

NITTE MEENAKSHI INSTITUTE OF TECHNOLOGY

(AN AUTONOMOUS INSTITUTION, AFFILIATED TO VISVESVARAYA TECHNOLOGICAL UNIVERSITY,
BELGAUM, APPROVED BY AICTE & GOVT.OF KARNATAKA)



AICTE ACTIVITY REPORT

2021-22

*Submitted in partial fulfilment of the requirement for the award of Degree of
Bachelor of Engineering*

in

Computer Science Engineering

Submitted by:

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Under the Guidance of

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CERTIFICATE

This is to certify that the **AICTE activity** is an authentic work carried out by **Prateek G (1NT18CS117)** bonafide students of **Nitte Meenakshi Institute of Technology**, Bangalore in partial fulfilment for the award of the degree of **Bachelor of Engineering in Department** of Computer Science Engineering, of Visvesvaraya Technological University, Belagavi during the academic year **2021-22**. It is certified that all corrections and suggestions indicated during the internal assessment have been incorporated in the report. This activity has been approved as it satisfies the academic requirement in respect of AICTE activity presented for the said degree.

(Signature of Dept Faculty in-charge)

faculty in-charge, AICTE activity

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NMIT Bengaluru

(Signature of the HOD)

HOD

Dept of Computer Science & Engineering,

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1(2) COY, 1 Karnataka Signal Regt NCC,

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(Signature of NMIT activity points Coordinator)

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ABSTRACT

The National Cadet Corps (NCC) is the youth wing of the Indian Armed Forces formed in 1950 with the motto “Unity and Discipline”. The Cadets of the National Cadet Corps are given basic military training in small arms and drill along with active involvement in community service. Launched in 2004, NMIT NCC has always stood up to the principles and motives of NCC- to create a pool of organised, trained, and motivated youth who will serve the nation regardless of which career they choose. From creating environmental and road safety awareness to campaigns against drug and alcohol abuse our cadets always strived for the advancement of the society. Even through the deadly COVID-19 pandemic, NMIT NCC cadets endeavored to fight against disease by following all safety protocols and conducting vaccination drives and digital awareness campaigns. This document is a testament to the various social service and community development activities carried out by the cadets of NMIT NCC over a span of four years from 2018 to 2022. This document includes the documentation of all the events carried out throughout which include afforestation awareness and tree plantation drive, adolescent alcohol and drug abuse awareness campaign, fit India awareness campaign, visit to old age homes, yoga awareness campaign, road safety awareness campaign, digital India awareness campaign, cleanliness awareness campaign, vaccination drive through COVID and many more social service activities.

ACTIVITY SUMMARY

SL NO.	Description of Activities (List the activities carried out)	No. Of Days	No. of hours	No. of activity points earned
1	Afforestation Awareness and Tree Plantation Drive	15	75	
2	Adolescent Alcohol and Drug Abuse Awareness campaign	5	40	
3	Fit India Awareness Campaign	60	120	
4	Visit to Old Age Home	3	20	
5	Yoga Awareness Campaign	5	40	
6	Road Safety Awareness Campaign	5	40	
7	Vaccination Drive	3	30	
8	Digital India Awareness Campaign	5	40	
9	Cleanliness Awareness Campaign 2021	5	40	
10	Afforestation Awareness and Tree Plantation Drive 2022	5	40	
11	Cleanliness Awareness Campaign 2022	5	40	

Total activity points earned =

ACTIVITY 1: AFFORESTATION AWARENESS AND TREE PLANTATION DRIVE

INTRODUCTION

When you plant a tree, you are not only planting a sapling but also hoping for the best. We have learned the hard way that trees are critical to our survival. We began by deforesting the earth to make room for more buildings. Later, when we saw the environment deteriorating, we were introduced to “afforestation,” a simple process of planting more trees for a better future. Trees are essentially human and other living organisms' livestock. They have unconditionally provided us with food, oxygen, and a variety of other necessities for human survival, such as shelter, medicines, tools, and so on. Despite their rich values and importance, trees are still not properly cared for. They are cut down, eradicating all forms of life in the surrounding area. However, the relevance and importance of planting trees have only grown with each passing day. More trees must be planted as a collective effort by all of humanity to save our ailing planet. As a result, we have our global Tree Plantation Day, which is observed on March 21st all over the world. The purpose of observing the said day is to make people aware of the importance of planting trees and to assist them in doing so. Planting saplings to invest in the future is a common practice on tree plantation days. Deforestation has resulted in devastating floods and landslides. The significance of "tree plantation" can also be emphasised for forest conservation and wildlife protection. Wild animals are facing a scarcity of inhabitable forest areas as lands are cleared for farming and industrial purposes. Because urban areas lack trees, they suffer from severe problems such as smog and polluted air. The “Tree Plantation” becomes a long-term solution to such problems. Vehicle exhaust, wood and coal combustion, factories and industries all emit hazardous pollutants and greenhouse gases into the atmosphere.

IMPORTANCE OF TREE PLANTATION

- An average tree produces enough oxygen to fulfil the oxygen needs of four people.
- Trees help in absorbing dust and other pollutants from the air, thus cleaning it.
- The land under the tree absorbs more rainwater and helps prevent floods.
- Trees also absorb a considerable amount of sound and help reduce noise pollution.
- Birds lay their eggs in the nests on the tree; thus, Trees provide an essential habitat for animals and birds.
- Many trees also have medicinal properties and are used in healthcare industries.
- They also save us from the harmful Ultraviolet rays, which are responsible for skin cancer.
- Trees are also important for many industries, like Timber, Paper, Rubber, Silk etc., helping in economic development.
- From roots to leaves, every part of a tree is beneficial to us. The roots of the trees hold the soil and protect us from landslides.
- Trees are a means of livelihood for humans by providing food, shelter and medicines.
- Trees fight with climate change and global warming and keep the earth safe from their effects.
- Trees help retain the productivity of the soil. Tree plantation keeps the nutrition of the soil intact and helps in irrigation.
- Trees help in reducing water pollution by preventing pollutants from flowing to water bodies.
- Tree plantation also helps in containing rainwater and maintaining natural water resources.

IMPLEMENTATION

From 07/09/2020 to 21/09/2020, a tree plantation program was conducted by NMIT NCC in which all the cadets planted a sapling in their locality which

showcased their responsibility to create an awareness regarding climate change and its adverse effect on us. Tree plantation program is conducted at least once in a year where the cadets individually take initiative of planting trees and take care of the same. Because of the Covid Protocols all cadets participated from their respective homes. The program started on 7th Sept 2020 at 9:00am and over the next 15 days awareness was conducted in the respective home locality and around 100 plants were planted. Hostel residents have planted the saplings in Gantiganahalli village in coordination with Village panchayat. The objective of this event was to spread awareness among the society, how we can save our climate from pollution. This was a great initiative to make our atmosphere neat and clean. By tree plantation, we can develop a climax ecosystem free of greenhouse gases to reduce global warming. During these 15 days program many online events such as poster making competition, debate competition and cadets encouraged people in their nearby areas to plant trees and take care of them until the saplings are fully grown.

More than 400 public / community men and women were benefited. Organisers received appreciation from authorities and beneficiaries and cadets gained knowledge on the importance of Tree Plantation.

Cadets received appreciation by the College Management for the activity and Gantiganahalli Panchayat members and offered to extend all the support in future programs and appreciated the cadets for their noble task.

Date	Time	Particulars	Remarks
07/09/2020	9:00 am – 12:00am	Flagging the event and briefing about the tasks that should be done in 15 days	
08/02/2020 – 20/01/2020	9:00 am – 12:00am	Digital Awareness, Planting the Trees by Cadets near their Localities	
21/09/2020	9:00 am – 12:00am	Collected data about all the saplings and concluding the Program	

PHOTOS



Cadets planting saplings in their locality and encouraging nearby people

ACTIVITY 2: ADOLESCENT ALCOHOL AND DRUG ABUSE AWARENESS CAMPAIGN

INTRODUCTION

Use and abuse of drugs and alcohol by teens is very common and can have serious consequences. In the 15-24 year age range, 50% of deaths (from accidents, homicides, suicides) involve alcohol or drug abuse. Drugs and alcohol also contribute to physical aggression such as assault or rape. Possible stages of teenage experience with alcohol and drugs include abstinence (non-use), experimentation, regular use (both recreational and compensatory for other problems), abuse, and dependency. Repeated and regular recreational use can lead to other problems like anxiety and depression. Some teenagers regularly use drugs or alcohol to compensate for anxiety, depression, or a lack of positive social skills. Teen use of tobacco and alcohol should not be minimised because they can be "gateway drugs" for other drugs (marijuana, cocaine, hallucinogens, inhalants, and heroin). The combination of teenagers' curiosity, risk taking behavior, and social pressure make it very difficult to say no. This leads most teenagers to the questions: "Will it hurt to try one?" There may also be physical signs such as red eyes, a persistent cough, and change in eating and sleeping habits. Alcohol or drug dependency may include blackouts, withdrawal symptoms, and further problems in functioning at home, school, or work. To counter these situations, we need to spread awareness and educate people by telling them the harmful consequences of using alcohol and drugs. This campaign was focused on awareness. NMIT NCC collaborated with Civil Defence 19th Division, Bangalore, Narcotics Control Bureau and Karnataka State Police.

IMPORTANCE

The harms associated with drugs and alcohol, including accidents, injury and violence, are particularly high for young people. Drugs and alcohol can also interfere with the developing adolescent brain. Problems with alcohol and other drug use often begin during adolescence and research shows that the earlier a young

person starts to use drugs and alcohol, the more likely they will experience various negative outcomes. These include poor school performance and early drop out, an increased risk of other mental health problems, dependence on substances (i.e. addiction), and an increased likelihood of juvenile offending. This highlights the need for effective prevention in adolescence to protect young people from these associated harms. It is important that young people receive drug and alcohol education prior to the peak risk phase during adolescence when experimentation with alcohol or drugs can occur. The benefits of equipping students with these skills and information in advance is that they will know how to make informed decisions and stay safe in situations involving alcohol and other drug use.

IMPLEMENTATION

The cadets of NCC NMIT launched a campaign on “Adolescent Alcohol and Drug Abuse”. The cadets are involved in spreading awareness through social media (Video Clips), posters, lectures, and street plays. As a part of the campaign the event was conducted in Yelahanka in association with Karnataka State Police (Yelahanka Police), Narcotics Control Bureau and Civil Defence 19th Battalion on 29th February 2020, from 9:00 AM to 3:30 PM. The cadets took up a program of social relevance to eradicate the menace which is plaguing our society. Mr. Virendra Singh, Intelligence officer of Narcotics Control Bureau Bangalore, flagged off the event. Capt. Dr Rajesh N (ANO, NMIT), Mr. Murali K S (Caretaker, SIMS), Mr. Surendra (Sub Inspector, Yelahanka Police Station), Mr. Shiv Kumar (Devanahalli Police Station), Mr. Rajendra (Head of Civil defense 19th battalion) and his team were present during the program. NCC cadets campaigned by conducting a rally from Yelahanka police station to Kogilu cross bus stop and a street play was performed by the cadets which aimed at educating the public regarding “Road safety, Drink and Drive and effects of Alcohol addiction”. This event attracted a huge crowd and cadets received appreciation from the public.

On 1st March 2020, the NCC cadets also conducted two street plays regarding “Health hazards due to alcohol, Drug addiction, Effect of alcohol and Drugs on youth and Effect of peer pressure” in Devanahalli in association with Devanahalli police station. It caught the attention of many people in the surrounding area and was successful in spreading about the harmful effects of drugs, alcohol, and tobacco.

The cadets were able to convince the public of the harmful effects of alcohol and drugs and took a pledge to not use or support the use of alcohol and drugs. At 12:00pm in the afternoon, the cadets visited “Sri Sai Integrated Rehabilitation

Centre for Addicts”. Cadets interacted with the members and gained knowledge on how alcohol and drugs can affect an individual and his family. Cadets praised them for their courage to overcome alcohol addiction and substance abuse. The cadets also motivated them not to get into addiction again. The cadets had lunch along with the patients and left the center by 3:00 PM.

More than 2000 public / community men and women were benefited, Organisers received appreciation from authorities and beneficiaries. Cadets gained knowledge on harmful effects of alcohol and drugs. Civil Defence personnel were very happy with the way the program was conducted and offered to extend all the support in future programs. The general Public Appreciated the cadets for their noble task and cadets received appreciation by the Police Department, Narcotics Control Bureau and Civil Defence (19th division) for the activity.

PHOTOS



Cadets on rally displaying slogans and posters.



Cadets spreading awareness on harmful effects of drugs and alcohol



Cadets performing Street Play at Kogilu Cross, Yelahanka



Cadets in Sri Sai Integrated Rehabilitation Centre for Addicts interacting with members



Cadets performing street play at Devanahalli village

ACTIVITY 3: FIT INDIA AWARENESS CAMPAIGN

INTRODUCTION

Fit India scheme was inaugurated on National Sports Day, 29th August, by the Prime Minister of India, Mr. Narendra Modi. Fit India Movement is a nation-wide campaign that aims at encouraging people to include physical activities and sports in their everyday lives. Through the dais the Prime Minister had appealed to the citizens to adapt to a physically active schedule. He also stressed on the physical benefits of practising yoga and that it should be an integral part of everyone's daily routine. The mission of the Movement is to bring about behavioral changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free.
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- To encourage indigenous sports.
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

IMPORTANCE

Technology has reduced our physical ability and has robbed us of our daily fitness routines and today we are unaware of our traditional practices and lifestyle which could keep us fit. With time, fitness has been relegated to a lower priority in our society. Earlier a person used to walk or cycle for kilometers, today mobile apps have to tell us how many steps we walked. Today lifestyle diseases are on a rise in India affecting even the young. Cases of diabetes and hypertension are on the rise and even common among children in India. But small lifestyle changes can prevent these lifestyle diseases. 'Fit India Movement' is an effort to bring these small

lifestyle changes. A healthy Individual, a healthy family and a healthy society are the essentials to make New India a Fit India: PM

IMPLEMENTATION

- **Duration of the Program:** From 15-08-2020 To 02-10-2020
- **No. of Officials, Youth Volunteers Trained:**

Name of Activities Conducted	No. of Activities Conducted	Types of Fitness Activities Undertaken	No. of Families Conducted Fitness Activities	No. of Youth Volunteers, Families and others undertook Physical Activities		
				Male	Female	Total
Orientation Awareness, Planning Training	3	Orientation awareness, Group Discussion & Lecturette	654	803	464	1267
Fitness @ Home, Fitness with Family	2	Yoga, Walk	966	1110	536	1646
Outdoor selected Activities	3	Running, Cycling, Skipping	801	949	510	1459
Grand Total	8		2421	2862	1510	4372

Cadets of NMIT NCC took utmost interest in supporting 'FIT INDIA MOVEMENT' to fulfill the vision of fit India and conducted a series of activities to spread awareness among the public as well as themselves, report of activities is mentioned below.

- **15/08/2020**

Inauguration of fit India programme, cadets of NMIT participated in the launch of fit India youth club and started preparing the outline of activities to be conducted.

- **16/08/2020 to 23/08/2020**

As a part of fit India movement cadets created awareness among the public regarding fitness by sharing the blogs on social media handles, the best blogs which would give precise information about fitness and could motivate the public were shared, This has impacted around 200 people per day.

- **24/08/2020 to 27/08/2020**

Cadets prepared posters on fitness and shared them on social media handles to create awareness about the importance of fitness and posters included beginner friendly exercises and it impacted at least 150 citizens per day.



- **28/08/2020 to 14/09/2020**

To be fit is everybody's need but most people don't give time for their body and health. So, it's necessary to have awareness about health and its maintenance and practises. Keeping these things in mind, to spread awareness and to encourage the society about health and fitness, cadets of NMIT NCC made several workout and awareness videos which were shared on social media handles and inspired a lot of people. Various videos on yoga, workouts and healthy diet were made. These videos not only gave motivation to the public but were also good enough to be followed. This has impacted around 200 people per day.

- **03/09/2020**

A group discussion was conducted at the company level and cadets from different platoons participated with great preparation.

The topics for group discussion were: -

- 1) The Fit India movement is not just a movement, it's a challenge.
- 2) Despite such a big population, why isn't India getting enough Olympic medals.

Cadets were divided into two teams for two different topics and the discussion went in a healthy way.

On the same day presentations on fitness were kept at the battalion level where four cadets from different institutes spoke about the importance of fitness.

- **17th Sept 2020**

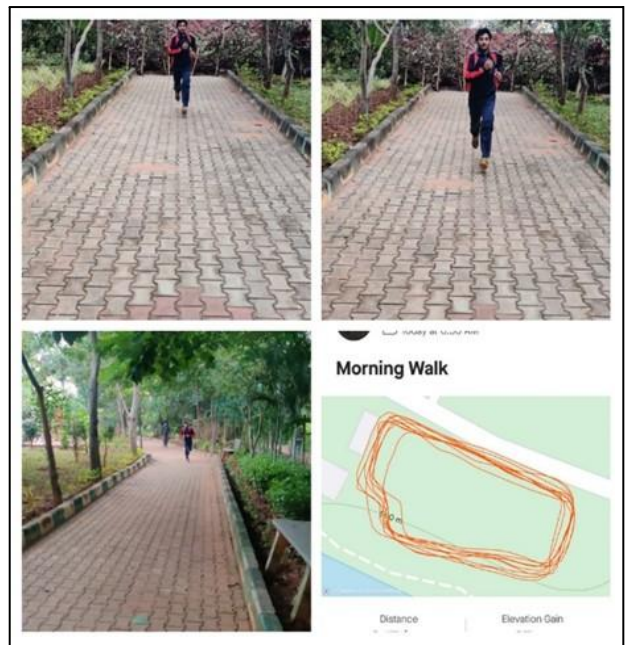
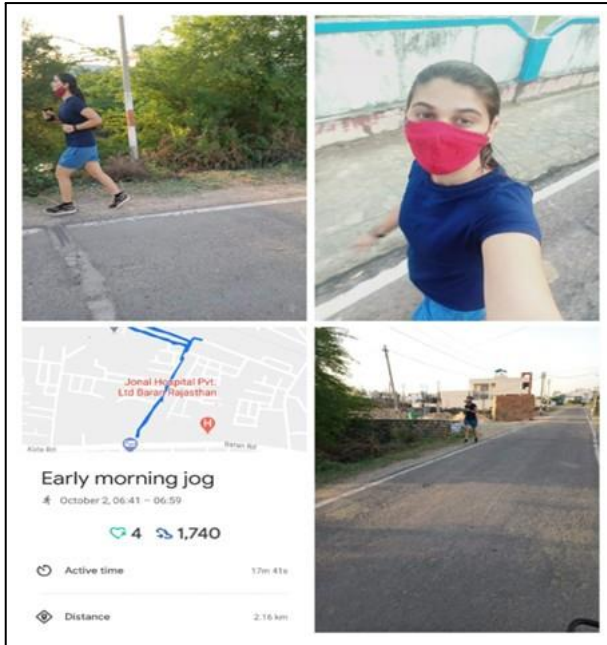
Cadets of NMIT NCC took utmost interest in supporting 'FIT INDIA MOVEMENT' to fulfil the vision of fit India and conducted a series of activities to spread awareness among the public by making different workout videos and shared them on social media on 17th September 2020 inspired a lot of people, which not only gave motivation to the public but the videos made were good enough to be followed and this has impacted around 200 people per day.

The vlog created by cadets from NMIT includes following things like cardio exercises like jumping rope, jumping jacks, jogging in place, burpees, push-ups, squats and many more. And it also includes outdoor activities such as cycling, running, walking for short distance. All these activities would be beneficiary improving bone health, reduces risk of high blood pressure (hypertension), coronary heart disease, stroke, type 2 diabetes, and some cancers, helps manage weight and reduces risk of becoming obese, reduces anxiety and depression, and helps prevent other mental health problems. It incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. It encourages to practice some asanas and stretching which strengthens our body and gives us a feeling of well-being and healthiness. The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practicing yoga might seem like just stretching, but it can do much more for our body. This are some physical activities encouraged in video to stay fit.

The vlog also encourages conveying that if the body is fit, then we would be mentally fit. Sports has a direct relation to fitness, but 'Fit India Movement' aims to go beyond fitness. Fitness is not just a word but an essential pillar to a healthy and prosperous life. Fitness is part of our historic legacy. Games and sports are played in every nook and corner of India. While working on the body they also train the mind, increasing focus and coordination of body parts. A healthy Individual, a healthy family and a healthy society are the essentials to make New India a Fit India.

PHOTOS

CADETS 'ON THE GO'





Posters made by cadets for spreading awareness about the Fit India Campaign

PRESENTATIONS

- The event also included the presentation of NCC cadets, from NMIT, RVCE, SIMS and SJP colleges, showcasing how everyone played their part in the campaign during these 60 days.
- Nominated cadets presented FIT INDIA VIDEOS and PPTs to summarise the activities, challenges, and awareness drives they took to motivate and encourage people, starting from their homes itself, to support the cause of the movement.
- The meeting took place under the supervision of Maj. Dr Rajesh sir and Lt. Mahendra sir.
- The no. of people influenced, and the efforts of cadets were appreciated.
- The meeting concluded with the pledge to 'MAKE FITNESS A WAY OF LIFE' and encourage others for the same.

ACTIVITY 4: VISIT TO OLD AGE HOME

INTRODUCTION

For generations, India had a prevailing tradition of the Joint Hindu Family or undivided family. The system is an extended family arrangement prevalent throughout the Indian subcontinent, particularly in India, consisting of many generations living in the same home, all bound by the common relationship.

However, with urbanisation and economic development, India has witnessed a breakup of the traditional joint family into more nuclear-like families, and the traditional joint family in India accounted for a small number of Indian households.

Today the Joint Family System is slowly fading away and soon becoming extinct.

The changing lifestyle has affected the lives of many senior citizens. The old-aged face difficulty in keeping up with the social expectation and acceptance and become the victims of poverty and depression. An old age home is one such place where you can find many mothers, fathers and old helpless members who are living their lives miserably. All they seek is support, and love that is missing in their lives.

Visiting an old age home program was conducted by NMIT NCC in which all the cadets met the old age people which showcased their relations and kindness towards them and gratitude. Cadets also participated and participated in cleaning activities and cadets were involved in interacting with old age people to know their life experience and also understanding their emotions and feelings. Cadets also showed their interest in learning the reason they were in old age homes and the hardships in their lives. Also, cadets got to learn about the value of how the relations are important and the value of parents.

IMPORTANCE

Old age is second Childhood. Nothing can be more painful than being abandoned by your loved ones at the dusk of your life. Today, many old-age homes have been opened to give support to senior citizens who are “helpless”. Social organisations come forward to help these people by sharing their joys and sorrows. At the same time, the government has a major role to make their lives more comfortable.

Elders should always be treated with respect. Social interaction is the key to happiness in this age. The children should communicate with them by playing indoor/outdoor games and watching movies and also learning life lessons from them. They don't need much from us. Our first morning wish with a smile to them makes up their whole day. We all must visit old-age homes once in our life to see the plight of our elders. They must be treated equally. Whatever we are eating, liking them must be a part of it. We must sit with them and listen to them. They should be taken to cinemas, parks and malls to see that they are a part of society. They should not feel alone in society.

IMPLEMENTATION

The cadets of NCC NMIT took the initiative to visit Chirashraya Senior Citizen Homes. The cadets reached there early morning on, the cadets took initiative to clean and maintain the home and served the senior citizens. The cadets then interacted with them and gave them all the love and care, listened to their stories, and shared their personal experiences.

Altogether the cadets had a good time with the old-aged people and learnt the importance of taking care of the senior citizens in the society.

PHOTOS





Cadets interacting with the senior citizens of Chirashraya Old Age Home.

ACTIVITY 5: YOGA AWARENESS CAMPAIGN

INTRODUCTION

The cadets of NCC NMIT along with the other cadets of 1 Karnataka Signal Regiment celebrated the 7th International Day of Yoga (IDY) with great enthusiasm. There were various activities organised for IDY 2021 which included pledge taking, quiz competition, jingle competition and yoga with family. Due to the outbreak of coronavirus, the main event was organised virtually through WebEx. The main purpose was to imbibe the culture of performing yoga into cadets to lead a healthy lifestyle and spread awareness in the locality stating the benefits of doing yoga and how yoga can help us in fighting diseases.

IMPORTANCE

Yoga is a way of living that aims towards 'a healthy mind in a healthy body'. Human is a physical, mental and spiritual being, yoga helps to promote a balanced development of all the three. Other forms of physical exercises like aerobics assure only physical well-being. They have little to do with the development of the spiritual or astral body.

Yogic exercises recharge the body with cosmic energy and facilitate:

- Attainment of perfect equilibrium and harmony
- Promotes self-healing
- Removes negative blocks from the mind and toxins from the body
- Enhances personal power
- Increases self-awareness
- Helps in attention, focus and concentration, especially important for children
- Reduces stress and tension in the physical body by activating the parasympathetic nervous system

Yoga's incorporation of meditation and breathing can help improve a person's mental well-being. "Regular yoga practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration". Body and self-awareness are particularly

beneficial, “because they can help with early detection of physical problems and allow for early preventive action.”

IMPLEMENTATION

NMIT NCC coordinated with other colleges under 1 Karnataka Signal Regiment to mark the celebration of International Day of Yoga 2021, guided by Associate NCC Officer Major Dr. Rajesh Nandalike and other ANOs. Amidst the COVID-19 outbreak, all the cadets showed great enthusiasm in completing the activities for IDY. All the cadets took the Integrate and Encourage Yoga through Life Pledge and they also tested their knowledge by taking the online IDY quiz. A few cadets challenged their language skills to create a jingle to promote IDY 2021. All the cadets also participated in the pre-event training conducted a day before the main event. The main event was a yoga session by Yoga Gurus. It was organised for one hour starting from 7:00 am till 8:00 am. Mrs. Mohini R B and Mrs. Parvati Bhat were the instructors for the event. Both the instructors hold a MSc degree in yoga therapy and have numerous years of experience of teaching yoga. A number of asanas were demonstrated, and all the participants followed. The asanas were according to the Common Yoga Protocol which can be found in the official website of the Ministry of Ayush. Few cadets performed it with their families and took immense pride in motivating family members and did together effectively, as the conclusive part cadets meditated for a few minutes and made the event a grand success. Cadets also encouraged the nearby people to start practising Yoga in daily life and told them about the importance and benefits of doing Yoga. This event gave everyone knowledge about Yoga and its health benefits. Uploading videos and photos of yoga online helped in spreading awareness to large numbers of people worldwide about the benefits of yoga and the positive changes that it can bring about to an individual’s lifestyle. The pledge taking event encouraged the cadets to undertake Yoga as a lifestyle and encouraged others to do the same. The cadets gained knowledge about Yoga through the quiz on the mygov website. Overall, the event was an informative and successful celebration of the International Yoga Day by 1 Karnataka Signal Regiment NCC.

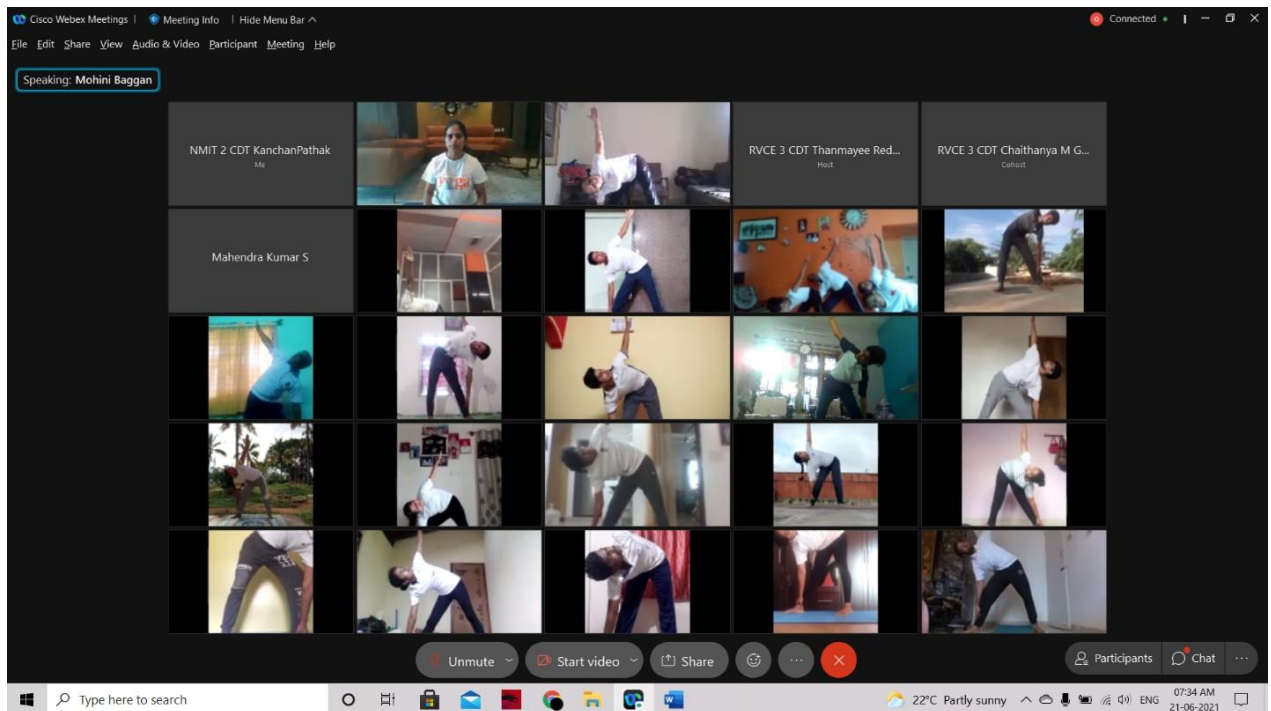
A number of asanas were demonstrated:

1. Siddhasana
2. Padmasana
3. Yoga Mudrasana
4. Paschimottanasana
5. Pawanmuktasana
6. Chakrasana
7. Dhanurasana
8. Padahastasana
9. Vrikshasana
10. Salabhasana
11. Ashwasanchalasana
12. Trikonasana

Cadet V V Shree Harsha was briefing about their benefits.

PHOTOS





Cadets of NMIT NCC actively participated in the Yoga Day program with their family members virtually.

ACTIVITY 6: ROAD SAFETY AWARENESS CAMPAIGN

INTRODUCTION

Road traffic safety refers to the methods and measures used to prevent road people from being killed or seriously injured. In today's era, road accidents are rampant. However, death rates have dropped significantly due to improvements in automotive technology. However, there are many potential road hazards that can cause injury or even death. Potential hazards can range from improper behaviour to road dynamics or even poor infrastructure. Behaviours such as drunk driving, exceeding speed limits and reckless driving contribute significantly to road accidents. Additionally, ignoring traffic signs that provide important information, such as intersections or crossroads, can also be the leading cause of car accidents. Vehicle maintenance also plays an important role in road safety. For example, many automobile accidents are the result of tire blowouts, which occur when tires are inflated and exceed their useful life.

In some cases, environmental factors such as rain, fog, or smog can hinder visibility, which is known to cause traffic accidents. Other factors such as rain can cause a phenomenon called aquaplaning, in which vehicles travelling at high speed begin to slide uncontrollably because the tires are pushed off the ground by a thin film of water on the road.

IMPORTANCE

Road traffic crashes have become one of the world's largest public-health and injury-prevention problems. The issue is all the more acute because the victims are overwhelmingly healthy before their crashes. According to the World Health Organisation (WHO), more than 1 million people are killed on the world's roads each year. Road safety becomes the main concern with the increase in the number of mass-manufactured vehicles. Every year, people die when they or others fail to comply with various road safety measures. There are countless factors that are responsible for causing road accidents. Another factor that disturbs road safety is

the use of cell phones while driving; the last thing a driver has to deal with is getting distracted. Even a second of distraction can cause a life-threatening situation. Therefore, cell phones should never be used while driving. If the need to use the phone is unavoidable, pull over to the side of the road. This eliminates any risk associated with texting and driving.

The most responsible are:

1. High speed driving/ Rash driving
2. Wrong side driving of the vehicle on the road
3. Overtaking
4. Use of mobile phones
5. Driving drunk
6. Ignoring important road signs
7. Poor maintenance of the vehicles
8. Sleepiness

IMPLEMENTATION

The cadets of NCC NMIT launched a campaign on “Road safety awareness”. The cadets are involved in spreading awareness through social media (Video Clips), posters, lectures, and street plays. As a part of the campaign the event was conducted in Yelahanka in association with Yelahanka Police Station from 29th February 2020, from 9:00 AM to 3:30 PM. The cadets took up a program of social relevance to eradicate the menace which is plaguing our society. NCC cadets campaigned by conducting a rally from Yelahanka police station to Nagenahalli and a street play was performed by the cadets which aimed at educating the public regarding “Road safety, Drink and Drive and effects of rash driving”. This event attracted a huge crowd and cadets received appreciation from the public. It caught the attention of many people in the surrounding area and was successful in spreading awareness about road safety and its importance.

The cadets were able to convince the public of the dangers of drinking and driving, not wearing helmet or seatbelt, accordingly, talking or texting while driving and other road safety terms. They took a pledge to follow all the road safety norms for

the safety of themselves and others as well. Cadets interacted with the public and explained the top safety rules to follow in India. Separate safety rules of cars, bikes, buses, kids were briefed to all age groups. More than 2000 public / community men and women were benefited, organisers received appreciation from authorities and beneficiaries. Cadets successfully spread awareness and completed the road safety campaign. The public appreciated the cadets for their noble task.

PHOTOS



A rally on Road safety awareness was done from yelahanka police station to kogilu cross with the help of Yelahanka Police Department



Cadets performing street on road safety awareness at Devanahalli village

ACTIVITY 7: VACCINATION DRIVE

INTRODUCTION

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. The severity of COVID-19 symptoms ranges from very mild to severe with cases of people contracting the COVID-19 diseases and yet remain asymptomatic. People may experience shortness of breath and pneumonia, about a week after symptoms start. This disease which was first discovered in Wuhan in November 2019 quickly turned into an endemic and rapidly turned into a pandemic engulfing the world.

The first wave of COVID-19 took the world by storm and people were unaware of the symptoms as well as the intensity of this disease. Along with many cases of death, mass hysteria spread around the globe due to the novel understanding of this virus. However, when the cases after the first wave subsided, people began to understand this novel disease and began finding the cure. This led to the production of various vaccines across different countries such as Covaxin, Covishield, Pfizer-BioNTech, Moderna etc.

It was proven that the vaccinations are working positively and ensuring that severe cases of COVID-19 which require hospitalisation are prevented to a large extent. With the dawn of the second wave, the vaccine had progressed from development phase to production phase. It was of utmost necessity to vaccinate as many people as possible.

IMPORTANCE

As the dreaded 2nd wave of the COVID-19 pandemic came to an end, vaccination became the main concern. Earlier the age restriction was set for people aged 45 and above. Later with the increased production of the vaccines all adults aged 18 or older were eligible for vaccination. Academic institutions and workplaces began

conducting vaccination drives and the government issued guidelines in the interest of public health stating that vaccinations are mandatory to enter public spaces. As of today, India has administered more than 100 crore vaccinations.

IMPLEMENTATION

Nitte Meenakshi Institute of Technology hosted vaccination drives for staff and students on the dates 24/06/2021, 02/07/2021 and 03/07/2021.

The cadets of NMIT NCC were the volunteers for these vaccination drives held, and they ensured the coordination between Urban Public Health Centers as well as Nitte Meenakshi Institute of Technology. Government doctors administered doses of the Covishield and Covaxin vaccines to the staff as well as students of the institution. Nitte Meenakshi Institute of Technology along with the Cadets of NMIT NCC ensured that vaccines were available to all and was provided free of cost. This greatly benefitted people and helped the society in curbing the number of cases of the Coronavirus Disease.

The dedication shown by the volunteer cadets in making the drives successful was highly commendable.

PHOTOS





Cadets of NMIT NCC volunteered to help in organising the Vaccination Drives in the NMIT campus.

ACTIVITY 8: DIGITAL INDIA AWARENESS CAMPAIGN

INTRODUCTION

Digital India is a campaign launched by the Government of India to ensure the Government's services are made available to citizens electronically by improved online infrastructure and by increasing Internet connectivity or making the country digitally empowered in the field of technology. The initiative includes plans to connect rural areas with high-speed internet networks. It consists of three core components: the development of secure and stable digital infrastructure, delivering government services digitally, and universal digital literacy.

Launched on 1 July 2015, by Indian Prime Minister Narendra Modi, it is both enabler and beneficiary of other key Government of India schemes, such as BharatNet, Make in India, Startup India, Standup India, industrial corridors, Bharatmala and Sagarmala. The vision of Digital India is to transform the country into a digitally empowered society and knowledge economy. It would ensure that government services are available to citizens electronically. It would also bring in public accountability through mandated delivery of government's services electronically. The Digital India vision provides the intensified impetus for further momentum and progress for e-Governance and would promote inclusive growth that covers electronic services, products, devices, manufacturing, and job opportunities.

IMPORTANCE

The motto of the Digital India Mission is 'Power to Empower'. There are three core components to the Digital India initiative. They are digital infrastructure creation, digital delivery of services, and digital literacy.

The major objectives of this initiative are listed below:

1. To provide high-speed internet in all gram panchayats.
2. To provide easy access to the Common Service Centre (CSC) in all the localities.

3. Digital India is an initiative that combines a large number of ideas and thoughts into a single, comprehensive vision so that each of them is seen as part of a larger goal.
4. The Digital India Programme also focuses on restructuring many existing schemes that can be implemented in a synchronised manner.

IMPLEMENTATION

The cadets of NCC NMIT launched a “Digital India Awareness Campaign”. The cadets are involved in spreading awareness through social media, posters, lectures, and street plays. As a part of the campaign the event was conducted in Gantiganahalli village, and the primary school located in Gantiganahalli village near Nitte Meenakshi Institute Of Technology Bangalore. The cadets initially went around and educated the villagers regarding the importance of digital payments, how to use the digital payment application and how securely one can pay or transfer the money to others account directly. We talked to many retail shops around the place and told them regarding the advantages of digital payments and the impact of Digital India in nation building.

We covered all the houses located in the village and spreading the awareness among the people of the locality and we went to the government primary school of Gantiganahalli, we educated school children regarding digital India and with the help of posters and banners a small interactive session was made with the children. Cadets also created awareness among the people regarding the importance of Digital India and Digital payments by displaying placards and banners.

PHOTOS



Cadets educate village people about the Digital India campaign at different locations across Bengaluru.

ACTIVITY 9: CLEANLINESS AWARENESS CAMPAIGN 2021

INTRODUCTION

Cleanliness means that there is no dirt, no dust, no stains, no bad smells. The goals of cleanliness are health, beauty, absence of offensive odor and to avoid the spreading of dirt and contaminants to oneself and others. With the help of cleanliness, we can keep our physical and mental health clean, which will make us feel good. Cleanliness gives rise to a good character by keeping body, mind, and soul clean and peaceful. Maintaining cleanliness is the essential part of healthy living because it is the cleanliness only which helps to improve our personality by keeping clean externally and internally. It is everybody's responsibility and one should keep themselves and their surroundings clean and hygienic. It also brings good and positive thoughts in the mind which slows down the occurrence of diseases. Sanitation and neatness play an important role in our day to day routine. It is important as it prevents dangerous diseases like Dengue, typhoid, hepatitis, and other diseases caused by mosquito bite, etc. Diseases like Jaundice, Cholera, Ascariasis, Leptospirosis, Ringworm, Scabies, Schistosomiasis, Trachoma, etc. can be spread due to eating contaminated food, drinking contaminated water or living in an unhygienic condition. Trash also spreads bad odor which is difficult to tolerate. There will also be an accumulation of trash and dirt if clean measures aren't taken.

IMPORTANCE

- ❖ Cleanliness is a very essential component of human life in both physical and spiritual terms. Spiritual cleanliness refers to following the beliefs and rituals of your religion. On the other hand, the physical one is essential for the well-being of and existence of humanity.
- ❖ It is essential to lead a healthy and well life. In fact, health and cleanliness are related to each other. To get good health, one must practice hygiene. It is essential to practice maintaining good health and prevent diseases.

- ❖ Moreover, equally important is the cleanliness of our environment. When you maintain cleanliness, you can prevent disease and lead a healthy life. Health professionals advocate hygienic practices to prolong the lives of individuals.
- ❖ Further, we must not only clean the environment but organize the environment carefully. In other words, put away harmful objects to prevent accidents. Similarly, in the food industry, cleanliness is of the utmost importance.
- ❖ It ensures the well-being of the consumers. Most importantly, cleanliness enables the extension of a lifespan of an object. When you keep the metallic objects free from dust and rust, they will have a longer shelf life.
- ❖ Clean environment can also attract tourists. No one would want to visit a foul land with garbage all over.
- ❖ A clean building attracts occupancy as well as business. On the other hand, a building with poor maintenance and infrastructure can have a negative effect on potential buyers.

IMPLEMENTATION

As a part of Swachh Bharath Abhiyan the cadets of NMIT NCC organised a cleanliness drive 3rd October to 4th October 2021 at Gantiganahalli Locality.

The event was conducted from 10:00am to 3:00pm on both days. The cadets actively took part by removing the waste on the road and segregating the waste before disposing of it. Cadets also created awareness among the people regarding the importance of cleanliness, segregation of waste and reduction of plastic waste, by displaying placards and banners. As the activity took place during the outbreak of corona, all necessary precautions were taken by the cadets. Cadets wore masks and properly sanitised themselves before and after the activity. All the segregated waste was sent to the local trash and scrap collection centre for further processing and safe disposal of the collected waste. Equipment such as recyclable trash bags, broom sticks, gloves and Bins were used to help aid in cleaning the surroundings and collecting the waste in the area.

PHOTOS



Cadets of NMIT NCC organised the cleanliness drive at different locations.

ACTIVITY 10: AFFORESTATION AWARENESS AND TREE PLANTATION DRIVE 2022

INTRODUCTION

Tree planting is recognised as one of the most engaging, environmentally friendly activities that people can participate in to help the planet when done properly. Trees provide numerous long-term and short-term benefits. They not only look nice, but they also remove and store carbon from the atmosphere, slow heavy rain and thus reduce the risk of flooding, improve air quality, and reduce the urban heat island effect by reflecting sunlight and providing shade.

When you plant a tree, you are not only planting a sapling but also hoping for the best. We have learned the hard way that trees are critical to our survival. We began by deforesting the earth to make room for more buildings. Later, when we saw the environment deteriorating, we were introduced to “afforestation,” a simple process of planting more trees for a better future. Trees are essentially human and other living organisms' livestock. They have unconditionally provided us with food, oxygen, and a variety of other necessities for human survival, such as shelter, medicines, tools, and so on. Despite their rich values and importance, trees are still not properly cared for. They are cut down, eradicating all forms of life in the surrounding area. However, the relevance and importance of planting trees have only grown with each passing day. More trees must be planted as a collective effort by all of humanity to save our ailing planet. As a result, we have our global Tree Plantation Day, which is observed on March 21st all over the world. The purpose of observing the said day is to make people aware of the importance of planting trees and to assist them in doing so. Planting saplings to invest in the future is a common practice on tree plantation days.

IMPORTANCE

- ❖ Tree plantation is significant because it is linked to our basic need for good food to eat and clean air to breathe. Aside from these necessities, they preserve biodiversity, conserve water, preserve soil, and control climate, among other things.
- ❖ Tree plantation is important because it provides fresh fruits, vegetables, nuts, and other foods for the survival of life on Earth. They are the producers and the source of food energy for all living things to survive, as they are at the bottom of the food chain. Aside from this basic need, tree plantation is important for humans to meet their medicinal needs, fodder for domestic animals, household tools, fuel, and so on.
- ❖ The importance of tree plantation in preserving biodiversity and balancing the ecosystem cannot be overstated. Trees provide a natural habitat for many different species. A diverse and healthy ecosystem revitalizes the land and life on Earth.
- ❖ Trees are also known for their ability to hold soil and prevent erosion. The topsoil of the earth is washed away by water during rain and floods. The roots of the trees play an important role in preventing erosion of the topsoil.
- ❖ Because trees absorb carbon dioxide from the atmosphere, tree plantation is the most effective organic method for reversing global warming and preventing climate change. In recent years, particularly since the 2015 Paris Agreement on Climate Change, the importance of tree plantation has grown significantly in many countries.
- ❖ Planting trees may also help people become better versions of themselves since it gives them a sense of accomplishment while also helping to safeguard the environment.
- ❖ Trees are an important component of every community, and it takes a lot of effort to keep them that way. You may have noticed that trees border your streets, parks, playgrounds, and backyards because of their medicinal and life-giving powers. Trees provide a serene and tranquil environment,

therefore human settlements are incomplete without them. The number of trees surrounding you can impact the quality of your life.

IMPLEMENTATION

On the occasion of World Environmental Day NCC NMIT took part in a tree plantation drive conducted and organised by the ICARE brigade NGO along with JAYA KARNATAKA JANAPARA VEDIKE from 5th June to 7th JUNE 2022 from 10:30 am to 3:30pm. Along with guidance of PI staff of 1 KAR SIGNAL REGIMENT, Subedar Amrit Dorjee, and beloved ANO, I, CQMS Shashidhar Shreedhar Naik actively took part in the plantation drive. We cadets arrived at the plantation location at 9:30 am to prepare for the activity along with the NGO. The program was inaugurated by the panchayath development officer, Mr Poornachalam at 10:30 am. We cadets actively participated along with JAYA KARNATAKA JANAPARA VEDIKE and the NGO and planted around 300 saplings along the banks of the lake. We were divided into 3 teams according to the platoon and planted 4 saplings each. The zeal and enthusiasm encouraged me and our team to complete the entire drive. At the end of the drive, lunch was provided to us by the JAYAKARNATAKA JANAPARA VEDIKE.

None of us were injured and the tree plantation drive was a success. I learnt the importance of community development through plantation drive.

PHOTOS





Cadets at the tree plantation event at different locations across Bengaluru



NCC Alumni with the Guests

ACTIVITY 11: CLEANLINESS AWARENESS CAMPAIGN 2022

INTRODUCTION

Puneet Sagar Abhiyan was launched by NCC to clean Sea Shores/Beaches and other water bodies including rivers & lakes, of plastic & other waste and increase awareness amongst the local population about importance of keeping the beaches and river fronts clean. The purpose of the Abhiyan is to educate locals and sensitise them about 'Swachh Bharat'. The campaign has continued unabated with full fervour since its launch in December 2021. Drawing, poster making, essay writing, poetry, article writing, debate, etc. are also being conducted at various locations during the campaign.

Black-odor water body is a body of water that has lost its ecological function. The odorous black water is a phenomenon in which water turns black and emits odorous gas. It is a serious phenomenon among environmental pollution, and it severely threatens the sustainable development of society and survival of mankind. And the urban odorous black water remarkably influences the urban landscape, daily life of citizens. The organic substances that cause black odorous water pollution are mainly composed of C, H, O, N, P, S and other elements, and their composition is particularly complicated. black and odorous water pollution mainly comes from the direct discharge of domestic sewage, the littering of garbage, and the smuggling of industrial wastewater. Excessive pollution results in the imbalance of oxygen supply and oxygen consumption in the water body. The water body is under oxygen and even anaerobic conditions convert pollutants and produce odorous substances such as ammonia nitrogen, hydrogen sulfide, volatile organic acids, and black substances such as iron and manganese sulfide.

IMPORTANCE

- ❖ Lakes do provide a great means to transport heavy carrier goods. Large lakes like the Great Lakes located in North America provide a very cheap and convenient way to transport heavy and bulky goods like iron, coal, machinery, grains, and timber.
- ❖ Previously human settlement took place where there was the presence of lakes, town sites are also very much influenced by the presence of lakes. People moved to the places nearby the lakes in order to get water, thereby civilization started and thus, this led to economic and industrial growth in that particular area. Lakes are an even more decisive factor when they are supplemented by large fertile rivers.
- ❖ Lakes either natural or artificial in origin provide vital sources for the domestic water supply. They supply the water to the towns and industrial cities. For example, in Britain the Lake of Thirlmere supplies water to Manchester, Loch Katrine supplies water to Glasgow, Lake Vyrnwy located in Wales supplies water to Liverpool. In India, the Okhla Reservoir supplies water to Delhi. Veteran, Vihar, and Tulsi lakes supply water to Bombay.
- ❖ In the mountainous districts, the lakes or the man-made reservoirs furnish water to generate hydroelectric power in that area. In this case, natural lakes are preferred to artificial reservoirs. The Niagara River flowing from Lake Erie to Lake Ontario has a regular supply of this water which helps the power stations to run.

IMPLEMENTATION

NCC has adopted community development activities with the aim of imbibing amongst youth selfless service to the community, dignity of labor, importance of self-help, need to protect the environment and to assist weaker sections of the society in their upliftment. 2. In support of Puneet Sagar campaign, on the eve of World Environment Day, 1 Karnataka Signal Regt NCC planned an activity at Gantiganahalli Lake, near NMIT College, Yelahanka. The program was inaugurated at Gantiganahalli Lake on 30 May 2022 at 10:00am by the Chief Guest Dr. H C Nagaraj, Principal, Nitte Meenakshi Institute of Technology in the presence of NCC officials, Gram Panchayath Officials and NGOs (OISCA and Rotary Bangalore Kalyan). The inauguration was done by planting of the sapling presented to the Chief Guest by NCC Cadets and Officials. The Chief Guest then addressed all the participants and emphasised on the importance of the theme of “Only One Earth” and saving the environment being a necessity for the future of our planet. 3. The under-mentioned activities were executed after the inauguration: - a. Perimeter cleaning of the water body by NCC cadets. b. Identification of pollutants/source of the pollutant in the water body. c. Plantation Drive. d. Proposal for usage of lake water (Potable/Irrigation/recreation).

Cleaning of the area around the lake was done to ensure cleaning of the litter, plastics and biodegradable and non-bio-degradable waste littered along the perimeter of the lake. The cadets used Improvised tools and also removed litter by hand using gloves as protection. The waste and litter collected was collected into large plastic bags and segregated and further handed over to civil authorities of Gantiganahalli Panchayat for disposal by recycling/ composting. The entire sets of waste bags were collected into a tractor for carriage to the disposal location by the village authorities. Water samples were collected from different locations of the lake into bottles / containers for testing and identifying pollutants present in the water. The collected samples were sent for testing to the Environmental Testing Lab at NMIT College for identification of pollutants in water. Also, a general Survey of the area for the source of pollutants was done in which no major source for pollutants were observed.

PHOTOS



Picking the plastic bottles from water



Cleaning activity at lake bed under the supervision of PI Staff



Plastic removal from the shore using improvised tools



Plastic Waste Collection and Cleaning



Collecting the water sample for testing



Labeling the water Sample can



Cadets with water Samples



Cadets at the lab for water sample test



Lt Col Vinith Idiculla handing over plastic waste to
PDO, Gantiganahalli Panchayath for recycling



Before and after the activity