



**Name of the Department: National Cadet Corps**

- A. Title of the Workshop/Activity:** Tree Plantation
- B. Background:** The SIES NCC cadets performed Tree Plantation during lockdown at their residential places.
- C. Aims/Objectives:** Trees help to combat global warming by absorbing carbon dioxide, removing and storing carbon while releasing oxygen back into the air. They also reduce wind speeds and cool the air as they lose moisture and reflect heat upwards from their leaves.
- D. Location:** Students residential places during lockdown.
- E. Target audience/participants with expected number:** Students and cadets of units.
- F. Date of the activity:** 16/06/2020
- G. Name of Resource Persons:** Individual Cadets
- H. Outcome/Feedback:** Trees decrease global warming and pollution. Cadets planted 32 plants in their premises in lockdown. They planted desi trees like Neem, Peepal, Tulsi, Tamarindus Indica, etc. Plantation done near cadet's premises.
- I. Funding if any:** SIES College Sion (W)
- J. Annexures:**
- i. **List of Participants**

SR. NO	NAME OF THE STUDENTS	SR. NO	NAME OF THE STUDENTS
1	SWARAJ SUDHIR BANE	17	AISHANI BAINI
2	OMKAR GANESHKAR	18	DHANYAMARY JAMES
3	RUSHIKESH MADHVI	19	HUMAIRA SHAIKH
4	DHANANJAY BOMIDI	20	MONI YADAV
5	HRISHIKESH JADHAV	21	PALLAVI PAVITHRAN
6	MOHAMMAD FAIZAN	22	PRIYA KORI
7	AKSHAY JADHAV	23	PRIYANKA MISHRA
8	GAURAV SHINDE	24	SHRAVNI PARAB
9	ABHAY VIJAY DUBEY	25	VAIBHAVI BORHADE
10	GAURAV BHOIR	26	NEHA JAISWAR
11	SUJIT PADWAL	27	YOGITA CHAVAN
12	KAILAS KALE	28	NIKITA JADHAV


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13	VAIBHAV VINOD JAGTAP	29	JANHAVI DASS
14	PRITAM PREMA DEBNATH	30	AARTI SHIRTAVALE
15	PRATIK CHIKNE	31	DIVYA THEVER
16	ROHIT KAMBLE		


ii. Photographs



Cadets planting trees at their vicinity

  
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**Principal**



  
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### Name of the Department: National Cadet Corps

- A. Title of the Workshop/Activity:** International Yoga Day
- B. Background:** The cadets of SIES NCC Unit participated International Yoga Day 2020 during lockdown at their residential places at morning 8.30 am to 9.30 am.
- C. Aims/Objectives:** To live through this lockdown & pandemic period, yoga is the best thing to adopt as a lifestyle habit. It helps us build a strong physical, mental and spiritual health system. When combined with breathing and meditation, it acts as the best element to take care of our mind, body and soul.
- D. Location:** Students residential places and home.
- E. Target audience/participants with expected number:** Students, all family members and neighbors etc.
- F. Date of the activity:** 21/06/2020
- G. Name of Resource Persons:** Individual Cadets
- H. Outcome/Feedback:** The need of Yoga practice at work places and at home during the global lockdown due to the COVID-19 pandemic strengthen our mind, body and soul.
- I. Funding if any:** SIES College Sion (W)
- J. Annexures:**

**i. List of Participants**

SR. NO	NAME OF THE STUDENTS	SR. NO	NAME OF THE STUDENTS
1	SWARAJ SUDHIR BANE	17	AISHANI BAINI
2	OMKAR GANESHKAR	18	DHANYAMARY JAMES
3	RUSHIKESH MADHVI	19	HUMAIRA SHAIKH
4	DHANANJAY BOMIDI	20	MONI YADAV
5	HRISHIKESH JADHAV	21	PALLAVI PAVITHRAN
6	MOHAMMAD FAIZAN	22	PRIYA KORI
7	AKSHAY JADHAV	23	PRIYANKA MISHRA
8	GAURAV SHINDE	24	SHRAVNI PARAB
9	ABHAY VIJAY DUBEY	25	VAIBHAVI BORHADE
10	GAURAV BHOIR	26	NEHA JAISWAR
11	SUJIT PADWAL	27	YOGITA CHAVAN
12	KAILAS KALE	28	NIKITA JADHAV

13	VAIBHAV VINOD JAGTAP	29	JANHAVI DASS
14	PRITAM PREMA DEBNATH	30	AARTI SHIRTAVALE
15	PRATIK CHIKNE	31	DIVYA THEVER
16	ROHIT KAMBLE	32	YAZISHANI GANDHI


ii. Photographs



Cadets performing Yoga at Their Home

  
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### Name of the Department: National Cadet Corps

- A. Title of the Workshop/Activity:** Covid – 19 Awareness
- B. Background:** The SIES NCC cadets participated in the Covid – 19 Awareness program. In this awareness event cadets prepared posters and videos. These are circulated to classmates, friends, family members, relatives and society members through WhatsApp, Instagram and Facebook.
- C. Aims/Objectives:** To spread awareness about the COVID-19 Pandemic and how to prevent ourselves and the family from being affected.
- D. Location:** Students residential places during Pandemic.
- E. Target audience/participants with expected number:** classmates, friends, family members, relatives and society members
- F. Date of the activity:** 14/07/2020
- G. Name of Resource Persons:** Individual cadets
- H. Outcome/Feedback:** COVID-19 is often more severe in people 60+ years or with health conditions like lung or heart disease, diabetes or conditions that affect their immune system. After such awareness they are getting correct information about what are the measure causes of COVID -19 and What are the important methods of preventions.
- I. Funding if any:** SIES College, Sion (W)
- J. Annexures:**

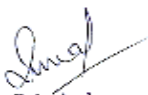
**i. List of Participants**

SR. NO	NAME OF THE STUDENTS	SR. NO	NAME OF THE STUDENTS
1	NEHA JAISWAR	9	AISHANI BAINI
2	YOGITA CHAVAN	10	DHANYAMARY JAMES
3	NIKITA JADHAV	11	HUMAIRA SHAIKH
4	JANHAVI DASS	12	MONI YADAV
5	AARTI SHIRTAVALE	13	PALLAVI PAVITHRAN
6	DIVYA THEVER	14	PRIYA KORI
7	YAZISHANI GANDHI	15	PRIYANKA MISHRA
8	VAIBHAVI BORHADE	16	SHRAVNI PARAB


ii. Photographs



Covid – 19 Awareness through Social Media

  
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**Name of the Department: National Cadet Corps**

- A. Title of the Workshop/Activity:** SWACHH BHARAT ABHIYAN
- B. Background:** Cadets participated in Swachh Bharat Abhiyaan and clean their premises and created awareness about cleanliness during lockdown. The birth anniversary of Mahatma Gandhi was celebrated in this way. Student done this activity near their premises.
- C. Aims/Objectives:** To spread awareness about cleanness to maintain health and hygiene in the COVID-19 Pandemic and how to prevent ourselves and the family from being affected.
- D. Location:** Students residential places during Pandemic.
- E. Target audience/participants with expected number:** friends, family members, relatives and society members
- F. Date of the activity:** 02/08/2020
- G. Name of Resource Persons:** Individual cadets
- H. Outcome/Feedback:** The cleanliness campaign of Swachh Bharat Abhiyan was run on a national level and encompassed all the towns, rural and urban. It served as a great initiative in making people aware of the importance of cleanliness.
- I. Funding if any:** SIES College Sion (W)
- J. Annexures:**

**i. List of Participants**

SR. NO	NAME OF THE STUDENTS	SR. NO	NAME OF THE STUDENTS
1	SWARAJ SUDHIR BANE	15	DHANYAMARY JAMES
2	OMKAR GANESHKAR	16	HUMAIRA SHAIKH
3	RUSHIKESH MADHVI	17	MONI YADAV
4	DHANANJAY BOMIDI	18	PALLAVI PAVITHRAN
5	HRISHIKESH JADHAV	19	PRIYA KORI
6	MOHAMMAD FAIZAN	20	PRIYANKA MISHRA
7	AKSHAY JADHAV	21	SHRAVNI PARAB
8	GAURAV SHINDE	22	VAIBHAVI BORHADE
9	ABHAY VIJAY DUBEY	23	NEHA JAISWAR
10	GAURAV BHOIR	24	YOGITA CHAVAN
11	SUJIT PADWAL	25	NIKITA JADHAV
12	KAILAS KALE	26	JYOTSNA YEWALE

NCC 2020-2021

13	VAIBHAV VINOD JAGTAP	27	AARTI SHIRTAVALE
14	PRITAM PREMA DEBNATH	28	DIVYA THEVER


ii. Photographs



Cadets participated in Swachh Bharat Abhiyan at their vicinity

  
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### Name of the Department: National Cadet Corps

- A. Title of the Workshop/Activity:** FIT India Program (Cyclothon)
- B. Background:** The SIES NCC cadets participated in FIT India Program (Cyclothon). This activity was organized by sport authority of India, Ministry of Youth Affair and Sports, Government of India, the cadets are required to peddle the cycle to carry out this activity. Total 30 cadets are participated in this activity.
- C. Aims/Objectives:** To promote physical fitness during the time of pandemic, the NCC cadets participated in the FIT India Cyclothon.
- D. Location:** Students residential places during lockdown.
- E. Target audience/participants with expected number:** Students and cadets of units.
- F. Date of the activity:** 11/01/2021
- G. Name of Resource Persons:** Individual cadets
- H. Outcome/Feedback:** The cadets cycled in the nearby areas of their residence. The cadets also performed different exercises to promote the importance of physical fitness and a healthy body. FIT India Program (Cyclothon) improves physical fitness of the students. This activity not only maintain the fitness of students but also encourage the peoples to adopt economic Go Green approach which also helps in the physical fitness.
- I. Funding if any:** SIES College Sion (W)
- J. Annexures:**
- i. **List of Participants**

SR. NO	NAME OF THE STUDENTS	SR. NO	NAME OF THE STUDENTS
1	SHRAVNI PARAB	16	AKSHAY JADHAV
2	GAURAV SHINDE	17	DHANYAMARY JAMES
3	RUSHIKESH MADHVI	18	HRISHIKESH JADHAV
4	PRIYA KORI	19	MONI YADAV
5	HUMAIRA SHAIKH	20	PALLAVI PAVITHRAN
6	MOHAMMAD FAIZAN	21	DHANANJAY BOMIDI
7	AISHANI BAINI	22	PRIYANKA MISHRA
8	OMKAR GANESHKAR	23	SWARAJ SUDHIR BANE
9	ABHAY VIJAY DUBEY	24	VAIBHAVI BORHADE

NCC 2020-2021

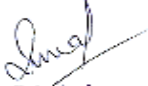
10	KAILAS KALE	25	NIKITA JADHAV
11	SUJIT PADWAL	26	YOGITA CHAVAN
12	GAURAV BHOIR	27	NEHA JAISWAR
13	ROHIT KAMBLE	28	JANHAVI DASS
14	PRITAM DEBNATH	29	AARTI SHIRTAVALE
15	PRATIK CHIKNE	30	VAIBHAV JAGTAP

ii. Photographs :

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FIT India Program (Cyclothon)

  
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**Name of the Department: National Cadet Corps**

- A. Title of the Workshop/Activity:** Fit India Program
- B. Background:** Daily cycling and running performed by 20 cadets for a week to create awareness about health. FIT INDIA Movement was launched on 29<sup>th</sup> August 2019 by Honorable Prime Minister with a view to make fitness an integral part of our daily lives.
- C. Aims/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.
- D. Location:** Students residential places and home
- E. Target audience/participants with expected number:** General public
- F. Date of the activity:** 21/01/2021
- G. Name of Resource Persons:** Individual cadets
- H. Outcome/Feedback:** The campaign successfully gets people to become more physically active and healthy. On the other hand, some concerns need to be addressed. The campaign focuses on promoting fitness and healthy living habits, and it is suitable for people of all ages.
- I. Funding if any:** SIES College, Sion (w)
- J. Annexures:**
- i. List of Participants:**

SR. NO	NAME OF THE STUDENTS	SR. NO	NAME OF THE STUDENTS
1	AKSHAY PATIL	11	ARTI SHIRTAVLE
2	ALOK GUNJAWALE	12	DIVYA THEVAR
3	ARJUN BOMIDI	13	JANHAVI DASS
4	SACHIN PATIL	14	JYOTSNA YEWALE
5	NEETESH PRAJAPATI	15	NEHA JADHAV
6	VEKATARAMAN	16	NIKITA JADHAV
7	MIHIR GOLE	17	NISHTHA GUPTA
8	ANAND SALUNKE	18	SAKSHI MISHRA
9	BHANUPRATAP SISODIA	19	SIDDHI GOLE
10	ROSHAN MUSALE	20	YAZISHNI GANDHI

ii. Photographs



CDT Dhananjay Bomidi




CDT Gaurav Bhoir

Fit India Program

  
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