

**A.V.C.COLLEGE OF ENGINEERING, Mannampandal
8 TN BN, KUMBAKONAM**

1. International Day of yoga

Report

In 21 June 2022 our college NCC cadets celebrated the international day of yoga collaborated with our ncc unit kumbakonam, In this event there are 15 SD and 10 SW were joined and do the yoga poses in a physical manner.



2. PRCN COURSE

I am Dr.M.Umamaheswari Completed my PRCN Course on 25 June 2022 in Officers training Academy, Gwalior, Mathyapradesh. Also got the Lieutenant Rank



3. HAR GHAR TRIANGA and HAR GHAR JHANDA

Our NCC CADETS participated this event through online by the way of ministry of culture,GOVT OF INDIA. Also upload the National anthem singing package



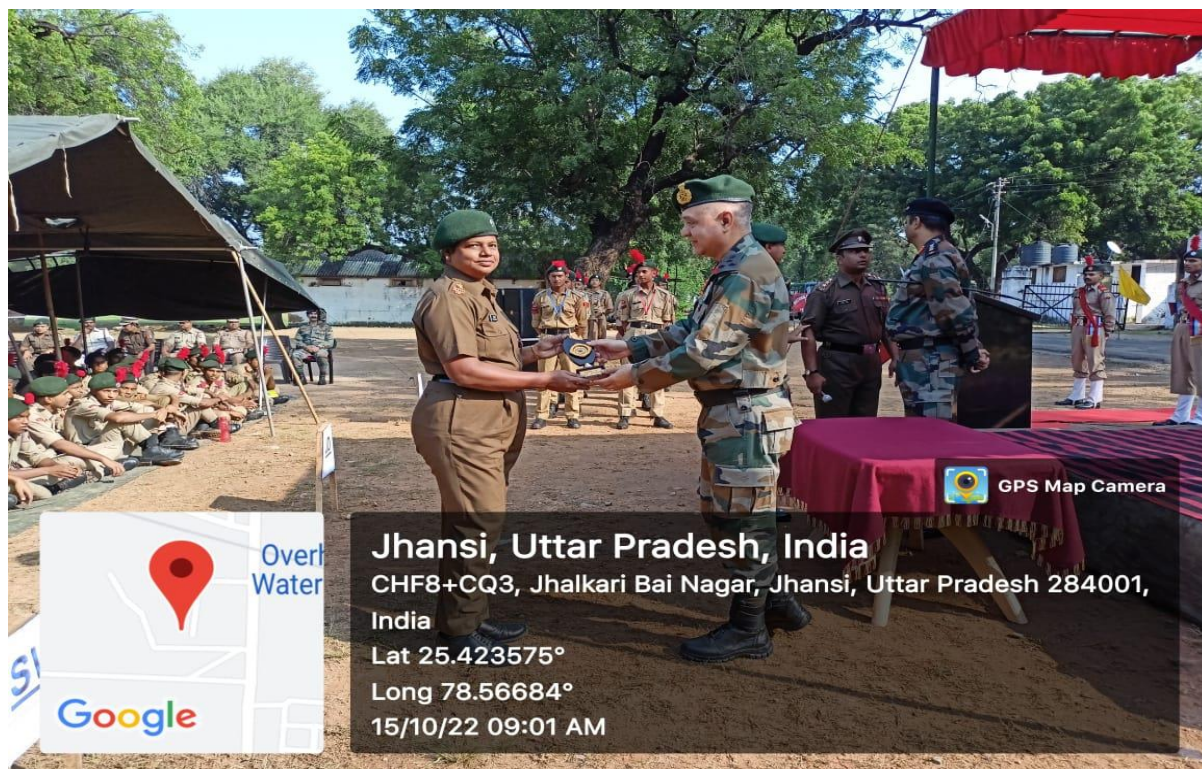
4. Independence Day and Republic Day parade

In 15 August 2022 and 26 January 2023, our NCC cadets honor the chief guest and also after the flag hoisting NCC parade was conducted.



5. Ek Bharat and Shreshth bharat Camp

Lt.Dr.M.Umamaheswari Attended the Ek Bharat and Shreshth bharat Camp at Jhansi, Uttarpradesh from 10 October 2022 to 19 October 22, also got the Best ANO award in this camp.



6. INTERNATIONAL YEAR OF MILLETS – 2023

REPORT

As per the letter received from the NCC unit, Kumbakonam, our college NCC cadets have conducted the event for International year of millets. In A.V.C College of Engineering one ANO, NCC Cadets (SD -10 and SW-5) were participated in the event like

Awareness campaign- conduct cookery competition with our college students, food items are specially prepared from different types of millets and write the posters with the Benefits of millets

Public interaction- The Cadets will interact with general public towards the theme and aware about the millets

Pamphlet distribution- Cadets can distribute pamphlets to increase awareness on millets in nearby villages and our college staffs.

Poster of the theme



A.V.C.COLLEGE OF ENGINEERING
 (Approved by AICTE, Affiliated to Anna University,
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 MANNAMPANDAL, MAYILADUTHURAI,
 MAYILADUTHURAI DISTRICT, PIN-609 305

Phone no.: 04364 - 227202, 224202 Email: avcce@avccengg.net





NATIONAL CADET CORPS

DATE: 04.03.2023

"INTERNATIONAL YEAR OF MILLETS - 2023"

Health Benefits Of Millet

- Treats Coronary Artery Disorder
- Reduces Risk of Colon Cancer
- Helps in preventing Celiac disease
- Good Source of Antioxidants
- Aids in Sleep

Types of Millets



WHY MILLET?



NCC CADETS- AVCCE

Pamphlets sample



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NATIONAL CADET CORPS
INTERNATIONAL YEAR OF MILLETS

Health Benefits Of Millet

- Treats Coronary Artery Disorder
- Reduces Risk of Colon Cancer
- Helps in preventing Celiac disease
- Good Source of Antioxidants
- Aids in Sleep
- Helps in Weight Loss
- Helps to decrease high blood pressure
- Controls Diabetes
- Helps in slowing down muscle degradation
- Helps in relieving menstrual cramps

BY NCC CADETS OF A.V.C COLLEGE OF ENGINEERING



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தேசிய மாவணவர் பண்ட
சர்வதேச தினம் ஆண்டு 2023

சிறுதானியங்களை அறிவோம்! சிறுதானியங்களின் சிறப்பியல்புகள்

நெல்லை விட, சிறுதானியங்களில் முதர்ச்சத்து மூலக் கொழுப்புச்சத்து அதிகமாக உள்ளது

பயன்கள்

- இ உடல் திட வளர்ச்சிக்கு உதவுகிறது
- இ வளர்ச்சி இழப்பு ஏற்படுவதை தடுக்கிறது
- இ மொத்த உடல் எடையை குறைக்க உதவுகிறது
- இ மூலக்கூறுகள் குறைவாக உள்ளவர்களுக்கு உதவுகிறது

பயன்கள்

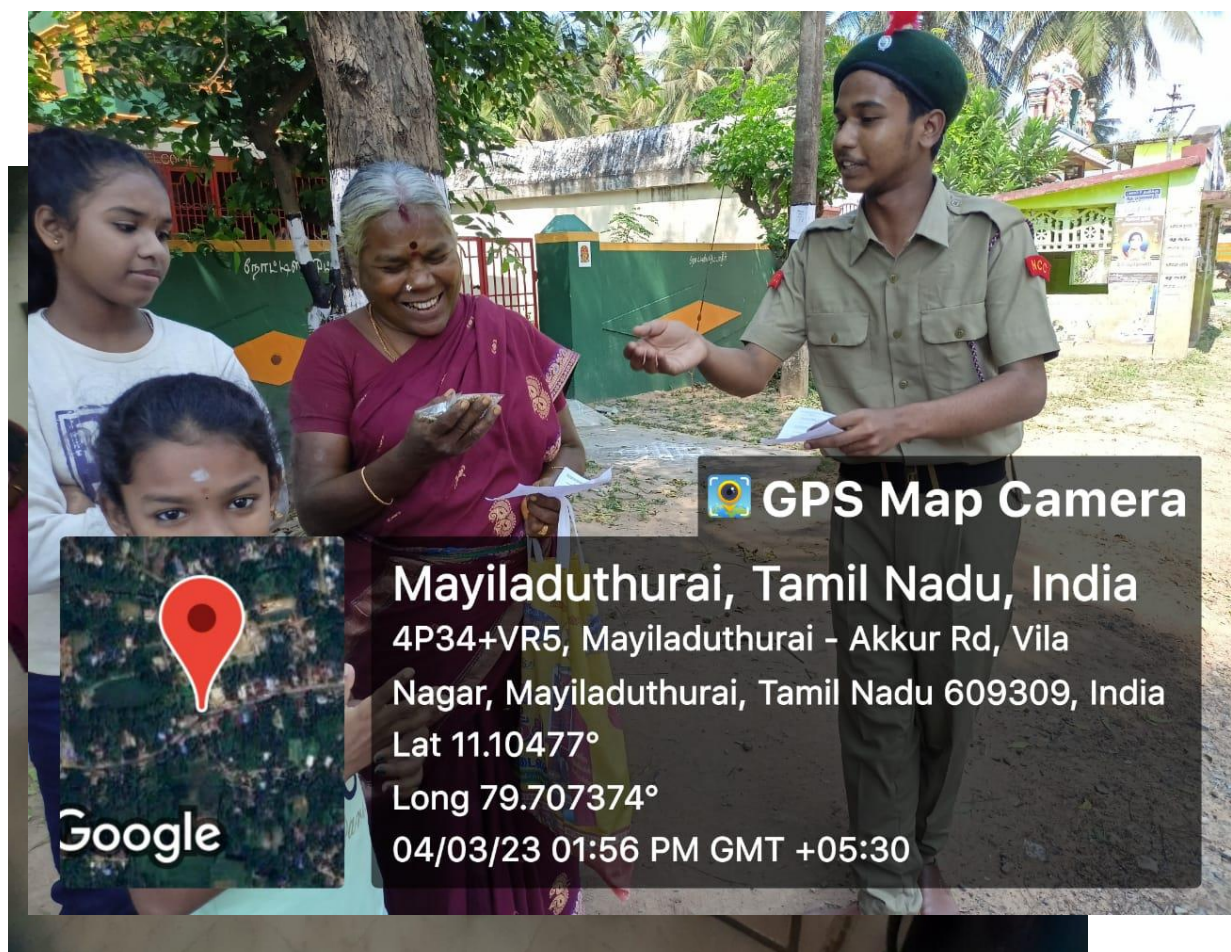
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BY ,
NCC CADETS OF A.V.C COLLEGE OF ENGINEERING

COOKERY COMPETITION GLIMPSES



Pamphlet Distribution with pocket of millets like Thinaï, Ragi, Kambu, maize.







Public Interaction: Our SW cadet explain the importance of millets and uses of millets to our health







Rashtriya Ekta and Azadi Ka Amrit Mahotsav
(National Unity Day)
Report

31.10.2022

A.V.C College of Engineering NCC Cadets (SD -20 and SW-10), Students and staff members take a national unit day pledge and also participated online pledge through mygov.in portal and got certificates on 31.10.2022 for the birthday of sardar Vallabhai Patel (National Unit Day). Also conducted the Essay writing competition and Master the Mic for the theme of National unity Day.

