

## NCC REPORT 2022-23

### INTERNATIONAL YOGA DAY

On 21 June 2022, NCC unit of the college began its official activities by celebrating 8th International Yoga Day. A yoga training session was conducted in which all the cadets participated with great enthusiasm. Three resource persons came from Patanjali Yoga Training and Research Centre (PYTRC). They explained about the benefits and importance of yoga in our day to day life. The cadets took initiative to perform yoga dance and to arrange competitions like plank challenge and yoga posture photo contest. Many NCC cadets and students from the college participated in the plank challenge. This challenge helped to instill in them the spirit of sportsmanship.





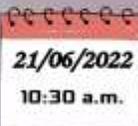

**MAR THOMA COLLEGE FOR WOMEN**  
 PERUMBAVOOR  
 Affiliated to M G University & reaccredited "B+" by NAAC

**DEPARTMENT OF PHYSICAL EDUCATION**  

**NCC & NSS Units**


Present

**INTERNATIONAL YOGA DAY**  
**CELEBRATION 2022**  
**YOGA FOR HUMANITY**


**21/06/2022**  
**10:30 a.m.**

**VENUE :**  
**COLLEGE AUDITORIUM**


**MAR THOMA COLLEGE FOR WOMEN**  
 PERUMBAVOOR

**NCC UNIT**


**22 (K) BN., NCC, ELOOR**

**PLANK CHALLENGE**  
*YOGA DAY CELEBRATIONS 2022*

**DATE : 21/06/22**  
**TIME : 12:00 P.M.**

**Venue : Auditorium**


**MAR THOMA COLLEGE FOR WOMEN**  
 PERUMBAVOOR

**NCC UNIT**


**22 (K) BN., NCC, ELOOR**

**YOGA POSTURE**  
**PHOTO CONTEST**  
**WINNERS WILL BE REWARDED**

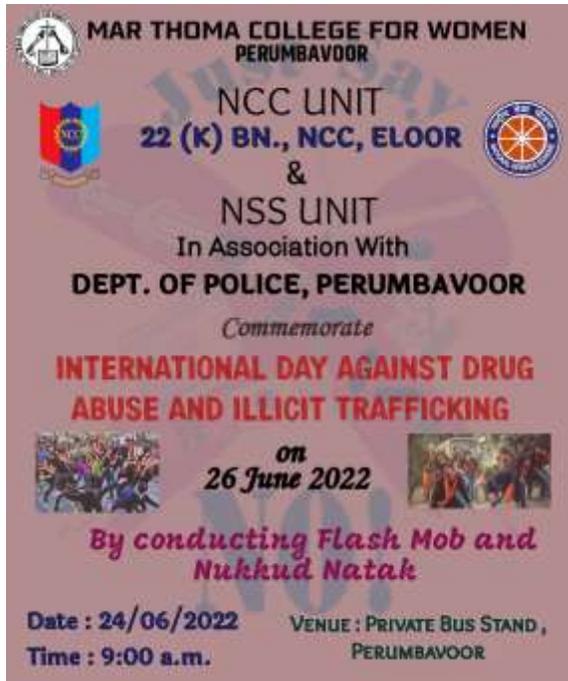
**GENERAL RULES :**  
 (1) Participants must mention their name and department.  
 (2) Participants must mention the name of posture.  
 (3) Last date for sending the entries is 21/06/2022.

Send your entries to :  
 9037199370 (Eathal K.T)  
 7560943653 (Niranjana)



## INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILLICIT TRAFFICKING

On 24 June 2022, to commemorate the International day against drug abuse and illicit trafficking, NCC cadets in association with the Department of Police demonstrated a nukkat natak (street play) at new private bus stand Perumbavoor. It is believed that the efforts of NCC cadets were able to create awareness about the ill effects of using drugs.



**MAR THOMA COLLEGE FOR WOMEN  
PERUMBAVOOR**

**NCC UNIT  
22 (K) BN., NCC, ELOOR  
&  
NSS UNIT**

In Association With  
**DEPT. OF POLICE, PERUMBAVOOR**

Commemorate  
**INTERNATIONAL DAY AGAINST DRUG  
ABUSE AND ILLICIT TRAFFICKING**

on  
**26 June 2022**

By conducting *Flash Mob and  
Nukkad Natak*

Date : 24/06/2022      VENUE : PRIVATE BUS STAND,  
Time : 9:00 a.m.      PERUMBAVOOR





4F7F+XM8, Aluva - Munnar Rd, Perumbavoor, Kerala 683542, India

Latitude

10.1149337°

Longitude

76.474188°

Local 09:20:42 AM

GMT 03:50:42 AM

Altitude -71.7 meters

Friday, 06-24-2022

GPS Map  
Command 1022



Perumbavoor Town Bus Stand, SH 16, Perumbavoor, Kerala 683542, India

Latitude

10.1149906°

Longitude

76.4742313°

Local 09:21:28 AM

GMT 03:51:28 AM

Altitude -71.6 meters

Friday, 06-24-2022

GPS Map  
Command 1022



4F8F+6J4, Perumbavoor, Kerala 683542, India

Latitude

10.11566°

Longitude

76.47403333333334°

Local 09:19:59 AM

GMT 03:49:59 AM

Altitude 71.8 meters

Friday, 06-24-2022



4F7F+XM8, Aluva - Munnar Rd, Perumbavoor, Kerala 683542, India

Latitude

10.1149622°

Longitude

76.4742253°

Local 09:22:49 AM

GMT 03:52:49 AM

Altitude 71.6 meters

Friday, 06-24-2022



4F7F+XJ7, Perumbavoor, Kerala 683542, India  
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 GMT 03:48:52 AM Friday, 06-24-2022



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 GMT 03:50:55 AM Friday, 06-24-2022



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Perumbavoor Town Bus Stand, SH 16, Perumbavoor, Kerala 683542, India

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Perumbavoor Town Bus Stand, SH 16, Perumbavoor, Kerala 683542, India

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GMT 03:51:23 AM Friday, 06-24-2022

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

**INTERNATIONAL DAY AGAINST  
DRUG ABUSE AND ILLICIT  
TRAFFICKING**

**PIPING CEREMONY**

On 13 June 2022, NCC unit of the college organised piping ceremony. The new office bearers are as follows;

**SUO** Lakshmi Sankar Laiju

**UO** Daya Das P.K

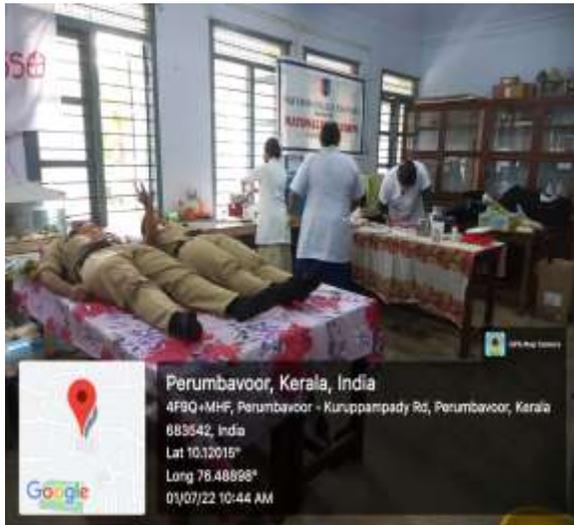
**CSM Gadha G Kartha**  
**CQMS Amudha Alias**  
**SGT Lakshmi Sasidharan**  
**SGT Niranjana B Nair**  
**CPL Abhirami Prakash**  
**CPL Abhisree Prakash**  
**CPL Safiya T.S**  
**CPL Binciya Mujeeb**  
**LCPL Divya Sivan**  
**LCPL Manju Mani**  
**LCPL R Anjalikrishna**  
**LCPL Aleena Paul**  
**LCPL Aleena Alex**  
**LCPL Navya Sreedharan**





## **BLOOD DONATION CAMP**

As a part of World Blood Donor Day, NCC unit of the college in collaboration with NSS, YRC and Health Club arranged a blood donation camp on 1 July 2022. Many NCC cadets came forward for donating blood and many actively participated in volunteering too.





## **KARGIL VIJAY DIWAS**

On 26 July, to celebrate the victory of the Indian Armed Forces in Operation Vijay, NCC cadets of the college performed a theme dance showcasing the victorious war of Kargil. They paid a tribute to the martyrs and brave heroes of the war on this very day. The cadets portrayed the life of soldiers, the hardships they faced and also about their enormous contributions for the country.

**MAR THOMA COLLEGE FOR WOMEN**  
PERUMBAVOOR

**NCC UNIT**  
**22 (K) BN., NCC, ELOOR**

# KARGIL VIJAY DIWAS

*Remembering the brave soldiers who won the Kargil War on this day in 1999...*

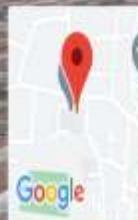
**Went Fought Conquered**





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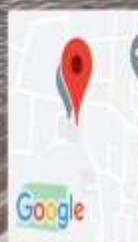
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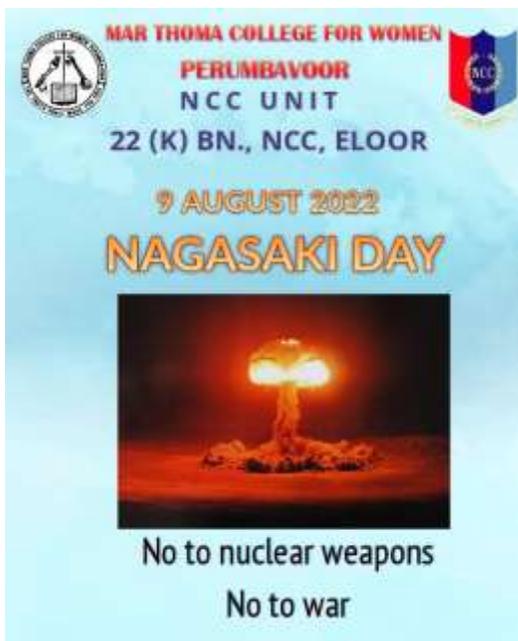
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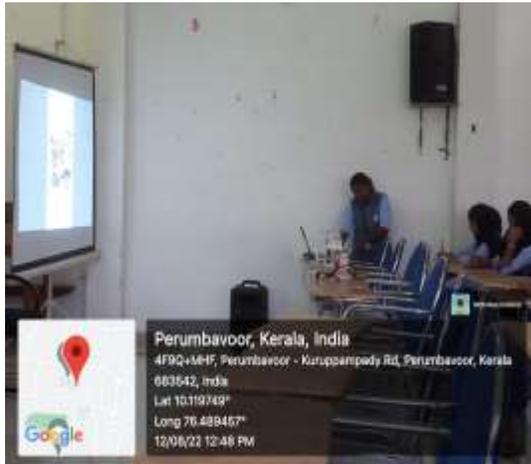
## NAGASAKI DAY

To observe Nagasaki Day on 09 August 2022, cadets created a video presentation. They also made Sadako bird which symbolises honour, good fortune, loyalty and longevity.



## PARTITION HORRORS REMEMBRANCE DAY

On 12 August 2022, to commemorate the Partition Horrors Remembrance Day the NCC cadets along with the NSS unit presented a video which depicted the victims and the sufferings of people during the partition of India. It was a way to remind the trauma, struggles and sacrifices of our citizens during the period of partition.





## INDEPENDENCE DAY

On 15 August, the NCC unit celebrated the 75 th Independence Day ,NCC cadets of the college participated in the flag hoisting ceremony held in the college.They demonstrated NCC parade and also sang national anthem and NCC song. Cadets were also engaged in poster and video making .The NCC unit of the college conducted a national webinar on the topic " 75 th year of Independence of India and its relevance".Resource person Lt. Cdr. Ashwanth P (Redt) Indian Navy spoke about his experiences as a Naval officer and also explained about the role NCC has played in his life to mould him into a great officer



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

Presents  
**National Webinar on  
75th year of Independence of  
India and its relevance today**



**Lt. Cdr. Ashwanth P (Retd.)  
Indian Navy**

Date: 15 AUGUST 2022  
Time: 7:30 pm  
Platform: Zoom

**NATION FIRST, ALWAYS  
FIRST**



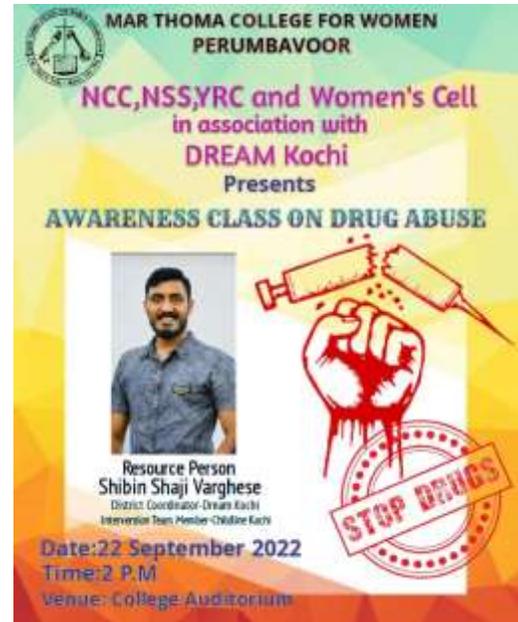


### **AWARENESS CLASS ON DRUG ABUSE**

On 22 September, NCC, NSS, YRC and Women's Cell in association with IQAC and DREAM Kochi organised an awareness class on Drug abuse. Mr. Shibin Shaji Varghese served as the resource person in which he talked on the negative effects of drug on human body and also about the different types of addiction one can have. He also shared numerous tips that would help one to get rid of those addictions. He also offered help on behalf of Dream Kochi for the ones who suffer from the use of drugs. This class is sure to provide an awareness against the ill effects of

using

drugs.





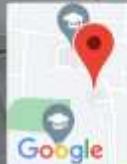
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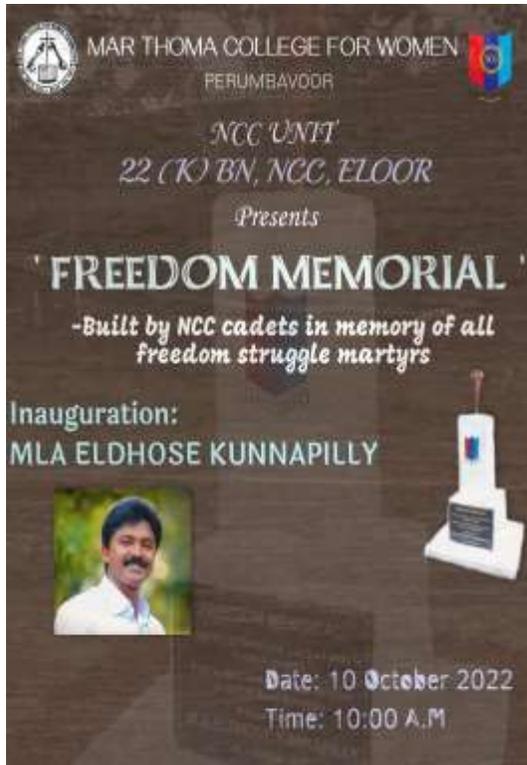
## GANDHI JAYANTI

On 02 October , NCC unit of the college celebrated Gandhi Jayanti. The cadets organised a poster making competition on the theme "Gandhi and Freedom Struggle".



## FREEDOM MEMORIAL

As a part of Azadi Ka Amrit Mahotsav ,the NCC Unit of the college built a freedom memorial in memory of all the freedom struggle martyrs. It was inaugurated by honoured MLA Mr. Eldhose Kunnappilly on 10 th October. The freedom memorial stands as a symbol which amplifies the hardships that many faced during the freedom struggle. It is sure to provide a sense of nationality and patriotism in the minds of cadets.



### **FREEDOM ART MUSEUM**

On 10th October NCC Unit of the college created a freedom art museum which was inaugurated by respected MLA Mr. Eldhose Kunnappilly. Cadets through their hardwork and unity were able to give their best through this work. They were able to create many models such as war tanks, war ships, fighter planes, canon, freedom fighters collage, charka etc.



### **ANTI DRUG CAMPAIGN**

On 10 October, NCC Unit of the college in association with NSS organised an anti drug campaign 'VIMUKTHI'. Respected MLA Mr. Eldhose Kunnappilly officially inaugurated the campaign. He spoke on the harmful effects of drugs and also asked the students to work for the eradication of drugs from the society.

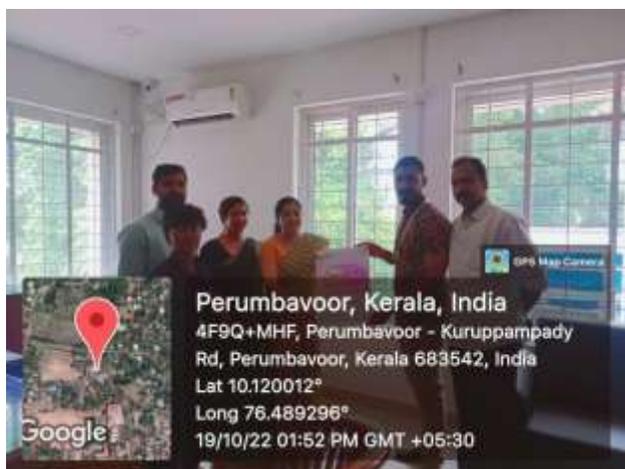


### **MAKE A REEL CONTEST**

On 9 October 2022, NCC unit of the college in association with Dream Kochi organised a flashmob on the theme of drug abuse. The cadets through this were able to portray the issues a drug addict could face. Mr. Shibin Shaji Varghese, district coordinator of Dream Kochi also

inaugurated their new initiative 'MAKE A REEL CONTEST' in the presence of ANO Lt. Dr. Sangeetha Rachel Koruth. He asked the students and teachers of the college to actively participate in the contest thus spreading awareness on drug abuse.





## **ENROLLMENT**

On 14 October 2022 , official selection of first year cadets were held in the presence of Associate NCC Officer Lt. Dr. Sangeetha Rachel Koruth and Senior Under Officer Lakshmi Sankar Laiju. Total of 25 students were selected to the NCC unit of the college.

## **STREET PLAY**

On 20 October 2022 , NCC unit of the college organised a street play and flash mob to spread the message against drug abuse among migrant labourers in Perumbavoor town. The cadets performed the play on Bhai Bazaar and Plywood factory. The cadets were able to give awareness about the harmful effects of using drugs. All the cadets and migrant labourers pledged that they won't encourage the use of drugs.





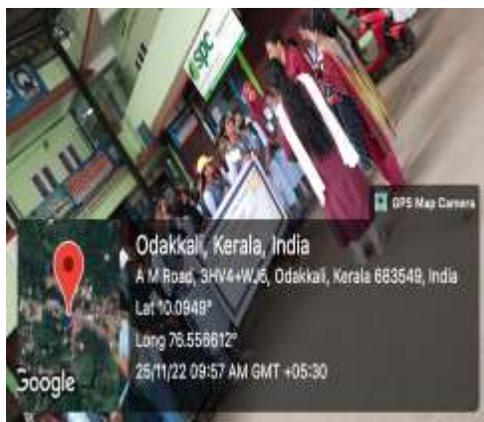
## **DAY AT SEA**

As a part of Navy day and NCC day celebrations on 27 November 2022 , UO Daya Das P.K, CSM Gadha G Kartha and CQMS Amudha Alias got an opportunity to sail onboard on INS SUJATHA on 21 November 2022. The cadets were able to be a part of various seamanship evolutions. The day at sea was aimed at familiarising the cadets with life onboard ship and motivate them to join Indian Armed Forces.



## **SURVEY**

As a part of Unnat Bharat Abhiyan on 25 November 2022 , NCC cadets of the college conducted a survey at Ashamannur Grampanchayat. The survey aimed at understanding the needs of people in the village. Cadets covered a total of 150 houses from 14 wards. Necessities of the villagers such as street lights and water scarcity were reported to the officials.



## NCC DAY

On 27 November 2022, to celebrate the 74th NCC Day, the NCC unit of the college visited Government U.P School Aimury. Seminars on 'First Aid' and 'Joining NCC and Armed Forces' were conducted. The NCC unit of the college with the aid of other college staff and students were able to provide 50 steel plates and sports items to the students. The visit of NCC cadets served as an inspiration to the students of the school to join NCC and to get awareness on many aspects of joining Defence forces.



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Kavumpuram- Canalkavala Rd, Perumbavoor, Kerala  
683543, India  
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Long 76.493358°  
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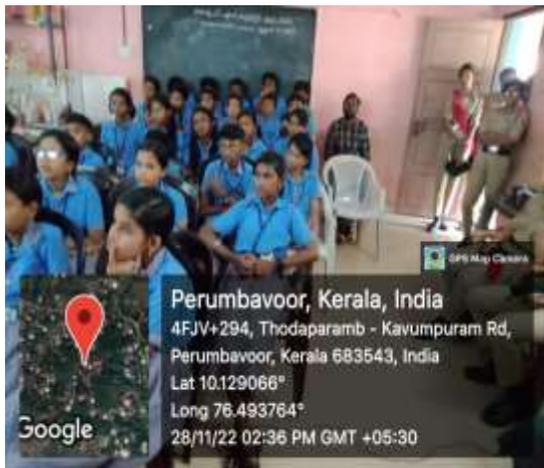
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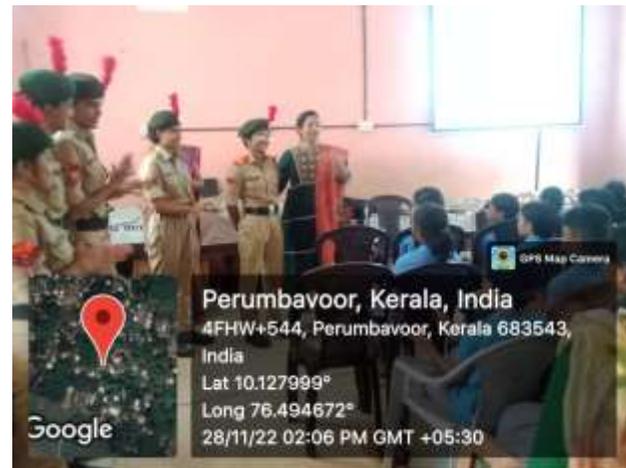
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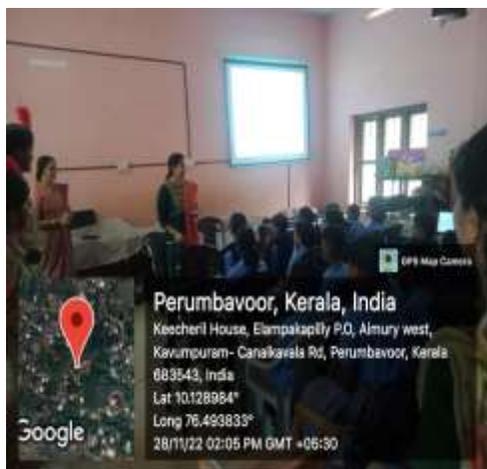
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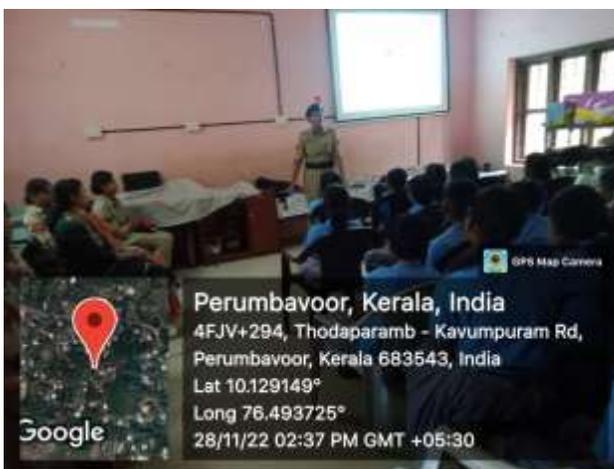
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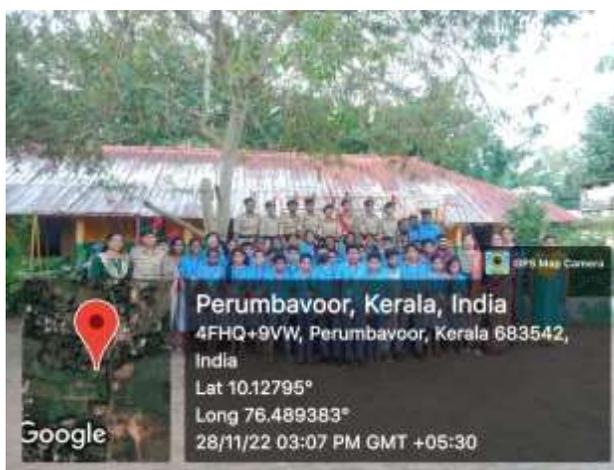
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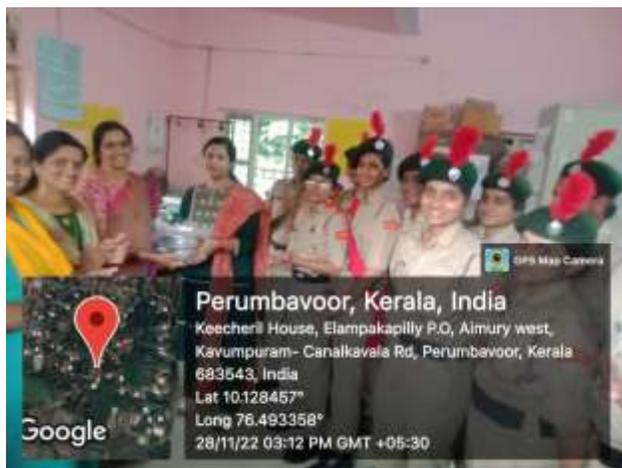
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## WORLD AIDS DAY

On 1 December 2022, NCC unit of the college organised a flash mob along with NGO Rajagiri to create an awareness on aids among the migrant labourers of Perumbavoor. The cadets

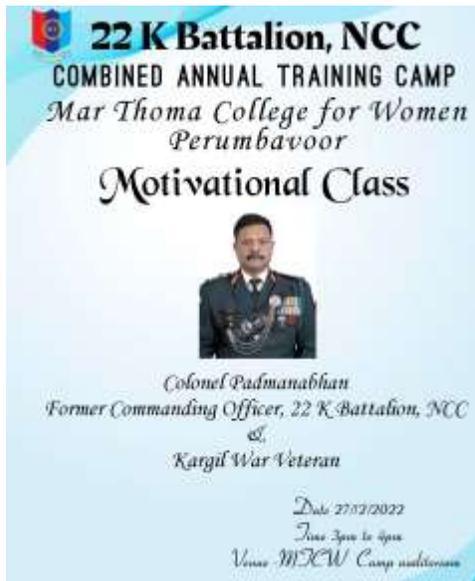
depicted how the diseased are isolated from the society and asked them not to do so. Cadets were able to make them understand the need of supporting the diseased.



### **CATC 2022 (Combined Annual Training Camp)**

CATC camp at Mar Thoma College for Women, Perumbavoor was held from 23 December to 30 December 2022. It was conducted under the aegis of 22(K) Battalion, Eloor. Approximately 556 students from various colleges and schools participated in the camp. Lt. Col. Vikrant Adhikari served as the Camp Commandant, Major S Sreenivasan served as the Camp Adjutant and Lt. Dr. Lisha P, Lt. Dr. Sangeetha Rachel Koruth, Lt. Akhil, Lt. Vinumon served as the Camp Instruction Officers. Three seminars were conducted during the camp: 'Interactive session with NCC cadets on drug abuse' by Ebrahim K.S (Preventive Officer, Excise Division Officer, Ernakulam), Motivational Class by Col. Padmanabhan (Former Commanding Officer, 22 (K) Battalion, NCC and Kargil War Veteran) and Motivational Class by Mr. Vivek Kumar IPS. Cultural programmes were conducted during the camp which enhanced the confidence level of cadets. These activities help to foster the team spirit and a sense of responsibility among the

cadets. The camp was aimed at giving basic training in arms to the cadets and also to inbuild in them the qualities of integrity, punctuality, discipline as well as for their physical and mental development. The camp helped in providing practical knowledge in various fields such as obstacle training, drill and weapon training. The camp also helped in motivating the cadets to join the armed forces.

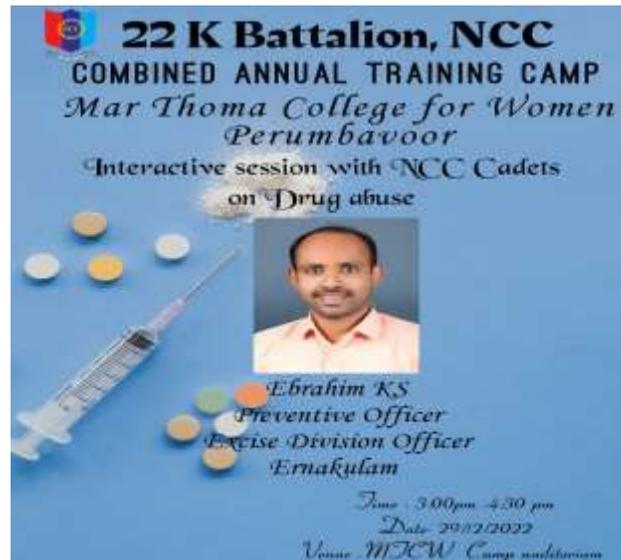


**22 K Battalion, NCC**  
COMBINED ANNUAL TRAINING CAMP  
*Mar Thoma College for Women*  
*Perumbavoor*  
**Motivational Class**



*Colonel Padmanabhan*  
*Former Commanding Officer, 22 K Battalion, NCC*  
*&*  
*Kargil War Veteran*

*Date: 27/12/2022*  
*Time: 3pm to 4pm*  
*Venue: MCKW Camp auditorium*

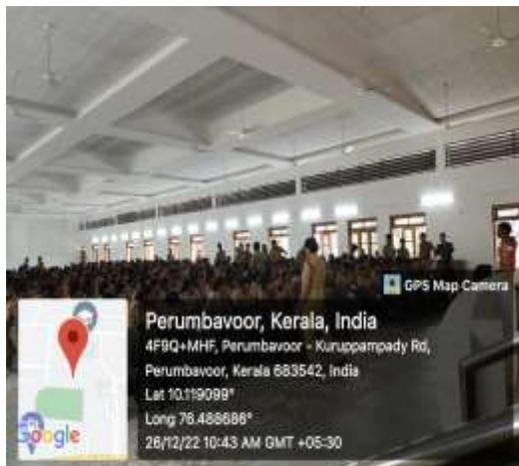


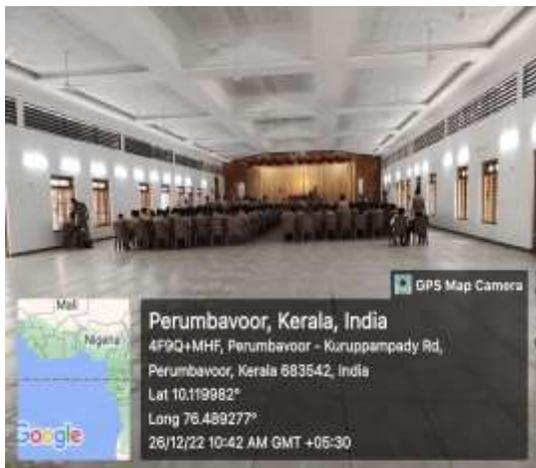
**22 K Battalion, NCC**  
COMBINED ANNUAL TRAINING CAMP  
*Mar Thoma College for Women*  
*Perumbavoor*  
**Interactive session with NCC Cadets**  
**on Drug abuse**



*Ebrahim KS*  
*Preventive Officer*  
*Excise Division Officer*  
*Ernakulam*

*Time: 5:00pm - 4:30 pm*  
*Date: 29/12/2022*  
*Venue: MCKW Camp auditorium*







## **REPUBLIC DAY**

On 26 January 2023 , NCC unit of the College celebrated Republic Day. The day began with the unfurling of the national flag by Principal Dr. Sujo Mary Varghese , followed by the republic day message by ANO Lt. Dr. Sangeetha Rachel Koruth. Cadets demonstrated guard of honour, formation parade and sang ncc song and national anthem.



