



**National Cadet Corps  
St. Stephen's College**

**Combined Annual Activities Report**

**Training Session 2022-2023**



## G20 SUMMIT 2023

To mark the Presidency of India in the G20 summit, the NCC Company of St. Stephen's College organised several events throughout the months of February and March. The events started on the occasion of Foundation Day of the college,

the coy was privileged to have Mr. Harshvardhan Shringla, the chief coordinator of G20 Presidency as one of our VIP guests who is also an alumni of St. Stephen's College. During the event, we were enlightened about G20 Summit India which is an inter-governmental forum comprising of 19 countries and the European Union.

He talked about the theme of India's G20 summit 2023 - "One Earth, one family, one future" which majorly addresses the issues related to the global economy, such as international financial stability, climate change mitigation and most importantly sustainable development. He mentioned about the priority of G20 which is to continue pressing for reformed multilateralism that creates more accountable, inclusive, just equitable and representative multipolar international system that is fit for fighting the challenges of 21st century. Moreover, we came to know about some fun personal experiences of Mr. Harsh Vardhan. The NCC cadets also got the golden opportunity to have a word-to-word interaction with him which enlightened us as to how our small steps can make a big difference, which motivated us to strive for the betterment of all.



In order to create more awareness about G20 Summit, a poster making event was conducted on 27th March 2023 and all the cadets enthusiastically participated in the same and came up with informative and innovative posters.







## **1 DELHI GIRLS BN NCC**

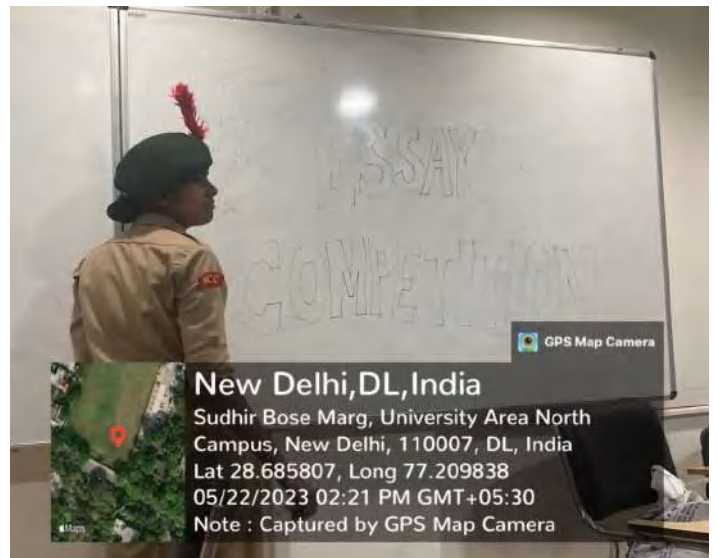
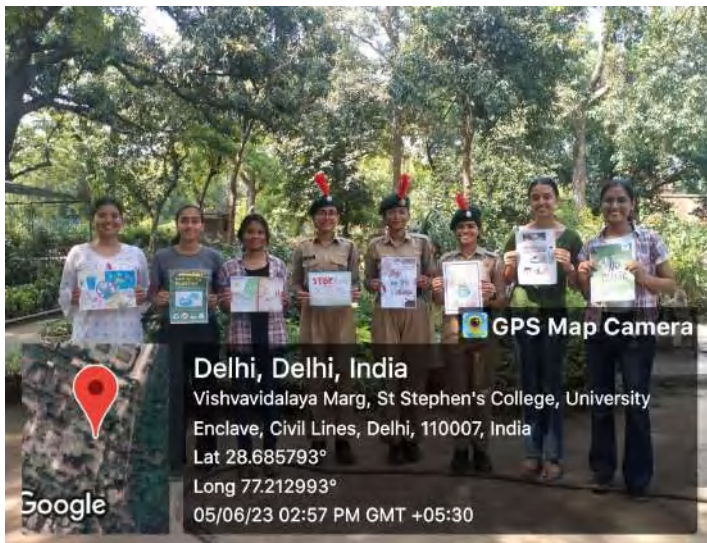
### **REPORT: MERI LIFE ACTIVITIES**

St Stephen's College, NCC Coy has conducted the following activities related to Mission Life. It is a global mass movement to nudge individual and community action to protect the environment.

The Meri Life app is inspired by the concept of Mission LiFE (Lifestyle for Environment), which was envisioned by the Prime Minister at COP 26. It aims to promote mindful utilisation instead of wasteful consumption and the cadets participated enthusiastically to spread awareness.

## 1. Poster Making Competition

A poster making competition was organized on the topic: Bad Effects of Plastic. The cadets participated enthusiastically and showed their creativity.



## 2. Essay Competition

An essay competition was organized on the topic: Bad Effects of Plastic on the Environment.



## 3. Debate Competition

A Debate Competition was organized on the topic: Plastic Pollution is a social injustice.





#### 4. Meri Life App

The Meri Life app was launched as a build up to World Environment Day on June 5th. The St. Stephen's NCC Coy and one ANO downloaded the app and completed the 5 step actions guided in the app.

**5 actions for June 5th**  
Take 5 actions to become a LIFE champion



## 5. Online Webinar

An Online webinar that was conducted by the Ministry of Education for The World Environment Day was attended by St. Stephen's NCC Coy to be more educated and informed regarding the environment.



## 6. Pledge

A pledge was taken by the Coy to protect and educate others about our environment.







## **INTERNATIONAL YOGA DAY**

The *NCC COY* of *St. Stephen's College* celebrated *International Yoga Day* on 21st June, 2022 at 7.00 AM with few other colleges like *Hansraj, Khalsa, DRC, Kirori Mal, FIMT, Miranda, MAIT* of unit 1 DGBN where about 175 cadets gathered at *St. Stephen's Cricket Academy, Mori Ground* to perform the *Common Yoga Protocol*.

The main objective of conducting *Yoga Day* is to introduce students to the art of meditation and the many benefits of yoga in healing the *mind, body* and *soul*. It helps to spread the message of *love, peace* and *oneness* amongst the people.

The program was hosted by *IDGBN*. The event was started by introducing the people to The International Yoga Day and the common yoga protocol. Dignitaries like *CO Sir Pankaj Sati, GCIs* and *ANOs* made their presence felt by being actively involved in the event.

The cadets practiced the *yoga asanas* alongside the instructor while carefully keeping into account the instructions involved. All the cadets were given refreshments as the event came to an end.





## NATIONAL WOMEN'S DAY

On the occasion of National Women's day celebrated every year on February 13, cadets from St Stephen's College organized multiple events and competitions to mark the day which saw enthusiastic participation from the students in college. They were encouraged to promote gender equality, and the women leaders who made great contributions to our society were remembered.



A card-making competition was organized allowing the cadets to showcase their views on the topic of promoting gender equality using their creativity. Along with this, an extempore on the same theme was also organized wherein each participant was given limited time to prepare for a short speech on a topic. Both activities saw participants delivering their best.

Activities conducted helped commemorate woman's success in every field and raised awareness against gender bias. This day holds a lot of significance for every Indian citizen, especially women, for whose civil rights this day stands as a testimonial and is celebrated to remember Sarojini Naidu, the Nightingale of

India, who took an active part in the Indian independence movement and stood for women's empowerment.

The day ended with the winners being announced for both competitions. Although every participant did very well, the winners were appreciated by the Assistant NCC officer- Lt Rakhi Thareja. She motivated cadets to leave their mark on society and strive towards greater change.



# DRISHTIKON



Drishtikon is an annual event of St. Stephen's College, held by 'The Enabling Unit' in collaboration with the 'Social Service League' and the 'National Cadet Corps'. This event provides a platform to students with disabilities to showcase their skills and talent. This year, the event was conducted on 5th and 6th April 2023.

Day 1 observed the inauguration of the event in the college hall. The chief guest, Mr. K.V.S. Rao, a distinguished speaker, renowned for his work for PWDs shared his words of wisdom and endowed the gathering with his exceptional knowledge. He made everyone aware of the Rights of the Persons with Disabilities Act, of 2016.

The event captured the attention of specially-abled students from all over Delhi. Participants were deeply engrossed in listening to the speaker and wholeheartedly participated in the day's activities. During all the activities, each PwD student was accompanied and helped by

an NCC cadet, who made sure the event went on smoothly. The fun yet educative activities included creative writing, quiz prelims, turncoat, hiking wall and break the pot.



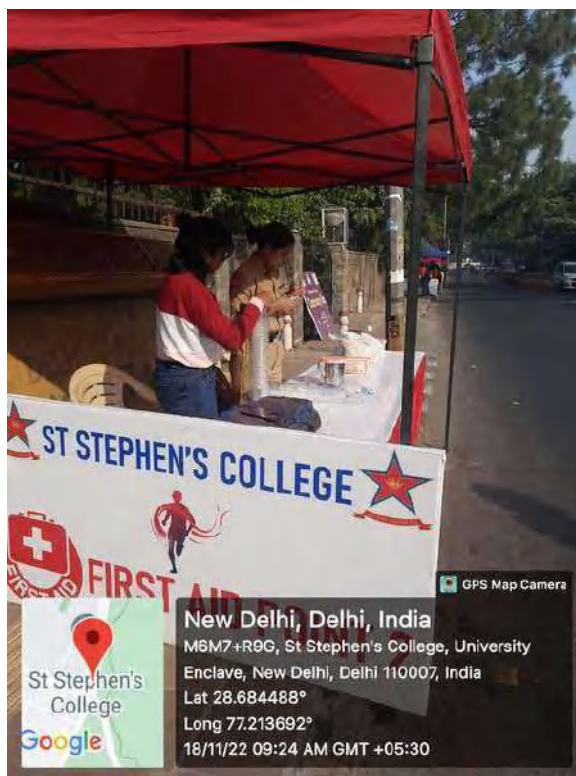
The exemplary services provided by the NCC volunteers played a huge role in the success of the event. They escorted and helped the visually challenged participants. Many cadets also volunteered as scribes in the creative writing competition. Cadets were enthusiastic and always ready to help the people which is the kind of attitude and quality that NCC works to invoke in the youth.

# Centenary Run

## *Report*

As a part of Centenary Celebrations, University of Delhi organized a Centenary Run on 18th November 2022. Olympic gold medalist Neeraj Chopra flagged off the run in presence of Arjun Munda Union Cabinet Minister for Tribal Affairs, Vice-Chancellor of DU and other distinguished dignitaries.

The NCC Coy of St. Stephen's College helped controlling the water stalls. NCC Cadets extended their service at 6 water stations and 4 first aid points. Some of the cadets participated in centenary run. There were other students from our college as well as other cadets at the water stall.





***Cadets Participated :***

1. Yogita
2. Shrijita
3. Chandana
4. Priyanka
5. Sheetal
6. Parul
7. Manmayi
8. Annet
9. Amrutha
10. Nirmala
11. Aleena
12. Aditi
13. Serena
14. Winmariya
15. Sneha Mary
16. Diya Susan (SY)
17. Christy Mol (FY)
18. Khushi Jaiswal (FY)

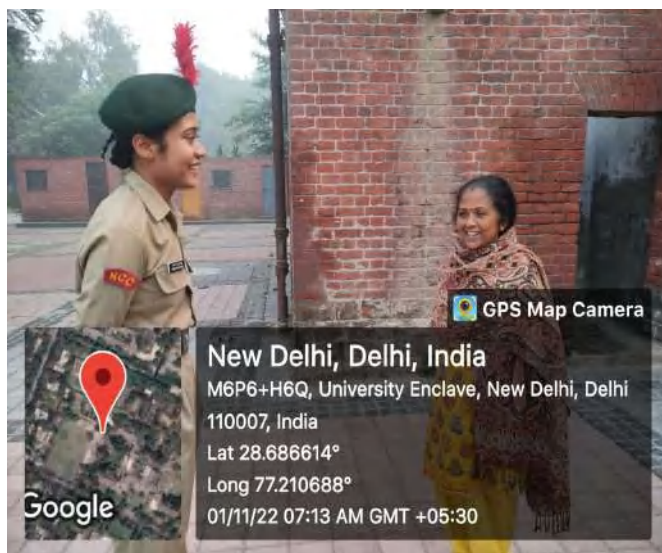


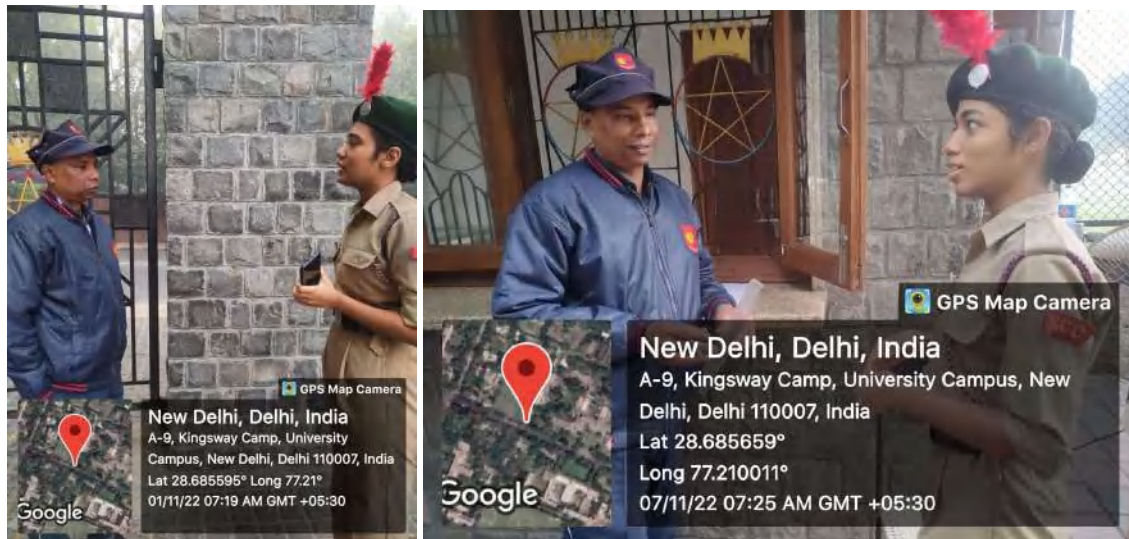
# Awareness drive among non-teaching staff for Digital India

## Report

19th November 2022

NCC Cadets of St.Stephen's College had interacted with the members of the non-teaching staff of the college like security guards, gardeners, gyps about digital India and shared information about useful apps like Google Pay, Paytm, WhatsApp, netmeds, pharameasy, and other pertinent apps that can improve their quality of life while also boosting the economy. The cadets demonstrated how to use the apps and assisted the staff employees who were unsure in installing them.





### Cadets participated:

1. CDT Parul
2. CDT Aleena
3. CDT Uma
4. CDT Muralika
5. CDT Nirmala
6. CDT Serena
7. CDT Aiswarya
8. CPL Anjali
9. CPL Vennela
10. CPL Sanjali

# **National Unity day**

## **Run for Unity : Unity day celebration on 29<sup>th</sup> October 2022**

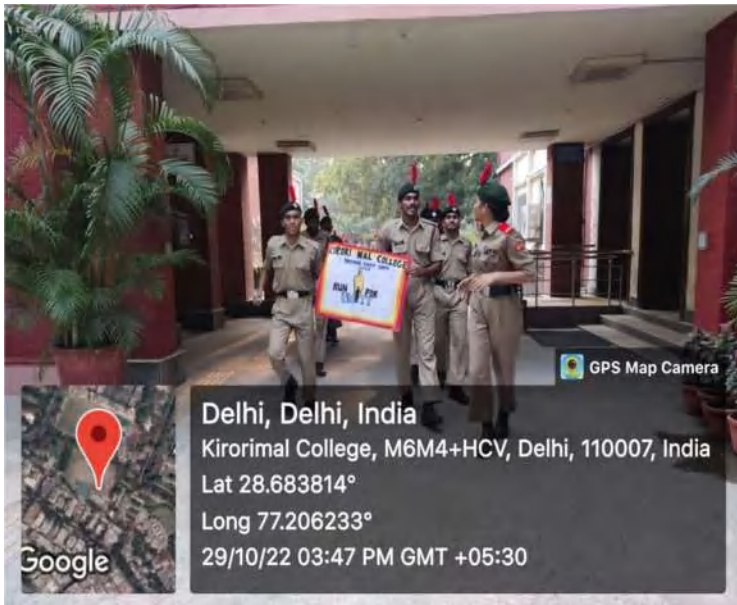
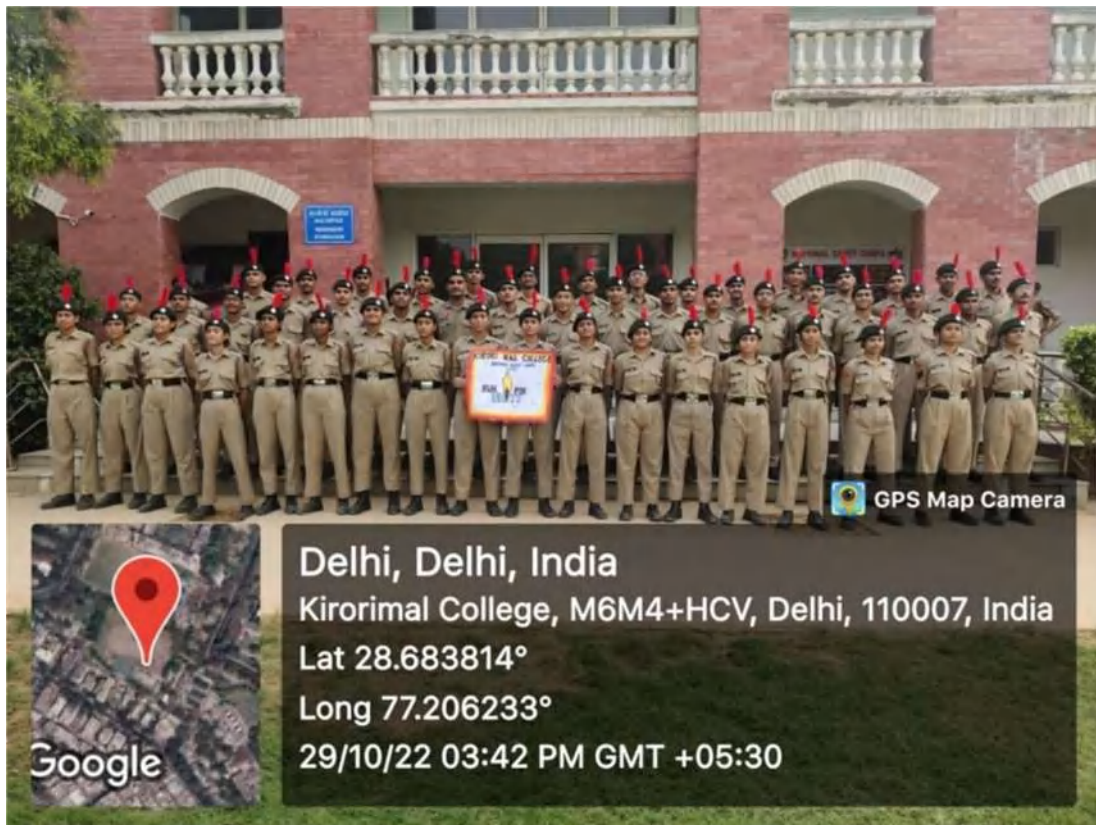
KMC–NCC organised a unity run within college premises on 29<sup>th</sup> October 2022 to celebrate the National Unity Day (31<sup>st</sup> October 2022). 60 NCC cadets (40 SD and 20 SW) participated in the unity run. The run started from the sports grounds and went to teacher’s staff quarters (via canteen lawn, Ashoka lawn surrounding pathway, main entry of the college, parking space, arts and science buildings corridors and principal office).

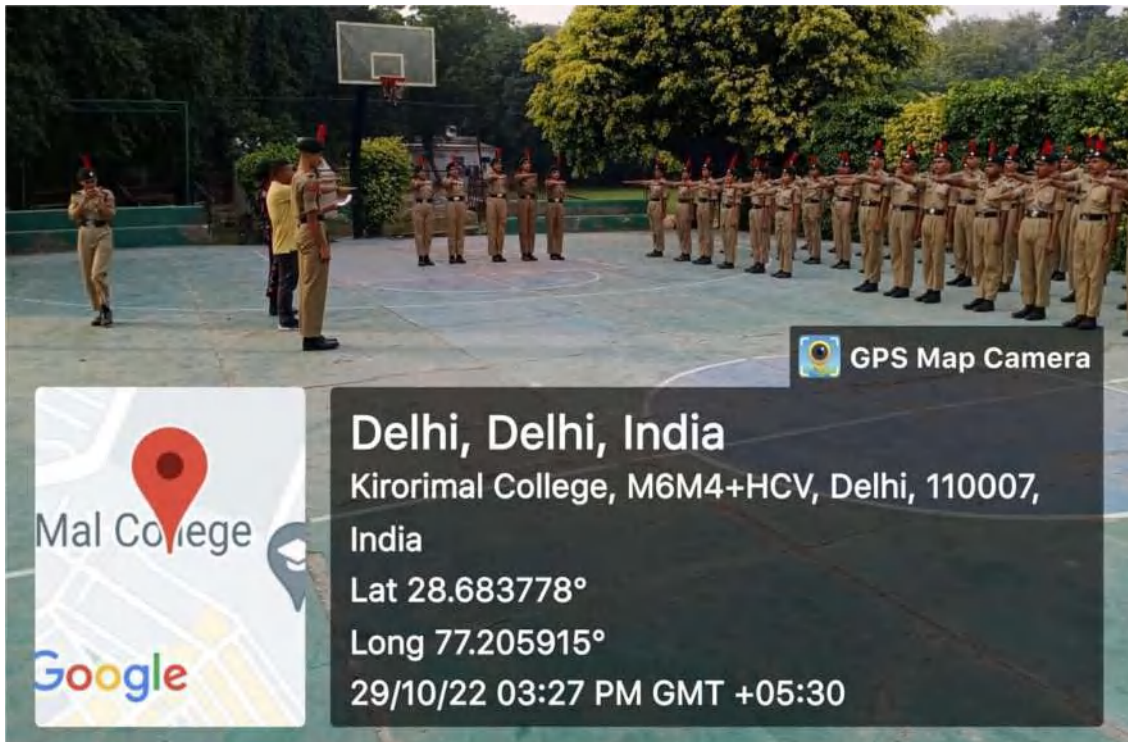
## **Pledge: Unity day celebration on 29<sup>th</sup> October 2022**

The “Rashtriya Ekta Diwas Pledge” was taken by KMC- NCC cadets on 29<sup>th</sup> October. The pledge was about dedicating oneself to preserve the unity, integrity and security of the nation and also spread this message among the fellow countryman. The pledge was taken in the spirit of unification of the country made possible by the vision and action of *Sardar Vallabhbhai Patel*.

## **Participation in Unity day celebration on 31<sup>st</sup> October 2022, by University of Delhi.**

Unity run was organised by University of Delhi on 31<sup>st</sup> October 2022 at 7 am. The run was flagged off by Hon’ble Minister of Education. KMC-NCC cadets (21 cadets, 10 SD and 11 SW) participated in this run. The run started from the Gate No. 1 Near Gandhi statue north campus and ended at the same point taking a round of the university sports ground.





## DONATION DRIVES

Since the beginning of new session from August 2022, NCC St. Stephen's Coy has been donating snacks and food items to underprivileged children and orphanages with an aim to bring smiles on children's faces and to make our cadets contribute and understand their responsibilities towards society.

Regularly, the cadets collect food items that are fresh and packed and a few cadets carry the items to visit the orphanages and to meet the children who need them.

### Kilkari Rainbow Home

#### Report

29 August 2022

On 29th August 2022, 3 cadets from NCC of St. Stephen's College went to Kilkari Rainbow Home which is near Kashmere Gate, Delhi. It is an orphanage for girls, their vision is- For every child to grow up in a secure and joyful environment where he/she can fully develop his/her talents in order to live an independent life with dignity. They provide a safe environment, shelter, food, love and attention, health care, social interaction and education to 127 girls. After a bridge course, the children go to a regular school, where they attend classes with their peers from 'middle class' Indian families. The integration into 'mainstream life' therefore starts as soon as the children go to school. When they are 18-20 years old, they have completed their regular school, learned to live in a social structure, learned to become the owner of their life and future and they are able to participate in mainstream Indian society.



**Cadets Participated:**

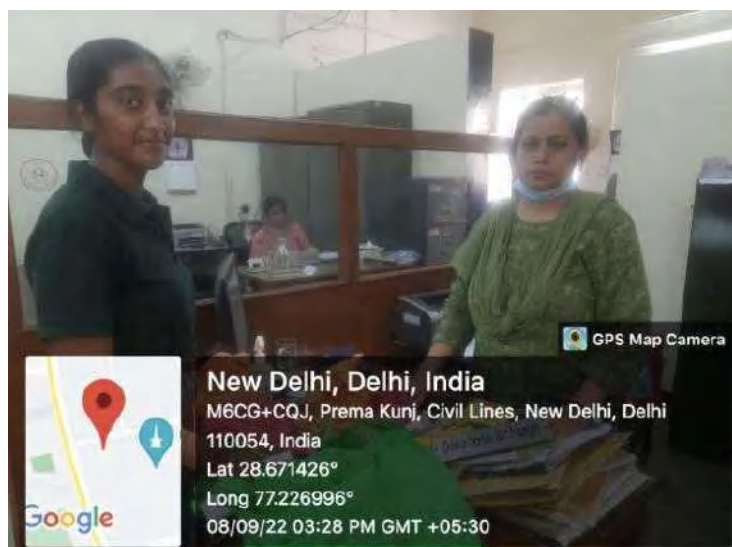
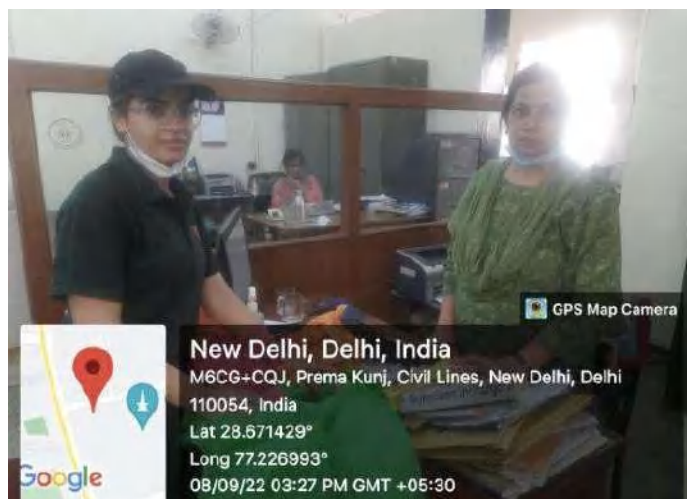
1. SUO Yogita
2. SGT Garima

## Paalna Orphanage

### Report

**8 September 2022**

NCC Cadets of St Stephens Coy went to Paalna Orphanage near Prema Kunj , Civil Lines on 8th September 2022 at 3:00 pm to distribute food items and packed snacks to the children. They had 15 packed meal boxes consisting of banana, biscuits, juice and cake which were handed over to the management staff of the orphanage. It was a great pleasure to be able to help the needy children and to bring a few moments of joy to them.



#### **Cadets participated:**

1. CDT Aditi

## 2. CDT Annet

### Evening Class Report

**5 September 2022**

On 5th September 2022 at 4:00 PM, NCC cadets of St. Stephen's College met the children of Evening Class and distributed food items to them. Evening Class is a vertical of the Social Service League which takes care of academics and extracurricular activities of the children of non-teaching staff of St. Stephen's College. The meal boxes which were distributed to the children included fruits, juice, biscuits, namkeen and cake. The children were delighted to receive it after their tiring day in school and in the evening class.



#### **Cadets Participated:**

1. SUO Yogita
2. JUO Shrijita
3. SGT Garima



## Kilkari Rainbow Home

### Report

**14 October 2022**

On 14th October 2022, 3 cadets from NCC of St. Stephen's College went to Kilkari Rainbow Home which is near Kashmere Gate, Delhi. It is an orphanage for girls, their vision is- For every child to grow up in a secure and joyful environment where he/she can fully develop his/her talents in order to live an independent life with dignity. They provide a safe environment, shelter, food, love and attention, health care, social interaction and education to 127 girls. We distributed around 40 packets of meal boxes to the children which included fruits, juice, biscuits, snacks and cake. It was a great pleasure to be able to help the needy children and to bring a few moments of joy to them.



#### **Cadets Participated:**

1. CDT Winmariya
2. CDT Sanjali

## KILKARI RAINBOW HOME

### REPORT

**12 November 2022**

On 12th November 2022, cadets from NCC of St. Stephen's College went to Kilkari Rainbow Home to distribute food items. They had 15 packets of meal boxes which had apple, biscuits, juice and mixture which were handed over to the management staff of the orphanage. Kilkari Rainbow Home is an orphanage for girls, their vision is- For every child to grow up in a secure and joyful environment where he/she can fully develop his/her talents in order to live an independent life with dignity. They provide a safe environment, shelter, food, love and attention, health care, social interaction and education to 127 girls.



#### **Cadets Participated:**

1. CDT Sanjana Dagar
2. CDT Aditi



## KARGIL VIJAY DIWAS



Kargil Vijay Diwas. is commemorated every 26 July in India, to observe India's victory in the Kargil War. On 26<sup>th</sup> July, 2022, The NCC Coy of St. Stephen's conducted online webinar at 6:00 pm. It started with the anchoring of CDT Uma.



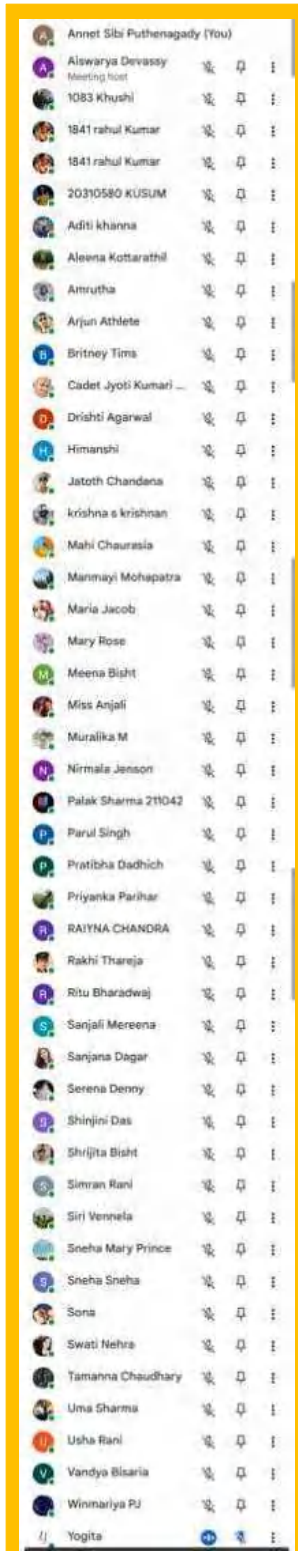
Welcome address was given by CDT Amrutha. CDT Manmayi and CDT Sanjana gave an informative introduction about the significance of Kargil Vijay Diwas. It was followed by a Malayalam patriotic song by CDT Serena Denny which filled us with nationalism. Then SUO Yogita addressed the cadets with her motivational speech. As per SUO Yogita's instructions, we closed our eyes for 2 minutes and wished eternal peace to the souls of the soldiers who died in the Kargil war. Next we enjoyed another patriotic song sung by CDT Shinjini.





We had conducted Digital poster making competition, Content writing competition, and Online quiz for NCC cadets of various colleges related to Kargil Vijay Diwas. SUO Yogita announced the winners of these competitions. Webinar ended with the vote of thanks by CDT Nirmala.

## ATTENDANCE



Annet Sibi Puthenagady (You)			
Aiswarya Devassy			
Meeraj Noot			
1083 Khushi			
1841 rahul Kumar			
1841 rahul Kumar			
20310580 KUSUM			
Aditi khanna			
Aleena Kottarathil			
Amrutha			
Arjun Athlete			
Britney Tims			
Cadet Jyoti Kumari			
Drishti Agarwal			
Himanshi			
Jatoth Chandana			
krishna s krishnan			
Mahi Chaurasia			
Manmayi Mohapatra			
Maria Jacob			
Mary Rose			
Meena Bisht			
Miss Anjali			
Muralika M			
Nirmala Jenson			
Palak Sharma 211042			
Parul Singh			
Pratibha Dadhich			
Priyanka Parihar			
RAIYNA CHANDRA			
Rakhi Thareja			
Ritu Bharadwaj			
Sanjali Mereena			
Sanjana Dagar			
Serena Denny			
Shinjini Das			
Shrijita Bisht			
Simran Rani			
Siri Vennela			
Sneha Mary Prince			
Sneha Sneha			
Sona			
Swati Nehra			
Tamanna Chaudhary			
Uma Sharma			
Usha Rani			
Vandya Bisaria			
Winmariya PJ			
Yogita			

1. Aditi Gautam
2. Aiswarya Devassy
3. Aleena kottarathil
4. Amrutha.E
5. Anagha N.
6. Annet Sibi Puthenagady
7. Krishna S. Krishnan
8. Mahi chaurasia
9. Manmayi Mohapatra
10. Maria Jacob
11. Mary Rose
12. Muralika M
13. Nirmala Jenson
14. Parul Priya Singh
15. Priyanka Parihar
16. Raiyna Chandra
17. Sanjali Mereena Joseph
18. Sanjana Dagar
19. Serena Denny
20. Shinjini Das
21. Sona Mariam Sobi
22. Thota Siri Vennela
23. Uma Sharma
24. Winmariya PJ
25. Yogita
26. Ritu Bharadwaj
27. Jatoth Chandana
28. Shrijita Bisht
29. Sneha Mary Prince
30. Anjali Meena

**No. of People Attended : 46**



## **INDEPENDENCE DAY 2022**



Independence Day is celebrated every year on 15 August to commemorate the independence of the nation from the British on 15 August 1947. This year marks the 75 years of India's independence, which is being celebrated with zeal across the country as 'Azadi Ka Amrit Mahotsav 2022.'



To celebrate the 76th Independence Day, The NCC Coy of St. Stephen's College conducted a combination of offline and online events. The event started with the welcoming of the Chief Guests Dr. Neelam Saxena and Prof. Saxena by the Guard of Honour team. The Principal and chief guest unfurled the National Flag. The unfurling was followed by a speech given by the principal. Following the speech, the various dignitaries and guests along with the students proceeded to the College Hall to listen to the wise words of the Chief Guest for the day and to witness the various cultural performances

organized by the NCC in collaboration with various societies. Welcome address was given by CDT Raiyna, followed by a speech by the Chief Guest. CDT Serena and CDT Sanjali gave an encouraging speech on Independence Day. It was followed by



an enthusiastic and energetic dance performance by the choreography society. CDT Parul, CDT Amrutha and CDT Priyanka spoke about our brave freedom fighters. This was followed by a melodious song by the Music Society and poetry by the Enabling Unit.

To mark this momentous occasion our Cadets hoisted flags in their homes under the campaign 'Har Ghar Tiranga' from August 13 to August 15 and participated in the Independence Day Rally held on 10th of August.



We had conducted Digital poster making competition and Singing competition, for NCC cadets of various colleges. CDT Manmayi announced the winners of these competitions. The event ended with the vote of thanks by CDT Shinjini.





## Refreshments Distribution

### Report

On 5th September 2022 at 4:00 PM, NCC cadets of St. Stephen's College went to meet the children of Evening Class and distribute refreshments to them. Evening Class is a vertical of the Social Service League which takes care of academics and extracurricular activities of the children of non-teaching staff of St. Stephen's College. The refreshments which were distributed to the children included fruits, juice, biscuits, namkeen and cake. The children were delighted to receive the refreshments after their tiring day in school and in the evening class.



Cadets Participated:

1. SUO Yogita
2. JUO Shrijita
3. SGT Garima

## EBSB IDC Report

EBSB IDC camp was organised from 1st August 2022 to 15th August 2022. The camp was organised for the celebration of 76th Independence Day: "Azadi ka Amrit Mohatsav" at the Red Fort. The cadets represented their state at the Red Fort. The camp was attended by cadets from all over the country. During the camp the cadets visited many historic places of Delhi such as Qutub Minar, Lotus Temple and Akshardham Temple.

The cadets also had the opportunity to meet the Minister of State for Defence, Ajay Bhatt. On 15th August 2022, the Prime Minister addressed the nation from the ramparts of Red Fort and the cadets witnessed it from the gyanpath of the Red Fort.





**List of Participants:**

Sanjana Dagar

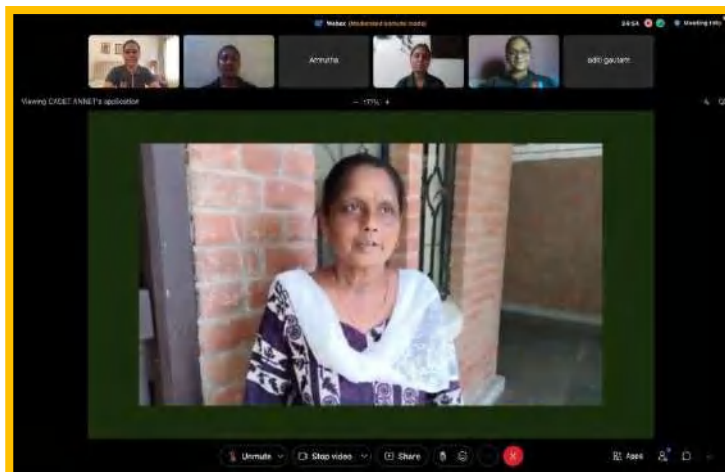




## WEBINAR ON ENVIRONMENT DAY



The NCC Coy of St. Stephens conducted online webinar on Environment Day i.e. on 5<sup>th</sup> June 2022 at 9:00 am. It started with a brief introduction by CDT Parul and CDT Raiyna.



CDT Manmoyi and CDT Amrutha walked us through a informative presentation on importance of conservation of environment and steps we should inculcate in our daily lives for betterment of our environment. The webinar depicted our cadets involved in tree plantation, cleanliness drives, talking with gardeners of



our college and calling out slogans on environment. It was followed by a beautiful dance performance by CDT Aleena , melodious song by CDT Shinjini and poem recitation by CDT Nirmala and CDT Muralika. We also organized Photography competition and Poster making competition with participation of NCC Cadets from various colleges and winners of these competitions were announced.

Webinar ended with a vote of thanks by CDT Uma





## **COMBINED ANNUAL TRAINING CAMP**

The NCC COY of St. Stephens College attended the CATC stay Camp which was held by 1 Delhi Girls Battalion for 2<sup>nd</sup> and 3<sup>rd</sup> years at NCC BHAVAN from 7<sup>th</sup> to 16<sup>th</sup> June 2022. 32 of our cadets took part in this camp.

Our cadets took part in various competitions such as Volleyball, Kho-Kho, Group and Solo Song, Group and Solo Dance, Poster Making, Drill and Guard of Honour. Along with this our cadets also took part in firing, tent pitching and obstacle training.

Our cadets also fulfilled the duties which was assigned to our college such as mess duty, filling canter and pots with water and preparing mats, boards and markers for theory classes. Cadets also learned about map reading, drill, compass reading in theory classes and also took part in morning exercise sessions.



SUO Yogita was college senior and cultural head for the Camp attendance in charge. JUO Shrijita was Camp Senior. CPL Anjali, Cadet Sona and Cadet Winmariya went for water rally. Cadet Manmayi, Cadet Amrutha, Cadet Annet and Cadet Shinjini participated for Extempore. SGT Garima was mess in charge. Also JUO Vanshita, Cadet Uma, Cadet Sanjana and Cadet Muralika were selected for TSC Camp and CPL Vennela was selected for Table Drill. Our college secured *1<sup>st</sup> position in Volleyball* consisting of JUO Vanshita, CPL Vennela, Cadet Manmayi, Cadet Aleena, Cadet Aditi and Cadet Nirmala in team; *2<sup>nd</sup> position in Group Song* consisting of team members CPL Vennela, Cadet Uma, Cadet Aditi, Cadet Serena, Cadet Priyanka, CPL Anagha, Cadet Annet, Cadet Aiswarya, Cadet Raiyna and Cadet Winmariya; Cadet Shinjini secured *2<sup>nd</sup> position in Solo Song*, *3<sup>rd</sup> position in Drill* consisting of SUO Yogita, JUO Vanshita, JUO Shrijita, CPL Sanjali, CPL Anagha, Cadet Raiyna, Cadet Annet, Cadet Muralika, Cadet Nirmala, Cadet Uma; and *3<sup>rd</sup> position in Guard of Honor* consisting of SUO Yogita, JUO Vanshita, CPL Sanjali, CPL Anjali, Cadet Raiyna, Cadet Annet, Cadet Muralika. SUO Yogita, JUO Shrijita and Cadet Raiyna were honored with certificate as a token of appreciation for their hard work shown in camp.







## **REPORT: G20 ACTIVITIES**

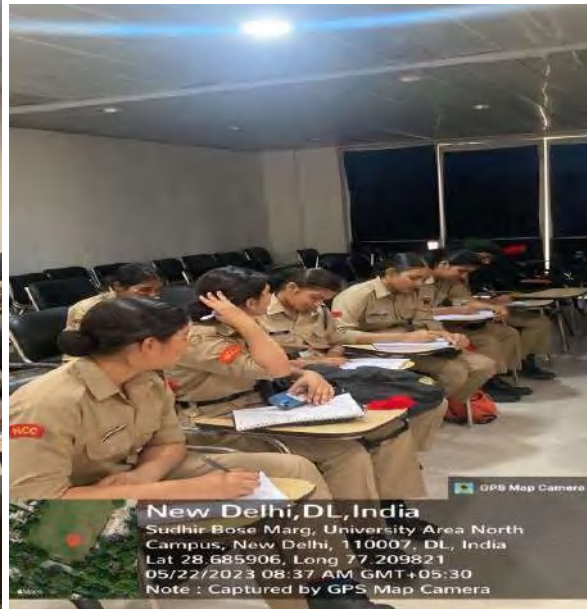
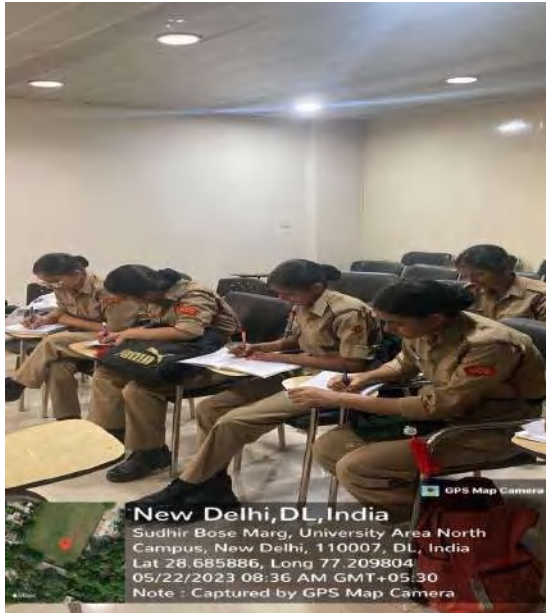
St Stephen's College, NCC COY (1DGBN) has conducted a series of events to celebrate India's hosting of the G20 summit in 2023. The G20 or Group of 20 is an intergovernmental forum comprising 19 countries and the European Union. This world group strives to address major issues related to the global economy, such as international economics, climate change mitigation, and sustainable development.

The G20 boasts of some of the world's largest economies and including both industrialized and developing nations; it accounts for around 80% of gross world product (GWP), 75% of international trade, two-thirds of the global population, and 60% of the world's land area.

The events held in college are listed below:

### **1. Poster Making Competition**

A poster making competition was organized on the topic: G20. The cadets participated enthusiastically and showed their creativity.



## 2. Debate Competition

A Debate Competition was organized on the topic: G20 and India's presidency. All cadets showed their confidence and knowledge for this activity and participated.





### 3. INTRA-COY COMPETITION

India's G20 presidency has brought with itself a huge opportunity to bring the youth together and spread awareness on global issues. The theme of India's G20 summit 2023 is -" One Earth, one family, one future" which majorly addresses the issues related to the global economy, such as international financial stability, climate change mitigation and most importantly sustainable development. Recognizing this, the NCC cadets of St. Stephen's College organized an intra-coy competition where the cadets held a debate on the issue of sustainability-climate and energy. The event saw enthusiastic participation by the cadets. From each platoon, two cadets were selected with each group being assigned a country from among the G20 countries. Each group was given ten minutes wherein they shed light on the sustainable efforts being undertaken by their respective countries followed by a round of questions from the audience. It was a really enriching experience for us as it raised our awareness about how climate change had become such a major problem that it endangered human existence and various efforts being undertaken at the global level.







## **1 DELHI GIRLS BN NCC**

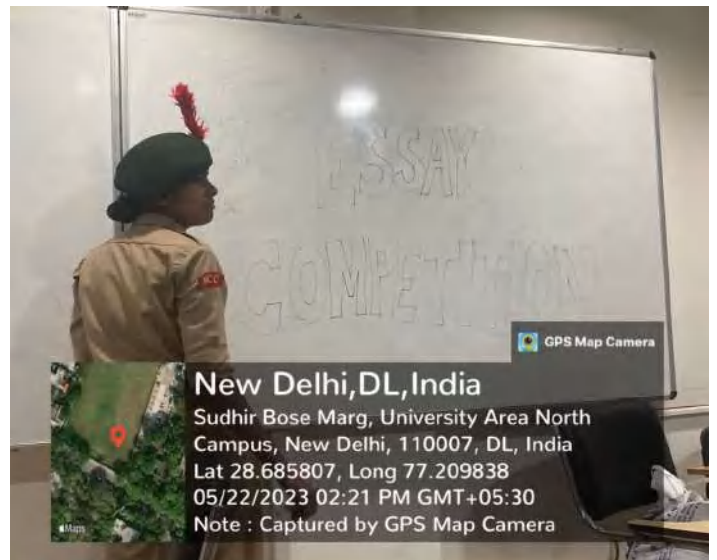
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The Meri Life app is inspired by the concept of Mission LiFE (Lifestyle for Environment), which was envisioned by the Prime Minister at COP 26. It aims to promote mindful utilisation instead of wasteful consumption and the cadets participated enthusiastically to spread awareness.

## 1. Poster Making Competition

A poster making competition was organized on the topic: Bad Effects of Plastic. The cadets participated enthusiastically and showed their creativity.



## 2. Essay Competition

An essay competition was organized on the topic: Bad Effects of Plastic on the Environment.



## 3. Debate Competition

A Debate Competition was organized on the topic: Plastic Pollution is a social injustice.





#### 4. Meri Life App

The Meri Life app was launched as a build up to World Environment Day on June 5th. The St. Stephen's NCC Coy and one ANO downloaded the app and completed the 5 step actions guided in the app.

**5 actions for June 5th**  
Take 5 actions to become a LIFE champion





## 5. Online Webinar

An Online webinar that was conducted by the Ministry of Education for The World Environment Day was attended by St. Stephen's NCC Coy to be more educated and informed regarding the environment.



## 6. Pledge

A pledge was taken by the Coy to protect and educate others about our environment.





## **REPORT: YOGA DAY ACTIVITIES**

St Stephen's College, NCC Coy has conducted the following activities for International Yoga Day 2023. International Day of Yoga 2023 is being observed worldwide on 21st June, 2023 with the aim to raise awareness about the numerous benefits of practicing Yoga.

# 1. ATTENDED THE YOGA DAY CELEBRATION IN CORONATION PARK

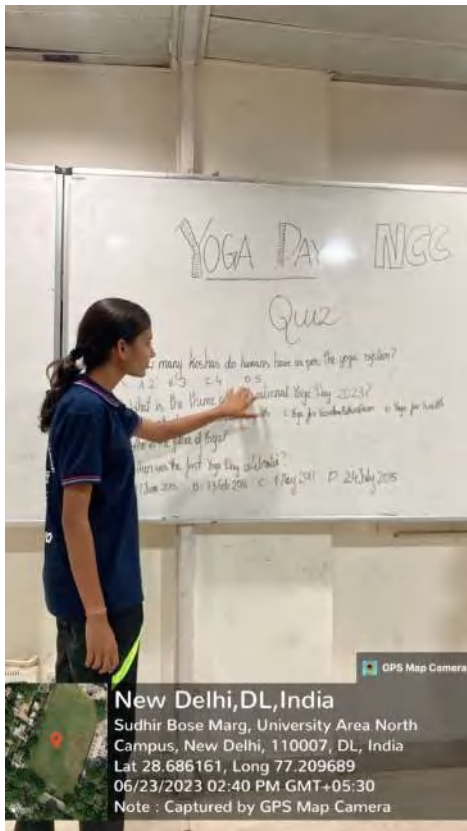
St Stephen's College cadets attended the International Yoga Day Celebration, 2023 organized in Coronation Park.

Cadets practiced the yoga asanas and were able to learn the benefits of yoga.



## 2. QUIZ ON YOGA

Conducted a yoga quiz to enhance the cadets' knowledge and understanding of various aspects of yoga.



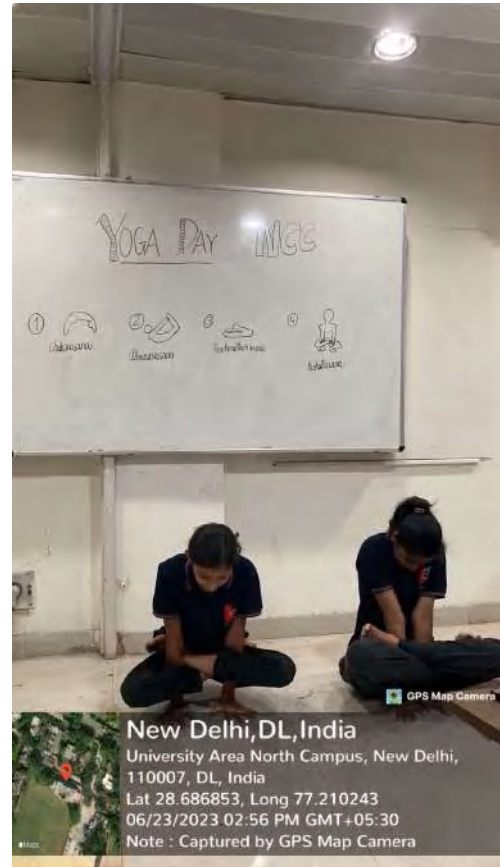
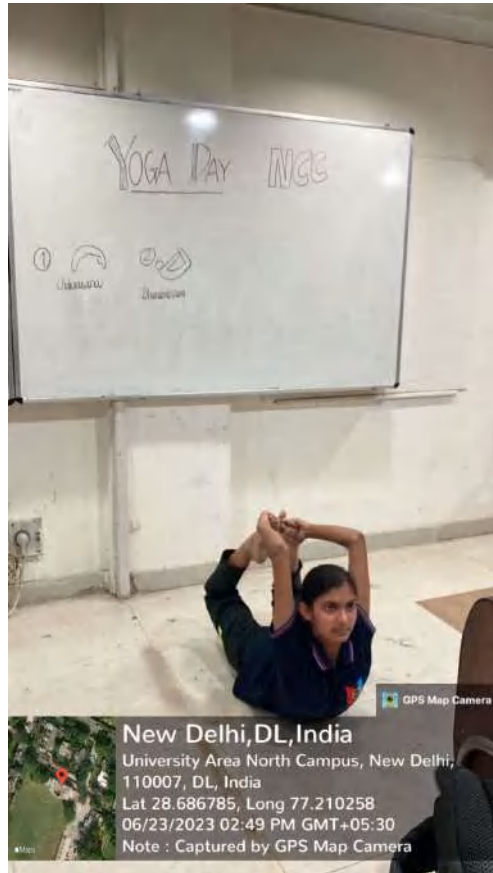
### 3. MEDITATION SESSION

A guided meditation session was organized as part of the Yoga Day event. Cadets did different meditation techniques, such as mindfulness or breathing exercises. They also shared their experiences and any insights or challenges they encountered during the meditation session.



#### 4. Game with Cadets: Yoga Asanas

A fun and interactive game session was organized with the cadets to engage them in practicing different yoga asanas.



#### 5. YOGA DAY CELEBRATION IN ST STEPHEN'S COLLEGE

Yoga Day celebration was organized in St Stephen's College for the first years where they practiced yoga asanas accompanied by a yoga instructor.





## REPORT : FOOD DONATION

On the 5th of September 2023, the NCC unit at St. Stephen's College demonstrated its commitment to community service. Cadet Manya, Cadet Kavya, and SUO Parul took the initiative to distribute food packets to the needy around Kashmere Gate. The recipients expressed heartfelt thanks and joy for the food assistance they received. This act of kindness exemplifies the values of service and compassion instilled in our college cadets through the NCC program, further strengthening their bond with the community.

