

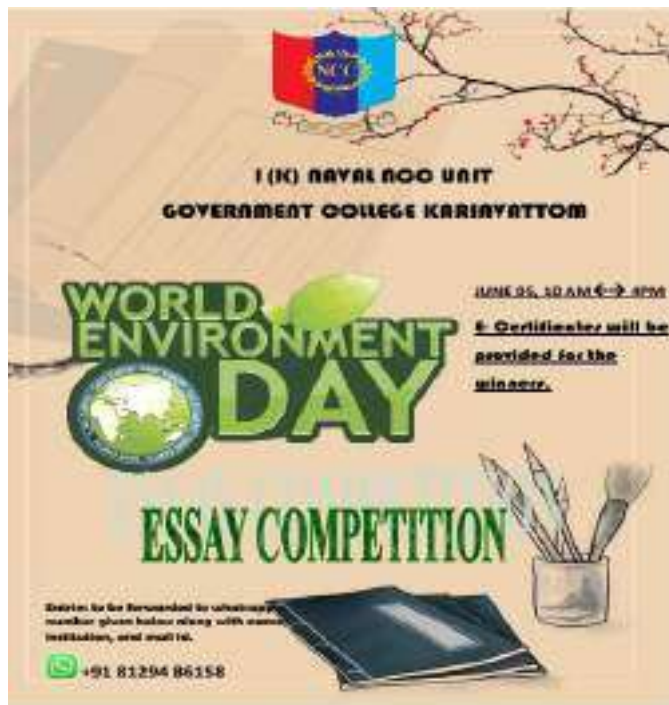
GOVT COLLEGE KARIAVATTOM, THIRUVANANTHAPURAM

NCC UNIT (Under 1 KERALA NAVAL UNIT , TRIVANDRUM , K & L)

Activity Report from 2020 June onwards

Activity No. 01

World Environment Day Celebrated with Plantation drive , awareness videos and posters by the Cadets of Govt College Kariavattom. Also organized an online quiz, essay competition and drawing competitions. More than 150 participants are take part with the programme.






I (K) NAVAL AOC UNIT
GOVERNMENT COLLEGE KARIYATTOM
DRAWING COMPETITION...
 JUNE 01, 10 AM - 4 PM
 A Certificate will be awarded for the winner.


 World Environment Day

Entries to be forwarded to sub-inspector
 number given below along with name,
 institution, and mobile.

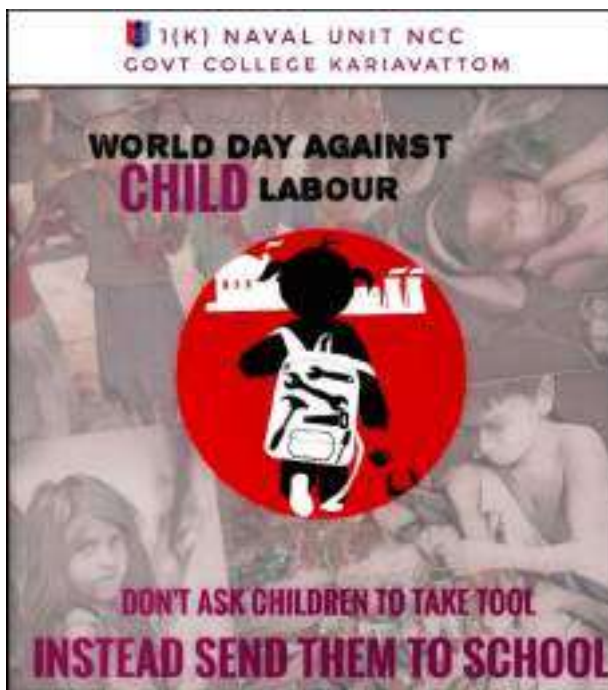
 +91 98957 10322



Activity No.02

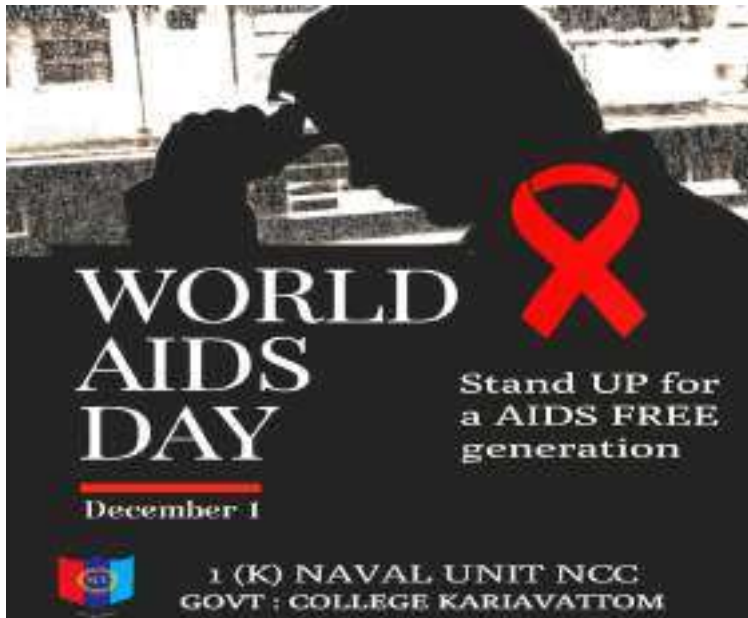
World Child Labour Against Day...Cadets of our college created different type of awareness videos and posters.

Also conducted 15 minutes talk through google meet platform by Associate NCC Officer Sub.Lt Leena Mol O



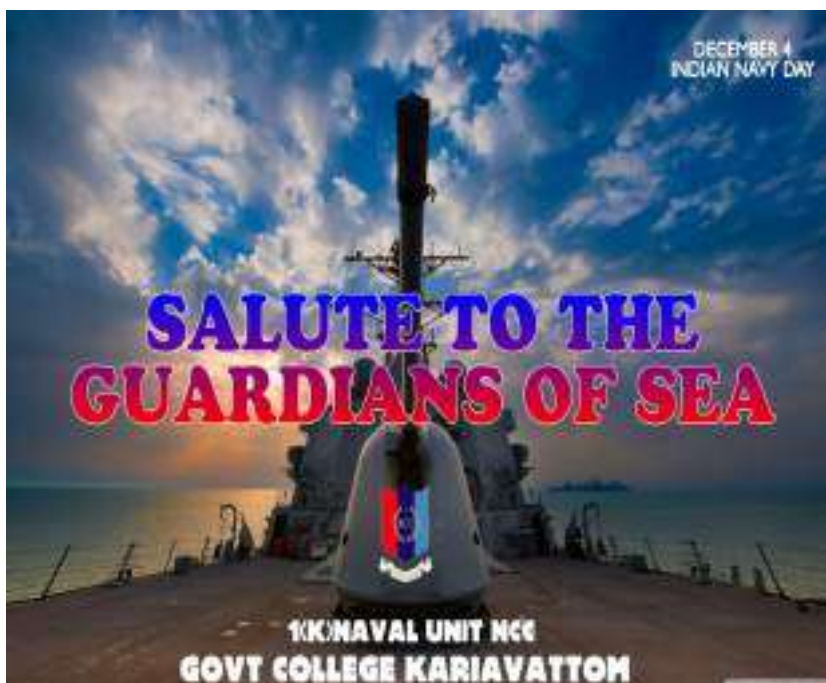
Activity No. 03

World Aids Day- cadets created poster and spread awareness among people.



Activity No. 04

Indian Navy Day- Celebrated with Posters and videos



Activity No. 05

Armed Forces Flag Day- Celebrated with posters.



Activity No. 6

National Energy Conservation Day-



Activity No. 07 Cargil Vijay Diwas Celebrations with posters and videos.



PRO Defence Trivandrum @DefencePROTvm

#NCC cadets of 1Kerala Naval Unit commemorating #VijayDiwas2020 by designing and sharing #VijayDiwas posters through social media.

NCC cadets saluting our war heroes. #IndianArmy



3:13 PM · Dec 16, 2020 · Twitter for Android



PRO Defence Trivandrum @DefencePROTvm

#VijayDiwas

On this day in 1971, the Chief of the Pakistani Forces, General Niazi along with 93,000 of his soldiers surrendered to Indian forces. 1 (K) Naval #NCC Unit salute the war heroes.

@SpokespersonMoD @HQ_DG_NCC



4:11 PM · Dec 16, 2020 · Twitter for Android

Activity No. 08

Election Awareness video - social awareness Programme by Cadets .



PRO Defence Trivandrum ✓
@DefencePROTvm

⋮

[#JanAndolan](#)

Video presentation made by cadets of 1 Kerala Naval Unit [#NCC](#) from Govt college Kariavattom, Trivandrum to promote [#PhysicalDistancing](#) & ensure safety precautions for the upcoming local self govt elections.

[#Unite2FightCorona](#) [#StaySafe](#) 👍
[@SpokespersonMoD](#) [@HQ_DG_NCC](#)



3:41 PM · Dec 6, 2020 · Twitter for Android

Activity No. 09

Swatcha Pakwada Celebration- Statue and surroundings- Beach Cleaning Drive



PRO Defence Trivandrum ✓
@DefencePROTvm



#NCC

25 cadets of 1K NU NCC from Government college Kariavattom, Trivandrum undertook cleaning at **#Shanghumugham** beach near mermaid statue and surrounding areas.

#SwachhtaPakhwada

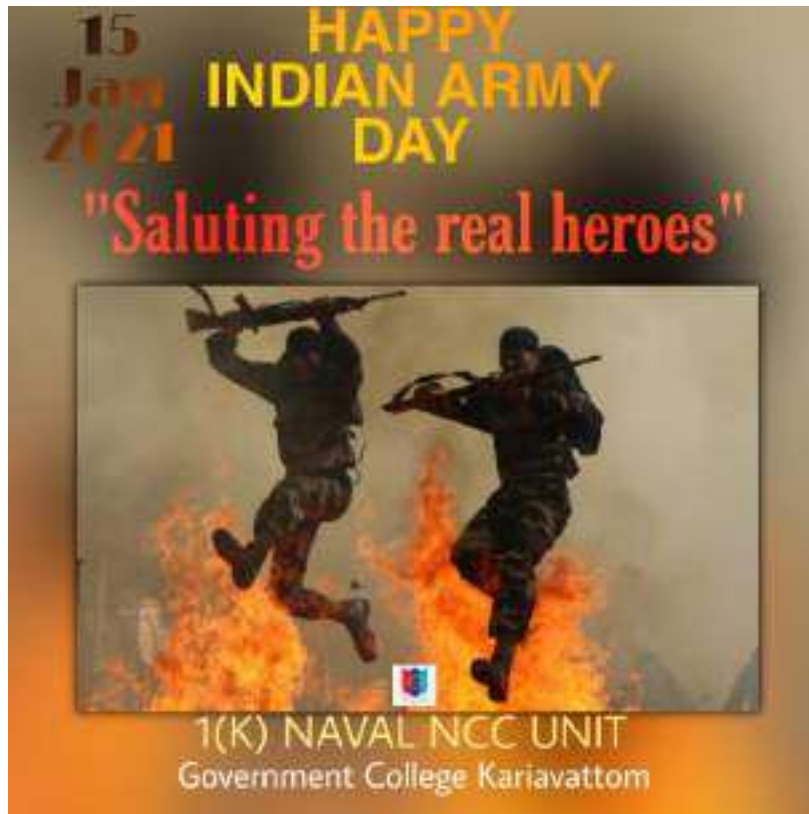


11:51 AM · Dec 13, 2020 · Twitter for Android



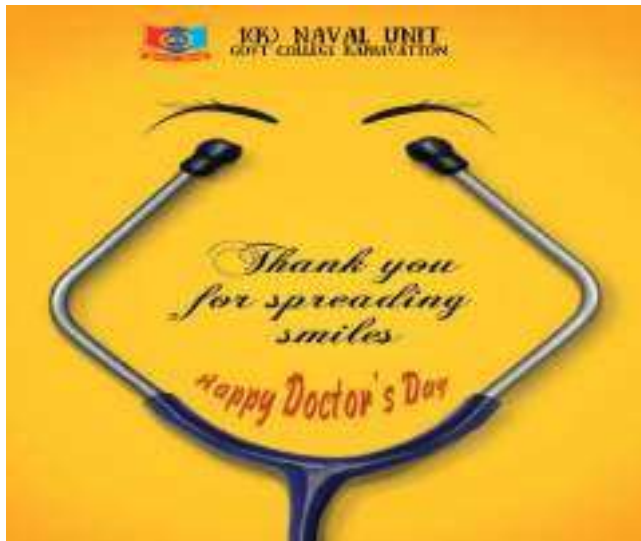
Activity No . 10

Indian Army Day



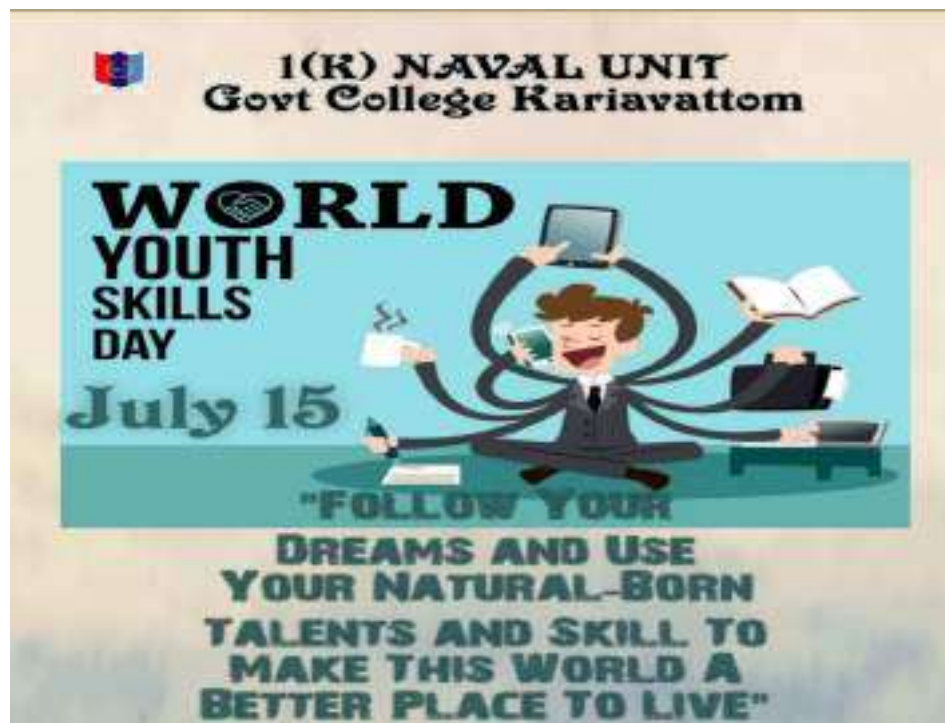
Activity No. 11

Doctor's Day Celebrations



Activity No. 12

Skill Day Celebrations



Activity No. 13

World Book Day



Activity No. 14

Blood Donation Day

← Tweet



PRO Defence Trivandrum ✓

@DefencePROTvm

#NCC

#NCCKerala

If you are a #blooddonor , you are a hero to someone somewhere who received your gift of life. Posters prepared by 1 Kerala Naval NCC Cadets, Govt. College Kariavattom, TVM on #BloodDonation #WorldBloodDonorDay2021



| WHO CAN AND CAN'T DONATE BLOOD | |
|--------------------------------|---|
| CAN | CANT |
| IF YOU ARE FIT AND HEALTHY | IF YOU HAVE A COULD, SORE THROAT OR FEEL... |
| IF YOU ARE AGED 18 TO 70 | IF YOU KNOW YOU HAVE A CHRONIC INFECTIONS |
| IF YOU WEIGH MORE THAN 50 KG. | IF YOU ARE TAKING ANY DRUGS... |
| IF YOU'VE HAD NO SURGERY IN 6 | IF YOU HAVE HAD RECENT |



A. Bharat Bhushan Babu and National Cadet Corps

Activity No. 15

College New Building Inauguration- Guard of Honour



PRO Defence Trivandrum

@DefencePROTvm

Cadets of 1 Kerala Naval Unit NCC from Govt College Kariavattom honoured Dewasom board, Corporation and Tourism Minister Sri [@kadakampalli](#) by a Guard of Honour on the occasion of Inauguration of new building and road at Govt College Kariavattom, Trivandrum.
[#NationalCadetCorps](#)



Activity No. 16

World Hepatitis Day Awareness Videos and Posters.

**1 (K) NAVAL UNIT NCC
GOVT COLLEGE KARIAVATTOM
28 JULY WORLD HEPATITIS DAY**

How Hepatitis spread

HEPATITIS A:

- food and drink
- close contact with infected person

HEPATITIS B:

- mother to baby during birth
- Sharing needles and syringes
- contact with blood or open wound of the infected person

HEPATITIS C:

- child birth
- sharing needles and syringes
- lallos from unregulated shops

Know the symptoms of hepatitis

- FATIGUE
- ABDOMINAL PAIN
- LOSS OF APPETITE
- DIARRHEA
- VOMITTING
- JOINT PAIN
- JAUNDICE



28 July

HOW TO AVOID CATCHING HEPATITIS

- WASH YOUR HANDS THOROUGHLY
- ENSURE THAT YOUR FOOD IS CLEAN
- AVOID CONTACT WITH BLOOD
- DO NOT HAVE UNPROTECTED SEX
- GO TO A REPUTABLE SHOP FOR TATTOOS AND PIERCINGS



1 (K) NAVAL UNIT NCC
GOVT. COLLEGE KARIAVATTOM

1(K) NAVAL UNIT NCC
GOVT. COLLEGE KARIYAVATTOM

WORLD

HEPATITIS

1.34 million deaths | **300 million people**
at risk of getting hepatitis

HEALTHY

- Viral Hepatitis B & C are main causes of liver failure.
- Timely birth dose of hepatitis B vaccine essential for life-long protection.
- Timely testing & treatment of viral Hepatitis B & C can save lives.
- Hepatitis can be prevented, diagnosed, treated and even cured.

1(K) NAVAL UNIT NCC
GOVT COLLEGE KARLAVATTOM



netmeds

PREVENT HEPATITIS: KNOW THE FACTS

Are You At Risk Of Hepatitis?

- Unsafe injections, drug use and surgical procedures
- Unscreened blood transfusion
- From the mother to the new born
- Unprotected sex
- Sharing of razors and toothbrush

Take Immediate Action

Get Tested
Blood tests are simple, quick and painless

Get Vaccinated
Hepatitis B virus & its complications are preventable

Get Treated
Hepatitis B infection is curable and over 90% of hepatitis C hepatitis B carriers can be treated

GOV. 100
Personal hygiene and sanitation

Activity No.17

Kargil Vijay Diwas

1 (K) NAVAL UNIT NCC
Govt College Kariabattom
26 JULY KARGIL VIJAY DIWAS

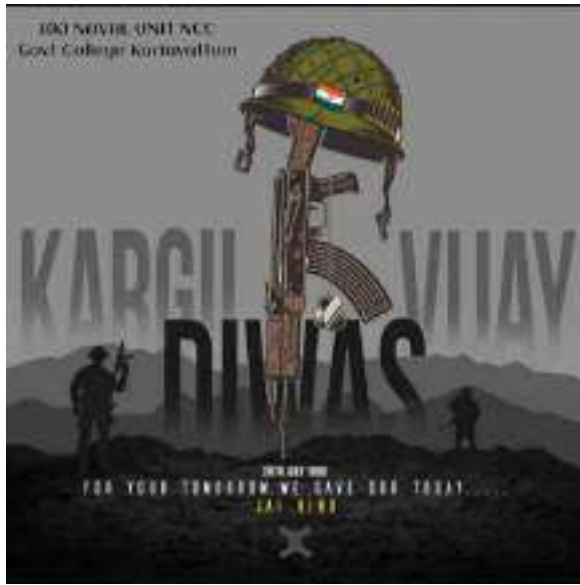
The names and deeds of the martyrs of the KARGIL WAR will never be forgotten

ON THIS DAY WE SALUTE OUR BRAVE SOLDIERS REMEMBER OUR WAR HEROES MARTYRS AND PAY THEM OUR RESPECTFUL TRIBUTE JAI HIND

26th JULY

KARGIL VIJAY DIWAS

Poster Maker



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Activity No.18

Sickle cell Anemia Day-with awareness posters.

**1(K)NAVAL UNIT
GOVT COLLEGE KARIAVATTOM**



Sickle Cell Anemia

Example of a sickle red blood cell. **Comparison between normal red blood cell (left) and sickle cell (right).**

Causes/Symptoms/Complications

A point mutation created in the HBB gene in chromosome #11 causes the halt of the production of normal hemoglobin A and replaces it with abnormal hemoglobin S. This causes the red blood cells carrying this abnormal hemoglobin to stiffen and



This image shows how stiff sickle cells can cause blockages in blood vessels, leading to various possible injuries.

Gene: HBB (highlighted) Chromosome: 11

Cure/Treatment Options

Bone marrow transplant is the only cure available, but it is a risky operation. The transplant usually works on children and youth, adults tend to reject the transplant. Hydroxyurea is a drug that helps to prevent or lessen the complications.

Berman, Janet. Over. "Sickle-cell disease." Genetics & Inherited Conditions. Ed. Jeffrey A. Mervis. 3d ed. Pasadena, CA: Salem Press, 2010. Salem Health Web. 05 Jan. 2012.

Inheritance

Sickle Cell Anemia is autosomal recessive. The parents must both pass on the affected and recessive sickle cell trait for the child to have the sickle cell disease.

Berman, Janet. Over. "Sickle-cell disease." Genetics & Inherited Conditions. Ed. Jeffrey A. Mervis. 3d ed. Pasadena, CA: Salem Press, 2010. Salem Health Web. 05 Jan. 2012.

Interesting Facts

1. An individual can have the sickle cell trait, but not be affected by sickle cell disease. (The trait is not considered to be a disease on its own) In fact, by having the trait, one has an incredible resistance to malaria, explaining its high prevalence in people with origins in areas where malaria is common, such as Africa.

Detection of Carriers

Carriers of this disease or those affected by it, can be tested through hemoglobin electrophoresis, which can determine the types and qualities of the hemoglobin produced by an individual. Other tests, such as isoelectric focusing and high-performance liquid chromatography use

Other Diseases

- SCDAA
- Presymptomatic Sickle Cell Trait



1(K) NAVAL UNIT NCC
GOVT COLLEGE KARIAVATTOM

WORLD SICKLE CELL DAY

Symptoms

#Pulmonary and
heart disease

#Fatigue and decreased
hemoglobin

#Swelling and inflammation
of the fingers, toes, arthritis

#Leg ulcers

#Bacterial infections

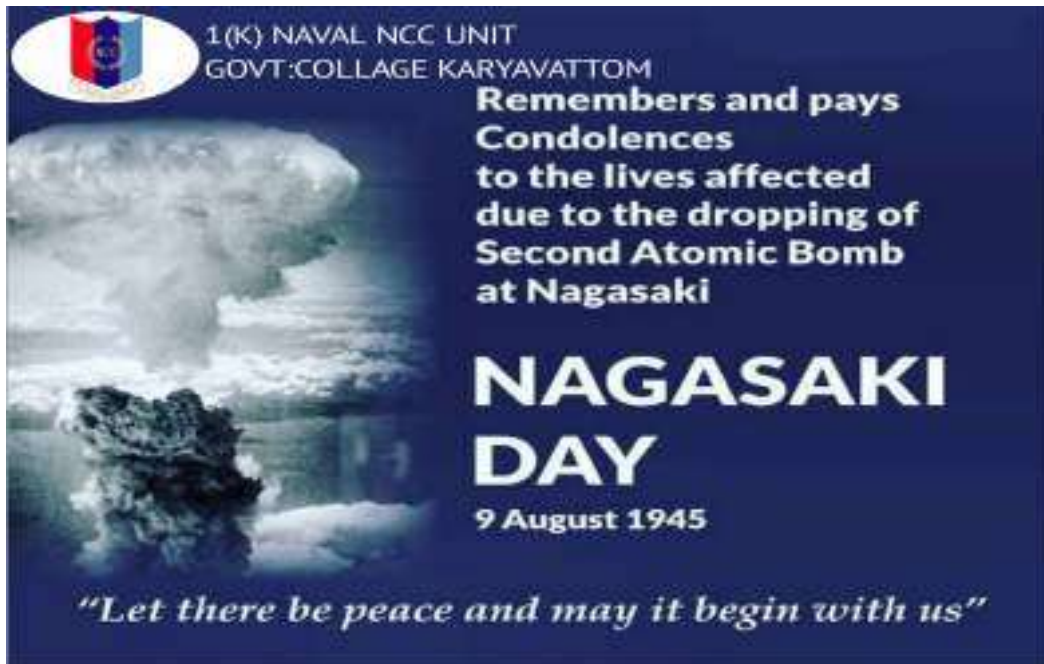
#Bouts of pain

#Thrombosis in the
spleen and liver


#Eye damage

Activity No.19

Nagasaki Day- Posters



1(K) NAVAL NCC UNIT
govt.college.kariavattom



Nagasaki Day

9th August

On August 9, 1945, the United States dropped the 'Fat Man' atomic bomb on Nagasaki, three days after the atomic bombing of Hiroshima. This was the second time a nuclear weapon was used in combat, both times by the United States, whose government still maintains the right to a first nuclear strike. Nagasaki is an important industrial and shipping area with a population of about 258,000 and the bomb killed 40,000 on the day it was dropped, and approximately 70,000 by the end of 1945.

1(K) NAVAL NCC UNIT
GOVT:COLLEGE KARIAVATTOM



AUGUST 9 NAGASAKI DAY

NUCLEAR ARMS PROMISE NO FUTURE
FOR THIS PLANET



Activity No. 20



NCC DTE KERALA & LAKSHAD... · 7h

#NationalCadetCorps

#IDC2021 Wreath laying and statue Cleaning carried out at Netaji's statue at Trivandrum by 1 KER Naval Unit on 13 Aug 21 as part of paying homage to the Freedom fighters & celebrating 75th Anniversary of Independence....
Jai Hind...



National Cadet Corps and 7 others



PRO Defence Trivandrum ✓

@DefencePROTvm

Cadets of 1 Kerala Naval
#nccl Unit from Govt. College
Kariavattom, Trivandrum clean...
the statue of Netaji Subhash
Chandra Bose and layed a wrea
to pay homage.

#AzadiKaAmritMahotsav



National Cadet Corps and A. Bharat Bhushan
Babu



Activity No. 21

Independence Day Celebrations





Plantation Drive on Independence Day



Our Total cadet Strength is : 50

Associate NCC Officer : 01 Sub. Lt. Leena Mol O

**Assistant Professor, Department of Computer Science, Govt College,
Kariavattom**

**In the pandemic situation our Cadets Seethal and Soorya Stitched more than
500 masks and distributed to public. And also cadets served as volunteers in
Covid situations for helping public.**

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