



Dwaraka Doss Goverdhan Doss
Vaishnav College

[Autonomous]

College with Potential for Excellence

Linguistic Minority Institution, Affiliated to University of Madras
Arumbakkam, Chennai-600106, tamilnadu



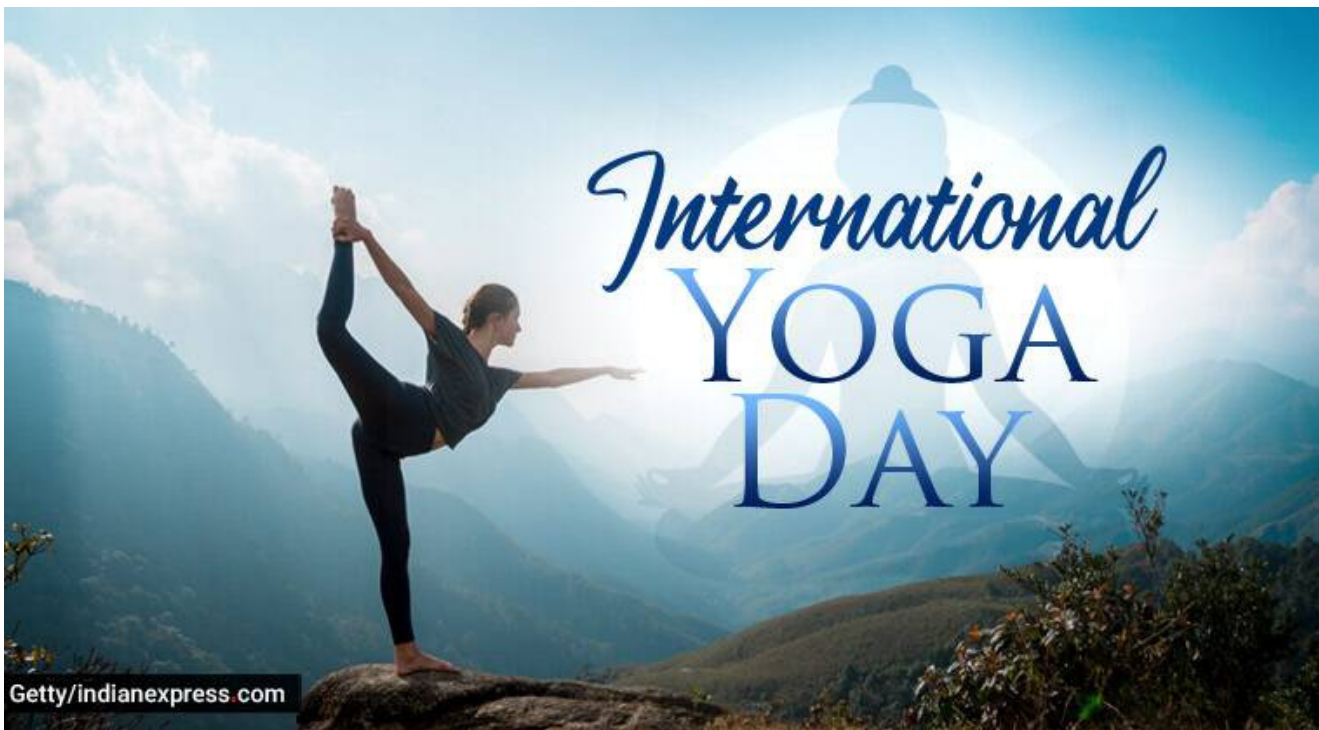
ACTIVITIES OF 1(TN) ARMD SQN NCC 2020-2021

1]. YOGA DAY

1. Date - **21st June 2020**
2. number of cadet's - **40 Cadet's**

Cadet's of 1[TN] ARMD SQN NCC from DG Vaishnav College attended yoga day.

The Cadet's had a very good experience on yoga day cadet's learned new variations of yoga and benefits of yoga . cadet's were motivated to do yoga every day and asked to make a video while doing yoga after a week we conducted a visual meet to see the progress of our cadet's in yoga



2]. INDEPENDENCE DAY

Date - 15/08/2020

Number of cadet's - 100 cadet's

NCC Cadet's of DG Vaishnav college took part In Independence day programme flag hoisting was done by our principal. social distancing was Maintained during flag hoisting and necessary precautions was taken to avoid covid- 19.a short film was played to motivate the ncc cadet's .



3]. Fit india

Date - 26/08/2020

Number of cadet's - 300 cadet's

Online meeting was conducted by 1[TN] ARMD SQN NCC the motto of this online programme was to make India fit . Ncc cadets were really motivated to this fit india movement cadet's even motivated there parents and there friends to be fit 30 mins workout were shown



4]. 1st year induction programme

Date - 18/09/2020
Number of cadet's attended - 23 Cadet's

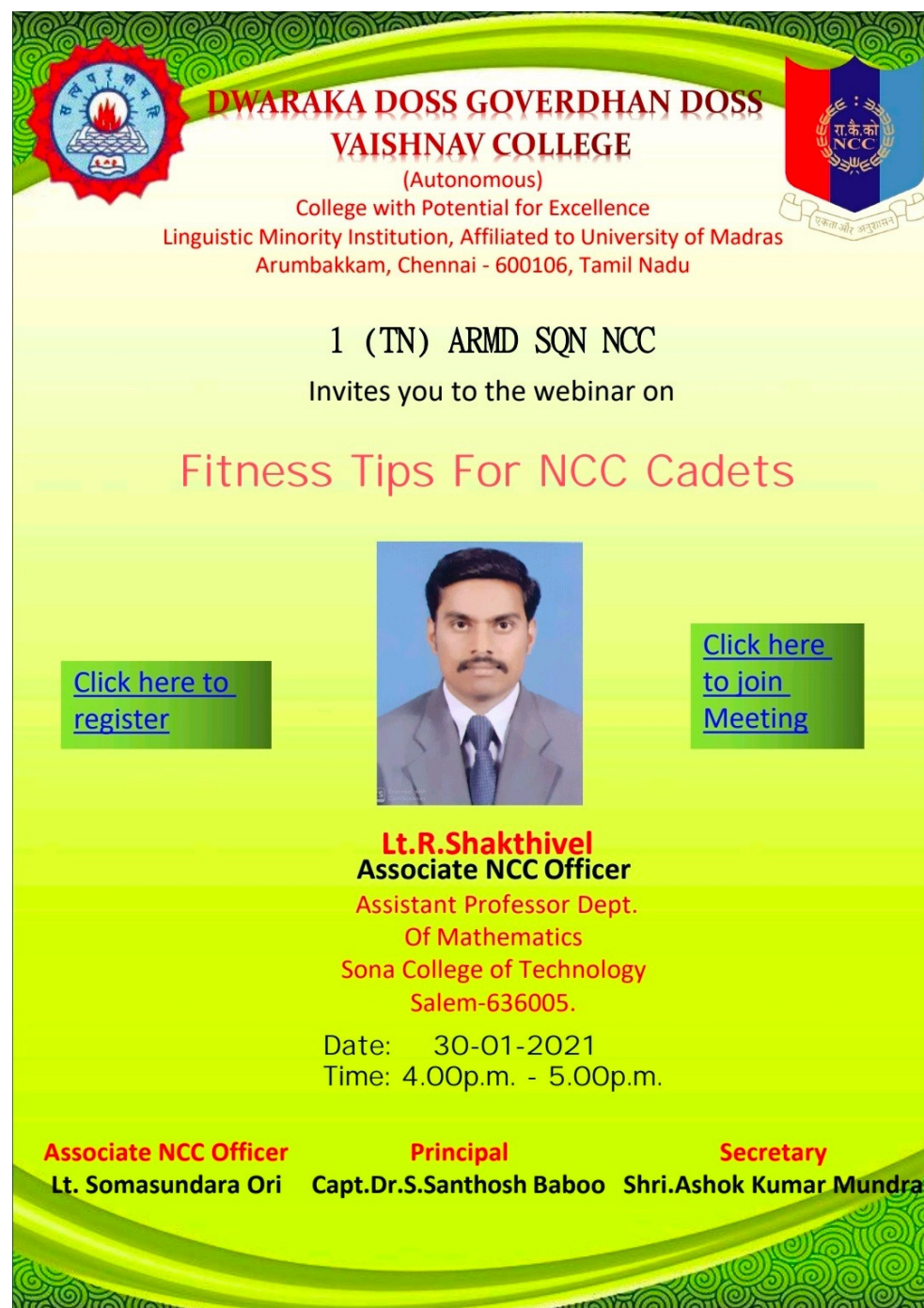
Induction programme was conducted through zoom meeting to motivate DG Vaishnav college 1st year student to join 1[TN] ARMD SQN NCC and develop the leadership qualities in them. Senior really motivated the newcomers and gave a warm welcome to the 1 year cadets.

5]. Fitness tips for ncc cadets

- Date** - 30/01/2021
number of cadet's - 40 Cadet's
Chief guest - LT .R. Shakthivel sir associate
- Ncc Officer of sona college,salem

***A webinar was conducted by 1 [TN] ARMD SQN NCC
On the topic fitness tips for ncc cadet's.***

***the main motto of the webinar was to provide fitness tips
to NCC Cadet's LT.R.shakthivel sir associate ncc Officer of
sona college salem, gave some important key points to
maintain fitness at home with easy techniques.***




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1 (TN) ARMD SQN NCC
Invites you to the webinar on

Fitness Tips For NCC Cadets

[Click here to register](#)



[Click here to join Meeting](#)

Lt.R.Shakthivel
Associate NCC Officer
Assistant Professor Dept.
Of Mathematics
Sona College of Technology
Salem-636005.

Date: 30-01-2021
Time: 4.00p.m. - 5.00p.m.

Associate NCC Officer Lt. Somasundara Ori
Principal Capt.Dr.S.Santhosh Baboo
Secretary Shri.Ashok Kumar Mundra

6].CM RALLY

- Date** - **28 /01/2021**
Location - **Marina beach**
number of cadet's - **45 cadet's**

***Cadet's of 1[TN] ARMD SQN NCC took part
In CM rally held at Marina beach.***

***CM of tamil nadu Edappadi K. Palaniswami
inaugurated the statue of former CM DR
J.Jayalalitha.***



7]. Constitution day

- Date** - **26/11/2020**
Location - **DG Vaishnav college**

on the occasion of constitution day a brief note on constitution were given by senior to increase the knowledge a short film was shown to them in which cadet's got a clear view on indian constitution.



8]. Corona awareness programme

Date - 12/09/2020
Number of cadet's - 40 Cadet's

***Cadet's of 1[TN] ARMD SQN NCC attented
Attended online meeting on corona awareness
cadet's were taught how to prevent covid- 19 virus
And keep them self safe from corona virus and
cadet's were also taught how to take safety
precautions.***

9].Armed forces Flag day quiz

Date - **7/12/2020**
number of cadet's attented - **100 Cadet's**

The quiz was conducted on the occasion of armed forces Flag day. Cadet's attented the quiz via Google forms and e-certificate was also provided. The quiz was conducted to test the knowledge of cadet's on defence Power of the nation.