

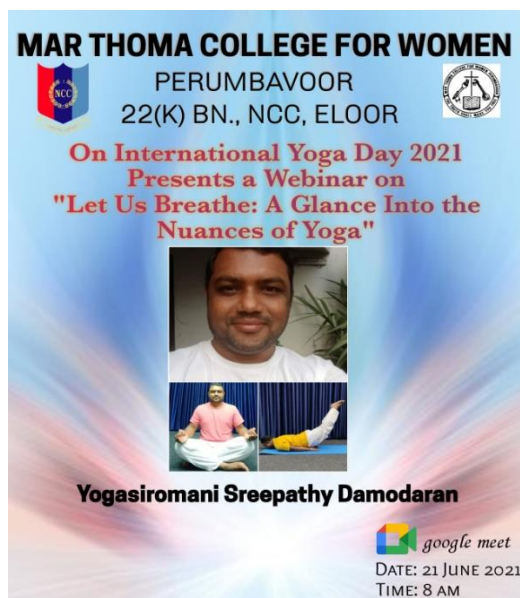
NCC REPORT 2021-22

The NCC unit of the college is spearheaded by Associate NCC Officer Lt. Sangeeetha Rachel Koruth under the aegis of 22 Kerala Battalion, NCC, Eloor. There are 56 Cadets in the unit. Ms. Aathira S Kumar of the Department of Chemistry is the Senior Under Officer; Ms. Deva Ranjini of the Department of Commerce is the Under Officer and Ms. Mayoore M.B is the Junior Under Officer of the unit in this academic year.

Activities -

1) Yoga Day Celebration on 21 June 2021

On 7th International Yoga Day which was celebrated on 21 June 2021, a webinar was conducted with Yogasiromani Sreepathy Damodaran as the resource person. The webinar was on the theme "Let Us Breathe: A Glance Into the Nuances of Yoga." He explained about the benefits of yoga in one's day to day life, and conducted virtual yoga along with the cadets.



2) World Environment Day Celebration

In relation to World Environment Day 2021, the cadets created video which shows the process of planting a sapling in their homes, and explained the importance of it. It was shared in the social media platforms.

3) Moon Day

To observe the Moon Day on 21 July 2021, the cadets created video presentation, held Fiction Competition and News Headline Competition related to it and made innovative posters too.

4) Kargil Vijay Diwas

- In commemoration of Kargil Vijay Diwas, an interactive session was organized with Col. Raj Narayan on 25 July 2021. The cadets made posters and video presentation explaining the history and showed tribute to the heroes who sacrificed their lives on this very day. SGT Daya Das participated in the Kargil Vijay Diwas webinar organized by the Kerala & Lakshadweep Directorate on 26 July 2021.

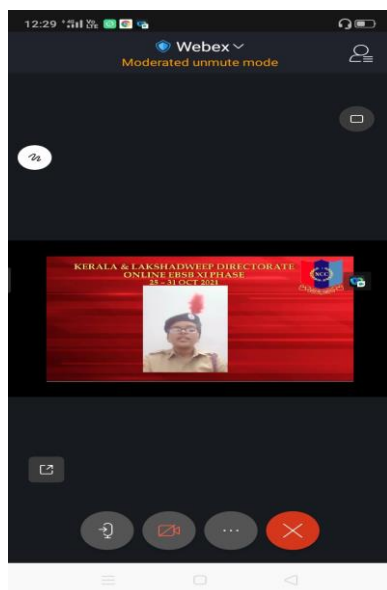


5) Covid Awareness Campaign

The cadets initiated to spread the awareness required during this covid pandemic. They made video talking about the precautions, advising the do's and don't's, to stay safe and take care of each other. It was shared in social media.

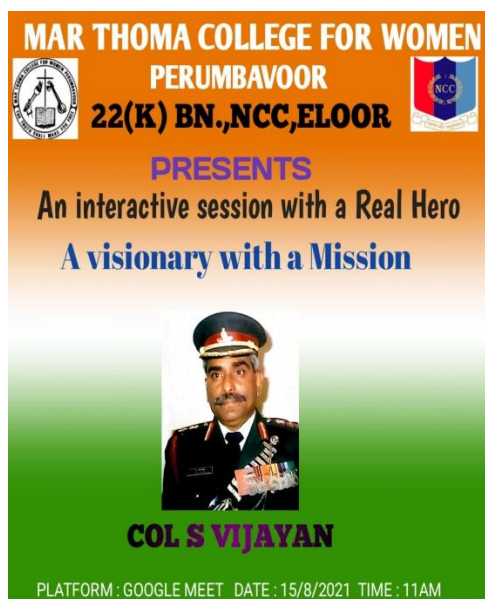
6) EK Bharath Shresht Bharath

The unit celebrated the national programme- EBSB, with SGT Lakshmi Sankar Laiju participating in online EBSB camp conducted by Kerala & Lakshadweep Directorate and Delhi Directorate from 25 October 2021 till 31 October 2021.



7) Independence Day Celebration

With regard to 75th Independence Day Celebration, the cadets participated in the flag hosting ceremony held in the college. They sang the National Anthem and the NCC Song. An interactive session with Col. S Vijayan was conducted on 15 August 2021 with the theme “A visionary with a mission”. He spoke about the careers available in Indian Army, Indian Air Force and Indian Navy, and gave the guidelines to get selected into the defense career. Cadets made posters and video presentation to celebrate the occasion too.



RashtraGaan

Government of India initiated “Rashtra Gaan” encouraging people to sing the Indian National Anthem. The cadets participated and have uploaded the video in the site and received the certificates too.

8) World Ozone Day Celebration

With regard to World Ozone Day 2021, a webinar was conducted under the theme ‘Montreal Protocol and Ozone Healing’ on 16 September 2021. Ms Jisha Jacob, Associate Professor and Head of the Department of Zoology, Newman College, Thodupuzha was the resource person. She spoke about the ozone layer, formation of ozone hole, substances that causes the depletion of ozone and about the Montreal Protocol.



9) Fit India Freedom Run 2.0

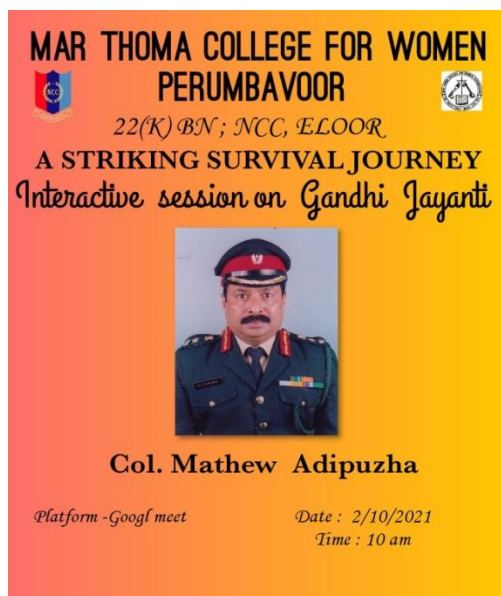
The cadets participated in the Fit India Freedom Run held from 13 August 2021 to 02 October 2021. Approximately 14 cadets participated, and the maximum distance covered by them was 61km. On 01 October 2021, there was a run to celebrate the Fit India Freedom Run 2.0 initiated by IRCS and NSS along with the NCC. The cadets actively participated in the event.





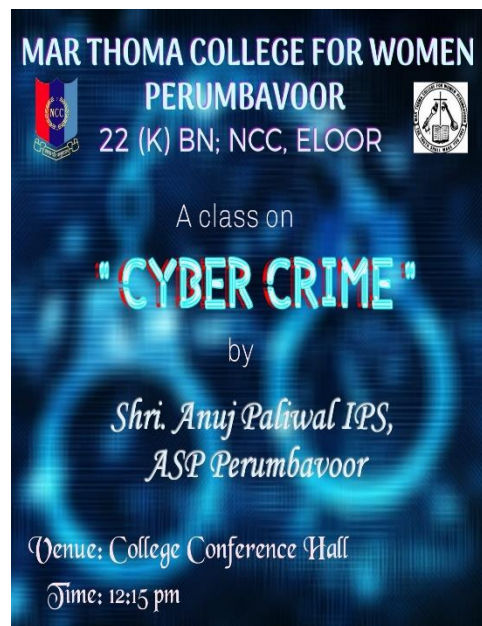
10) Gandhi Jayanti Celebration

To commemorate Gandhi Jayanti, a webinar was conducted on 02 October 2021 under the theme “A Striking Survival Challenge”. The resource person was Col Mathew Adipuzha. He briefed on the historical importance of the day and spoke about NCC and his army life.



11) Webinar on Cyber Crime

Final year NCC cadets initiated to conduct a class on 'Cyber Crime' in the College Conference Hall on 06 October 2021 at 12.15pm. Shri. Anuj Paliwal IPS, ASP Perumbavoor was the resource person. He explained the different ways to use internet and social media securely, and how to protect ourselves from cybercrimes.



12) Felicitation Ceremony of Lt. Sangeetha Rachel Koruth

The NCC Care Taker of the college, Lt. Sangeetha Rachel Koruth, was commissioned as Lieutenant after three months of training in Gwalior on 25 October 2021. A felicitation webinar was conducted to honour her on 27 October 2021 at 7.30pm. The entire college fraternity including the Principal Dr. Sujo Mary

Varghese, former NCC ANO and Principal, Dr. Lizy Cherian, NCC Care Taker, Ms. Sherin T Abraham and all the NCC cadets participated in the programme.

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

HONOURING



Lt.Sangeetha Rachel Koruth
Asst. Prof. Department of English
For being commissioned as
Lieutenant after three months of
training in Gwalior

Date:- 27/10/2021
Time:- 7:30 pm
Platform:- Google Meet

PROGRAMME SCHEDULE

Prayer - LCPL.AMUDHA ALIAS
Welcome Speech - SGT.DAYA DAS
Principal Remarks - Dr. SUJO MARY VARGHESE

FELICITATIONS:

1. Dr.LISY CHERIAN,
Former Principal and ANO
2. Dr GIGI GEORGE,
Former Principal and Head,
Dept of Mathematics
3. Dr ANUPAMA. P,
IQAC Coordinator and Head,
Dept of Physics
4. Sri ELDHO UTHUP,
Representative, Non Teaching Staff
5. SUO.AATHIRA.A.KUMAR
6. CSM.DEVA RANJINI KAVISSERY
7. SGT.LAKSHMI SANKAR LAIJU

RESPONSE Lt. SANGEETHA RACHEL KORUTH
Vote of Thanks - CDT. GADHA KARTHA
Anchor - CPL. NADHIYA KOCHUMON

13) Orientation Seminar 2021

A webinar was conducted on 31 October 2021 at 7pm for giving an orientation class to encourage and motivate the first year students of the college to join NCC and be the responsible citizen of the country, under the leadership of the ANO, Lt Sangeetha Rachel Koruth. The resource person for the day was former SUO of the college, Ms Lakshmi Induchoodan. She shared her experiences as a NCC cadet at the college and, on her participation in NCC activities and achievements.



JOIN NCC

Success doesn't just find you, you have to go out and get it

Here is the opportunity for the first year students of 2021-2024 batch of Mar Thoma College for Women, Perumbavoor to become the responsible citizen of the country.

Join the Orientation class on 31-10-2021

Venue : Google meet

Time : 7 pm

For Queries contact :

SMO Aathira A. Kumar: 77362 75576

CSM Deva Ranjini K: 9447224972



14) Enrollment Day 2021

On 5 November 2021, the enrollment was conducted for the first year students under the leadership of NCC ANO, Lt Sangeetha Rachel Koruth. Total of 30 students were newly selected to the NCC unit of the college.

15) Inauguration of Firing Range and Obstacle Training Facilities

On 13 December 2021, MLA of Perumbavoor, Shri. Eldhose Kunnappally inaugurated Firing Range and Obstacle Training facilities for NCC cadets at the college campus under the presence of the principal Dr. Sujo Mary Varghese; Administrative Officer, Lt. Col. A Rajeevan; Maj. K S Narayanan and Lt. Sangeetha Koruth, Associate NCC Officers. The College chaplain Rev. Daniel Mathew, teaching, nonteaching and retired staff of the college also graced the occasion with their prayers and presence. The college takes pride in building these facilities for the first time in a women's college in Ernakulam district paving a way towards women upliftment and empowerment.







16) **CATC 2021 (Combined Annual Training Camp)**

The first CATC camp at the college was held from 13 December 2021 to 19 December 2021. The camp was held for 7 days for 'C' certificate exam candidates and 5 days for 'B' certificate exam candidates. It was conducted under the aegis of 22(K) Battalion, Eloor. Approximately 312 students participated in the CATC Camp. Lt.Col A Rajeevan served as Camp Commandant, Maj. Narayannan served as Camp Adjutant, and Lt. Sangeetha Rachel Koruth served as Coordinating Officer Cum Instructor.







17) Blood Donation Camp

A blood donation camp was organised in the college under the aegis of 22 K. BN. NCC, ELOOR. It was inaugurated by AO Lt. Colonel Rajeevan and ANO of U. C college, Maj K.S Narayanan. The blood donation camp was organized in association with Blood Bank, Aluva.



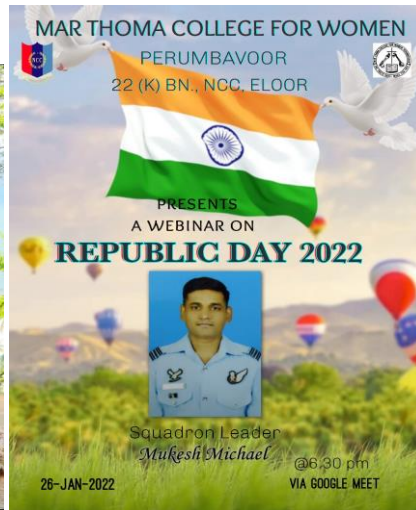
18) Mask Donation

The 320 masks stitched by the cadets as part of “Mask Making Project” were handed over to Balika Mandhiram, an orphanage in Perumbavoor by Subedar Major N. Manoj and Maj. Narayanan along with the ANO of the college, Lt. Sangeetha Koruth, and SUO Aathira S kumar .



19) Republic Day Celebration 2022

On 26 January 2022 the NCC unit of the college paid their respect to the constitution with the unfurling of the national flag by the principal Dr. Sujo mary varghese and Ano Lt. Sangeeta Rachel Koruth. As part of this day a webinar was also conducted with Squadron Leader Mukesh Micheal as the resource person.





20) Inter Unit Sports Shooting Championship Camp for NCC Cadets 2022

An Inter Unit Sports shooting camp was conducted by 22 (K) Battalion, Eloor in the Mar Thoma College for Women from 24 March 2022 to 30 March 2022. Lt.Col Rajeevan served as Camp Commandant and Lt. Sangeetha Rachel Koruth served as Camp Adjutant. The Camp also witnessed the surprise visit of Group Commander Commodore. Hari Krishnan. Approximately 80 cadets participated in the camp. Two of the cadets of the college, SGT. Lakshmi and Laiju and LCPL. Divya Sivan won the first stage of the selection.



4F9Q+C83, Perumbavoor, Kerala 683543, India

Latitude
10.118841666666667°

Longitude
76.48800666666666°

Local 09:19:16 AM
GMT 03:49:16 AM

Altitude 9.3 meters
Wednesday, 03-30-2022



4F9Q+C83, Perumbavoor, Kerala 683543, India

Latitude
10.118903333333332°

Longitude
76.48799833333334°

Local 09:18:49 AM
GMT 03:48:49 AM

Altitude 2.1 meters
Wednesday, 03-30-2022



4F9Q+C83, Perumbavoor, Kerala 683543, India

Latitude
10.118906666666668°

Longitude
76.48802°

Local 09:19:02 AM
GMT 03:49:02 AM

Altitude 7.9 meters
Wednesday, 03-30-2022



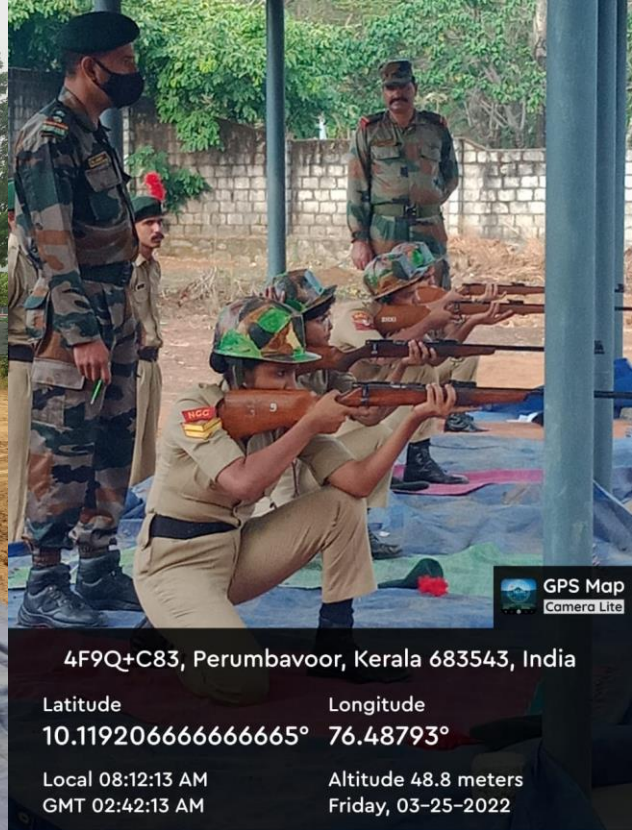
4F9Q+C83, Perumbavoor, Kerala 683543, India

Latitude
10.119046666666666°

Longitude
76.48805833333333°

Local 09:38:04 AM
GMT 04:08:04 AM

Altitude 11.3 meters
Wednesday, 03-30-2022



4F9Q+C83, Perumbavoor, Kerala 683543, India

Latitude	Longitude
10.119206666666665°	76.48793°

Local 08:12:13 AM	Altitude 48.8 meters
GMT 02:42:13 AM	Friday, 03-25-2022



4F9Q+C83, Perumbavoor, Kerala 683543, India

Latitude	Longitude
10.119133333333334°	76.48812166666667°

Local 08:10:54 AM	Altitude 42 meters
GMT 02:40:54 AM	Friday, 03-25-2022



ACHIEVEMENTS OF THE CADETS

- CPL Abhisree Prakash showed a remarkable performance in MG University cycling championship held in August 2021.
- CSM Deva Rajini Kavissery has been selected from Ernakulam Group for Pre-Inter Group Competition for Best Cadet Competition (Pre-IGC) in Thrissur which was held from 12 October 2021 to 19 October 2021. She was also cash awarded for her exemplary contribution in the inter- directorate digital forum competition which has played a vital role in achieving the first position in the competition.
- LCPL Abhirami Prakash got selected to Kerala State Mountain Cycling Team this year.
- SGT. Lakshmi Laiju was selected for Shooting Competition from 22 K Battalion in the inter-group competition.

