

M.E.S. COLLEGE OF ARTS, COMMERCE AND SCIENCE

‘Vidyasagara’ Prof. M.P.L Sastry Road, 15th Cross, Malleswaram,
Bengaluru – 560003

NAAC ACCREDITED “A” GRADE



NCC 1 KAR GIRLS BN



ASSOCIATE NCC OFFICER: - LIEUTENANT DEEPA DHARSHINI G P

M.com, M.B.A, Kset, B.Ed. (Commerce), B.Ed. (Economics), PGDMM, (Ph.D.)



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NATIONAL CADET CORPS

1 KAR GIRLS BATALLION

VISIT TO ISRO ON 21ST JULY 2022

From our college CPL Gagana attended Vajra Jayanthi programme (ISRO). The fall in was in Suvarna News channel office where JCO Baljit Singh sir addressed the gathering. There was an orientation programme also held to celebrate ISRO's golden jubilee. The whole orientation was recorded. Cadets were allowed to see the making of satellites with detailed explanation. They gave participation certificate.



THE VISIT TO ISRO WAS PUBLISHED IN NEWSPAPER.

LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
01	GAGANA S P	KA20SWA175609



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1 KAR GIRLS BATALLION

The ceremony was held at MES college of Arts, Science and Commerce on 25th July 2022. The ceremony began at 10:30 A.M. This ranking ceremony was held in the presence of college principal, our CTO Deepadarshini ma'am and other dignitaries. The programme was conducted at the college conference hall and the cadets were given their respective ranks based on their performance, dedication, and overall work. The programme ended by 13.00.



THE 2ND YEAR CADETS ALONG WITH CTO DEEPA DHARSHINI MA'AM



CDT. BHOMIKA AND CDT. CHINMAYEE RENDERING THE INVOCATION SONG AND JUO DHANUSHA RECEIVING RANK FROM PRINCIPAL



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1 KAR GIRLS BATALLION

KARGIL VIJAY DIVAS:

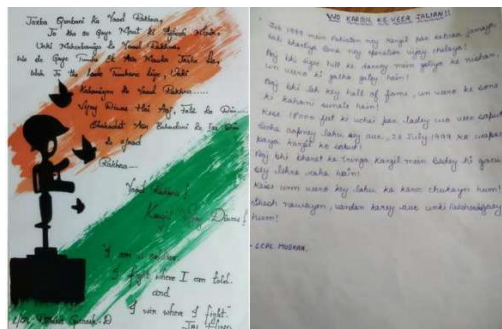
Kargil Vijay Diwas is celebrated every year in the honour of the Kargil war's fighters. On 26th July 2022 our cadets did activities (drawing, article, sketches, poems etc.) to showcase their talents and their patriotism. The activity rekindled pride and valour of the soldiers who took part in the war in the hearts of the cadets.



POSTER DONE BY LCPL HARSHADA GOWDA.



DRAWING BY LCPL VARSHA CHOUDHARY



POEM WRITING BY LCPL RITHIKA GANESH AND LCPL MUSKAN



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NATIONAL CADET CORPS

1 KAR GIRLS BATALLION

VISIT FOR IHX HEALTH CENTER AND C.V. RAMAN RESEARCH INSTITUTION:

From MES college LCPL Harshada Gowda and CPL Ramyashree Bhat represented our college on 27th July 2022. First day they went for Asia net Suvarna News channel office then from there they were taken to the IHX (India's largest health care exchange). From there they were taken to C.V Raman research institution. There they gave information about Raman researches and inventions.

SPECIAL ID CARDS WERE GIVEN TO THE CADETS TO VISIT IHX HEALTH CENTRE.



LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
01	RAMYASHREE BHAT	KA20SWA175635
02	HARSHADA GOWDA TR	KA21SWA175494



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1 KAR GIRLS BATTALION

QUIT INDIA DAY (VOCAL FOR LOCAL):

All the cadets were instructed to do a video on Quit India Day which was about the supporting of the goods made in India on 11TH August 2022.

“To make my country a self-reliant nation. I take this pledge to ensure to use and promote products that are manufactured in India.

Jai Hind!”

These were the lines for pledge.



SCREENSHOTS OF CADETS TAKING THE OATH.



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1 KAR GIRLS BATALLION

SPORTS MEET: -

The annual athletic meet was held on 4th August, 2022 at Gymkhana Football Ground, Yeshwanthpur, Bengaluru. Fall in for NCC cadets was at 7:15 am and for participants and non- participants was at 8:30 am. The guests for the events were Padmashree awardee K Y Venkatesh sir and Jayaprakash C Shetty who has created a new record in Dasara Games during men's 400m on September 25,2009. First the parade was led by NCC followed by participants of the event. After the parade the cadets were tasked to maintain the discipline and decorum in the ground for the smooth running of the event. A total of 18 cadets participated in the event.



3rd YEAR CADETS WITH THE CHIEF GUESTS.



ALL THE 18 SENIOR WING CADETS WHO PARTICIPATED IN THE EVENT.



SENIOR WING AND SENIOR DIVISION CADETS TAKE A PICTURE WITH THE ESTEEMED CHIEF GUESTS.

LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
01	CHANDANA S	KA20SWA175605
02	DEEKSHITHA S	KA20SWA175607
03	DHANUSHA N	KA20SWA175608
04	KEERTHANA V	KA20SWA175614
05	M GOUSIKA SREE	KA20SWA175621
06	M RAKSHITHA BAI	KA20SWA175622
07	MANYA H RAJ	KA20SWA175623
08	MEGHA Y	KA20SWA175624
09	NEHA RATHORE	KA20SWA175627
10	RAKSHITHA C	KA20SWA175634
11	RAMYASHREE BHAT M	KA20SWA175635
12	SOWMYASHREE M B	KA20SWA175645
13	AISHWARYA M	KA21SWA175482
14	RAKSHITHA K V	KA21SWA175516
15	RITHIKA GANESH D	KA21SWA175518
16	SNEHA R P	KA21SWA175527
17	SWETHA S	KA21SWA175532
18	AHANA S VASISTA	KA21SWA175481

D. Haldar
Principal

M.E.S. College of Arts, Commerce & Sci.
Malleswaram, Bangalore-560 003

Deepa Devarsheni G.P.
CTO



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1 KAR GIRLS BATALLION

INDEPENDENCE DAY: -

On the account of Independence Day celebration, T N Kumara Swamy (Educationalist, founder of Vidhath Education Trust) and Sri G L Bhatta (Senior Master Sculptor) were invited as the chief guests for the function conducted on 15th August 2022. As soon as they arrived dignitaries were provided with refreshments. The event started with parade inspection of the contingent (NCC cadets, rovers and rangers) at 8:00 am. Then the dignitaries T N Kumara Swamy sir, Sri G L Bhatta sir, Degree Principal Dr. Usha Rani and PU Principal Prof. Natesh H E were escorted by the NCC cadets for flag hoisting in the presence of all the faculty members of MES College, NCC, Rovers and Rangers, NSS, Legal awareness, Rotaract, Red cross and Students of MES. And also, on the occasion of Azadi ka Amrit Mahotsav 75th Independence Day of India, MES college conducted 'Poster making Competition'. Theme of the competition was 'One Nation, One Emotion, One Identify'. The program was started with invocation song by students, then Asst. Prof. Anupama S delivered the welcome speech for the dignitaries and addressed the gathering. SGT Sriraksha R delivered the speech about freedom fighters. Chief guest shared few words of their times. Remembering Colonel Vasanth Venugopal for his bravery and supreme sacrifice. CSUO Darshan I Gowda and SUO Tejaswini B R Magar received the prestigious COL. Vasanth Award for their dedication and achievements in NCC. Audience took the oath which was headed by Dr. D Usha Rani followed by distribution of books to students by dignitaries. Honoring of Chief guest for their achievements. Presidential addressing for all the audience gathered for the Independence Day celebration. Vote of thanks was delivered by Dr. Siddagangamma. Later the cultural program began.



INVOCATION DANCE



SKIT



SEMI CLASSICAL DANCE



SINGING



WESTERN DANCE

The cultural programme started after a small break at 10:30 am. NCC, NSS, Rovers and Rangers of MES College presented patriotic song and dance followed by a skit from Legal Awareness cell. After the cultural programmes, refreshments were provided to all the gathering.

The guests of the day were,

1. Educationist founder of Vidhath Education trust Shri. T. N. Kumaraswamy.

2. Senior Master Sculptor Shri. G. L. Bhat. Flag was hoisted by the chief guest followed by National Anthem. There was presentation of Col. Vasanth award to CSUO Darshan I and SUO Tejaswini B R Magar. The cultural program was started at 10:30 which included song and dance by NCC, NSS, RANGERS AND ROVERS, LEGAL AWARENESS CELL.

Drama by conducted by Legal Awareness Cell. There was an oath taking process which was told by all the teachers and students. The oath was administered by degree principal Dr. Usha Rani mam. NCC song was sung by everyone. The program was ended by 11:30 AM.



NCC CADETS WITH THE HONOURABLE CHIEF GUESTS.



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1 KAR GIRLS BATALLION

ACHIEVEMENTS:

YOUTH EXCHANGE PROGRAM (YEP):

1. LIPIKA HR - IDC CAMP

SUO. Lipika HR from MES COLLEGE TROOP - 1 KAR GIRLS BN NCC represented KARNATAKA AND GOA DIRECTORATE At the 75th Independence Day celebrations held at Redfort, New Delhi on August 15th. She was a part of Cultural team performing for the 14 YEP countries from 7 Continents.



A PICTURE ALONG WITH CADETS FROM YEP COUNTRIES.



CULTURAL TEAM PERFORMING A FUSION OF DIFFERENT DANCE FORMS OF INDIA



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1 KAR GIRLS BATALLION

TSC CAMP (THAL SAINIK CAMP): -

TSC camp was conducted in Rastriya military school for TSC selection which held from 21 St June to 31 St June. The cadets who attended and successfully completed the camp were Shravani.S, Dhanusha N, Muskan, Rithika Ganesh, Sneha R P, Sneha K, and Keerthana G. In this camp we were taught and trained by PI staff about tent pitching, firing, map reading, signal, field craft and battle craft. Cadets had culture competition held on 9th day of the camp. On 31 St June after breakfast and biometric, with packed refreshments, all the cadets left the camp site. Dhanusha N, Muskan, Rithika Ganesh got selected for the next camp which was held on 3rd July.



CADETS WITH PI STAFF



CADETS AT THE CAMPSITE.

LIST OF PATICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
01	DHANUSHA N	KA20SWA175608
02	KEERTHANA G	KA20SWA175614
03	SHRAVANI S	KA20SWA175643
04	RITHIKA GANESH D	KA21SWA175518
05	MUSKAN	KA21SWA175506
06	SNEHA K	KA21SWA175526
07	SNEHA R P	KA21SWA175527

D. Holkar

Principal

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Deepa Dhareshini G.P.
CTO Z.



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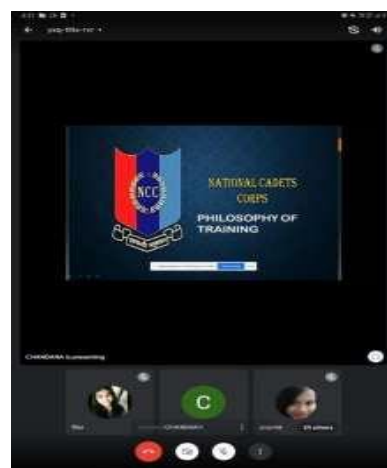
1 KAR GIRLS BATTALION

THE FOLLOWING ACTIVITIES WERE CONDUCTED UNDER THE INSTRUCTIONS OF 1 KAR GIRLS BATTALION NCC: -

Parades- Twice a week parades were conducted (drill and theory). Theory classes were conducted online by 3rd years, where each senior picked one topic and explained it to the juniors along with explanation running notes were also given. Drill practice was conducted in the college campus or 18th cross ground, where cadets were asked to come in proper uniform.



CADETS MARCHING FOR THE PARADE DURING SPORTS MEET.



SCREENSHOTS OF ONLINE THEORY CLASSES.



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1 KAR GIRLS BATALLION

TEACHERS DAY CELEBRATIONS: -

On account of teachers' day on 6th September 2022, the cadets were given a task "Each One Reach One Teach One". The students and also parents who lacked the knowledge of importance of education were reached by cadets. The cadets taught the importance of education and gave them small gifts which would motivate them to study.



A COLLAGE OF CADETS TEACHING AND GIVING GIFTS TO KIDS



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1 KAR GIRLS BATALLION

VISIT TO VIDHANA SOUDHA: -

The cadets had to visit Vidhana Soudha to welcome Honourable President Droupadi Murmu on 27th September 2022. At 2: 30 the cadets gathered at RC College and were provided refreshments. After refreshments cadets were taken to Vidhana Soudha. Honourable President Droupadi Murmu arrived at 6: 00 pm. From MES College a total of 31 cadets were present and got a great opportunity to catch a glimpse of India's President from up close. All the cadets dispersed at 7: 00 clock.



CADETS IN FRONT OF VIDHAN SOUDHA EAGER TO MEET THE PRESIDENT.

LIST OF PARTICIPANTS

SL NO	CADET	REGIMENTAL NUMBER
01	SRIRAKSHA R	KA20SWA175646
02	MANYA H RAJ	KA20SWA175623
03	KEERTHANA V	KA20SWA175614
04	SINCHANA G M	KA20SWA175644
05	TEJASWINI B S	KA20SWA175648
06	MEGHA Y R	KA20SWA175624
07	M RAKSHITHA BAI	KA20SWA175622
08	M GOUSIKA SREE	KA20SWA175621
09	NEHA RATHORE	KA20SWA175627
10	BHOOMIKA R	KA21SWA175486
11	SANJANA N	KA21SWA175521
12	P PAVITHRA	KA21SWA175512
13	RAKSHITHA K V	KA21SWA175516
14	AISHWARYA M	KA21SWA175482
15	SWETHA S	KA21SWA175532
16	MUSKAN	KA21SWA175506
17	RITHIKA GANESH D	KA21SWA175518
18	AHANA S VASISTA	KA21SWA175481
19	ANUPAMA SHENOY	KA21SWA175483
20	KAVYA S	KA21SWA175499
21	PRIYANKA K	KA21SWA175539
22	HANSIKA S	KA21SWA175495
23	PRAKRUTHI S G	KA21SWA175513
24	BRUNDHA G	KA21SWA175487
25	SHREE LAKSHMI M	KA21SWA175523
26	SUMEDHA S BHAT	KA21SWA175531
27	SNEHA RP	KA21SWA175527
28	PALLAVI B	KA21SWA175511
29	SANCHITHA R	KA21SWA175520
30	SURAVI H	KA21SWA175530
31	SPOORTHI N	KA21SWA175529



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SELECTION RALLY:

The cadets and the candidates were present at MES college quadrangle on 13th September 2022. Instructions were given for the day and work was divided. At 8:30 all the candidates who were present for the selection were taken to 18th cross ground. Selections started by 10:30 and it was conducted by the PI staff and GCI ma'am, AO ma'am and college principal visited the ground during the selection rally. GCI ma'am did the inspection of NCC stores. After the rally was completed, all the candidates were taken back to the MES mains building and were briefed about NCC. The day was called off at 1530hrs. A total of 38 cadets were present during the selections. A little more than 80 candidates were present to try out to join NCC.



PRINCIPAL OF MES COLLEGE WELCOMING GCI MA'AM WITH A BOUQUET



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1 KAR GIRLS BATALLION

ANNUAL TRAINING CAMP

DATE: 29-09-2022

DAY 1

The cadets reached the camp location afternoon. The camp was held at MEG CENTRE HALASURU. Roll call was conducted in the evening and it was called a day. All the cadets completed their documentation work and were allotted their barracks. Biometrics and roll call were done and it was a day.

DATE: 30-09-2022

DAY 2

Cadets had PT period in the morning followed by drill practice. Map reading classes were conducted in the afternoon. ANO classes were conducted in the evening followed by games period. The day's report was done and it was called a day.

DATE: 01-10-2022

DAY 3

PT period was cancelled due to rain. Drill practice was conducted till the afternoon. Map reading classes followed by the ANO class. Due to rain the rest of the schedule was cancelled. Completion of roll call completed the day.

DATE: 02-10-2022

DAY 4

PT period was held in the morning. Drill practice was held followed by theory class where the cadets had rifle training. ANO class was held in the evening. Group singing competition was held. Roll call was conducted and it was called a day.

DATE: 03-10-2022

DAY 5

PT period was conducted in the early morning. Drill was conducted. Cadets were taken to the museum for map reading classes. ANO classes were conducted. The cadets had a inter school – college – troop throwball match which they won. Cultural dance competitions were also held. Roll call completed the day.

DATE: 04-10-2022

DAY 6

PT period was conducted early morning. Drill practice was conducted. Cadets were taken to the MEG museum. ANO classes were conducted in the evening followed by games period. Cultural theme dance was conducted.

DATE: 05-10-2022

DAY 7

There was a Fall in in the morning for PT period. Map reading classes were conducted. Throw ball competition was held till the evening. Cultural was conducted where the cadets performed NAVADURGA dance. Prize distribution was held and it was called a day.

Special achievements:

1. 1st prize in THROWBALL
2. 1st prize in OVERALL CULTURALS [Group dance, singing, theme dance]

DATE: 06-10-2022

DAY 8

There was a Fall in in the morning for PT period. Cadets cleaned the barracks and food kits were provided for everyone. Certificates were distributed and all the cadets dispersed from the camp site by afternoon.



CADETS WITH CO SIR AFTER WINNING 2 PRIZES.



CADETS PERFORMING NAVARATHRI THEMED DANCE FOR THE CULTURAL COMPETITION.



MES CADETS IN THE MIDST OF THROWBALL COMPETITION.

LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
01	KEERTHANA V	KA20SWA175614
02	M GOUSIKA SREE	KA20SWA175621
03	M RAKSHITHA BAI	KA20SWA175622
04	MEGHA Y	KA20SWA175624
05	NEHA RATHORE	KA20SWA175627
06	RAMYASHREE BHAT M	KA20SWA175635
07	SARASWATI B UDAGI	KA20SWA175638
08	SINCHANA G M	KA20SWA175644
09	SRIRAKSHA R	KA20SWA175646
10	TEJASWINI B S	KA20SWA175648
11	AISHWARYA M	KA21SWA175482
12	ANUPAMA SHENOY	KA21SWA175483
13	HANSIKA S	KA21SWA175495
14	LAKSHMI PRIYA V	KA21SWA175502
15	P PAVITHRA	KA21SWA175512
16	PRAKRUTHI S G	KA21SWA175513
17	RAKSHITHA K V	KA21SWA175516
18	SANCHITHA R	KA21SWA175520
19	SANJANA N	KA21SWA175521
20	SPOORTHI N	KA21SWA175529
21	SURAVI H	KA21SWA175530
22	SWETHA H	KA21SWA175532
23	YASHASWINI S KUMAR	KA21SWA175538
24	PRIYANKA K	KA21SWA175539



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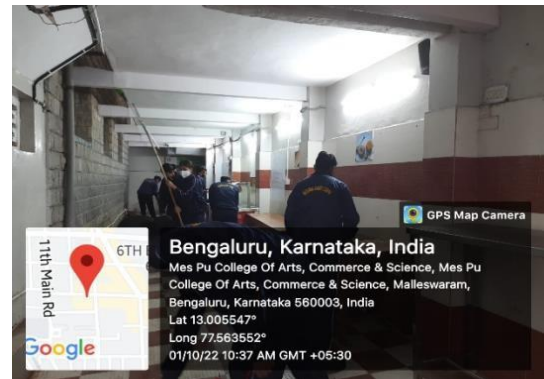
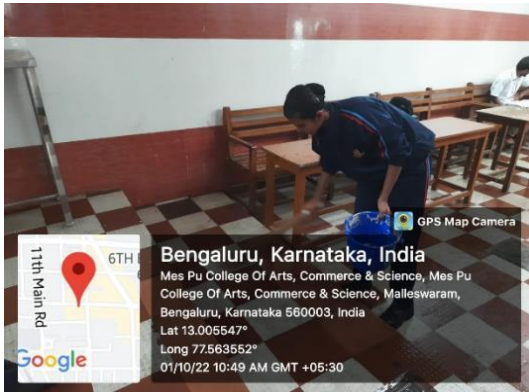
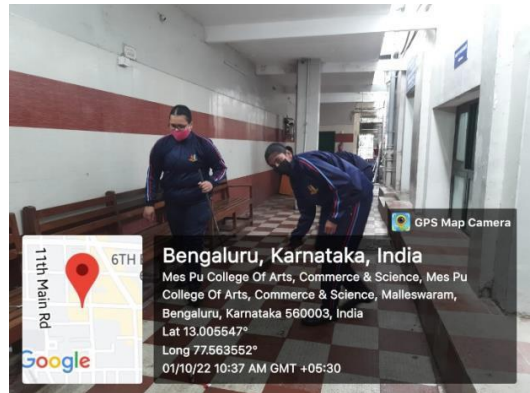
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1 KAR GIRLS BATALLION

GANDHI JAYANTHI: -

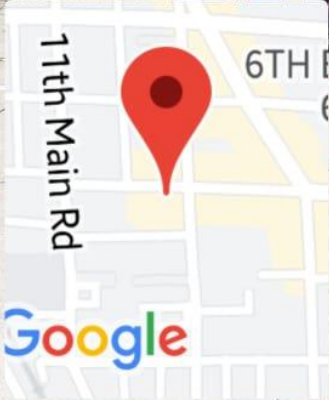
On account of Gandhiji’s birth anniversary on 1ST October 2022, cadets of NCC MES troop with NSS, R&R and legal awareness cell carried out Swachh samste in the MES premises. NCC cadets cleaned the canteen of MES college. The college was cleaned by this joint venture. A total of 11 cadets participated in the event.



A COLLAGE OF CADETS CLEANING THE MES CANTEEN AREA.



GPS Map Camera



Bengaluru, Karnataka, India

Mes Pu College Of Arts, Commerce & Science, Mes Pu
College Of Arts, Commerce & Science, Malleswaram,
Bengaluru, Karnataka 560003, India

Lat 13.005547°

Long 77.563552°

01/10/22 11:00 AM GMT +05:30

THE 11 CADETS WHO PARTICIPATED IN THE EVENT.

LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
01	GOUTHAMI G	KA20SWA175610
02	LIPIKA H R	KA20SWA175619
03	BHOOMIKA R	KA21SWA175486
04	DHANUSHREE	KA21SWA175490
05	BRUNDHA G	KA21SWA175487
06	KAVYA S	KA21SWA175499
07	PALLAVI B	KA21SWA175511
08	SHREE LAKSHMI M	KA21SWA175523
09	SNEHA K	KA21SWA175526
10	SNEHA R P	KA21SWA175527
11	SUMEDHA S BHAT	KA21SWA175531



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1 KAR GIRLS BATALLION

COMBINED ANNUAL TRAINING CAMP: -

Date: 11-10-2022

Day 1

All the cadets were taken to the camp site which was held by 1 KAR GIRLS BN NCC at Madras Sappers Hq Meg and Centre, Ulsoor. The Documentation process was done which include nominal roll and biometric of the cadets. Later on, the cadets were given time to settle down themselves. In the evening all the cadets were called for the roll call to give some instructions about the camp and were called off with dinner.

Date: 12-10-2022

Day 2

As per the time table PT class was held but it stands cancel due to rain. The drill was conducted followed by theory class by the PI staffs. Later on, we had ANO class. And games class was conducted after that all the cadets were called off for roll call.

Date: 13-10-2022

Day 3

As usual as per the time table PT class stands cancelled. Then in FCBC and map reading class was held by PI staffs followed by drill and the conducted ANO class. And then there was sports period and everyone were called off with roll call where CO Hariprasad sir addressed everyone.

Date: 14-10-2022

Day 4

As usual as per the time table PT class stands cancel. Then weapon training class was conducted where they taught how to hold weapon and use. Same way ANO conducted the classes and games period was conducted and everyone were called off with roll call where CO Hariprasad sir addressed everyone.

Date: 15-10-2022

Day 5

As usual as per the time table PT class was conducted. Then same way weapon training class was conducted. Followed by ANO class where map reading class was held. And games period was conducted later on everyone were called off with roll call.

Date: 16-10-2022

Day 6

As per the time table PT class was conducted. Followed by drill and FCBC class was held. Later on, theory class was conducted by ANO. And games period was held. Everyone was called off for roll call.

Date: 17-10-2022

Day 7

Cadets were taken to firing range held in Parachute Regiment Training Centre. And cultural programme was conducted.

Date: 18-10-2022

Day 8

In the morning all the college troop cadets were given time to clean the ground and their respective barrack. At 10: 30 closing ceremony addressed by CO Hariprasad sir and then reporting to ANO's.

Special achievements:

- CDT Shika R was recognised for achieving a silver medal state level boxing championship.



- SUO Lipika HR was recognised for her outstanding work as the camp leader.

A COLLAGE OF FIRING PRACTISE AND THE RECOGNITION OF CDT. SHIKA AND SUO LIPIKA H R

LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
01	BRINDASHREE V	KA20SWA175604
02	DEEKSHITHA S	KA20SWA175607
03	GAGANA S P	KA20SWA175609
04	GOUTHAMI G	KA20SWA175610
05	LIPIKA H R	KA20SWA175619
06	MANYA H RAJ	KA20SWA175623
07	ROSHNI PRADHAN	KA20SWA175637
08	SHIKA R	KA20SWA175642
09	SOWMYA SHREE M B	KA20SWA175645
10	AHANA S VASISTA	KA21SWA175481
11	BHOOMIKA R	KA21SWA175486
12	BRUNDHA G	KA21SWA175487
13	CHINMAYEE R AITHAL	KA21SWA175488
14	DHANUSHREE R	KA21SWA175490
15	GOWTHAMI V	KA21SWA175493
16	HARSHADA GOWDA T R	KA21SWA175494
17	KAVYA S	KA21SWA175499
18	KEERTHI A SHETTY	KA21SWA175501
19	MUSKAN	KA21SWA175506
20	PALLAVI B	KA21SWA175511
21	RITHIKA GANESH D	KA21SWA175518
22	SAHANA B	KA21SWA175519
23	SHREE LAKSHMI M	KA21SWA175523
24	SUMEDHA S BHAT	KA21SWA175531
25	VARSHA CHOUDHARY	KA21SWA175536



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NATIONAL CADET CORPS
1 KAR GIRLS BATALLION

LIFESTYLE FOR THE ENVIRONMENT: -

THE LIFESTYLE FOR THE ENVIRONMENT (LIFE) Global Movement was launched by the honourable prime minister of India. The launch of the event was televised and all the cadets posted a picture of them watching the event on social media platforms. On 19th October 2022, all the cadets took a pledge on the same context and received e-certificates for their participation.



THE CERTIFICATE RECEIVED BY CADETS FOR TAKING THE PLEDGE.



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NATIONAL CADET CORPS
1 KAR GIRLS BATALLION

RASHTRIYA EKTA DIWAS – “RUN FOR UNITY”

On account of Rashtriya Ekta Diwas, on 31st October 2022 as directed by The Government of India, We NCC cadets attended a rally from 0630 hrs to 0800 hrs. A total of 21 cadets went around the surroundings of MES College showing placards and slogans.



CADETS INFRONT OF MES COLLEGE BEFORE STARTING THE RALLY.



CADETS RUNNING WITH PLACARDS AND SLOGANS.

LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
01	RAMYASHREE BHAT M	KA20SWA175635
02	MEGHA Y	KA20SWA175624
03	TEJASWINI B S	KA20SWA175648
04	LIPIKA H R	KA20SWA175619
05	DHANUSHA N	KA20SWA175608
06	DHANUSHREE R	KA21SWA175490
07	BRUNDHA G	KA21SWA175487
08	CHINMAYEE R AITHAL	KA21SWA175488
09	SUMEDHA S BHAT	KA21SWA175531
10	SNEHA K	KA21SWA175526
11	SNEHA R P	KA21SWA175527
12	HARSHADA GOWDA T R	KA21SWA175494
13	GOWTHAMI V	KA21SWA175493
14	RITHIKA GANESH D	KA21SWA175518
15	PRAKRUTHI S G	KA21SWA175513
16	SHREE LAKSHMI M	KA21SWA175523
17	SAHANA B	KA21SWA175519
18	KAVYA S	KA21SWA175499
19	PRIYANKA K	KA21SWA175539
20	KEERTHANA G	KA21SWA175500
21	PALLAVI B	KA21SWA175511



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NAAC accredited "A" Grade

NATIONAL CADET CORPS

1 KAR GIRLS BATALLION

KANNADA RAJYOTHSAVA CELEBRATIONS: -

On account of KANNADA RAJYOTHSAVA, the college conducted KANNADA HABBA on 26th November 2022. Shri Manjunath M Shukla, Shri Kedarnath G H were the invited as the chief guests and the program was held in the presence of Srimati Vimalarangachar, Dr Usharani and Dr Ramanjaneya. The guests were escorted by NCC cadets near the flag hoisting area. Hoisting of the state flag was followed by the singing of the Naadageethe. The guests were taken to the conference hall where the program was conducted. The program started at 1130 hrs. After the speeches of the honorable guests, prize distribution was held and certificates and medals were given to the winners of the various competitions that were held throughout the week. Cultural events like classical dance, kamsale, and other special performances were given by the students of MES college. The guests were extremely pleased and astonished by the quality of all the performances. A total of 7 cadets participated in piloting and volunteering.



THE ESTEEMED CHIEF GUEST BEING ESCORTED BY CADETS



INNOCATION DANCE



KAMSALE



CADETS WITH THE PROFESSORS OF THE KANNADA DEPARTMENT.

LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
01	BHOOMIKA R	KA21SWA175486
02	SWETHA S	KA21SWA175532
03	LAKSHMI PRIYA V	KA21SWA175502
04	PRIYANKA K	KA21SWA175539
05	SANJANA N	KA21SWA175521
06	PRAKRUTHI S G	KA21SWA175513
07	RITHIKA GANESH D	KA21SWA175518



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NATIONAL CADET CORPS

1 KAR GIRLS BATALLION

MOCK PARLIAMENT SESSION: -

On the account of National Constitution Day, the political science department of MES College had organized a Mock Parliament Session on 29th November 2022 where the actual session of the Parliament was enacted by the students. The event started at 1000hrs. The SWs volunteered all around the college to maintain discipline and decorum as the session was being recorded. The cadets were appreciated for their efforts for doing the same. Refreshments were provided and all the cadets dispersed at 1130 hrs.



BOY AND GIRL CADETS ALONG WITH THE DEPARTMENT OF POLITICAL SCIENCE AND THE PRINCIPAL.



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NATIONAL CADET CORPS

1 KAR GIRLS BATALLION

SPECIAL ACHIEVEMENTS:

INTER GROUP COMPETITIONS (IGC) AND PRE-REPUBLIC DAY CAMP (PRE-RDC)

1. LCPL Muskan

LCPL Muskan from MES COLLEGE TROOP – 1 KAR GIRLS BN NCC attended a total of six camps.

- i. CATC
- ii. Pre IGC 1
- iii. Pre IGC 2
- iv. Pre IGC 3
- v. IGC
- vi. Pre RDC 1

The camps began in September. After the selections from within the battalion was done, different units competed and were selected for further camps. The camps were conducted at different campsites. Drill training was done by drill instructors. Selections from all the groups were done for the RDC 2023. She attended her last camp from 20/11/ 2022 to 29/11/2022.



CADETS TAKE A PHOTO WITH PI STAFF IN PRE RDC CAMP 1



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1 KAR GIRLS BATALLION

ALL INDIA ROCK CLIMBING CAMP: -

Sergeant Sriraksha R from 1 KAR Girls Battalion represented Karnataka and goa directorate with 15 other cadets at "all India rock climbing camp" which was held in Gwalior from Dec 2 to Dec 10 2023.

Rock climbing and rappelling was taught and competitions were held on the same.

During the educational tours, cadets were taken to places like:

- *Govt Museum.
- *Mothi Mahal
- *Baija Taal
- *Tansen Mahal
- * Gwalior fort
- *Taj Mahal

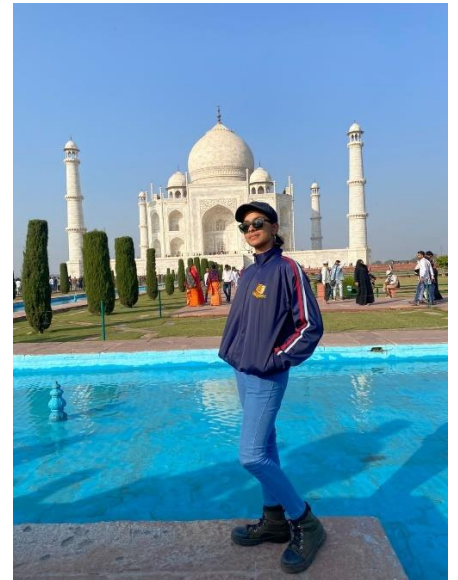
Sergeant Sriraksha R was honoured with a badge and certificate.



BADGE RECEIVED BY
SERGEANT SRIRAKSHA



SERGEANT SRIRAKSHA
ALL GEARED UP FOR TRAINING



SEARGEANT SRIRAKSHA IN
FRONT OF TAJ MAHAL



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NATIONAL CADET CORPS

1 KAR GIRLS BATALLION

VOTERS ID CAMPAIGN: -

A campaign was held at the MES College, on 8th December 2022, to spread awareness on the importance of voting. The campaign's initiation was taken by the legal cell team and members of the NSS. The rally started at 1345 hrs at the MES Mains quadrangle. The rally started from the college and continued till KC General Hospital where there was a street play about Voting Rights. Everyone headed back to the college at 1600 hrs. refreshments were provided before the dispersal at 1630 hrs. A total of 27 NCC cadets took part in the rally.

LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
01	GAGANA S P	KA20SWA175609
02	CHINMAYEE R AITHAL	KA21SWA175488
03	HARSHADA GOWDA T R	KA21SWA175494
04	KAVYA S	KA21SWA175499
05	SAHANA B	KA21SWA175519
06	SHREE LAKSHMI M	KA21SWA175523
07	SUMEDHA S BHAT	KA21SWA175531
08	VARSHA CHOUDHARY	KA21SWA175536
09	VASUKI S M	KA22SWA175529
10	SUMA S P	KA22SWA175524
11	SHRAVANI P	KA22SWA175521
12	HEMASHREE R	KA22SWA175493
13	DISHA PRASAD B	KA22SWA175488
14	MANUSHILPA D K	KA22SWA175504
15	YOGINI M S	KA22SWA175533
16	THRISHA GOWDA	KA22SWA175526
17	POOJA N	KA22SWA175512
18	SAMSKRUTHI YADAV	KA22SWA175519
19	KEERTHANA R	KA22SWA175498
20	MONISHA G S	KA22SWA175508
21	DIVYA DARSHINI T N	KA22SWA175489
22	DRUTHI S SHETTY	KA22SWA175491
23	HEMAVATHI S	KA22SWA175494
24	VIBHA ARUN BHARADWAJ	KA22SWA175530
25	BHOOMIKA L	KA22SWA175483
26	POOJA K BENAKATTI	KA22SWA175511
27	JHANVI BEGUR SHYAM	KA22SWA175496



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1 KAR GIRLS BATALLION

MES PU ANNUAL SPORTS DAY: -

The SW's had a fall in at 0745hrs on 29th December 2022 in BEL Ground. The cadets were called for guarding and piloting along with the SDs. The cadets were later in charge of the disciplinary committee. Refreshments were provided to the cadets at 1100hrs after which few of the PU cadets went for participating in the sports day while the others dispersed. A total of 14 cadets were present on ground.



SWS AND SDS AT THE BEL GROUND STANDING FOR THE GUARD OF HONOUR



CADETS MARCH DURING THE OPENING CEREMONY OF THE PU SPORTS EVENT.

LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
01	KAVYA S	KA21SWA175499
02	MUSKAN	KA21SWA175506
03	PALLAVI B	KA21SWA175511
04	PRAKRUTHI S G	KA21SWA175513
05	SAHANA B	KA21SWA175519
06	SHREE LAKSHMI M	KA21SWA175523
07	DIVYA L	KA22SWA175490
08	DRUTHI S SHETTY	KA22SWA175491
09	HEMAVATHI S	KA22SWA175494
10	LAVANYA R	KA22SWA175501
11	MANYA P	KA22SWA175505
12	MEGHANA H R	KA22SWA175506
13	POOJA K BENAKATTI	KA22SWA175511
14	VIBHA ARUN BHARADWAJ	KA22SWA175530



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NATIONAL CADET CORPS

1 KAR GIRLS BATALLION

THE INDIAN ARMY DAY: -

Every year, INDIAN ARMY DAY is celebrated on the 15th of January. This year's army day was conducted at the MEG CENTRE by different NCC groups on 10th January 2023. The drill started at 0800 hrs. the drill was done by different contingents. The drill was followed by motorcycle show and Para sliding from the parachute regiment. The drill ended at 1000 hrs. The cadets were then taken to see the equipment used in the armed forces. Everyone then dispersed at 1115 hrs. 5 cadets from MES College had been to view this amazing event.



THE 5 CADETS STAND AT THE MEG CENTRE'S DRILL GROUND.



DANGEROUS MOTORCYCLE STUNTS WERE PERFORMED BY THE BRAVE AND COURAGEOUS ARMY PERSONNEL



A COLLAGE OF THE DIFFERENT EQUIPMENT USED IN THE ARMED FORCES.

LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
01	HARSHADA GOWDA T R	KA21SWA175494
02	VARSHA CHOUDHARY	KA21SWA175536
03	SANJANA N	KA21SWA175521
04	KEERTHANA R	KA22SWA175498
05	POOJA N	KA22SWA175512



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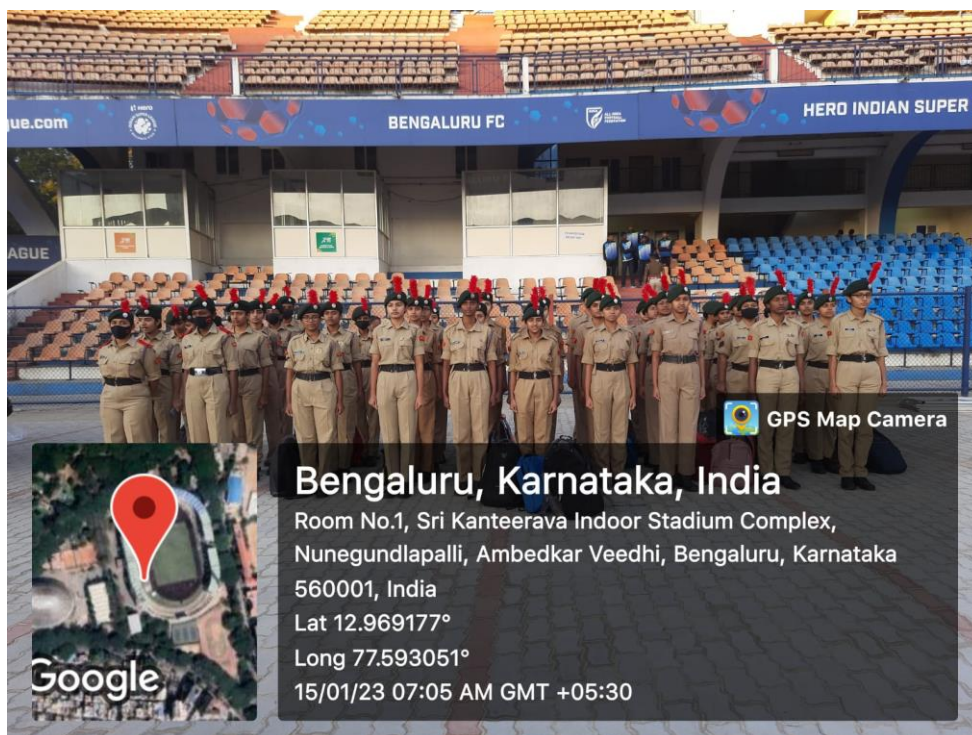
NAAC accredited "A" Grade

NATIONAL CADET CORPS

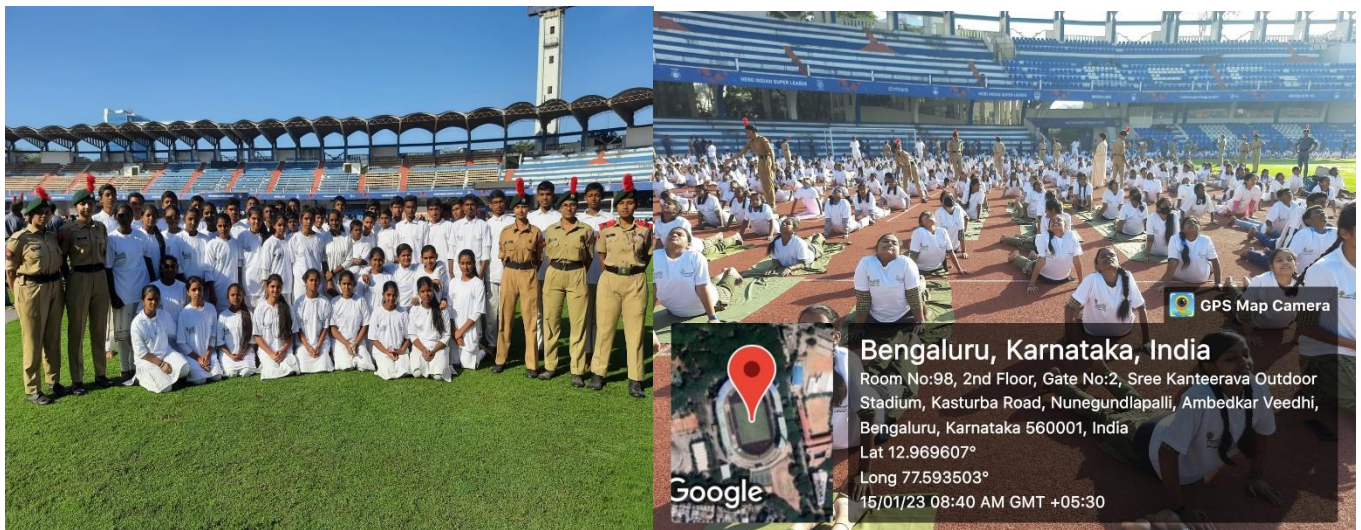
1 KAR GIRLS BATALLION

YOGATHON: -

On 15th January 2023, under the Government of Karnataka, an event called 'YOGATHON' was organised at the Kanteerava Stadium. Many cadets from different batallions were made to gather in front of the gate and were instructed with their jobs as a steward for the event. The event took place till 0915 hrs. Refreshments were provided to all the cadets and the participants. 5 Cadets from MES College were present at the event. Everyone dispersed before 1100 hrs.



CADETS FROM DIFFERENT BATALLION AT THE KANTEERVA STADIUM.



CADETS WITH THE PARTICIPANTS AT THE YOGATHAN EVENT.



CADETS ALONG WITH SUO LIPIKA H R AT KANTEERVA STADIUM.

LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
01	GAGANA S P	KA20SWA175609
02	LIPIKA H R	KA20SWA175619
03	BHOOMIKA R	KA21SWA175486
04	RITHIKA GANESH D	KA21SWA175518
05	MUSKAN	KA21SWA175506



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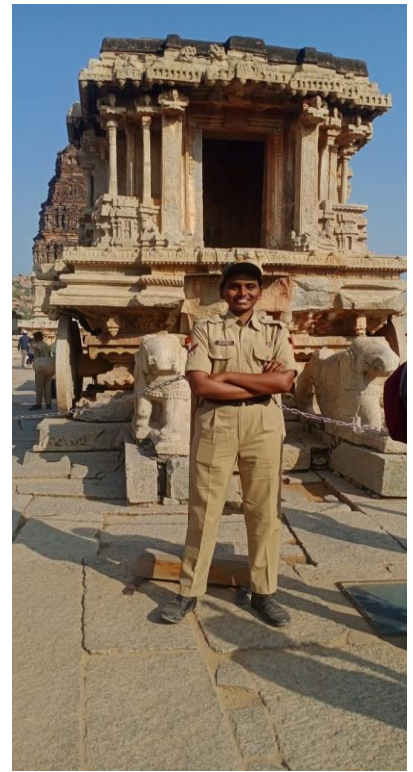
NAAC accredited "A" Grade
NATIONAL CADET CORPS
1 KAR GIRLS BATALLION

EK BHARAT SHRESHT BHARAT CAMP – II

LCPL Harshada Gowda T R attended the EBSB-II at PRTC, Torangallu from 16th January to 27th January 2023. The camp was a cultural exchange program with the NER cadets. EXPA classes were conducted by Ex NCC cadets on various topics like building self confidence, leadership qualities etc., There was an Educational trip to Hampi which is a renowned World Heritage Centre. Cultural programs were held on 26th January in which LCPL Harshada Gowda participated in group song and group dance.



LCPL HARSHADA ALONG WITH NER CADETS



LCPL HARSHADA IN HAMPI



LCPL HARSHADA ALONG WITH THE GROUP SINGING TEAM





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1 KAR GIRLS BATALLION

REPUBLIC DAY: -

The Republic Day was celebrated in the MES College on 26th January. The fall in was at 0630 hrs for all the cadets. Checking of turnout and drill practise was done till 0800 hrs. the celebrations started at 0830 hrs. Dr.Usharani ma'am, Dr.Ramanjaneya sir, Professor Shaila ma'am were invited as the dignitaries. The whole of the program was conducted by NCC cadets. The program included dancing, singing and speeches done by various students. The program ended 1030 hrs. A total of 64 cadets were present for the event. Refreshments were provided to everyone before dispersing.



DR.RAMANJANEYA SIR ADDRESSING THE GATHERING



Shot on OnePlus
Bangalore Division, Karnataka 2023.01.26 09:53
Powered by Dual Camera

NCC CADETS SANG A PATRIOTIC GROUP SONG



Shot on OnePlus
Bangalore Division, Karnataka 2023.01.26 11:58
Powered by Dual Camera

CADETS CLICK A PICTURE ALONG WITH SUPER SENIOR MEGHALA

LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
1	DHANUSHA N	KA20SWA175608
2	GAGANA S P	KA20SWA175609
3	GOUSIKA SREE M	KA20SWA175621
4	KEERTHANA V	KA20SWA175614
5	LIPIKA H R	KA20SWA175619
6	MANYA H RAJ	KA20SWA175623
7	MEGHA Y	KA20SWA175624
8	M RAKSHITHA BAI	KA20SWA175622
9	RAMYASHREE BHAT M	KA20SWA175635
10	SHIKHA R	KA20SWA175642
11	SINCHANA G M	KA20SWA175644
12	SRIRAKSHA R	KA20SWA175646
13	TEJASWINI B S	KA20SWA175648
14	AHANA S VASISTA	KA21SWA175481
15	AISHWARYA M	KA21SWA175482
16	BRUNDHA G	KA21SWA175487
17	CHINMAYEE R AITHAL	KA21SWA175588
18	DHANUSHREE R	KA21SWA175490
19	HANSIKA S	KA21SWA175495
20	KAVYA S	KA21SWA175499
21	KEERTHANA G	KA21SWA175500
22	LAKSHMI PRIYA V	KA21SWA175502
23	PALLAVI B	KA21SWA175511
24	P PAVITHRA	KA21SWA175512
25	PRAKRUTHI S G	KA21SWA175513
26	PRIYANKA K	KA21SWA175539
27	RAKSHITHA K V	KA21SWA175516
28	RITHIKA GANESH D	KA21SWA175518
29	SAHANA B	KA21SWA175519
30	SHREE LAKSHMI M	KA21SWA175523
31	SNEHA K	KA21SWA175526
32	SUMEDHA S BHAT	KA21SWA175531
33	SWETHA S	KA21SWA175532
34	VARSHA CHOUDHARY	KA21SWA175536
35	ASHWINI H	KA22SWA175482
36	BHOOMIKA L	KA22SWA175483
37	DISHA PRASAD B	KA22SWA175488
38	DIYA L	KA22SWA175490
39	DRUTHI S SHETTY	KA22SWA175491
40	HEMAVATHI S	KA22SWA175494
41	INCHARA S R	KA22SWA175495
42	JHANVI BEGUR SHYAM	KA22SWA175496
43	KEERTHANA R	KA22SWA175498
44	KUSUM S	KA22SWA175499
45	LATHIKAASRI T	KA22SWA175500
46	MA AAGAMA SHASTRY	KA22SWA175502
47	MANUSHILPA D K	KA22SWA175504
48	M MADHUMITHA	KA22SWA175507
49	MONISHA G S	KA22SWA175508
50	NITHYA K	KA22SWA175509
51	NOOR ATHEEKA	KA22SWA175510

52	POOJA N	KA22SWA175512
53	PRIYANKA K	KA22SWA175514
54	PUNYASHREE R NAIK	KA22SWA175515
55	RACHITHA N	KA22SWA175516
56	SHIVANI MISHRA	KA22SWA175520
57	SNEHA R	KA22SWA175522
58	SNEHA V G	KA22SWA175523
59	SUMA S P	KA22SWA175524
60	TEJASVI K	KA22SWA175525
61	VASUKI S M	KA22SWA175529
62	VIBHA ARUN BHARADWAJ	KA22SWA175530
63	VIDYASHREE B S	KA22SWA175531
64	YOGINI M S	KA22SWA175533



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1 KAR GIRLS BATALLION

REPUBLIC DAY: -

LCPL Muskan attended the republic day parade on 26th January conducted at Manekshaw parade ground. The governor of Karnataka Thawar Chand Gehlot visited the celebrations. Later all the contingents had march pass followed by cultural events, bike drill and prize distribution. NCC contingent received Group 2, 1st prize.



NCC CONTINGENT GROUP 2 WITH THEIR TROPHY



LCPL MUSKAN WITH THE TROPHY AT THE MANEKSHAW PARADE GROUND.



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NATIONAL CADET CORPS

1 KAR GIRLS BATALLION

ANNUAL DAY PROGRAM OF MES PU COLLEGE: -

NCC cadets were a part of the disciplinary committee for the Annual Day Program of MES PU College on 4th February 2023. The program started at 1000hrs. The following cadets were awarded as the BEST OUTGOING NCC CADETS:

1. LCPL Rithika Ganesh D
2. LCPL Anupama Shenoy
3. LCPL P Pavithra
4. LCPL Sneha K
5. LCPL Swetha S

Refreshments were provided to everyone at 1430 hrs. the program continued till 1630 hrs. Everyone dispersed after the program ended.



CADETS RECEIVED THE BEST OUTGOING NCC CADETS AWARD AND THE CADETS WHO WERE THE PART OF THE DISCIPLINARY COMMITTEE

LIST OF PARTICIPANTS

SL NO	CADET NAME	REGIMENTAL NUMBER
1	DIYA L	KA22SWA175490
2	MONISHA G S	KA22SWA175508
3	SNEHA V G	KA22SWA175523
4	VIBHA ARUN BHARADWAJ	KA22SWA175530
5	VIDYASHREE B S	KA22SWA175531



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1 KAR GIRLS BATTALION

C CERTIFICATE EXAMINATION: -

On 18th February 2023 16 cadets reported at the Manekshaw Parade ground by 0730 hrs, after which all were asked to sign the nominal roll and the cadets got their chest number and started with their practical examination.

1. Drill test
2. Map reading
3. Weapon training
4. FCBC
5. Communication

The exam was called off at 1430 hrs, and everyone were dispersed by 1435 hrs.

On 19th February 2023 16 cadets reported at the Army Public School by 0830 hrs. The Theory examination was conducted from 1030 hrs to 1330 hrs. The cadets received TADA from the unit, everyone dispersed by 1500 hrs.



CADETS ON THE DAY OF PRACTICAL EXAM.



CADETS CLICK A PICTURE WITH PI STAFF
ON THE DAY OF THEORY EXAM



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NATIONAL CADET CORPS

1 KAR GIRLS BATTALION

B CERTIFICATE EXAMINATION: -

On 4th March 2023, 27 cadets reported at Manekshaw Parade ground by 0730 hrs, after which all were asked to sign the nominal roll and the cadets got their chest numbers. The examination started and were taken to FCBC and Communication Test followed by Weapon Training, Drill Test and Map Reading Test. Cadets dispersed at 1430 hrs.

On 5th March 2023 27 cadets were reported for Theory Examination at 0830 hrs with proper turnouts. The examination started from 1030 hrs to 1330 hrs. The cadets received TADA from the unit, everyone dispersed by 1430 hrs.



CADETS AT THE GROUND FOR PRACTICAL EXAM.



CADETS PRESENT FOR THE THEORY EXAM



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NATIONAL CADET CORPS

1 KAR GIRLS BATAILLION

ENDING VIOLENCE AGAINST WOMEN

On 8th march 2023, Cadets were assigned to portray the topic of ending violence against women through drawings and articles. 35 cadets took part in this activity and the documents were uploaded in NCC Digital Forum by IOOO hrs.



VARIOUS DRAWINGS MADE BY THE NCC CADETS WERE UPLOADED IN THE NCC DIGITAL FORUM

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Bhoomika. R	KA21SWA175486
2	Brundha. G	KA21SWA175587
3	Chinmayee R Aithal	KA21SWA175488
4	Dhanushree R	KA21SWA175490
5	Harshada Gowda T R	KA21SWA175494
6	Kavya S	KA21SWA175499
7	Pallavi B	KA21SWA175511
8	P Pavithra	KA21SWA175512
9	Rithika Ganesh D	KA21SWA175518
10	Varsha Choudhary	KA21SWA175536
11	Chaya M L	KA22SWA175485
12	Disha Prasad B	KA22SWA175488
13	Divya Darshini T N	KA22SWA175489
14	Diya L	KA22SWA175490
15	Druthi S Shetty	KA22SWA175491
16	Hemavathi S	KA22SWA175494
17	Keerthana R	KA22SWA175498
18	Lavanya R	KA22SWA175501
19	M A Aagama Shastry	KA22SWA175502
20	M Madhumitha	KA22SWA175507
21	Manushilpa D K	KA22SWA175504
22	Monisha G S	KA22SWA175508
23	Pooja N	KA22SWA175512
24	Pooja K Benakatti	KA22SWA175511
25	Punyashree R Naik	KA22SWA175515
26	Sahana M R	KA22SWA175518
27	Samskruthi Yadav N	KA22SWA175519
28	Shivani Mishra	KA22SWA175520
29	Sneha R	KA22SWA175522
30	Sneha V G	KA22SWA175523
31	Suma S P	KA22SWA175524
32	Tejasvi K	KA22SWA175525
33	Thrisha Gowda G	KA22SWA175526
34	Vasuki S M	KA22SWA175529
35	Vibha Arun Bharadwaj	KA22SWA175530



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1 KAR GIRLS BATAILLION

WORLD EARTH DAY: -

On account of World Earth Day, on 22nd April 2023, a total of 38 cadets took up an initiative by joining hands with the Government in saving the Earth from further destruction. Various activities like planting a sapling, creating E posters etc, were done by the cadets remotely.



SAPLINGS PLANTED BY CADETS



E POSTERS CREATED BY CADETS



CADET VIDYASHREE EDUCATES PEOPLE ON THE IMPORTANCE OF USING ECO-FRIENDLY

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Ahana S Vasista	KA21SWA175481
2	Hansika S	KA21SWA175495
3	Keerthana G	KA21SWA175500
4	Lakshmi Priya V	KA21SWA175502
5	Muskan	KA21SWA175506
6	Prakruthi S G	KA21SWA175513
7	Rakshitha K V	KA21SWA175516
8	Sahana B	KA21SWA175519
9	Shree Lakshmi M	KA21SWA175523
10	Sneha K	KA21SWA175526
11	Sumedha S Bhat	KA21SWA175531
12	Swetha S	KA21SWA175532
13	Priyanka K	KA21SWA175539
14	Ashwini H	KA22SWA175482
15	Bhoomika L	KA22SWA175483
16	Disha Prasad B	KA22SWA175488
17	Divya Darshini T N	KA22SWA175489
18	Diya L	KA22SWA175490
19	Druthi S Shetty	KA22SWA175491
20	Hemavathi S	KA22SWA175494
21	Kalpana C Rathod	KA22SWA175497
22	Keerthana R	KA22SWA175498
23	Lavanya R	KA22SWA175501
24	M A Aagama Shastry	KA22SWA175502
25	M Madhumitha	KA22SWA175507
26	Manushilpa D K	KA22SWA175504
27	Monisha G S	KA22SWA175508
28	Pooja K Benakatti	KA22SWA175511
29	Pooja N	KA22SWA175512
30	Punyashree R Naik	KA22SWA175515
31	Sahana M R	KA22SWA175518
32	Samskruthi Yadav N	KA22SWA175519
33	Shivani Mishra	KA22SWA175520
35	Sneha V G	KA22SWA175523
36	Suma S P	KA22SWA175254
37	Tejasvi K	KA22SWA175525
38	Thrisha Gowda G	KA22SWA175526



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1 KAR GIRLS BATTALION

ALL INDIA GIRLS TREKKING CAMP: -

LCPL Sahana B attended trekking camp at Nilgiris, Ooty from 26th April 2023 to 5th May 2023. There were 3 stages of camp.

Stage 1 camp location - CSI college.

Stage 2 camp location - CSI SMM school.

Stage 3 camp location - Nanjanvadu Ekalavya school.

20 to 24 kms of trekking was conducted on a daily basis. In all the three camp sites, cadets were taken to several places like, Madral Regimental Centre Museum, Madras Regimental Centre (MRC), botanical garden, rose garden, tribal research centre, strawberry farm etc. LCPL Sahana was selected as the camp senior for Bangalore Group "A".



LCPL SAHANA WITH ANO MAM , PI STAFF AND OTHER CADETS



LCPL SAHANA B , FIRST DAY OF CAMP



BASE CAMP LOCATION CSI COLLEGE



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1 KAR GIRLS BATALLION

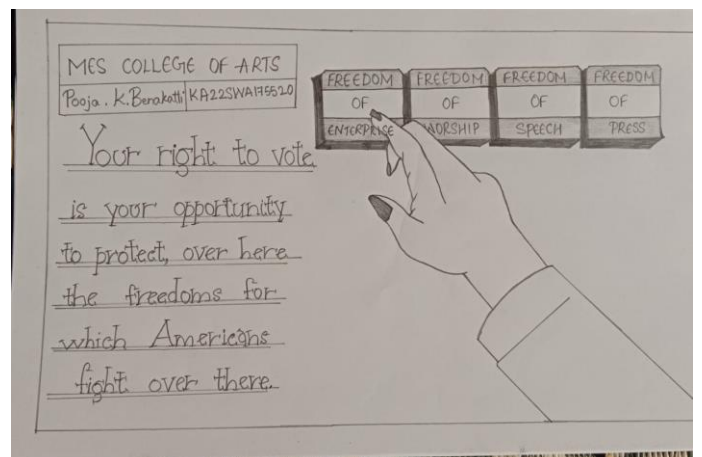
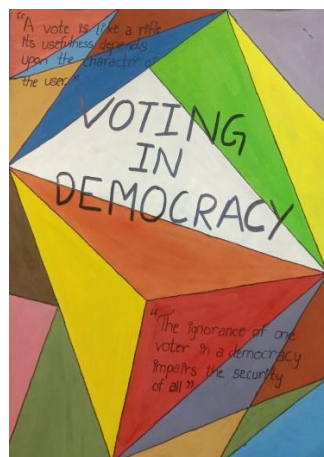
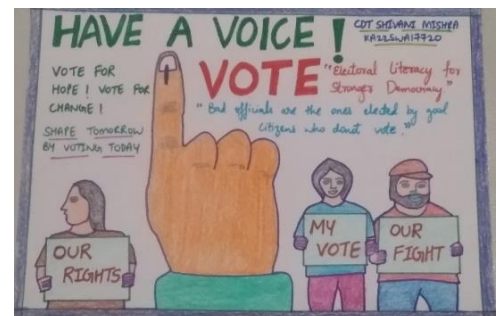
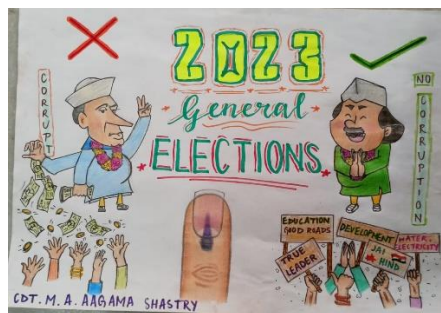
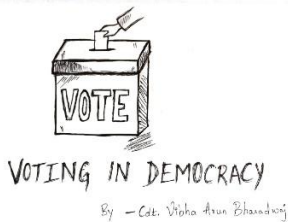
VOTING IN DEMOCRACY: -

Voting is a method by which a group, such as a meeting or an electorate, convenes together for the purpose of making a collective decision or expressing an opinion usually following discussions, debates or election campaigns. Democracies elect holders of high office by voting. Residents of a jurisdiction represented by an elected official are called "constituents," and the constituents who choose to cast a ballot for their chosen candidate are called "voters."

As per the Indian Constitution, all Indian citizens above the age of 18 years who have registered themselves as voters are eligible to vote. These individuals can vote in national, state, district as well as local government body elections.

The Election Commission of India was established to oversee the election process and guarantee that it ran smoothly. The Election Commission is in charge of everything relating to elections, including election supervision, control, and direction, as well as election conduct. A detailed description about the voting rights and elections is given in Part XV Article 324 – 329 of the Constitution of India.

To spread awareness about the importance of voting in democracy, a total of 34 cadets participated in poster making and article writing on 22nd April 2023 and uploaded it the Indian NCC portal.



A COLLAGE OF THE POSTERS AND DRAWINGS DONE BY THE CADETS.

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Brundha G	KA21SWA175487
2	Keerthana G	KA21SWA175500
3	Muskan	KA21SWA175506
4	P Pavithra	KA21SWA175512
5	Ashwini H	KA22SWA175482
6	Disha Prasad B	KA22SWA175488
7	Divya Darshini T N	KA22SWA175489
8	Diya L	KA22SWA175490
9	Druthi S Shetty	KA22SWA175491
10	Hemavathi S	KA22SWA175494
11	Jhanvi Begur Shyam	KA22SWA175496
12	Keerthana R	KA22SWA175498
13	Lathikaasri T	KA22SWA175500
14	Lavanya R	KA22SWA175501
15	M A Aagama Shastry.	KA22SWA175502
16	M Madhumitha	KA22SWA175507
17	Manushilpa D K	KA22SWA175504
18	Monisha G S	KA22SWA175508
19	Pooja K Benakatti	KA22SWA175511
20	Pooja N	KA22SWA175512
21	Punyashree R Naik	KA22SWA175515
22	Rachitha N	KA22SWA175516
23	Sahana M R	KA22SWA175518
24	Samskruthi Yadav N	KA22SWA175519
25	Shivani Mishra	KA22SWA175520
26	Shravani P	KA22SWA175521
27	Sneha R	KA22SWA175522
28	Sneha V G	KA22SWA175523
29	Suma S P	KA22SWA175524
30	Tejasvi K	KA22SWA175525
31	Thrisha Gowda G	KA22SWA175526
32	Vasuki S M	KA22SWA175529
33	Vibha Arun Bharadwaj	KA22SWA175530
34	Vidyashree B S	KA22SWA175531



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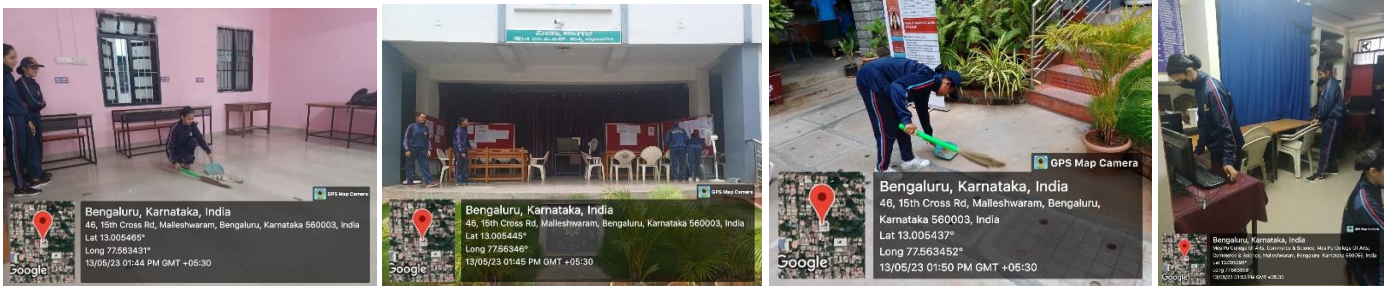
1 KAR GIRLS BATTALION

SANITATION AWARENESS ACTIVITY: -

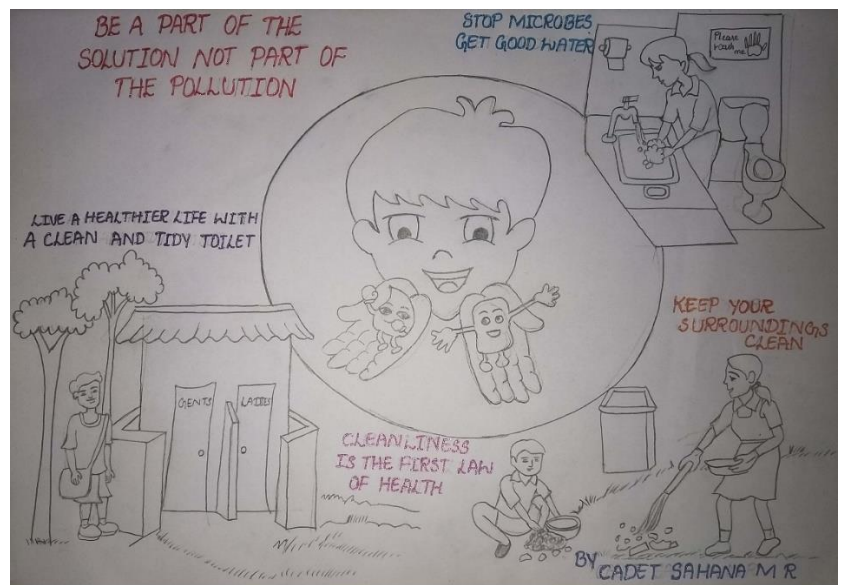
Sanitation generally refers to the provision of facilities and services for the safe disposal of human urine and faeces. The word 'sanitation' also refers to the maintenance of hygienic conditions, through services such as garbage collection and wastewater disposal."

Sanitation awareness targets basic hygiene and sanitation behaviours at the household and community levels, including proper disposal of human waste, hand-washing practices, safe storage of water at the household level, and the introduction of dish-drying racks.

On 13th may 2023, a total of 28 cadets were divided into groups and were given the task of cleaning different places of the college. Cadets cleaned classrooms, canteen, stage, and the NCC stores. Cadets also made posters to spread the awareness on sanitation. The activity was held from 1330hrs to 1430hrs.



CADETS CLEANING DIFFERENT PLACES IN THE COLLEGE



CADETS ALSO MADE POSTERS AND DRAWINGS TO SPREAD AWARENESS ON SANITATION.

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Brundha G	KA21SWA175487
2	Chinmayee R Aithal	KA21SWA175488
3	Dhanushree R	KA21SWA175490
4	Harshada Gowda T R	KA21SWA175494
5	Kavya S	KA21SWA175499
6	Lakshmi Priya V	KA21SWA175502
7	Muskan	KA21SWA175506
8	Pallavi B	KA21SWA175511
9	P Pavithra	KA21SWA175512
10	Prakruthi S G	KA21SWA175513
11	Rithika Ganesh D	KA21SWA175518
12	Sahana B	KA21SWA175519
13	Shree Lakshmi M	KA21SWA175523
14	Sumedha S Bhat	KA21SWA175531
15	Swetha S	KA21SWA175532
16	Varsha Choudhary	KA21SWA175536
17	Priyanka K	KA21SWA175539
18	Diya L	KA22SWA175490
19	Lavanya R	KA22SWA175501
20	M A Aagama Shastry	KA22SWA175502
21	M Madhumitha	KA22SWA175507
22	Manushilpa D K	KA22SWA175504
23	Sahana M R	KA22SWA175518
24	Samskruthi Yadav N	KA22SWA175519
25	Shivani Mishra	KA22SWA175520
26	Sneha V G	KA22SWA175523
27	Tejasvi K	KA22SWA175525
28	Thrisha Gowda G	KA22SWA175526



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1 KAR GIRLS BATAILLION

WORLD ENVIRONMENTAL DAY SILENT RALLY: -

World environmental day is a day for encouraging worldwide awareness and action to protect our environment. This special day is dedicated to environment and related problems. As responsible citizens it is everyone’s duty and responsibility to take care of the environment and preserve it from all the damages.

The first environmental day was celebrated in the year 1972. Right from that time many slogans were passed to be followed by people in order to preserve the environment from pollution and other damages.

On account of 2023 Environmental day the slogan is #BEATPLASTICPOLLUTION. This year the theme pertains to “solutions to plastic pollution”.

On June 3rd 2023, 45 NCC Cadets did a silent rally with posters which conveyed people the importance of environment. Cadets successfully completed 2 km rally with public attention towards the rally, posters and the theme of environmental day. The activity was held from 1330 HRS to 1430 HRS.

On June 4th 2023, Cadets took the initiative of creating paper bags which can be used instead of plastic covers. They conveyed public the theme of 2023 environmental day, and why plastic should not be used, the harm it causes on society. They gave the paper bags to the public which causes 0 pollution to the environment.



CADETS CONDUCTED A SILENT RALLY ON THE ACCOUNT OF ENVIRONMENTAL DAY

Beat plastic pollution
save mother earth



CADETS GIVE OUT SELF MADE PAPER BAGS TO PEOPLE USING PLASTIC COVERS TO SPREAD AWARENESS ON POLLUTION CAUSED BY PLASTIC ON THE ACCOUNT OF ENVIRONMENTAL DAY

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Bhoomika R	KA21SWA175486
2	Brundha G	KA21SWA175487
3	Chinmayee R Aithal	KA21SWA175488
4	Harshada Gowda T R	KA21SWA175494
5	Hansika S	KA21SWA175495
6	Kavya S	KA21SWA175499
7	Keerthana G	KA21SWA175500
8	Lakshmi Priya V	KA21SWA175502
9	Muskan	KA21SWA175506
10	Pallavi B	KA21SWA175511
11	P Pavithra	KA21SWA175512
12	Prakruthi S G	KA21SWA175513
13	Rakshitha K V	KA21SWA175516
14	Rithika Ganesh D	KA21SWA175518
15	Sahana B	KA21SWA175519
16	Shree Lakshmi M	KA21SWA175523
17	Sneha K	KA21SWA175526
18	Sumedha S Bhat	KA21SWA175531
19	Swetha S	KA21SWA175532
20	Varsha Choudhary	KA21SWA175536
21	Priyanka K	KA21SWA175539
22	Ashwini H	KA22SWA175482
23	Disha Prasad B	KA22SWA175488
24	Divya Darshini T N	KA22SWA175489
25	Diya L	KA22SWA175490
26	Druthi S Shetty	KA22SWA175491
27	Hemavathi S	KA22SWA175494
28	Kalpana C Rathod	KA22SWA175497
29	Keerthana R	KA22SWA175498
30	Lavanya R	KA22SWA175501
31	M A Aagama Shastry	KA22SWA175502
32	M Madhumitha	KA22SWA175507
33	Manushilpa D K	KA22SWA175504
34	Monisha G S	KA22SWA175508
35	Pooja N	KA22SWA175512
36	Punyashree R Naik	KA22SWA175515
37	Sahana M R	KA22SWA175518
38	Samskruthi Yadav N	KA22SWA175519
39	Shivani Mishra	KA22SWA175520
40	Sneha V G	KA22SWA175523
41	Suma S P	KA22SWA175524
42	Tejasvi K	KA22SWA175525
43	Trisha Gowda G	KA22SWA175526
44	Vasuki S M	KA22SWA175529
45	Vibha Arun Bharadwaj	KA22SWA175530



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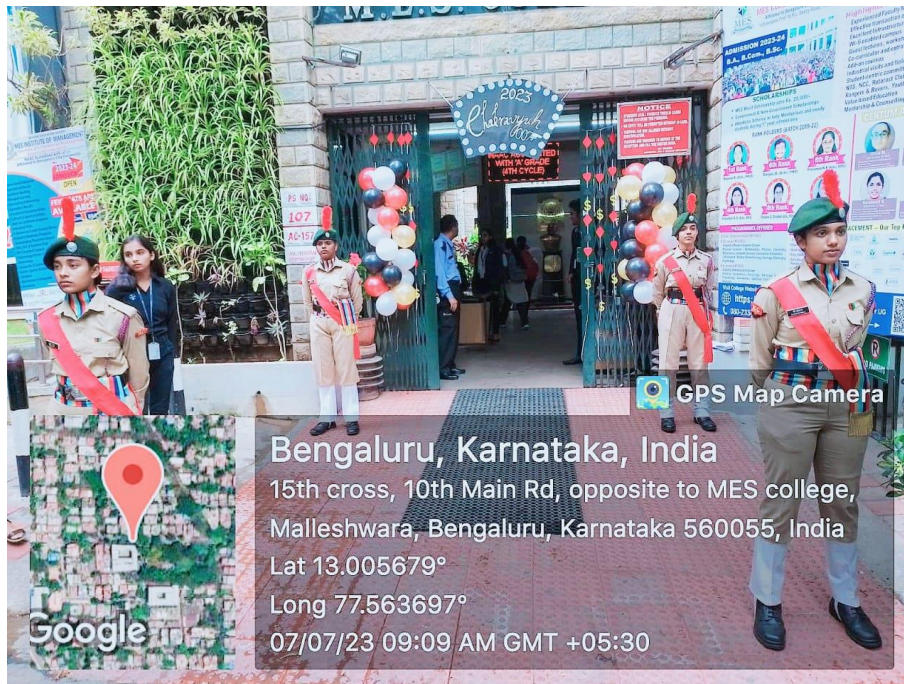
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1 KAR GIRLS BATAILLION

CHAKRAVYUH FEST: -

Chakravayuh fest was conducted in the premises of MES College on 7th June. A total of 6 NCC cadets took part in the event as volunteers and pilotiers. Prakash Belawadi, a renowned actor was invited as the chief guest for the program. The guest arrived at 1000hrs. The event started at 1100hrs and continued till 1300hrs. Refreshments were given. The cadets were asked to disperse at 1400hrs



LCPL SWETHA, LCPL PAVITHRA, LCPL RAKSHITHA, LCPL CHINMAYEE AWAIT THE ARRIVAL OF THE CHIEF GUEST AT THE ENTRANCE OF THE COLLEGE



PRAKASH BELAWADI BEING ESCORTED BY THE NCC CADETS

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Ahana S Vasista	KA21SWA175481
2	Chinmayee R Aithal	KA21SWA175488
3	P Pavithra	KA21SWA175512
4	Rakshitha K V	KA21SWA175516
5	Sneha K	KA21SWA175526
6	Swetha S	KA21SWA175532



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1 KAR GIRLS BATTALION

MES PU INAUGURATION: -

Pu inauguration was conducted on 10th June in MES Mains College. A total of 20 SWs were the pilotiers, guards and volunteers for the whole event. The event started from 0900hrs. Dr Akash Shankar (IAS Officer) was invited as the chief guest for the event. The event continued till 1200hrs. Refreshments was provided to and the cadets dispersed at 1300hrs.



SWs ALONG WITH SDs TOOK PART IN PIOLTING AND GUARD



ALL THE NCC VOLUNTEERS POSE FOR A PICTURE ALONG WITH DR. ASHOK SHANKAR

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Laksmi Priya M	KA21SWA175502
2	P Pavithra	KA21SWA175512
3	Rakshitha K V	KA21SWA175516
4	Rithika Ganesh D	KA21SWA175518
5	Shree Lakhmi M	KA21SWA175523
6	Swetha S	KA21SWA175532
7	Priyanka K	KA21SWA175539
8	Ashwini H	KA22SWA175482
9	Chaya M L	KA22SWA175485
10	Diya L	KA22SWA175490
11	Kalpana C Rathod	KA22SWA175497
12	Keerthana R	KA22SWA175498
13	M A Agama Shastry	KA22SWA175502
14	Monisha G S	KA22SWA175508
15	Pooja N	KA22SWA175512
16	Samskruthi Yadav N	KA22SWA175519
17	Shivani Mishra	KA22SWA175520
18	Sneha V G	KA22SWA175523
19	SUMA S P	KA22SWA175524
20	THRISHA Gowda G	KA22SWA175526



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1 KAR GIRLS BATALLION

ANUBHAV FEST: -

On 15th of June 2023 Anubhav Fest was held. The fall in was at 0800hrs at Mes Quatrangle . 16 cadets were called. 12 cadets took part in volunteering and 4 cadets took part in piloting . The program started at 1000hrs .The chief guests for the event included Dr. C N Ashwath, minister of Science and Technology of Karnataka, Raghu Gowda, a well known content creator, Vijayraghavendra, a prominent actor in the Sandalwood industry, Deekshith Sheety, an alumni of MES College. The program continued till 1900 hrs. cadets dispersed at 1915hrs.



CHIEF GUESTS RAGHU GOWDA AND DR. C N ASHWATH LIGHT THE LAMP AT THE START OF THE EVENT



POPULAR ACTOR VIJAY RAGHAVENDRA ADDRESSES THE AUDIENCE

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Brundha G	KA21SWA175487
2	Harshada Gowda T R	KA21SWA175494
3	Kavya S	KA21SWA175499
4	Rithika Ganesh D	KA21SWA175518
5	Sahana B	KA21SWA175519
6	Ashwini H	KA22SWA175482
7	Chaya M L	KA22SWA175485
8	Diya L	KA22SWA175490
9	Druthi S Shetty	KA22SWA175491
10	M A Aagama Shastry	KA22SWA175502
11	Noor Atheeka	KA22SWA175510
12	Pooja N	KA22SWA175512
13	Samskruthi Yadav N	KA22SWA175519
14	Sneha V G	KA22SWA175523
15	Tejasvi K	KA22SWA175525
16	Thrisha Gowda G	KA22SWA175526



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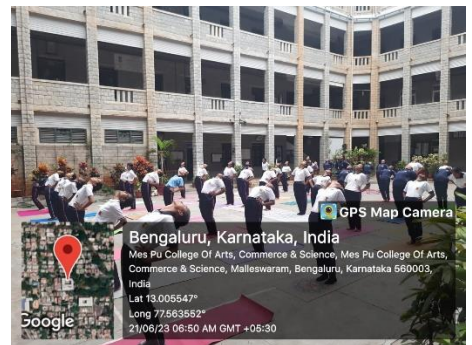
NATIONAL CADET CORPS

1 KAR GIRLS BATALLION

INTERNATIONAL YOGA DAY: -

Yoga, the Sanskrit noun is derived from the root YOG which means to attach, join, harness. International Yoga Day is observed globally to highlight the importance of Yoga in the contemporary era, every year on June 21st. It highlights the importance of finding balance in our fast paced, modern lives and encourages physical, mental and spiritual harmony. It is celebrated on 21st June as it is the longest day of the northern hemisphere. It was introduced by our honourable Prime Minister, Shri Narendra Modi.

On June 21st 2023, a total of 38 cadets assembled in the quadrangle of MES College at 0615 hrs to practise Yoga. The cadets were instructed to perform various Yoga asanas under the guidance of their super seniors. Cadets practised some popular Yoga asanas such as Adho mukha svanasana, tadasana, trikonasana etc, they also performed Suryanamaskara thrice. Cadets also practised meditation. The Yoga session was completed by 0730 hrs and everyone dispersed at 0745hrs.



CADETS PERFORMING VARIOUS POSTURES OF YOGA TO CELEBRATE INTERNATIONAL YOGA DAY

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Brundha G	KA21SWA175487
2	Dhanushree R	KA21SWA175490
3	Harshada Gowda T R	KA21SWA175494
4	Hansika S	KA21SWA175495
5	Kavya S	KA21SWA175499
6	Lakshmi Priya V	KA21SWA175502
7	Muskan	KA21SWA175506
8	Pallavi B	KA21SWA175511
9	Prakruthi S G	KA21SWA175513
10	Rithika Ganesh D	KA21SWA175518
11	Sahana B	KA21SWA175519
12	Shree Lakshmi M	KA21SWA175523
13	Sneha K	KA21SWA175526
14	Sumedha S Bhat	KA21SWA175531
15	Swetha S	KA21SWA175532
16	Varsha Choudhary	KA21SWA175536
17	Priyanka K	KA21SWA175539
18	Ashwini H	KA22SWA175482
19	Bhoomika L	KA22SWA175483
20	Chaya M L	KA22SWA175485
21	Disha Prasad B	KA22SWA175488
22	Divya Darshini T N	KA22SWA175489
23	Diya L	KA22SWA175490
24	Druthi S Shetty	KA22SWA175491
25	Hemavathi S	KA22SWA175494
26	Jhanvi Begur Shyam	KA22SWA175496
27	Kalpana C Rathod	KA22SWA175497
28	Keerthana R	KA22SWA175498
29	Lavanya R	KA22SWA175501
30	M A Aagama Shastry	KA22SWA175502
31	M Madhumitha	KA22SWA175507
32	Manushilpa D K	KA22SWA175504
33	Samskruthi Yadav N	KA22SWA175519
34	Shivani Mishra	KA22SWA175520
35	Sneha V G	KA22SWA175523
36	Tejasvi K	KA22SWA175525
37	Vasuki S M	KA22SWA175529
38	Vibha Arun Bharadwaj	KA22SWA175530



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NATIONAL CADET CORPS

1 KAR GIRLS BATALLION

EK BHARAT SHRESHT BHARAT CAMP- I 2023: -

LCPL Chinmayee R Aithal attended the EBSB-I 2023 at Chamba, Uttarakhand from 11th June to 23rd June 2023. The camp was a cultural exchange program with the cadets of Uttarakhand Directorate. EXPA classes were conducted by Ex NCC cadets on various topics like building self-confidence, leadership qualities, gender discrimination etc., There was an educational tour to Tehri Dam which is the source of water for the Uttarakhand state. Cadets were also taken for Trekking to Rasod Devata Mandir as a part of adventure training. Different cultural competitions and sports competitions were held. LCPL Chinmayee R Aithal participated in the NIAP (National Integration Awareness Programme) competition as a part of the dance team representing Karnataka and Goa Directorate and bagged the Winners position. LCPL Chinmayee R Aithal was the SW senior for Bangalore 'A' Group.



LCPL CHINMAYEE R AITHAL
WITH EXPA COORDINATOR



LCPL CHINMAYEE R AITHAL
RECEIVING THE MEDAL FROM
CAMP COMMANDANT



LCPL CHINMAYEE R AITHAL WITH THE NIAP
TEAM OF KARNATAKA AND GOA DIRECTORATE



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1 KAR GIRLS BATAILLION

ARMY ATTACHMENT CAMP 2023: -

LCPL Shree Lakshmi m and LCPL Muskan attended army attachment camp at MEG Centre from 11th June 2023 to 23rd June 2023.

Various topics such as the role of engineers in battle, their working as a team, making different types of bridges, mines, camouflages etc. were taught to the cadets. Different kind of weapons in armed forces like INSAS, LMG, CMG, RL etc. were also shown to the cadets. Lectures were conducted for medical emergencies, leadership traits, weapon handling.

Cadets were taken to a movie screening in which they were shown the movies "Aazam" and "Prahar". cadets got to experience and learn about the Army Chief Instructor Combat Engineer, and were also given a chance to work with engineers by helping them in lifting bridges' parts and fixing them. Interactive classes on map reading were held and information on how to get into Armed Forces through girls' quota were also provided. Yoga Day was also celebrated at the camp site on 21st June 2023. All the cadets meditated and were taught about the importance of Yoga in day-to-day life. Cultural programs were also held. The camp helped the cadets in learning a lot of things about the military lifestyle and taught them discipline.



CADETS WERE TAKEN TO MUSEUM AND AN AUDITORIUM



CADETS MEDITATE ON THE ACCOUNT OF YOGA DAY



MAP READING CLASSES



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1 KAR GIRLS BATALLION

KARGIL VIJAY DIWAS: -

To celebrate the 24th Kargil Vijay Diwas, the convoy carrying the replica of the National War Memorial and the Shradhanjali Kalash arrived at the MES college at 1100 hrs on 21st July 2023. The shradhanjali kalash is a collection of waters from 24 national rivers that include the flowers offered by children in 24 states across the nation.

The entire event was hosted by the NCC Cadets and rangers & rovers. Many dignitaries like Major Prathik Verma, Captain S C Bhandari, Shivkumar sir, PRO gave inspiring speeches to the audience. All the dignitaries and the teachers of the college paid their tribute to the martyred soldiers during the Reeth ceremony.

A total of 43 SWs were present for the event. The contingent march from Chitrapur circle was led by LCPL Chinmayee R Aithal. Anchoring for the entire event was done by LCPL Sumedha S Bhat along with a SD. The event went on till 1230hrs. The event ended with the national anthem played by the Army Band. All cadets were provided with refreshments before dispersing at 1330hrs.



THE INVITATION FOR THE EVENT



MARCHING CONTINGENT LED BY LCPL CHINMAYEE



REETH CEREMONY

THE REPLICA OF THE NATIONAL WAR MEMORIAL AND THE SHRADHANJALI KALSH



THE ARMY MUSIC BAND LCPL PALLAVI AND CDT DRHUTHI WELCOME THE DIGNITARIES



LCPL SHREE LAKSHMI AND LCPL KAVYA DURING THE REETH CEREMONY



MAJOR PRATHEEK VERMA PAYS HIS HOMAGE TO THE MARTYRED JAWAANS.

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Bhoomika R	KA21SWA175486
2	Brundha G	KA21SWA175487
3	Chinmayee R Aithal	KA21SWA175488
4	Dhanushree R	KA21SWA175490
5	Harshada Gowda T R	KA21SWA175494
6	Kavya S	KA21SWA175495
7	Keerthana G	KA21SWA175499
8	Lakshmi Priya V	KA21SWA175500
9	Muskan	KA21SWA175502
10	Pallavi B	KA21SWA175506
11	P Pavithra	KA21SWA175511
12	Prakruthi S G	KA21SWA175512
13	Rakshitha K V	KA21SWA175513
14	Rithika Ganesh D	KA21SWA175516
15	Sahana B	KA21SWA175518
16	Shree Lakshmi M	KA21SWA175519
17	Sneha K	KA21SWA175523
18	Sumedha S Bhat	KA21SWA175526
19	Swetha S	KA21SWA175531
20	Varsha Choudhary	KA21SWA175532
21	Priyanka K	KA21SWA175536
22	Ashwini H	KA22SWA175482
23	Bhoomika L	KA22SWA175483
24	Chaya M L	KA22SWA175485
25	Disha Prasad B	KA22SWA175488
26	Divya Darshini T N	KA22SWA175489
27	Diya L	KA22SWA175490
28	Druthi S Shetty	KA22SWA175491
29	Hemavathi S	KA22SWA175494
30	Jhanvi Begur Shyam	KA22SWA175496
31	Kalpana C Rathod	KA22SWA175497
32	Keerthana R	KA22SWA175498
33	M A Aagama Shastry	KA22SWA175502
34	M Madhumitha	KA22SWA175507
35	Manushilpa D K	KA22SWA175504
36	Monisha G S	KA22SWA175508
37	Pooja N	KA22SWA175512
38	Punyashree R Naik	KA22SWA175515
39	Sahana M R	KA22SWA175518
40	Samskruthi Yadav N	KA22SWA175519
41	Suma S P	KA22SWA175524
42	Tejaswi K	KA22SWA175525
43	Vasuki S M	KA22SWA175529



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1 KAR GIRLS BATALLION

COMBINED ANNUAL AND TRAINING CAMP (CATC CAMP)2023: -

Combined Annual Training Camp 2023 was held at Bengaluru University from 22nd July 2023 to 31st July 2023. 20 cadets from MES College attended the camp. The camp began by the welcome address from CO of 1 KAR GIRLS BN NCC. Each and every day began with different types of PT exercises such as running, jogging, aerobics, Zumba etc., The camp also included drill practise and classes for special subjects such as map reading, weapon training, field craft and battle craft. It also included awareness program by NDRF, health and hygiene. The camp also included cultural competitions like group singing, group dancing, theme dancing and also drill competition. The cadets also played many different games during the games period such as volleyball, throwball, and tug of war etc., All the cadets were taken to an auditorium at the end of the camp to watch cultural program followed by Badha Khana. Selections for RDC cultural and drill were also done in the camp by AO Major Deepa ma'am. TSC – III was also conducted at the same campsite simultaneously.



CAMPSITE OF CATC/GP TSC – III



GROUP PHOTO OF THE CULTURAL PARTICIPANTS



GROUP PHOTO OF MES COLLEGE CADETS WITH CO SIR AND ALL THE PI STAFF

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Brundha G	KA21SWA175487
2	Chinmayee R Aithal	KA21SWA175488
3	Kavya S	KA21SWA175499
4	Muskan	KA21SWA175506
5	Pallavi B	KA21SWA175511
6	P Pavithra	KA21SWA175512
7	Rakshitha K V	KA21SWA175516
8	Rithika Ganesh D	KA21SWA175518
9	Sahana B	KA21SWA175519
10	Shree Lakshmi M	KA21SWA175523
11	Sneha K	KA21SWA175526
12	Sumedha S Bhat	KA21SWA175531
13	Bhoomika L	KA22SWA175483
14	Keerthana R	KA22SWA175498
15	Lavanya R	KA22SWA175501
16	Pooja N	KA22SWA175512
17	Samskruthi Yadav N	KA22SWA175519
18	Shivani Mishra	KA22SWA175520
19	Thrisha Gowda G	KA22SWA175526
20	Vidyashree B S	KA22SWA175531



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1 KAR GIRLS BATAILLION

SOCIAL SERVICE: -

On 9th August 2023, a total of 12 NCC cadets had a fall in at the MES College Quadrangle at 1330 hrs. The cadets went to Matrushi Manovikasa Kendra and provided plain cakes, a kg of bananas, 3kg of watermelon and 2kg of papaya to the differently abled children present there. After providing the food, cadets stayed for a while communicating with the children and the management members of the place. The cadets dispersed at 1600hrs.



12 CADETS WENT FOR SOCIAL SERVICE.



CADETS COMMUNICATE WITH THE KIDS



CADETS DISTRIBUTE FOOD AND FRUITS AMONG THE CHILDREN



LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Bhoomika R	KA21SWA175486
2	Brundha G	KA21SWA175487
3	Hansika S	KA21SWA175495
4	Pallavi B	KA21SWA175511
5	P Pavithra	KA21SWA175512
6	Prakruthi S G	KA21SWA175513
7	Sahana B	KA21SWA175519
8	Sneha K	KA21SWA17556
9	Swetha S	KA21SWA175532
10	Priyanka K	KA21SWA175539
11	Manushilpa D K	KA22SWA175504
12	Pooja K Benakatti	KA22SWA175511
13	Vasuki S M	KA22SWA175529



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1 KAR GIRLS BATAILLION

INDEPENDECE DAY 2023: -

Indian Independence Day is celebrated on August 15th every year with great enthusiasm and patriotism. It marks the day when India gained freedom from British colonial rule after a long struggle for independence. The theme for this year's Independence Day was 'Nation First, Always First'.

The celebrations started at 0830 hrs. The Chief Guest Air Commodore Tarun Kumar Sinha (Retd.) and Prof. Dr Anjanappa T H, Special invitee Smt. Asha Thimmaiah (W/O Martyr Naik Thimmaiah K K) and Prof. M M Raghavendran were welcomed by LCPL Rithika Ganesh D to the celebration. There was parade by NCC contingent, Rangers and Rovers and NSS volunteers. Quarter Guard by NCC cadets was led by LCPL Chinmayee R Aithal as the Guard Commander. The flag was hoisted by the Chief Guests and they were escorted to the Dias.

Col. Vasanth V (AC) Memorial Award was presented to SUO Lipika H R by the Chief Guest prior to the speeches given by the Guests. The guests were honoured by principal of MES College. This was followed by the Cultural events by various cells. NCC cadets performed a group song and group dance which awoke patriotism and made us understand the struggles faced by the soldiers in line of duty.

The event came to an end at 1200 hrs. Refreshments were provided and all dispersed by 1245 hrs.



PILOTEERS AND THE DRILL CONTINGENT WAIT FOR THE ARRIVAL OF THE CHIEF GUESTS.



CHIEF GUESTS WATCH THE DRILL CONTINGENT.



QUARTER GUARD BY NCC CADETS.



SUO LIPIKA H R RECEIVED THE COL.VASANTH MEMORIAL AWARD.



CHIEF GUESTS AIR COMMODORE TARUN KUMAR SINHA AND PROF. DR ANJANAPPA T H BEING HONOURED.



SWs PERFORMED GROUP SONG DANCE AND GROUP DANCE TO CELEBRATE THE 77TH INDEPENDENCE DAY

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Bhoomika R	KA21SWA175486
2	Brundha G	KA21SWA175487
3	Chinmayee R Aithal	KA21SWA175488
4	Dhanushree R	KA21SWA175490
5	Harshada Gowda T R	KA21SWA175494
6	Hansika S	KA21SWA175495
7	Kavya S	KA21SWA175499
8	Keerthana G	KA21SWA175500
9	Lakshmi Priya V	KA21SWA175502
10	Muskan	KA21SWA175506
11	Pallavi B	KA21SWA175511
12	Prakruthi S G	KA21SWA175513
13	Rithika Ganesh D	KA21SWA175518
14	Sahana B	KA21SWA175519
15	Shree Lakshmi M	KA21SWA175523
16	Sneha K	KA21SWA175526
17	Sumedha S Bhat	KA21SWA175531
18	Swetha S	KA21SWA175532
19	Varsha Choudhary	KA21SWA175536
20	Priyanka K	KA21SWA175539
21	Ashwini H	KA22SWA175482
22	Bhoomika L	KA22SWA175483
23	Chaya M L	KA22SWA175485
24	Disha Prasad B	KA22SWA175488
25	Divya Darshini T N	KA22SWA175489
26	Diya L	KA22SWA175490
27	Druthi S Shetty	KA22SWA175491
28	Hema Shree R	KA22SWA175493
29	Hemavathi S	KA22SWA175494
30	Jhanvi Begur Shyam	KA22SWA175496
31	Kalpana C Rathod	KA22SWA175497
32	Keerthana R	KA22SWA175498
33	Lathikaasri T	KA22SWA175500
34	Lavanya R	KA22SWA175501
35	M A Aagama Shastry	KA22SWA175502
36	Manushilpa D K	KA22SWA175504
37	Meghana H R	KA22SWA175506
38	M Madhumitha	KA22SWA175507
39	Monisha G S	KA22SWA175508
40	Noor Atheeka	KA22SWA175510
41	Pooja K Benakatti	KA22SWA175511
42	Pooja N	KA22SWA175512
43	Punyashree R Naik	KA22SWA175515
44	Rachitha N	KA22SWA175516
45	Sahana M R	KA22SWA175518
46	Samskruthi Yadav N	KA22SWA175519
47	Shivani Mishra	KA22SWA175520
48	Sneha R	KA22SWA175522
49	Sneha V G	KA22SWA175523
50	Suma S P	KA22SWA175524

51	Tejasvi K	KA22SWA175525
52	Thrisha Gowda G	KA22SWA175526
53	Vasuki S M	KA22SWA175529
54	Vibha Arun Bharadwaj	KA22SWA175530
55	Vidyashree B S	KA22SWA175531



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1 KAR GIRLS BATTALION

SPECIAL ACHIEVEMENTS :

INTER GROUP COMPETITIONS (IGC) AND ALL INDIA THAL SAINIK CAMP (AITSC) – 2023

1. CDT Vibha Arun Bharadwaj

CDT Vibha Arun Bharadwaj from MES COLLEGE TROOP – 1 KAR GIRLS BN NCC attended the All India Thal Sainik Camp – 2023 which was held at DG NCC Camp Area, Delhi Cantt., New Delhi. She attended a total of 8 camps, and after undergoing multiple rounds of selections, she represented Karnataka and Goa directorate along with her team at the AITSC – 2023 under the Health and Hygiene category.

The camps attended by her were:

- (i) Pre IGC I
- (ii) Pre IGC II
- (iii) Pre IGC III
- (iv) IGC
- (v) Pre TSC I
- (vi) Pre TSC II
- (vii) Pre TSC III
- (viii) AITSC

The camps began in July. After the selections from within the battalion were done, the cadets attended various camps where inter battalion selections were held. The cadets were trained on various aspects and were undergoing selections simultaneously. The camps were conducted at different camp sites. She was in the team which represented Bangalore 'A' Group in the Inter Group Competition (IGC) which was held at Mysuru from 01-08-2023 to 10-08-2023. The Health and Hygiene team won Gold Medal in IGC. Multiple rounds of rigorous selections were done in the further camp and the team representing Karnataka and Goa directorate was formed.

Vibha attended the AITSC along with her buddies who put all their efforts and were successful in emerging as champions.

The All India Thal Sainik Camp was held from 19-09-2023 to 30-09-2023. There were competitions of all the events and also the line area competition where the SW's of our directorate bagged the first place. Cadets were also given training on various aspects like public speaking, first aid, etc. There were workshops and cultural competitions conducted. The cadets took up the challenges well and gave their best. Karnataka and Goa directorate was declared as champions of AITSC – 2023 under both SW and SD category.



CADET VIBHA ARUN BHARADWAJ
DIRECTORATE

CADETS OF KARNATAKA AND GOA



TEAM HEALTH AND HYGIENE

CULTURAL TEAM OF KAR & GOA



THE TEAM OF KARNATAKA AND GOA DIRECTORATE WITH CAMP COMMANDANT AND
OTHER OFFICERS IN PRE TSC III



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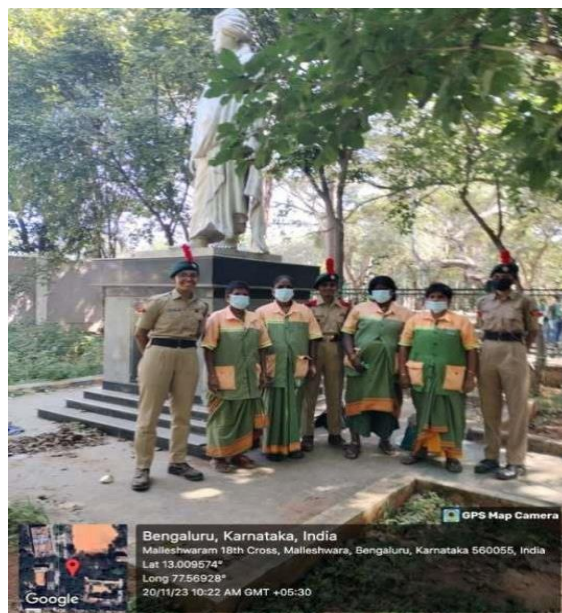
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CONTRIBUTION TO BBMP WORKERS: -

BBMP workers play a vital role in keeping the city clean. It is a known fact that these people are prone to deterioration of health due to lack of safety equipment like masks, gloves, etc., 46% of the workers suffer from various chronic diseases while 88% workers experience recurring health problems. Thus, measures should be taken keeping the health of the workers as the top priority.

On 20th November 2023, a total of 4 cadets from MES College Troop distributed masks, gloves, hand sanitizers to the BBMP workers as a part of the social activity. This was done with an intention of protecting the workers from various infections and diseases caused by the lack of hygiene.

The workers were very happy and made sure to use the masks, gloves in an effective way and keep themselves healthy.



CADETS DISTRIBUTE MASKS, GLOVES, SANITIZERS TO THE BBMP WORKERS.

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Harshada Gowda T R	KA21SWA175494
2	Druthi S Shetty	KA22SWA175491
3	M A Aagama Shastry	KA22SWA175502
4	Vibha Arun Bharadwaj	KA22SWA175530



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NATIONAL CADET CORPS

1 KAR GIRLS BATAILLION

AWARENESS ON THE USAGE OF DUSTBINS: -

Dustbins plays a critical role in promoting of clean and healthy environment by providing a convenient and efficient way to dispose the waste.

Public awareness campaign can help to educate people about the negative impact of littering on the environment and human health. These campaigns can also emphasise the importance of proper waste disposal and encourage people to use dustbins.

On 21st November 2023, a total of 22 cadets of MES College Troop conducted a silent rally in the streets of Malleshwaram. Cadets also created their own placards to spread the awareness on optimal use of dustbins. The rally extended from 1300 hrs till 1415 hrs. The cadets dispersed at 1430 hrs.



A COLLAGE OF THE CADETS ON THE SILENT RALLY WITH SELF MADE POSTERS AND PLACARDS.

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Brundha G	KA21SWA175487
2	Sumedha S Bhat	KA21SWA175531
3	Ashwini H	KA22SWA175482
4	Disha Prasad B	KA22SWA175488
5	Kalpana C Rathod	KA22SWA175497
6	Lavanya R	KA22SWA175501
7	M A Aagama Shastry	KA22SWA175502
8	Punyashree R Naik	KA22SWA175515
9	Tejaswi K	KA22SWA175525
10	Vibha Arun Bharadwaj	KA22SWA175530
11	Ashitha	KA23SWA175541
12	Deeksha Jeyaram	KA23SWA175546
13	Grishma K	KA23SWA175549
14	Harshitha R	KA23SWA175551
15	Hitha P	KA23SWA175552
16	Lakshmi M	KA23SWA175555
17	Navyashree J	KA23SWA175558
18	Poorvi A Yadav	KA23SWA175561
19	Ramya Nayak	KA23SWA175565
20	Shrinidhi V Hegde	KA23SWA175571
21	Shubhashree G	KA23SWA175572
22	Tanmayi A	KA23SWA175580



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1 KAR GIRLS BATTALION

PUNEET SAGAR ABHIYAN: -

On the account of Puneet Sagar Abhiyan, a total of 12 cadets from MES College Troop conducted a social activity of cleaning water bodies.

Water bodies do not only enhance the environmental quality of a city, but also enhance its aesthetic quality and give an identity to it.

Our economy depends on clean water: manufacturing, farming, tourism, recreation, energy production, and other economic sectors need clean water to function and flourish.

On 22nd November 2023, the cadets arrived at Agara lake of Agara village to conduct the activity at 0800hrs. They cleaned the water body and its surrounding areas till 1000 hrs. Cadets dispersed at 1030 hrs.



CADETS AT THE AGARA LAKE

BEFORE.

AFTER



A COLLAGE OF THE CADETS CLEANING AGARA LAKE AT AGARA VILLAGE

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Harshada Gowda T R	KA21SWA175494
2	Rithika Ganesh D	KA21SWA175518
3	Varsha Choudhary	KA21SWA175536
4	Bhoomika L	KA22SWA175483
5	Chaya M L	KA22SWA175485
6	Diya L	KA22SWA175490
7	Druthi S Shetty	KA22SWA175491
8	Hemashree R	KA22SWA175493
9	Noor Atheeka	KA22SWA175510
10	Pooja N	KA22SWA175512
11	Sneha V G	KA22SWA175523
12	Thrisha Gowda G	KA22SWA175526



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TREE PLANTATION ACTIVITY: -

Tree plantation is the process of planting trees in a specific area to enhance the green cover and promote environmental sustainability. It helps combat deforestation, improve air quality, provide habitat for wildlife, and contribute to overall ecological balance. Additionally, tree planting is often undertaken as a community or environmental initiative to address climate change and create a healthier, more sustainable environment for future generations.

On 24th November 2023, a total of 30 cadets, along with ANO Deepa Dharshini ma'am, of the MES College Troop conducted a tree plantation activity in Malleshwaram. The rally extended from 1500hrs till 1600hrs. The cadets dispersed at 16:30hrs



CAPTURING MOMENT OF HOPE AND GROWTH AS WE JOIN HANDS IN PLANTING TREES FOR A GREENER TOMORROW

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Harshada Gowda T R	KA21SWA175494
2	Sanjana N	KA21SWA175518
3	Chaya M L	KA22SWA175485
4	Diya L	KA22SWA175490
5	Keerthana R	KA22SWA175498
6	Lathikaasri T	KA22SWA175500
7	M Madhumitha	KA22SWA175507
8	Pooja N	KA22SWA175512
9	Rachitha N	KA22SWA175516
10	Samskruthi Yadav N	KA22SWA175519
11	Sneha V G	KA22SWA175523
12	Suma P	KA22SWA175524
13	Tejasvi K	KA22SWA175525
14	Anwasha S	KA23SWA175540
15	Chinmay L	KA23SWA175545
16	Disha B S	KA23SWA175547
17	Hamsa D Y	KA23SWA175550
18	Jaanvi K	KA23SWA175553
19	Kusuma M	KA23SWA175554
20	Manogna S	KA23SWA175556
21	Pragna Prashanth	KA23SWA175562
22	Priyanka D	KA23SWA175563
23	Rakshitha R	KA23SWA175564
24	Revathi N	KA23SWA175566
25	Ridhi R Shetty	KA23SWA175567
26	Rithika M S	KA23SWA175568
27	Sinchana Nagraj	KA23SWA175575
28	Swarna K Murthy	KA23SWA175578
29	Swathi P M	KA23SWA175579
30	Yashashwini M	KA23SWA175584



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BLOOD DONATION CAMP: -

Blood donation is a compassionate act where individuals voluntarily contribute a portion of their blood to be used for medical treatments and emergencies. This selfless act plays a crucial role in healthcare, helping those in need, such as patients undergoing surgeries, trauma victims, or individuals with certain medical condition. Donated blood is separated into components to address specific medical requirements, making it a versatile and life-saving contribution. Participating in blood donation helps ensure an adequate and stable blood supply, ultimately saving lives and promoting community well-being.

On 4th December 2023, a total of 20 cadets of MES College Troop along with the Rangers and Rovers unit, conducted a blood donation camp in college campus. The cadets assembled in the college at 0630hrs to make all the necessary arrangements for the same. The campaign started from 1000hrs and extended till 1330hrs. The cadets dispersed at 1530 hrs.



EVERY DONATION COUNTS, BRINGING US ONE STEP CLOSER TO MAKING A POSITIVE DIFFERENCE IN THE LIVES OF THOSE IN NEED

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Ahana S Vasista	KA21SWA175481
2	Brundha G	KA21SWA175487
3	Harshada Gowda T R	KA21SWA175494
4	Rithika Ganesh D	KA21SWA175518
5	Sumedha S Bhat	KA21SWA175531
6	Hemashree R	KA22SWA175493
7	Keerthana R	KA22SWA175498
8	Monisha G S	KA22SWA175508
9	Pooja K Benakatti	KA22SWA175511
10	Pooja N	KA22SWA175512
11	Samskruthi Yadav N	KA22SWA175519
12	Shivani Mishra	KA22SWA175520
13	Vibha Arun Bharadwaj	KA22SWA175530
14	B A Vatsala	KA23SWA175543
15	Lakshmi M	KA23SWA175555
16	Navyashree J	KA23SWA175558
17	Shrinidhi V Hegde	KA23SWA175579
18	Shubhashree G	KA23SWA175572
19	Sinchana Nagraj	KA23SWA175575
20	Tanmayi A	KA23SWA175580



M.E.S. COLLEGE OF ARTS, COMMERCE AND SCIENCE

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NATIONAL CADET CORPS

COOKING WITHOUT FIRE USING MILLETS: -

Millet is a good source of protein, fiber, key vitamins, and minerals. The potential health benefits of millet include protecting cardiovascular health, preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and managing inflammation in the gut.

There was a cooking without fire using millets activity conducted by MES NCC troop from 1200hrs to 1330hrs on the 9th December 2023. A total of 20 cadets, divided into 10 teams, along with 32 cadets as volunteers, participated in this program. All the participants used millets as the main ingredient to tell the importance of millets in our day-to-day life. Varieties of millets like foxtail millets, ragi, pearl millet, buckwheat, folio, sorghum millet, etc., were used by the cadets to prepare the dishes. In this way, the participants as well as the civilians and cadets were able to know the importance of millets.



CADETS PREPARE VARIOUS DISHES USING MILLETS

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Brundha G	KA21SWA175487
2	Harshada Gowda T R	KA21SWA175494
3	Hansika S	KA21SWA175495
4	Kavya S	KA21SWA175499
5	Pallavi B	KA21SWA175511
6	Rakshitha K V	KA21SWA175516
7	Sahana B	KA21SWA175519
8	Shree Lakshmi M	KA21SWA175523
9	Sumedha S Bhat	KA21SWA175531
10	Ashwini H	KA22SWA175482
11	Chaya M L	KA22SWA175485
12	Disha Prasad B	KA22SWA175488
13	Divya Dharshini T N	KA22SWA175489
14	Diya L	KA22SWA175490
15	Hemashree R	KA22SWA175493
16	Hemavathi S	KA22SWA175494
17	Kalpna C Rathod	KA22SWA175497
18	Keerthana R	KA22SWA175498
19	Lathikaasri T	KA22SWA175500
20	Lavanya R	KA22SWA175501
21	M A Agama Shastry	KA22SWA175502
22	Manushilpa D K	KA22SWA175504
23	M Madhumitha	KA22SWA175507
24	Monisha G S	KA22SWA175508
25	Pooja K Benakatti	KA22SWA175511
26	Pooja N	KA22SWA175512
27	Punyashree R Naik	KA22SWA175515
28	Rachitha N	KA22SWA175516
29	Samskruthi Yadav N	KA22SWA175519
30	Shivani Mishra	KA22SWA175520
31	Sneha V G	KA22SWA175523
32	Suma S P	KA22SWA175524
33	Tejasvi K	KA22SWA175525
34	Vasuki S M	KA22SWA175529
35	Vibha Arun Bharadwaj	KA22SWA175530
36	Vidyashree B S	KA22SWA175531
37	Ashitha	KA23SWA175541
38	Disha B S	KA23SWA175546
39	Grishma K	KA23SWA175549
40	Hamsa D Y	KA23SWA175550
41	Kusuma M	KA23SWA175554
42	Lakshmi M	KA23SWA175555
43	Manogna S	KA23SWA175556

44	Navyashree J	KA23SWA175558
45	Priyanka D	KA23SWA175563
46	Ridhi R Shetty	KA23SWA175567
47	Rithika M S	KA23SWA175568
48	Roshni M	KA23SWA175569
49	Shubhashree G	KA23SWA175572
50	Sidhi Gandhi	KA23SWA175574
51	Sinchana Nagraj	KA23SWA175575
52	Varshini N P	KA23SWA175583



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SEMINAR ON NUTRITIONAL VALUE OF MILLETS: -

The goal of a seminar is to provide an opportunity for participants to gain knowledge and skills through lectures, discussion, and other interactive activities. Seminars are typically designed to provide a comprehensive overview of a particular topic or to provide in-depth training on a specific subject.

Millets are full of soluble fibre, which trap fat in your gut and can lower the cholesterol level in your blood. That can help reduce your chances of atherosclerosis, or heart disease. Millets are good sources of magnesium, too, which may prevent heart failure.

On 9th December 2023, A seminar regarding 'Nutritional value of millets' was conducted by our troop in M.E.S College. 48 NCC cadets and few college students had assembled in the class to listen to the seminar, done by one of the cadets with Power point presentation. A few points about benefits of millets for a healthy living was also been explained by our ANO ma'am.



A SEMINAR ON NUTRITIONAL VALUE OF MILLETS BY CMS SAHANA.B

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Brundha G	KA21SWA175487
2	Harshada Gowda T R	KA21SWA175494
3	Hansika S	KA21SWA175495
4	Kavya S	KA21SWA175499
5	Pallavi B	KA21SWA175511
6	Rakshitha K V	KA21SWA175516
7	Sahana B	KA21SWA175519
8	Shree Lakshmi M	KA21SWA175523
9	Sumedha S Bhat	KA21SWA175531
10	Ashwini H	KA22SWA175482
11	Hemashree R	KA22SWA175493
12	Hemavathi S	KA22SWA175494
13	Kalpana C Rathod	KA22SWA175497
14	Keerthana R	KA22SWA175498
15	Lathikaasri T	KA22SWA175500
16	Lavanya R	KA22SWA175501
17	M A Aagama Shastry	KA22SWA175502
18	Manushilpa D K	KA22SWA175504
19	M Madhumitha	KA22SWA175507
20	Monisha G S	KA22SWA175508
21	Pooja K Benakatti	KA22SWA175511
22	Pooja N	KA22SWA175512
23	Punyashree R Naik	KA22SWA175515
24	Rachitha N	KA22SWA175516
25	Samskruthi Yadav N	KA22SWA175519
26	Shivani Mishra	KA22SWA175520
27	Sneha V G	KA22SWA175523
28	Suma S P	KA22SWA175524
29	Tejasvi K	KA22SWA175525
30	Vasuki S M	KA22SWA175529
31	Vibha Arun Bharadwaj	KA22SWA175530
32	Vidyashree B S	KA22SWA175531
33	Ashitha	KA23SWA175541
34	Disha B S	KA23SWA175546
35	Grishma K	KA23SWA175549
36	Hamsa D Y	KA23SWA175550
37	Kusuma M	KA23SWA175554
38	Lakshmi M	KA23SWA175555
39	Manogna S	KA23SWA175556
40	Navyashree J	KA23SWA175558
41	Priyanka D	KA23SWA175563
42	Ridhi R Shetty	KA23SWA175567

43	Rithika M S	KA23SWA175568
44	Roshni M	KA23SWA175569
45	Shubhashree G	KA23SWA175572
46	Sidhi Gandhi	KA23SWA175574
47	Sinchana Nagraj	KA23SWA175575
48	Varshini N P	KA23SWA175583



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LECTURE PONDERING THE IMPORTANCE OF NUTRITIONAL DIETS: -

The lecture on the importance of nutritional diets served as an eye-opening experience, highlighting the crucial role that proper nutrition plays in promoting health and well-being. The instructor shed light on various dietary components and their impact on physiological functions, disease prevention, and overall quality of life.

The importance of essential nutrients, including carbohydrates, proteins, fats, vitamins, and minerals, in maintaining optimal health. Each of these nutrients serves specific functions in the human body, such as providing energy, supporting growth and development, aiding in the repair of tissues, and boosting the immune system. A balanced diet can reduce the risk of chronic diseases, such as cardiovascular disorders, diabetes, obesity, and certain types of cancers. Moreover, a nutrient-rich diet contributes to cognitive function, mental health, and emotional well-being.

On 9th December 2023, a total 48 of cadets attended the lecture along with the civilians which was organized by our troop in M.E.S College. This lecture reiterated that adopting a nutrient-rich diet can not only prevent chronic diseases but also improve cognitive function, mental health, and emotional well-being.



A LECTURE ON NUTRITIONAL DIET GIVEN BY CQMS SHREE LAKSHMI

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Brundha G	KA21SWA175487
2	Harshada Gowda T R	KA21SWA175494
3	Hansika S	KA21SWA175495
4	Kavya S	KA21SWA175499
5	Pallavi B	KA21SWA175511
6	Rakshitha K V	KA21SWA175516
7	Sahana B	KA21SWA175519
8	Shree Lakshmi M	KA21SWA175523
9	Sumedha S Bhat	KA21SWA175531
10	Ashwini H	KA22SWA175482
11	Chaya M L	KA22SWA175485
12	Disha Prasad B	KA22SWA175488
13	Divya Dharshini T N	KA22SWA175489
14	Diya L	KA22SWA175490
15	Hemashree R	KA22SWA175493
16	Hemavathi S	KA22SWA175494
17	Kalpana C Rathod	KA22SWA175497
18	Keerthana R	KA22SWA175498
19	Lathikaasri T	KA22SWA175500
20	Lavanya R	KA22SWA175501
21	M A Aagama Shastry	KA22SWA175502
22	Manushilpa D K	KA22SWA175504
23	M Madhumitha	KA22SWA175507
24	Monisha G S	KA22SWA175508
25	Pooja K Benakatti	KA22SWA175511
26	Pooja N	KA22SWA175512
27	Punyashree R Naik	KA22SWA175515
28	Rachitha N	KA22SWA175516
29	Samskruthi Yadav N	KA22SWA175519
26	Shivani Mishra	KA22SWA175520
27	Sneha V G	KA22SWA175523
28	Suma S P	KA22SWA175524
29	Tejasvi K	KA22SWA175525
30	Vasuki S M	KA22SWA175529
31	Vibha Arun Bharadwaj	KA22SWA175530
32	Vidyashree B S	KA22SWA175531
33	Ashitha	KA23SWA175541
34	Disha B S	KA23SWA175546
35	Grishma K	KA23SWA175549
36	Hamsa D Y	KA23SWA175550
37	Kusuma M	KA23SWA175554
38	Lakshmi M	KA23SWA175555

39	Manogna S	KA23SWA175556
40	Navyashree J	KA23SWA175558
41	Priyanka D	KA23SWA175563
42	Ridhi R Shetty	KA23SWA175567
43	Rithika M S	KA23SWA175568
44	Roshni M	KA23SWA175569
45	Shubhashree G	KA23SWA175572
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MILLETS IN CANTEEN: -

Canteen plays a vital role in removing tensions and refreshing students. The college canteen is fairly new and provides enough and delicious food at affordable rates.

Millet is a good source of protein, fibre, key vitamins, and minerals. The potential health benefits of millet include protecting cardiovascular health, preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and managing inflammation in the gut. Millet is an adaptable grain.

On 9th December 2023, 2 cadets of MES College Troop gave millets to the canteen, using which they prepared a nutritional snack and distributed to the cadets and civilians.



MILLETS WERE GIVEN TO THE COLLEGE CANTEEN

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Shree Lakshmi M	KA21SWA175523
2	M Madhumitha	KA22SWA175507



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COMMUNITY INTERACTION: -

In Ecology a community is the biotic components of an ecosystem it consists of population of different species that interact with the area people. Here the community interaction about the importance of millets in there day to day life.

Millet is a good source of protein, fibre, key vitamins, and minerals. The potential health benefits of millet include protecting cardiovascular health, preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and managing inflammation in the gut.

On 9th December 2023, A Community interaction was organized by the troop of MES College. Cadets went to interact with community people using posters. People were educated about the importance of millets using posters made by 48 NCC cadets. The people understood the uses and benefits of millets. They came to know how could millets be used in there day to day life.



CADETS EXPLAIN THE IMPORTANCE OF MILLETS TO CIVILIANS

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
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2	Harshada Gowda T R	KA21SWA175494
3	Hansika S	KA21SWA175495
4	Kavya S	KA21SWA175499
5	Pallavi B	KA21SWA175511
6	Rakshitha K V	KA21SWA175516
7	Sahana B	KA21SWA175519
8	Shree Lakshmi M	KA21SWA175523
9	Sumedha S Bhat	KA21SWA175531
10	Ashwini H	KA22SWA175482
11	Chaya M L	KA22SWA175485
12	Disha Prasad B	KA22SWA175488
13	Divya Dharshini T N	KA22SWA175489
14	Diya L	KA22SWA175490
15	Hemashree R	KA22SWA175493
16	Hemavathi S	KA22SWA175494
17	Kalpana C Rathod	KA22SWA175497
18	Keerthana R	KA22SWA175498
19	Lathikaasri T	KA22SWA175500
20	Lavanya R	KA22SWA175501
21	M A Agama Shastry	KA22SWA175502
22	Manushilpa D K	KA22SWA175504
23	M Madhumitha	KA22SWA175507
24	Monisha G S	KA22SWA175508
25	Pooja K Benakatti	KA22SWA175511
26	Pooja N	KA22SWA175512
27	Punyashree R Naik	KA22SWA175515
28	Rachitha N	KA22SWA175516
29	Samskruthi Yadav N	KA22SWA175519
26	Shivani Mishra	KA22SWA175520
27	Sneha V G	KA22SWA175523
28	Suma S P	KA22SWA175524
29	Tejasvi K	KA22SWA175525
30	Vasuki S M	KA22SWA175529
31	Vibha Arun Bharadwaj	KA22SWA175530
32	Vidyashree B S	KA22SWA175531
33	Ashitha	KA23SWA175541
34	Disha B S	KA23SWA175546
35	Grishma K	KA23SWA175549
36	Hamsa D Y	KA23SWA175550
37	Kusuma M	KA23SWA175554
38	Lakshmi M	KA23SWA175555

39	Manogna S	KA23SWA175556
40	Navyashree J	KA23SWA175558
41	Priyanka D	KA23SWA175563
42	Ridhi R Shetty	KA23SWA175567
43	Rithika M S	KA23SWA175568
44	Roshni M	KA23SWA175569
45	Shubhashree G	KA23SWA175572
46	Sidhi Gandhi	KA23SWA175574
47	Sinchana Nagraj	KA23SWA175575
48	Varshini N P	KA23SWA175583



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WORKSHOP: -

A workshop is a structured and interactive session designed to create an environment for meaningful work and to guide people through a process that will lead to greater outcomes. Workshops are designed to engage participants and foster their active involvement in the process.

In addition to being naturally gluten-free and nutrient-dense, millets are also a rich source of protein, essential fatty acids, dietary fibre, and vitamin B. India is the top producer of millets in the world and the fifth-largest exporter of millets. They are a sustainable and nutritious alternative to other grains and can play an important role in promoting food security and sustainability.

On 9th December 2023, 39 Cadets of MES College Troop conducted a workshop on healthy eating and healthy living and an awareness on millets. Cadets took active participation and decorated the complete classroom for the workshop also few of the cadets detailed about different millets with a self-prepared chart and some of sample pack of millet.



CADETS EXPLAINING ABOUT DIFFERENT MILLETS THROUGH CHART AND SAMPLE PACK OF MILLETS.

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Brundha G	KA21SWA175487
2	Harshada Gowda T R	KA21SWA175494
3	Hansika S	KA21SWA175495
4	Kavya S	KA21SWA175499
5	Pallavi B	KA21SWA175511
6	Rakshitha K V	KA21SWA175516
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12	Disha Prasad B	KA22SWA175488
13	Divya Dharshini T N	KA22SWA175489
14	Diya L	KA22SWA175490
15	Hemashree R	KA22SWA175493
16	Hemavathi S	KA22SWA175494
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21	M A Agama Shastry	KA22SWA175502
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24	Monisha G S	KA22SWA175508
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28	Suma S P	KA22SWA175524
29	Tejasvi K	KA22SWA175525
30	Vasuki S M	KA22SWA175529
31	Vibha Arun Bharadwaj	KA22SWA175530
32	Vidyashree B S	KA22SWA175531
33	Harshitha R	KA23SWA175551
34	Pragna Prashanth	KA23SWA175562
35	Ramya Nayak	KA23SWA175565
36	Revathi N	KA23SWA175566
37	Swarna K Murthy	KA23SWA175578
38	Tanmayi A	KA23SWA175580
39	Yashashwini M	KA23SWA175584



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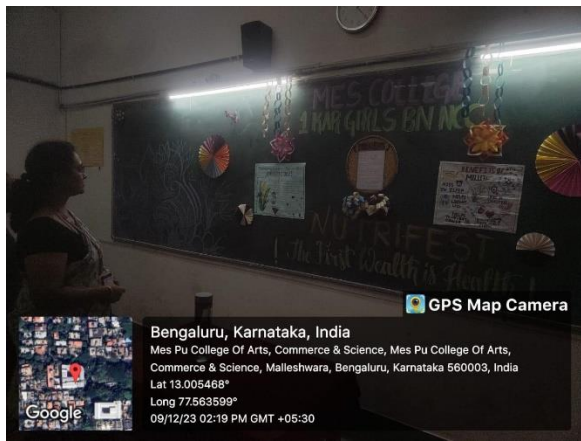
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NUTRI-FEST ON MILLETS: -

The goal of a college management fest is to help students develop their critical thinking, problem-solving, and teamwork skills. The fest can also help students network with other students and professionals in the field of management.

Millet is a good source of protein, fibre, key vitamins, and minerals. The potential health benefits of millet include protecting cardiovascular health, preventing the onset of diabetes, helping people achieve and maintain a healthy weight, and managing inflammation in the gut.

On 9th December 2023, A Nutri-fest was organised by 48 cadets, Informative posters were displaced on millets to make civilians understand about the role of millets in day-to-day life. Quiz and Puzzle games were conducted to entertain civilians as well as help them to gain knowledge of millets. Healthy food items made out of millets were made to show the civilians that how they could use the millets in there day to day life.



NUTRI-FEST



POSTER DISPLAY



QUIZ AND PUZZLE GAMES



FOOD ITEMS MADE OUT OF MILLETS

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Brundha G	KA21SWA175487
2	Harshada Gowda T R	KA21SWA175494
3	Hansika S	KA21SWA175495
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14	Diya L	KA22SWA175490
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30	Vasuki S M	KA22SWA175529
31	Vibha Arun Bharadwaj	KA22SWA175530
32	Vidyashree B S	KA22SWA175531
33	Ashitha	KA23SWA175541
34	Disha B S	KA23SWA175546
35	Grishma K	KA23SWA175549
36	Hamsa D Y	KA23SWA175550
37	Kusuma M	KA23SWA175554
38	Lakshmi M	KA23SWA175555

39	Manogna S	KA23SWA175556
40	Navyashree J	KA23SWA175558
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NATIONAL CADET CORPS

ESSAY COMPETITION ON MILLETS: -

Millets are a group a small, round whole grains grown in India, Nigeria, and other Asian and African countries. Millets are high in nutrition and dietary fibre. They serve as good source of protein, micronutrients and phytochemicals.

Millets are full of tannins and phenols that help protect your cells against damage and potential diseases like high blood pressure, diabetes, and high cholesterol.

On 10th December 2023, a total of 40 cadets were made to sit in the classroom and write essay on the topic 'millets'. Cadets wrote their essay by explaining the importance of millet, how are they beneficial for our health and explained the types of millet, The essay writing competition was held from 1300hrs to 1400hrs and our seniors were monitoring us.



A COLLAGE OF CADETS WRITING THEIR ESSAYS DURING COMPETITION.

LIST OF PARTICIPANTS

SL NO	NAME	REGIMENTAL NUMBER
1	Brundha G	KA21SWA175487
2	Harshada Gowda T R	KA21SWA175494
3	Hansika S	KA21SWA175495
4	Kavya S	KA21SWA175499
5	Pallavi B	KA21SWA175511
6	Rakshitha K V	KA21SWA175516
7	Sahana B	KA21SWA175519
8	Shree Lakshmi M	KA21SWA175523
9	Sumedha S Bhat	KA21SWA175531
10	Ashwini H	KA22SWA175482
11	Chaya M L	KA22SWA175485
12	Disha Prasad B	KA22SWA175488
13	Divya Dharshini T N	KA22SWA175489
14	Diya L	KA22SWA175490
15	Hemashree R	KA22SWA175493
16	Hemavathi S	KA22SWA175494
17	Kalpana C Rathod	KA22SWA175497
18	Keerthana R	KA22SWA175498
19	Lathikaasri T	KA22SWA175500
20	Lavanya R	KA22SWA175501
21	M A Aagama Shastry	KA22SWA175502
22	Manushilpa D K	KA22SWA175504
23	M Madhumitha	KA22SWA175507
24	Monisha G S	KA22SWA175508
25	Pooja K Benakatti	KA22SWA175511
26	Pooja N	KA22SWA175512
27	Punyashree R Naik	KA22SWA175515
28	Rachitha N	KA22SWA175516
29	Samskruthi Yadav N	KA22SWA175519
26	Shivani Mishra	KA22SWA175520
27	Sneha V G	KA22SWA175523
28	Suma S P	KA22SWA175524
29	Tejasvi K	KA22SWA175525
30	Vasuki S M	KA22SWA175529
31	Vibha Arun Bharadwaj	KA22SWA175530
32	Vidyashree B S	KA22SWA175531
33	Ashitha	KA23SWA175541
34	Hamsa D Y	KA23SWA175550
35	Kusuma M	KA23SWA175554
36	Navyashree J	KA23SWA175558
37	Priyanka D	KA23SWA175563
38	Ridhi R Shetty	KA23SWA175567
39	Sidhi Gandhi	KA23SWA175574
40	Swarna K Murthy	KA23SWA175578



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NAAC accredited "A" Grade

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