



# BCM COLLEGE NCC UNIT

## COVID-19 related activities

(2019-2020 ,2020-2021)

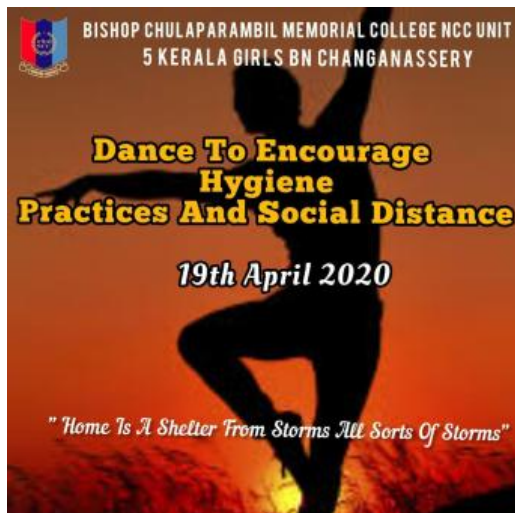
### HELP TO LABOUR DEPARTMENT

Help to Labour department is 18th April 2020. During the locked down to COVID-19 pandemic, the cadets of BCM college NCC unit had helped the labour department by collecting the details of migrants Labour's in kottayam. The Labour were protesting when the lock down came to exist, for the safe return to their homeland. A small group of Labour's were working under a single individual. Our cadets took the initiative to collect their details including phone number, Adhar number, name of the owner etc. it was a great success in the midst of the pandemic.



## DANCE ENCOURAGE HYGIENE PRACTICE AND SOCIAL DISTANCE

Dance encourage hygiene practice and social distance is on 19th April 2020. Good personal hygiene important for both health and social reasons. It entails keeping Your hand ,head and body clean so as to spread of germs and illness personal hygiene is very important in today's corona time. Virus that causes COVID-19-can spread easily .To avoid the disease, social distancing is better solution. Social distance puts space between individuals. If someone is sick and there are no people around, a virus cannot spread .in oder to make aware of the importance of hygiene practices and social distancing ,the BCM college NCC unit had coined a dance vedio encourage hygiene practices and social distancing.



<https://youtu.be/wByvtTu18Eh0>

## COVID-19 MESSAGE IN ENGLISH MALAYALAM HINDI

On 10th Apr2020,the cadets of BCM college NCC unit made a video presentation as a COVID-19 message. The video presented the way to protect yourselves and others from COVID-19. The main objective of this video was to make people aware of the consequences of covid of COVID-19 virus and to take the prevention measures. The video was very effective and informative.



<https://youtu.be/x9ymenJrxZM>

<https://youtu.be/m8XlIFaO6oc>

<https://youtu.be/WpaKuygh4es>

## MASK DISTRIBUTION

The most striking lifestyle changes resulting from the COVID-19 pandemic is the mandatory use of face masks in grocery stores ,restaurants and all other public places wearing a mask, especially when in close proximity to others ,is imperative towards slowing down the spread of COVID-19 pandemic.wearing a mask is not only important, but it's life-saving too.By



wearing a mask ,we're stopping the spreadof the pandemic and protecting others.Under the leadership of ANO Lt DR Reeja PS and IOS Dona shaji, the cadets of BCM college NCC until took initiative in making mask and distributing among the passerby ,police, security,guards and street vendors as a part of COVID-19 precaution on 7th April,2021-world Health day, it was really a good experience that paved way towards helping others in preventing the cause of virus.

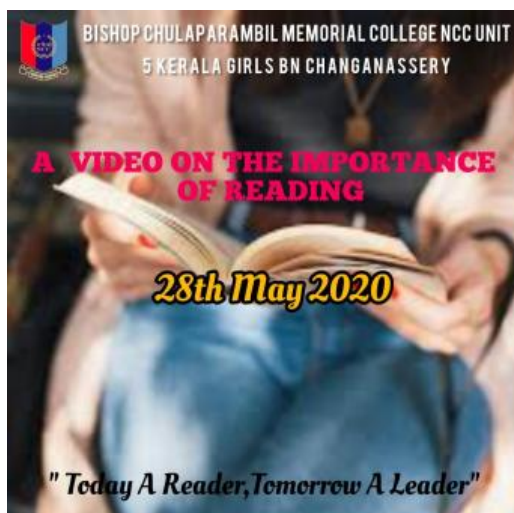




## A VIDEO ON THE IMPORTANCE OF READING

A video on the importance of reading is on 28th May, 2020. "there is no friend as a book", said American author Ernest Hemingway. Books fire up your imag, provide Solange in times of grief, and open up your world. The important ancestors of the reading habit is intrinsically linked to professional success ,as it opens up the mind to new to experience and provides new avernes of knowledge. Reading can make you a better writer and speaker. Reader skills can take you a step ahead and help you achieve your objectives by combining the way you read read. If you choose the appropriate reading skill ,it will whence the reading process and help you achieve your goal.

During times of crisis, people find themselves faced with lifestyle changes .One of the earliest and the most noticeable change seen during the COVID-19 locked down was how we consume media-and reading hibits and genre preferences can change time during periods of stress.This helps to explain why much genre fiction NCC cadets utilized every minute during the lockdown period to grasp new things and to acquire more knowledge by reading books which boosted our minds.





<https://youtu.be-hPtjRpMOW>

## TRANSLATION TO FOREIGN LANGUAGE

Admst the covid 19 situation, the NCC cadets of BCM college has taken am initiative to give a message to the people all over the world. The cadets have taken the challenge of translating the COVID-19 message 'Be the Change and Break the chain. lets fight covitogether' to several forign languages there includes chinese, korean ,Russian,Japanese, French, etc. It was a great and yet a unique step to enlighten people and unite them in sense of humanity.

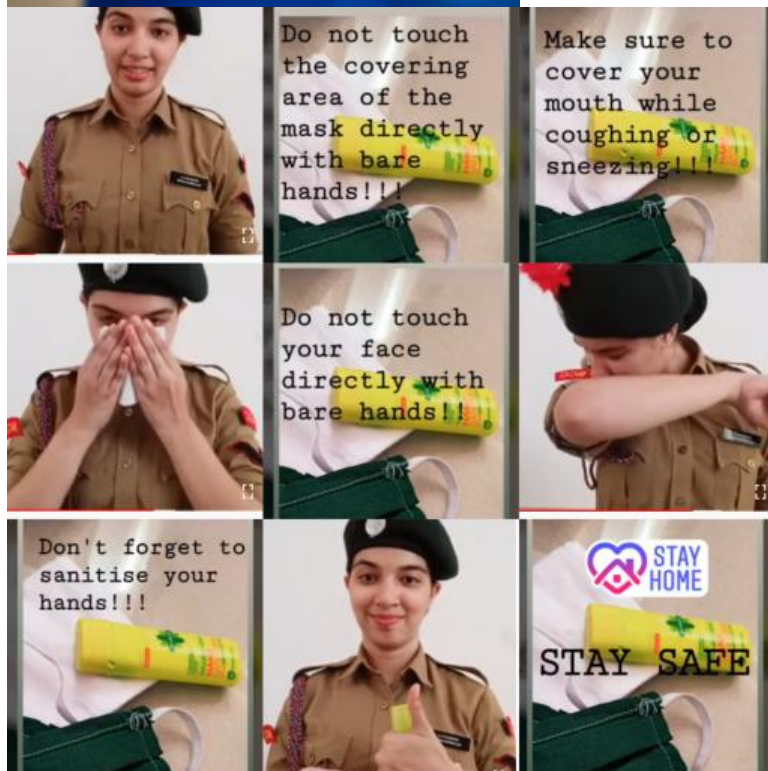




## AN AWARENESS VIDEO ON SAFETY MESSAGE

On 18th April ,2020,the cadets of BCM college NCC unit presented an awereness video about safety measures against COVID-19 .The aim of the video was to make people aware about the COVID-19 pandemic during locked down days.During those days ,this video on safety measures was very helpful to everyone to be more informed about the pandemic .practicing personal safety measures the only way to ne away from the deadly pandemic.





<https://youtu.be/c3NjSQepeXg>

## VIDEO ON HAND WASHING METHODS

Video on handwashing methods program was conducted on 19th April 2020. Corona virus is an infectious disease caused by a newly discovered virus, for which there is no known vaccine yet. The only way to prevent the spread of germs, including corona virus, is the frequent washing of hands with soap and water. As a measure to prevent corona virus, the BCM college NCC unit coined a video showing the proper ways of hand washing. It was really a helpful video, as it shows the correct and necessary steps of washing hands.



<https://youtu.be/VKVkE8bQhhU>

## VIDEO-A SMALL CHANGE CAN MAKE BIG IMPACT

On 22 ND May ,2020,the cadets of BCM college NCC unit created a video regarding COVID-19 pandemic on the topic -small change can make big impact'.The video shown us about what we are doing to protect ourselves in our current state of Corona virus and how much our life style had changed.The video was effective and meaningful, making each of us compare our past and present lives .



<https://youtu.be/iRAgm9Mmu-A>

## A SHORT FILM ATHIJEEVANAM

On 19th April, 2020, a short film 'ATHIJEEVANAM' was made in order to create awareness about the pandemic and to bring our social balance back. Regular and proper hand washing is one of the best ways to remove germs and to prevent getting sick. The short film was based on the procedure of proper hand washing and the mistakes that can occur while washing hands, in an interesting way.







<https://youtu.be/vb4TOtaAJsk>

## INTERNATIONAL NURSES DAY

International Nurses Day is celebrated around the world every year on 12th of May, which is the birth anniversary of Florence Nightingale who was an English nurse, a social reformer and a statistician who founded the key pillars of modern nursing. It is observed to appreciate all nurses, their commitment, and effort, especially now during the ongoing Coronavirus pandemic.

This day assumes great significance in times such as these when we are battling the deadly Coronavirus pandemic. Nurses are the backbone of any hospital or clinic,

who are continuously providing high-quality care often working without a break.

The BCM College NCC unit under the leadership of ANO Lt. Dr. Reeja PS, created a video on reciting a poem written by one of our Cadets. It was a tribute to all angels on the earth who are now in the battlefield of COVID-19 pandemic. It was a good experience in which we could understand the feelings of nurses, in leaving their dear ones and working for the wellness of our nation. Hats off to all the angels on the earth.

<https://www.facebook.com/watch/?v=474461017100899>



Real warriors won't stop fighting

## **WORLD POPULATION DAY**

World Population Day is observed every year on 11th of July. The main purpose of this day is to draw attention towards the issues arising out of rising population across the globe. The day is observed with the goal of highlighting the difficulties created by overpopulation and raising awareness about how overpopulation may harm the ecosystem and progress of humanity. This year, the theme of World Population Day 2021 was 'the impact of the Covid-19 pandemic on fertility'.

As a part of observing World Population Day, the BCM College NCC unit under the leadership of ANO Lt. Dr. Reeja PS, conducted an interdepartment essay writing competition, with the aim to create awareness about the importance of population and population explosion.



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World Population Day

*Interdepartment*

*Essay writing competition*

**WINNER**



Akshara Kannan

Dept. of English

BCM College, Kottayam