



# ST. WILFRED'S P.G. COLLEGE

(Affiliated to the University of Rajasthan)

## FILE INDEXING(3.4.3) NCC Report

<b>CRITERIA</b>	III - RESEARCH, INNOVATION AND EXTENSION		
<b>KEY INDICATOR</b>	NUMBER OF EXTENSION AND OUTREACH PROGRAMS CONDUCTED BY THE INSTITUTION THROUGH SS/NCC/RED CROSS/YRC ETC., (INCLUDING THE PROGRAMMES SUCH AS SWACHH BHARAT, AIDS AWARENESS, GENDER ISSUES ETC. AND/OR THOSE ORGANISED IN COLLABORATION WITH INDUSTRY, COMMUNITY AND NGOS) DURING THE LAST FIVE YEARS		
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<b>RESPONSE</b>	<table border="1"><tr><td><b>ACADEMIC YEAR</b></td><td><b>2019-2020</b></td></tr></table>	<b>ACADEMIC YEAR</b>	<b>2019-2020</b>
<b>ACADEMIC YEAR</b>	<b>2019-2020</b>		
<b>FILE DESCRIPTION</b>	<ul style="list-style-type: none"><li>REPORTS OF ACTIVITIES</li></ul>		

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## NCC Activity Report

### NCC Social Awareness Programs for Health

2019-2020

St. Wilfred's PG College, Jaipur

NCC

Faculty Coordinator

Ms. Shipra Sharma

#### 1. Introduction:

The National Cadet Corps (NCC) is committed to fostering social awareness and responsible citizenship. During the period of 2019-2020, a series of social awareness programs were organized with a primary focus on health-related issues. This report outlines the objectives, activities, impact, and future plans of these initiatives.

#### 2. Objectives:

- The primary objectives of the health-focused social awareness programs were:
- To promote awareness about health-related issues within local communities.
- To educate participants about preventive health measures and healthy lifestyle choices.
- To facilitate positive behavior, change towards health and hygiene.

#### 3. Program Details:

Several health-related awareness programs were conducted across different locations. Notable programs included:

**Hygiene Workshops:** Interactive workshops were organized in local schools to educate students about personal hygiene, sanitation, and the importance of handwashing.

**Health Camps:** Free health camps were set up in collaboration with medical professionals, offering basic health check-ups, vaccinations, and health consultations to underserved communities.

**Nutrition Seminars:** Seminars were conducted to raise awareness about balanced nutrition, dietary choices, and the importance of consuming locally available and affordable foods.

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**Mental Health Talks:** Presentations were held to discuss mental health awareness, stress management techniques, and the importance of seeking help when needed.

## 4. Activities Conducted:

Activities during the health awareness programs included:

- Interactive presentations, talks, and discussions on health-related topics.
- Distribution of informational pamphlets, posters, and educational materials.
- Practical demonstrations on proper handwashing techniques and hygiene practices.
- Demonstrations of simple exercises and stretching routines for maintaining physical fitness.

## 5. Impact and Outreach:

The health-focused social awareness programs reached a significant number of participants, including students, community members, and local leaders. The impact was measured through:

**Participation numbers:** Over X participants attended the various workshops, camps, and seminars.

**Feedback:** Positive feedback was received, indicating an increased understanding of health-related topics.

**Behavioral change:** Observational data suggested improved hygiene practices and awareness about nutrition and mental health.

## 6. Challenges and Solutions:

Challenges faced during the programs included limited resources, scheduling constraints, and language barriers. Solutions included seeking partnerships with local organizations, adapting materials to suit the target audience, and leveraging volunteers to assist with logistics.

## 7. Cadet Participation:

NCC cadets played a pivotal role in planning, organizing, and executing the health-focused programs. They facilitated workshops, assisted medical professionals during health camps, and acted as liaisons between the NCC and the community.

## 8. Future Plans:

Building on the success of the health awareness programs, the NCC plans to:

- Expand the reach of health programs to more communities and schools.
- Introduce more specialized health topics, such as sexual and reproductive health education.





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- Foster collaborations with healthcare organizations and experts to enhance the **quality of health-related content.**

## 9. Visual Documentation:

Photographs and videos of workshops, health camps, and interactive sessions showcasing cadet participation, community engagement, and impactful moments.



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