



Lt. AnaghaA.Padhye
NCC/09310016
Associate NCC Officer
S.D. College Palghar

8 Maharashtra Girl Bn
NCC, TN Medical College
Hostel Building, Haji Ali
Mumbai 34

11/12/2020

NOTICE FOR NCC CADETS

All NCC Cadets are hereby instructed that this year due to COVID-19, Plogging activity will be done online on a digital platform on 14/12/2020. Due to the ongoing COVID-19 pandemic, it is not feasible to conduct a physical event.

Therefore, as communicated by the Battalion, NCC cadets will have to carry out Plogging activity in nearby areas making people aware of the significance of a clean environment.

The activity needs to be carried out following COVID-19 rules and regulations. For further queries contact me on my mobile and WhatsApp.

WEAR MASKS, STAY SAFE!

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Associate NCC Officer

List of Cadets

SR NO.	CADETS NAME
1.	CSM Anuja Masare
2.	JUO Nidhi Patil
3.	Cdt Manasi Gharat
4.	Cdt Aakansha Patil
5.	Sgt Shristy Tiwari
6.	Cdt Upasana Pal

NCC Activities 2020-21

Report on Plogging

1. Title of the Activity/Event/Practice

Plogging

2. Objectives of the Practice

- To provide a physical workout and promote a healthy lifestyle.
- To encourage community engagement and foster a sense of responsibility towards the environment.

3. The Context

The activity of Plogging was given by 8 Mah Girls Bn. NCC

4. The Practice

Plogging can be carried out as a form of outdoor recreation or exercise, where individuals or groups jog or walk while picking up litter from the environment. This helps to promote physical fitness and environmental conservation. It can also be carried out as a form of community service, where volunteers come together to clean up littered areas such as parks, beaches, and streets. This context helps to promote community engagement and environmental conservation.

Cadets, while performing the activity of picking up litter while doing a jog kept in mind the COVID-19 protocols. They wore masks. And used hand sanitisers.

5. Outcomes

- Environmental impact by reducing litter in the environment, preventing it from causing harm to wildlife, and polluting our oceans and waterways.
- Benefitting health as Plogging provides a full-body workout that can help to improve cardiovascular health, increase endurance, and strengthen muscles.
- Community engagement as Plogging can bring people together around a common cause, promoting social interaction and community building.
- Mental well-being can provide a sense of purpose and accomplishment, helping to reduce stress and anxiety.



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Glimpse of the event



Plogging activity

