

REPORT ON THE EXTENSION AND OUTREACH ACTIVITIES OF NATIONAL CADET CORPS 2018 – 2019





SACRED HEART COLLEGE (AUTONOMOUS)

KOCHI, KERALA – 682013

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Criterion III: Research, Innovation and Extension

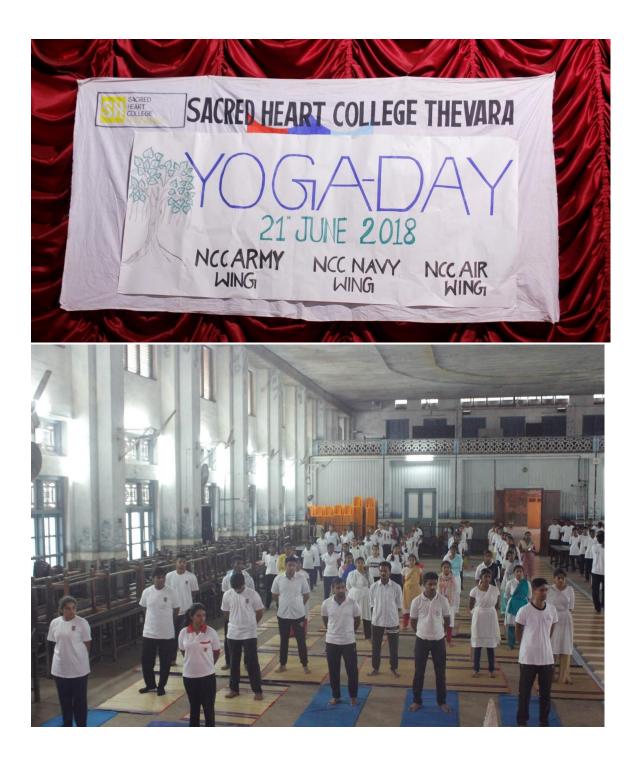
REPORT OF EXTENTION AND OUTREACH ACTIVITIES OF NCC: 2018-2019

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1. Yoga Day Activity

On 21st June in connection with International Day of Yoga, cadets took part in Yoga meditation programme conducted in our college in observance of International Yoga Day.





2. PARADIGM - 2018

Naval Wing NCC of Sacred Heart College, Thevara under 7(k) Naval wing Ncc Ernakulam have jointly organised a programme PARADIGM on Gandhi Jayanthi day 2nd October 2016 at Government Old age Home Thevara Ferry. The programme was inaugurated by Mrs.Srinda Arhaan, cine artist from the Malayalam film industry. Its primary aim was to inculcate a sense of social commitment and responsibility among the students.





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3. Energy Conservation Rally

As part of observing the national energy conservation day on 18.12.18, the Physics Association of Sacred Heart College, Thevara, in association with the NCC naval wing cadets has held an Energy Conservation Ralley. It was flagged off by Mr. Boban Nedumparambil, Vive-Chairperson, Maradu Municipality. Principal Rev. Fr. Prasanth Palackappilil and Mr. Boban addressed all those gathered. Lt. Cdr. Dr. Sibi Mathew felicitated. A street play was also staged by NCC cadets, highlighting the relevance of energy conservation.





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4. Backwater Sailing Expedition

Cadets of the NCC Sacred Heart Unit were part of the 54 cadets consisting of 18 girls and 36 boys who took part in the sailing expedition lead under the guidance of the Training Division of Southern Naval Command and Seamanship School.



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24 Oct 2018

PRESS RELEASE

BACK WATER SAILING EXPEDITION CONDUCTED BY 7 (KERALA) NAVAL UNIT NCC, ERNAKULAM FROM 15 OCT TO 24 OCT 2018

Kochi : After 10 days of grueling voyage 54 NCC cadets consisting of 18 girls and 36 boys of 7 (Kerala) Naval Unit NCC, Ernakulam were accorded a rousing reception at Seamanship School, Naval base, Kochi. The reception ceremony was presided over by Rear Admiral RJ Nadkarni, VSM, Chief of Staff Southern Naval Command. Captain Sanjay Jayaswal, Commanding Officer of Naval NCC unit welcomed the gathering and explained the expedition details to the chief guest.

The chief guest Rear Admiral RJ Nadkarni, VSM in his inaugural address praised the NCC cadets for their courage, spirit of adventure and determination shown during the expedition.

CO 7 (K) NU NCC also thanked the Training Division of Southern Naval Command and Seamanship School for providing the training and assistance of exploring the backwaters through sailing and pulling.

The expedition was undertaken in three 27 feet DK Whaler along with one safety boat. The expedition was led by Lt Cdr Aswant P. EXO, 7 (K) Naval Unit NCC, Ernakulam Cadets from different colleges including 18 girl cadets and 08 Naval instructor staff sailors and ANO Lt Cdr Siby Mathew participated in the expedition. The expeditions started every day at 7 am in the morning and the expedition crew retired for the day at 6 pm in the evening.

The ten days expedition covered a distance of 400 kms traversing through the back waters of Kochi – Kollam and back. The event has conducted to acquaint the cadets with long distance backwater voyage, nuances of sailing / pulling, to develop a spirit of adventure and to promote team spirit among the NCC cadets.



(S Jayaswal) Captain (IN) Commanding Officer 7(K) NUNCC, Ernakularr