



St. Francis

College for Women
Begumpet, Hyderabad-500016

(Autonomous & Affiliated to Osmania University)

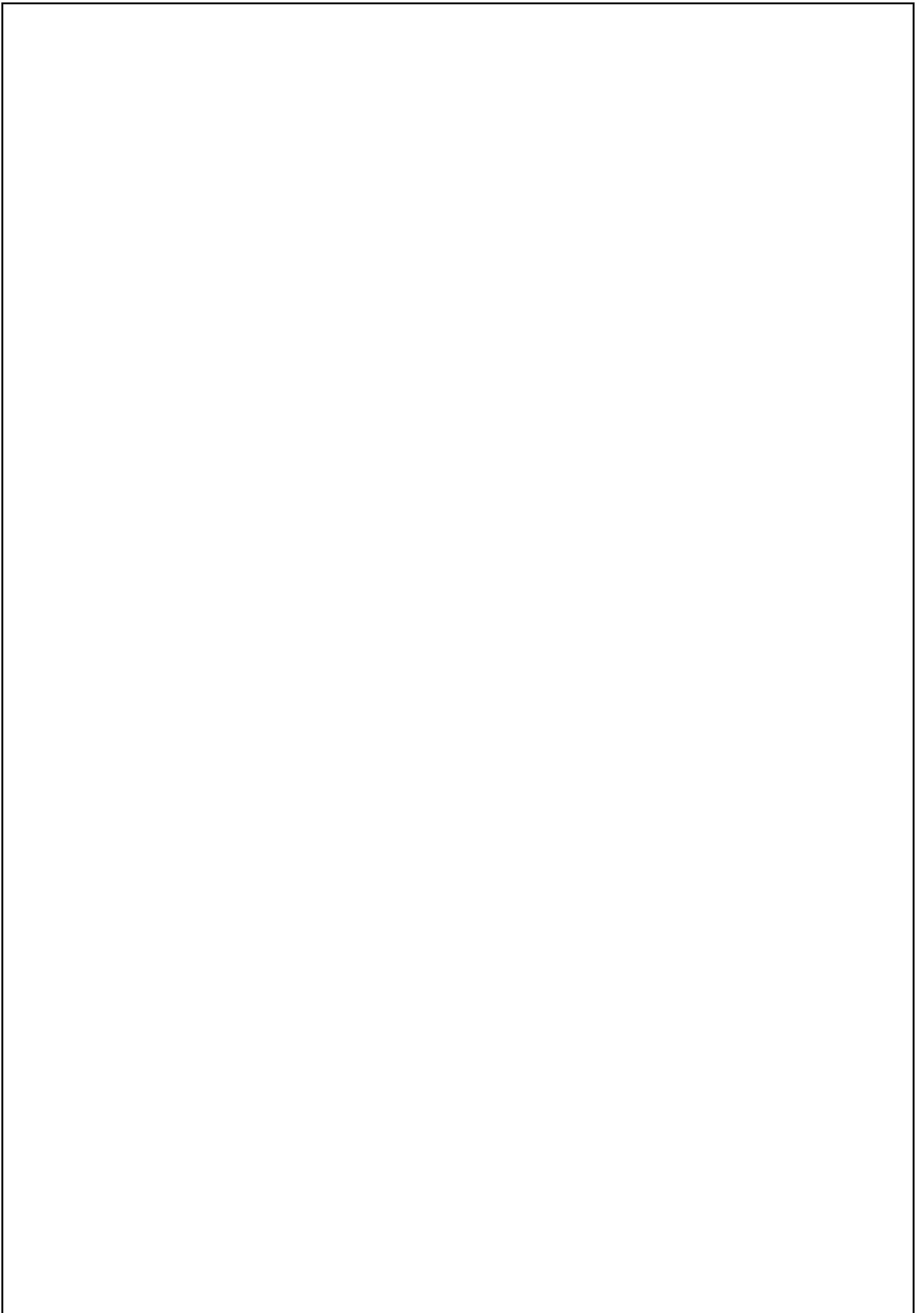
ANNUAL NCC REPORT 2023-24

The *National Cadet Corps (NCC)* is a tripartite service organization in which the Army, Navy and Air Force are involved. NCC is the largest uniformed youth Organization in Our Country. NCC provides with the tools and experience to groom the cadets into disciplined, confident and socially aware individuals through various activities. It also preserves and champions its motto "Unity and Discipline" by creating patriotic, firm, motivated and committed individuals to uphold our Nation. *Some of the events that were conducted in the year 2023-2024 are as follows:*

ANNUAL TRAINING CAMP (ATC-1)

Annual training camp is a platform where cadets get chance to learn various subjects such as drill, weapon training, map reading, first aid, adventure, self-defence, military history, physical fitness, field craft and battle craft. The camp took place between 1st May to 10th May 2023 at St. Francis Degree College with the full strength of 1T Girls Bn i.e., 600 cadets including school and colleges in the battalion have attended this camp. Overall, Bravo COY which consisted on St. Francis College and Vanitha College won the second price in drill competitions.







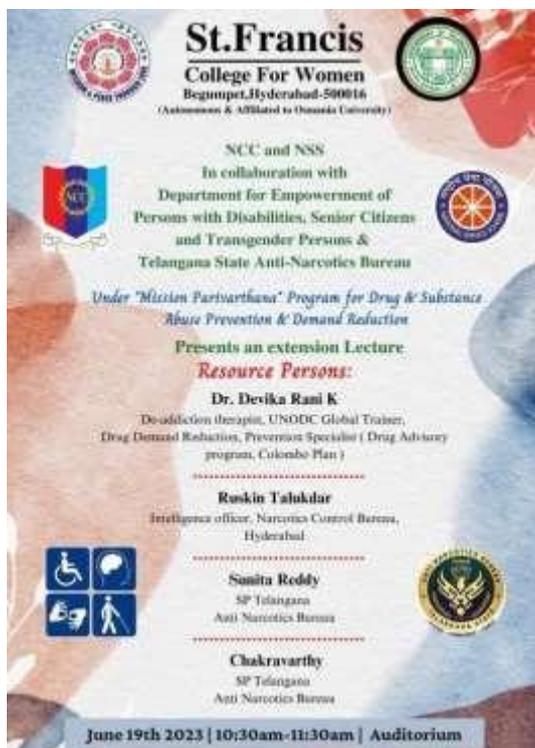
BLOOD DONOR'S DAY

It is estimated that over 12,000 persons die every day in India due to non-availability of blood. Figures such as this alarm and raise concern about the low availability of blood. One of the most recent instances when blood wasn't sufficient to treat the injured was during the Odisha train accident. In light of such events, to raise awareness on the occasion of World Blood Donors Day on 14 June 2023, 130 cadets of St. Francis College for Women, Hyderabad, conducted a poster-making competition under the aegis of its NCC wing headed by Lt. Marie Thomas. With the theme 'Give Blood, Give Plasma, Save Life, Share Often', cadets have prepared posters with engaging sketches and illustrations while depicting the importance of donating blood. To evaluate the posters, Mrs. Geetha Srinivas and Mrs. Swetha, lecturers at Vijay Marie College of Nursing graced the event. The lecturers have evaluated, scrutinized and posed questions to the cadets regarding the depiction of each design and the message that they're trying to convey. With catchy captions like "Money can buy you a meal but a bag of blood can give you a life", the teams have put in effort to make the posters edifying.



ANTI-DRUG ABUSE EVENT

Drug addiction has become a worldwide problem, especially in teenagers. Many young people become dependent on different types of substances and stimulating medicines that come hand-in-hand with narcotic effects. It is in this context that St. Francis Degree College conducted a lecture on “Drug and Substance Abuse Prevention & Demand Reduction” as part of ‘Mission Parivarthana’. This event, conducted on June 19th, 2023, was graced by Ms. Sunitha Reddy, SP Telangana (TSNAB), Mr. Chakravarthy, SP Telangana (TSNAB), Dr. Devika Rani, De-addiction therapist and Mr. Ruskin Talukdar, NCB Intelligence Officer. The event started off with an extempore where participants were asked to speak of effective reforms for making India drug free and as to why children need to be educated about drug abuse among many other topics. Slogan writing, poster making and skit competitions on the ill effects of narcotics were also conducted. Ms. Sunitha Reddy spoke of drug addiction, where she explains that it is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medicine. Substances such as alcohol, marijuana and nicotine also are considered drugs. When you're addicted, you may continue using the drug despite the harm it causes. Tracing back to the origins of drug addiction, she comments that drug addiction can start with experimental use of a recreational drug in social situations, and, for some people, the drug use becomes more frequent. For others, particularly with opioids, drug addiction begins when they take prescribed medicines or receive them from others who have prescriptions. Mr. Chakravarthy continues the discourse by elucidating that the risk of addiction and how fast you become addicted varies by drug. Some drugs, such as opioid painkillers, have a higher risk and cause addiction more quickly than others. As time passes, one may need larger doses of the drug to get high. Soon they may need the drug just to feel good. It would be increasingly difficult to stop taking substances once started. Attempts to do so may cause intense cravings and make you feel physically ill. These are called withdrawal symptoms. The cadets have performed various skits including a flash-mob at AMB Mall, Gachibowli, which showed the intricacies of how drug syndicates work and how people of all ages fall prey to them. NCC won second price for Skit. They received a cash prize of INR 1000 and got the privilege to perform at the State Police Command and Control center.





United Nations

Office on Drugs and Crime

International Day against Drug Abuse and Illicit Trafficking



Hyderabad, TG, India

Street 5, Begumpet, Hyderabad, 500016, TG, India

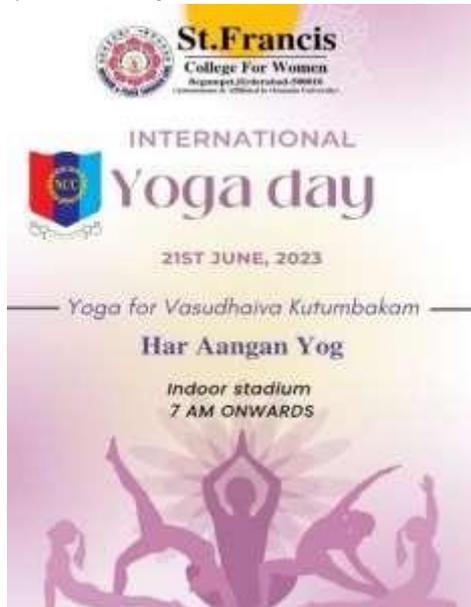
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YOGA DAY

Recognizing the universal appeal of Yoga, today on 21st of June, 2023, the NCC cadets of St. Francis College for Women, Hyderabad, participated in a yoga session. This year, the theme for International Yoga Day is 'Yoga for Vasudhaiva Kutumbakam,' and the tagline was 'Har Aangan Yog', effectively encapsulating our collective aspiration for 'One Earth, One Family, and One Future.' Promoting spiritual, mental and physical stability, and with guidance and instruction from JUO M.Manogna, the cadets have performed various asanas.



PUNEET SAGAR ABHIYAN

On the 8th August 2023 the cadets of St. Francis College, Begumpet took part in poster and debate competitions on the topic 'Community participation and balancing urban development'. A total of 119 cadets were present, from which, 14 cadets (7 for poster and 7 for debate) were chosen from Alpha COY, Bravo COY and Charlie COY respectively. The debate and poster making competitions were won by Charlie COY and received Kit Kat chocolate as a reward.





LAKE CLEAN UP DRIVE

On 12th August 2023, 55 cadets of NCC, some members of Green Corps and the Prakruti club of St. Francis College for Women took up lake cleaning at Mushkin Cheruvu as a voluntary activity inspired by the poster and debate competitions conducted on 8th August 2023. NCC cadets sincerely followed the quote 'Do what you preach'. They made arrangements to reach the location by 8am and dedicated 2 hours of their day towards cleaning up the lake for the betterment of the society. ANO-Lt. Marie Thomas and SFGC-G. Danalakshmi were presented a tote bag and a painting by Mrs. vanita Mohan and Mr. V. Prakash Rao (advisor to KCR) as a token of appreciation for collaborating with Dhruvansh Organisation to make this event a successful one. All the members were divided into a group of 8 each and a competition was held among them regarding 'who will pick the most waste from the surroundings?' It was happy news to receive a message from the event organisers when they released the results.

1) CPL Aishwarya Bhat's team backed 3rd position-collected 5.8kg waste 2)

Constellation prizes:

- a) CDT B Yashaswi's team
- b) CPL Swethapriya's team
- c) LCPL Samba Tejaswi's team



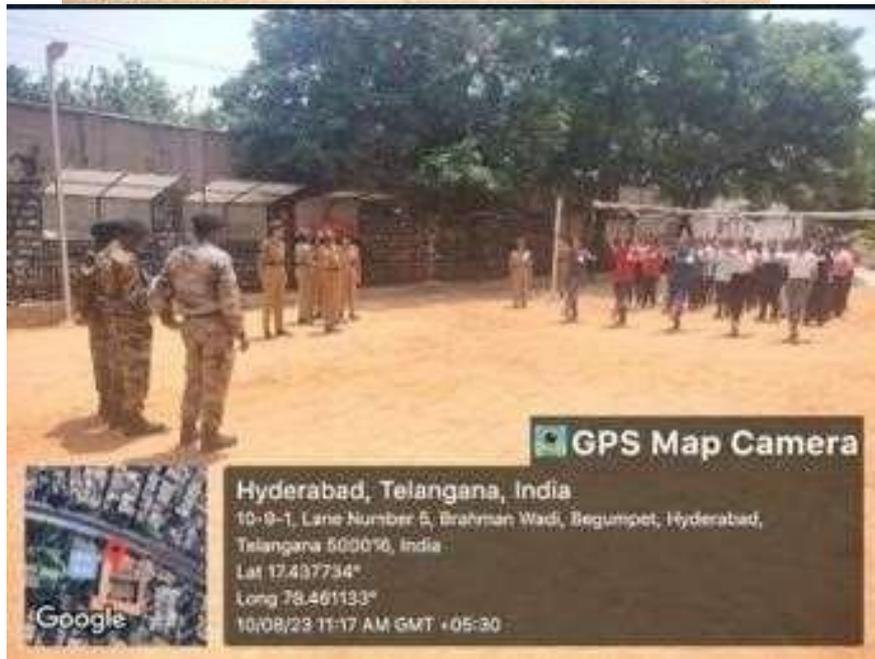
MARCH PAST TRAINING AT KASTURBA HIGH SCHOOL

Kasturba High School is register under weaker sections educational society and is located in Rasoolpura, Bugumpet, honing the strength of 850 students. The school has been imparting education to the udnerpriviledged and backward sectrions of the society from the past 32 years at a nominal fee. 12 cadets on 1st August, 2023 took the initiative to teach students how to do basic drill and march past for Independence day. They envoked great motivation and encouragement to the students by showing adequate leadership skills and being amicable while training them.



FIRST YEAR ENROLLMENT

On 10th August 2023, the first year's students had their selections into the NCC wing. They were tested on their height, weight, foot drill and physical stamina. They also had a written test. Overall, 37 were selected and completed their online enrollment within the next few days. The cadets and rankholders who took charge of doing their duties for this event were 55.



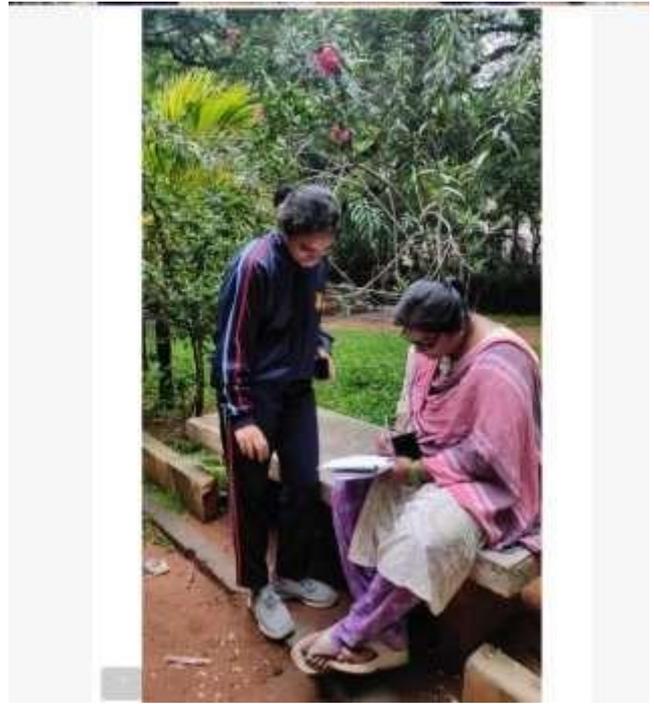
INDEPENDENCE DAY MARCH PAST

Held on 15th of August 2023, St. Francis College for Women celebrated independence day with both cultural and drill programs with Lt. Col. Vishnu Gopan as the chief guest for the day. The event commenced with guard of honour by two wings-army and navy, Followed by Drill by NCC, NSS, and other SFC wings, followed by cultural program. The flag was hoisted by the chief guest before the drill.



Each One Reach One Teach One

130 cadets of the St Francis Degree College, on September 5th, 2023, have conducted an extension activity called “EACH ONE REACH ONE TEACH ONE”, wherein, the cadets reached out to the underprivileged parts of the society and decided to lend a helping hand. Each One Reach One Teach One is a motivation for the educated class to understand their moral and social responsibility to teach at least one illiterate person, which makes a big difference in society. The subjects were from the areas close to their residence i.e. house maids, elderly people and children. The primary objective of conducting this activity was to impart knowledge about the technological advancements that is internet banking, and teach them to write and sign their names, through support and it is through this hands-on training and knowledge that one learn any type of skill.



HYDERABAD JUNIORTHON 2023

40 cadets of NCC volunteered for the event on 17th September 2023, and assisted the participants throughout the course of the event. Cadets helped at the registration desk, where they ensured that the process of spot. Registrations took place smoothly, and that T-shirts were readily available for all the young runners. Before the start of the event, they guided the parents by assisting them in parking their respective vehicles, as a huge influx of vehicles could be seen entering the ground, and limited parking space was available. The cadets also provided constant encouragement to the participants during all the runs, and saw to it that no runner was injured and overall ensured the event was conducted smoothly.



CLEANLINESS DRIVE BY NCC

Place: Dr. BR Ambedkar statue, Tank bund road, Backside of Prasads IMax Theatre

Day and date of visit: 1st October 2023, Sunday

Time: 8:30 am - 10:30 am

Strength: 130 cadets

"Swachhata Hi Seva Hai" is a profound call to action, emphasizing the significance of cleanliness. A cleaning drive, aligned with this theme, was organized by NCC cadets of St. Francis Degree college. 130 NCC cadets in all participated in this drive with enthusiasm. They were split into two groups and put forth spirited efforts to clean up the area around Hussain Sagar Lake and the Tank Bund, as well as to raise awareness of proper waste disposal through slogans and posters.

The first group cleaned and swept the Hussain Sagar footpaths and the park across the street, while the second group worked near the B.R. Ambedkar's Statue and backside of prasads imax theatre. Through volunteer work, we took the initiative to clean up our surroundings, collect trash, and raise public awareness about cleanliness. The GHMC officers took the initiative in doing this and supplied us garbage bags, masks, and gloves. The cadets have also received their certificates online. Some of the cadets in Uniform participated in the rally

The NCC Cadets have positively taken part in the following activities: Garbage cleaning, sweeping, garbage collecting in NCC tracks

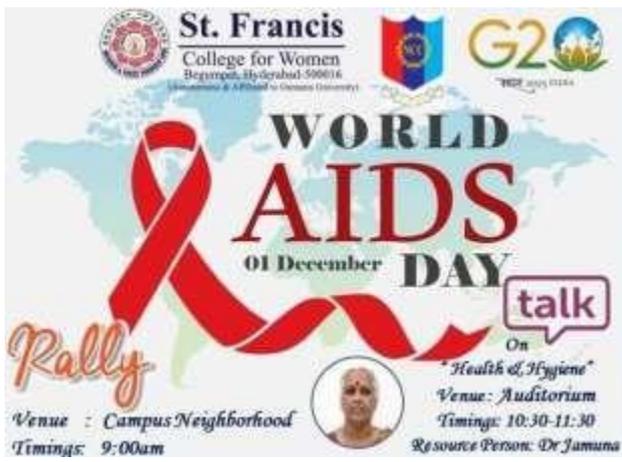
Rally with posters, slogans and banners in NCC uniform



WORLD AIDS DAY

On the occasion of World Aids Day, which is celebrated on the 1st of December every year, so on 1st of December 2023. 130 cadets participated in an awareness rally, which had started from the college campus, and took place in the neighborhood of around the college. We said out strong and effective slogans related to the awareness, prevention and the responsibilities of one's health, in the context of HIV and Aids. The rally went

on for about half an hour, where many local people came out and heard us. We also used different placards during the rally, which made our aim of spreading awareness about HIV and Aids more effective. 100 NCC cadets had participated in this event, along with the NSS students. After a long and energetic rally, we all had a short seminar by a very prominent speaker, Dr. Jamuna, who addressed us on the topic of Health & Hygiene. She was definitely a very powerful speaker, who shared a lot of information, and awakened our young minds. She also made us feel very comfortable to speak openly about HIV, Aids, Menstruation, PCOD and many such topics and had advised us to always speak out for ourselves and never stay silent, as it's our responsibility to live health and live safe. After which, she also encouraged interaction with us, where a lot of us had cleared out our queries. Thus, the session was quite useful, needed and effective, in this current generation. Knowing about the causes, effects, and prevention of HIV and Aids was very much needed for all us, as we become more aware and educated, we can prevent such problems coming up in us, and also help our near and dear ones. Hence, knowledge is power, so we all shall stand united and spread awareness, and not HIV!



CHILD WELFARE SEMINAR WITH DON BOSCO SCHOOL

Don Bosco School's outreach program has been a forefront of making a significant impact on the lives of underprivileged children, particularly those found on the streets. The school takes a proactive approach by rescuing these children and providing them with a haven where they can receive an education and a brighter future. The two priests who were the head of the Telangana branch of Don Bosco School held a seminar in St. Francis Degree College on December 4th 2023 for 130 cadets of NCC on child welfare, where, they shared their experiences and stories of how cruel the world is for the children who live on the streets. The seminar consisted of an interactive and emotional awareness about how the faculty of the school ensure that the children get good food, shelter, education and other necessities in a joyful and creative way. They emphasized on how they persuade the children to live in the shelter provided by them rather than forcing them.



ARMED FORCES FLAGSHIP DAY EVENT

In the Spirit of discipline, leadership, and national service, this report unveils the event conducted by the National Cadet Corps (NCC) along with the officers from the Regional Welfare office, Sangareddy, on the

occasion of the Armed Forces Flag Day. This report aims to capture the essence of the event, shedding light on the remarkable activities and the enduring impact has on the cadets and the community at large.

The Armed Forces Flag Day is a solemn occasion that revered the indomitable spirit of our army forces. Observes annually on December 7th, this day pays homage to the sacrifices and the unwavering dedication of the soldiers, sailors, and the airmen who safeguard the nation's sovereignty. The significance of this day lies in its role as a poignant reminder for citizens to contribute to the welfare and well-being of the armed forces community. It is a day to honor the gallantry and resilience of our armed forces, fostering a sense of national pride and solidarity.

7th December 2023. The event started with the arrival of 30 rank holders from St. Francis Degree College and cadets from another college from the Hyderabad Unit. The cadets were provided with breakfast, after which, they were divided into two teams: TEAM A and TEAM B. These teams were subdivided into groups of 4-5 cadets who were given different areas of the city to cover. The cadets were each given a box for the funds, an envelope of stickers for people who give the funds, and some money to cover transport facilities and lunch.

The cadets asked for funds to the general public, including different shops, people walking on the footpaths and the stagnant traffic. One of the most touching aspects of the event was witnessing the Ex-cadets of NCC who were ready to contribute to the cause. Most of the people happily funded for the cause while some were ignorant to the cadets. Some people wanted to pay but couldn't pay it via cash, they were ready to pay it online if that facility was given. However, the cadets were proactive on the issue and diligently transferred the money to the fundraiser's account after receiving it from their personal account after the event. The cadets felt a mix of excitement, embarrassment and felt patriotic with the public who funded for the cause. It was overall a new and thrilling experience for the cadets. The event also shed light on the crucial role played by the community in supporting the fundraiser's mission. Local businesses, shopkeepers, and other local people contributed financially. This collective effort strengthened the will of the Officers and their families. Two of the cadets were accompanied by the Officers to do to the Collectorate.

In conclusion, the collaborative event the two Units and the Regional Sainik Welfare office left a lasting impression on all who participated. Supporting and assisting the army officers is crucial for the strength and resilience of our armed forces. By providing the necessary resources, training, and mental health support, we empower these dedicated individuals to fulfill their roles effectively and safeguard our nation. As we invest in the well-being of our officers, we, in turn, contribute to the overall security and prosperity of our society.



SESSION ON NUTRITION

On the 8th of December 2023, a session on Nutrition in Adolescence was held at St. Francis Degree College by Ms. Indu Bhargavi, attended by 130 cadets of NCC. During the seminar, cadets were taught about different issues faced during the growing stage of adolescents like anemia, PCOS and hypothyroidism; its symptoms and ways that could subside the issue. The seminar consisted of various topics ranging from rainbow foods, the 3G foods, how to calculate ones BMI and its classification, as well as how to maintain a healthy body with physical and mental fitness alongside a proper diet.



UNNAT BHARAT ABHIYAN (UBA) SURVEY

The goal of the Unnat Bharat Abhiyan, a Central Government program, is to empower universities to collaborate with rural Indian communities by identifying development concerns and developing suitable solutions to accelerate sustainable progress. The objective is to establish a positive feedback

loop between the academic system and society by offering guidance and skills for upcoming vocations. Additionally, it seeks to enhance the capacity of public and private sectors to address the developmental requirements of rural India.

As part of the UBA, 13 NCC Cadets along with the ANO Lt. Marie Thomas from St. Francis College for Women on 13th of December, 2023 were led to 'Khandi Thanda and Erdanoor Thanda' Villages in Sangareddy District respectively. The program's objective was to examine the village and identify the obstacles to development. They reported to the college at 5:30 am and from there they were taken to the villages. The survey started from 9:30 am and finished at 4 :30 pm. All the 13 cadets were paired and a total of 51 households were covered during the survey.

The interaction included collecting data about household livelihood patterns, demographic details, utilization of various central and state govt. schemes, land holding, livestock possessions etc. The villagers and Panchayat leaders and members extended a great deal of support for the successful completion of the survey in the adopted villages and look forward to the future development activities to be initiated in the villages. The photo clips of the survey are given below:





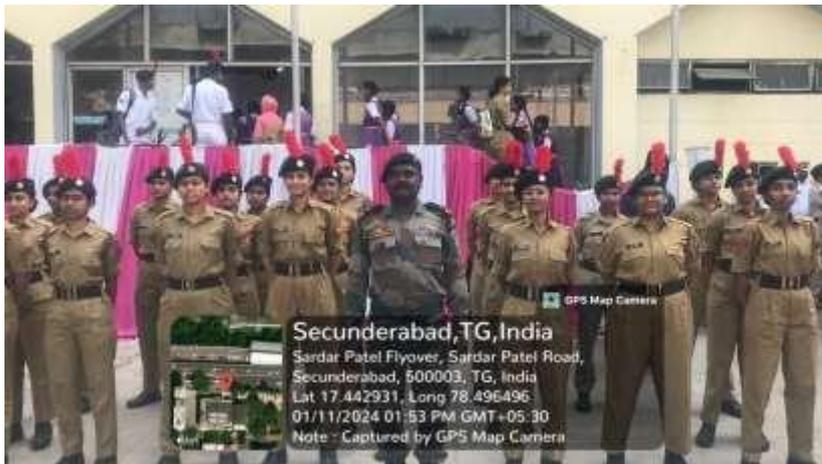
ENERGY CONSERVATION AWARENESS WALK

On the occasion of National Energy Conservation Day and as part of the Energy Conservation Mission, The Institution of Engineers India (IEI), Telangana State Centre has been organizing "National Energy Conservation Week Celebrations" from 14th-20th Dec every year. And this year, 6 cadets participated in the 'Energy Conservation Awareness Walk' conducted on 17th Dec 2023 from 7000-1000 hrs. The walk started from the IEI campus to People's plaza and back to IEI. The walk was for about an hour. We said out strong and effective slogans related to Energy Conservation and had spread awareness among the locals and also among people travelling through the route. We also used placards and were given t-shirts with slogans like 'Save Energy, Save Earth', 'Conserve Energy for the Future' etc., which made the walk more effective. There were about 100 students from different colleges along with us NCC cadets and our SFGC wing. After the walk, we had an awareness speech from the IEI dignitaries, who told us about this inspiring mission and reminded us of the importance of conserving energy for future generations and about using it wisely. The session ended with an oath taking, followed by the National Anthem. The speech and oath taken, had hopefully awakened our minds and will help us make wise decisions in regards with energy use in our daily lives. Later, all of us were provided with a delicious breakfast and the program came to an end. Indeed the program was very inspiring and was successful in making everyone understand the significance of the situation. We are proud and thankful to be a part of this amazing mission.



TRAFFIC AWARENESS PROGRAMME

In an initiative aimed at educating the public, especially the younger generation about road safety and promoting responsible behavior on roads, the Hyderabad City Traffic Police have organized a Traffic Awareness Program on the 11th of January, 2024 at Hari Hara Kala Bhavan, attended by 48 NCC cadets of St. Francis Degree College. This educational program was graced by the presence of Hyderabad Commissioner of Police, IPS Officer, Mr. Kothakota Srinivasa Reddy. This interactive event had a series of cultural performances followed by a brief explanation on road safety, followed up by videos and training modules on road accident prevention. Mr. Srinivasa Reddy, in his address, emphasized on the need for respecting and following road safety at speed levels that are uniform. Adding to this, attendees were informed about the need for applying for, having and carrying their driving license and vehicle registration documents.



REPUBLIC DAY

Held on 26th of January 2024, St. Francis College for Women celebrated Republic Day with both cultural and drill programs with Capt. Suneeti Chamoli as the chief guest for the day. The event commenced with guard of honour, followed by Drill by NCC, NSS, and other SFC wings, followed by cultural program. The flag was hoisted by the chief guest before the drill. On the occasion of this day, 4 cadets of NCC, of which, 3 cadets

marched on the Kartavya Path and I was part of the Prime Minister's Rally during the Republic Day event held in Delhi.



‘B ‘ CERTIFICATE CADRE CLASSES

B Certificate cadre classes took place from 31st January to 2nd February 2024 in 1T Girls Bn, Secunderabad. The cadre classes consisted of foot drill practice and revision of important theory topics that will come for the exam.



'C' CERTIFICATE CADRE CLASSES

C certificate cadre classes took place from 8th February to 10th February 2024, in 1T Girls Bn, Secunderabad. The cadre classes consisted of foot drill practice, rifle drill practice, and revision of important theory topics that will come for the exam.



CPR TRAINING

On 9th of February 2024, the cadets of St. Francis Degree College, Begumpet, participated in a program conducted at Gandhi Medical College. It was a 'Community Hands only Cardio Pulmonary Resuscitation (CPR)' training organized by the College Alumni Association in the Alumni Education Center. This training was given to create awareness of on-site bystander role in resuscitating critically sick person suffering from Sudden Cardiac Arrest (SCA). 100 of our cadets were part of it and had a chance to learn and practice a

garden, etc. The event concluded with some cultural performances by the on women empowerment and an informative speech by Dr. Rajni.



ACHIEVEMENTS

1. CPL Aishwarya Bhat and LCPL M. Vaishnovi – EBSB-1 2023 (Punjab)

Ek Bharat Shresth Bharath is a cultural camp that aims to foster National Integration and increase awareness about heritage and culture of different sister states. Its mission is to celebrate the Unity in Diversity of our Nation and to maintain and strengthen the fabric of traditionally existing emotional bonds between the people of our country. CPL Aishwarya claimed the second price in the NIAP (National Integration Awareness Program) being a part of AP&T. This camp was conducted at Punjab from 10th June to 21th June.



2. CPL Bhagya, CPL Priya, Cdt. Anna and LCPL Santoshi—IDSC 2023

The Inter Directorate Shooting Competition is an All-India level sports shooting competition that includes various categories of shooting and stages of competition that allows the cadet to explore themselves outside their comfort zone. CPL Bhagya received 4th position in grouping and Cdt. Anna received 3rd position in Snap. The camp took place from 13th June to 23rd June.



3. JUO Lehar Agarwal and JUO M. Manogna—ALC 2023

Advance Leadership Camp is an NCC camp that helps develop leadership traits in cadets and makes them more confident. It is a 12-day camp which aims to develop their morals, values, bearing and all the necessities to be a leader. The camp took place from 6th July to 17th July.



4. Cdt Malavika—SSB 2023

Service Selection Board camp is an intensive training program designed to assess and evaluate the leadership potential of NCC cadets who are interested in pursuing a career in the armed forces as officers. The camp took place from 8th August to 16th August.



5. CPL Reena Jain—TSC 1

Thal Sainik Camp is a 12 days camp conducted in Delhi every year around September, in which cadets are selected from all 17 directorates to represent their respective directorates in the following competitions: obstacle course, firing, map reading and home nursing. CPL Reena won a trophy for anchoring. The official camp took place between 19th September to 29th September.



6. LCPL N. Khushboo and Cdt. A. Keerthana—EBSB-1 (Shamshabad)

Won gold medal in MC (anchoring) and silver in singing. The camp took place from 21st October to 1st November.



7. SGT. P. Pranitha—SNIC 2023 (Lakshadweep)

Special National Integration Camp (SNIC) Camps are being organized for SD/SW NCC Cadets of all Directorates at national level to foster a sense of unity and nationality amongst cadets hailing from different regions of the country with varying cultural background and traditions. The camp took place from 22nd December to 2nd January.



8. LCPL Vaishnavi Singh, LCPL Vaishnovi, SUO P. Sita, Cdt Raghavi and Cpt. Divya Lakshmi—RDC 2024, Delhi

The cadets of 1(T) girls BN represented our AP&T Directorate in the Republic Day contingent 2023. LCPL Vaishnavi Singh, LCPL P. Sita, Cdt. Raghavi and Cdt. Divya Lakshmi participated in Drill. LCPL

Vaishnavi Singh participated in the Prime Minister's Rally while LCPL Sita and Cdt. Raghavi had the privilege to march on the Kartavya Path. Cdt. Divya Lakshmi won 3rd place in Best Cadet. LCPL Vaishnovi, who participated via culturals won first place in group song as part of the AP&T culturals group. She, with her group also performed in front of the Vice President and the Chief of Navy Staff. She also had the privilege to perform in front of the president during the in-house visit to the President. The camp took place from 1st January to 29th January.



STRENGTH:

ARMY: 162

NAVY: 3

St. Francis left no stone unturned in the overall development of the cadets this year. They volunteered for many social events and activities, whether it be rallying or cleaning, a seminar or activities, the enthusiasm in each bright-smiled cadet never shadowed. The activities also help them combat many real-life aspects.