



**N.C.C. COY NO - 21/04, UNDER 21 BENGAL BN NCC  
BELURMATH  
LALBABA COLLEGE UNIT  
117 G.T.ROAD, BELUR, HOWRAH, WEST BENGAL.**

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**Activity Report**  
**on**  
**SANITISATION AND COVID RELIEF**  
**PROGRAMME**  
**25<sup>th</sup> June, 2021.**

A Sanitisation and Covid Relief Programme was organized by NCC Cadets during covid-19 pandemic on 25<sup>th</sup> June, 2021 to spread awareness about the importance of sanitisation, personal hygiene and physical conditioning. This motivated the cadets as well as other students of the college to sanitise the area in and around the college. The insistence during the programme on the use of Yoga as not only a way of keeping fit physically but as an ideal unification of the mind, body and breathing was very important. It was a total mind-body workout that combined strengthening and stretching with deep breathing and meditation. Cadets also took part as volunteers for Covid relief which was organised by Lalbaba College. Cadets gathered knowledge on how to administer oxygen to a Covid patient with the help of trained nurses from Lalbaba college oxygen parlour.



Title of activities conducted	Organizing Unit	Place of activities	Number of Co-ordinators	Number of students participated
<b>SANITISATION AND COVID RELIEF PROGRAMME</b>	NCC unit of Lalbaba College and 21 Bengal BN NCC	Lalbaba College (maintaining Covid protocol)	CTO -01 Professor-05 PI staff-03	Cadets-52 CIV.-11