



MAR THOMA COLLEGE FOR WOMEN, PERUMBAVOOR
(AFFILIATED TO M.G. UNIVERSITY, KOTTAYAM)

NCC REPORT 2025 -2026

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 Anna Paulachan** and from the Department of Commerce and **Under officer Devika Vinod** from the department of bvoc fashion designing and merchantising 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.

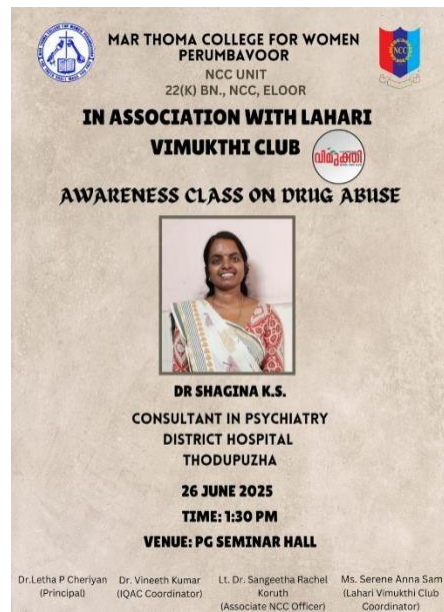
1. International Yoga Day Celebration – 21 June 2025

On **21 June 2024**, the NCC unit celebrated **International Yoga Day** with an enriching yoga session. **Ajithanath G.**, the **the yoga instructor**, 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.



2. Internatinal Day Against Drug Abuse -26 June 2025

The International Day Against Drug Abuse and Illicit Trafficking is a United Nations International Day against drug abuse and the illegal drug trade. It is observed annually since 26 June 1989. This day was conducted by the **NCC UNIT** serving **DR SHAGINA K.S.** as resourse person on 26 June 2025 at PG seminar hall. This lecture was engaging and informative, with great insights. It gives a well structured and provide a comprehensive over view of “An Awerness About Drug Abuse”. It was concluded by an **outstanding mime performance** by the **NCC Cadets**.



3. World youth skill day commemoration-15 July 2025

The NCC unit of Mar Thoma College for Women observed World Youth Skills Day on **15 July 2025** by organizing a series of programmes aimed at **fostering entrepreneurship and skill enhancement among students**. The key activities included an Elocution Competition, designed to improve public speaking and communication skills, and a Handwash-Making Workshop, which provided hands-on training in the basics of product creation and small- scale enterprise development. **Ms. Aiswarya**, Assistant Professor, Department of Chemistry, Mar Thoma College for Women served as resource person.

Both programmes proved to be highly impactful, encouraging participants to discover and nurture their talents. The initiative not only helped students recognise their individual strengths but also **motivated them to explore entrepreneurial pathways** for the future.

Program 1


- **Spot Speech Competition**


The program was conducted in college auditorium which aimed to showcase students communication and speaking skill it included students to demonstrate their abilities.






○ **workshop**


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



World Youth Skill Day
Workshop on Handwash Making Process

RESOURCE PERSON



AISWARIYA K.R.
 Assistant Professor
 Department of Chemistry
 Mar Thoma College For Women
 Permbavoor

Date: 15 July 2025
Time: 3.30 p.m.
Venue: Chemistry Lab





4.Kargil Vijay Diwas-26 July 2025

As part of the Kargil Vijay Diwas commemorations, an **interactive session** was held with **Kargil War Veteran Colonel Jayapalan**. He shared his firsthand **experiences and memories from the battlefield**, offering a rare glimpse into the courage, sacrifice, and resilience displayed during the Kargil War.

The session deeply inspired the NCC cadets, who listened with attention as Colonel Jayapalan spoke about the valour of Indian soldiers and the challenges faced during the conflict. His stories served not only as a tribute to the fallen heroes but also as a powerful lesson in patriotism and duty.

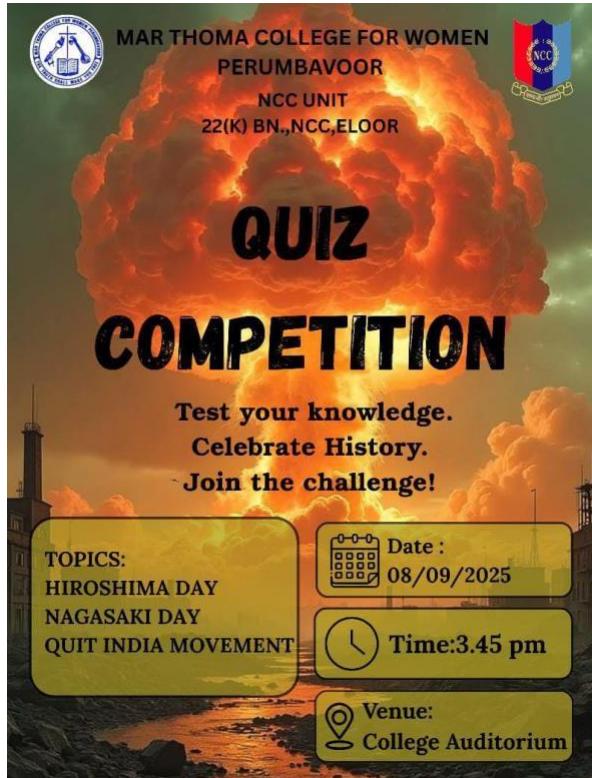


5.Hiroshima day/ Nagasaki day -08 August 2025

A quiz competition was held on 08 August 2025, to commemorate Nagasaki Day and Hiroshima Day. The event aimed to educate participants about the historical significance of these days and promote awareness about nuclear disarmament and

world peace.

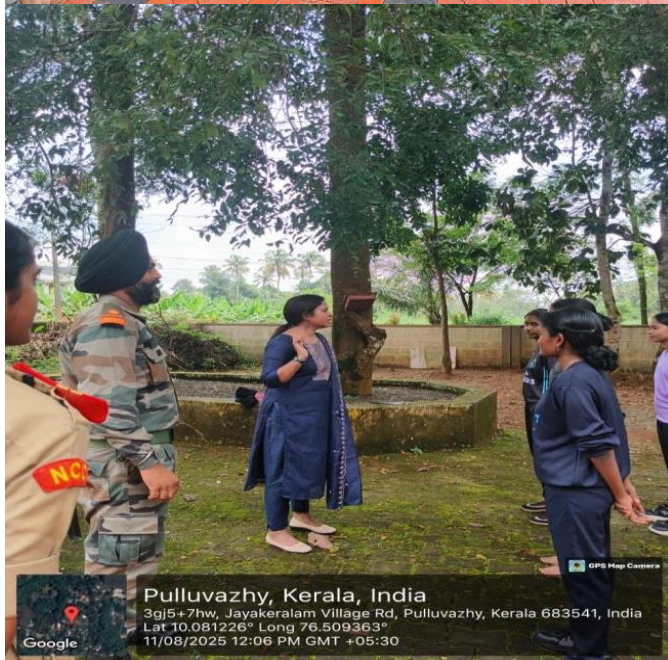
The quiz competition saw enthusiastic participation from students and individuals interested in history and current events. The event provided a platform for participants to learn about the significance of Hiroshima Day and Nagasaki Day and reflect on the importance of promoting peace and nuclear disarmament.



6.Enrolment day -11 August 2025

On 11 August 2025, it was Enrolment Day under the guidance of ANO Sangeetha Rachel Koruth. The event aimed to facilitate a smooth enrolment process for new students and provide them with essential information about the ncc policies, laws regulation and its importance .

The Enrolment Day event was successful in providing new students with a comprehensive understanding of its policies. With our ANO Sangeetha Rachel's guidance, students were able to navigate the enrolment process efficiently, setting them up for a successful academic journey. A thorough verification process to ensure students' documents are in order, facilitating a smooth enrollment process.





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



ENROLMENT DAY

11 August 2025

🕒 11:00 a.m 📍 College Ground

OBJECTIVES OF NCC

- Develop character
- Develop leadership skill
- Promote social service
- Prepare for national service

BENEFITS OF NCC

- Personal Growth
- Career Opportunity
- Social Networking
- Community Service
- National Pride

7. International Youth day, workshop on customized clutch bag -12 August 2025

The customized clutch bag workshop, held on 12 August 2025, serving **UO Devika Vinod**, as a resource person was a resounding success. Participants learned the art of creating stunning, one-of-a-kind clutch bags with personalized touches. Participants engaged in hands-on activities, creating their own customized clutch bags.

The **workshop fostered creativity and self-expression**, allowing participants to bring their unique ideas to life. The skills learned in the workshop could be applied to start a business or create handmade products for personal use or gifting.



8. Independence Day Celebration-15 August 2025

On August 15, our institution celebrated the **79th Independence Day** with great enthusiasm and patriotic fervor. The event commenced with **the hoisting of the National Flag**. A **formation parade** was held, showcasing the discipline and unity of our students .

A **special dance performance** was organized at the **Aluva Metro Station**, where our cadets showcased their talent and spread patriotic fervor among the public. The Independence Day celebration was a grand success, fostering a sense of patriotism and national pride among our students, staff, and the public. The event **served as a reminder of the sacrifices made by our freedom fighters and the importance of preserving our independence.**



Perumbavoor, Kerala, India
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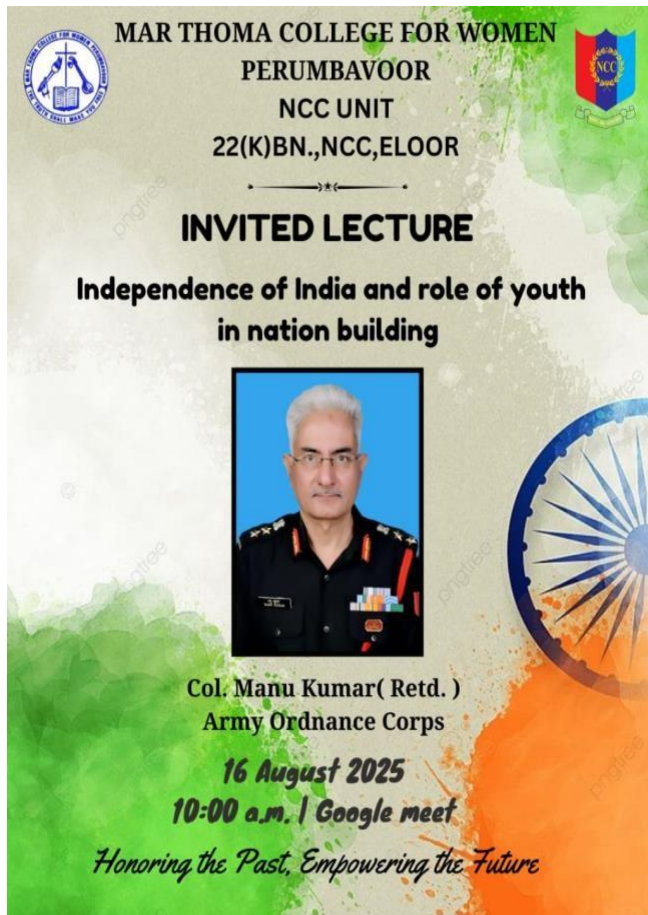




9. Webinar - Independence Day-16 August 2025

On 16 August 2025, a webinar was conducted as part part of Independence day on the topic "**Independence of India and Role of Youth in Nation Building**" with **Col. Manu Kumar**, a retired army officer, as the invited lecturer. The webinar **aimed to educate participants about India's struggle for independence and the crucial role youth play in nation-building.**

The webinar provided a platform for participants to engage with Col. Manu Kumar and gain insights into the significance of independence and the role of youth in nation-building. It inspired participants to take an active role in **contributing to India's growth and development.** The webinar emphasized the vital role youth play in shaping the nation's future, driving innovation, and promoting social change.



10.Ethnic Day-18 August 2025

On 18 August 2025, the NCC unit of our college organized an **Ethnic Day celebration** in association with the **Ek Bharat Shreshtha Bharat (EBSB) club**. The event aimed to **promote cultural exchange and national integration** among students. The Ethnic Day celebration was a grand success, promoting cultural awareness and national integration among students. It **encouraged participants to appreciate India's diversity and fostered a sense of unity and shared identity**

EBSB initiative promotes cultural interaction and national integration by pairing states and encouraging activities such as Students can learn languages spoken in paired states.

Cultural Events: Participating states showcase,their rich heritage and traditions.

Traditional Sports: Exposure to traditional sports of paired states.




MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR


NCC UNIT
 22(K) BN, NCC, ELOOR

In association with
EK BHARAT SHRESHTHA BHARAT CLUB
Presents

CELEBRATION OF ETHNICITY
 - as part of Independence Day celebrations.

18 AUG 2025 | @CENTRAL COURTYARD | 11:15 AM

Unity in Diversity: State Pagaent
 Ethnic celebration of each state at the central courtyard of the college

Competitions

<p> “Dance of Diversity” (State wise ethnic dance competition) TIME: 1:30 PM @AUDITORIUM Participants: Min 2 </p>	<p> “Tradition Revamped” (State wise ethnic walk in ethnic costume) TIME: 2:30 PM @AUDITORIUM </p>
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Dress Code: Traditional / Ethnic Wear

Dr.Letha P Cheryan
 Principal

Dr.Vineed Kumar K
 IQAC Coordinator

Lt.Dr.Sangeetha Rachel Koruth
 Associate NCC Officer





11. World Folklore Day-22 August 2025

On 22 August 2025, World Folklore Day, NCC Cadets had the enriching experience of visiting **Kunnapilly Mana**, a culturally significant traditional Malayalam Brahmin household. The visit **offered a glimpse into Kerala's rich heritage, with its ancient architecture, artifacts, and local legends passed down generations.** The cadets interacted with locals, gaining valuable insights into customs and folklore, and experienced traditional Kerala hospitality and cuisine, making it a memorable and educational experience.

**MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR**

**NCC UNIT
and
DEPARTMENT OF ENGLISH**

കുറുന്നഴിയിലൊന്നാചം...

**Celebration of World Folklore Day
And
Onam Celebration**

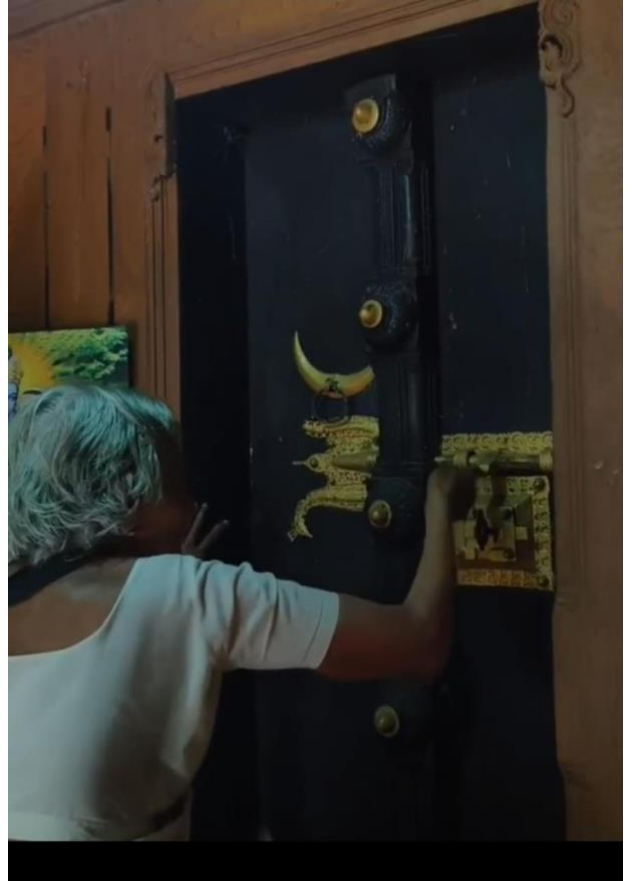
25 August 2025
@Kunnapilly Mana, Ramamangalam
with Leela Antharjanam

**Folklore is an essential part of intangible cultural heritage.
It includes stories, myths, legends, and traditions passed down
through generations.**

**Heritage sites are more than just old
buildings they often carry the stories
and beliefs of the people who lived
there.**

**Together, folklore and heritage offer
a deeper understanding
of a community's history, values,
and identity.**

To know your past is to understand your present and shape your future



12. World Suicide Prevention Day-10 September 2025

On 10 September 2025, World Suicide Prevention Day, NCC Cadets organized a **impactful flashmob** to raise awareness about mental health and suicide prevention. The energetic performance sparked conversations and encouraged students to prioritize their mental well-being, creating a supportive atmosphere that emphasized seeking help and supporting those in need.



13. Gandhi Jayanti 02 October 2025

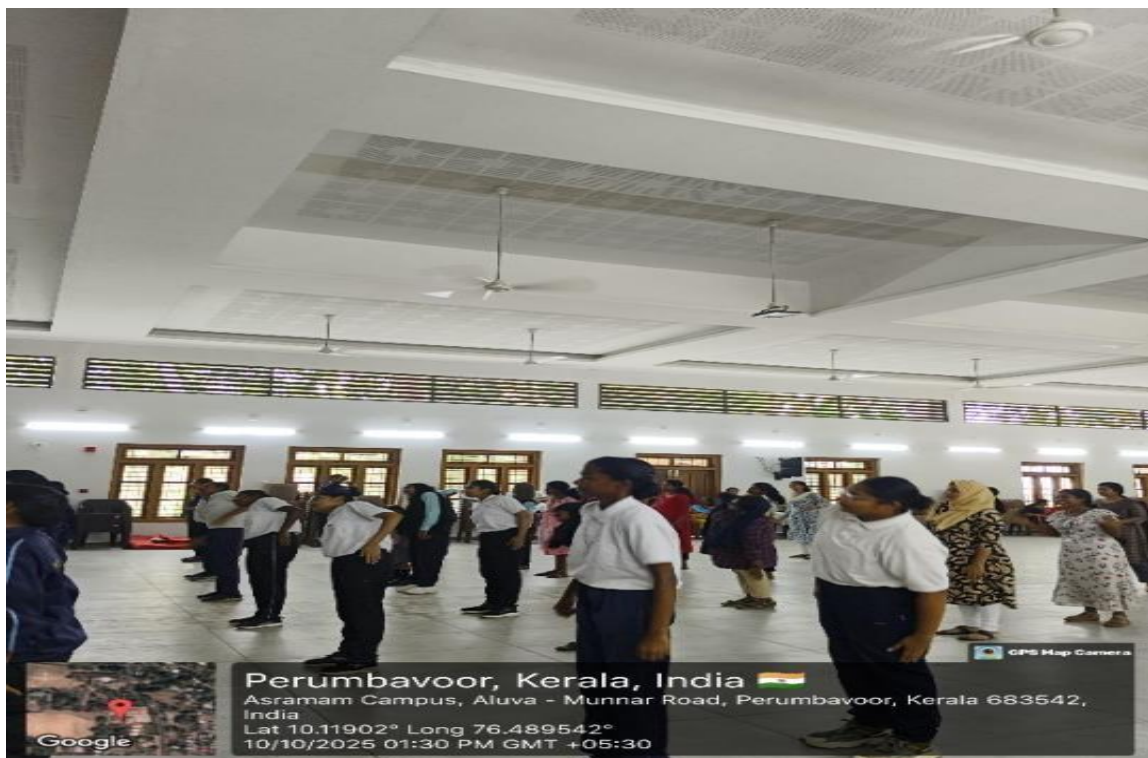
On 2 October 2025, Gandhi Jayanti, NCC Cadets organized a **vibrant drawing and painting competition**, inspiring students to creatively reflect on Gandhiji's values and legacy. The event saw enthusiastic participation, with artworks showcasing themes of truth, non-violence, and social harmony, fostering a sense of unity and patriotism across the campus.

14. Air Force Day-08 October 2025

On 8 October 2025, our NCC cadets organized an informative program to commemorate Air Force Day. The cadets gave knowledge to neighbourhood houses about Indian Army, Navy, Air Force and also made them aware about entries into these forces..

15. World Mental Health Day -10 October 2025

On 10 October 2025, World Mental Health Day, NCC Cadets organized a **fun- filled event featuring games and dance performances that promoted mental well-being and stress relief.** The activities, designed to raise awareness about mental health, encouraged students to prioritize self-care and support one another, fostering a positive and inclusive campus atmosphere.



16.Celebration of 150 years of Vande Mataram-07 November 2025

On 7 November 2025, Our NCC Cadets celebrated 150 years of Vande Mataram with a soul-stirring musical concert. The event featured **patriotic songs and renditions of Vande Mataram**, evoking national pride and unity among the audience. The cadets' initiative commemorated the iconic song's legacy, inspiring a sense of love and devotion for the nation.





17.Childrens Day-14 November 2025

On 14 November 2025, Children's Day, NCC Cadets visited **Government UP School, Aimury**, to celebrate with the young students. The cadets distributed crayons and sweets, bringing smiles to the children's faces. The visit aimed to promote joy and creativity, with the cadets engaging with students through interactive activities, making the day memorable for all.



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Perumbavoor, Kerala, India 🇮🇳
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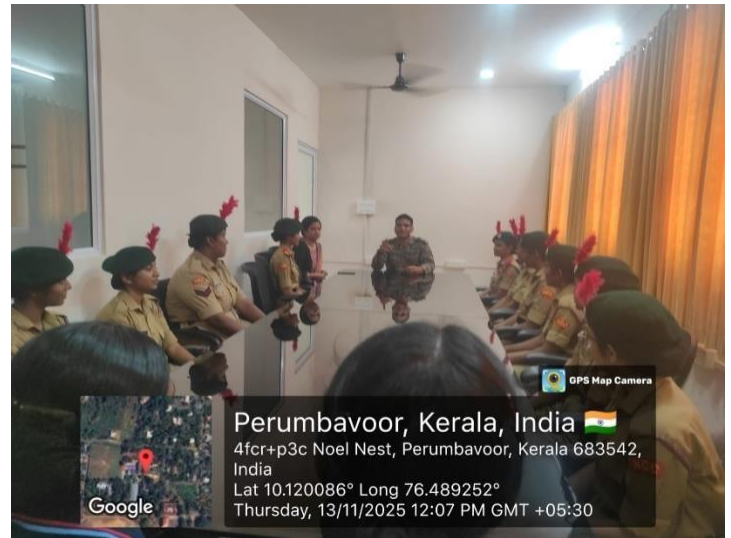
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18. Karudhal Program-22 November 2025

The 'Karudhal Program', a project aimed at serving senior citizens in and around the college campus, was inaugurated on **22 November 2025**, as part of the **77th NCC Day Celebration**. The ceremony was graced by **Major. Dween Paul**, Administrative Officer, 22 Kerala Battalion, and **Prof. Dr. Letha P Cheriyen, Principal**. The initiative reflects the NCC's commitment to community service and social responsibility, providing support and care to the elderly in the community.







19.NCC DAY

As part of the 77th NCC Day celebrations, Mar Thoma College for Women launched **Karuthal**, a **social-service initiative** dedicated to **supporting senior citizens in the community through food distribution, medical assistance, and related care**. The programme was **officially inaugurated by Major Dween Paul, Administrative Officer of the 22 Kerala Battalion., NCC, Eloor**. Continuing their commitment to service, NCC cadets also visited **Snehatheeram, an orphanage**, where they distributed bed sheets. Together, these initiatives **highlight the unit's meaningful impact on the community and reinforce the vital role NCC plays in supporting and uplifting those in need**.

Commemorated the day with inauguration of the project Karuthal - to serve senior citizens in and around the college campus. The unit also **raised an Army Pavilion exhibiting the miniatures and models of items related to Army at the Marthomex exhibition from 26 November - 30 November**






INDIAN ARMY OFFICERS UNIFORMS


CEREMONIAL DRESS

Parades
Military Ceremonies
Indicates: Display regimental identity medals, lanyards, sashes, and ceremonial belt
Shows pride and traditions of the regiment




SERVICE UNIFORM


Office work
formal Meetings
Inspection indicates
Routine duty uniforms, shows rank insignia name plate decorations.



COMBAT UNIFORM


DPM (disruptive pattern material)
Old: Field uniforms
Indicates: Was Standard until 2003
Now replaced by digital camo





NCC

NATIONAL CADET CORPS




The National Cadet Corps is India's premier youth organization. It develops discipline, leadership, teamwork, focus and a strong sense of national responsibility. NCC functions under the Ministry of Defence and trains students through Military-style activities, community service, and adventure programs.

AIMS OF NCC

Develop character, discipline, leadership and a spirit of service among youth.
Build qualities like confidence, responsibility, and patriotism.
Create a pool of trained, motivated young citizens for national service.
Foster unity by bringing youth from diverse backgrounds together.

BENEFITS OF JOINING NCC

Personality Development: Builds confidence, discipline, communication and leadership.
Military Exposure: Basic military training, weapon handling and drill.
Certification (C.A.C.): Valuable for government jobs and defence recruitment.
Direct entry advantages: NCC C certificate helps in job interviews for several forces.
Adventure activities: Trekking, camps, para-sailing, mountaineering, and national integration camps.
Social Responsibility: Participation in social service, disaster relief and community programs.
Career Opportunities: Strong background in defence, police, civil service, and other sectors.



NDA

NATIONAL DEFENCE ACADEMY

The NDA is India's elite training academy for the Army, Navy and Air Force cadets who train together before joining their respective services. It builds discipline, physical endurance, leadership, and academic excellence. Training includes the Vedic system, rifle drill, and team building. The Vedic system aims to instill a sense of duty and devotion in the Indian Armed Forces.

CDS

COMBINED DEFENCE SERVICE

The CDS exam is conducted by UPSC for graduates aspiring to join the Indian Military Academy, Air Force Academy, and Air Force College. It tests candidates for officer training and leadership roles in the armed forces.
Entry after completing graduation.
Pathway to Permanent Commission or short service commission as an officer.

INDIA'S MAJOR MILITARY OPERATIONS

Operation Blue Bird

- Operation Blue Bird was conducted in 1999 to liberate the Indian state of Jammu and Kashmir from Pakistani occupation.
- Launched Operation Blue Bird in response to the Pakistani aggression in the Kashmir valley.
- The first military action was the capture of the Haji Pir Pass.
- Major operations included the capture of the Haji Pir Pass, the capture of the Haji Pir Pass, and the capture of the Haji Pir Pass.
- The operation was successful in liberating the region from Pakistani control.

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20.Armed Forces Veterans Day –14 January 2026

On 14 January, on Armed Forces Veterans Day, NCC cadets **visited retired Army officers** at **Onnam Mile** to honor their service and sacrifices to the nation. The cadets interacted with the veterans, namely **(Retd)Havildar.Thambi M.A.,(Retd) Sub Maj.Rajan C.S.,(Retd) Havildar.K.K. Ali., and (Retd) Naik.Thomas V.V.,**who shared their valuable experiences, memories from military service, and insights on discipline, leadership, and patriotism. The cadets actively participated in the visit, which proved to be inspiring and educational. The event strengthened respect for armed forces veterans and instilled a strong sense of pride and national spirit among the cadets.



(Retd)Sub Maj.Rajan C.S.



(Retd)Havildar K.K.Ali



(Retd)Havildar Thambi M.A.

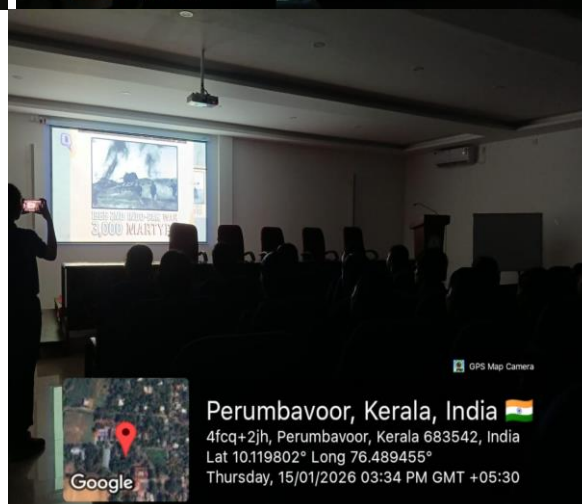


(Retd)Naik.Thomas V.V.

21.Indian Army Day -15 January 2026

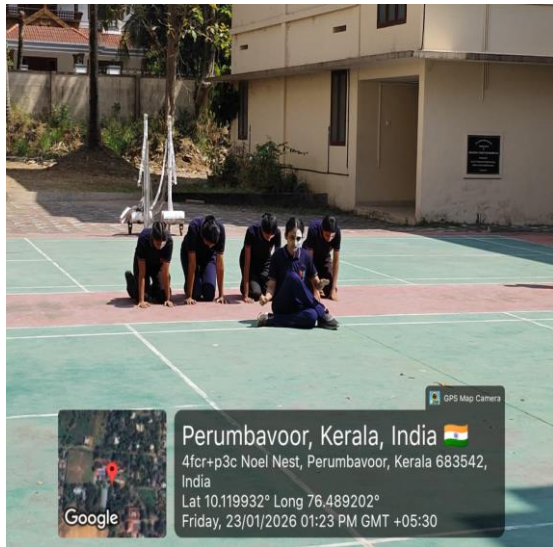
The NCC cadets organized a **video presentation** to celebrate Indian Army Day on 15 January at the college campus. The **event aimed to create awareness among students about the importance, history, and sacrifices of the Indian Army.** The video presentation was shown to the students, highlighting the bravery, discipline, achievements, and dedicated service of Indian soldiers to the nation. The presentation inspired a strong sense of patriotism and respect for the armed forces among the students, and the program was successfully conducted through the coordinated efforts of

the NCC cadets.



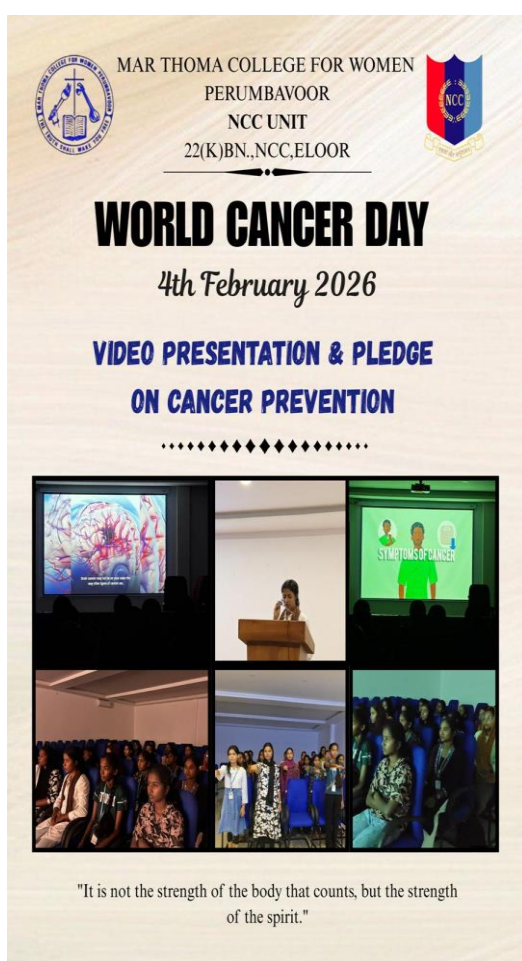
22. Republic Day -26 January 2026

On Republic Day , NCC cadets actively participated in the celebrations and showcased their discipline, patriotism, and dedication through well-organized programs. As part of the Republic day the cadets presented a meaningful mime on based on a patriotic and socially relevant theme, which is ‘**Timeline of independent India**’, effectively conveying powerful messages of national unity, responsibility, and sacrifice through expressive actions and coordinated movements. This was followed by an impressive **Cane Parade** on 26 January, where the cadets demonstrated excellent coordination, precision, and discipline, reflecting the core values of the NCC. The performances were well appreciated by the audience and contributed significantly to the patriotic spirit of the Republic Day celebrations, making the event a memorable and successful one.



23. World Cancer Day-04 February 2026

In observance of World Cancer Day, the NCC cadets organized a **dedicated awareness program centered on education and proactive commitment**. The event began with a **video presentation** that detailed the importance of early detection, the biological mechanisms of the disease, and the global mission to bridge the gap in cancer care. This was followed **solemn oath-taking ceremony**, where cadets pledged to lead tobacco-free lives and act as catalysts for health awareness within their communities. Through these activities, the unit successfully reinforced the spirit of selfless service by empowering cadets with the knowledge to fight the stigma surrounding cancer and promote a healthier future.



24. Pulwama Day -13 February 2026

On the solemn occasion of Pulwama Day, the NCC cadets organized a poignant commemorative ceremony on **13 February 2026** to honor the valiant soldiers who made the ultimate sacrifice in the line of duty. With hearts full of gratitude and respect, the cadets paid a stirring tribute to the martyrs, recalling their unwavering bravery and dedication to the nation's sovereignty. The event served as a powerful reminder of the high price of peace and the selfless service of our armed forces.



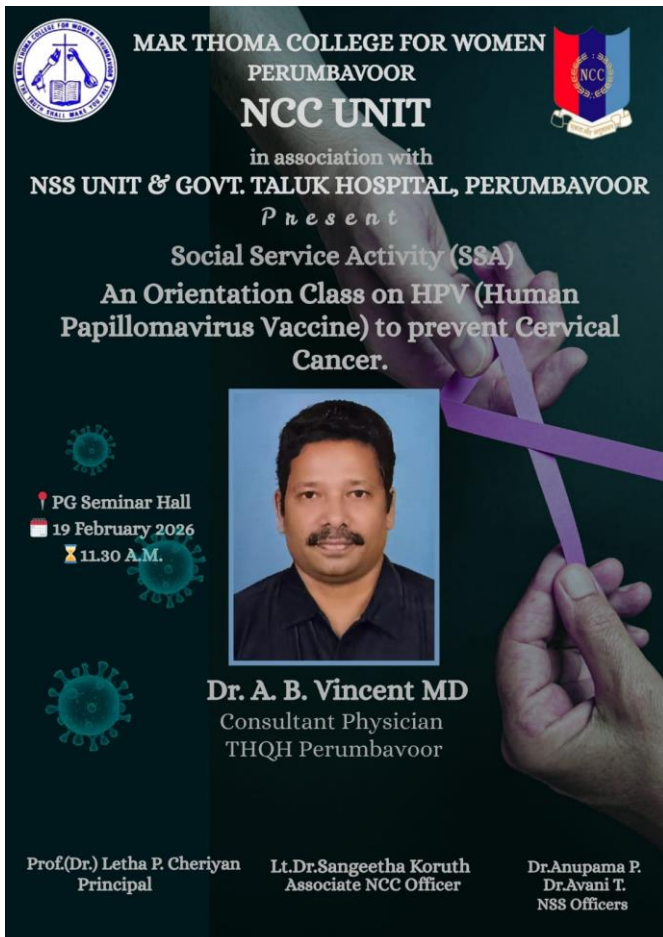


25. An Orientation Class On HPV Vaccine To Prevent Cervical Cancer -19 February 2026

The **National Cadet Corps (NCC)**, in a significant collaborative effort with the **National Service Scheme (NSS)** and the **Government Taluk Hospital, Perumbavoor**, successfully organized a comprehensive orientation class focused on the **HPV (Human Papillomavirus) vaccine and its critical role in preventing cervical cancer**. Held with the objective of fostering health literacy among the youth, the resource person of the day **Dr.A.B.Vincent MD, Consultant physician, THQH Hospital**, detailed the epidemiology of cervical cancer and the life-saving efficacy of early vaccination.

The discourse highlighted that cervical cancer is one of the few cancers that **can be effectively prevented through immunization and regular screening**. Both NCC cadets and NSS volunteers engaged in a vibrant interactive session, clarifying


misconceptions regarding vaccine safety and the ideal age for administration. The active participation of all attendees underscored a collective commitment to public health advocacy, equipping the students to serve as informed ambassadors for cancer prevention within their communities.



MAR THOMA COLLEGE FOR WOMEN
PERUMBAVOOR
NCC UNIT

in association with
NSS UNIT & GOVT. TALUK HOSPITAL, PERUMBAVOOR
Present

Social Service Activity (SSA)
An Orientation Class on HPV (Human Papillomavirus Vaccine) to prevent Cervical Cancer.



Dr. A. B. Vincent MD
Consultant Physician
THQH Perumbavoor

PG Seminar Hall
19 February 2026
11.30 A.M.

Prof.(Dr.) Letha P. Cheriyan
Principal

Lt.Dr.Sangeetha Koruth
Associate NCC Officer

Dr.Anupama P.
Dr.Avani T.
NSS Officers





26.Pipping Ceremony Of Ncc Cadets - 26 March 2026

The NCC unit organized a solemn and prestigious Pipping Ceremony on 26 March 2026, to honor the newly promoted cadets and recognize outstanding achievements within the unit. The ceremony commenced at 11:00 a.m. with an atmosphere of pride and discipline. **Lt. Dr. Sangeetha Rachel Koruth, Associate NCC Officer**, delivered the welcome speech, greeting the dignitaries and emphasizing the importance of leadership and responsibility that comes with the new ranks. **Prof. Dr. Letha P. Cheriyan, Principal, Mar Thoma College For Women**, delivered the presidential address, congratulating the cadets and highlighting the NCC's role in the holistic development of students at the college. The ceremony was graced by **Col. Ramachandran M.K., Commanding Officer, 22(K)BN., NCC, ELOOR**, who performed the pipping for the promoted cadets. In his address, he motivated the cadets to uphold the values of 'Unity and Discipline' and encouraged cadets through his words. Words of encouragement were offered by **Prof. Dr. Vineed Kumar K., IQAC Coordinator, SUO. Anna Paulachan**, and **CSM. Johanna Susan John**, who lauded the hard work and dedication shown by the unit throughout the academic year. Following the pipping, a **Prize Distribution ceremony** was held to reward cadets who excelled in various competitions. This session served as a testament to the

diverse talents within the unit. The event concluded on a high note with a Vote of Thanks delivered by the newly appointed **SUO. Fathimma Nesrin M.S.** She expressed gratitude to the guests, the faculty, and the fellow cadets for making the event a success and pledged to lead the unit with integrity.



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



Pipping Ceremony OF NCC CADETS

26 March 2026 at 11.00am
Venue : PG Seminar Hall

CHIEF GUEST



Col. Ramachandran M.K.
Commanding Officer
22 Kerala Battalion,NCC,Eloor

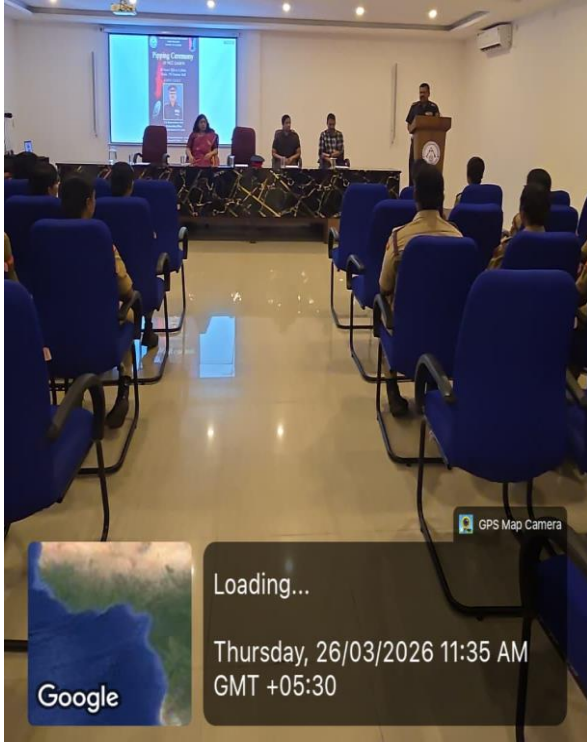
Prof.Dr.Letha P. Cheriyan
Principal

Lt.Dr Sangeetha Rachel Koruth
Associate NCC Officer

SGT.Fathimma Nesrin M.S
Programme Coordinator



GPS Map Camera
Loading...
Thursday, 26/03/2026 11:18 AM
GMT +05:30





ACHIEVEMENTS OF OUR CADETS

CPL.ANANAYA ANILKUMAR



- SELECTED INTER GROUP SPORTS SHOOTING COMPETITION HELD AT MES COLLEGE, ERUMELY FROM 1 JULY 2025 – 10 JULY 2025

SGT.ALFIYA IQBAL



- SELECTED FOR ATC HELD AT FEDERAL INSTITUTE OF SCIENCE & TECHNOLOGY (FISAT), ANGAMALY FROM 30 MAY 2025 TO 08 JUNE 2025.

CPL.ATHULYA MANI



- SELECTED FOR (SNIC-1) ISBT TURA, MEGHALAYA HELD FROM 31 OCTOBER 2025 - 11 NOVEMBER 2025

CDT.GOURI VIMAL



- **SELECTED FOR ATC HELD AT FEDERAL INSTITUTE OF SCIENCE&TECHNOLOGY (FISAT) , ANGAMALY FROM 30 MAY 2025 TO 08 JUNE 2025.**