



**A REPORT  
ON  
THE NCC ACTIVITIES**

**CONDUCTED  
FOR THE PERIOD FROM JUNE 2020 TO AUGUST 2021**

**SUBMITTED BY  
LT. (DR.) K.K.THERISA  
ASSOCIATE NCC OFFICER**

**DHEMPE COLLEGE OF ARTS AND SCIENCE, MIRAMAR  
1 GOA GIRLS BN NCC UNIT**

I. International Yoga Day 2020 celebrated by 1 Goa Girls Battalion Cadets from home

All Cadets from Dhempe College of Arts and Science participated



## II. Aatam Nirbhar Awareness programme

Name of the Institution	No. of Cadets Participated	No. of Cadets taken pledge	No. of Citizens impacted	Activities Conducted	Remarks
Dhempe college of Arts and Science, Miramar, Goa	24 cadets	24 cadets took pledge	More than 120 citizens were impacted	ANO -Lt. (Dr.) <b>K.K.Therisa</b> and 1 cadet <b>JUO Mrunal Kelkar</b> participated in Aatam Nirbhar awareness video.	

## III. FIT INDIA MOVEMENT

Cadets of Dhempe college of Arts and Science participated in Fit India Movement, from 20<sup>th</sup> August to 13<sup>th</sup> September, 2020.

Week 1: 20-23<sup>rd</sup> August, 2020

Sr. No	Date	Activity	No. of cadets participated	No. of family members participated	Total volunteers	Remarks
01	20 Aug	Yoga	22	15	37	
02	21 Aug	Dance	22	12	34	
03	22 Aug	Skipping	15	3	18	
04	23 Aug	Exercise	16	5	21	

Week 2: 24<sup>th</sup> – 30<sup>th</sup> August, 2020

Sr. No	Date	Activity	No. of cadets participated	No. of family members participated	Total volunteers	Remarks
01	24 Aug	Staircase climbing	20	6	26	
02	25 Aug	Jogging/E-poster	20	6	26	
03	26 Aug	Running	22	6	28	

04	27 Aug	Walking	22	5	27	
05	28 Aug	Cycling/Yoga video	26	4	30	
06	29 Aug	Dance	15	8	23	
07	30 Aug	Yoga	19	6	25	

**Week 3: 31<sup>st</sup> August – 06<sup>th</sup> September 2020**

<b>Sr. No</b>	<b>Date</b>	<b>Activity</b>	<b>No. of cadets participated</b>	<b>No. of family members participated</b>	<b>Total volunteers</b>	<b>Remarks</b>
01	31 Aug	Dance	18	4	22	
02	01 Aug	Skipping	19	4	23	
03	02 Aug	Exercise/E-slogan	20	4	24	
04	03 Aug	Dance	19	3	22	
05	04 Aug	Staircase climbing	18	4	22	
06	05 Aug	Walk/ E- poster	18	6	24	
07	06 Aug	Running	15	5	20	

**Week 4: 07<sup>th</sup> -13<sup>th</sup> September, 2020**

<b>Sr. No</b>	<b>Date</b>	<b>Activity</b>	<b>No. of cadets participated</b>	<b>No. of family members participated</b>	<b>Total participants</b>	<b>Remarks</b>
01	07 Sept	Staircase climbing	19	4	23	
02	08 Sept	Jogging/ E- poster	17	4	21	
03	09 Sept	Running	20	6	26	
04	10 Sept	Walking	19	6	25	
05	11 Sept	Cycle/Yoga video	18	2	20	
06	12 Sept	Dance	18	5	23	
07	13 Sept	Yoga	21	4	25	



#### **IV. LCPL Mamtha Mallik attended online EBSB (Webinar)**

EBSB Saptah was held on 21 September 2020 to 26 September 2020. It was conducted under the aegis of NCC Gp Kakinada by 18 Andhra Pradesh Bn NCC on behalf of NCC Dte Andhra Pradesh and Telangana.





## One Goa BN Belagavi Group Karnataka and Goa Directorate



Lt. Sam Braganza



SSGT Uma Thakar



SSGT Feroze Babu



LCPL Mamtha



LCdt Harish Hontarogun Malhotra



Cdt Kreshi Thakur



Cdt Sharmada Walkekar



Cdt Rachini Jadhav



Cdt Reetika



Cdt Nitika



Cdt Tanvi Parsh



Cdt Arman Chaudhary



Cdt Sahasrabharan Parvathkar



Cdt Jyoti D. Sonkar



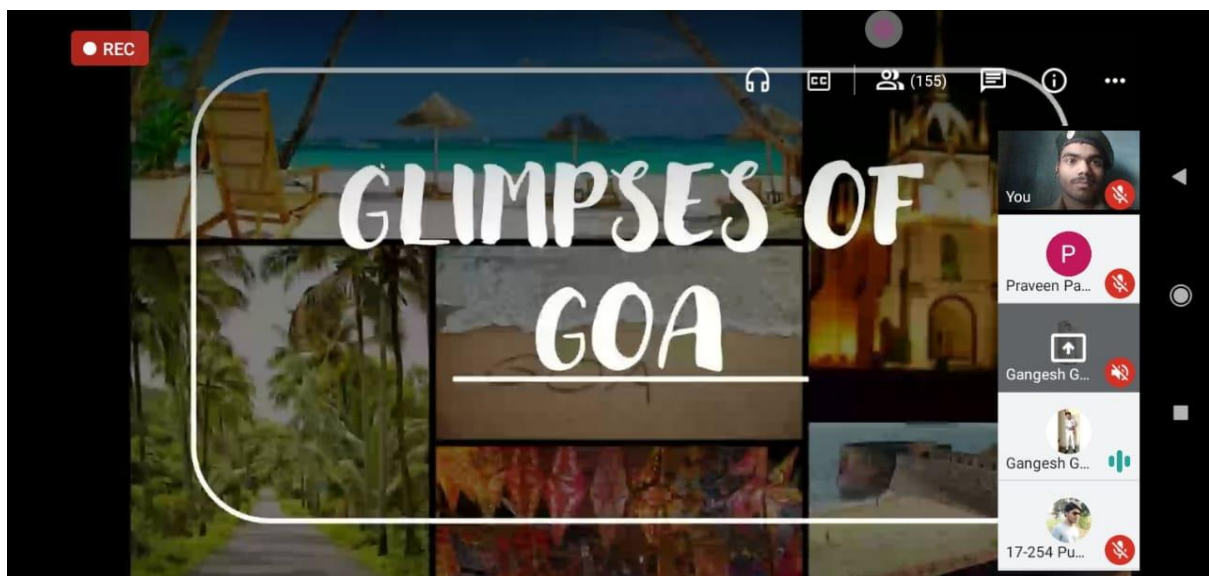
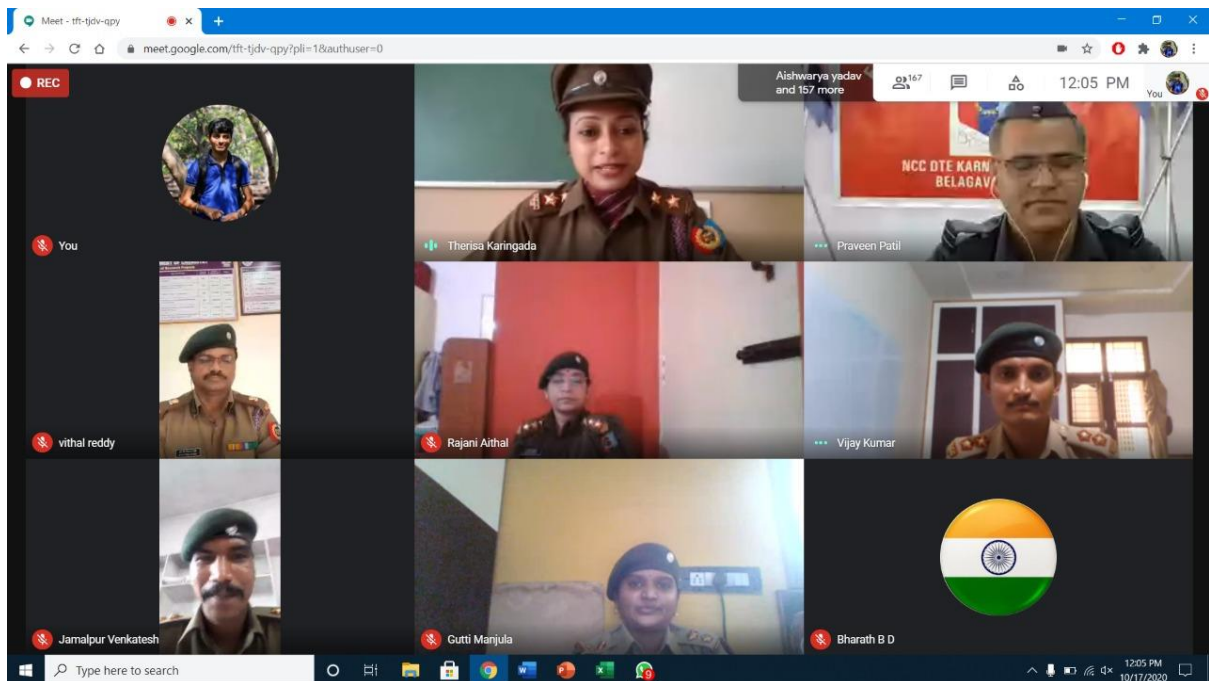
Cdt Dheeraj Shinde



Cdt Nilima Varsalakar

## Participants of EBSB Camp Phase III Karnataka Goa Directorate, Belagavi Group

- V. SGT Vaishnavi Naik, T.Y. cadet attended EBSB Phase IV online, along with ANO Lt. (Dr.) K.K. Therisa who was the coordinator ANO from Goa. During which SGT Vaishnavi Naik presented 1) “Cuisines, Languages and Culture of Goa” and 2) “Greetings and Common sentences in Konkani”, which was appreciated by the organisers. The programme was held from 12<sup>th</sup> to 17<sup>th</sup> October, 2020.



- VI. Lt.(Dr) K.K.Therisa was awarded with an appreciation letter By the Commanding Officer Col Sukhaman Singh, for completing the task given by 1 Goa Girls Bn, on time during Pandemic time.



1 GOA GIRLS BN NCC

## **LETTER OF APPRECIATION**

*"Only those leaders who act boldly in times of crisis and change are willingly followed." Jim Kouzes*

The COVID-19 pandemic has affected NCC training all over India, leading to the near-total closures of all activities. However, despite constraints few bold people found ways to mitigate the adverse effect and succeeded too. Within short time of her entry into the organization

*Lt(Dr) K K Therisa*

not only completed her mandatory course with distinction but has left a visible mark for others to emulate. As a result of her professional competence and tactful handling she was the first one to complete her enrolment for the year 2020 and commence online training classes. Always forth coming to accept additional responsibilities makes her an asset to the organization.

I wish to formally and sincerely express my gratitude for her accomplishments which in fact directly impacted the functioning in other institutions as well.

JAI HIND



*Sukhaman*

( Sukhaman Singh)  
Colonel  
Commanding Officer

- VII. Cadets of Dhempe College, participated in Swachata Pakhwada wherein they carried out cleanliness drive in their locality on 5<sup>th</sup> December, 2020. Twenty four cadets participated.





VIII. Cadets of Dhempe college of Arts and Science, Miramar cleaned T.B.Cunha Memorial, Azad Maidan Garden on 9<sup>th</sup> December, 2020. Four of them participated.





IX. Seven Cadets participated in State Goa Liberation day March Past at Campal on 19<sup>th</sup> Dec 2020. CPL Geetashri Sode of Dhempe college commanded the 1 Goa Girls Bn Contigent and ANO Lt.(Dr.) K.K.Therisa was detailed for the final day parade.





- X. Nine cadets from Dhempe college attended State Republic day parade at Campal ground on 26<sup>th</sup> January, 2021 ANO Lt. (Dr.) K.K.Therisa, was detailed on this occasion.



- XI. Short NCC ATC camp for Second year and Third year cadets were organised in Dhempe college location from 05<sup>th</sup> February to 9<sup>th</sup> February, 2021. On the last day of the camp, previous year NCC senior cadets were called and small farewell programme was organised by the present year TY cadets.













- XII.** CPL Geetashri Sode, SY cadet was felicitated at Governors House on 2<sup>nd</sup> March, 2021 as she was selected for Pre RDC 2021 at NCC Dte (Karnataka & Goa), for her hardwork during the pandemic situation.





- XIII. NCC syllabus was completed successfully by conducting online class regularly, by the ANO Lt. (Dr.) K.K.Therisa.
- XIV. Cadets answered B certificate and C certificate exams offline mode held in the month of February 2021. Results was 100 percent, with A and B grade scored by cadets during the exam.
- XV. CDT. Candice Nicole Sequeira and CPL. Veda Dessai made informative posters for awareness for Tika Utsav (online activities) on 11<sup>th</sup> April, 2021.
- XVI. On the occasion of International Yoga Day 2021, cadets participated in various activities from home, from 16<sup>th</sup> to 21<sup>st</sup> June, 2021. 13 Cadets prepared Jingle composition together for the competition, 26 participated in pledge taking, 24 attempted online Quiz and 25 cadets along with ANO performed yoga from home.









XVII. Cadets wrote and contributed around 35 articles and poems to upload on NCC DIGITAL FORUM, which is a platform for cadets to share their experiences and values learnt during NCC training.

**Lt.(Dr.) K.K.Therisa**