



MAR THOMA COLLEGE FOR WOMEN

Perumbavoor, Ernakulam, Kerala.

Affiliated to MG University & Accredited "B+" by NAAC

NCC REPORT 2024-25

The National Cadet Corps (NCC) unit of Mar Thoma College for Women has been actively engaged in various community service, personality development, and nation-building initiatives. Under the able leadership of **Lt. Dr. Sangeetha Rachel Koruth**, Associate NCC Officer, and the guidance of **Senior Under Officer Joshny Shais** and **Under Officer Aleena Joy** from the Department of Commerce, the unit has demonstrated outstanding commitment to the NCC's core values of "**Unity and Discipline.**"

Throughout the year, the cadets have participated in a wide range of activities, including social outreach programs, leadership training, and national-level events, reflecting their dedication, discipline, and service to the community. This report highlights the unit's key achievements and contributions.

1. Environment Day Celebration – 5 June 2024

As part of World Environment Day on **5 June 2024**, the NCC unit organized a **sapling distribution drive** to promote environmental awareness. Cadets distributed plant saplings to teachers and staff members, encouraging them to contribute to a greener campus. **Lt. Dr. Sangeetha Racheal Koruth** and **Principal Ms. Sherin T. Abraham** delivered inspiring messages on environmental conservation, emphasizing the importance of protecting nature. This initiative not only motivated NCC cadets but also instilled a sense of responsibility towards the environment among other students.





2. International Yoga Day Celebration – 21 June 2024

On **21 June 2024**, the NCC unit celebrated **International Yoga Day** with an enriching yoga session. **Ajithanath G.**, the **resource person**, led the session and demonstrated various **yoga postures**, emphasizing the benefits of yoga for physical and mental well-being. **NCC cadets, NSS volunteers, and other students** actively participated, making the session a resounding success. The event reinforced the significance of yoga in leading a healthy and balanced life.


MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR
 Affiliated to MG University and Reaccredited "A+" by NAAC
DEPARTMENT OF PHYSICAL EDUCATION
 **NCC & NSS UNIT**
 in association with
 **IQAC**
PRESENT
INTERNATIONAL YOGA DAY
CELEBRATION-2024

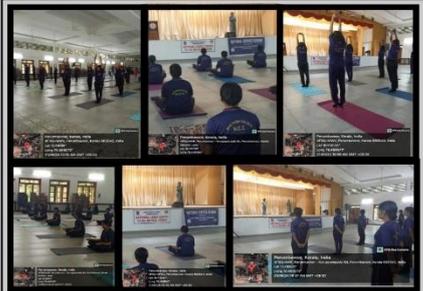
21 JUNE 2024
 @ 09.30 a.m.
 Venue: College Auditorium


 Resource person:
AJITHANATH G.



Theme of 2024: "Yoga for Women Empowerment"


MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR
 NCC UNIT
 22(K)BN., NCC ELOOR
INTERNATIONAL
YOGA DAY
 21 June 2024



3. Kargil Vijay Diwas – 26 July 2024

To honor the bravery and sacrifices of soldiers, the NCC unit commemorated **Kargil Vijay Diwas** with a series of events:

- **Mime Performance (Assembly Event – 22 July 2024):** NCC cadets performed a **mime act** during the assembly, depicting the **life of soldiers, their struggles, and their unwavering love for the nation**. The act deeply moved the audience and instilled a sense of patriotism among students.
- **Candlelight Tribute (25 July 2024):** On the eve of **Kargil Vijay Diwas**, cadets organized a **candlelight tribute** to pay sincere respects to the soldiers who made the ultimate sacrifice during the Kargil War. The solemn event created a profound impact, inspiring other students to recognize and honor the bravery of the Indian Armed Forces.

Through these initiatives, the NCC unit continues to inspire **discipline, leadership, and patriotism** among cadets, reinforcing their commitment to national service.



4. Hiroshima Day – 6 August 2024

On **6 August 2024**, as part of **Hiroshima Day**, the NCC unit organized a **flash mob on anti-war themes** during the lunch break. Through a powerful and expressive performance, the cadets conveyed the **devastating consequences of war and the importance of peace**. The emotionally stirring presentation not only captured the attention of students but also inspired them to **appreciate the value of life and empathize with those who lost their loved ones during conflicts**.



5. Enrollment of First-Year Cadets – 6 August 2024

On **6 August 2024**, the NCC unit held the **enrollment of first-year cadets** in the presence of **Associate NCC Officer Lt. Dr. Sangeetha Racheal Koruth** and other officers. A total of **24 students were selected** to join the NCC unit of the college. The enrollment process marked the beginning of their journey in **discipline, leadership, and service to the nation**, ensuring that the legacy of the unit continues with new, enthusiastic cadets.





6. Independence Day Celebration – 15 August 2024

The **78th Independence Day of India** was celebrated with **great enthusiasm and patriotism** at the college on **15 August 2024**. The event commenced at **8:30 AM**, beginning with the **hoisting of the national flag** by **Principal Ms. Sherin T. Abraham**, accompanied by the **singing of the National Anthem**.

A **solemn wreath-laying ceremony** was conducted to honor the nation's **freedom fighters and martyrs**, with **Principal Ms. Sherin T. Abraham** and **Associate NCC Officer Lt. Dr. Sangeetha Racheal Koruth** laying wreaths on the **memorial plaque** as a mark of respect.

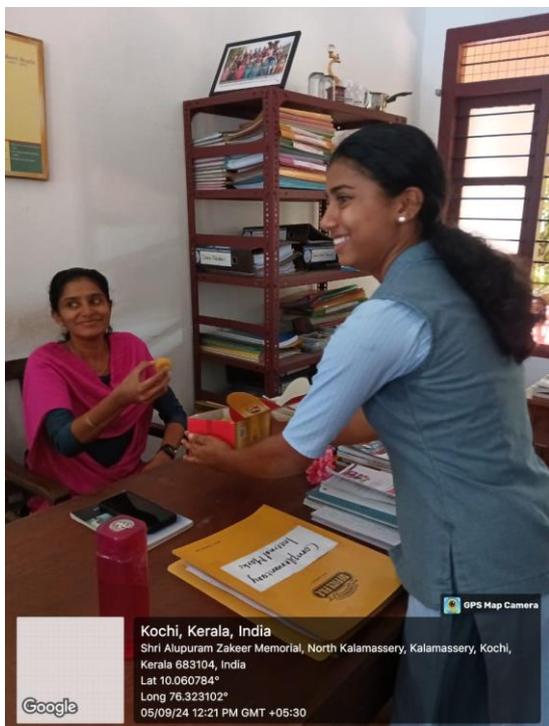
As a part of the celebrations, NCC cadets actively participated in various activities:

- **Webinar on India's Freedom Movement (14 August 2024):** Cadets attended an informative webinar led by **Dr. Sreejith K., Associate Professor and former Assistant NCC Officer**, which provided valuable insights into **India's struggle for independence**.
- **Tiranga Rally (15 August 2024):** Cadets enthusiastically participated in a **Tiranga rally** organized at the **Battalion in Eloor**, showcasing their **patriotism and national pride**.
- **Flag Distribution:** As a gesture to **spread the spirit of nationalism and unity**, NCC cadets **distributed national flags** among the public, encouraging a deeper connection to the nation's heritage.



7. Teacher's Day Celebration

On September 05, the NCC cadets of our college celebrated Teacher's Day with great enthusiasm and gratitude. The cadets organized a heartfelt ceremony to honor their teachers, acknowledging their tireless efforts and dedication to shaping young minds. As a token of appreciation, the NCC cadets distributed sweets to the teachers, expressing their respect and admiration. The gesture was well-received by the faculty members, who felt touched by the thoughtful gesture.



8. Workshop on Psychological First Aid with a Gender Lens – 28 September 2024

On 28 September 2024, the NCC cadets and NSS volunteers of our college jointly organized a **workshop on Psychological First Aid with a Gender Lens**. The event aimed to **equip participants with essential skills** to provide **emotional support** and effectively address **gender-specific mental health concerns**.

The workshop provided **valuable insights into psychological well-being**, emphasizing the importance of **empathetic communication, active listening, and intervention strategies** in crisis situations. Through interactive sessions and discussions, participants gained **practical**

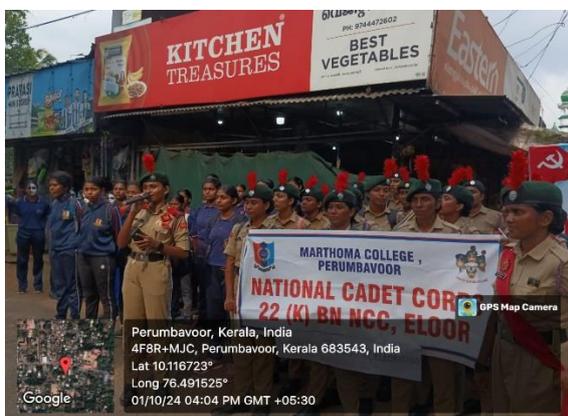
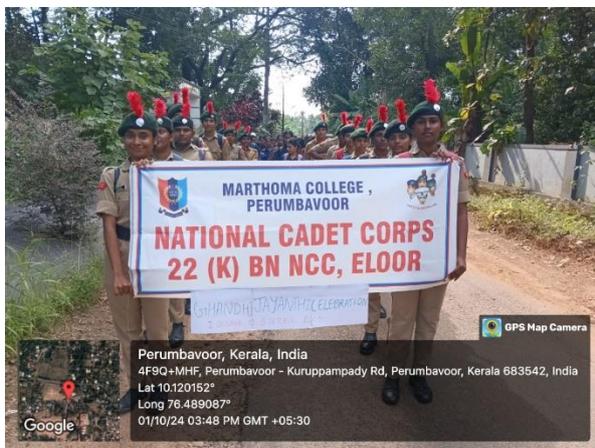
knowledge on recognizing and responding to psychological distress, particularly in gender-sensitive contexts.

This initiative reinforced the cadets' **commitment to social awareness and mental health advocacy**, fostering a more **inclusive and compassionate environment** within the college and the broader community.

9. Gandhi Jayanti – 2 October 2024

On **2 October 2024**, the NCC cadets of our college organized a **rally and mime performance** to honor the legacy of **Mahatma Gandhi** and emphasize the significance of his life and teachings. The cadets conducted various **competitions at the college level** and marched through the **college campus** and surrounding areas, carrying **placards and banners** with quotes and messages inspired by Gandhi's philosophy.

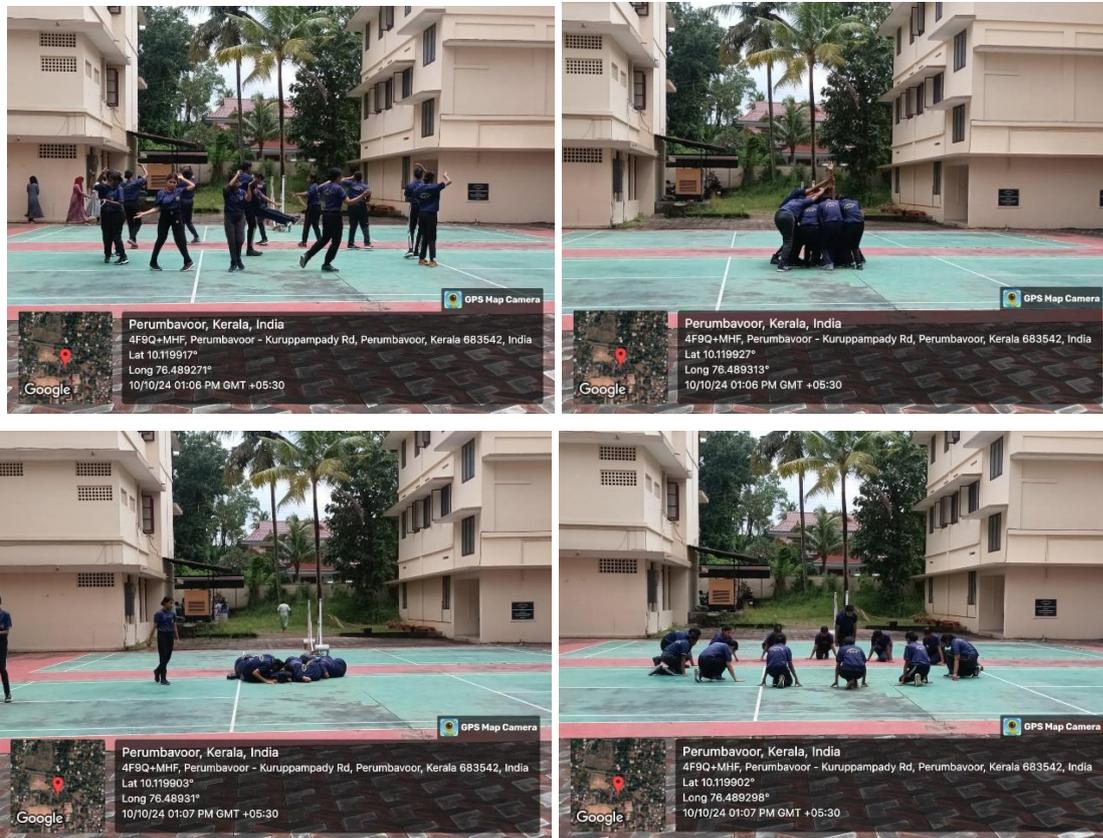
A powerful, wordless **mime performance** depicted Gandhi's **life, struggles, and achievements**, highlighting his **non-violent resistance** and commitment to peaceful ideals. The event was a meaningful reflection of the values that Gandhi stood for, encouraging cadets and students to internalize and promote his message of **truth, peace, and unity**.



10. World Mental Health Day – 10 October 2024

On **10 October 2024**, the NCC cadets observed **World Mental Health Day** by organizing a **thought-provoking mime performance**, which highlighted the importance of **mental wellness** and aimed to break the stigma surrounding mental health issues. The cadets depicted the **struggles with mental health**, the importance of **seeking help**, and the process of **overcoming challenges**.

This performance encouraged students to view mental health through a compassionate and understanding lens, promoting the idea of **supporting one another** and taking care of one's mental well-being. It reinforced the importance of mental health awareness and the need to **reduce stigma** associated with it.



11. NCC Day – 2024

Mar Thoma College for Women celebrated **NCC Day** by extending support to **underprivileged children** at the **Government Lower Primary School, Aimury**. The NCC unit organized a **thoughtful initiative**, contributing **over 100 books, school bags, and**

painting kits to the children. This gesture aimed to provide **educational resources** and encourage **creativity** among the young students.

By focusing on the **holistic development** of these children, the celebration of **NCC Day** became an impactful occasion, reflecting the college's commitment to **social responsibility** and community welfare. The cadets demonstrated the core NCC values of **service** and **empathy** by helping nurture the future of these children.



12. Indian Army Day – 15 January 2025

The **Indian Army Day** celebration was held at Mar Thoma College for Women on **15 January 2025**. The event began with a welcoming speech by ANO Lt. Dr. Sangeetha Racheal Koruth, who introduced the **Guest of Honor, Colonel Raju George (Retd.)** of the **9th Gorkha Rifles**.

Colonel George shared his **experiences and insights** about the **Indian Army**, emphasizing the **values of discipline, hard work, and sacrifice** that are integral to the army. His speech was **inspiring and motivating**, leaving a lasting impact on the cadets and attendees.

The event also featured a speech by **Principal-in-charge Ms. Sherin T. Abraham**, who spoke about the significance of **patriotism** and **national service**. The program concluded with a **vote of thanks** by **Senior Under Officer Joshny Shais**, who expressed gratitude to Colonel George for his inspiring presence.

The celebration was a great success, and the cadets left with a deeper understanding of the Indian Army's pivotal role in safeguarding the nation.



13. Republic Day Celebration – 26 January 2025

The **Republic Day** of the NCC unit of **Mar Thoma College for Women** was celebrated with immense patriotism and reverence on **26 January 2025**. The day's festivities commenced with a solemn **flag hoisting ceremony** by **Principal Dr. Letha P Cheriyan**, where the **National Flag** was unfurled with the utmost respect, followed by the **singing of the National Anthem**. This marked the beginning of a day dedicated to honoring the values and ideals enshrined in the **Constitution of India**.

The cadets, in true spirit of patriotism, organized an **insightful flash mob**, which conveyed powerful messages of **national unity, freedom**, and the rich cultural diversity of India. Through captivating choreography, the flash mob depicted various aspects of India's **journey to independence** and the importance of **democratic values** in shaping the nation. This performance not only entertained but also educated the audience about the significance of **Republic Day** in fostering unity and pride.

A highlight of the celebration was the **enlightening lecture** on the theme "**The Role of Citizens in Strengthening the Republic of India**" delivered by **Col. Anil Raj**, the **Officer Commanding of 811 Combat Engineer Training Camp, Nachna, Rajasthan**.

Col. Raj provided valuable insights into the role every citizen plays in contributing to the nation's growth and prosperity. He emphasized the **importance of discipline, hard work, and a commitment to national service** as key factors in strengthening the fabric of the **Indian Republic**. Col. Raj also highlighted the significant role that **NCC cadets** play in **nation-building**, as they are not only trained in leadership and discipline but also instilled with a deep sense of responsibility towards the nation. His words motivated the cadets to actively participate in nation-building efforts, be it in the military, civil services, or in their daily lives.

As a part of the Republic Day celebrations, the NCC unit also conducted a **precision formation parade**, showcasing the cadets' **discipline, coordination**, and commitment to the values of the NCC. The parade was a display of the cadets' dedication to the **unity and discipline** that is at the core of the NCC. The cadets marched with pride, exemplifying the skills and values they have learned through their training.

The celebration not only honored the Republic Day but also served as a reminder of the collective responsibility that each citizen holds in upholding the **democratic ideals** of the nation. The event concluded with a deep sense of **national pride, unity**, and a renewed commitment to **service and patriotism** among the cadets and students.

MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR
NCC UNIT
22(K)BN.,NCC,ELOOR

REPUBLIC DAY CELEBRATION

In association with U.C College, Aluva; S.S.U.S Kalady ;
S.N.M. Maliankara

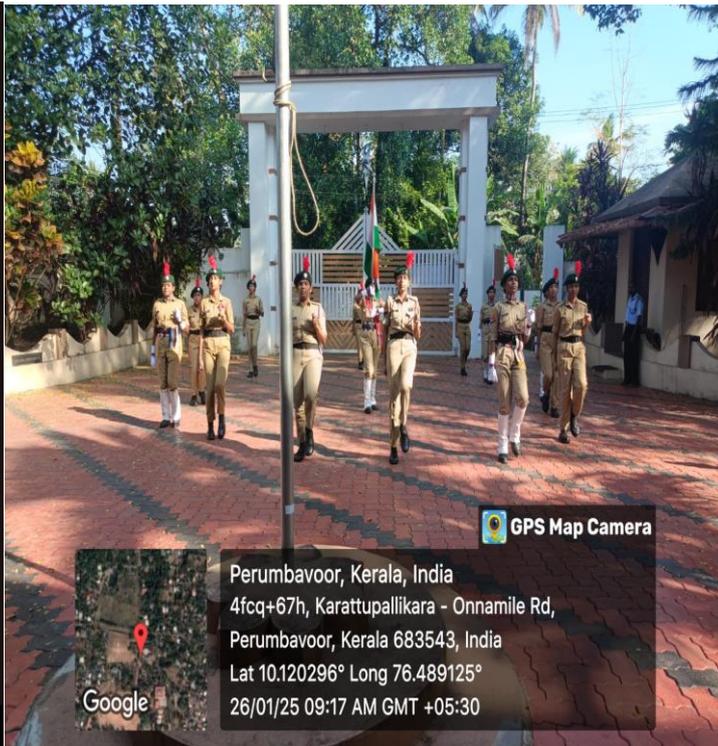
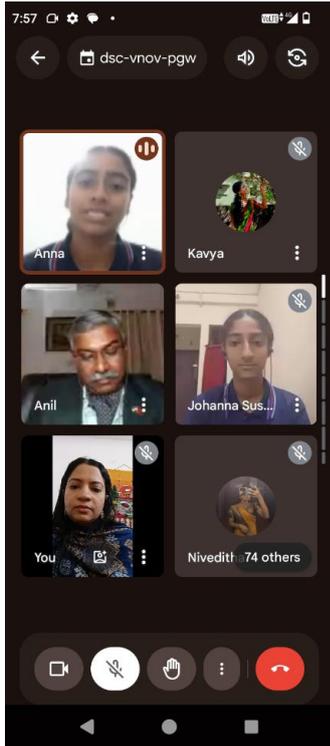
Invited Lecture on
"The Role of Citizens in Strengthening the Republic of
India"

RESOURCE PERSON

Col. Anil Raj
Officer Commanding
811 Combat Engineer Training Camp
Nachna
Rajasthan

DATE: 26/01/2025
TIME: 7 P.M

PLATFORM:



14.Pulwama Day -14 February 2025

The NCC unit of Mar Thoma College for Women, Perumbavoor, observed **Pulwama Day** on **14 February** to pay tribute to the brave soldiers who lost their lives in the Pulwama attack.

ANO Lt. Dr. Sangeetha Racheal Koruth welcomed the gathering, setting the tone for the solemn occasion. **Principal Dr. Latha P. Cheriyan** and **IQAC Coordinator Mr.Vineed Kumar** felicitated the programme, **highlighting the importance of remembering the sacrifices of our soldiers.** As a mark of respect, **candles were lit in front of the photos of the soldiers** who laid down their lives in the line of duty. This poignant gesture served as a reminder of the ultimate sacrifice made by our brave soldiers. The observance of **Pulwama Day** at Mar Thoma College for Women by the cadets was a heartfelt tribute to the soldiers and their families.



15. Womens Day Celebration –March 06

The Department of Physical Education and NCC Unit of Mar Thoma College for Women, Perumbavoor, in collaboration with the All India Football Federation (AIFF) and Kerala Blasters Football Club, organized a Women's Day celebration on 6 March 2025. The theme of the event was "Healthy Women, Healthy Society. Dr. Vineeth Kumar T. welcomed the gathering. Principal Dr. Latha P. Cheriyan felicitated the programme. The celebration took place at 2:45 PM on the college ground, featuring : football workshops, fun games, friendly match. The event provided a unique platform for students to engage in sports, build camaraderie, and celebrate womanhood.



ACHIEVEMENTS

SUO JOSHNY SHAIS



- ATTENDED PRE-IGC TSC 1 AT FISAT ANGAMALY FROM 10/05/2024 TO 19/05/2024
- ATTENDED IGC-TSC AT BETHANY ACADEMY,VANNIKULAM FROM 16 JULY 2024 TO 25 JULY 2024

UO ALEENA JOY



- ATTENDED PRE-IGC TSC 1 AT FISAT ANGAMALY 10/05/2024 TO 19/05/2024
- ATTENDED IGC-TSC AT BETHANY ACADEMY,VANNIKULAM FROM 16 JULY 2024 TO 25 JULY 2024

CSM FATHIMA NAZRIN M N



- ALL INDIA NCC GIRLS TREKKING EXPEDITION – 2024 TAMILNADU (TN) TREK FROM 16 MAY 2024 TO 23 MAY 2024

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- ALL INDIA NCC GIRLS TREKKING EXPEDITION – 2024 TAMILNADU (TN) TREK FROM 16 MAY 2024 TO 23 MAY 2024

SGT.ANNA PAULACHAN



- ATTENDED EBSB (EK BHARAT SHRESHTHA BHARAT) CAMP, WHICH WAS HELD FROM 23 DECEMBER 2024 TO 3 JANUARY 2025 AT JAWAHAR NAVODAYA VIDYALAYA, PERIYE, KASARAGOD.

CPL.DEVANJALY P.V



- ATTENDED EBSB (EK BHARAT SHRESHTHA BHARAT) CAMP, WHICH WAS HELD FROM 23 DECEMBER 2024 TO 3 JANUARY 2025 AT JAWAHAR NAVODAYA VIDYALAYA, PERIYE, KASARAGOD.

COMS.FATHIMA FARISA M.U.



- ATTENDED ARMY ATTACHMENT CAMP HELD AT PANGODE, TRIVANDRUM FROM 10 JANUARY 2025 TO 21 JANUARY 2025

SGT.DEVIKA VINOD



- ATTENDED ARMY ATTACHMENT CAMP HELD AT PANGODE, TRIVANDRUM FROM 10 JANUARY 2025 TO 21 JANUARY 2025

CPL.JOHANNA SUSAN JOHN



- ATTENDED ARMY ATTACHMENT CAMP HELD AT PANGODE, TRIVANDRUM FROM 10 JANUARY 2025 TO 21 JANUARY 2025