

1/3 COY ST. XAVIER'S COLLEGE RANCHI
NCC

NCC REPORT - June 2025

World Environment Day
(05-06-2025)

“A single seed can start a forest, a single sapling can begin a journey of growth, and a single act of planting, understanding its distribution, can inspire generations.”

On June 5th, 2025 1/3 COY St. Xavier's College Ranchi, 3 JH BN NCC, in collaboration with IQAC, organized a vibrant sapling plantation drive in the college campus. Approximately 40 college staff members, including 50 enthusiastic NCC cadets, actively participated, each receiving saplings to plant with care and purpose.

The initiative was a resounding success, under the guidance of ANO Capt. Dr. Priya Srivastava and Vice Principal Rev. Fr. Ajay Arun Min, SJ. Their leadership ensured a meaningful and impactful contribution to environmental conservation.

With smiles, sweat, and soil-stained hands, the participants came together in the true spirit of sustainability. This green endeavor not only added life to the campus but also planted the seeds of awareness and responsibility in every heart present.



International Yoga Day

(21-06-2025)

On June 21, 2025, under the initiative of IQAC, the 1/3 COY NCC of St. Xavier's College, Ranchi celebrated International Yoga Day with the theme: **“Yoga for Self and Society.”**

The session was honoured by Principal Fr. Pradeep Robert Kujur SJ as the Chief Guest, who emphasized the importance of yoga in nurturing both mental calm and physical strength. Vice Principal Fr. Ajay Arun Minz also joined and motivated the students through his active participation.

Led by yoga instructor Shashi Priya ma'am, around 140 NCC cadets and 50 NSS volunteers engaged in yoga asanas and breathing techniques promoting holistic well-being. Faculty and staff also participated, enhancing the spirit of unity.

The event, smoothly coordinated by ANO Capt. Dr. Priya Srivastava, inspired everyone to adopt yoga as a path to wellness, discipline, and inner peace.



Women: Improving Social Indicator (22-06-2025 to 28-06-2025)

"Empowered Girls become unstoppable Women"

A Self-Defence Awareness and Training Program was organized as part of the week-long activities held from 22nd to 28th June. The event focused on equipping participants, especially young girls, with basic self-defence techniques, mental awareness, and confidence to handle real-life situations.

The program began with a welcome and lamp-lighting ceremony, followed by an inspirational address by Dr. Amitabh Kumar, Chairman of Medicare Hospital. A meditation and concentration session was conducted by Dr. Suman Dubey, which was followed by a detailed self-defence training session under Capt Dr. Priya Srivastava, with active participation from NCC cadets. The training focused on awareness, motivation, and building self-confidence. After lunch, a short session on alertness and safety was again led by Dr. Dubey. In the afternoon, Advocate Aarti Verma addressed participants on topics such as girls' safety, legal rights, and support systems.

On the next day, the program started with a welcome and address by Dr. Archana Pathak, Medical Director at Medicare Hospital. This was followed by a special meditation session by Dr. Dubey for enhancing mental strength. A second round of self-defence training was held under the guidance of Capt. Dr. Priya Srivastava, with Under Officer Aditya Kumar instructing participants through practical demonstrations. An interactive session was held where participants asked questions and shared thoughts. The event continued similarly on the following days, with ongoing training, awareness sessions, and active participation from all attendees.

The event concluded with certificate and prize distribution, followed by evening tea and departure.

The program was a meaningful initiative that helped participants build self-confidence, awareness, and the strength to stand up for themselves in any situation.



