

ANTI-TOBACCO DAY CELEBRATION

In co-ordination with Indian Dental Association (IDA) the NCC unit celebrated Anti-tobacco day on 4th June 2017. The programme started at 8 30 from PBM hospital at Meenagadi. The programme contained 10 km marathon race for men and 5 km race for women. NCC cadets were stationed at different places throughout the distance. After the marathon race there was a

anti tobacco rally at SulthanBathery. After that the cadets reached the municipal town hall for inauguration function. Mr I C Balakrishnan MLA inaugurated the function. After the inauguration there was a seminar about bad effect of tobacco and winners of marathon race was awarded.



BASIC LIFE SUPPORTING PROGRAMME

A team of five officials from DM WIMS HOSPITAL, Meppadi conducted the class after the parade. During morning parade session basic drill training and a lecture class conducted for NCC cadets on the based on the syllabus of NCC 'B' and 'C' exams. After these parade session Mr Girish Unnikrishnan headed the class on

emergency medicine. Different steps to be taken in emergency medicine are explained. A practical session on steps to be take in emergency was included, Rescue techniques in care of cardiac arrest also explained. The 3 hour class was very useful to each cadets.



CAMPUS CLEANING

The NCC unit of Mary's college conducted a campus cleaning on 10th June 2017. The programme was inaugurated by Dr Sheba M Joseph, principal of St Mary's college and ANO Lt Pramod K S was lead the programme. The NCC cadets cleaned the campus and its premises and converted it into plastic free

region. Separate waste bin for collecting plastic waste and food waste was placed throughout the campus. The active participation of cadet made other students to realize about the need to keep our campus free



INDEPENDENCE DAY PARADE

As a preparation of ID parade our cadets attended 3 day parade practice conducted by the district administration department on 15 Aug 2017 . Our 31 cadets were participated under the leadership of SGT Aravind S, the honorable minister Sri. Kadannapalli Ramachandran hosted the flag and received the salute. The various platoon were awarded for there excellent performance.



INTERNATIONAL YOGA DAY

In accordance with international yoga day . NCC unit of St mary's college conducted a four day programme. On the first 3 days 18,19,20 of June 2017,The cadets stayed back after class, They practiced yoga under the guidance of Mr. Gopinathan , On 21st The cadets reached the college at 7.30 am and performed yoga.



NAAC VISIT

The national assessment and accreditation council members visited our college on 25th and 26th of September 2017 as the part of reaccreditation to college. Guard of honor was given to the officials on 25th day of September during the welcome ceremony at 9am. Senior Under Officer Anugrah NP was the Guard commander. Three members consisting the officials visited NCC room on the same

day. And gave a good remark about the activities run by the Unit of St. Mary's College.

The days of Parade conducted in the relation with the NAAC visit on 21st, 22nd and 23rd of September Thursday, Friday and Saturday respectively. In addition to drill weapon training – Kolna aur Chodna of LMG and SLR were taught by two PA staffs ; Shankar and Prakash Thapa of 30(k) Batalian. All cadets practiced Salami Shastr.



NAVAL VISIT-KOCHI

NCC CADET of ST.MARY'S COLLEGE has received a golden opportunity to visit southern naval command head quarters , KOCHI at 30th January 2018. There were 102 cadets . The journey was accompanied by associate NCC officer of our college Lt . Dr Pramod K S and two supporting staffs.

The next dawn was at vallarpadam. Our destination was 'INS VENDURATHY'. It is an Indian naval base located on Willingdon Island in Kochi.It serves as the headquarters of southern naval command. Life inside the walls were different from that outside the walls. At first we were taken to the warship 'INS SHARDUL'. In Sanskrit SHARDUL means Bengal tiger. The navy officer Sasikumar sir introduced the ship and told about the peculiarities and defense mechanisam of INS SHARDUL.



INS Shardul act as naval weapon which protect our maritime borders. After that we were led to a music concert of INS VENDURUTHY naval band, one of the renown naval bands of India. They gave a fabulous performance using instruments. It was fantabulous experience for whole NCC team.

After that we were taken to see naval helicopters such as "donier 228". The officer told about the key features and functions of aircrafts .

We are really so lucky to visit INS Venduruthy, were few among millions just visited. We don't know, we could visit it anymore. Totally it was really a nice experience for the whole NCC team.



OLDAGE HOME VISIT

The cadets were reported at 8.30 on college. After the drill section, the PI Staff took lecture class on section formation. It was a great experience to know knowledge about the section formation on the battle field. After the section All cadets visited the oldage home Thripatham, Along with principal St Mary's college Dr. Sheba Joseph and ANO Lt Dr. Pramod k s. Women who were having mental

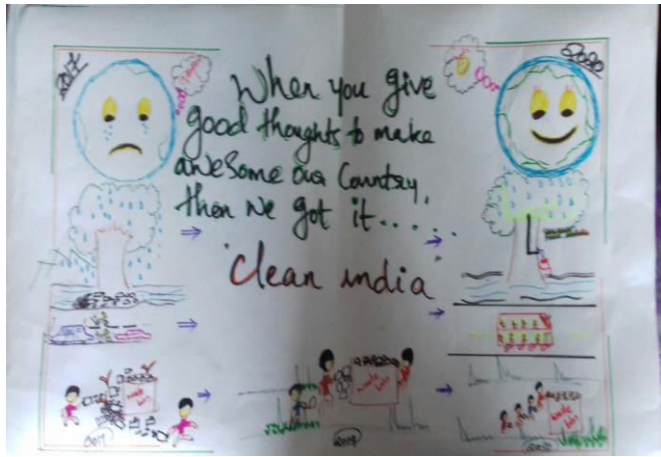
instability were hospitalised there. Cadets arranged different programmes. Many of them also took part in the cultural activities along with us. The programme was ended up by serving lunch with home inmates. This programme helped them a lot to have a mental relief.



POSTER MAKING

The poster making competition was conducted on 22nd September 2017 on the topic "2020 vision of clean India". A small speech delivered by ANO Lt. Pramod k.s to the importants of cleaning.Principal Dr.Sheba M Joseph

inaugurated the programme. As the part of Swachh Bharath programmes for secondary militants, unit involved in the team thereby a moral for other students and society for a clean India.



REPUBLIC PARADE – KALPETTA

As a preparation of Republic day parade our cadets attended day parade practice conducted by the district administration department on 26 January 2018 our 31 cadets were participate under the leadership of Amal sabu . The

honorable minister of Kerala Sri Ramachandran kadannapally hosted the flag and received the salute the various platoon were awarded for their excellent performance



SELF DEFENCE CLASS

The whole programme started at 8.30 am in the morning. The cadets were present in full uniform. The drill section was taken care of by the seniors till 11 am. After a small break followed by lecture class by under officer Staniya and SGT Delna about National integration and National flag. National integration means a feeling of togetherness and unity among the people of a country. NI has assumed greater importance in the recent scenario due to the fast changing ethos and moral values in the society. The need for NI was probably never felt before as it felt today. And

about National flag, about its origin, dimensions, colour was also taken after the lunch. The most interesting self defense class given, led by Circle inspector Ushakummari as part of NIRBAYA women safety programme. The need of giving awareness to the weaker section especially girls was given prime importance the team was led by a group of kudumbasree members. A class of self defense given followed by individual training and group training. The class was effective and informative, By 5 pm the programme ended.



SWACHH BHARATH ABHIYAN

Swachh Bharat Abhiyan campaign launched by Prime Minister Narendra Modi on 2nd October 2014 with a slogan "one step towards cleanliness". Within three years, the campaign attracted massive attention both in rural and urban areas participating in numerous citizens of the nation. In the current year, SBA included one month extensive programmes for NCC cadet for group level.

St Mary's college 30(k) BN unit done various programmes in relation with Swachh Bharat, mission to make India clean. On 2nd October, unit voluntarily took cleaning programmes in and around the college. Principal Dr. Sheba M Joseph inaugurated the programme. With proper waste disposal and cleaning on both sides of road, the mentioned programme was successful.



TREE PLANTATION

Tree plantation programme was held. Respected principal St Mary's college Dr. Sheba Joseph inaugurated the programme in presence of ANO Lt. Dr. Pramod k.s sapling different species of Trees were planted by the cadets in

the college campus. A garden was made along with this .All cadets took part in this programme . we were able to give the message of GREEN EARTH by the programme

