

NCC ACTIVITIES 2023-24

INTERNATIONAL DAY OF YOGA

Date: June 21, 2023

Objective: The primary objective of International Yoga Day was to promote and raise awareness about the physical, mental, and spiritual benefits of practicing yoga.

Description: International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. On June 21, 2023 the NCC Unit at St. Bede's College under 7HP (I) Coy NCC Shimla celebrated the International Yoga Day.

A total of 43 cadets participated and performed yoga with full enthusiasm and determination. The cadets also raised awareness online by sharing their experience of the day on Instagram with the #हर आंगन योग

Outcome: It contributed to the ongoing promotion of mindfulness and stress reduction on a global scale.





International Yoga Day (June 21, 2023)



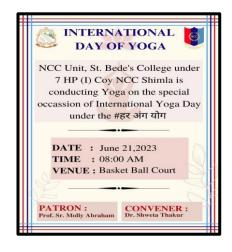








International Yoga Day (June 21, 2023)



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RALLY ON DRUG ABUSE

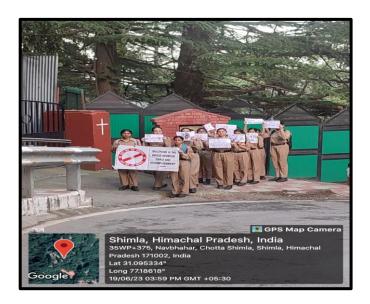
Date: June 19, 2023

Objective: It aimed to educate the community, promote prevention efforts, and encourage support for individuals struggling with substance abuse issues.

Description: On June 19, 2023 the NCC cadets of St. Bede's College under 7 HP (I) COY NCC SHIMLA conducted a Rally on Drug Abuse from St. Bede's college, Navbahar to Sanjauli.

The cadets participated very enthusiastically in the rally and motivated the people to quit drugs. A total of 13 cadets participated in the rally. They also interacted with the people and made them aware of the drug abuse. The cadets made slogans and posters on drug abuse. The basic objective of the rally was to create awareness among the youth. The entire event was conducted under the #nashamukthimachal.

Outcome: The rally served as a catalyst for community engagement and collaboration to address and combat drug abuse issues.



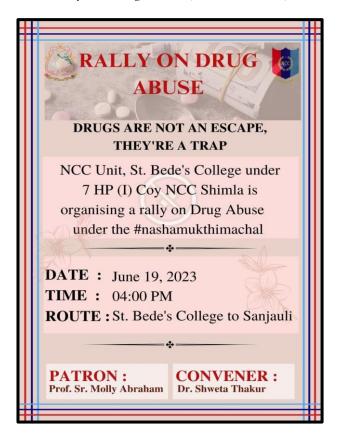


Rally on Drug Abuse (June 19, 2023)





Rally on Drug Abuse (June 19, 2023)



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FELICITATION CEREMONY

Date: August 12, 2023

Objective: The objective of the felicitation ceremony was to strengthen the relationships within the Cadets by promoting a culture of recognition and appreciation.

Description: On August 12, 2023 the NCC Unit, St. Bede's College Shimla organized an event to recognize the exemplary performance and outstanding achievements of cadets during the CATC Camp. The primary objective of the felicitation ceremony was to acknowledge the hard work and dedication of the NCC cadets who participated in the camp. This ceremony aimed to appreciate their accomplishments, boost their morale and motivate them to continue their journey in the NCC with passion and determination. The ceremony began with a warm welcoming address by the CTO Dr. Shweta who emphasized the significance of acknowledging and appreciating the efforts and dedication shown by the individuals being felicitated. The welcome speech set a positive and enthusiastic tone for the rest of the evening. The ceremony recognized the exceptional achievements of deserving cadets through various awards. The awards for group song, group dance, drill, guard and many others were received by cadets. The ceremony left an indelible mark in the hearts of all attendees reinforcing the values of patriotism, discipline and dedication upheld by the NCC.

Outcome: The outcome of felicitation ceremony included boosted morale, increased motivation, and a sense of accomplishment for the Cadets being honored. The positive reinforcement from felicitation contributed to a more positive and motivated environment.



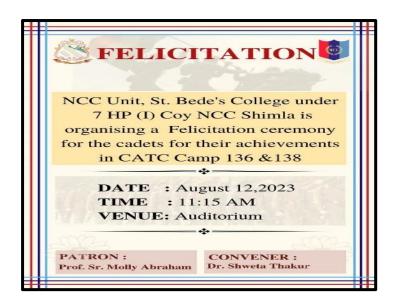


Felicitation Ceremony (August 12, 2023)





Felicitation Ceremony (August 12, 2023)



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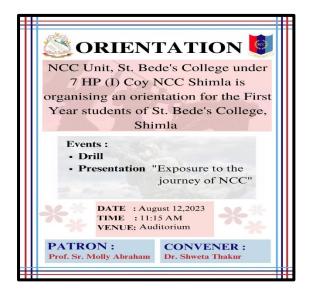
ORIENTATION

Date: August 12, 2023

Objective: The objective of the orientation was to familiarize individuals with a new environment, organization, or program. It aimed to provide essential information, introduce policies and procedures, and help individuals understand their roles and responsibilities.

Description: On August 12, 2023 the NCC Unit, St. Bede's College Shimla organized an Orientation ceremony for the First-year students for NCC. The orientation began with a warm welcome to all the attendees followed by an introduction to the NCC and its significance in fostering leadership skills discipline and national awareness. An overview of the NCC's organizational structure ranks and the roles and responsibilities of various positions within the corps was provided. The cadets briefed the students on the different training modules offered by the NCC including physical fitness weapon training, first aid map reading drill and adventure activities. An emphasis was placed on the importance of discipline, punctuality, personal grooming, and adherence to the NCC code of conduct. Cadets shared their personal experiences highlighting the benefits of NCC training and instilling a sense of patriotism and national pride.

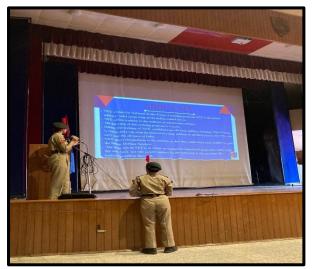
Outcome: It included a smoother integration of individuals into the new setting, increased understanding of organizational culture, and improved clarity on expectations.





Brochure







Orientation (August 12, 2023)

RALLY ON SUICIDE PREVENTION

Date: September 18, 2023

Objective: The primary objective of the rally on suicide prevention was to raise awareness about the importance of mental health, promote understanding of the signs of suicide, and encourage support for individuals struggling with mental health issues. The basic objective of the rally was to tell people "To not make Suicide a Permanent Decision to Cope with Temporary Feelings".

Description: On September 18, 2023 the NCC Cadets of St. Bede's College under 7HP (I) Coy NCC Shimla conducted a rally on 'Suicide Prevention' from St. Bede's College, Navbahar to Sanjauli.

A total of 15 cadets were a part of the rally. The cadets participated with utmost energy and zeal. Attractive posters and slogans were made to raise awareness among the public. The cadets also interacted with people and made them aware about Suicide Prevention. The age group of 15-30 was the target audience they were informed about the causes and preventive measures of suicide in the present time.

Outcome: The rally contributed to creating a more empathetic and supportive environment for individuals facing mental health challenges.











Rally on 'Suicide Prevention' (September 18, 2023)



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CLEANLINESS DRIVE UNDER THE THEME "GARBAGE FREE INDIA: SWACHHTA HI SEWA"

Date: October 1, 2023

Objective: The objective of a cleanliness drive was to create awareness among communities towards sanitation and cleanliness.

Description: On October 1, 2023 the NCC cadets of St. Bede's College, Shimla and GDC Kotshera under 7HP(1) COY NCC, Shimla conducted a cleanliness drive under the theme "Garbage free India: Swachhta hi Sewa" in Khalini. The main purpose of the drive was to create awareness among the students and the society regarding cleanliness and its benefits.

Under the guidance of Col. Desh Raj Gargi, Commanding Officer 7HP (I) COY NCC, Shimla, the cadets went to the forest area Khalini and cleaned the desired area, the entire forest area was cleaned by the cadets of both the colleges. The primary motive for this drive was to contribute to the betterment of our community and environment by actively participating in cleaning and maintaining our public areas.

Outcome: The Cleanliness drive yielded several positive outcomes, the efforts of cadets resulted in noticeable improvement in the cleanliness. The event served as a practical and valuable lesson in civic responsibility and environmental stewardship.

The link of the video is: https://youtu.be/8tW1KTAz7HI?si=UZTTgCeYdGTCGR5N





Cleanliness Drive at Rani Jhansi Park and Navbahar (October 1, 2023)





Cleanliness Drive at Khalini Forest Area (October 1, 2023)



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KHADI MAHOTSAV

Date: October 16, 2023

Objective: Khadi Mahotsav promoted and showcased the significance of khadi, a handspun and handwoven fabric, in preserving traditional craftsmanship, supporting rural livelihoods, and fostering sustainable development. The primary objective of the Cadets was to promote and showcase the indigenous handloom and handicraft products of India, particularly those made from Khadi. The Cadets aimed to promote the rich cultural heritage of the country and provide a platform for artisans and weavers to exhibit their skills and products to a wider audience.

Description: On October 16, 2023 the NCC Cadets of St. Bede's College under 7 HP (I) COY NCC Shimla organised 'Khadi Mahotsav' on the occasion of Gandhi Jayanti. The activities included Slogan Writing, Essay Writing, Short Film Making and E- Pledge. All the activities were uploaded on the official website of My gov. Short Film making activity was performed by the Cadets to create awareness amongst the people about Khadi. A total of 27 Cadets participated in the Slogan Writing, 19 in the Essay Writing, 9 in Short Film Making and 19 in the E- Pledge. The platform incorporated in all the events was My gov application.

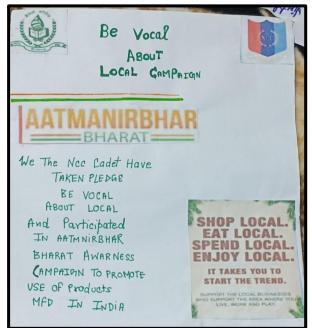
Outcome: The celebration contributed to the preservation of traditional skills and promoted a sense of pride in the cultural heritage associated with khadi.



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Slogan Writing on Khadi Mahotsav (October 16, 2023)





Khadi Mahotsav (October 16, 2023)



NCC CARNIVAL

Date: December 4, 2023

Objective: The carnival served to promote awareness about the NCC and its contributions to youth development.

Description: On December 04, 2023 the NCC Unit, St. Bede's College Shimla organized a carnival on the occasion of NCC Day. The carnival recognized the exemplary performance and outstanding stalls by the Cadets. The stalls comprised of Golgappe stall, Bhel Puri Stalls, Sandwich Stall, chocolates, and cupcakes Stall, Kurkure Chaat and Tea Stall. For the entertainment of the college students, game stalls were also put up. These stalls showed immense enthusiasm and zeal to win among the students. Scented candles of different shapes and sizes, Bandana (Woolen item), Bookmarks and Bracelet stalls were put up by the Cadets. These items were handmade and were sold completely.

The carnival left an indelible mark in the hearts of all attendees reinforcing the values of discipline and dedication upheld by the NCC.

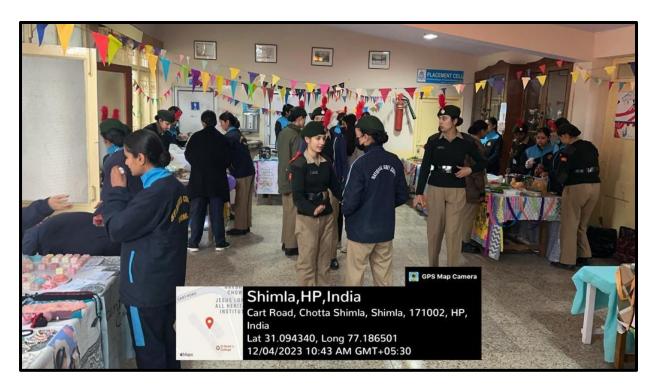
Outcome: The carnival provided an opportunity for cadets to showcase their abilities while fostering a sense of pride and community within the NCC.



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NCC Carnival (December 4, 2023)







Brochure of the Menu

SUBSTANCE USE DRUG PREVENTION

Date: December 6, 2023

Objective: The objective of the substance abuse session was to provide education, support, and intervention for individuals dealing with or at risk of drug abuse.

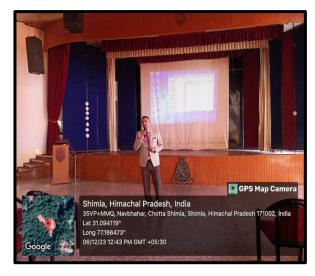
Description: On December 6, 2023 NCC Unit, St. Bede's College under 7 HP (I) COY NCC SHIMLA in collaboration with the Health Club organised a session on substance use (drug) prevention. The Resource Persons were Ms. Arunima Sharma, Major Vikas Kadsholi and Mr. Kulpreet Singh. The session was conducted by the Non profit – Vyaktitva Foundation under the initiative "Udaan."

The session featured a presentation on the causes of substance abuse and strategies to combat it. Additionally, a short film depicted how addiction develops and explored various aspects of drug abuse. Major Vikas Kadsholi emphasized the importance of having a goal and the path to achieving it successfully. The students actively engaged by asking questions and providing answers.



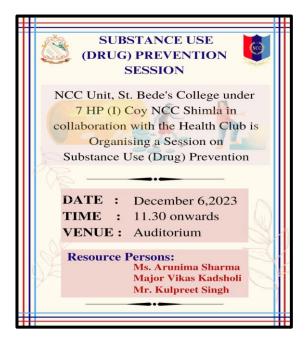
Outcome: The substance abuse session resulted in enhanced understanding of the risks associated with drug abuse, increased motivation for individuals to make positive changes, and a potentially lower likelihood of ongoing or future substance abuse.





Substance Use (Drug) Prevention (December 6, 2023)





Substance Use (Drug) Prevention (December 6, 2023)

Brochure



NUKKAD NATAK

Date: December 10 -11, 2023

Objective: The objective of the street play was to promote cultural exchange, linguistic diversity, and building community connections through language or artistic expression.

Description: On December 10 -11, 2023 the NCC Unit at St. Bede's College, under 7HP (I) Coy NCC Shimla, organised a Nukkad Natak (street play) centered around the theme "Where Language meets Harmony." This event was a celebration of Unity in Diversity, coinciding with the Bhartiya Bhasha Utsav (Indian Language Festival). The venue for this vibrant Street Play was Khalini area in Shimla region and St. Bede' College, where the performance aimed to emphasize the significance of languages and culture within our society. The play was thoughtfully crafted to resonate with the locals, allowing them to thoroughly enjoy the performance while comprehending its underlying message.

Outcome: The outcome involved increased cross cultural understanding, improved language skills, and a deeper appreciation for diversity among participants and the broader community.





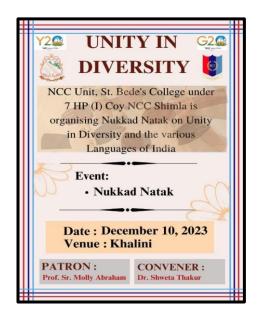
Nukkad Natak on Unity in Diversity at Khalini Chowk (December 10 -11, 2023)





Nukkad Natak on Unity in Diversity at St. Bede's College (December 10 -11, 2023)





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REPUBLIC DAY CAMP

Date: December 27- January 26, 2024

Objective: The primary objective of participation in the Republic Day Camp (RDC) was to foster national pride, enhance cultural understanding, and develop leadership skills through a series of structured activities and interactions with high-ranking officials and peers from different backgrounds.

Description: The Republic Day Camp commenced on December 27, 2024 with the departure of selected cadets from NCC Academy Rupnagar, Punjab, end route to Delhi. Cadet Charvee Kanwar from St. Bede's College, Shimla was selected for the Republic Day Camp.

During the camp, Cadet Charvee Kanwar showcased her talents in various cultural activities, including a mesmerizing group song, dynamic group dance, captivating ballet performance, and engaging NIAP sessions. One of the most notable highlights of her experience was her selection for the Hall of Fame. In this esteemed position, she had the honor of briefing several dignitaries, such as Rajya Raksha Mantri (RRM) Shri Ajay Bhatt, Chief of the Army Staff (COAS) General Manoj Pande, PVSM AVSM VSM ADC, Chief of the Naval Staff (CNS) Admiral R. Hari Kumar, Chief of the Defense Staff (CDS) General Anil Chauhan and cadets from 25 friendly foreign countries participated in the Youth Exchange Program (YEP).

Outcome: Republic Day Camp provided Cadet Charvee Kanwar with a platform to enhance her skills, develop leadership qualities, and gain significant exposure, contributing to her personal and professional growth.





Cadet Charvee Kanwar performing in a cultural event





Glimpses of Republic Day Camp (December 27- January 26, 2024)

INDIAN ARMY DAY CELEBRATION

Date: January 15, 2024

Objective: The primary objective of the Indian Army celebration was to encourage cadets to engage in creative activities such as poster-making and video production, enhancing their artistic and technical skills. It aimed at to enabling them to utilize online platforms to share their creative work, ensuring a wider audience's participation in the celebration and appreciation of the Indian Army.

Description: On January 15, 2024, the cadets of the NCC unit, St. Bede's College, Shimla commemorated Indian Army Day through a virtual celebration. Engaging in creative endeavors, the



cadets crafted posters and produced an innovative video capturing the essence of the occasion. This creative output was subsequently shared across online platforms such as Instagram and YouTube, allowing for wider outreach and participation in honoring the Indian Army's contributions.

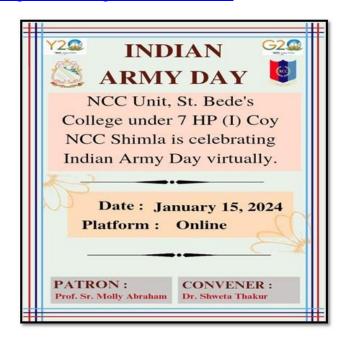
Outcome: The virtual celebration of Indian Army Day successfully met its objectives by honoring the Indian Army, fostering creativity and innovation among the cadets, promoting digital engagement and increased awareness about patriotism.

Instagram post:

https://www.instagram.com/reel/C2HX84sPpBd/?igsh=MW0yem1uNWFzcHdndg==

YouTube Video:

https://youtu.be/OpqQhJpw0C0?si=SqIAHRUh5idedOQv



Brochure (January 15, 2024)

REPUBLIC DAY CELEBRATION

Date: January 26, 2024

Objective: The primary objective was to instill patriotic sentiments and a sense of national pride among the cadets and citizens. It aimed to highlight India's rich cultural heritage.

Description: On January 26, 2024, a group of 13 cadets came together to create a video commemorating India's Republic Day. This video production featured a collection of posters adorned with patriotic slogans, serving as a heartfelt tribute to the democratic principles enshrined in the Indian Constitution, which serve as the guiding light for our nation.

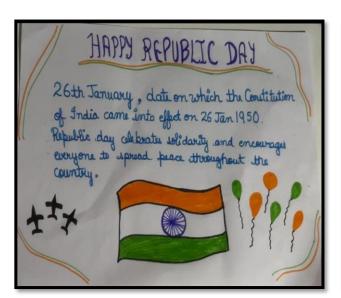


The video not only celebrated India's rich cultural heritage but also highlighted the unity in diversity that defines the nation. It captured the grandeur of the Republic Day celebrations in New Delhi, symbolizing the collective spirit of the Indian people in upholding the values of democracy and unity.

Outcome: The creation and dissemination of the Republic Day video resulted in fostering a sense of pride and patriotism among the cadets and viewers.

Links of the video:

YouTube - https://youtu.be/sGFxKVC37Po?si=iDaPjXdtsEUgoksg
Instagram - <a href="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh=MWFrcndzNHhwazE2aQ=="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh=MWFrcndzNHhwazE2aQ=="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh=MWFrcndzNHhwazE2aQ=="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh=MWFrcndzNHhwazE2aQ=="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh=MWFrcndzNHhwazE2aQ=="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh=MWFrcndzNHhwazE2aQ=="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh=MWFrcndzNHhwazE2aQ=="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh=MWFrcndzNHhwazE2aQ=="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh=MWFrcndzNHhwazE2aQ=="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh=MWFrcndzNHhwazE2aQ=="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh=MWFrcndzNHhwazE2aQ=="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh=MWFrcndzNHhwazE2aQ=="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh=MWFrcndzNHhwazE2aQ=="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/?igsh="https://www.instagram.com/reel/C2jCoM7PDpV/





Posters made by the Cadets (January 26, 2024)



Brochure for Republic Day Celebration



CATC 150

Date: January 18, 2024

Objective: The objective was to provide cadets with opportunities to engage in various physical and mental activities that promote overall development. It also aimed to understand and appreciate diverse cultural traditions through performances and interactions.

Description: The CATC 150 camp, organized by 7HP (I) COY NCC Shimla, took place at Mount Shivalik's School, Jubbarhatti, Dist. Shimla, spanning from January 18 to January 26, 2024. The camp was enriched by the enthusiastic participation of students from St. Bede's College, resulting in a memorable and enriching experience for all involved.

One of the highlights of the camp was a captivating Kashmiri dance performance, presented by six cadets, which showcased the cultural diversity and vibrancy of the event. Additionally, Cadet Sneha Dagar presented her exemplary skills as the Master of Ceremonies (MC), skillfully guiding the proceedings with grace and confidence. Overall, the camp was marked by enthusiastic participation, cultural exchange, and memorable experiences for all attendees.

Outcome: CATC 150 camp helped in promoting physical and mental development, fostering cultural exchange, developing leadership and communication skills, encouraging teamwork and enhancing NCC training amongst cadets.



Group Photo with the PI Staff (January 18 to January 26, 2024)



STATE REPUBLIC DAY PARADE

Date: January 26, 2024

Objective: The primary objective was to enhance essential skills such as leadership, teamwork and cultural appreciation through student's participation in the parade and related activities.

Description: Cadet Manasvi Singh and Cadet Ayushi Thakur of St. Bede's College, Shimla received the prestigious opportunity to participate in the Republic Day Parade (RDP), held at The Ridge Shimla on January 26, 2024, showcasing their unwavering dedication and remarkable proficiency.

Participation in the Republic Day Parade not only highlighted their individual achievements but also signified their contributions to holistic personal development. Throughout the camp, they enhanced essential skills such as leadership, teamwork, and cultural appreciation.

Outcome: Attending the State Republic Day Parade enhanced the cadet's personal growth, skill set and sense of national pride. It also provided them with valuable experiences and recognition.





Cadets at The Ridge, Shimla (January 26, 2024)

CEE CERTIFICATE EXAM

Date: March 3, 2024

Description: On March 3, 2024, the cadets appeared for the CEE Certificate examination. A total of 19 cadets participated in this important assessment, demonstrating their commitment to academic and personal development within the NCC.





CEE Certificate (March 3, 2024)

BEE CERTIFICATE EXAM

Date: March 10, 2024

Description: The BEE Certificate Exam took place on March 9 -10, 2024. On March 9, the cadets participated in the practical examination, which encompassed various components such as Drill test, Field craft and Battle craft, Map reading, Weapon Training and Communication. The practical exam concluded with an interview session conducted by the Commanding Officer of 7 HP (I) COY NCC, Shimla. On March 10, 2024, the cadets sat for the written examination for the BEE certificate at Rajiv Gandhi Government College, Kotshera, further demonstrating their dedication to their NCC training and certification process.



BEE Certificate (March 10, 2024)

RAISING DAY

Date: March 13, 2024

Objective: The objective was to highlight the key achievements and progress made over the year, showcasing the NCC's growth and development.



Description: On March 13, 2024, a group of 13 cadets participated in a Drill session, which was meticulously inspected by the Principal of the institution. Following the Drill, a Felicitation Ceremony was held to acknowledge the cadets' efforts and achievements.

As part of the event, a video presentation was showcased, capturing the cherished memories and valuable experiences the cadets had gained during their time in the NCC. The video served as a heartfelt tribute to their journey, highlighting the camaraderie, discipline and learning they had experienced.

Moreover, the event featured a Rank Ceremony, recognizing the dedication and accomplishments of the cadets as they progressed in their NCC journey.

Outcome: The cadets enhanced their skills, demonstrated remarkable achievements, reinforced discipline and teamwork and were able to pursue even greater excellence within the NCC.





Brochure Drill



Group Photograph (March 13, 2024)



ELECTORAL LITERACY FOR STRONGER DEMOCRACY

Date: March 21, 2024

Objective: The objective was to foster active participation of cadets in democratic processes by enhancing their understanding of electoral systems, rights, and responsibilities.

Description: On March 21, 2024, six cadets of the NCC unit, St. Bede's College showcased their creativity and civic engagement by participating in a Slogan Writing Competition. Simultaneously, four cadets demonstrated their storytelling skills in a video-making competition organized by the Department of Art, Language, and Culture, Shimla. Both competitions focused on promoting electoral literacy for a stronger democracy.

Cadet Mamta Mehra and Cadet Manisha Thakur demonstrated exceptional talent and were recognized for their outstanding slogans, earning nominations among the top five entries. As a token of appreciation for their contributions, they were awarded a cash prize of Rs. 1500 each.

Outcome: The cadets will be able to have detailed information about electoral systems and issues, enabling them to make informed decisions when casting their votes.



Felicitation at Department of Art, Language and Culture (March 21, 2024)