

<b>NAME OF THE INSTITUTION</b>	<b>College of Applied Science, Perissery</b>
<b>NAME OF THE EVENT</b>	<b>World Environment Day 2024 Programme Conducted by NCC Unit</b>
<b>Date &amp; Time(dd/mm/ yyyy ,--- am/pm)</b>	<b>05/06/2024 09.30 AM to 12.30 PM</b>
<b>Name, designation, E-mail ID and Mobile phone number of the staff coordinator</b>	<b>Dhanan Jai Nath B, Asst. Prof. in Dept. of commerce, <a href="mailto:dhananjaicasp@gmail.com">dhananjaicasp@gmail.com</a> MOB:7907764664</b>
<b>Resource person Name, Address and phone number</b>	<b>Organized by NCC unit of the college</b>

World Environment Day 2024 was observed on *5th June 2024* by the NCC Unit of IHRD Perissery with great enthusiasm and commitment toward environmental protection. The event aimed to raise awareness about the importance of safeguarding our natural resources and to inspire students to adopt eco-friendly practices in their daily lives.

The programme began with an inaugural address by the ANO, who highlighted this year's global theme and emphasized the role of youth—especially NCC cadets—in environmental conservation. Cadets participated in a campus cleaning drive, during which they removed plastic waste, cleaned pathways, and beautified the surroundings.

A tree-planting ceremony was also conducted, where cadets planted saplings across the campus as a symbol of their dedication to building a greener future. Posters and awareness placards made by cadets were displayed to spread messages on reducing pollution, conserving water, and protecting biodiversity.

The event concluded with a pledge taken by all cadets to act as responsible guardians of the environment and to spread environmental awareness within their communities.

The celebration successfully fostered a sense of responsibility, teamwork, and environmental consciousness among the cadets and the entire campus.

## Photographs of the event



<b>NAME OF THE INSTITUTION</b>	<b>College of Applied Science,Perissery</b>
<b>NAME OF THE EVENT</b>	<b>“International Yoga Day 2024</b>
<b>Date &amp; Time(dd/mm/ yyyy ,--:-- am/pm)</b>	<b>21/06/2024 07.30 AM to 10.30 AM</b>
<b>Name, designation, E-mail ID and Mobile phone number of the staff coordinator</b>	<b>Dhanan Jai Nath B, Asst. Prof. in Dept. of commerce, <a href="mailto:dhananjaicasp@gmail.com">dhananjaicasp@gmail.com</a> MOB:7907764664</b>
<b>Resource person Name, Address and phone number</b>	<b>SHO, Mannar Kerala Police</b>

The NCC Unit of IHRD Perissery had organised The International Yoga Day programme jointly with Nair Samajam School ,Mannar and DB Pamba College Parumala at Nair Samajam School, Mannar, was celebrated with great enthusiasm and active participation on 21 June 2024. The event aimed to promote physical well-being, mental balance, and awareness of the importance of yoga in daily life.

The programme commenced at 07.00 a.m. with a brief inaugural address by the Head of the Institution, who highlighted the global significance of International Yoga Day and the benefits of incorporating yoga into students’ routines. Teachers and students from various classes gathered in the school auditorium/open ground, which was arranged suitably for mass yoga practice.

A trained yoga instructor led the session, beginning with simple warm-up exercises and breathing techniques. This was followed by demonstrations of various asanas such as Tadasana, Vrikshasana, Bhujangasana, Trikonasana, and Shavasana. Students enthusiastically followed the instructions and practiced each posture with dedication. The instructor also explained the physical, emotional, and spiritual benefits of each asana, encouraging students to integrate yoga into their everyday lives.

Students from the upper classes delivered short speeches on the theme “Yoga for Self and Society,” emphasizing how yoga fosters discipline, focus, and holistic development. A special display of group yoga performance by selected students was one of the highlights of the event, showcasing coordination and teamwork.

The programme concluded with a short meditation session that helped participants relax and reflect on the day’s activities. The vote of thanks was delivered by a senior teacher, expressing gratitude to the staff, students, and the yoga instructor for making the event a success.

Overall, the International Yoga Day celebration at Nair Samajam School, Mannar, was meaningful and enriching. It successfully conveyed the message of adopting yoga as a valuable practice for healthy living and holistic well-being.

## Photographs of the event



<b>NAME OF THE INSTITUTION</b>	<b>College of Applied Science, Perissery</b>
<b>NAME OF THE EVENT</b>	<b>“International Chess Day 2024”</b>
<b>Date &amp; Time(dd/mm/ yyyy ,--:-- am/pm)</b>	<b>19/07/2024 02.00 PM to 04.00 PM</b>
<b>Name, designation, E-mail ID and Mobile phone number of the staff coordinator</b>	<b>Dhanan Jai Nath B, Asst. Prof. in Dept. of commerce, <a href="mailto:dhananjaicasp@gmail.com">dhananjaicasp@gmail.com</a> MOB:7907764664</b>
<b>Resource person Name, Address and phone number</b>	<b>Conducted by NCC unit of the college</b>

The NCC Unit of IHRD Perissery celebrated *International Chess Day* on 19 July 2024 with an engaging programme conducted from 2:00 p.m. to 4:30 p.m. The event aimed to promote critical thinking, strategy development, and mental discipline among the cadets.

The programme began with an introductory address by the ANO, highlighting the significance of chess as a global intellectual sport and its role in enhancing concentration and decision-making skills. This was followed by a short presentation by senior cadets on the importance of chess in developing analytical thinking.

An inter-cadet chess competition was the main attraction of the programme. Cadets participated enthusiastically, demonstrating excellent strategic ability and sportsmanship. Several rounds were conducted, and faculty members along with senior cadets ensured smooth coordination and fair play.

A brief interactive session on chess techniques—covering opening strategies, mid-game tactics, and end-game planning—helped the participants gain deeper insight into the game.

The programme concluded with a prize distribution ceremony, where winners were awarded certificates of appreciation. The ANO thanked all participants, volunteers, and staff members for their active involvement.

Overall, the International Chess Day celebration by the NCC Unit at IHRD Perissery was informative, enjoyable, and successful in fostering a spirit of discipline, focus, and strategic thinking among the cadets.

# Photographs of the event





<b>NAME OF THE INSTITUTION</b>	<b>College of Applied Science,Perissery</b>
<b>NAME OF THE EVENT</b>	<b>“Tree plantation on Kargil Vijay Diwas”</b>
<b>Date &amp; Time(dd/mm/ yyyy ,--.-- am/pm)</b>	<b>26/07/2024 11.00 AM to 12.00 PM</b>
<b>Name, designation, E-mail ID and Mobile phone number of the staff coordinator</b>	<b>Dhanan Jai Nath B, Asst. Prof. in Dept. of commerce, <a href="mailto:dhananjaicasp@gmail.com">dhananjaicasp@gmail.com</a> MOB:7907764664</b>
<b>Resource person Name, Address and phone number</b>	<b>Respected Principal and NCC Officer</b>

The NCC Unit of IHRD Perissery observed *Kargil Vijay Diwas* on 26 July 2024 by organizing a meaningful tree plantation programme from 11:00 a.m. to 12:00 p.m. The event was conducted to honour the bravery and sacrifice of the soldiers who fought in the Kargil War, while also promoting environmental awareness among cadets.

The programme began with a brief address by the ANO, who highlighted the significance of Kargil Vijay Diwas and the importance of contributing positively to society through activities such as tree planting. The message emphasized the duty of every citizen, especially NCC cadets, to protect the nation and its environment.

A group of cadets actively participated in the plantation drive, planting saplings within the campus premises. They worked together to prepare the soil, plant the saplings, and water them. The activity aimed to instill responsibility, teamwork, and a commitment to environmental conservation.

The cadets also took a pledge to nurture the planted saplings and spread awareness about the need for afforestation. Faculty members and senior cadets supervised the activity, ensuring proper planting techniques and smooth coordination.

The programme concluded at 12:00 p.m. with a vote of thanks by a senior cadet, appreciating the participation and support of the cadets, staff members, and the NCC Unit.

Overall, the tree plantation programme on Kargil Vijay Diwas at IHRD Perissery was successful, meaningful, and reflective of both patriotism and environmental responsibility. It encouraged cadets to uphold the values of service, respect, and dedication.

## Photographs of the event



<b>NAME OF THE INSTITUTION</b>	<b>College of Applied Science,Perissery</b>
<b>NAME OF THE EVENT</b>	<b>“Independence Day Celebration 2024”</b>
<b>Date &amp; Time(dd/mm/ yyyy ,--- am/pm)</b>	<b>15/08/2024 09.00 AM to 10.30 AM</b>
<b>Name, designation, E-mail ID and Mobile phone number of the staff coordinator</b>	<b>Dhanan Jai Nath B, Asst. Prof. in Dept. of commerce, <a href="mailto:dhananjaicasp@gmail.com">dhananjaicasp@gmail.com</a> MOB:7907764664</b>
<b>Resource person Name, Address and phone number</b>	<b>Respected Principal, NCC Officer, Ex Service Man</b>

The NCC Unit of IHRD Perissery conducted the 78th Independence Day was celebrated with patriotic spirit and enthusiasm at IHRD Perissery on 15 August 2024. The campus was decorated with tricolour flags, banners, and student-made posters, creating a vibrant and inspiring atmosphere for the occasion.

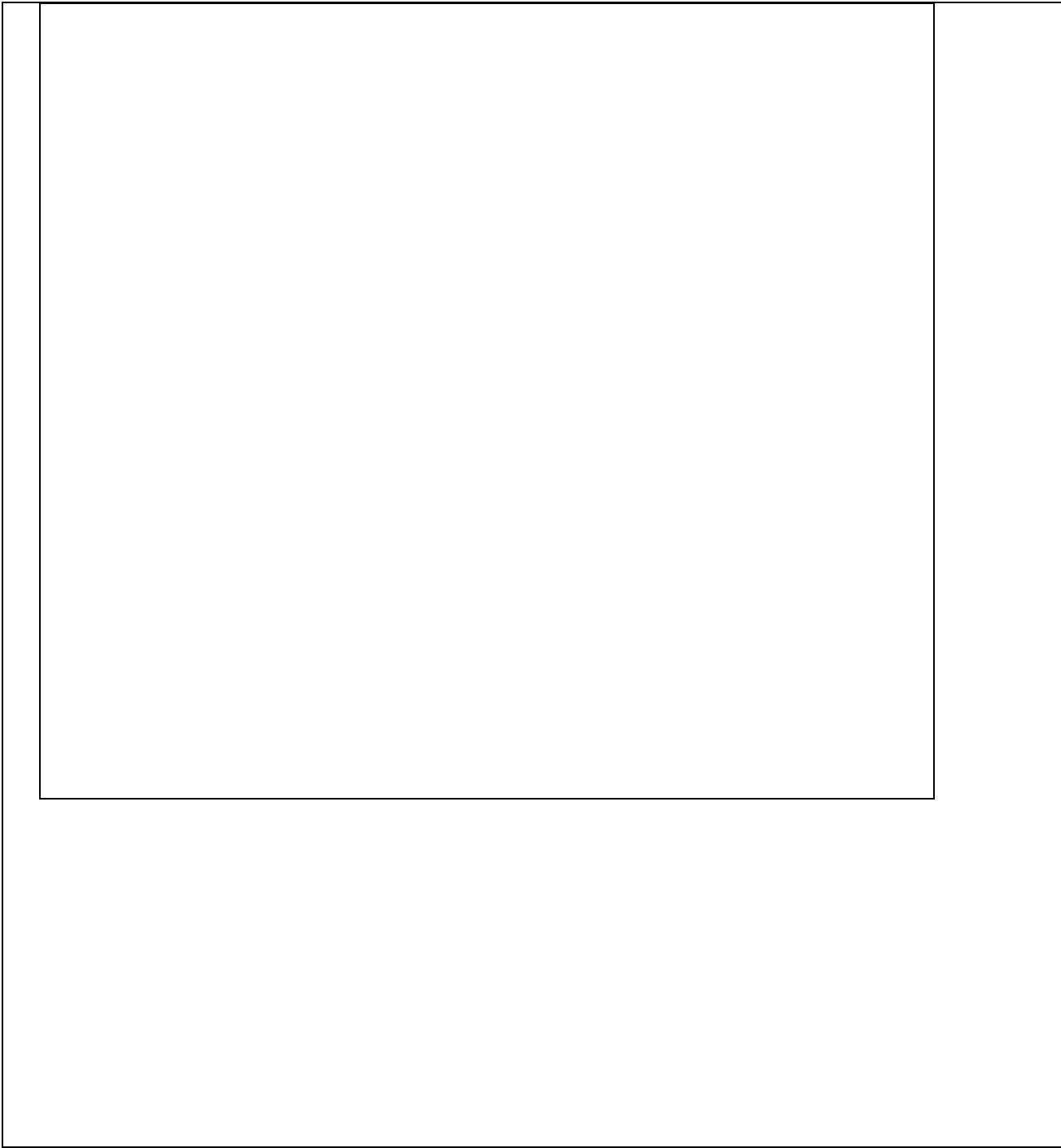
The celebration began at **09:00 AM** with the flag hoisting ceremony. The **Head of the Institution** unfurled the National Flag, and all students, teachers, and staff members participated in the singing of the National Anthem. A short silence was observed in honour of the brave freedom fighters who dedicated their lives to securing India’s freedom.

Following the ceremony, the Head of the Institution delivered an inspiring speech highlighting the significance of Independence Day, the struggles of India’s freedom movement, and the duty of every citizen—especially students—to contribute responsibly to the nation’s progress. The speech motivated the students to uphold values like unity, discipline, and patriotism.

A variety of **cultural programmes** were presented by the students, including patriotic songs, group dances, and a short skit depicting key events from the freedom struggle. These performances showcased the students’ creativity and reflected their respect for India’s heritage.

The programme concluded with the distribution of sweets and a vote of thanks by the NCC Officer, expressing gratitude to all who contributed to the success of the event.

The Independence Day Celebration 2024 at IHRD Perissery was a memorable and meaningful event that strengthened the sense of patriotism and unity among everyone present.



## Photographs of the event



