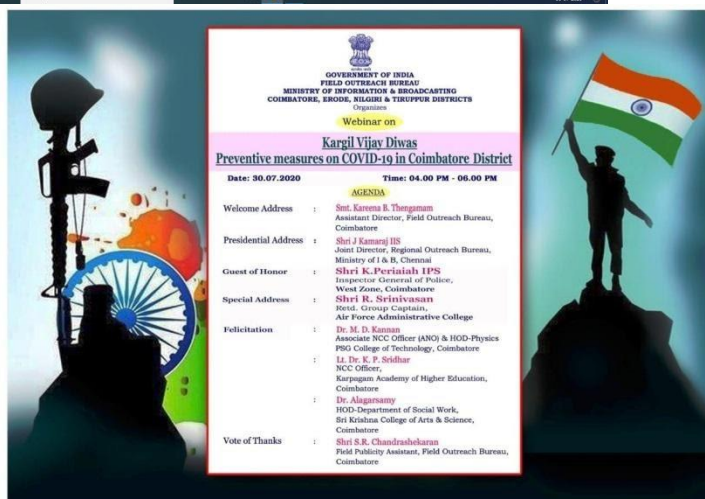


- The online lecture was organized for the second year cadets on **Social Evils and Beti Bachao Beti Padhao** on 22 July 2020 from 3.00 p.m. to 5.00 p.m.
- The online lecture was organized for the final year cadets on **Digital Awareness** 24 July 2020 from 2.00 p.m. to 4.00 p.m.
- Six cadets have participated in the "My Life My Yoga" video blogging contest initiative by India's Government.
<https://www.youtube.com/playlist?list=PLGMdMQo1aN2GPafmflzC5wAHjYIOhwj2F>
- Lt.S.Nithya represented NCC Group Coimbatore as an ANO in charge of the Coimbatore team in "A state-level NCC intergroup competition to commemorate the 21st Anniversary of Kargil Vijay Diwas on 26 July 2020.





- Lt. Dr.K.P.Sridhar spoken about the preventive measures & felicitated the webinar on "Kargil Vijay Diwas Preventive measures on COVID-19 in Coimbatore District" organized by GoI Field Outreach Bureau, Ministry of Information & Broadcasting Coimbatore, Erode, Nilgiri & Tirupur Districts. Around 35 of our cadets participated and received a certificate on 30 July 2020.



- The online lecture was organized for the second year cadets on **Stress & Emotion** on 30 July 2020 from 3.00 p.m. to 5.00 p.m.
- The online lecture was organized for the final year cadets on **Waste Management and Women Health & Sanitation** on 31 July 2020 from 2.00 p.m. to 4.00 p.m.
- "Be Vocal about the Local" Pledge has been taken by the two NCC Officers Lt. Dr.K.P.Sridhar, Lt.S.Nithya, and 60 cadets.
- FIT India Vlogs were prepared by Cadet Aarthi. R, Gayathri Krishna.S, Jayabhargavi. K, Jayajothika and Lakshmi Priya.M for NCC digital forum during last week of August.
<https://drive.google.com/file/d/1mdmGRaysSxh8G8CK5iAZmi-70unz0KwH/view?usp=sharing>
- Aatma Nirbhar Bharat awareness campaign was organized through various social media between 1st to 15th August 2020



- Independence Day Events was Organized for various school and college students.

KARPAGAM ACADEMY OF HIGHER EDUCATION
Salem - Kochi Highway, Eachanari, Tamil Nadu 641021

NATIONAL CADET CORPS
2(TN) CTC NCC & 5 (TN) Girls BN NCC

Proudly Presents
74th INDEPENDENCE DAY Events

Photo Quiz on "Unsung Heroes of Indian Army"
Presentation on Historical Place in India
Vegetable Carving in tri-colour
Speech on "Aatma Nirbhar"
Innovative Map Drawing
Waste Management
Dance

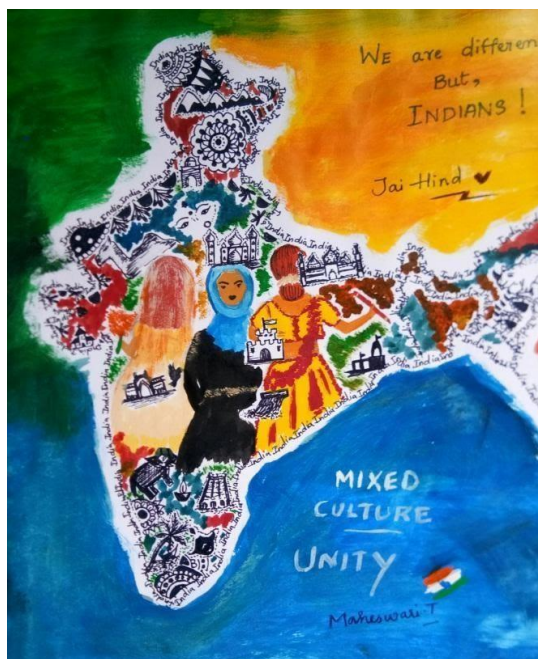
Registration Link: <https://forms.gle/vv5u8lwGG18BTL8>
Once you registered we will send you the instructions to your registered e-mail id along with the participation form and you can prepare your videos accordingly and send us on or before 15th August 2020.

Submit your Creation
13th - 15th August 2020

For More Detail: ahhnpnccncc2020@gmail.com

Each event winner will be awarded with a Photo Carving Momentum.
Certificate will be provided to all the participants

Student Co-ordinators: K.Annapoorni & C.Merlin
Convener: Lt.Dr.K.P.Sridhar
Organizing Secretary: Lt.S.Nithya



- Organized a Fit India contest to Challenge mental and physical fitness.

KARPAGAM ACADEMY OF HIGHER EDUCATION
(Deemed to be University, Established Under Section 3 of UGC Act, 1956)
Salem - Kochi Highway, Echamnari, Tamil Nadu

NATIONAL CADET CORPS
5 TN GIRLS BN NCC & 2 TN CTC NCC

Welcomes you to stay fit by participating in KAHE NCC 2020
FIT INDIA CONTEST-
CHALLENGE WITH YOUR MENTAL & PHYSICAL FITNESS

SUGGESTED FITNESS ACTIVITIES (But not Limited)

(i) Yoga, Dance, Stretch, Skipping, Exercise, Aerobics, Kite Flying, Stair Case Climbing, Cleaning and other home bound activities which promote fitness

(ii) Jogging, Solo Run, Walk, Plogging, Cycling, Swimming, Dancing, Acrobats, Traditional games, limited group physical activities by following COVID-19 safety norms.

INSTRUCTIONS & SAFETY MEASURES

- Participants can send either photo or video according to their feasibility. Incase of Video upload single file within 10mb, Incase of Photos share 5-10 which should not exceed 10mb in total.
- All the participants should abide with government Lock down rules & regulations.
- All the participants should be very careful and follow the safety guidelines of each activity.
- All the participants are responsible for their safe conduct for all the physical activities.
- Proper dress code should be maintained by all the participants.

Event link: <https://forms.gle/WnYV4QHSrDfjRcCy5>
For More Detail: kahencevents2020@gmail.com
Entries are welcome from 27/08/2020 to 05/09/2020.
E-Certificate will be sent on 10/09/2020.

Convener
Lt. Dr. K.P. Sridhar

Organizing Secretary
Lt. S. Nithya

- Organized a National Level online training program to build fitness entitled "Use your Wit to be Fit in the era of Corona on 01 September 2020, 4.30 p.m to 6.00 p.m

National Cadet Corps
5 TN Girls BN NCC
&
2 TN CTC NCC

KARPAGAM
ACADEMY OF HIGHER EDUCATION
(Deemed to be University)
(Established Under Section 3 of UGC Act, 1956)

Resource Person

Date: 01 September 2020
Title of the Session
Use your wit to be Fit
in the Era of Corona
Time: 4.30 pm to 6.00 pm
Meeting link
<https://meet.google.com/iaz-uagp-yvq>

National Level
Online Training Program
to Build your Fitness

FIT INDIA

Lt. Dr. Gayatri Pandey
Lakshmi National Institute
of Physical Education
Deemed University in Gwalior,
Madhya Pradesh

Lt. S. Nithya
Organizing Secretary

Lt. Dr. K. P. Sridhar
Convener

Personal hotspot Used: 109 MB

REC

INTRODUCTION

- Activities can be considered *Vigorous, Moderate, or Light in Intensity*.
- This depends on the extent to which they make the people *breathe harder and your heart beat faster*.
- The sedentary activities *do not increase your heart rate*, activities include walking at a casual pace, such as while grocery shopping, and doing light household chores.

(66)

Lt.S.Nithya, KAHE, CBE, TN (You)

Gayatri Pandey

Sadhana Bijrothiya

Gayatri Pandey

Also in the meeting (62)




- Conducted Webinar on **National Education Policy** with the guest speaker Mr. M Pranav Vishnu Arjun, Asst Prof, Govt Law College, Salem on 11 November 2020.



- Cadet M.Jaya Bhargavi (TN19SWA838881) attended the Pre IGC from 07 November to 13 November 2020 and further performed in the **Inter-Group Competition camp for RDC 2020** (Intra State Level) at NCC Training Area, Idayapatti, Madurai, from 16 November to 25 November 2020.




- Organized AIDS Awareness Programme for **World AIDS Day** with the Guest Speaker Dr.Mohana Sundari, General Physician, TNMC Reg No.152053 on 01 December 2020.

National Cadet Corps, Karpagam Academy of Higher Education &
Karupa Institute of Development Initiatives,
Jointly Celebrate

**WORLD
AIDS AWARENESS DAY
ON
01/12/2020**

CHIEF GUEST



DR. MOHANA SUNDARA
YHSNG Reg No. 152052

Join us at 1200hrs via google meet
meet.google.com/pdj-oatj-gv

**Be aware : Take care
End the Dread... Stop the Spread**

Organizers
Lt.S.Nithya & Lt.Dr.K.P.Sridhar
NCC Officers, KAHE, CBE
for more details - nithyakhe@gmail.com / **9362132557**

- **World Human Rights Day** was celebrated by conducting a Webinar by inviting Advocate. S. Balamurugan, Coimbatore Bar Council on 10 December 2020.





National Cadet Corps, Karpagam Academy of Higher Education &
Karupa Institute of Development Initiatives,
Jointly Celebrate

**WORLD
HUMAN RIGHTS DAY
ON
10/12/2020**

CHIEF GUEST



Advocate S. Balamurugan
Coimbatore Bar Council,
National Secretary of PUGL

Join us at 1200hrs via google meet
meet.google.com/eoe-oerx-fnu

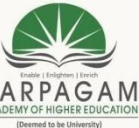


We are all born free and equal in dignity and rights

Organizers
Lt.S.Nithya & Lt.Dr.K.P.Sridhar
NCC Officers, KAHE, CBE
for more details - ncc@kahedu.edu.in / **9362132557**


- Lt.S.Nithya, NCC Officer, 5(TN) Girls BN NCC and Six of our girl cadets [Sgt. Jaya Bhargavi, L/Cpl.Keerthana. R, L/Cpl.Gayathri Krishna, (commerce), Cpl. Suruthibala (CS)] have participated in the **plogging activity** held at the Racecourse on 11/12/2020



- National Webinar on "**Plastic Waste Management - a way ahead**" as part of Swachhata Pakhwada, organized on 13/12/2020. Resource Person Dr.S.Baskar, Assistant Professor, Department of ECE, KAHE and uploaded in DG NCC's Digital forum under the Swachh Bharat Mission activity. <https://www.youtube.com/watch?v=AiK6ytSIa-k&feature=youtu.be>

5 (TN) Girls BN NCC
2 (TN) CTC NCC



National Cadet Corps welcomes you for
The National Webinar on
"Plastic Waste Management - a way ahead"
as part of Swachhata Pakhwada

Resource Person
Dr.S.Baskar,
Assistant Professor, Department of ECE, KAHE

"Awarded as best young scientist by Govt of India-DST, New Delhi."

For Live session join us on 13/12/2020 between 08.00-09.00 hrs.
via Google Meet link - <https://meet.google.com/vfx-twcx-bwk>

youtube link - <https://youtu.be/AiK6ytSla-k>
feedback cum assessment link will be in the description
column in the YouTube.
E-Certificate will provided for all the participants who score
40% and more in the assessment

For more details
Lt.S.Nithya
Assistant Professor of English
Associated NCC Officer, 5 (TN) Girls BN NCC,
Karpagam Academy of Higher Education, Coimbatore.
kahencc@gmail.com / 9362132557

- Lt.S.Nithya, NCC Officer, 5(TN) Girls BN NCC and Six girl cadets [Sgt.Akshaya. N, Sgt. Jaya Bhargavi (commerce), L/Cpl.Keerthana. R (commerce), L/Cpl.Gayathri Krishna (commerce), Cpl.Suruthibala (CS), L/CPL.Sarulatha.M (MB)] participated in the Awareness campaign held at the SNR bus stop on 14/12/2020 and performed a street play.





- Unit HQ awarded a prize to recognize the cadet's effort in participating in the **plogging activity** and an **Awareness campaign** on Swachhata pakhwada, on behalf of Karpagam Cadets **L/Cpl.Gayathri Krishna (Commerce)** received in the felicitation ceremony on 19/12/2020



- We have observed International Human Solidarity Day by organizing an online guest lecture by inviting a resource Person Dr.R.Sujatha, Director Karuppa Foundation, and Consultant with the state Planning Commission, Government of Tamil Nadu for Preparation of the Twelfth Five years plan.



National Cadet Corps, KAHE & KIDI

Jointly organize

National level webinar on "POVERTY ERADICATION"

under

"UNIVERSITY SPEAKS SDG"

on

20/12/2020

(Between 10.30 am to 11.30 am)

for

International

Human Solidarity Day

(a day to celebrate our unity in diversity)



For Live Join us at 10.30 am via google meet
[meet .google.com/pjy-rsxw-qma](https://meet.google.com/pjy-rsxw-qma)

For more details contact the organizer

Lt.S.Nithya

Assistant Professor of English cum Associate NCC Officer,
Karpagam Academy of Higher Education, Coimbatore.
nithyakahe@gmail.com/9362132557